

THE COMMUNICATOR



Spencer Home
"Together We Care"

December 2016

Executive Director Announcement

We are pleased to announce Victor Shea as the new Executive Director of Spencer Home effective December 5, 2017.

Victor and his family are moving to New Brunswick from Newfoundland. Victor has extensive experience in acute, long term and restorative care both as clinician and as a Director of Health Services. He is a social worker and is currently a candidate for a Masters of Business Administration.

Victor will be starting on December 5th. so you will have a chance to welcome him as he begins his role here at Spencer Home.

Welcome to Spencer Home Victor!

Spencer Home
FOUNDATION



Merry Christmas Everyone

From the
Spencer Home Foundation

Memorials & donations may be made through the Spencer Home Foundation website utilizing canadahelps.org or at the Spencer Home Business Office (open Monday—Friday 8am-12:30 & 1:30-4pm).

The Spencer Home Foundation is currently recruiting new Foundation members. To acquire for more information on the Foundation, please call the Spencer Home Foundation Secretary @ 858-7870 Ext. 106 or email spencerhomefoundation@gmail.com.

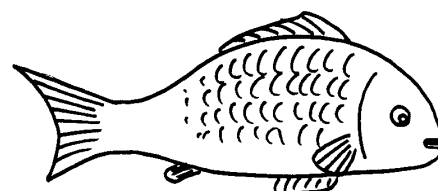
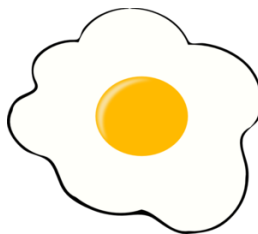


Protein Helps Keep your Body Healthy!

It builds and repairs muscle, skin, nails and hair. Protein also helps control blood sugars and keeps you feeling full. Follow the healthy plate to get enough protein throughout the day. Simply fill ¼ of your plate with food that contains protein at meals.

What foods contain protein?

- Meat, poultry, fish and shellfish
- Eggs
- Tofu and legumes (beans, peas and lentils)
- Nuts, seeds and nut butters
- Milk and soy beverage
- Cheese and yogurt (especially Greek yogurt)



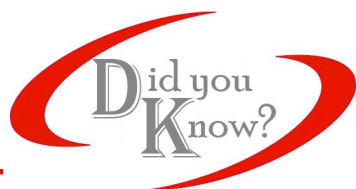
Making healthy protein choices:

- Choose lean cuts of beef or pork, such as sirloin or tenderloin
- Try ground chicken or turkey or extra lean ground beef
- Remove the skin from chicken and turkey
- Bake, broil, grill, roast and barbeque more often
- Eat at least two servings of fish per week
- Try meatless meals with beans, lentils or tofu more often
- Have unsalted nuts and seeds
- Eat lower fat cheese (20% MF or less) and yogurt (2% MF or less)
- Limit processed meats such as ham, bacon, sausages and hot dogs



Pre-cooked Protein:

Looking for a ready-to-eat protein to add to your meal? Visit the Deli department and choose from pre-cooked chicken breasts, salmon portions or whole chickens. You can also find hard-boiled eggs near the salad section.



According to Canada's Food Guide, a serving of meat, fish, poultry and shellfish is 2.5 oz. or 75 g cooked. This is only about the size of a deck of cards.



Makes 3½ cups

Ingredients:

- 1¾ cups (440 ml) Roasted red peppers, bottled, drained & rinsed
- 2 cups (500 ml) Chickpeas, canned, rinsed & drained
- ½ cup (125 ml) Tahini
- 2 cloves Garlic, minced
- ¼ cup (60 ml) Lemon juice
- 1½ tbsp (22 ml) Olive oil
- ¼ tsp (1 ml) Paprika
- ¼ tsp (1 ml) Salt

Here are some interesting and funny facts about healthy food:

- Almonds are member of the peach family.
- Banana is not a fruit, it is a herb.
- Coffee beans are fruit pits.
- Peanuts are actually legumes.
- Ancient carrots were purple.
- Apples are part of the rose family.
- Strawberries have more vitamin C than the oranges.
- Avocados are poisonous to birds.
- Tomatoes were thought to be poisonous.
- The water from the young coconut can be used as a substitute for blood plasma.

Nutrition Information per Serving:

- (2 Tbsp):
- Calories 55
- Fat 3 grams
- Carbohydrate 6 grams
- Fibre 1 grams
- Protein 2 grams
- Sodium 120 milligrams

Snacks for Shift Work

You spend your day (or night) taking care of your residents. It's important to take of yourself as well!



Drink lots of water.



Eat your main meal of the day before going to work.



Don't abuse caffeine. A cup or two is okay but that's it!

PROTEIN FOODS INCREASE ALERTNESS AND FOCUS

- Tuna, Eggs, Peanut Butter, String Cheese, and Turkey

FOODS THAT MAKE YOU SNOOZE

- Bread, muffins, Crackers, and Milk

On November 10th we honored our Veterans and their families at a Remembrance Day Service.





A word from Pastor Scott Ryder

Perspective Matters!

Somehow, the first fall of snow always changes our perspective on life. And I think it has something to do with the dose of reality that accompanies it. As the Fall season wears on our thoughts and often our conversations somehow always has something to do with the coming winter; we know that it's coming, we would just rather it wouldn't.

This morning as I waited for the city plows to clear my street I became increasingly impatient with not being able to get on with my day. But as I waited, I found myself coming to the realization that it really wasn't the snow, or the waiting that was striking me in a negative way – it was me not being able to do what I wanted to do when I wanted to do it. My problem wasn't the weather; it was my perspective on the weather that was causing my impatient response to the weather. Our perspective changes everything!

Our residents find themselves dealing with changing perspectives all the time. The greatest change of all, of course, being the perspective they hold about coming to live at Spencer Home. All they know when they come through our doors completely changes, and in their thinking, the changes are not for the good. As I visit with our residents, I am always interested in how each resident perceives their life at Spencer to be. While the shared opinion is negative, many residents hold to the perspective of being resigned to their new reality. There is a great deal that you and I can learn from the perspectives of our residents – that when life changes, we must change with it.

The Christmas season is an ideal time for a discussion on change and perspective. When Christmas entered the world all those many years ago, something changed that required people to respond to the message of God like they never had to before. And still, today, people find themselves faced with a choice when it comes to the message of Christmas. And the way to arrive at an appropriate answer is rooted in one's perspective about what happens at the end of life.

Just as our residents must adopt a perspective about life at Spencer that will benefit them, we too must adopt a perspective about the God of Christmas that will benefit us as we give thought to what comes next after life runs its course.

Of the Christmas message, the Holy Scriptures simply state in 1 Kings 5:11 that God gave us eternal life on that first Christmas when Jesus was born; but have you accepted it?

Our perspective really does change everything. So, when it comes to the real meaning of Christmas, what's your perspective?

Merry Christmas everyone!

Pastor Scott Ryder
Director of Pastoral Care



Christmas and the holiday season in general is a time when most people's thoughts turn to giving. Again this year we will be having a Giving Tree. The purpose of this tree is to provide meaningful gifts to those residents who do not receive gifts. Staff will create a list with gift suggestions which will be placed on an ornament. Staff, families and friends of Spencer home can select an ornament and buy the gift indicated.

How can I donate?

Remove an ornament from the Giving Tree with the gift suggestion you are willing to purchase. Purchase the gift(s) listed on the tag.

Bring the ornament and purchased gift in a gift bag to the Recreation Department for distribution by Nursing Staff at Christmas.

Please do not wrap gifts. Gift bags with tissue would be appreciated.

Please drop off gifts to the Recreation Department by December 22nd.

For more information contact Mary Bourgeois in Recreation @ 858-7870 ext. 115.



Latex Allergy? Beware Poinsettias

We ask that any Poinsettia's brought in be artificial as this popular Christmas plant contains a compound similar to that found in rubber latex -- **and can cause a severe allergic reaction.**

Thank you for your cooperation.



Important Dates to Remember in December

- Staff Christmas Dinner—**December 7**
- Resident Christmas Play—**December 12**
- Resident/Family Christmas Dinner—**December 14**



The Annual Policy Review must be completed by December 31, 2016.

Did you know that the Worksafe NB Warm Up & Stretch Video is now mandatory for all staff to take.

Remember to check your messages; even if it says 0 messages, please check.

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



NEW EMPLOYEES

- Alicia Ouellette, LPN
- Lori Given, RN
- Dale Tower, RN
- Shareen Breen, RN
- Mercy Gagnon, Dietary Student
- Mike Gagnon, Dietary Student
- Jessica Steeves, Dietary





THE RESPECTFUL WORKPLACE

What is the difference between “conflict” and “bullying”

Conflict is defined as a difference of wants, needs, or expectations. The workplace is filled with people who have differences of wants, needs and expectations, so of course, conflicts will occur. Conflict, in its best form, is a catalyst for debate, conversation, dialogue and discussion.

Bullying is persistent unwelcome behavior, mostly using unwarranted or invalid criticism, nit-picking, fault-finding, also exclusion, isolation, being singled out and treated differently, being shouted at, humiliated, excessive monitoring, and much more. In the workplace, bullying usually focuses on distorted or fabricated allegations of underperformance.

RECOGNIZING THE DIFFERENCE BETWEEN NORMAL PEER CONFLICT AND BULLYING

Normal Peer Conflict	Bullying
Equal power	Imbalance of power
Happens occasionally	Repeated negative actions
Accidental	Purposeful
Not serious	Serious
Equal emotional reaction	Strong emotional reaction from victim and little or no emotional reaction from bully
Not seeking power or attention	Seeking power, control
Not trying to get something	Attempt to gain power, recognition
Remorse – will take responsibility	No remorse – blames victim
Effort to solve the problem	No effort to solve problem

Education in environmental responsibility can encourage ways of acting which directly and significantly affect the world around us, such as avoiding the use of plastic and paper, reducing water consumption, separating refuse, cooking only what can reasonably be consumed, showing care for other living beings, using public transportation or carpooling, planting trees, turning off unnecessary lights, or any number of other practices. All of these reflect a generous and worthy creativity which brings out the best in human beings. - Pope Francis



Submitted by Jackie Myles

Resident Assessment Instrument Long Term Care Facility Coordinator Colleen Gagnon, RN.

This position is to use an assessment instrument to assess our residents on an ongoing basis. The goal is to use this information to identify individual needs and appropriate interventions.

Can you find Rudolph?



Somewhere in the newsletter is a picture of Rudolph. When you find Rudolph, cut out the ballot below and put into the communications box. A random draw will be made for a prize in early January.

Name: _____

Where was Rudolph hiding? _____

Health and Safety Committee Members

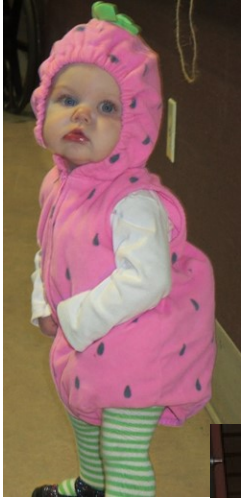
Lynn McPhee, Chair
Bev Harper, Co-Chair
Lynn Burdock
Curtis McPhail
Angela LeBlanc
Jennifer Steylen

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

Halloween Spooktacular 2016

Thanks to *Brenda Vale and her team of 15 volunteers* who made the activities in the Chapel possible.
Thanks to *all who donated treats*. All treats for this event are donated.
Thanks to *Jean Guy and the Dietary Department* for the cookies and treats.
Thanks to the *Care Staff* for having residents up and out to enjoy the night.
Thanks to *everyone* for bringing your children!

The Halloween Spooktacular was a huge success!
Over 145 children participated!



The Quality, Worklife & Education committee held a Pumpkin Carving Contest between the eight wings in October and the winner was Deerwood wing

Deerwood received a seasonal decoration, adult colouring books and battery operated candles as prizes.

Thanks to all that participated!



Spencer Home

"Together We Care"

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Moncton, NB E1E 4N3

Tel: (506) 858-7870 Fax: (506) 858-9674

E-Mail: info@atlanticbaptisthousing.com

Website: 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, GNC(c)
Admissions, Ext. 113

Adult Day Program

Mary Bourgeois, CTRS
Recreation Therapist, Ext. 115