

THE COMMUNICATOR

Fall 2015 Newsletter



K. E. Spencer Memorial Home



CANADIAN
NURSES
ASSOCIATION

Congratulations to Ronda McCready, Cathy Smyth, and Angela LeBlanc on receiving their 10th year certification in Gerontology Nursing.

Congratulations



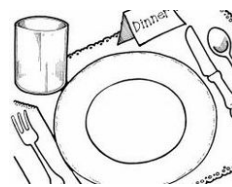
The Quality, Worklife and Education Committee will be setting up a White Elephant table at this year's Ladies Auxiliary Bake and Craft Sale (usually the first Saturday in November - date to be determined) to raise funds to help support Staff Appreciation events.

We are looking for donated items (gently used or new items, baked items, and crafts) to sell.

Donations can be dropped off to Sharon in the Business Office from September 1, 2015 - November 6, 2015 (8:00 - 4:00 p.m.) If you wish to donate baked goods, please see Sharon.



UNIVERSITÉ
DE MONCTON



Make the Most of Mealtimes (M3) Determinants of Food Intake in Long Term Care

Researchers from the University of Moncton will be here at the Home from September 10 – October 4 studying factors that affect food and fluid intake at mealtimes.

Researchers will be:

- Taking body measurements of residents
- Screening residents' swallowing, ability to smell & oral health
- Asking about food satisfaction
- Observing in the dining room the amount of food eaten

Staff may be asked about:

- Residents' food intake & nutrition supplements between meals
- Factors affecting food intake such as chewing problems



Day of Caring®

Give. Volunteer. Act.

WHAT IS DAY OF CARING®? Day of Caring® is a special program coordinated in your community by United Way of Greater Moncton & Southeastern NB Region Inc (GMSNB). Its goal is to mobilize teams of corporate employees as volunteers to complete meaningful, hands-on projects that will greatly assist local non-profit agencies in the Greater Moncton & Southeastern NB Region. Thank you Rogers and ExxonMobil!



As part of the United Way Day of Caring, employees from Exxon Mobil and Rogers were here at Spencer Home on June 12, 2015 painting Deerwood Wing and the Hair Salon.



Make 'YES!' your ritual

It's 6 am and the alarm clock goes off. Another day has dawned and our intention was to get up and go for that 5 km jog that we have been putting off for days. The mind is coming up with all sorts of reasons why we shouldn't get those sneakers on and slowly we begin to convince ourselves why it's a good idea to stay in bed and get another 30 minutes of shut eye.....sound familiar???



For many of us, this scenario is not uncommon but we can do something different the next time it happens.....simply say YES!!!! Make physical activity a part of your daily routine so that it becomes a ritual. Rituals do not succumb to negative self-

talk....I mean when was the last time you convinced yourself not to brush your teeth?? Don't let exercise happen by accident, rather MAKE it happen!

Eventually, it too becomes a part of your daily routine and you don't even need to THINK about it anymore.



Facts about Newspapers

How do I get a newspaper?

Newspaper delivery is available in the home. You or your family must arrange a subscription/payment with your newspaper of choice. The Recreation Department is notified by the newspaper usually 72 hours after the subscription has been arranged. Delivery is done by the Recreation staff and Care staff assist on holidays. We make every attempt to have the newspapers delivered by 11:00 each morning.

Not interested in a subscription, but would like to look through a newspaper?

The Recreation Department has available a shared paper for AM Tea. Feel free to come for Coffee/Tea at 9:00 a.m. – 10:00 a.m. daily and look through the newspaper.

I can't read the newspaper but would like to know what is going on?

Check with your Activity Coordinator as they offer programs where the news is discussed.

I only want the TV Guide; can I take one?

Unfortunately, all papers belong to a subscriber or the common ones need to stay in the Activity Room for everyone's enjoyment. Ask a family member if they are not using theirs and maybe they will bring it to you.

What are the benefits of receiving the paper?

There are many benefits to receiving the newspaper; firstly, for many residents it has been a lifelong leisure activity to read the news daily and secondly it helps stay connected to the community and the events happening around us.

Local papers from small towns can be subscribed to keeping us in touch with our home community. Reading and reminiscing is a form of "brain fitness" keeping our mind stimulated.



Training & Education

Coming this Fall

Itacit is a new communication and education program coming to Spencer Home this fall for all staff.

More information will be posted on the bulletin boards this fall.



Halloween is a night residents

truly enjoy. They have the opportunity to visit, chat and hand out treats with the children.

Donations are greatly appreciated to help make this night a success.

Treats such as chips, cheeses, corn twists and candy may be dropped off at the Recreation Department. If you would like to donate money, please go to the Business Office and a receipt will be provided.

Spencer Home will be celebrating Halloween on the evening of Thursday, October 29, 2015.

Thank you for your support!



Do You Like to Read?

A staff library is available in the Conference room in Section II.



NEW EMPLOYEES

Amber Killam, RA
Melanie Tingley, RA
Kasandra Robichaud, RA
Dani Delcort, RA
Jacinthe LeBlanc, RA
Jamie LeBreton, RA
Ashley Tarrant, RA
Rebecca Curtis, RA
Maria Quesnel, RA
Joelle Mazerolle, RN
Donna Boosamra, RA
Vanessa Spicer, Kitchen
Tracy Beal-Gallant, RN
Richard Cormier, RN
Emily Rourke, RA
Anesha Landry, RA
Dana McGinnity, RA
Jack Richard, Dietary Student
Emily Blakney, Dietary
Kailey Ramsay, Dietary



SUMMER DRESS CODE

The summer dress code ends September 30, 2015.



A feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.

What does the word respect mean?

Respect is a positive attitude any of us can choose to adopt at any time. Respect for others follows the respect we give ourselves. Self respect – paying positive attention to our emotions, interests, and needs – creates the emotional and mental space that allows us to move on to see others as valued members of the human race who also have emotions, interests, and needs. Disrespect takes its toll in every domain, from family life to work. The important thing in any moment is to act with respect, even if you are having a difficult time feeling respect for someone's aggravating behavior or objectionable demand. (From www.viha.ca)

How do we demonstrate respectful behavior? To be respectful we:

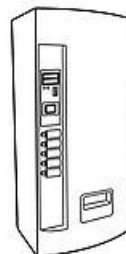
- Treat other people the way you want to be treated.
- Be courteous and polite.
- Listen to what other people have to say.
- Don't insult people, or make fun of them, or call them names.
- Don't bully or pick on others.
- Don't judge people before you get to know them.



Health and Safety Committee Members

Julie Weir, Chair	Ronda McCready
Bev Harper, Co-Chair	Cathy Smyth
Lynn Burdock	Tiffany Bradley
Curtis McPhail	Una Flynn
Angela LeBlanc	Cheryl Berry
Jennifer Steylen	Laura Jones
	Nicole Roy

Piles of leaves
Cool breeze
Pumpkin pie
It's turkey time!



The two vending machines are now located at the main entrance near the washrooms. There are more choices for healthier snacks and will now accept \$5 and \$10 dollar bills.

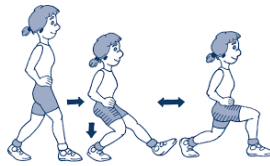
Around our Home



Two Red Cross donation boxes have arrived and are located in the staff parking lot.

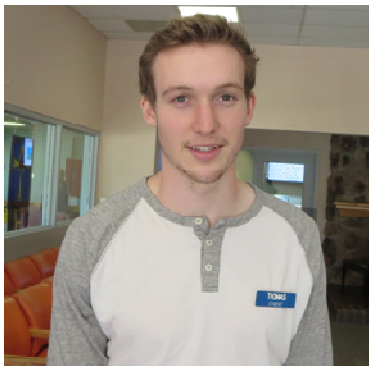
Back In Form Training Coming This Fall

Spencer Home is pleased to be hosting a “Back In Form - Train the Trainer” course this fall. Five of the eight participants are from Spencers.



Back in Form™ (BIF) A standardized training program for client handling activities. The training is unique in that the technical components of BIF are presented in a building block approach that allows participants to learn and execute body mechanics in a safe, effective and efficient manner. A series of introductory, transitional and complex physical movement skills are presented in a modular format. This allows participants the opportunity to:

- * Understand issues and risk factors surrounding MSI's (Musculoskeletal Injury)
- * Learn how to recognize posture issues now
- * Reprogram their bodies
- * Develop an awareness of their own body so they can recognize and assess their own physical limitations
- * Use lower body muscles to exert the appropriate forces needed to move loads



Luc Lavoie (below) and Thomas Maxwell (above) were students at Spencer Home this past summer. Luc helped out in the Maintenance Department and Thomas in the Recreation Department. We wish Luc and Thomas all the best with their studies at University.

*hello,
autumn*



Around our Home



Smile! You're on candid camera.



Smoking Policy at Spencer Home

Spencer Home is committed to the Health and Safety of employees, residents and families/sponsors. Smoking is prohibited throughout the facility. Smoking is allowed in designated areas outside the building:

- the smoking shelter by the staff entrance
- or any other area **at least 30 feet** from the building.

Nutrition News

Something Sweet!

Here are a few healthy ways to satisfy your sweet tooth!

Chocolate-Covered Strawberries

Heat 1-2 squares of your favourite chocolate (preferably dark) in a pan until melted. Dip washed and dried strawberries in melted chocolate. *If you can wait*, put them in the fridge for a few minutes so the chocolate can harden.

TeaPops – www.deebeesorganics.com/frozen-treats

Dessert Yogurt

Fruit – sliced strawberries with a sprinkle of raw sugar or mango slices.

Decaf Latte made with skim milk and a sprinkle of chocolate on top.

Almond Milk Hot Chocolate

Heat almond milk (original) in a pan. Add a tablespoon of pure cocoa and stir or whisk.

Frozen Grapes (green are best) or frozen raspberries right out of the bag.

Warm Berries & Greek Yogurt

Warm frozen berries (or mixed frozen fruit) on stove top, or in the microwave. Top with plain 0% Greek yogurt and a dash of cinnamon and a drizzle of honey.



Whether you are interested in long term care or short term stay, Spencer Home can accommodate your needs.

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.

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

Angela LeBlanc
Nurse Manager ext. 113

Jennifer Steylen
Nurse Manager ext. 112



Spencer Home

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