

THE COMMUNICATOR

Spencer Home

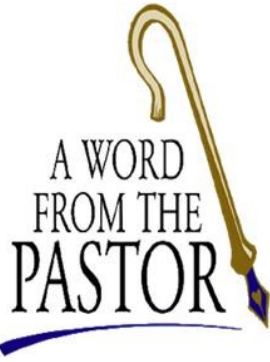
"Together We Care"

Summer 2019



Thank you to all of our residents who volunteer their time to enrich the lives of others. We really appreciate you help transporting residents to programs, helping with chapel, delivering newspapers, and helping with recreation programs.





I have been thinking a lot about rain lately, as I am sure many people have been as well. Don't get me wrong, I love the summer sun, but the plants and flowers and crops love the summer rains as well. And when I think of sun and rain I am reminded of faith and that it's all about trusting in God for the things we need. Someone once said that "into every life a little rain must fall". I don't suppose to fully understand the intended meaning of these words, but I do receive them as having value for all of us. As we make our way through life, there will be sunny days and there will be rainy days – what is it that you do with each day as it dawns?

Allow me to share the following words from Dr. David Jeremiah with you ...

You're a farmer living in medieval times. A passerby explains the features of his new smartphone. It gives you a weather report for your harvest season, a rotation schedule for using the oxen that the villager's share, the going price for chickens that your wife raises, music to listen to while you work, and you can talk to the blacksmith in the next town (and see his face) without leaving your farm. Would you believe him?

It's a thought almost as mind-boggling as Noah hearing that rain--which he'd never seen before--would fall from the sky and flood the earth. And Noah's job assignment from God for the next 100 years? Build a boat to carry your family and sundry creatures to safety. Noah tried to explain it to his neighbors. But who could believe such a preposterous story? Especially a wicked generation notorious for rampant iniquity, riotous violence, and religious indifference.

Faith can be a lonely place. Noah worked day after day on a boat that attracted contempt. He trusted God implicitly for a flood of rain he'd never seen. Noah's faithful testimony gives every believer the strength to hold on in impossible circumstances. When people insult your testimony, and you wonder how God will ever bring meaning and order out of the broken pieces of your life, take a faithful stand for Him.

Faith sees the invisible, believes the unbelievable, and receives the impossible. *Corrie ten Boom.*

Scott Ryder
Director of Pastoral Care



The Kenneth E. Spencer Memorial Home

Kenneth E. Spencer Memorial Home remains appreciative of the support of the Spencer Home Foundation as well as funding received from the Province of New Brunswick. In recent years, we have had new flooring installed, dressers/night tables were purchased for Neighbourhood Two (previously known as Section Two).

More recently, resident focused chairs were purchased for the sunroom and lounge area in Neighbourhood Two. As a result of the fundraising efforts of Lily Banquets, we were able to purchase new resident centered seating for the Dining Room, Chapel and Activity Room. In addition to the new seats, the dining room was completely refurbished with multi-level tables, new flooring, windows, paint, mural, doors, walls as well as new heating and cool air systems in the dining room and kitchen areas.

Currently, we are under going the replacement of windows throughout Spencer Home (in Neighbourhood Two, the Chapel, the Day Program Room, the Activity Room, the Visitor's Main Entrance and both hallways connecting Neighbourhoods One and Two). In addition, the Spencer Home Foundation is currently raising funds to replace dressers/nightstands for all of Neighbourhood One.

In the near future, an external area will be created adjacent to the dining room for residents and families to safely enjoy their meals and recreation activities in a shaded and safe area.

Out with the old.....



In with the new.....



Spencer Home Foundation 2019 Lily Banquet



The Spencer Home Foundation held its 17th Annual Fundraising Lily Banquet on Wednesday, May 15, 2019 raising a total of 10,685 for the evening!

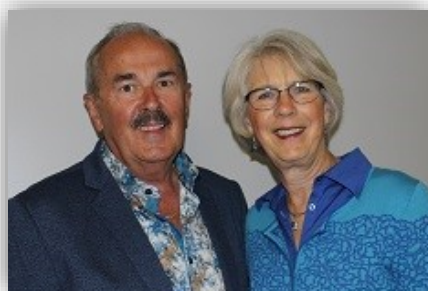
The focus of the evening was to jump start the fundraising efforts to purchase dressers and nightstands for Neighbourhood One. In 2015/2016 the Spencer Home Foundation, thanks to the many donations, was able to purchase dressers and nightstands for Neighbourhood Two.

Greetings were received from Deputy Mayor, Greg Turner, City of Moncton, and Jim Dixon, Treasurer of the Atlantic Baptist Foundation.

Thank you to our guest entertainment Harris McSheffery from Sackville, NB who provided beautiful music on the Baby Grand piano, the Sponsors of the evening, Canadian Linen and Aramark, the Dietary Department of Spencer Home for a beautiful meal and everyone else for making the 2019 Lily Banquet Fundraiser a successful event!

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.org.

The Spencer Home Foundation is currently looking for volunteers. If you or someone you know who may be interested, please call Sharon at 506-858-7870, Ext. 163.





Spencer Home is looking for donations of LP's for our residents. If you have any to donate, please see Sharon at the Visitor's Reception area.

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

Thank you for your assistance!



Sunday, June 16, 2019



THE ^{real} TO-DO LIST

sing.
smile at strangers.
keep learning.
laugh.
notice kindness.
eat ice cream.
hope.
count your blessings.
love.
love some more.



Staff are reminded to complete the following mandatory courses and the 2019 Annual Policy review on Itacit before ***December 27, 2019***:

- 2019 Body Mechanics—Mandatory**
- 2019 Fire/Health & Safety/Infection Control/GHS (WHMIS) Quiz—Mandatory**
- 2019 Worksafe NB Warm-up & Stretch—Mandatory**
- 2019 Annual Policy Review—Mandatory**

You will see you are enrolled in Itacit under “My Training”.

If you have any questions, please contact Sharon @ Ext. 163.



Occupational Health & Safety Committee Members

- | | |
|-----------------------|--------------------|
| Lynn McPhee, Co-Chair | Sherry Crawford |
| Chris Shaw, Co-Chair | Rhonda McCreedy |
| Lynn Burdock | John Keeler |
| Cheryl Berry | Alison Gallant, RA |
| Jennifer Steylen | Ronda McCreedy |
| Julie Jollimore | Jena Taylor |



2nd Annual Show & Shine

Come and check out the Antique cars in the Visitors parking lot!

Saturday, August 24, 2019

1:15 p.m. – 2:30 p.m.

Vote for your favorite.



Parade of Cars start at 2:30 p.m. around the building.

Any Spencer family members or staff who have a vehicle who would like to participate in this event please contact the O'Connors at vickcarlocon@gmail.com or call 859-7199.

**There will be no parking
in the visitors parking lot that day due to the show.**

Rain Date: Saturday, September 28, 2019 - same time






June 21 is National Indigenous Peoples Day. This is a day for all Canadians to recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of [First Nations](#), [Inuit](#) and [Métis](#) peoples. The Canadian Constitution recognizes these three groups as Aboriginal peoples, also known as Indigenous peoples.

Although these groups share many similarities, they each have their own distinct heritage, language, cultural practices and spiritual beliefs.

In cooperation with Indigenous organizations, the Government of Canada chose June 21, the summer solstice, for National Aboriginal Day, now known as National Indigenous Peoples Day. For generations, many [Indigenous peoples and communities](#) have celebrated their culture and heritage on or near this day due to the significance of the summer solstice as the longest day of the year.

Source: www.rcaanc-cirnac.gc.ca

Alzheimers



Sitting here confused and crying.
I really want to stop, I am trying.
There are memories, but they are not mine.
Someone else is running through my mind.
I see things being done with people I don't know.
Walking down a beach, watching a tv show.
Who is that man, who is the other one.
She says she is my sister, my mind is done.
The man says we have been together for awhile.
Oh my, I can't remember, but yet they smile.
They say, it is ok, we understand, we love you.
What is going on with me, what can I do.
Oh wait, what did you say your name is?
Tell me again and please tell me his.
Something seems familiar or is it just a wish?
I wish I knew what is the cause of this.
I am tired I am in need of sleep.



Please stay with me, these memories I need to keep.
I will know who you are when I open my eyes.
I will remember, these words are not lies.
She is asleep now, I am so so sad.
I know, I am too, this is just so bad.
Will she remember when her eyes open.
I don't know, but I am always hoping.
Perhaps God will help her in her sleep.
Once she in heaven, her memories she will keep.
Good night sweet woman, my wife.
You are everything, you are my life.
God bless you, may he keep you safe.
One day you will know me in his blessed place.

Elizabeth LeFait, Resident Attendant





Spencer Home is seeking volunteers to assist in activities with residents and volunteers to help maintain the flower beds around the Home.

Please call Mary Bourgeois at 858-7870 Ext. 115 for more information.

Attention Families

To keep closets uncluttered, please remove winter and any unused clothing out of your loved one's closet.

A good rule of thumb is to clean out the closets the changing of the seasons.

Thank you for your assistance!



How excited was the gardener about spring? So excited he wet his plants.

*What month of the year is the shortest?
May (only 3 letters)*

*Does February like March?
No, but April May*

*Name a bow that can't be tied.
A rainbow*

The Communicator

If you have suggestions or ideas for the Quarterly Communicator or would like to receive by email, please see Sharon at the Visitor's Reception area or call her at 858-7870, Ext. 163.

BACK IN FORM

Congratulations to the following employees who successfully completed the Back in Form – Train the Trainer Course:

Brandy McGilligan, Lindsay Livingstone, Bianca Heckbert, Chris Shaw, Kristen Woods, and Karine Doucet (Robert L. Knowles Veterans' Unit, Bathurst, NB).

Back in Form (BIF) is a standardized training program for manual handling activities & helps support safety in our workplace.

Other Back in Form Trainers at Spencer Home include Dianna Blackett, Andria Leaman, Heather Leet, Laura Jones and Lynn Burdock.

Spencer Home BIF Trainers are resource people who support Employee Safety & Wellness & Safety of our residents, by their knowledge and skill of proper body mechanics.

Thank You! Volunteers!

On April 24, 2019, 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—as well as a scrumptious roast beef meal served by our Dietary Department.

The Rev. Dr. Peter Reid, Executive Minister of the Canadian Baptists of Atlantic Canada (CBAC) of Convention was the guest speaker of the evening.

Spencer Home is currently looking for volunteers to assist in the many different activities of the Home. If you or someone you may know would like to volunteer and would like more information, please see Mary Bourgeois, CRTS, in the Recreation Department or call her at 858-7870, ext. 115.

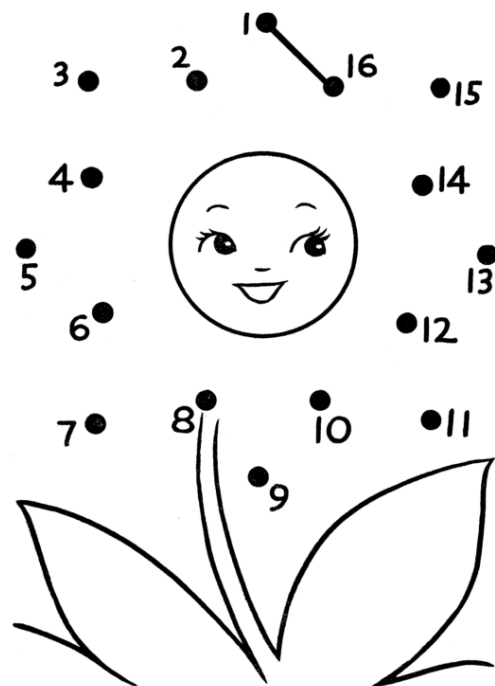
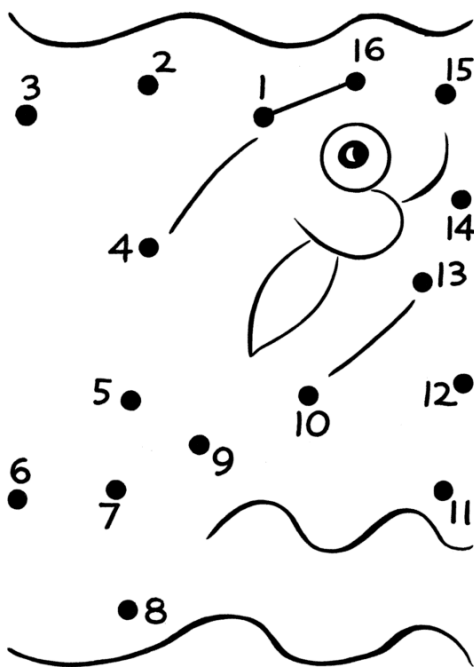


Thank You

Residents enjoyed a visit from Wookie; Wookie is a dwarf lionhead.



Game on.....



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.

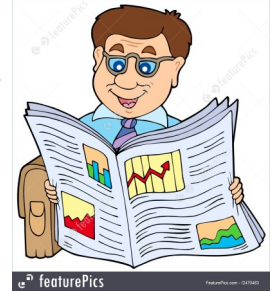


How to Obtain a Newspaper

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, CTRS, 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.

Interesting Facts of the Dandelion

Dandelions are not indigenous to North America—Europeans brought them to North America because they're chock full of so many good things.



The French have another name for them—"pee the bed" - The French word [for dandelion] is pissenlit, which translates to "pee the bed." Dandelions are a diuretic and in fact they are as strong as some of the commercial products.

Dandelions are full of vitamins—The leaves, the flowers and the roots are edible. A cup of dandelion greens would give you about 112 per cent of your recommended daily amount of vitamin A and 535 per cent of your recommended daily amount of vitamin K, and other things like calcium, iron and magnesium.

You might already be eating dandelions -You actually are eating dandelion leaves in your mesclun salads. They're commercialized now. People raise them and harvest them.

The English name "dandelion" comes from "tooth of the lion" in French-"Dent de lion" in French translates to "tooth of the lion" in English. The weed was given its name because of the way the leaves are etched — some people thought the leaves looked like a lion's mouth.

Dandelions became unpopular because they're so successful—Dandelions are a perennial and that means they come back year after year if you don't do something to make that impossible, and they're very successful seeders. Their seeds are on little parachutes that go flying wherever there's a breeze, landing in all kinds of interesting places. They're very good at putting down the little fork bottoms of their seeds and embedding themselves in the earth and springing up again.

Dandelions are very good at adapting—You can mow those dandelions all you like. Yes, it will take off the worst of those flowers, but they will come back. It won't get rid of them. What happens is that the dandelions spread their leaves out and nothing can grow underneath it. After a little while it kills your grass. After you mow them, they will still send out seeds, because they want to make seeds and survive. Maybe five years down the road instead of grass, we'll have dandelions.

There are several superstitions involving dandelions, including making a wish and blowing off all the dandelion seeds to make a wish come true— If you hold a dandelion under your chin, and if it showed yellow under your chin, that meant you like butter. It goes to show that dandelions have been part of our daily life for a long time. They become part of the myths and the magic of who we are.

Facts on Fluids - How to Stay Hydrated

Why fluids matter

Fluid is essential! It has many important roles. Fluids help to:

- move nutrients and waste through your body
- keep your blood pressure normal
- protect and cushion your joints and organs
- control your body temperature and
- lower your risk of dehydration and heat stroke



What is dehydration?

Dehydration is when you lose more fluid than you take in. Below are some of the signs of dehydration:

- Thirst
- Dry lips and dry mouth
- Flushed skin
- Headache
- Dizziness and fainting
- Dark yellow, strong smelling urine
- Low blood pressure and increased heart rate



You may be dehydrated even if you don't have any of the signs so it is important to drink fluids often even before you feel thirsty.

Getting enough fluid

The amount of fluids you need depends on your age, gender and level of physical activity. Remember that you will need even more fluids to stay hydrated in hot weather and when you are physically active.

Use the chart on the next page as a guide to how much fluid you should aim to have each day. Keep in mind that your total fluid intake can include water as well as milk, coffee, tea and juice. Coffee and tea are not dehydrating.

Do I need to drink eight glasses of water every day to stay healthy?

No. Research shows that drinking less than eight glasses of water per day does not lead to negative health effects. The amount of water that a person needs to drink every day is different for everyone. What is most important is that you drink enough fluids to avoid dehydration. Your fluid intake can include water as well as a variety of other fluids.

How to know if you are drinking enough

Check your thirst - If you are thirsty or have a dry mouth, it is likely that you are not drinking enough. Aim to drink fluids often throughout the day. Remember that once you are thirsty, you are already somewhat dehydrated.

Check your urine - If your urine is a dark yellow colour and has a strong smell, you may not be getting enough fluids. Urine that is light yellow or clear in colour usually means that you are drinking enough fluids. The amount of urine you make can also be a sign of your hydration status. If you do not make much urine throughout the day and it is dark in colour, you likely need more fluids.

Check your mood – If you feel light headed and tired, are not able to focus or have many headaches, these could be signs that you are dehydrated.

Cont'd on next page...

Facts on Fluids - How to Stay Hydrated Cont'd

Life Stage	Aim for cups—1 cup=250ml
Infants	
0-6 months	3 (from breastmilk or formula)
7-12 months	2.5 (from breastmilk, formula, water or fluid milk)
Young Children	
1-3 years old	3.5
4-8 years old	5
Older children	
9-13 year old girls	6.5
9-13 year old boys	7
Women	
19 Years and older	9
Pregnant	9
Breastfeeding	12.5
Men	
14-18 Years and older	10.5
19 Years and older	12

Tips to meet your fluid needs

- Be aware of your thirst and drink fluids often throughout the day.
- Choose water to drink when you are thirsty. Avoid soft drinks.
- Keep water nearby when you are at work, at school, at play or out and about.
- Enjoy other fluids such as skim, 1% and 2% milk, fortified soy beverages, 100% vegetable or fruit juices and soups to help you meet your fluid needs.
- Choose decaffeinated drinks more often to keep you well hydrated. Drinks with caffeine should be limited to 3 cups per day.
- Take sips of water while eating meals and snacks.
- Keep a jug full of ice water, with lemon, lime, orange or cucumber slices in your fridge at home or at work.
- Remember to drink more in hot weather and when you are very active.

Hydration as you get older

Drinking liquids throughout the day is especially important for older adults. Dehydration can lead to dizziness, fainting and low blood pressure which may put older adults at risk for falls. Dehydration may also make constipation worse.

Bottom line

To meet your fluid needs throughout the day, choose water most often. Remember that other fluids like milk, coffee, tea and juice also count towards your daily fluid intake. Try to avoid soft drinks and limit drinks with caffeine to 3 cups per day. Remember to drink even more fluids when you are active and during hot weather.



We need to get Canadian seniors active to improve their quality of life



Did you know that between 2015 and 2021 the number of Canadian seniors is projected to exceed the number of children aged 14 and younger for the first time ever? By 2036, the number of seniors in Canada could reach anywhere between 9.9 million and 10.9-million people.

With those numbers in mind, it's safe to say that every single one of us has at least one person in our lives over the age of 65 that we really care about, a relative, friend or even a co-worker. And while aging comes with the opportunity to watch loved ones grow up and make memories, older adulthood also comes with an increased risk for several chronic health conditions such as hypertension, arthritis and osteoporosis — just to name a few.

Before we get too heavy into the numbers, there's a picture we're trying to paint here: as our nation ages, it's critical we develop health promoting habits that offset or slow the progression of age- and lifestyle-related behaviours. Physical activity has been identified as a key tool to supporting healthy aging. Specifically, incorporating it into daily routines of all Canadians can help combat the growing trend of seniors dealing with non-communicable or chronic illnesses, cognitive decline and mental health problems.

Physical activity is an excellent tool to help maintain a healthy lifestyle at any age, but the impacts it can have on seniors is huge. Quite simply, being active on the regular is a great way to Age Better.

Movement is for everyone, regardless of age

Here's the really great thing about being active: we can enjoy the benefits regardless of the date on our driver's license or the number of candles on our birthday cake. Sure, competing in certain sports and activities may be easier on the body in our 20s and 30s compared to our 60s or 70s, but that definitely does not mean we have to start cutting physical activity out of our routines.

We just need to find the right kind of activities to suit our physical activity level and ability. A great way to do just that? Download our comprehensive seniors' toolkit for detailed health info such as the [Canadian Physical Activity Guidelines](#) for older adults, age-appropriate sports/activities, tips on incorporating physical activity into your daily routine and a lot more.



At the end of the day, the positive impacts of physical activity on seniors is undeniable. So, as a society, we really need to start talking about the necessity for older adults to remain active into their 50s, 60s and 70s. To not only feel young at heart, but to really get the most out of life and enjoy the benefits that come along with living an active lifestyle. Such as:

1. Lower rates of heart disease, high blood pressure, stroke and Type 2 diabetes.
2. Reduced rates of colon and breast cancers.
3. Improved self-esteem, moods and the ability to handle stress.
4. Lower risk of falling
5. Better cognitive function
6. Improved strength, balance, flexibility and mobility

Cont'd on next page....

Compared to most of the benefits on that list, lower risk of falling seems kind of insignificant, especially when compared to other positive impacts of physical activity such as lower rates of heart disease and reduced risk of cancers.

But take this in for a minute: falls effect a huge portion of the older population, as 28 per cent to 35 per cent of people aged over 65 fall each year. That number increases to 32 per cent to 42 per cent for those 70 or older.

So, to help keep our loves ones strong, social and on their feet, take them for with a walk through the park, visit a local pool or try out a nearby yoga studio. Not only will these activities boost social bonding and positive emotions, they will also help develop stronger muscle groups, bones and therefore, mobility.

The writing is on the wall Canada: we need to get seniors moving to improve their quality of life. Physical activity is for everyone, regardless of size, shape or age. Because, *Everything gets better when you get active.*

Source: www.participation.com



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 gardens, 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.

If you are interesting in volunteering, please see Mary Bourgeois, CTRS, in Recreation or call her @ 858-7870, ext. 115.

NEW EMPLOYEES

Julia Sinclair, LPN
Teagan Evans, RA
Linda Roach, RN
Elizabeth LeFait, RA
Teresa Wisniewska, RA
Sara Hermoso, LPN
Blake Wheaton, RA
James MacLean, LPN
Lisa Cormier, LPN
Pauline, Carruthers, RN
Morice Desumala, RA
Lauren Steylen, Summer Student in Recreation
Chantal Mason, Executive Assistant



Health & Wellness

In supporting our Health and Wellness, we encourage staff, residents and families to take a break on the Spencer's Wellness Trail. Have your ever wondered how far one loop around the building is?

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

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 45 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