

THE COMMUNICATOR

Spring 2015 Newsletter



K. E. Spencer Memorial Home



Spring



Optometrist Now Available

Spencer Home is pleased to announce **Dr. P. Marcantonio** of Riverview is now available (through referrals) for eye exams and/or eyeglass repairs.

Please see Unit Nurse.

BEDS AND MATTRESSES COMING SOON

We are very pleased and excited to share the news that Spencer Home will be receiving 139 new beds and mattresses in March or April. The Department of Social Development did an assessment of the beds in all Nursing Homes. Beds and mattresses are being replaced to meet the new standards for beds in Nursing Homes. The beds are Invacare Fully Electric Beds with the capacity to be as low as 7 inches from the floor for resident safety. The mattresses are Invacare SoftForm Therapeutic Support Mattresses that provide excellent resident comfort and optimizes pressure reduction.

It will be a team effort to accept this volume of beds over a short period of time. The staff will work to assure this transition happens as smoothly as possible for both residents and staff.

*Barbara Tremble Cook
Executive Director*

Spencer Home would like to say a huge thank you to the Estate of the late Edna Mitton for the generous donation made to Spencer Home. Edna was a volunteer at the Home for more than 30 years and also a great supporter of the Home. Residents and Staff knew her as the organizer of the Boutique Orders. Edna will be sadly missed by many.



Everyday Ways to Get Moving



At the Office

The Desk Workout

To strengthen calf and ab muscles—and to help with your posture—sit up straight and squeeze in your stomach as you lift up on your toes to tighten your calves. Work the calf muscles further and shape up your ankles by stretching your leg and pointing your toes forward and backward 20 times, then circle your feet and ankles 20 times on each foot.

Stand up.

Whenever you pick up your phone, stand up at your desk to give your body a stretch and an energy boost. Try to keep files you use often in an overhead compartment that you need to stand up or reach for.

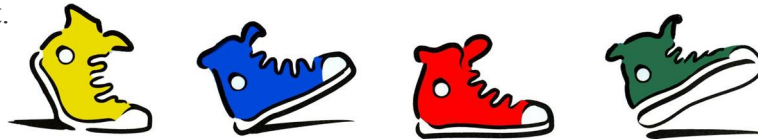


Go the distance.


Start using a restroom farther away from your desk. Refill your water at a fountain that's on the other side of the office. Schedule a "daily reminder" to walk a lap around your office; it's a great opportunity to meet new colleagues, and no one will know your ulterior motive.

Move before you eat.

Put your snacks in the kitchen so that you have to move for food, and do a lap or two around the office before sitting down with it.



ATTENTION STAFF: Bugs Bunny is hiding somewhere in this Newsletter!

 **Can you find Bugs Bunny?** The first person who notifies Sharon in the Business Office (Ext. 106) where Bugs Bunny is hiding will win a **prize**. The winners' name will be posted. Good Luck!

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 southeastern 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.

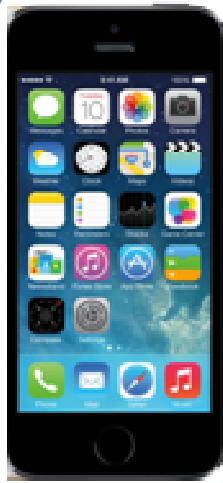
Telephones from yesterday and today.



1928



1919



1877



1937



1950's



HAPPY MOTHERS DAY

Sunday, May 10, 2015

Mother's Day in Spain: Unlike the United States and several other countries, Mother's Day in Spain is celebrated on December 8. Spaniards pay tribute not only to their own mothers on this day, but also to the Virgin Mary. Mother's Day in Spain includes religious celebrations across the country. As December comes this year, consider taking a moment to honor your mother on December 8 with the Spaniards of the world.



Mother's Day in France: The French do not celebrate Mother's Day on the second Sunday in May as the Americans do. Instead, mom's special day is reserved for the last Sunday in the month of May. A family dinner is the norm, and traditionally the mother being honored is presented with a cake that looks like a bouquet of flowers. Consider making your mother a flower bouquet cake on the last Sunday in May and celebrate Mother's Day with the people of France.



Mother's Day in the UK: Mother's Day in UK is celebrated with great excitement and verve but it does not fall on the same date as in US. In UK, Mother's Day celebrations takes place on the fourth Sunday in the month of Lent. Since the Lent days are not fixed, the date for Mother's Day changes every year. Mother's Day came to be celebrated in UK in 17th century as Mothering Sunday, much before the custom began in US. The tradition of celebrating Mother's Day began much earlier in England than it started in USA. In fact, England was the first country in the world to dedicate a day for mothers as early as 1600s. They called this day for mothers as 'Mothering Sunday'. The tradition of Mothering Sunday stopped with the advent of Industrial Revolution in England when the working conditions and life pattern changed. In the present time, original meaning of Mothering Sunday has been lost and has taken the form and name of Mother's Day in US. In UK, there is a tradition of making a rich almond cake for mothers called 'Mothering Cake' or 'Simmnel Cake' (seen to the left)



Everyone has inside himself a piece of good news! The good news is that you really don't know how great you can be, how much you can love, what you can accomplish and what your potential is.

Anne Frank

SPRING



Health and Safety Committee Members

Julie Weir, Chair
Bev Harper, Co-Chair
Lynn Burdock
Danny Prosser
Angela LeBlanc
Jennifer Steylen

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

Happy Father's Day

Father's Day Traditions Around the World



Sunday, June 21, 2015



Thailand

In Thailand, Father's Day is celebrated along with the birthday of the King Bhumibol Adulyadej, on December 5. The King is very much beloved by the Thai people, and considered 'The Father of the Nation.' Tradition holds that everyone wears yellow on Father's Day, the "official color" of Monday, the day of the week the King was born.



Here, children start the day off by presenting their fathers with a Canna flower, which is considered to be a masculine plant.

To bring these traditions to your own family, have everyone wear Dad's favorite color on Father's Day.

Japan

Flowers are an integral part of a Father's Day celebration in Japan. Children also give their dads handmade beer glasses and Japanese candies or a box of Japanese sweets. Lunch or dinner is almost always a dish of crab, prawns or other seafood. Personalized champagne and beer bottles and sandals also comprise many of the gifts. Japanese fathers enjoy gifts of perfume as well.



Bring Japanese traditions to your Father's Day celebration by having a special seafood dinner. Kids can wrap some of Dad's favorite sweets as a special after-dinner treat.

Germany

Father's Day in Germany, also called Vatertag or Männertag (Man's Day), began in the Middle Ages as a religious procession. The celebration in modern days usually begins with a male's only hike accompanied by wagons filled with regional food, beer and wine, which are pulled by the men. In German cities, the gentlemen party has taken on a more urban tone, with men going to beer gardens to drink all day. Father's Day in Germany is always celebrated the Thursday about 40 days after Easter.

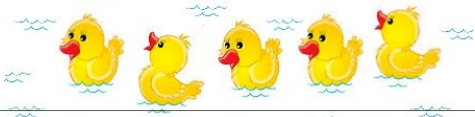


To celebrate the German way, help organize a group of dads who enjoy golf, cycling or even wine-tasting and let Dad make a day of it.



NEW EMPLOYEES

Chantal Arsenault, Housekeeping
 Suzanne Auffrey, Housekeeping
 Madison Jardine, Dietary
 Nicole Lutes, Dietary
 Jessica Carde, RA
 Nicole Snair, RA
 Jean Comeau, RA
 Shonda Steeves, Kitchen



REMEMBER?



Set Your
 Clocks
 Ahead!



March 8, 2015



Good Friday, April 3
 First Day of Passover, April 4
 Easter Sunday, April 5
 Easter Monday, April 6

T H E F U N N I E S



7-2
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 www.familycircus.com

Bill Keane
 JEFF KEANE

"Sometimes when you hurt inside,
 the only medicine that'll help
 is a great big hug."



5-21
 © 2009 Bill Keane, Inc.
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 www.familycircus.com

Jeff Keane
 JEFF KEANE

"Grandma, this chili you made
 isn't chilly at all."



April
 Shower's

Bring
 May
 Flower's



Spring Flowers

march
 national
 nutrition
 month



We are always looking for information/articles to put in our Newsletter. Please forward suggestions to: ssweetapple@atlanticbaptisthousing.com or call her at 858-7870 Ext. 106

work life play

10 SECRETS TO A STRESS FREE LIFE

START SMALL. Don't overwhelm yourself with big change.

Alter one small thing – a morning habit, a food choice. Over time, these will add up to the intentional life you crave.

CONNECT. Put love and friendship first in your life, scheduling dates with others as you would doctor's appointments.

FOCUS ON NOW. Rather than disperse your energy with multi-tasking, take one job, one person at a time. The more mindful you are, the quicker you can stop stress and turn yourself around.

WRITE IT OUT. Release stress by getting negative feelings out of your body. Pick up a pen and write down your thoughts.

OWN THE NEWS. Change the way you approach the bleak information you get from the media. Don't shy away from knowing the facts – apathy can prove as damaging to your spirit as stress or depression. Use what you learn to become part of the solution. Send light, positive energy and prayers to those suffering while finding tangible ways to get involved. You are in a position of power and control; embrace the media and use it as your classroom.

WALK SOFTLY. When we're stressed, we tend to hit the floor hard with every step. Imagine you're walking on a lotus flower – tenderly, gently. Unplug through your feet and you will calm down to a more tranquil mental place.

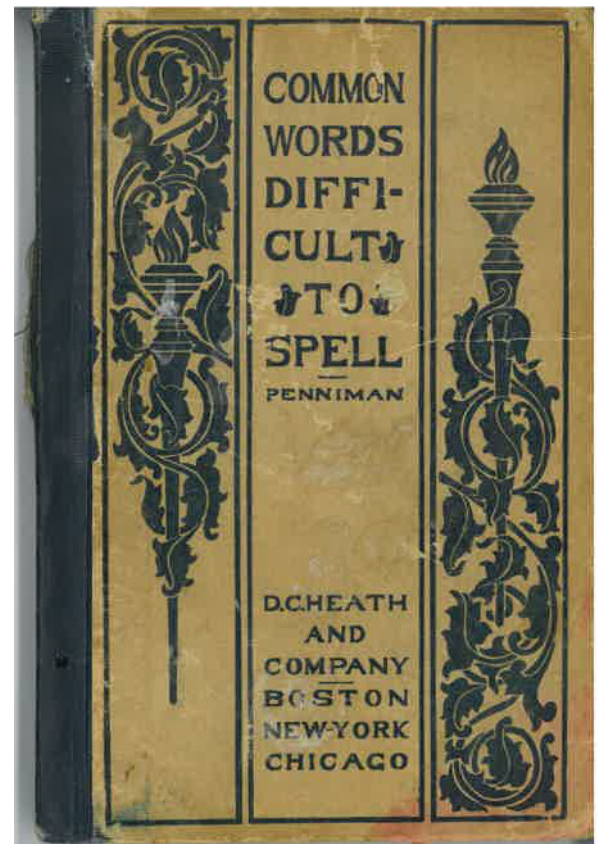
TRY A MINI MEDITATION. Memorize a three to five word phrase, a mantra, which will bring you back to center when things get rough, such as "I am strong" or "Spirit will guide me." Also, keep a peaceful image mentally on hand to call up in stressful moments.

TAKE STOCK. Make a list of things that bring you joy-and another list of things that drain your energy. Do these 10 minutes daily for a week and then review your lists to see how your own life matches up.

LOVE YOUR COMMUTE. See your travel time as a change to cultivate patience and compassion. If you can use calming breaths to stay relaxed and unruffled in traffic, you can handle anything.

PRACTICE GRATITUDE. It's hard to feel gratitude and stress at the same time. Devote five minutes a day to giving thanks for all the gifts in your life – starting with your breath, the source of everything.

From Wholeliving by Kathleen Hall



This book was written in 1891 by James H. Penniman.

Here are a few words mentioned in the book:

Much, stone, twice, dollar, potato (not per-tater), fuel (fu'el not fule), yellow (not yellor), pencil, stew, rice, whether (sound the h in wh), chicken (not chickn), joist (not jois), toad, wrong, jealous, butcher, toad, season, plate, precious, classic, and document.

Thank you to Bev Harper for bringing in her Grandmother's book to share.

Did you know.....

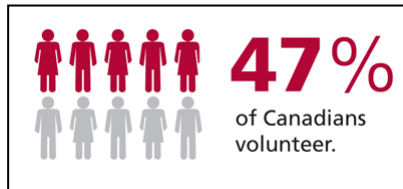
APRIL
12th - 18th


NATIONAL
VOLUNTEER
WEEK 2015

MOBILIZE. BUILD. INSPIRE.

Volunteering

The latest stats from Statistics Canada (2010) show that 47% (or over 13 million) volunteer. In total 2 billion hours were volunteered, the equivalent of 1.1 million full time jobs. On average, volunteers contributed 156 hours each (roughly 21 working days).



1.1  million full-time
equivalent jobs represented by
volunteering annually.

The text is accompanied by a green briefcase icon and a row of five small grey human figures.

Demographics

Age: Not surprisingly youngest age group (ages 15-24) represents the highest percentage of volunteers (at 58%). It is interesting to see that folks between 35 and 44 are a close second at 54%. Similar to what we see in financial giving, those who occupy the 65 + category donate the largest number of hours.

Region: Saskatchewan and Prince Edward Island show the highest volunteer rates. Nova Scotia and British Columbia reported the largest average annual hours volunteered.

Why we volunteer

Canadians state that the primary reason they volunteer is to contribute to their communities. The next two major reasons are to use skills and experience and because they have been personally affected by the cause. The breakdown is as follows:

- to make a contribution to community (93%);
- to use skills and experience (78%);
- personally affected by the organization's cause (59%);
- to explore one's own strengths (48%);
- because their friends volunteer (48%);
- to network with others (46%);
- to improve job opportunities (22%); and
- to fulfill religious obligations or beliefs (21%).



Article from www.sectorsource.ca



We appreciate what all our volunteers do to support life here at Spencer Home. From transporting residents, afternoon tea, boutique, visiting, providing musical entertainment, gardening, chapel services, helping with recreation programs, providing pet visits and many other roles we appreciate it all!



Perfume in the Workplace

Fragrances have been used over the millennia for medicine, religion, romance, and simply to mask foul odors.

However, the composition of today's fragrances is quite different from that of the ancient pharaohs or the "perfumed court" of France's King Louis XV. Until the nineteenth century, scents were made from fragrant resins, flower essences, herbs, spices and other natural ingredients. Now, they are a complex mixture of natural materials and synthetic chemicals. Several hundred chemicals may be used to make a single scented product.

Chemicals used in fragrances can cause health problems such as shortness of breath, headaches and migraines, nausea, muscle pain, and cold-like symptoms. Asthma, emphysema, bronchitis, and allergies can all be adversely affected by the chemicals found in scented products. According to the Lung Association, one study found that 72 per cent of people with asthma had adverse reactions to perfumes.

In most workplaces there are employees who react to fragrances. Employees who like to wear perfume may not realize that they are triggering headaches, wheezing or allergic reactions in fellow employees.

The issue of sensitivity to perfumes in the workplace is complex. Ingredients of different fragrances vary, and allergic individuals may not be affected by all fragrances. In addition, many cleaning and personal care products also have scents. Further research is needed and is being undertaken.

This excerpt was from Canada Safety Council website - <https://canadasafetycouncil.org>



We 
Our Staff



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.**

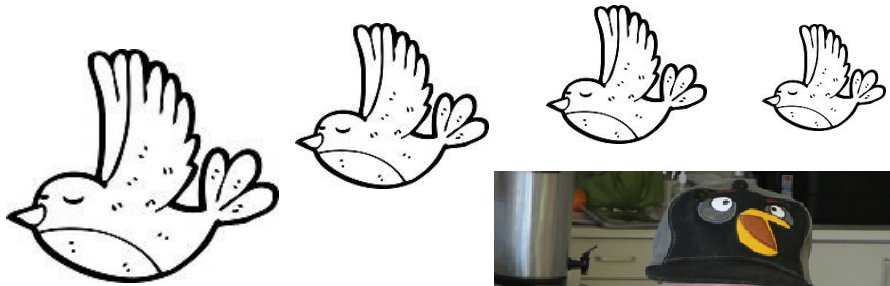
**If you have any questions regarding resources
that are offered, please contact
Laura or Jennifer.**



Around our Home



Every Wednesday our fine feathered friends receives a cleaning. Kim, one of the Home's activity coordinators, receives help from residents.



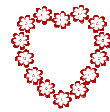
Around our Home



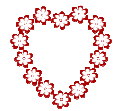
Loyal, one of Spencer's residents, is enjoying throwing snowballs, while Carla, Activity Coordinator, is making a snow angel.



OK, Show of hands...
Who's tired of snow?



Residents enjoying a Valentine craft.



Around our Home



Men's Coffee Club enjoying some Tim Hortons coffee and donuts.



We had some extra excitement at the home on Thursday, January 23, 2015 when Global News came to do a feature of one of our musical entertainers. Joe Eagles and the Mud River Band are great supporters of the home and volunteer monthly to entertain the residents with their musical talents.



Spring

Find and circle all of the words that are hidden in the grid.

The remaining letters spell a message about Spring.

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| T | L | E | M | W | O | N | S | S | S | A | R | G | L | A |
| G | C | Y | C | L | A | M | E | N | S | A | L | I | L | P |
| G | N | G | R | O | W | T | H | R | L | L | L | L | R | S |
| O | Y | I | I | D | L | S | A | R | A | I | E | S | N | N |
| L | A | L | N | K | A | I | E | B | E | R | R | O | H | E |
| F | M | L | O | A | N | F | E | S | G | M | I | P | W | W |
| E | N | A | E | E | E | S | F | I | U | L | R | R | A | L |
| I | O | B | Q | R | A | L | E | O | E | C | S | A | B | E |
| R | S | T | U | B | E | S | C | D | D | F | O | S | W | A |
| I | A | F | I | G | R | N | N | G | L | I | N | R | H | V |
| S | E | O | N | N | R | A | E | O | N | I | L | C | C | E |
| E | S | S | O | I | D | E | W | W | B | I | R | S | B | S |
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| R | E | T | S | A | E | P | L | A | N | T | I | N | G | F |

ALLERGIES
APRIL
BASEBALL
BEES
CROCUSES
CYCLAMENS
DAFFODILS
DANDELIONS
EASTER
EQUINOX

FROGS
GOLF
GRASS
GREEN
GROWTH
IRISES
LILIES
MARCH
MAY
NEW LEAVES
PLANTING

RAIN
RENEWAL
ROBINS
SEASON
SNOWMELT
SOFTBALL
SPRING BREAK
SPRING CLEANING
TULIPS
WARMER
WET



The Spencer Home Foundation was established to support on-going needs of the residents of the Kenneth E. Spencer Memorial Home. Funds raised allow the Foundation to purchase items not provided by the Provincial Government.

Each year in May, the Foundation hosts a Fundraising Banquet dinner where funds raised purchase "Wish List" items to benefit residents. This year, the Lily Banquet is on May 5, 2015 @ 6 p.m.

Our goal for this years' banquet is to purchase furnishings for the resident rooms in Section Two where rooms are furnished with original furniture (1973) and need replacement.

At the dinner, there are several tables set up and each table will have a "Captain" and each Captain is responsible for inviting 7 guests. The Foundation is looking for Captains for this years' fundraiser dinner. If you or someone you know would be interested in being a Captain or a guest, please call Sharon Sweetapple @ 506-858-7870 Ext. 106, or by email ssweetapple@atlanticbaptisthousing.com.

This is a fun night of camaraderie, consuming a lovely meal, and enjoying live entertainment while supporting a good cause.



If I Get Dementia...



1. If I get dementia, I want my friends and family to embrace my reality. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be much happier for it.
2. If I get dementia, I don't want to be treated like a child. Talk to me like the adult that I am.
3. If I get dementia, I still want to enjoy the things that I've always enjoyed. Help me find a way to exercise, read, and visit with friends.
4. If I get dementia, ask me to tell you a story from my past.
5. If I get dementia, and I become agitated, take the time to figure out what is bothering me.
6. If I get dementia, treat me the way that you would want to be treated.
7. If I get dementia, make sure that there are plenty of snacks for me in the house. Even now if I don't eat I get angry, and if I have dementia, I may have trouble explaining what I need.
8. If I get dementia, don't talk about me as if I'm not in the room.
9. If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you, or choose a great new place for me to live.
10. If I get dementia, and I live in a dementia care community, please visit me often.
11. If I get dementia, don't act frustrated if I mix up names, events, or places. Take a deep breath. It's not my fault.
12. If I get dementia, make sure I always have my favorite music playing within earshot.
13. If I get dementia, and I like to pick up items and carry them around, help me return those items to their original places.
14. If I get dementia, don't exclude me from parties and family gatherings.
15. If I get dementia, know that I still like receiving hugs or handshakes.
16. If I get dementia, remember that I am still the person you know and love.

Article written by Rachael Wonderlin

(www.alzheimersreadingroom.com)



RECIPE CORNER

Penne with Chicken and Asparagus

1 (16 ounce) package penne pasta
5 tablespoons olive oil, divided
4 skinless, boneless chicken cut into cubes
Salt and pepper to taste
Garlic powder to taste
½ cup low-sodium chicken broth
1 bunch slender asparagus spears, trimmed cut on diagonal into 1-inch pieces
1 clove garlic, thinly sliced
¼ cup parmesan



1. Bring a large pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and set aside.
2. Warm 3 Tablespoons olive oil in a large skillet over medium-high heat. Stir in chicken, and season with salt, pepper, and garlic powder. Cook until chicken is cooked through and browned, about 5 minutes. Remove chicken to paper towels.
3. Pour chicken broth into skillet. Then stir in asparagus, garlic, and pinch more garlic powder, salt and pepper. Cover, and steam until the asparagus is just tender, about 5 to 10 minutes. Return chicken to the skillet, and warm through.
4. Stir chicken mixture into pasta, and mix well. Let sit about 5 minutes. Drizzle with 2 tablespoons oil, stir again, then sprinkle with Parmesan cheese.

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.

**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 **Jennifer Steylen**
Nurse Manager ext. 113 **Nurse Manager ext. 112**





Spencer Home

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Moncton, NB E1E 4N3

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info@atlanticbaptisthousing.com

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