

# The Communicator

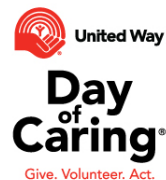
*Spencer Home*

*"Together We Care"*

September 2016

## New HVAC Unit

Spencer Home is pleased to announce the installation of a new HVAC Unit in the Chapel this summer; this will create better air flow and air conditioning.



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.

The volunteers were here for the day and were able to paint the hallways on Evergreen and Gardengrove.

*Thank you Cooperators!*



**IMPORTANT  
NOTICE**

**CAUTION**

### *Resident Safety*

For the safety of our residents, please do not assist any resident outside unless accompanied by a staff or family member.

*Thank you.*



*light breeze  
colorful leaves  
bare trees  
it must be Autumn*

## Mr. Tony Finch, Our Friend

Tony was our special friend  
He lived within his cage  
He live for many many years  
Until a ripe old age (21)

We loved to watch his antics  
As he moved around his home  
He seemed to be content  
With limited space to roam

He would jump from the floor onto his perch  
And use it like a swing  
He would ruffle his black feathers  
And try his best to sing

He knew when he was addressed  
From his yellow breast would come a chirp  
He was a friend to everyone  
He didn't know he was a flirt

Tony was a dear little finch  
He is now with his Creator  
Those of us who love the LORD  
Know that we will see him later

*Written by R. Joy McKay*



## Staff Baby Photo Contest

The Quality Worklife and Education Committee has organized a "Name that Baby" contest. If you would like to submit **your** baby photo to be in the contest, please drop off a **copy** to the Business Office by Friday, September 23, 2016, 4 p.m.



Baby pictures will then be posted in the Central Core area the following Wednesday, September 28, 2016 until Friday, October 7, 2016 for staff to guess who is who.

Ballots will be available at the computer sign-in. Please put completed ballots in the communication box.

Whoever has the most correct matches will win a prize! Good Luck!



## Cooking with Legumes

Use legumes such as beans, split peas, chickpeas and lentils to reduce the cost of your meals while still getting protein.

Cook dried beans, lentils or split peas according to the instructions on the package. You can also use canned legumes. Drain canned legumes and rinse with water before using to reduce the sodium.

Here are some easy ways to use legumes:

- Use puréed beans to thicken sauces or soups.
- Add legumes to pasta sauces, soups, stews or rice.
- Make a chili with a variety of beans.
- Make a bean salad or add beans to your salad.
- Make a Mexican pizza with black beans, salsa and cheese.
- Add lentils to burgers or meatloaf.

Replace ½ the fat in cookie, muffin and brownie recipes with puréed beans or lentils.



## Did You Know?

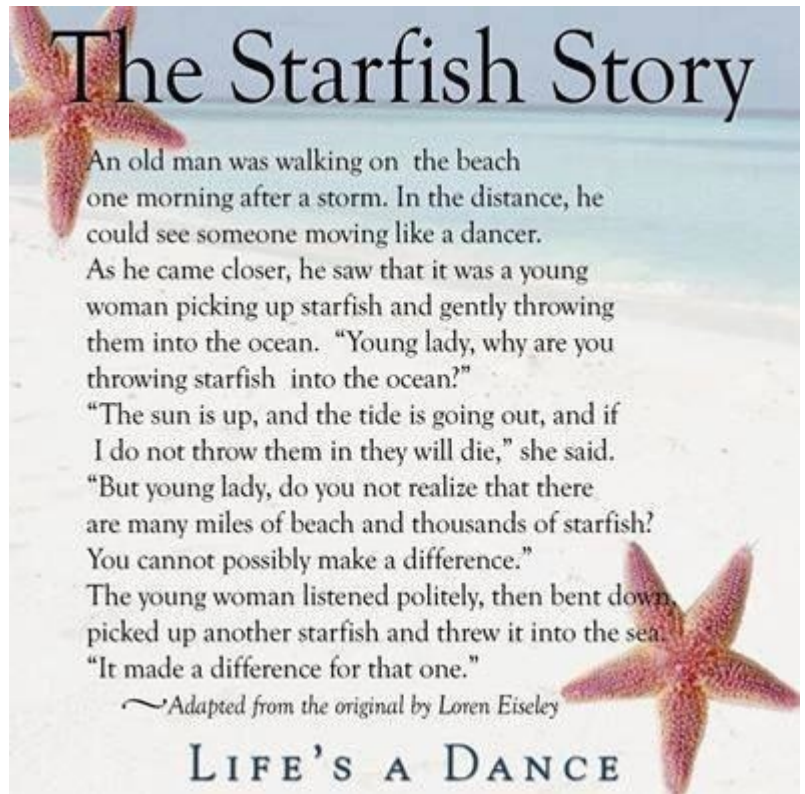
Canned beans may contain sodium. Drain and rinse canned beans, chickpeas and lentils to get rid of about 40% of the sodium.



## ***Starfish Program***

This program is designed for staff to recognize a co-worker in a peer to peer recognition. Staff is recognized on the following criteria:

- Demonstrating initiative
- Promoting Team Work – Actions and words to support the team and our values of Caring, Respect, Integrity, Excellence and Safety.
- Providing Solutions – Innovative ideas to everyday challenges. Recognize those who provide a great idea to improve the efficiency, quality or advance the goals and mission of the home.
- Offering a Helping hand without being asked. Recognize not just who perform their job with excellence but those who strive beyond what is expected.
- Being Positive – Showing a positive attitude and being enthusiastic in the workplace. Demonstrates a genuine appreciation for others, valuing diversity by treating everyone with respect and consideration.
- Demonstrating a positive image of the workplace to the public.



### **To recognize a peer you must:**

1. Complete a STARFISH card. Cards are available at the computer sign in and from Department Managers/ Nurse Managers.
2. Complete the card by describing why another employee deserves a STARFISH. Make sure to date. Present their peer with the card or can be given anonymously by Department Manager/Nurse Manager.

### **When an employee receives 3 STARFISH cards:**

1. The employee will be eligible for a STARFISH pin.
2. The employee will take their three cards to Department Manager/Nurse Manager who will then photocopy for the employee's file and then present them with a STARFISH pin.
3. If the employee wishes to have their name featured in next newsletter, the Department Manager/Nurse Manager will notify the Executive Assistant.

**We have two employees who have received starfish pins. Congratulations!**



**ATTENTION!**

### ***Families and Sponsors***

Please take time to go through your loved ones' closet and remove any unnecessary clothing and items to avoid over cluttering.

***Thank you for your assistance in this important matter!***





A word from Pastor Scott Ryder

## Peace in Our Midst

We generally think of Spring as the time for new beginnings as so much life pops up all around us. But I would suggest that Fall is also a time for new beginnings as well. For in the Fall many activities that were stilled for the summer are revived, and new undertakings surface. Fall for me is an exciting time as the pleasant weather returns and the comfortable routine of life finds its pace once again. It's not that we want the summertime to leave, it's just that we are a people who enjoy the changing seasons and the uniqueness of each.

As I think about the changing seasons and the routine that each brings to our lives, I find myself pondering how our residents respond to the changing seasons and the routine of life. I think that it is entirely possible that many residents are simply not impacted by the coming and going of our seasons; with the exception of the intense white and cold of winter that is hard not to miss.

But routine for our residents and indeed ourselves is quite another matter. There is something very comforting about the familiarity of routine, of doing the same things at the same time; of knowing what's next. And the contrast to this is true as well; we do not take kindly to anything or anyone who changes our schedules. We are creatures of habit as limiting as that might be, but somehow that normalizes life.

But for our residents especially the routine of life is an extremely comforting thing. Routine for the people who call Spencer home is the essence of normalcy; it brings security and with security comes the calming effect of feeling that everything is alright. And for people who no longer feel in control of their lives, routine often has a medicinal affect without the use of medicine at all.

Too often we overlook the best interests of our residents as we try to maintain our schedules and "to-do lists" without considering how upsetting change can be to our residents. To stop and think and consider our residents before we speak and act for our own convenience can go a long way to keeping the ebb and flow of life at Spencer on an even keel. And when that harmony is maintained, time spent here at Spencer for both resident and employee becomes a beautiful symphony of peace in which each truly enjoys daily life.

The Chol Indians of Mexico define peace as "*a quiet heart.*" And it is that quiet heart that comes from a known routine that enables our residents to be at peace with those around them. And when this peace exists, it exists for all of us!

In the New Testament John 14:27 says, "*Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, nor let it be fearful.*" For you and I and certainly for our residents, routine has an uncanny way of bringing peace into our lives. And for our charges peace is translated as routine that keeps their hearts from being troubled and fearful.

Pastor Scott Ryder  
Director of Pastoral Care



# LEST WE FORGET

## Remembrance Day

A Remembrance Day Service will be held on Thursday, November 10th at 11:00 a.m. in the Chapel to recognize our veterans.

Families are invited to attend this special service.



### **Attention Staff:**

Summer Dress Code ends September 30.

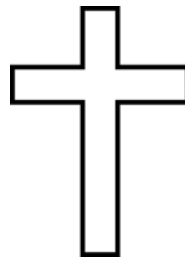


The following videos are now available in the Training Catalogue:

- ⇒ WorkSafe NB Warm-Up and Stretch Exercises
- ⇒ Schizophrenia Education
- ⇒ Violence in the Workplace Education
- ⇒ The Hand that Feeds Education
- ⇒ SSC Self-Help Guide

**Annual Policy Reviews**—A memo will be posted in early fall indicating it's time for the annual policies to be completed. Please watch the bulletin board for details.

If you have questions/concerns, please see Sharon in the Business Office.



## *Memorial Service*

A Memorial Service will be held on September 25, 2016 at 2:30 p.m. in the Chapel.



## NEW EMPLOYEES

Jamie Arsenault, LPN  
Kristina Cloney, RA  
Tina Fisher, RA  
Safron Goodine, RA  
Nomatter Kamanula, RA  
Crystal Lavoie, RA  
Angela McCully, RA  
Dhempna Padilla, RA  
Karin Hess, RN  
Nicole May, RN  
Heidi Duplisea, RA  
Courtney Strugnell, Dietary  
Brice Manson, Dietary  
Leigh Henderson, RN  
Natasha McLay, LPN  
Karleena Carter, Scheduler



## Summer of 2016



## Summer of 2015



Liam (left) and Luc (right) were students at Spencer Home this past summer. Luc and Liam helped out in the Maintenance Department. The Recreation Department had one summer student, Katie.

We wish Luc, Liam, and Katie all the best with their studies this fall.

For those who didn't recognize/remember Luc from last year, you may recognize him in the picture on the right from last summer.



## Children's Halloween Spooktacular

## HAPPINESS IS

Staff and residents children, grandchildren and great, great grandchildren are invited to the home for some Halloween Fun.

**Please watch the bulletin board for the date!**

The purpose of this event is for the residents to see the children dressed in their costumes and to interact with children as they pass out candy.

In order for this event to be a success we need donations of treats/money to provide candy and activities.

**This program operates on donations only.** We are also looking for volunteers to help with activities in the Chapel.

If you are interested in donating treats/money please drop them off at the Recreation Dept. All donations are to be dropped off at Recreation for counting and will be taken to the wings that evening. Tax receipts for money donations are available at the Business Office.

If you are able to volunteer that night please contact Mary Bourgeois **as soon as possible.**

Mary Bourgeois, CTRS 858-7870 ext 115



...the crunchy sound of dry leaves in autumn.

### 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.**



# Walking 4 Wellness, Fall Edition



- Week 1 **August 29– Centennial Park (5k)**  
Meet in the parking Lot by the canteen 6:00
- Week 2 **September 5- Mapleton Park (5K)**  
This is Labour Day but we will still plan to walk.  
Meet at the parking lot on Gorge Road 6:00
- Week 3 **September 12 - Riverview Loop (6.5K)**  
Meet at Chocolate River Station 6:00
- Week 4 **September 19 - North West Trail (5K)**  
Meeting place TBD at 6:00
- Week 5 **September 26 – Irish Town Park (5K)**  
Meet in the parking lot at 6:00



Join us on Monday nights for a walk to support your wellness. This is a self-paced activity.

In case of rain we will meet at 6:00 at the Kay Area Lewisville and walk on the walking track.

Make sure you have you sneakers and a bottle of water! Dress for the weather.

**Keeping physically active is key to a healthy lifestyle; it's best to check with your doctor before starting any new exercise.**



## *Staff Appreciation Events*

The Quality, Worklife & Education Committee sponsors Staff Appreciation events throughout the year.

Most recently, a free frozen yogurt bar was made available to staff. Other staff appreciation events included a bagged breakfast, BBQ, coffee break with cinnamon rolls, and cotton candy to name a few.

Random draws for prizes are also drawn throughout the year.

The next staff appreciation event is a fall BBQ on September 21.



## Health and Safety Committee Members



Lynn McPhee, Chair  
Bev Harper, Co-Chair  
Lynn Burdock  
Curtis McPhail  
Angela LeBlanc  
Jennifer Steylen

Ronda McCready  
Cathy Smyth  
Tiffany Bradley  
Una Flynn  
Cheryl Berry  
Caitlin Shea



# Spencer Home

*"Together We Care"*

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E-Mail: [info@atlanticbaptisthousing.com](mailto:info@atlanticbaptisthousing.com)

Website: [www.atlanticbaptisthousing.com](http://www.atlanticbaptisthousing.com)



Adding Life to Years



Adding Life to Years



**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.
- **Adult Day Program** provides support for adults experiencing physical and/or cognitive impairments that prevent them from functioning at their optimum level. Clients participate in various activities including chapel, exercise, reminisce, crafts, music, and community trips as well as visiting and socializing with residents.

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

**Long Term and Relief Care**  
Angela LeBlanc, BScN, RN  
Admissions, Ext. 113

**Adult Day Program**  
Mary Bourgeois, CTRS  
Recreation Therapist, Ext. 115