

THE COMMUNICATOR



K. E. Spencer Memorial Home

June, July,
and August
2014 Summer



Inside this Issue:

- √ A Word from Scott Ryder, Director of Pastoral Care
- √ My, How Cars have changed
- √ Welcome new employees
- √ Respectful Workplace
- √ The Funnies
- √ Meet our Resident
- √ Fruit Salad Recipe
- √ Pictures from around the home
- √ Reflections
- √ Worksafe NB
- √ Respectful Workplace
- √ Harrison Trimble Students Resident Bios
- √ New Gardening Vehicle
- √ Eating in the Fifties
- √ Food Safety
- √ Why have pets visit the home
- √ Five reasons why seniors should participate in social activities
- √ Around the Home
- √ Understanding Behaviour

NEW GARDENING VEHICLE FOR OUR VOLUNTEER GARDENERS

On May 27, the Spencer Home Foundation Lily Banquet held it's Annual Fundraiser. One of the goals of the fundraiser was to raise money to purchase a new gardening vehicle for our volunteer gardeners. Thank you Spencer Home Foundation and thank you to our volunteer gardeners!!



Together
We Care



"Why?"

The question "Why?" has been a popular one in Moncton in recent days. Popular because of the events that gave purpose to this very elusive question that people have been asking, without fail, for decades. After all, when life happens, many times all anyone can do is ask why.

Three police officers shot and killed, two more injured, and many hundreds captive in their own homes for hours. Several thousand law enforcement officers from across North America and beyond, three flag-draped coffins, and three grieving families. If this doesn't give one reason to ask "Why", what does?

The funerals are over, the city safe once more; but still people ask "Why?" Why does there have to be such senseless events in our otherwise normal lives? Honestly, there is no answer – "Why?" is often nothing more than a rhetorical question that has no answer. But let me venture an explanation why bad things happen to good people.

God created every one of us with a free will to act in any way that we choose. And when we choose a particular course of action, the resulting consequences often have devastating impact on others.

In Psalm 70:5 David teaches us an important lesson about the suddenness of life and often devastating consequences that accompany unexplainable events. David's advice to each of us is that we are to call out to God urging Him to "come quickly" and "not to delay" so that we might have the hope and strength to cope with tragedy, because God is the only source of hope and strength when life happens. People and funeral services and memorial sites do offer great comfort in troubled times. But when all is said and done, and life must start to return to normal, it is the strength of inner peace that brings us the greatest hope of all.

The Greek philosopher Menander said that "time heals all things", and it does. And in Jewish, Persian, and Arabic folklore, the words we know in English as "this too shall pass" are true as well. And even now in the relative short time since Moncton's recent troubles, healing has begun.

So I can't tell you "why" the events of last week happened, but I can tell you that "it will be alright" because we live in a world created by a God who has promised "to never leave us or forget about us", and that holds true even in the face of tragedy wrought by one individual exercising his free will.

So in your sadness and pain, call out to God as David did and tell Him to "come quickly" because you have need of His intervention in your life. You don't have to be overly spiritual to do this; in fact, you don't even have to claim to have faith in God at all. But when you do call out to God, He will hear you, and He will come to you, and He will bring peace into your life. *"To everyone who knocks the door is opened, to all who seek they find, and to all who ask they receive."*

My, How Cars Have Changed

1920's



1930's



1940's



1950's



1960's



1970's



1980's



2014

1990's



2000



6 Facts About a Person With Dementia

By Dan Lonigro, CPI Global Professional Instructor

I can still smell the flowers.

I don't garden anymore, but I can still smell the flowers. Bring me some roses. This will remind me of my past.

I can still communicate.

I can't talk the way I used to, but I can still communicate. Be patient as I try. This will help me feel connected.

I can still make decisions.

I don't have the judgment I used to, but I can still make decisions. Give me choices. This will make me feel like I'm a part of things.

I can still wash my face.

I can't take a bath by myself anymore, but I can still wash my face. Assist me with direction. This will help me feel purpose.

I can still sing.

I can't dance anymore, but I can still sing. Help me enjoy music. This will enrich my life.

I can still move my body.

I can't walk unassisted anymore, but I can still move my body. Walk with me, and support me if I stumble. This will help me feel engaged.

You are my lifeline. I depend on you. But please don't do for me what I can do for myself. Recognize what I can do and help me to function as a person.

You are key to the quality of my life.



Back Injury Prevention

Most of you have probably heard that to lift safely, you must lift properly. You're told to bend your knees, not your back, and not to twist as you lift. This is good advice but sometimes it seems to go against human nature. Yet, there are actions you can take to help you lift properly.

Plan to get as close to the load as possible. The further the load is from your body's centre line, the greater the strain on your back. If need be, squat down to lift the load and pull it between your legs. This gets it closer to the centre of your body and helps prevent the need to bend at the waist. However, since your leg muscles are the largest muscles in your body, they are the biggest energy consumers. Repeated squatting can be very fatiguing, and reduces a person's ability to lift in this manner for any length of time. In addition to lifting the load, you are also hoisting the majority of your body weight. For repeated lifting, other strategies must be used.

Avoid picking up heavy objects placed below your knees. Ensure heavy objects are placed and stored above knee level and below shoulder level. If you suspect the load is too heavy to be lifted comfortably, do not chance it. Use a mechanical aid, break the load down into its components, or get help. The most common cause of back injury is over-loading.

Keep your back straight. This means don't bend at the waist when reaching to lift an object. Bending principally from the hips is preferable if you maintain the arch in your back, rather than bending at the waist.

Glue your hand to your thigh. If you carry a load in one hand, such as when carrying a tool box, place your free hand on the outside of your thigh and mentally 'glue' it into position. This will help you maintain correct back alignment rather than lifting and tilting to one side. When carrying a heavy load, side bending can be just as stressful to the spine as bending forward.

Tighten your stomach muscles. This technique helps prevent your spine from twisting. If you lift a load and need to place it off to one side, turn by moving your feet. After repeated lifts you might find yourself getting a bit sloppy and forgetting to move your feet. You can overcome this tendency if the place you set the load down is at least one step away from where it is lifted.

Stay in good physical condition. Soft tissues, like muscles, play a vital role in allowing individuals to move and use their bodies. Having strong and fit muscles will ensure that you can maintain neutral postures throughout your work-day. When you bend at the waist to lift, due to the leverage principal the load is up to 10 times heavier than its actual weight. Therefore, it's important to keep your body in good shape to help avoid injury. Staying in good shape plays a major role in having a balanced lifestyle!

Warm up your muscles before work. There is an increased number of back strains in the morning, because trunk flexibility and mobility is significantly lower at that time. A few minutes of your time can warm up cold, stiff muscles and tendons and help you avoid an injury. All professional athletes know this – 'industrial athletes' should too!

Health and Safety Committee Members

Julie Weir, Chair
Bev Harper, Co-Chair
Lynn Burdock
Danny Prosser

Ronda McCready
Cathy Smyth
Tiffany Bradley
Una Flynn
Cheryl Berry
Laura Jones
Nicole Roy

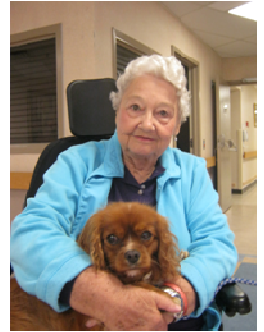
NEW EMPLOYEES

Cheryl Debow Dietary
 Diane Bacay, Dietary
 Vanessa Bernatchey, RA
 Diane Boucher, RA
 Jenna Coates, RA
 Alisha Cooke, RA
 Valarie Corner, RN
 Danielle Doran, RA
 Mireille Godreau, GPN
 Sarah Harris, RA
 Lyndsay LeBlanc RA
 Destinee Levi, RA
 Bonnie Lee Murphy, RA
 Charline Pellerin, RA
 Andrea Shaw, RA
 Dara Sprague, RN
 Isabell Whande, RA



WHY HAVE PETS VISIT AT SPENCERS?

The cute little dog walking down the hallway is doing much more than just visiting. Visiting with animals can help people feel less lonely, and less depressed. Visits from dogs can provide a welcome change from routine, or the renewal of old friendships. People become more active and responsive both during and after visiting with animals.



An animal visit can offer entertainment or a welcome distraction from pain and infirmity. People often talk to the dogs, and share with them their thoughts and feelings and memories. Animal visits provide something to look forward to. Stroking a dog or cat can reduce a person's blood pressure. Petting encourages use of hands and arms, stretching and turning.



The pet makes it easier for two strangers to talk. It gives people a common interest and provides a focus for conversation. Many people in hospitals or group homes have had to give up pet ownership and they miss the casual acceptance a pet gives them.

A dog pays little attention to age or physical ability, but accepts people as they are. The benefits continue even after the visit.

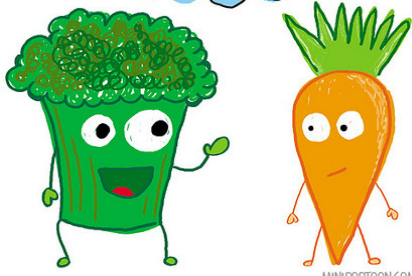
The visit leaves behind memories not only of the visit, but of past experiences. It offers something for people to share.



All dogs visiting our facility must be on a leash. Animals are not allowed in the Dining Room and Laundry areas as per Public Health.

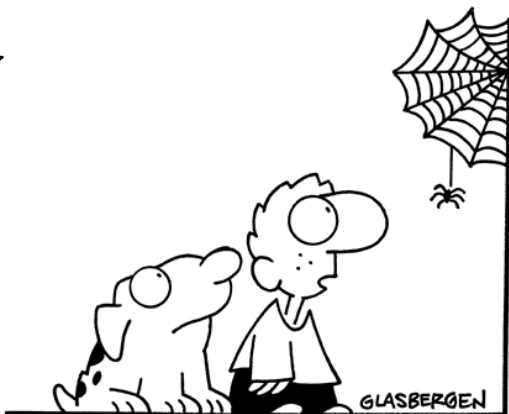
**T
H
E
F
U
N
N
I
E
S**

HOW DO YOU KNOW CARROTS ARE GOOD FOR YOUR EYES?
 YOU NEVER SEE A RABBIT WEARING GLASSES!



MINIPOPTOON.COM

Copyright 2005 by Randy Glasbergen.
 www.glasbergen.com



GLASBERGEN

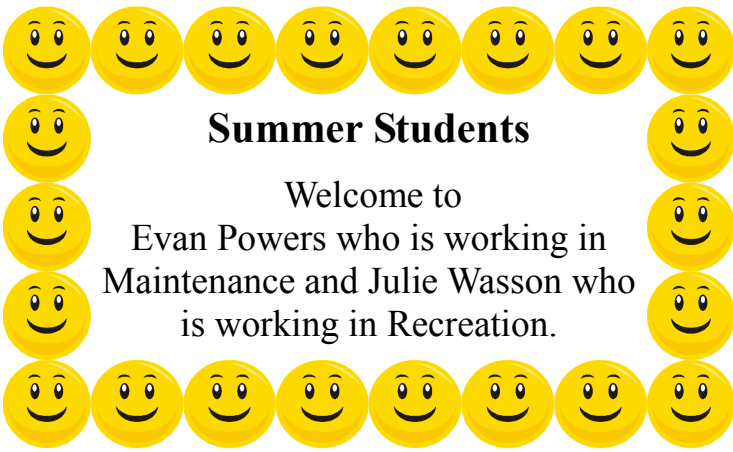
“Grandma says I’m as cute as a bug. Her bugs must be a lot cuter than ours.”



Never look down on anybody unless you’re helping him up.

-Jesse Jackson
 photo by Sanja Gjenero

Very Best Quotes



Summer Students

Welcome to
Evan Powers who is working in
Maintenance and Julie Wasson who
is working in Recreation.

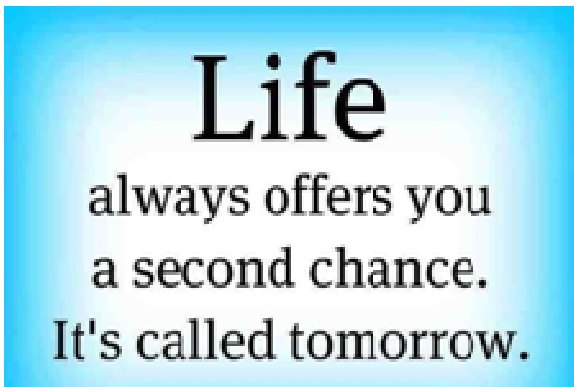
Adult Day Program

Are you an older adult looking for a day out or a family member looking for opportunities for your loved one? Consider visiting the **Adult Day Program** at the Kenneth E. Spencer Memorial Home located on the Salisbury Road.

Our Day Program provides programming Monday to Thursday from 9:00 am to 3:00pm.

Participants enjoy a wide variety of recreation activities including chapel service, outings, puzzles and trivia, crafts, exercises, musical entertainment and much more. Activities are individualized to meet your loved ones needs. We also provide access to onsite services such as Dietician, hairdresser and foot care. You can enjoy a homemade meal and two healthy snacks during your visits. Therapeutic diets are available.

If you or someone you know is interested in the **Adult Day Program** call **Mary Bourgeois** CTRS at **858-7870 ext 115** for more information. We have openings available at this time.



More info on www.kennethspencer.com

WELLNESS CHAMPIONS

**Laura Small
Jennifer Fitzpatrick**

Access to website is available on computer in Conference Room in Section 2 and Meeting Room in Section 1

These Lifeworks services are free to any employee of NB Nursing Homes.

If you have any questions regarding resources that are offered, please contact Laura or Jennifer.



Did you know there is a suggestion box located at the internal entrance to the Business Office?

Congratulations goes out to Ashley MacKinley, one of our License Practical Nurses here at Spencer Home.

Ashley entered at contest called "Lawton's Drug Caregiver Appreciation Contest" during Nursing Home Week in May. The question was "What is the most rewarding part of your job?"

Ashley's positive reply made her a winner!

Congratulations Ashley!!!

Around our Home

A Dessert and Café was held on April 16 to celebrate Spencer Home's volunteers!!!



17 Harrison Trimble Students visited Spencer Home in April and completed resident bios with a some of the residents. A resident bio with Robert McFarlane is on the next page.



Meet Spencer resident - Robert McFarlane

Robert McFarlane was born in the fall of 1944. He had one brother and one sister. He lived in Montreal in the country. Growing up he liked to play hockey and street hockey with his friends, but he quit hockey at the level Midget because he had other thing on his mind. Robert didn't enjoy school very much as he got older. As a teenager, he was rebellious. He and his group of friends would get in a lot of trouble. He got in trouble at school and would often skip school. He stressed out his mother really badly. At the age of 17 he quit school and left home. He started working part time as a truck driver, as it turned into a steady job, he started working full time. Most of his time was wrapped up in his job. His trailer became like his home, and it was where he spent most of his time.



Then he met his wife. His wife's name is Ivy, and they were married for 32 years. The best gift that he had ever received was meeting his wife Ivy and getting married to her. Being married to Ivy was the best thing that had ever happened to Robert. Ivy and Bob had three children: John, Jessica and Joan. He loved the married life. He enjoyed going for walks with her, and just enjoying her company. On New Year's Eve of 2003, Ivy had passed away.

Robert likes every season, but his favourite season is summer. He is both a morning person and a night person, because he wakes up at 4:00 in the morning and goes to sleep at 11:00 at night. His favourite food is pizza, his favourite colour is baby blue, and his favourite Holiday is Christmas. He loves being on the road, because that is where he had spent most of his time. He also likes being outdoors and going for walks. He enjoys watching the birds flying around in the sky and in the trees.

By Monica Blake
Harrison Trimble High School

Picture below are 15 students who completed their LPN (License Practical Nurse) practicum here at Spencer Home.



We are always looking for information to put in our Newsletter. Please forward suggestions to:
ssweetapple@atlanticbaptisthousing.com
Or drop it off at reception and Wanda will put it in my mailbox.



Around our Home

Residents pictured below are enjoying ice cream during an outing in the community.



The two pictures below are taken at Centennial Park.



Together
We Care

A group of residents recently enjoyed a visit to the Moncton SPCA





Spencer Home Foundation *Lily Banquet*

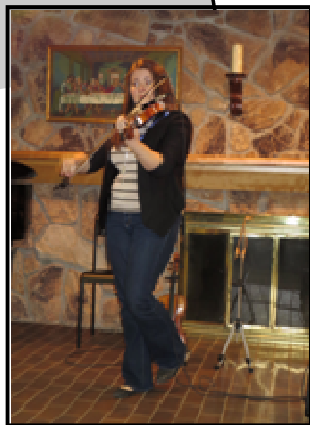
This years Annual Fundraising Banquet took place on May 27 raising \$17,405. This money will be used to pay the balance of the bus, purchase new atrium furniture, and a new gardening vehicle for our volunteer gardeners. Thank you everyone for making it a successful event!



Guests were treated to a wonderful performance by Christine and Janelle Melanson.



Sherry Sparks, Foundation Board Member Introducing the evening music performers.



Spencer Home's Executive Director Barbara Tremble Cook speaking at the Lily Banquet.



Kent Robinson, Spencer Home Foundation Chairperson, giving a speech.

Please consider making a donation to Spence Home Foundation. Your tax deductible gifts will enable the Foundation to provide physical resources that are needed by the residents of Spencer Home that will enhance the resident's quality of life in may ways.

All donations may be made directly through the Spencer Home Foundation website utilizing Canada-Helps.org or by dropping off your donation to the Spencer Home Business Office.

Website: www.SpencerHomeFoundation.org

INFECTION CONTROL

Food Safety Hints and Tips Picnic Safety Tips

Picnics can take on many forms, such as the community picnic, friends, neighbors, tailgate parties, or ball games. There is also one sure thing at picnics- lots of good food.

The important point is to have safe and healthy food, not food that can cause food borne illness. Always prepare and store food properly.

- ◆ As always, wash hands and work areas before preparing food.
- ◆ Plan your menu with an eye to safe food handling. **Cook in plenty of time to thoroughly chill food in shallow containers in the fridge.**
- ◆ Have enough coolers with ice or frozen gel packs in which you store the perishable foods like meat, poultry, fish, eggs and salads. You want to keep the food at 40 degrees F. **Pack right from the fridge into the coolers.**
- ◆ Don't put the cooler in the car trunk; **carry it inside an air conditioned car.** At picnics, keep the cooler in the shade and keep the lid closed. Replenish the ice if it melts.
- ◆ **Use a separate cooler for drinks** so the one container for food won't constantly be opened and closed.
- ◆ Find out if there's a **source of safe drinking water** at your destination. If not bring water for preparation. Pack clean, wet, disposable cloths or moist towelettes and paper towels for cleaning hands and surfaces. Cross contamination during preparation, grilling, and serving food is a prime cause of food borne illness.
- ◆ **Pack raw meats, poultry, or seafood on the bottom of the cooler.** This will reduce the risk of them dripping on other foods. Pack coolers until they are full. A full cooler will stay cold longer than one that is partially full.
- ◆ Do not partially grill extra meat or poultry to use later. Once you begin, cook until completely done to assure bacteria are destroyed. Grill raw poultry until the juices run clean and there is no pink. Hamburger should not be pink in the center.
- ◆ When taking food off the grill, **don't put the cooked items on the same platter which held the raw meat** unless you have washed the platter in between uses.
- ◆ **Two hour rule.** Don't leave perishable food un-refrigerated for more than two hours. Put perishable foods back in the cooler or fridge as soon as you finish eating. Don't leave it out while you go for a swim or a hike, and don't leave them out all afternoon to nibble on.
- ◆ Chances are, picnic leftovers have been sitting out for more than an hour or two. **Discard these leftovers.** Cold foods that were kept in a cooler that still has ice may be safe. If the ice has melted, the food should be discarded.

Infection Control is Everyone's Business



REMINDER—FOOD SAFETY @ SPENCER HOME (Policy D10067)



In supporting Best Practice in Food Safety, families or sponsors who choose to provide food to their loved one, such as food prepared in a private home are responsible for food safety. Staff are not permitted to prepare, reheat, or serve perishable food brought in by families. Such food is not to be shared with other residents. It is recommended that sponsors only bring one serving of a food item that will be consumed immediately with the supervision of the sponsor. No leftovers will be stored.

All food items brought in for resident consumption are to be documented on the Food Tracking Sheet (Form 6500.38) located on each wing.



Starfish Program



Stay tuned for a new Staff recognition Program this fall. Purpose of Starfish Recognition Program: To provide a peer to peer recognition program to promote recognition of staff and a positive work environment.

The Starfish Poem



A wise old man was on the beach when stranded starfish lay dying in the sun. He saw a young man throwing them back into the sun. He asked him "There are miles of beach, you won't make much of a difference.: Throwing another starfish in to the sea the young man said, "It makes a difference to that one.



Lifework resources are also available in the Conference Room in Section II.



RESIDENTS ON THE GO!



With our new accessible bus the residents are ready to go! Where you may ask? So far we have had outing through the city to check out what is new in Moncton, Salisbury and Riverview, out to lunch, for ice cream and to the mall.



In order to participate in an outing please let the Recreation Staff know. We have a master list for the summer months in hope of getting everyone outside for a drive.



REFLECTION

Age is an issue of mind over matter. If you don't mind, it doesn't matter. Mark Twain

K. E. SPENCER MEMORIAL HOME

MISSION STATEMENT: The mission of the Kenneth E. Spencer Memorial Home Inc is to ensure the quality of life of persons requiring long term care in south-eastern NB.

VALUES STATEMENT: All our decisions, actions and behaviors are based on: *CARING, RESPECT, INTEGRITY, EXCELLENCE, SAFETY.*

VISION STATEMENT: Our Vision is a Nursing Home where residents experience life to its full potential.

5 Reasons Why Seniors Should Participate in Social Activities

[Social activities](#) provide many benefits to people of all ages. As children, the more socially active we are, the more likely we are to form solid friendships as we grow to understand and value the importance of interaction. Throughout adulthood, if we are able to successfully maintain a healthy balance between work, home life and social activities, we are more likely to enjoy an overall sense of happiness and fulfillment.

Once we fully retire, the social interaction we once had at work is gone. Participation in social activities during our older adult and senior years is important so that we may maintain our connection to other people. Once our full-time working days come to an end, it is easy to become disconnected from society. Without any outside exposure to the world around them, it is possible for seniors deteriorate at a quicker rate, both mentally and physically.

1 – Relationship Building

A Social Activity – whether it be a boccee, bingo night or morning tea – gives you the opportunity to meet new people. When your social interaction is confined to the same people day in and day out, your brain does not receive the diverse social stimulation it needs to maintain its health. Seniors who have an opportunity to build new relationships with a wide range of people will enjoy the benefits of a comprehensive social network.

2 – Sense of Mastery and Accomplishment

Consider choosing a social activity that involves learning a new skill. For example, maybe you want to sing, browse the Internet, or learn a craft. Social activities take many forms, from low mobility to high mobility. Seniors who enable themselves to experience new challenges have the chance to succeed at their chosen activities. By discovering new talents and realizing their true potentials, seniors are able to build confidence, establish control in their lives, and achieve their personal goals.

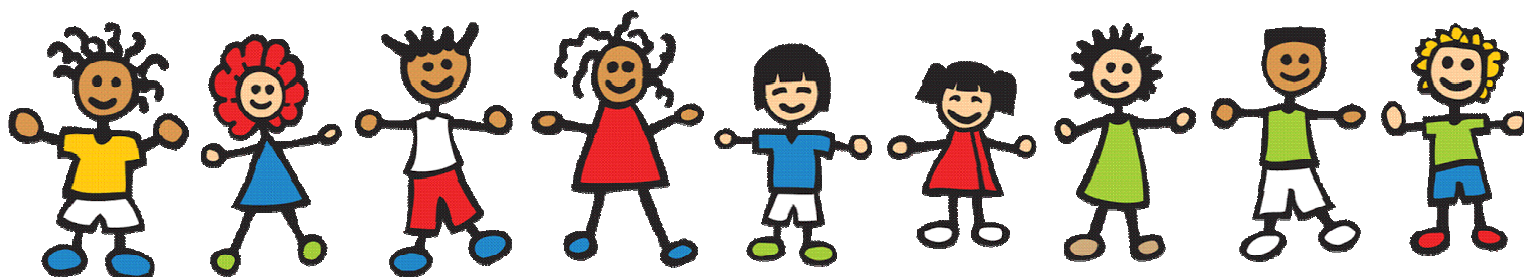
3 – Mental Stimulation

Regardless of what social activity you select, it will be new and exciting. Fresh material puts seniors' minds to work – enjoyable work, that is. Discover the fun in clicking a mouse at the computer, reading the newspaper, completing a wordfind puzzle or interacting with someone you've never met before. Social activities give seniors the enjoyment they need, and simultaneously feed their brains with the essential nutrients required to keep sharp.

4 – Connectedness

Seniors with low or no social activity in their lives will find themselves withdrawn from the world. We all have a need to feel as though we belong. Seniors who participate in social activities have a schedule, places to be, people who expect them to show up, and a reason to wake up in the morning. Think of seniors' social activities as pleasurable obligations, providing a strong sense of purpose. Social activities connect seniors to their environment.

Continued on the next page



5 – Slowed Memory Loss and Maintained Muscle Strength

There are significant health benefits for seniors who are socially active. Many studies have shown that many seniors involved in social activities, experience memory loss at a drastically slower rate. Given the fact that memory loss is a key risk factor for dementia, it is in seniors' best interests to do everything they can to preserve their healthy minds for as long as possible.

The Archives of Internal Medicine published a study in 2009 which stated that social activity for seniors is just as important as exercise. Speed, dexterity and muscle strength requires social interaction to be maintained during the senior years. The study found that those who were socially inactive experienced physical decline at a rate 1/3 more rapid than those who were socially active – even if they exercised regularly. Many other studies show that social activity, participation and integration have astonishing positive effects on seniors' overall health and well being.

The Recreation Department offers a wide range of programs including social programs.

Come check out one of these opportunities:

Morning tea and coffee – Daily from 9:00 – 10:00

Chapel Service – Monday to Friday 11:00 Sundays 2:30

Musical Entertainment – Thursdays 2:00

Exercises – Monday and Wednesday 1:15 or Tuesday & Thursday 10:15

Bingo – Mondays 6:15

Bocce – Thursday 6:15

Plus many more make sure you check the Activity Calendar for many more opportunities.



Whether you are interested in long term care, a short term stay, or a day program, Spencer Home can accommodate your need. We are an Accredited level three nursing home operating in the Moncton area for more than 40 years. We offer:

- Long Term Care for individuals requiring daily nursing care.
- Relief Care for those who require nursing care for a short term such as a convalescent period or in circumstances where a caregiver is away or unavailable.
- Adult Day Program with the opportunity for individuals to attend Monday-Thursday-9am-3pm.

**For more information or to arrange for an appointment
please call us at 858-7870.**

Day Program:

**Mary Bourgeois
Recreation ext. 115**

Long Term & Relief Care:

**Angela LeBlanc
Nurse Manager ext. 113**

**Jennifer Steylen
Nurse Manager ext. 112**

EATING IN THE 1950'S

Pasta had not been invented. It was macaroni or spaghetti.

Curry was a surname.

A takeaway was a mathematical problem.

A pizza was something to do with a leaning tower.

Bananas and oranges only appeared at Christmas time.

All chips were plain.

Rice was a milk pudding, and never, ever part of our dinner.

A Big Mac was what we wore when it was raining.

Brown bread was something only poor people ate.

Oil was for lubricating, fat was for cooking.

Tea was made in a teapot using tea leaves and never gre

Coffee was 'Bushells Essence' and came in a bottle....

Cubed sugar was regarded as posh.

Fish didn't have fingers in those days.

Eating raw fish was called poverty, not sushi.

None of us had ever heard of yogurt.

Healthy food consisted of anything edible.

People who didn't peel potatoes were regarded as lazy.

Cooking outside was called camping.

Seaweed was not a recognized food.

'Kebab' was not even a word, never mind a food.

Sugar enjoyed a good press in those days, and was rega
gold.

Prunes were medicinal.

Surprisingly muesli was readily available....it was called cattle feed.

Pineapples came in chunks in a tin; we had only ever seen a picture of a real
one.

Water came out of the tap. If someone had suggested bottling it and charging
more

than petrol for it they would have become a laughing stock.

The one thing that we never ever had on our table in the fifties...was elbows!



Very Easy Fruit Salad

- 1 pint strawberries—cleaned, hulled and sliced
- 1 lb seedless grapes
- 3 kiwis—peeled and sliced
- 3 bananas—sliced
- 1 can (21 ounce) peach pie filling



In a large bowl combine strawberries, grapes, kiwis, bananas and gently mix in peaches. Chill 1 hour before serving. Enjoy!!!





The Kenneth E. Spencer Memorial Home Inc.

35 Atlantic Baptist Ave.
Moncton, NB E1E 4N3

Tel: (506) 858-7870

Fax: (506) 858-9674

E-Mail:

info@atlanticbaptisthousing.com

Website:

www.atlanticbaptisthousing.com

