

THE COMMUNICATOR



Spencer Home
"Together We Care"

December 2017

In celebration of Canada 150, the home received a grant to host a special afternoon of music. On November 10th we were pleased to have Ivan and Vivian Hicks with the Sussex Avenue fiddlers join us.



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.

Paint Nite



On Wednesday, November 22 residents and families were invited to sign up for our first Paint Nite. We had 15 eager artists participate in this fun evening. Thanks you to our local artist Sarah and her helper Jordan for helping us create our masterpieces.



Thank you to the team from Co Operators who came to help with the Christmas decorating. We really appreciate them volunteering their time to make our home look beautiful for the Christmas season.



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



On November 10, grade eight students from Ecole Mascaret came to visit with Veterans and pass out post cards honoring their service. Thank you for your visit.



LEST WE FORGET



CHRISTMAS PARADE

The VIP Parade Preview at the coliseum was held by special invitation. This special outing included a performance from the Air Cadet band, a sneak peek at the parade floats and some special treats. A very special guest came to see us and make sure we were on the "good list" for this year!



The residents enjoyed outings to see the fall leaves this October. We are always looking for interested volunteers to help with outings.



Holidays and Special Occasions

There is no doubt that caring for a person with Alzheimer's disease may be frustrating and difficult at times. But it can also be rewarding. Solving problems and becoming confident in knowing how to give care can provide you with a great sense of satisfaction. As important as it is to reduce the stress of the person with dementia, it is equally important to reduce the stress of the caregiver.

If you are caring for someone with dementia, it may not be possible to celebrate every holiday the same way you are used to. Enjoying fewer get-togethers might give you the energy to enjoy those occasions more, without becoming exhausted. Here are some helpful suggestions to make the most of your holiday season.

- Choose those occasions and traditions that are most important to you and your family.
- Try to keep celebrations small.
- Consider hiring help or asking other family members and friends to help, perhaps by bringing food, or coming early to help set up. There are a number of in-home care agencies in the area that may offer one-day assistance.
- Ask the person with dementia if they would like to contribute. Even if they can no longer bake cookies, perhaps they can stir batter or add ingredients. Before inviting the person with dementia to assist, plan ahead, lay out everything they will need before hand to reduce potential distractions and stress.
- Involve them in planning a dinner or talking about whom to invite.
- There is a misconception that people with Alzheimer's and dementia cannot make new memories after their diagnosis, that is false. Create a new family tradition, like watching a favourite holiday movie, decorating the tree together and reminiscing about favourite ornaments, attending a religious service together or singing traditional songs.
- If you are visiting an unfamiliar home, try to anticipate what you will need, for example, labelling the bathroom door, identifying where things are kept that they might need, bring along extra supplies that might be needed for providing any personal care needs.
- If visitors will be staying with you, try to anticipate what they will need to know, for example, about not leaving the front door open or leaving pills or other potentially hazardous items where the person can find them.
- Remember that quiet, one-on-one activities, such as looking through a photo album together or playing cards, are less stressful than noisy activities with several people, even for someone who used to enjoy that type of activity.
- Most importantly, don't feel ashamed if you forget a name of a relative you haven't seen in a while. Have those relatives re-introduce themselves as they arrive, for example "hi Aunt Mary, it's your niece Jane!". The holidays are a special time for everyone and we are surrounded by those that care, they will understand if you might forget.

Holidays in a long-term care home

If the person with dementia is in a long-term care home, you will need to find new ways to help them celebrate family traditions around holiday time. For example:

- Bring a favourite holiday treat to share.
- Sing traditional songs.
- Bring photo albums and story books to enjoy together.
- Join your family member in any holiday activities the home organizes.
- Try not to focus on the old traditions that may be lost, rather think of this as a time to make new traditions and new memories. A person with Alzheimer's or dementia can still contribute to the family unit, they just might need more time or things may just need to be altered.

If the person with dementia is able to go out or visit the home, try it for a few hours several times before the special occasion to get a sense of how he or she reacts to the change in environment. Pay attention to non-verbal cues.

A Word from Pastor Scott



What is Christmas?

I find this to be an interesting question to ponder. And every time I do, I come up with an entirely new perspective. And the more I think about it, the more I want people everywhere to spend some time thinking about the idea of Christmas. To help you in your pondering, I want to share with you a piece of writing found in the Christmas 1980 issue of Ideal magazine; its entitled, "What is Christmas?" by Carol Bessent Waymen.

Christmas is Music ... the music of carols ringing out on the still night air, the organ, the chimes, and the voices of a choir singing "Silent Night, Holy Night."

Christmas is Lights ... the candles in our windows, the lighted trees, the eyes of children, and the starlight on a cold December night.

Christmas is Welcome . . . the wreath on our door, the happiness to answer the doorbell, the warmth of hearts overflowing, "Come in, come in, and Merry Christmas."

Christmas is Laughter ... the laughter that starts in our toes and bubbles up, the smiles on faces everywhere, the feeling of closeness, of a wonderful secret shared with all mankind.

Christmas is Fragrance ... the pine and spruce smell of Christmas trees, the sugary, good smell of cookies baking, the spice and raisin smell of fruitcake, the smell of furniture polish, and the cold, crisp smell of outdoors.

Christmas is Giving ... the present made by hand, the card picked especially for a certain person, the gift marked from me to you with love.

Christmas is Remembering ... other Christmases, friends that may be far away, loved ones far and near, those less fortunate, those in need. To read again the words "For God so loved," "Unto us a son is born."

Christmas is Love ... the love that wells up in our hearts and brings tears to our eyes as we thank God for His great love, His unspeakable gift.

As Christmas rushes towards us, may your ponderings help you to realize the real focus of this exciting season—God's unspeakable gift to any and all who will receive it.

Merry Christmas,

Pastor Scott



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 Monday—Friday 9am-12:30 & 1:30-4pm



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.

Health and Safety Committee Members

- | | |
|----------------------------|----------------|
| Lynn McPhee, Chair | Ronda McCready |
| Bev Harper, Co-Chair | Kathy Hunter |
| Lynn Burdock | Una Flynn |
| Julie Jollimore-DeMerchant | Cheryl Berry |
| Jennifer Steylen | Caitlin Shea |
| | Jody Berry |

Important Dates to Remember in December:

- Resident/Family Christmas Dinner—**December 20**
- Staff Christmas Brunch—**December 13**

For special Christmas activities please refer to the Recreation calendar.



The Annual Policy Review and the Fire/WHMIS/Health & Safety Quiz must be completed by December 31, 2017.

If you have questions/concerns, please see or call Sharon in the Business Office, Ext. 106.

NEW EMPLOYEES

- Carmen Robinson, RN
- Heather Skeard, RN
- Guillaume Morin, RN
- Trisha Girourd, RN
- Thanh Nguyen, RN
- Stephanie Woodard, RN
- Reece Williams, Dietary Student
- Sophie Leblanc, Dietary Student
- Olivia Blakney, Dietary Student





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



Winter safety: Prevent slips, trips and falls

Tips to Avoid Injury

To help avoid injury when walking on ice and snow, WorkSafeNB offers these tips:

- Walk slowly and deliberately, focused on the path ahead.
- Where possible, avoid slippery surfaces, such as wet leaves, icy areas and snow banks.
- Wear appropriate footwear with slip-resistant soles to work, and change into indoor footwear. Ice grippers that attach to your footwear can provide additional traction.
- Use handrails where available.
- Check to make sure entrance areas and stairs are clear of snow and slush. Tracked in snow and slush often causes slips and falls.
- Clean your shoes when you go inside. Caked snow and ice on shoe soles can be treacherous.
- Report all slips, trips and fall hazards and incidents to your employer.

Halloween Spooktacular 2017

The annual Halloween Spooktacular was held on October 26th from 6:00 - 7:30 p.m. Over 142 children attended the event with their parents.. Games were set up in the Chapel area, trick or treating to the units and cake walk was added this year. We thank all participants who donated treats or money to make this event a success and also to Local CUPE 1726 and the Spencer Home Ladies Auxiliary!



Spencer Home

"Together We Care"

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 44 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, RN
Admissions, Ext. 112

Julie Jollimore-DeMerchant, RN
Admissions, Ext. 113

Adult Day Program

Mary Bourgeois, CTRS
Recreation Therapist, Ext. 115