

The Communicator

Spencer Home

"Together We Care"

Spring, March 2017



The Spencer Home Foundation's Mission is to celebrate life and to help the clients of the Spencer Home to truly blossom in their years of maturity, enabling them to leave behind a lasting legacy. But this legacy is more than just client focused; it is also shared through the generous donations of supporters. Your gifts will enable the Foundation to provide physical resources that are needed by the residents of Spencer Home and not provided through the Provincial Government's budget; resources that will enhance their quality of life in many ways.

In 2015-2016, the goal of the Spencer Home Foundation was to raise funds to purchase dressers and bedside tables for Section II. Thanks to the many donations, the Spencer Home Foundation was able to make this a reality.



Please save **September 26, 2017** as the date for the next Lily Banquet Fundraising Banquet.

Donations or a donation in memory of someone can be made in the Business Office or online at www.spencerhomefoundation.org.

If you have an interest to serve on the Foundation Board and would like more information, please call Sharon @ 858-7870 Ext. 106 or email her @ spencerhomefoundation@gmail.com.

Pictured below are some items purchased with donations made to the Spencer Home Foundation.



CHRISTMAS KINDNESS

Thank you to ***Project Linus and their volunteers*** for the donation of 40 lap blankets for our residents. Project Linus is a volunteer organization where members make blankets to donate to others. If you know a resident who would like to have a handmade lap blanket see Mary Bourgeois CTRS in Recreation. Thank you to Wilma and Keith Williams for delivering the blankets.

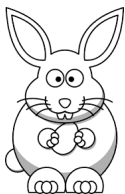
Thank you to ***Jennifer Linthorne, independent Arbonne Consultant***, who donated 31 Hand creams to the residents. Jennifer and her son hand delivered the hand cream on December 23rd to the residents. This is the second year that Jennifer has done this.

Thank you to ***RBC, Blue Cross and friends of Spencer Home*** donated Christmas Cards to all our residents. Each resident in the home received cards from these individuals. Thank you for your kindness.

Thank you to the ***Co Operators employees*** for helping decorate the common areas in the home. We really appreciate you helping spread the Christmas spirit. Thank you to the group who held a carol sing in the Chapel area.

LONG TERM CARE FACILITIES COORDINATOR

We want to welcome Colleen Gagnon (BSc, BA, BN, RN) to her new role as LTCF Coordinator. Colleen has worked at Spencers for the last 6 years as a full time RN on the night shift. Her management/finance background before nursing has uniquely equipped her for this new role. As LTCF Coordinator, she is responsible for coordinating a multidisciplinary assessment of each resident every three months. As a result of these assessments, care plans can be developed across several disciplines that are specifically designed to address the present needs of each resident, including prevention of decline in many areas. These assessments/care plans require the input and participation of every person that comes in contact with our residents. This includes all of our nursing department as well as recreation, rehab, dietary, pastoral care and management. Colleen wants to thank everyone for their hard work to date and looks forward to working with you as we continue to enhance the lives of our residents.



Can you find where the
Easter bunny is hiding?

STAFF ROTATION

Beginning in February, our residents will have the opportunity to interact with more of our care staff members. While maintaining continuity of care, new staff members will be gradually integrated into the resident's environment, allowing for a bit of invigoration to their daily routines. This will create opportunities for residents to share their stories and experiences with those who have not had a chance to get to know them. It is our hope that this new beginning will bring interest to their lives, and allow a greater number of our staff to know them personally. We ask the family, who will also be adjusting to new staff, to share information regarding their loved one, to embrace the uniqueness and skills that each member brings to care for the resident, and to rest assured that the resident is the center of all we do at Spencer Home. This change will be evaluated to assure that we are meeting our expected outcomes.

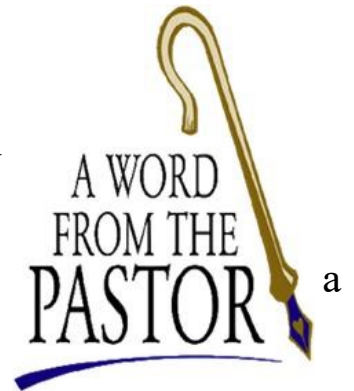
Health and Safety Committee Members

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

Tiffany Bradley
Una Flynn
Caitlin Shea
Jennifer Steylen

Kindness Returns

I was reading a book while I was thinking about what I would write for this issue of the Newsletter. And as I read, I happened upon this short piece about kindness. After reading it over a couple of times the message struck a chord with me – little kindness goes a long way. I encourage you to continue reading and perhaps discover one of the secrets of living – when we give out kindness to another, kindness will always return to you; and what a difference that can make in a life, in a world – in your life – in your world!



Many years ago, an elderly man and his wife entered the lobby of a small Philadelphia hotel, “Every guest room is taken,” the clerk said, but then added, “I can’t send a nice couple like you out into the rain, though. Would you be willing to sleep in my room?”

The next morning, the elderly man said to the clerk, “You are the kind of man who should be the boss of the best hotel in the United States. Maybe someday I’ll build one for you.” The clerk laughed and forgot about the incident. Two years later, however, he received a letter containing a round-trip ticket to New York and a request that he be the guest of the elderly couple.

Once in New York, the old man led the clerk to the corner of Fifth Avenue and Thirty-Fourth Street, where he pointed an incredible new building and declared, “That is the hotel I have just built for you to manage.” The young man, George C. Bodt, accepted the offer of William Waldorf Astor to become the manager of the original Waldorf-Astoria Hotel.

When you go out of your way to help someone, you receive their favor, the favour of others, and – most importantly – the favor of God.

R. Scott Ryder
Director of Pastoral Care

(Taken from God’s Little Lessons on Life, Honor Books, Tulsa, Oklahoma)

HOW EASTER IS CELEBRATED AROUND THE WORLD

EASTER SUNDAY, APRIL 16, 2017.

HUNGARY

Sprinkling” is a popular Hungarian Easter Monday tradition, in which boys playfully sprinkle perfume, cologne or water over a young women’s head, and ask for a kiss.

People used to believe that water had a cleaning, healing and fertility-inducing effect.



FRANCE

In the town of Haux, a giant omelet made with 4,500 eggs that feeds 1,000 people is served up in the town’s main square. The story goes, when Napoleon and his army were traveling through the south of France, they stopped in a small town and ate omelets.

Napoleon liked his so much that he ordered the townspeople to gather their eggs and make a giant omelet for his army the next day.

SWEDEN

Easter in Sweden sounds a lot like Halloween, with the children dressing up as Easter witches wearing long skirts, colourful headscarves and painted red cheeks, and go from home to home in their neighborhoods trading paintings and drawings in the hope of receiving sweets.



CORFU, GREECE

The traditional of “Pot Throwing” takes place on the morning of Holy Saturday. People throw pots, pans and other earthenware out of their windows, smashing them on the street.

Some say the custom of throwing of pots welcomes spring, symbolizing the new crops that will be gathered in new pots. Others say it derives from the Venetians, who on New Year’s Day used to throw out all of their old items.



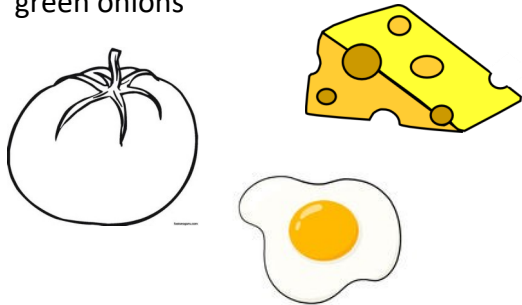
March is National Nutrition Month



EGG, TOMATO AND CHEESE BREAKFAST PIZZAS

Recipe Info Prep Time: 8 minutes
Cooking Time: 5 minutes Servings: 4

- 4 whole wheat pita breads, about 7 inches (18 cm) diameter
- 1 cup (250 mL) shredded Mozzarella cheese
- 2 small tomatoes, thinly sliced
- Pepper
- 4 large eggs
- $\frac{1}{8}$ tsp (0.5 mL) dried basil
- $\frac{1}{8}$ tsp (0.5 mL) salt
- 2 tsp (10 mL) butter
- 1 tbs (15 mL) chopped fresh chives or green onions



Step 1 Preheat oven to 400 °F (200 °C).

Step 2 Place pita breads on a large baking sheet, overlapping slightly at edges, if necessary. Sprinkle evenly with half of the Mozzarella and top with sliced tomatoes. Sprinkle with pepper to taste. Bake for 3 minutes or until cheese is melted and tomatoes are hot.

Step 3 Meanwhile, in a bowl, whisk together eggs basil, salt and a pinch of pepper until frothy.

Step 4 In a nonstick skillet, melt butter over medium heat. Reduce heat to medium-low and add egg mixture; cook, scrambling gently for about 1 minute or until just set.

Step 5 Remove pitas from oven. Spoon egg mixture on top, dividing equally. Sprinkle with remaining Mozzarella and chives or green onions.

Bake for about 2 minutes or until pitas are crisp around the edges and cheese is melted.

NEW EMPLOYEES

Shelby Ells, RA
Corina LeBlanc, LPN
Natasha Durelle, RN
Donna Zwicker, RA
Emily Mills, LPN
Katie Reick, RA
Karianne Hache, LPN
Kassidi Lewis, RA



Sunday, May 14



World Environment Day—June 5



World Environment Day (WED) is observed every year on 5 June to raise global awareness to take positive environmental action to protect nature and the planet [Earth](#). It is run by the [United Nations Environment Programme](#) (UNEP). "[World Environment Day](#) (WED) is the United Nations' most important day for encouraging worldwide awareness and action for the protection of our environment. Since it began in 1974, it has grown to become a global platform for public out-

10 Absolutes of Communicating through Alzheimer's

Never Argue, Instead Agree

Never Reason, Instead Divert!

Never Shame, Instead Distract!

Never Lecture, Instead Reassure!

Never Say "Remember?" Instead Reminisce!

Never Say, "I told you..." Instead Repeat and Regroup!

Never say, "You can't!" Instead Find Out What They Can Do!

Never Command or Demand, Instead Ask and Model!

Never Condescend, Instead Encourage and Praise!

Never Force, Instead Reinforce!

Submitted by Ronda McCready



Spencer Home Volunteer Recognition Banquet

Spencer Home would like to thank the many volunteers that come to the Home through out the year and give their time to brighten the lives of our residents.

In recognition, the Home will be hosting a sit-down dinner on Wednesday, April 5 at 6:00 p.m. in the Chapel.

If you would like to attend, please see Sharon in the Business Office or call her at 858-7870 Ext. 106.



itacit

Training & Education

Thank you to those who have completed the 2017 Fire/WHMIS/Health & Safety Quiz and the Annual Policy Review to date.

If you haven't completed these two mandatory courses, please do so.

Victor Shea, Executive Director

Spencer Home

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



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

We are a 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

Jennifer Steylen, BA, RN, Ext. 112

Julie Jollimore, RN, Ext. 113

Adult Day Program

Mary Bourgeois, CTRS

Recreation Therapist, Ext. 115