

THE COMMUNICATOR

Spencer Home

"Adding Life to Years"

Fall 2019

SPENCER HOME 2ND ANNUAL SHOW & SHINE

Saturday, August 24, 2019





Spencer Home 2nd Annual Show & Shine took place on Saturday, August 24th. Although the day brought cooler temperatures for August, the rain held off for us to enjoy this day. This year we had a total of 35 vehicles registered which included the Antique Willys firetruck once again. Residents, families and guests voted on their favorite vehicle and the top prize winners were Dale & Gloria Druet sporting their 1940 Mercury 4 Door Sedan.

This year we enjoyed music from the past and wanted to thank the Pin Up girls for joining us in vintage clothing. Special thanks to the members of the Ford Club, Antique Auto Club and those who took the time to be with us on this great day.

We will see you next year, Vicky & Carl O'Connor.



Honour Quilt Donated—#BeccaToldMeTo

A very special Honour Quilt was recently donated to Spencer Home by Rita Savoie (mother-in-law of Spencer Home's Margaret Tucker, LPN and grandmother of Becca Schofield).

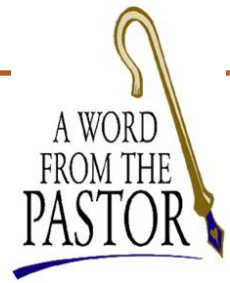
When a family loses a loved one, the Honour Quilt will be placed over the resident. A code Rose will be announced on the PA system to indicate a resident is being honoured. Staff will form a line for the loved one leaving the building as a sign of respect.



Flooded with Faith

By faith Noah...moved with godly fear...

Hebrews 11:7



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

Submitted by Pastor Scott Ryder

New on Itacit

Understanding the Vascular Contributions to Dementia

The Four Steps to Urban Poling Explained

How to Use Telescoping Poles in Urban Poling

Employee Training

Staff are reminded to complete the following mandatory courses by **December 27, 2019**: Annual Policy Review, GHS training, WorkSafe NB Warm Up and Stretch, and Body Mechanics.

Staff hired in 2019 completed the Annual Policy Review and the GHS (WHMIS) education during Orientation for 2019.

ATTENTION FAMILIES

Clothes Closets



Fall is here! When bringing in warmer clothing for your loved one, please remove summer clothing from the closet as space is limited.

Safety First

This is a friendly reminder to please be mindful of the ditch at the back of the Home when walking your loved one outside.



Thank you for your cooperation!



Spencer Home is looking for volunteers to help clean up and weed the flower gardens around the Home before winter arrives. If this is of some interest to you, please see Sharon at the Main Entrance or call her @ 858-7870 Ext. 163.

Occupational Health & Safety Committee Members

Julie Jollimore, Co-Chair	Sherry Crawford
Chris Shaw, Co-Chair	John Keeler
Lynn Burdock	Alison Gallant, RA
Cheryl Berry	Jena Taylor
Jennifer Steylen	Tanya Bustard

Tippy Tales Pet Care stopped by for a visit.
Finn, Jasmine and Petunia
had a great time visiting the residents!





Children's Halloween Spooktacular



On Thursday October 24th from 6:00 p.m. to 7:30 p.m.

Staff and residents' children, grandchildren and great-great grandchildren are invited to the home for some Halloween fun.

The purpose of this event is for the residents to see the children dressed in their costumes and to interact with children as they pass out candy.

In order for this even to be a success, we need **donations** of treats/money to provide candy and activities.

This program operates on donations only.

If you are interested in donating treats/money please drop them off at the Recreation Dept. All donations are to be dropped off at Recreation for counting and will be taken to the wings that evening.

Tax receipts for money donations are available at the Business Office.

If you are able to volunteer that night, please contact Mary Bourgeois as soon as possible.

We are dependent on volunteers for activities.



For more information, please call Mary Bourgeois CTRS, 858-7870, Ext. 115.



THE POTENTIAL TO FUEL

Stay energized by planning nutritious snacks into your day. Nutritious snacks, in the right portion sizes, can be part of a healthy eating plan. Almost half of all Canadians say that eating a balanced diet is challenging for them because they are so busy. They often skip meals, and close to 30 per cent of Canadians say they snack to stay fueled in a busy day. Dietitians can help you unlock the potential of food by teaching you how to plan and choose snacks and meals. Just ask!

FIVE TIPS FOR HEALTHY SNACKS

Snacks are foods or drinks that are consumed between meals. When you're on-the-run during a busy day, think of snacks as mini-meals that offer some nutritional value and an energy boost. These are different than treats, such as cookies, chocolate and chips, which are not nourishing. Here are five helpful snacking tips:

1. **Plan ahead.** Keep a variety of healthy, ready-to-eat snacks on hand for when you get hungry. Being prepared helps you avoid less-healthy treats.
2. **Be aware of portion sizes.** Instead of snacking from a large bag or box, take a portion and put it on a plate or bowl.
3. **Listen to your hunger cues.** Ask yourself: am I truly hungry, or am I eating because I am bored, tired or stressed?
4. **Skip distracted snacking!** Avoid munching while looking at a screen, driving or working. You may eat more than you need if you're distracted from your feeling of fullness.
5. **Snack on vegetables!** About half of all Canadians don't eat enough vegetables or fruit. Snacking on them between meals is a great way to add more.

HEALTHY SNACK IDEAS

We asked dietitians about their favourite snacks. They recommend looking for snacks with some protein and fibre. Here are a few great ideas!



Carrots and peppers with hummus
Almond butter on banana slices
Greek yogurt topped with berries
Whole grain toast with peanut butter
Cheddar cheese and apple slices
Small handful of trail mix made with nuts, seeds and raisins

Roasted chickpeas and popcorn mix
Whole grain cereal with milk
Sliced vegetables with yogurt dip
Tuna on crackers
Whole grain toast with avocado and sesame seeds

In Flanders Fields
John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



Remembrance Day

A Remembrance Day Service will be held on Friday, November 8 @ 11:00 a.m. in the Chapel to recognize our veterans.

Families are invited to attend this special service.

Dr. Sarah Lord, Health and Wellness Coordinator from Jean Coutu Pharmacy came to the Home on June 20 and provided education to staff on Urban Polling. Education on Polling is available on Itacit.



Bob Thibodeau along with his sister, Rose Marie, come to the Home on a regular basis and provide musical entertainment to residents.



HAPPINESS IS



...discovering
a great new song.



Butternut Squash Soup

Ingredients:

4 cups butternut squash, peeled and cut into 1 inch cubes

4 cups fat free milk, divided (may sub 1%)

3/4 cup diced onion

1/2 cup flour

2 tbsp butter

2-3 tsp salt (to taste)

1/4 tsp celery salt, 1/4 tsp cumin optional; fresh green onions



Instructions:

Place squash in a large microwave-safe container with a lid, Fill with 1" of water. Place lid on top of container, slightly off-set,. Microwave on high 3-4 minutes or until very tender. Strain liquid. In a blender or food processor, blend squash with 1 1/2 cups milk until well pureed. Add diced onion, pulse 30 seconds more. Transfer puree to a large pot. Add remaining milk, butter, and flour. Cook over medium high heat 5-10 minutes, whisking throughout. Stir in salt, celery salt, and cumin. Garnish with green onions. Serve warm. Serves 4-6



THE MEANINGS OF SOME OLD SAYINGS

BAKERS DOZEN

A baker's dozen means thirteen. This old saying is said to come from the days when bakers were severely punished for baking underweight loaves. Some added a loaf to a batch of a dozen to be above suspicion.

HAT TRICK

This comes from cricket. Once a bowler who took three wickets in successive deliveries was given a new hat by his club.

A LITTLE BIRD TOLD ME

This old saying comes from the Bible. In Ecclesiastes 10:20 the writer warns us not to curse the king or the rich even in private or a 'bird of the air' may report what you say.

THROUGH THICK AND THIN

This old saying was once 'through thick-
et and thin wood'. It meant making your way through a dense wood and through one where trees grew more thinly.

WIN HANDS DOWN

This old saying comes from horse racing. If a jockey was a long way ahead of his competitors and sure to win the race he could relax and put his hands down at his sides.

Positive Mind.
Positive Vibes.
Positive Life.

BITE THE BULLET

This old saying means to grin and bear a painful situation. It comes from the days before anesthetics. A soldier about to undergo an operation was given a bullet to bite.

KNOW THE ROPES

On a sailing ship it was essential to know the ropes.

MAD AS A HATTER

This phrase comes from the fact that in the 18th and 19th centuries hat makers treated hats with mercury. Inhaling mercury vapor could cause mental illness.

START FROM SCRATCH

This phrase comes from the days when a line was scratched in the ground for a race. The racers would start from the scratch.

WEAR YOUR HEART ON YOUR SLEEVE

In the Middle Ages knights who fought at tournaments wore a token of their lady on their sleeves. Today if you make your feelings obvious to everybody you wear your heart on your sleeve.



**Remember to turn your clocks back
on Sunday, November 3, 2019**



Do your brain a favour - volunteer!

There are many good reasons for volunteering, whether you want to give back to your community, aspire to develop a new skill or want to expand your social network. But have you considered the health benefits of volunteering? Keeping your brain in shape is another important reason for volunteering, and a healthy brain is vital for healthy aging.

Volunteering not only engages your mind and body, but it can actually help you age well and reduce the risk of age-related diseases such as dementia and Alzheimer's disease.

Healthy reasons to volunteer:

Improve your physical and mental well-being

Meeting new people and engaging in activity can boost oxytocin, serotonin, dopamine and endorphin, the "feel good" neurochemicals that reduce stress, anxiety and improve your immune system.

Build self-esteem and confidence

The satisfaction of knowing you've made a positive difference in someone's life increases your own self-worth and confidence. If you're experiencing difficult times, volunteering has the extra advantage of giving you a sense of purpose.

Expand your network of social support

Connecting with new people in different settings helps open your mind to new perspectives, widens your social network and reduces depression and isolation.

Live longer and healthier

Staying engaged and curious about your world helps keep you young at heart and feeling vibrant. The bottom line is that life-long learning is key for improving quality of life and for healthy aging.

Volunteering is easy! Consider your own interests and skills, then think of who might benefit. It could be as easy as tutoring young people in a subject you enjoy, lending a hand at your community theatre, or joining a board at a local group or charity.

Whatever you do, start early. The sooner you start volunteering, the greater the benefits you'll reap later on in life.

Volunteers are always welcomed and appreciated at Spencer Home—please contact Mary Bourgeois, CTRS, Ext. 115 for more information.

Source: <https://alzheimer.ca>

The gorgeous red, orange, and yellow pigments in fall foliage are actually there all year, just under the surface. Sunlight helps fuel plant cells containing a chemical called chlorophyll, which gives leaves its vivid green color while working to turn light into energy. When sunlight diminishes in fall, chlorophyll breaks down, letting the plant's hidden red, yellow, and orange hues shine.

Fall Into AUTUMN

Monarch butterflies make autumn a migratory season, flying South from America to the relative warmth of Mexico and parts of California. Traveling at speeds of between 12 and 25 miles per hour - they are the only insect that migrates up to 2,500 miles for nicer weather.



Until about 1500, autumn was just called "harvest." The full moon closest to the autumn equinox is known as a harvest moon. Before cities electrified, the bright night of the harvest moon was essential for farmers harvesting their late-year crops.

How do Christmas trees stay green in the coldest, darkest months? Thank the needles. Coniferous needles are compact, watertight, and generally harder for weather and insects to destroy. By slowing everything down, pine trees can photosynthesize year-round, keeping the chlorophyll at work and keeping the needles permanently green.

The Autumn Equinox is one of two days a year when the sun is exactly in line with Earth's celestial equator (think, the equator projected onto the sky). As a result, Earth receives exactly 12 hours of light and 12 hours of darkness. The trick to remembering this is in the name: The word "equinox" comes from the Latin meaning "equal night."

Researchers think that lower levels of vitamin D (due to shorter days and less contact with sunshine) is in part responsible for autumn and winter weight gain. A lack of vitamin D is thought to reduce fat breakdown and trigger fat storage, leading to an average weight gain of two to four pounds each year in autumn and winter.

Source: www.rd.com/culture/autumn-facts-fall-facts

LAUGHTER
is the best
MEDICINE

What did Bacon say to Tomato? *Lettuce get together!*

What gets wetter the more it dries? *A towel!*

How do you make a tissue dance? *Put a little boogey in it!*



Why did the picture go to jail? *Because it was framed!*

What do lawyers wear to court? *Lawsuits!*

What belongs to you but others use more? *Your name!*



Source taken from: <http://www.jokes4us.com/miscellaneousjokes/cleanjokes.html>

What Does the Word RESPECT Mean?

Respect is a positive attitude any of us can choose to adopt at any time. Respect for others follows the respect we give ourselves. Self respect – paying positive attention to our emotions, interests, and needs – creates the emotional and mental space that allows us to move on to see others as valued members of the human race who also have emotions, interests, and needs. Disrespect takes its toll in every domain, from family life to work. The important thing in any moment is to act with respect, even if you are having a difficult time feeling respect for someone's aggravating behavior or objectionable demand. (from www.viha.ca)

How do we demonstrate respectful behavior? To be respectful we:

Treat other people the way you want to be treated.

- Be courteous and polite.
- Listen to what other people have to say.
- Don't insult people, or make fun of them, or call them names.
- Don't bully or pick on others.
- Don't judge people before you get to know them.



Reduce Stress for Better Brain Health



Experiencing some stress is part of everyday life, but when it persists over time, it can cause vascular changes and chemical imbalances that damage the brain and other cells in your body. By managing or lowering your stress, you can improve your brain health and reduce your risk of dementia.

Tips on How to Reduce Stress:

- Take personal time for yourself. Exercise, relaxation, entertainment, hobbies and socializing are key.
- Identify unrealistic expectations and try to accept what cannot be changed.
- Seek and accept support from family, friends or health care professionals.
- Be prepared – new or unfamiliar situations can create stress and anxiety.
- Get plenty of sleep.
- Laugh.
- Reduce the harmful effects of stress on your mind and body through meditation, deep breathing, massage or physical exercise. The key is to explore a variety of techniques and find those that work for you.



Thanksgiving Word Search

R E L A T I V E S T I F S M F
 P N R E U K S S N C H A O E A
 X I E F B O B E T I L A A O S
 O B L Z Y O L T U R K S N T D
 W R Y G I C E T R E T P U K Y
 T S E V R A H L K N Y F M L S
 Y V A R G I M E E N F T I U N
 S Q U A S H M R Y I W M A R P
 F A L L P R A S N D A L O B A
 R M H T N B A G C F A C E K I

cook
 corn
 dinner
 fall
 family
 feast
 food
 gravy
 harvest

maize
 pilgrims
 pumpkin
 relatives
 settlers
 squash
 stuffing
 thanks
 turkey

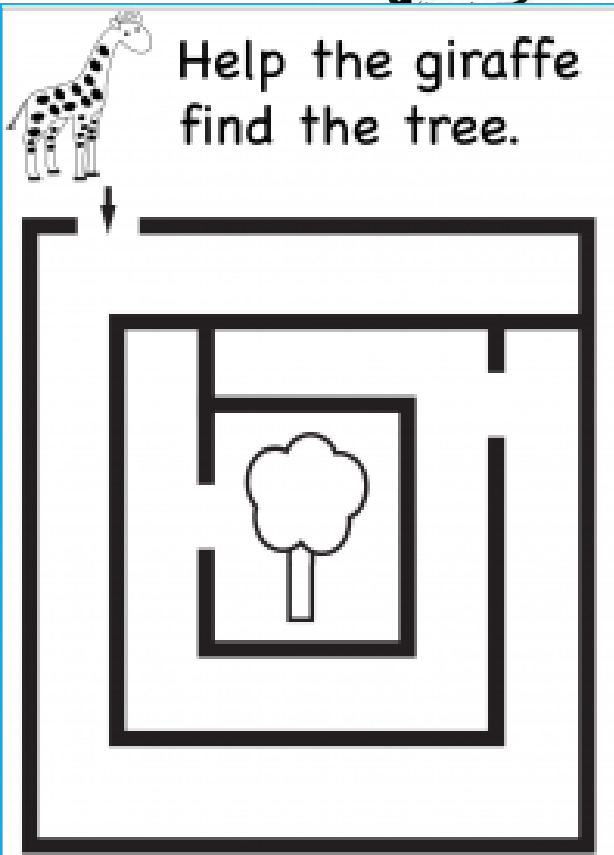


5 Daily Reminders

1. I am amazing.
2. I can do anything.
3. Positivity is a choice.
4. I celebrate my individuality.
5. I am prepared to succeed.



Did you know there is a suggestion box located at the internal entrance to the Business Office?



dates to Remember



Memorial Service—Sunday, September 29, 2019 @ 2:30 p.m. in the Chapel

Thanksgiving—Monday, October 14, 2019

Kid's Halloween Spooktacular—Thursday, October 24, 6:00—7:30 p.m. in the Chapel

Remembrance Day Service—Friday, November 8, 2019—11:00 a.m. in the Chapel

Remembrance Day—Monday, November 11, 2019

Staff Christmas Dinner—Wednesday, December 4, 2019

Resident/Family Christmas Dinner—Wednesday, December, 18, 2019

The Communicator

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

NEW EMPLOYEES

Mojisola Olatunji-Simeon, RA
Lisa MacKenzie, RA
Kenzie Schulz, RA
Andrew Mal, Activity Coordinator
Hayley Keirstead, Housekeeping
Emily Lirette, RN
Richard Jewall, RA
Lisa Calidguid, RA
Muyi, Ero, RA

Spencer Home would also like to welcome Victoria Hamm, Dietetic Intern from Mount Saint Vincent University, who is completing her Clinical Placement here at the Home from September—December 2019.



The Spencer Home Foundation held its 17th Annual Fundraising Lily Banquet on Wednesday, May 15, 2019 raising \$10,685 for the evening. The goal for the evening was to jump start fundraising efforts to purchase new dressers and nightstands for Neighbourhood One. The project cost is \$114,000 to replace all 100 dressers and nightstands.

In 2015/2016 the Spencer Home Foundation, thanks to the many donations, was able to purchase dressers and nightstands for Neighbourhood Two.

If you would like to donate to the Spencer Home Foundation or make a donation in memory of someone, please visit the Business Office or go online at www.spencerhomefoundation.org and click on CanadaHelps.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 for more information.

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

Adult Day Program

Mary Bourgeois, CTRS
Recreation Therapist, Ext. 115