

THE COMMUNICATOR

Spencer Home

"Together We Care"

Summer 2018

Spencer Home Foundation

2018 Lily Banquet



The Spencer Home Foundation held their 16th Annual Fundraising Banquet on Wednesday, May 19, 2018 raising a total of \$11,005 for the evening!

This is the second year the Foundation has focused their fundraising efforts to refurbish the dining room. To date, approximately \$40,000 of the \$65,000 has been raised so far for this project. Renovations are expected to start in August or September.

If you would like to donate to the Spencer Home Foundation or in memory of someone, please visit the Business Office or go online at www.spencerhomefoundation.ca.

Thank you to Martine Kelsey, the evenings musical entertainment, for providing the beautiful music and to everyone else for making the 2018 Lily Banquet Fundraiser a successful event!



HR MANAGER



Spencer Home is pleased to welcome Barbara LeBlanc to the position of HR Manager as of April 30, 2018.

Barbara is originally from Halifax, NS where she graduated from High School and has lived in NB for 17 years. Barbara has a unique background taking Graphic Design, Programming, Digital Media, Human Resource Management and Payroll and then her Bachelor of Arts in Organizational Management on top of that.

Barbara has been working in HR for over 12 years, 4 of which were in non-for-profit organizations and the remaining years in a large nursing facility.

Barbara loves what she does and positivity and employee well-being are her passions, along with her 2 little boys Joshua and Bradley - she is a super busy mom too!

Barbara would like to say thank you for welcoming her to your work like family, she truly hopes you all know how hard working you all are and how she cannot wait to meet each and every one of you!



Staff are reminded to complete the 2018 Annual Policy Review and the GHS Training on Itacit.

Attention Staff & Families

This is a friendly reminder to please put cigarette butts in the Butt Stop or metal can provided.

Thank you for your assistance!

WARNING

**Daily Exercise
and
Healthy Eating
leads to
Increased
Awesomeness**

Occupational Health & Safety Committee Members

Lynn McPhee, Chair	John Keeler
Bev Harper, Co-Chair	Chris Shaw
Lynn Burdock	Alison Gallant, RA
Cheryl Berry	Caitlin Shea
Jennifer Steylen	Ronda McCready
Julie Jollimore-DeMerchant	Jacques Duguay



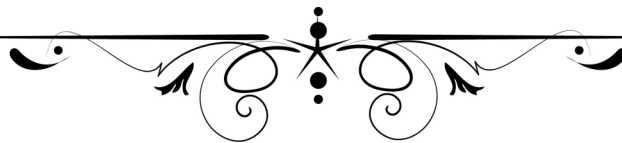
EMPLOYEE RECOGNITION

On Tuesday, June 12, staff were recognized for their years' of service with certificates, pins, and gifts. Years of Service recognized ranged from 5 years to 40 years. Staff in attendance enjoyed a lovely fruit dish, home made goodies and flavoured water.

Going forward, staff will be recognized each year in June.



Congratulations



Volunteer Gardeners

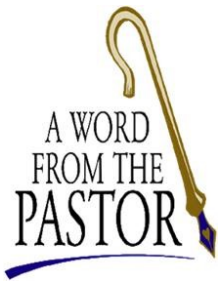
Help Wanted

Spencer Home is
looking for
volunteers to look
after the gardens.

If you can spare some
time, please call
858-7870 Ext. 106



The goal is to make the flower beds as colorful and beautiful as possible for the residents and their families to enjoy.



Some Thoughts for Summer

I've been thinking a lot of about summer lately; probably because it finally looks like it's coming to stay.

Summer means many things to many people. But for me, summer means a little "easy living" time to rest and refresh and recharge for the way to busy lives we all live.

I came across this short devotion based on Genesis 2:3 a day or two ago and it says pretty much what I had set out to write in this piece. Enjoy it, and please don't miss its intended message.

The old Porgy and Bess tune that declares, "*Summertime, and the livin' is easy*" no doubt was written when life was so much different than what it is now. If you're like most people, you are hoping that summer will be a time to kick back and relax a little, but maybe you're afraid that it will end up like most other summers with lots to do and flying past far too quickly. But while we may bemoan the fast pace of summer with all of its chores, the packing and unpacking for vacations, and repeated trips to Little League games, it would be good to stop and think about "easy living." So, let's get some perspective from God's Word about the importance of rest.

It can't go unnoticed that God Himself rested after six days of assembling the universe. Knowing that time to kick back was important for the people He created, God instituted the Sabbath so that we would get the point that no one can work without a break along the way.

Tanks that run on "weary" all the time soon lack the stamina to do well spiritually, mentally, emotionally, and relationally. Even Jesus, with more sermons to preach, more people to heal, and more tasks to accomplish for His Father, often went apart to rest a while.

I am not sure why it is that some of us feel guilty or unfulfilled if we're not busy all the time. It's important to realize that not everything needs to be done – at least not done *right now*. It may be more important to sit back with a tall glass of iced tea and contemplate the beautiful of nature and the greatness of our God who is as faithful to us as the dependability of the seasons. As the hymn says in "summer and winter and springtime and harvest...join with all nature in manifold witness to Thy great faithfulness, mercy and love."

So carve out a little easy livin' time this week and refresh your heart and spirit with blessedness instead of business. And don't worry; the chores will still be there. They aren't going anywhere!

Enjoy your summer everyone – and enjoy some of that "easy living" time that we all need in our lives.

Scott Ryder
Director of Pastoral Care



REMINDER—FOOD SAFETY @ SPENCER HOME

(Policy D10067)

In supporting Best Practice in Food Safety, families or sponsors who choose to provide food to their loved one, such as food prepared in a private home are responsible for food safety. Staff are not permitted to prepare, re-heat, or serve perishable food brought in by families. Such food is not to be shared with other residents. It is recommended that sponsors only bring one serving of a food item that will be consumed immediately with the supervision of the sponsor. No leftovers will be stored.

All food items brought in for resident consumption are to be documented on the Food Tracking Sheet (Form 6500.38) located on each wing.

LIMERICKS

National Limerick Day was on May 12, 2018 to mark the birthday of Edward Lear, the English writer known for his works of nonsensical prose and poetry. It was Edward Lear who was to popularize the Limerick in his “A Book of Nonsense”, published 1846. His limericks were popular then and this form of nonsense literature has managed to retain its appeal to this day.

The limericks below are written by some of our residents! Enjoy!

There was a young lady from Tracy,
Who wore a pink dress that was lacy,
She was a delicious cook,
Caught a fish from a brook,
And boy was it ever tasty.

Written by Joey

A young lady went to the Dance,
And found herself a Romance,
He had a dimple in his chin,
And he would always grin,
Because he had ants in his pants.

Written by Sylva

There a little Boy from Sackville,
Who had a headache and took some Advil,
He went to the DOC,
Who was full of croc,
His head was totally packed full.

Written by Sammy

There was a little old lady in Moncton,
Who suffered from consumption,
When there was no drink,
She had to think,
Of eating some fermented pumpkin.

Written by Ethel

There was a little miss from Cape Tormentine,
Who didn't pull her pants down in time,
The bed she did wet,
Don't worry or fret,
We'll clean it with some turpentine.

Written by Doreen

A girl came from Saskatoon,
She was on her honeymoon,
She wanted a baby,
And he said well maybe,
Nine months later she looked like a balloon.

Written by Georgette

Day of Caring 2018



Day of Caring®

Give. Volunteer. Act.

Once again Spencer Home participated in United Way Day of Caring on June 8th.

We worked with a team from Accor Hotels and Owens MacFadyen Group to beautify Birchwood, clean up our garden areas and paint the wing doors to enhance orientation for residents.

The Day of Caring mobilizes teams of corporate employees as volunteers to complete meaningful, hands-on projects that will greatly assist local non-profit agencies in southeastern New Brunswick.

Projects could include painting, construction, renovations, landscaping, administrative support, and many other imaginative ways to support the agencies in the region.

All volunteer efforts, big and small, are vital to the well-being of our community. The Day of Caring allows local business and corporate employees to learn about community agencies and services while making a visible and substantial impact in their community.

Thank you to our Day of Caring volunteers!



WE ♥ OUR VOLUNTEERS!

On April 18, 2018, Spencer Home said a “BIG” thank you to the many volunteers who come to the Home throughout the year to brighten the lives of our residents; certificates and carnations were handed out as a thank you. A scrumptious roast beef meal was served by our Dietary Department.

Honourable Cathy Rogers, Minister of Finance, Moncton Mayor, Dawn Arnold, and Debbie LeBlanc, Volunteer Co-ordinator for the Volunteer Centre of Southeastern New Brunswick Inc. were guests speakers at the event.



Picture on the left is the oldest and youngest volunteer cutting the cake.



Mayor Dawn Arnold



Honourable Cathy Rogers
Minister of Finance.



Jean (left) and Pauline, two of many Spencer Home residents who like to volunteer their time.



Debbie LeBlanc, Volunteer Co-ordinator for the Volunteer Centre of Southeastern New Brunswick Inc.



A BIG
THANK
YOU



Spencer's Wellness Trail

In supporting our Health and Wellness, we encourage staff, residents and families to take a break on the Spencer's Wellness Trail.

Have you ever wondered how far one loop around the building is? We have placed signs to mark your progress as you walk around the building. Our goal is to motivate everyone to get outside in the fresh air for a break. No matter if you can only walk a portion of the distance, challenge yourself a bit further each time.

One loop = 0.4 miles/0.7km

Two loops = 0.9 miles/1.4 km

Three loops = 1.3 miles/2.1km

It is recommended that adults have at least 30 minutes of physical activity daily, this could be all at once or in ten minute intervals.

Take a Break Enjoy a walk

NEW EMPLOYEES

Jennifer Allain, RA
Pamela Doucette, LPN
Janelle Hoyte, RA
Nathalie Sirois, RN
Rob Sellen, Maintenance
Amanda Cormier, LPN
Florimae Talattad, LPN
Sandy Simmons, RN
Alvin Simbanegavi, RA
Taylor McGrath, RA
Carrie Collette, RA
Amanda Jenkins, RA



With the nicer weather approaching make sure you have a sunhat to wear when you are outside. Sunscreen is available from Recreation and the Nursing Units. We encourage everyone to go outside on the sunny days. Enjoy the flowers and garden maintained by our volunteers, sit in the shade at the front door or in our garden area off the living Room. Looking to volunteer? Many residents love to sit outside but need company when they do. Why not volunteer to enjoy the beautiful weather outside with a resident.



Knitting for NICU



The Moncton Hospital Neo-Natal Department is in need of micro preemie hats for their smallest patients. Joanne Tomilson (Resident) and Robyn Slater (SEED Student - Recreation) have started a Knitting Club to make as many hats as possible by the end of August. If you are interested in helping with this initiative, please see Joanne in Room 807 or Robyn in Recreation for patterns. The Knitting Club is always looking for more yarn.

Six Ways Seniors Can Improve their Physical Fitness

When it comes to keeping strong and fit, age needn't be a barrier.

Physically active older adults live longer with lower rates of heart disease, type 2 diabetes, arthritis, cognitive decline, and osteoporosis. If that's not enough incentive, they also enjoy more independence, balance, flexibility, cognitive function and improved self-esteem.

In order to reap these benefits, people over the age of 65 need at least 150 minutes of moderate-to-vigorous- physical activity per week according to Canadian Physical Activity Guidelines.

Looking for ways to incorporate more heart-pumping activity into your week? Here are some tips to keep you moving:

1) INCORPORATE PHYSICAL ACTIVITY INTO YOUR REGULAR ROUTINE

Bending, squatting, stretching and lifting are all part of everyday activities such as gardening, grocery shopping, and even putting on your socks. Up the ante by sneaking in some resistance-type moves like doing some heavier digging or lifting of grocery bags. Even something as simple as berry picking or walking can strengthen your bones and muscles.

2) KEEP A MOVEMENT LOG

Those who track, stay on track! Noting your activity daily can really help you reach your fitness goals. Use a wearable tracker, an app on your smartphone, or simply mark your progress in a calendar.

3) GET IN THE WATER

Water supports your body weight and adds resistance. Swim laps or look out for a local Aquafit class which can help you build endurance and muscle strength. Many pools have accessible ramps making it easier to get in and out. The warmth of the water can also soothe aching joints.

4) EMBARK ON AN 8-WEEK WALKING PROGRAM

Walking is one of the safest and most enjoyable forms of fitness, not to mention it's free! Aim for 15 min to start then gradually work your way up to 30 minutes per day. This is a great option for people with arthritis because it doesn't put a lot of strain on the joints.

5) EXPLORE NEW ACTIVITIES

You've probably heard of tai chi (great for building strength and balance!), but have you ever tried geocaching? Participants use a GPS to find containers called geocaches. They're hidden all over the world so you can participate anywhere. If that doesn't appeal, go dancing, do yoga, or play pickleball. Trying something new will help keep you motivated and inspired!

6) PLAY IT SAFE

Whatever activity you choose, make sure to start slow, wear appropriate footwear, stay hydrated, and always check with your doctor before starting any new physical activity program.

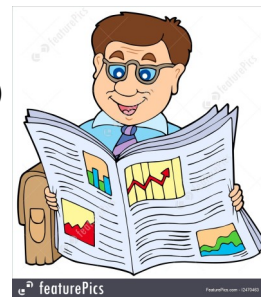
For more information on how to stay active see Mary Bourgeois CTRS ext 115.

How to Obtain a Newspaper

Newspapers have been a part of most people's lives. Enjoying a newspaper in the morning, reading the headlines or checking the obituaries help us to keep up to date on happenings around us.

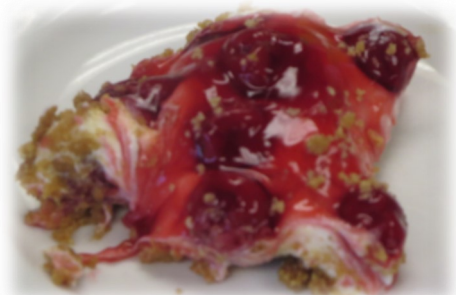
To obtain a newspaper at Spencer Home follow these steps:

1. Contact the newspaper provider (Times & Transcript, Telegraph Journal etc)
2. Arrange for a subscription. Watch for deals!
3. Notify the Recreation Dept. ext 116 or Mary Bourgeois ext 115 to indicate your family member is starting a subscription.
4. Your family members name will be placed on the delivery list.
5. Recreation staff and resident volunteers deliver the papers except on Holidays; nursing staff will deliver them.



If you decide to cancel a paper please let us know.

The Spencer Home Men's Group recently enjoyed a treat for lunch—pizza and cherry cheesecake. A special thank you to Marg who has been volunteering with the Men's Group for 15 years. Marg, sometimes, even brings her dog, Oreo! Thank you Marg!





Drink water regularly.

- It's a calorie-free way to quench your thirst.
- Drink more water in hot weather or when you are active.
- Young children and older adults are at higher risk of becoming dehydrated and need to be reminded to drink fluids throughout the day.

Treat your taste buds with water!

- Add some lemon, lime, cucumber or orange wedges.
- If you like it cold, keep a jug or container of water in the fridge.
- When you are out, carry a water bottle with you or at your desk at work.
- Eating out? Say yes when offered water or order water to drink with your meal.

Choosing Beverages

Make water your beverage of choice. Milk, fortified soy beverages and 100% juice are also healthy options. Make them part of your recommended number of Food Guide Servings per day.

- Some beverages may contain caffeine. Caffeine is a stimulant that affects children more than adults due to their smaller body weights. Caffeine is found in coffee, tea, colas and some energy drinks.
- Limit your intake of soft drinks, sports drinks, energy drinks, fruit drinks, punches, sweetened hot and cold beverages and alcohol. These beverages can be high in calories and low in nutrients.

Read Food Labels

Use the Nutrition Facts table to compare how much you are drinking to the specific amount listed on the label.

- Look at the specific amount of beverage.
- Compare it to how much you actually drink.
- Keep in mind that one Food Guide Serving is 125 mL (½ cup) of juice or 250 mL (1 cup) milk or fortified soy beverage.



Nutrition Facts	
Per 1 cup (250 mL)	
Amount	% Daily Value
Calories 50	
Fat 0 g	0 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 120 mg	5 %
Carbohydrate 11 g	4 %
Fibre 3 g	12 %
Sugars 8 g	
Protein 2 g	
Vitamin A 15 %	Vitamin C 100 %
Calcium 2 %	Iron 4 %

Spencer Home

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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



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 DeMerchant, RN, Ext. 113

Adult Day Program

Mary Bourgeois, CTRS

Recreation Therapist, Ext. 115