

THE COMMUNICATOR

Spencer Home

"Adding Life to Years"

Winter 2019

Halloween Spooktacular at Spencer Home



Thank you to everyone who donated treats, money and volunteered to make our Halloween Spooktacular a success. We would like to thank CUPE Local 1726 for their continued support of this event. Thank you to Valtron for their corporate donation to buy treats. We appreciate all the support.

Halloween Spooktacular at Spencer Home



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.



Staff and Visitors—FYI

Lost and Found for is located at the main entrance.

We are happy to once again partner with the Unicorn Daycare for monthly visits. We enjoyed having them visit in their costumes to trick or treat.



What do you call a broke santa? Give up yet?

It's Saint-NICKEL-LESS

What do you call Santa living at the South Pole? *A lost clause.*



Tree of Love



Carol Service will be held at the

**Kenneth E. Spencer
Memorial Home Chapel**

on Thursday, December 5, 2019 at 6:00pm

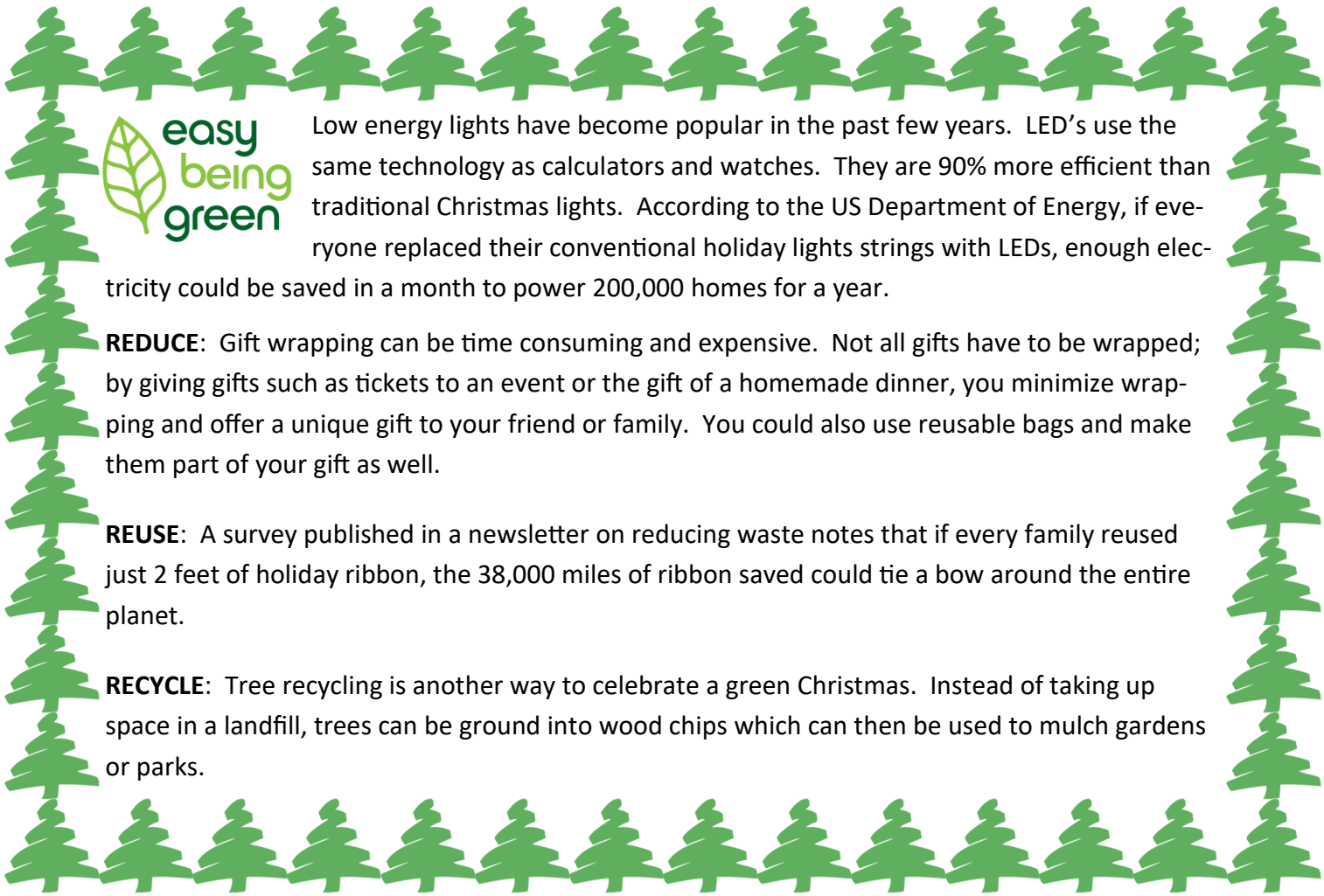


Please join us for our 1st Annual Carol Service!
*An evening of Carols, a Christmas Tree Lighting
and Christmas Cookies! This is a great family event
to kick off the Christmas Season!*

**Proceeds from this year's Tree of Love will support
the purchase of an ABBY Unit for our Residents. ABBY
provides a personalized activity experience, key to
triggering memories and engaging residents with dementia.**

**Tree of Love Order Forms
are available at Reception.**

All are welcome to attend! Bring your family!



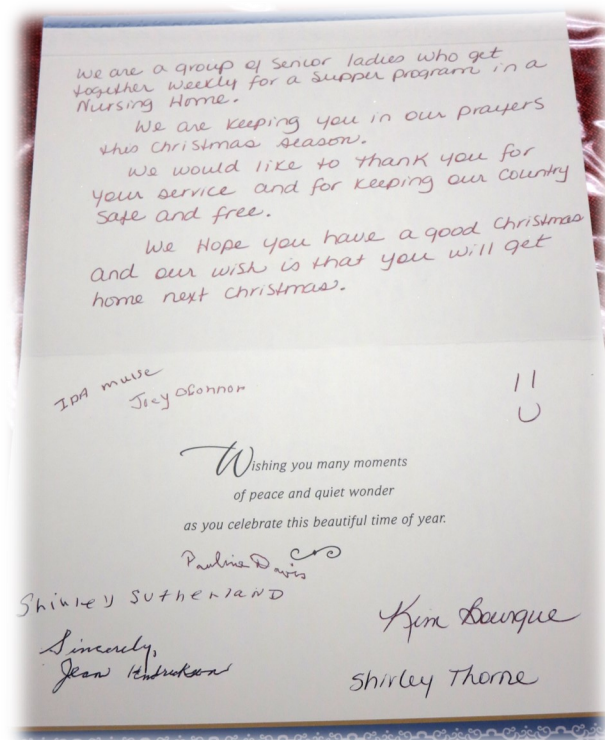
Low energy lights have become popular in the past few years. LED's use the same technology as calculators and watches. They are 90% more efficient than traditional Christmas lights. According to the US Department of Energy, if everyone replaced their conventional holiday lights strings with LEDs, enough electricity could be saved in a month to power 200,000 homes for a year.

REDUCE: Gift wrapping can be time consuming and expensive. Not all gifts have to be wrapped; by giving gifts such as tickets to an event or the gift of a homemade dinner, you minimize wrapping and offer a unique gift to your friend or family. You could also use reusable bags and make them part of your gift as well.

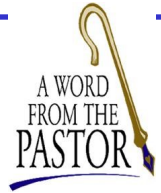
REUSE: A survey published in a newsletter on reducing waste notes that if every family reused just 2 feet of holiday ribbon, the 38,000 miles of ribbon saved could tie a bow around the entire planet.

RECYCLE: Tree recycling is another way to celebrate a green Christmas. Instead of taking up space in a landfill, trees can be ground into wood chips which can then be used to mulch gardens or parks.

Two groups of residents sent Christmas greetings to our troops. A personalized message was developed by the group for the troops who will not be home this Christmas. Great way to spread Christmas Cheer!



A Word from Pastor Scott Ryder



Perspective Matters!

Somehow, the first fall of snow always changes our perspective on life. And I think it has something to do with the dose of reality that accompanies it. As the Fall season wears on our thoughts and often our conversations somehow always has something to do with the coming winter; we know that it's coming, we would just rather it wouldn't.

This morning as I waited for the city plows to clear my street I became increasingly impatient with not being able to get on with my day. But as I waited, I found myself coming to the realization that it really wasn't the snow, or the waiting that was striking me in a negative way – it was me not being able to do what I wanted to do when I wanted to do it. My problem wasn't the weather; it was my perspective on the weather that was causing my impatient response to the weather. Our perspective changes everything!

Our residents find themselves dealing with changing perspectives all the time. The greatest change of all, of course, being the perspective they hold about coming to live at Spencer Home. All they know when they come through our doors completely changes, and in their thinking, the changes are not for the good. As I visit with our residents, I am always interested in how each resident perceives their life at Spencer to be. While the shared opinion is negative, many residents hold to the perspective of being resigned to their new reality. There is a great deal that you and I can learn from the perspectives of our residents – that when life changes, we must change with it.

The Christmas season is an ideal time for a discussion on change and perspective. When Christmas entered the world all those many years ago, something changed that required people to respond to the message of God like they never had to before. And still, today, people find themselves faced with a choice when it comes to the message of Christmas. And the way to arrive at an appropriate answer is rooted in one's perspective about what happens at the end of life.

Just as our residents must adopt a perspective about life at Spencer that will benefit them, we too must adopt a perspective about the God of Christmas that will benefit us as we give thought to what comes next after life runs its course.

Of the Christmas message, the Holy Scriptures simply state in 1 Kings 5:11 that God gave us eternal life on that first Christmas when Jesus was born; but have you accepted it?

Our perspective really does change everything. So, when it comes to the real meaning of Christmas, what's your perspective?

Merry Christmas everyone!

Pastor Scott Ryder
Director of Pastoral Care



Some residents helped decorate the Activity Room. They tried on Frosty's hat first to make sure it was the proper fit! Recreation Staff encourage residents to participate and help in the life of the home.



During the Christmas Season we have an opportunity for the residents to enjoy a Christmas meal with their family as the Home cannot accommodate additional people on December 25th. The date for this event is on Wednesday, December 18th at 12:00 noon. Tickets can be purchased from November 18th – December 11th at a cost of \$13 per person at the Dietary Department Office, Monday-Friday, 8:00 a.m. - 4:00 p.m. Due to space limitations, we can only accommodate a maximum of (3) three guests per resident. If you have any questions or concerns please call 506-858-7870, Ext. 118 or Ext. 119.

If you are planning to take your loved one out of the Home over the Holiday Season, please give staff at least one day notice to assure they will be ready for their special outing.

We appreciate families and friends of the residents and encourage your assistance in making your loved one feel at “home”. *Merry Christmas and a Happy New Year to All!*



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.



A staff appreciation barbeque was held on Wednesday, October 17 with hamburgers, hotdogs, cake, chips and pop. A BIG thank you goes out to Cheryl and her dietary team for a job well done.

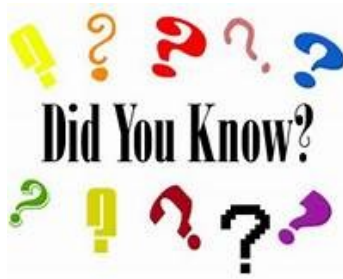


Fun Food!



What do you call a kid who doesn't believe in Santa? *A rebel without a Claus.*

Brrr. The lowest temperature ever recorded in Canada and North America? The village of Snag, Yukon, registered -63°C on February 3, 1947.



There's a saying in Canada that if you don't like the weather, wait five minutes. Never could that have been more true than in Pincher Creek, Alberta, where Canada's most extreme temperature change was recorded. The mercury soared from -19°C to 22°C in *just one hour*.

The Grand Banks off Newfoundland is considered the foggiest place in the world. The area experiences 40 per cent fog cover in the winter and up to 84 per cent in the summer.



Where does Santa keep all his money? *At the local snow bank.*

This was one seriously big wave! On September 11, 1995, the QE2 ocean liner was caught in Hurricane Luis off the coast of Newfoundland and was hit by a 30 m wave. This is the largest wave height ever recorded. The storm was also gigantic: it covered almost the entire north Atlantic.

Canada's coldest city? A tie between Saskatoon and Regina, with -50°C recorded on February 1, 1893, and January 1, 1885, respectively. The most recent sub -40°C temperature recorded in a Canadian city? Sherbrooke, Quebec, at -41.2°C on January 15, 2004.

Source: <https://www.canadiangeographic.ca/article/10-surprising-facts-about-canadian-weather>



What do you call an elf that can sing and dance? *Elfis.*

How did the ornament get addicted to Christmas? *He was hooked on trees his whole life.*

What do you get when you cross a duck with Santa? *A Christmas quacker.*

When bringing in treats for your loved one, please make sure all food and candy are stored in a sealed container.



Thank you for your cooperation.

Spencer Home
FOUNDATION



Merry Christmas

from the Spencer Home Foundation

Spencer Home
FOUNDATION



The current fundraising project for the Foundation is to raise \$114,000 to purchase new dressers and night stands in Neighbourhood One (100 in total).

To make a donations towards this project or to donate in memory of a loved one, you may do so through the Spencer Home Foundation website (www.spencerhomefoundation.org) utilizing canadahelps.org or at the Spencer Home Business Office Monday—Friday 9:00 a.m.-12:30 p.m. & 1:30 p.m.-4:00 p.m.



Cranberry Waldorf With Yogurt

Ingredients

- 1 1/2 cups chopped cranberries
- 1 cup chopped red apple
- 1 cup chopped celery
- 1 cup seedless green grapes, halved
- 1/3 cup raisins
- 1/4 cup chopped walnuts
- 2 tablespoons white sugar
- 1/4 teaspoon ground cinnamon
- 1 (8 ounce) container vanilla yogurt



Directions

1. Combine cranberries, apple, celery, grapes, raisins, walnuts, sugar, cinnamon, and yogurt. Toss to coat. Cover and chill 2 hours.
2. Stir just before serving. Garnish with frosted cranberries and mint leaves if desired. For frosted cranberries, wet cranberry and roll in sugar.

★
when you
Choose
joy
You feel good
& when you feel
good, YOU do good
& when YOU do good
it Reminds others
of what joy feels like
& it just
might inspire
them to do
the same.

Citrus Shortbread Cookies

Ingredients

- 2 cups all-purpose flour
- 1/4 teaspoon baking powder
- 1/8 teaspoon salt
- 1 cup butter, softened
- 3/4 cup confectioners' sugar
- 2 teaspoons vanilla extract
- 1/2 teaspoon almond extract
- 1 tablespoon grated orange zest, or more to taste
- 2 cups sweetened dried cranberries, chopped



Directions

1. Combine flour, baking powder, and salt in a bowl; set aside. Beat the butter and confectioners' sugar with an electric mixer in a large bowl until smooth. Stir in the vanilla and almond extracts and orange zest. Mix in the flour mixture until just incorporated. Fold in the cranberries; mixing just enough to evenly combine.
2. Divide the dough into 2 equal portions, then roll into logs about 7 inches long. Wrap each log in wax paper or plastic wrap, and chill in the refrigerator for at least 4 hours.
3. Preheat an oven to 350 degrees F (175 degrees C).
4. Remove wax paper, and cut the cookie dough into 1/2-inch slices. Arrange the slices on a baking sheet about 1 inch apart.
5. Bake in the preheated oven until firm but not browned, about 10 minutes.
6. When done, bring a cookie to Sharon at Reception to sample. :)

What happened to the man who shoplifted a calendar at Christmas?
He got 12 months!



Why are Christmas trees like bad knitters?
They both drop needles!



What do you call people who are afraid of Santa Claus?



Claustrophobic!

What Christmas carol is a favourite of parents?



Silent Night!

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.

I SAW THE SOLDIERS MARCHING

by A. Lawrence Vaincourt

I saw the soldiers marching, one drear November day,
Those heroes bold, from wars of old, in countries far away.
I heard the drums like thunder, the sound of marching feet,
As men of ancient valor marched down our little street.

I heard the skirl of bagpipes, the blare of brasses bold,
As heroes from another time relived the days of old.
The old, the halt, the lame, the slow, they marched with solemn pace,
To honor comrades fallen at another time and place.

I felt the tightness in my throat, the tears that burned my eyes,
As I watched the quiet dignity of old men marching by.
The fine young men, and women too, in battles long ago,
Who gave their youth and some, their lives, to fight our country's foe.

On this day will be remembered by comrades who remain,
And by the heavens, weeping, with softly falling rain.
The medals softly jingling on every passing chest,
In memory of companions who've long been laid to rest.

There are some unfit, and some who sit, in wheelchairs, row on row,
While they recall what price was paid to turn our country's foe.
And some will stand with tear-dimmed eyes, and some with faces grim,
While all repeat the solemn vow,

"WE WILL REMEMBER THEM."

On November 8, 2019, we honoured our Veterans' and their families.



- Staff Christmas Dinner—Wed., Dec., 4, 2019
- Tree of Love Carol Service—Thurs., Dec., 5, 2019, 6 p.m. Chapel
- Resident Christmas Pageant—Mon., Dec., 9, 2019, 2 p.m. Chapel
- Resident/Family Christmas Dinner—Wed., Dec., 18, 2019
- Christmas Day—Tues., December 25, 2019
- New Years Day—Tues., January 1, 2020
- Family Day—Mon., February 17, 2020
- Daylight Savings Time—Sun., March 8, 2020
- First Day of Spring—Fri., March 20, 2020


New on Itacit

Prevail Product Presentation

REMINDER TO ALL STAFF


The deadline to complete the four mandatory courses is **Friday, December 27, 2019.**

- Emily Lirett, RN
- Richard Jewall, RA
- Ero Osamuyimi, RA
- Sandra Forbes, RN
- Minji Choi, RN
- Nicole Balzer, RN
- Ruth Ferguson, RA
- Ruth Diver, RN
- Rudieczar (RC) Isidro, LPN
- Reni Jose, LPN
- Charlene Perry, RN
- Mitchell Beriault, PSW
- Patricia Capson RA
- Manda Killam, PSW
- Kelsey Malcom, PSW
- Emma Butler, GPN
- Lori Given, RN
- Noela Dikesa, PSW
- Tammy Greene, RN
- Madison Clain, Dietary Student
- Katelyn Lush, Dietary Student
- Daniel Lush, Dietary Student
- Gavin Savoie, Dietary Student



Due to a severe anaphylactic peppermint allergy, staff and visitors are prohibited from bringing anything peppermint scented into the home.

Thank you for your cooperation.




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.

WELCOME
to Spencer Home

Thank you to Janet Steeves and her small group from the Wesleyan church for coming to help clean up our gardens. We really appreciate them volunteering their time.

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	



Kenneth E. Spencer Memorial Home Inc.

“Adding Life to Years”

MISSION STATEMENT:

The mission of the Kenneth E. Spencer Memorial Home Inc. is to ensure the quality of life of persons requiring long-term care in southeastern New Brunswick.

VALUES STATEMENT:

All our decisions, actions and behaviors are based on:
CARING, RESPECT, INTEGRITY, EXCELLENCE, & SAFETY.

VISION STATEMENT:

Our Vision is a Nursing Home where residents experience life to its full potential.



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 (1973).
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 506-858-7870.

Long-Term and Relief Care

Jennifer Steylen, BA, RN, Ext. 112

Adult Day Program

Mary Bourgeois, CTRS
Recreation Therapist, Ext. 115