

THE COMMUNICATOR

Spencer Home

"Adding Life to Years"

Fall 2020

Helping Hands Program

This month's Helping Hands decorator is Shawnda Chapman from Hollyhock. Shawnda selected a variety of NB day decorations to add to our Canada Day ones. Thank you Shawnda for your help.

Thank You



A few of New Brunswick Inventions:

- The blueprint was invented by [George Taylor](#) of Fredericton in response to the needs of the Crown Lands Department. The underwater cable ferry in 1904, [William Pitt](#), Reed's Point, NB.
- Scuba tank, James Elliot and Alexander McAvity, Saint John, 1839. Variable pitch propellor, [Wallace Rupert Turnbull](#), Saint John.
- McDonald's Restaurants "[McFlurry](#)", invented by Ron McLellan of Bathurst, 1995.
- Thermal Windowpane, a window with two glass panes separated by a hollow space, hermetically sealed and filled with alcohol was patented by Lawrence McCloskey, Boiestown. 1917.
- Clothes washer with roller wringer, [John E. Turnbull](#), Saint John, 1843.

Around our Home

Spencer Home has made some beautiful enhancements over the summer months.

- The old gazebo was a safety hazard and needed to be removed and replaced.
- A very outdated Spencer Home entrance sign was replaced with a more visible sign.
- Mini-splits were installed on all Streets (wings) in Neighbourhood One.—See article below.



Donation to Deerwood

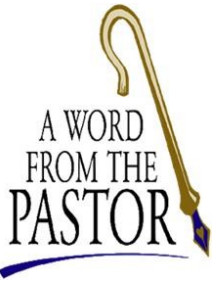
On behalf of the Kenneth E. Spencer Memorial Home, we would like to take this opportunity to recognize Fran Robichaud for her generous monetary donation towards purchasing a mini-split for Deerwood. Fran is a retired LPN who worked on Deerwood for almost 14 years and is well aware of how warm the summer months can get for our residents and staff.

We are continuously working on improving the life atmosphere for our residents and our staff here at Kenneth E. Spencer Memorial Home. That said, we are pleased to inform you that 8 new mini-splits and a new rooftop air-conditioner have been installed this summer.

Pictured from left to right: Cécile St-Laurent, Administrator; Ruth Smith, Personal Support Worker; Fran Robichaud; Julie Jollimore, Director of Care; Patty Cormier, Personal Support Worker.



Thank You 
for Your Kindness



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

Pastor Scott Ryder
Director, Pastoral Care



SAFETY FIRST

**BE CAREFUL
BE AWARE
BE SAFE**

iTacit

Employee Training

Staff are reminded to complete the mandatory courses. These courses will be under “My Activities” in Itacit.

Use of Wireless Communication Devices Revised Policy AF405

This policy has been updated and is available on Itacit (located in the “Library”) for all staff to read.

This revised policy took effect on September 18, 2020.

Occupational Health & Safety

Committee Members 2020/2021

Julie Jollimore, Co-Chair

Chris Shaw, Co-Chair

Lynn Burdock

Dara Sprague

Cheryl Berry

Jennifer Steylen

Tracy Renton

Sherry Crawford

Tanya Bustard

Kristen Woods

Rebecca MacDonald

Nadine Milton

Bianca Heckbert



do
THE RIGHT
THING...
EVEN WHEN
no one
IS LOOKING.



Spencer Home is looking for volunteers to help clean up and weed the flower gardens around the Home before winter arrives. Please call Mary Bourgeois at 858-7870, Ext. 115 for more details.



Do You Like to Read?

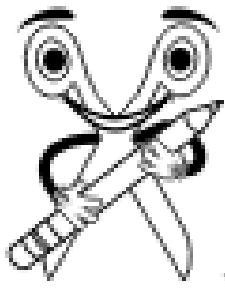
A library is available in the Conference room in Neighbourhood Two.



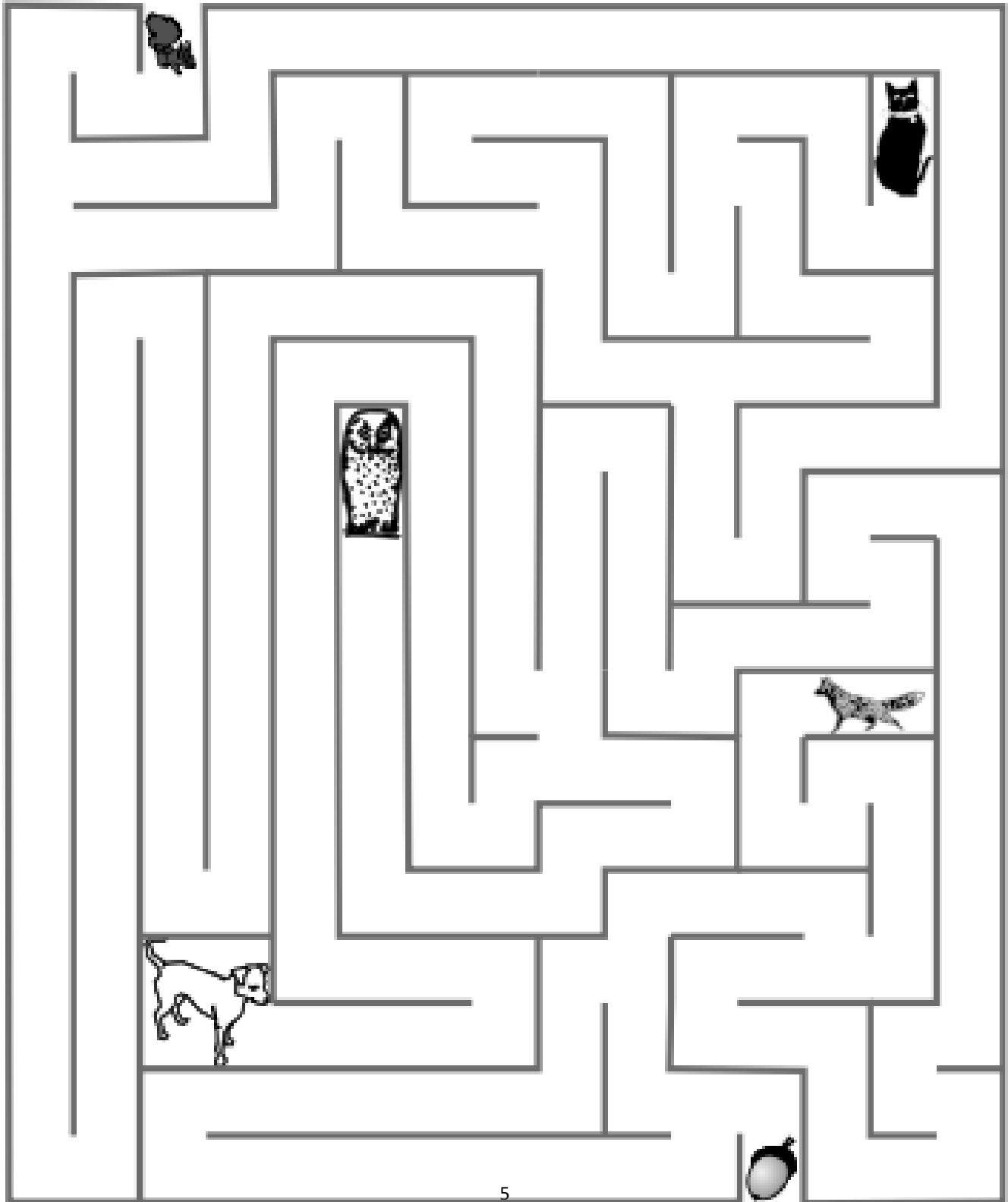
Have You Heard the News—A New Drug is Now Available

There is a super expensive new drug coming out. It reduces heart disease by 60%, cancer by 27%, Alzheimer’s by 50% and arthritis by 47%. It’s now our best treatment for fatigue and lower back pain. It cuts anxiety and depression by 48%. People even lose weight on this stuff...Okay it’s not new or expensive or even a pill..... It’s walking.

Source: Dr. Mike Evans, Associate Professor of family medicine and public health at University of Toronto in the Globe and Mail.



Help the squirrel find it's acorn.
Watch out for predators!





Cooking with Kids

Cheesy Chili Buns

Chili is a tasty way to introduce beans to your kids as long as you keep the chili spice mild. Cut off the top 1/4 of a whole wheat bun and scoop out some bread. Fill with chili and top with low-fat grated cheese. Broil and enjoy! For younger children: Use small dinner rolls instead of a regular size bun. Invite the children to try a plain canned or cooked kidney bean. Let them sprinkle the cheese over top of the chili. For older children: With supervision while they cut the bread and use the stove, older children may be able to make this entire recipe.

Source: www.unlockfood.ca

ASPARAGUS AND TOMATO SALAD

Tips:

You can substitute the same amount of green beans for the asparagus.

You can substitute 1 container (5 oz/150 g) of Mache (lamb's lettuce) for the Boston lettuce.

Increase the protein and make a more filling meal by adding your choice of chick peas, grilled chicken or poached salmon.

Asparagus spears, trimmed	8 oz (227 g)
Small head Boston lettuce	torn in bite size pieces 1
Baby arugula or spring mix	1 cup (250 mL)
Tomatoes (about 1 lb./454 g), sliced	4
Black olives, pitted and chopped	12
Toasted pine nuts or slivered almonds	1 Tbsp. (15 mL)



Autumn leaves
Come falling down.
Red, orange, yellow,
brown.
Down, Down, Down.

Dressing:

Extra virgin olive oil 3 Tbsp. (45 mL)

White wine vinegar 2 Tbsp. (30 mL)

Grated lemon rind 1/2 tsp (2 mL)

Pinch each salt and freshly ground black pepper

Directions:

Dressing: In a small bowl, whisk together oil, vinegar, lemon rind, salt and pepper; set aside.

In a pot of boiling water, cook asparagus for about 4 minutes or until bright green and tender crisp. Drain well and rinse with cold water. Drain again. Chop into 2 inch (5 cm) pieces.

In a large platter or bowl, arrange the lettuce and arugula around the edge to form the base of the salad. Place the slice tomatoes in a circle on top and asparagus in the centre.

Sprinkle with olives and pine nuts. Drizzle with dressing to serve.

Nutrition Information per 2 cups:

Calories: 155 kcal

Protein: 3 g

Fat: 13 g

Carbohydrate: 8 g

Fibre: 3 g

Sodium: 130 mg

5 Daily Reminders

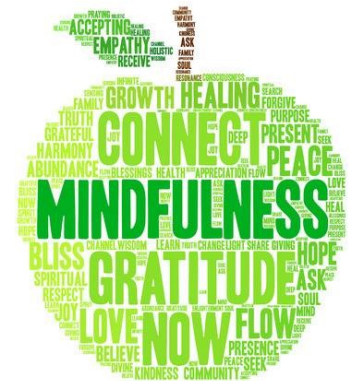
1. I am amazing.
2. I can do anything.
3. Positivity is a choice.
4. I celebrate my individuality.
5. I am prepared to succeed.

Mindful Eating during COVID 19

With all that is going on, it is normal to feel stressed or anxious. Perhaps the disruption to your routine has left you feeling bored. These feelings can have an impact on your eating habits. Being mindful creates a sense of awareness around your food choices and habits.

Keep these practices in mind:

- Even though your daily routine has changed, take time to eat. If you find yourself skipping meals or following an inconsistent schedule, set aside time throughout the day to eat meals and snacks.
- Create a healthy eating environment. Many people are spending more time at home than they usually do. Although this could result in eating more because food is easily accessible, it can also provide more opportunity to eat healthily. Make changes to your surroundings so that the healthy choice is the easy choice. For example, keep healthy food at home, create a pleasant atmosphere at mealtimes by playing music or setting the table in a way that you like, and eat with others if you live with your family or roommates.
- Pay attention when you are eating. Eating when you are distracted may increase the likelihood of you eating too much. Make mealtimes “electronic free” by taking a break from scrolling through your computer or cell-phone and sitting down at the table instead of in front of the TV. An exception could be to eat meals with others over video or speakerphone if you live alone or if you want to mark a special occasion.
- Eat slowly and thoughtfully. Allow yourself time to enjoy the flavours of the food and enjoy the conversation if you are eating with your family or roommates.
- Listen to and follow your hunger cues to decide when and how much to eat. Ask yourself if you are actually hungry and be aware that emotional eating and food availability can influence your choices.



Source: <https://www.canada.ca/en/health-canada/services/food-nutrition/>



Do you want to hear a pizza joke? Never mind, it's pretty cheesy.

What kind of shoes do ninjas wear? Sneakers.

My friend recently got crushed by a pile of books, but he's only got his shelf to blame.

What time is it when you have to go to the dentist? Tooth-hurtie.

Why can't a bike stand on its own? It's two tired.

Why didn't the lifeguard save the hippie? Because he was too far out man!

Just went to an emotional wedding. Even the cake was in tiers.

When you get a bladder infection, urine trouble.

Pampered cows produce spoiled milk.



Source: <http://www.seniorcitizenstories.com/jokes.html>

The Moons and What They Mean

January—Full-Wolf Moon—Amid the cold and deep snows of midwinter, the wolf packs howled hungrily outside Indian villages. Thus, the name for January's full Moon.



February—Full Snow Moon—Since the heaviest snow usually falls during this month, native tribes of the north and east most often called February's full Moon the Full Snow Moon. Some tribes also referred to this Moon as the Full Hunger Moon, since harsh weather conditions in their areas made hunting very difficult.

March-Full Worm Moon - As the temperature begins to warm and the ground begins to thaw, earthworm casts appear, heralding the return of the robins. The more northern tribes knew this Moon as the Full Crow Moon, when the cawing of crows signaled the end of winter; or the Full Crust Moon, because the snow cover becomes crusted from thawing by day and freezing at night. The Full Sap Moon, marking the time of tapping maple trees, is another variation. To the settlers, it was also known as the Lenten Moon, and was considered to be the last full Moon of winter.

April—Full Pink Moon—This name came from the herb moss pink, or wild ground phlox, which is one of the earliest widespread flowers of the spring. Other names for this month's celestial body include the Full Sprouting Grass Moon, the Egg Moon, and among coastal tribes the Full Fish Moon, because this was the time that the shad swam upstream to spawn.

May—Full Flower Moon—In most areas, flowers are abundant everywhere during this time. Thus, the name of this Moon. Other names include the Full Corn Planting Moon, or the Milk Moon.

June—Full Strawberry Moon—This name was universal to every Algonquin tribe. However, in Europe they called it the Rose Moon. Also because the relatively short season for harvesting strawberries comes each year during the month of June . . . so the full Moon that occurs during that month was christened for the strawberry!

July— Full Buck Moon- is normally the month when the new antlers of buck deer push out of their foreheads in coatings of velvety fur. It was also often called the Full Thunder Moon, for the reason that thunderstorms are most frequent during this time. Another name for this month's Moon was the Full Hay Moon.

August—Full Sturgeon Moon—The fishing tribes are given credit for the naming of this Moon, since sturgeon, a large fish of the Great Lakes and other major bodies of water, were most readily caught during this month. A few tribes knew it as the Full Red Moon because, as the Moon rises, it appears reddish through any sultry haze. It was also called the Green Corn Moon or Grain Moon.

September—Full Corn Moon or Harvest Moon—This full Moon name is attributed to Native Americans because it marked when corn was supposed to be harvested. Most often, the September full Moon is actually the Harvest Moon, which is the full Moon that occurs closest to the fall equinox.

In two years out of three, the Harvest Moon comes in September, but in some years it occurs in October. At the peak of harvest, farmers can work late into the night by the light of this Moon.

Usually the full Moon rises an average of 50 minutes later each night, but for the few nights around the Harvest Moon, the Moon seems to rise at nearly the same time each night: just 25 to 30 minutes later across the U.S., and only 10 to 20 minutes later for much of Canada and Europe.

October—Full Hunter’s Moon or Full Harvest Moon—This full Moon is often referred to as the Full Hunter’s Moon, Blood Moon, or Sanguine Moon. Many moons ago, Native Americans named this bright Moon for obvious reasons. The leaves are falling from trees, the deer are fattened, and it’s time to begin storing up meat for the long winter ahead.



Because the fields were traditionally reaped in late September or early October, hunters could easily see fox and other animals that come out to glean from the fallen grains. Probably because of the threat of winter looming close, the Hunter’s Moon is generally accorded with special honor, historically serving as an important feast day in both Western Europe and among many Native American tribes.

November—Full Beaver Moon—This was the time to set beaver traps before the swamps froze, to ensure a supply of warm winter furs. Another interpretation suggests that the name Full Beaver Moon comes from the fact that the beavers are now actively preparing for winter. It is sometimes also referred to as the Frosty Moon.

December—Full Yule Moon—During this month the winter cold fastens its grip, and nights are at their longest and darkest. It is also sometimes called the Moon before Yule.

The term Long Night’s Moon is a doubly appropriate name because the midwinter night is indeed long, and because the Moon is above the horizon for a long time. The midwinter full Moon has a high trajectory across the sky because it is opposite a low Sun.



The Mission of the Spencer Home Foundation is to provide funding to The Kenneth E. Spencer Memorial Home Inc. to assist them in ensuring quality of life for persons requiring long-term care.

The Kenneth E. Spencer Memorial Home Inc. is a 200-bed long-term care facility which provides various programs to meet the needs of the Greater Moncton community with Nursing Home Care, Relief Care, Adult Day Program.

Previous fundraising campaigns have realized more than half a million dollars used to purchase items such as a new bus, a Baby Grand piano, two generators, large screen televisions, chairs, atrium furniture, gardening vehicle, multi-level dining tables, blanket warmers, dressers, bedside tables and a complete dining room renovation.

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.

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.



PANDEMIC FATIGUE

As we continue to adapt to our “new normal” and learn to manage the pandemic fatigue, it’s normal to feel concerned about the uncertainty that surrounds us. While some stress is expected, it’s important to manage that stress and ensure that it doesn’t become overwhelming.

Here are some resources that share strategies and tools to support your mental health:

CAMH—Canadian Association of Mental Health—www.camh.ca

- Coping with Stress and Anxiety

WHO—The World Health Organization—www.who.int

- Coping with Stress During COVID
- Protecting Mental Wellness of Older Adults during COVID
- Relaxation for Caregivers Series



TO OUR NEW STAFF!

Hannah Gallant, GPN
Mae Christine Osorio, LPN
Ben Frew, RA
Madelyn Beaman, EA
Sophie Scott, GPN
Angela Arsenault Daigle, RN
Daniel Cogswell, Dietary Student

Kayleigh Lewis, Dietary Student
Krista Rector, RSA
Natalie Boissonneault, RSA
Maria Abadicio, RSA
Danielle Stewart, Activity Coordinator



Lost and Found is located at the Visitor’s Reception Office .

What is Sundowning?

Sundowning is a symptom that can show up in people who have Alzheimer's disease or other dementias. When someone becomes confused, anxious, aggressive, agitated, or restless consistently later in the day (usually late afternoon or early evening), this is called sundowning.

It is thought that sundowning can be a problem for as many as 66% of people with Alzheimer's disease or other dementias. It can occur at any stage of the disease but it tends to peak in the middle stages of dementia and lessens as the disease progresses.

Behaviours Associated with Sundowning

Some behaviours are typical with sundowning. They include:

- Becoming demanding or aggressive
- Experiencing delusions and hallucinations
- Pacing or wandering
- Doing impulsive things
- Attempting to leave home
- Having difficulty understanding others
- Having difficulty doing tasks that were done without difficulty earlier in the day



What Causes Sundowning?

A variety of events or issues can trigger sundowning. These include:

- Being tired at the end of day (can lead to an inability to cope with stress)
- Low lighting and more shadows (can create confusion and hallucinations, especially with common objects that look different when it is darker)
- Disruption of the Circadian cycle (sleep/wake pattern) because of the dementia (the person cannot distinguish day from night)
- Not as much or no activity in the afternoon compared to the morning (can lead to restlessness later in the day)

The Alzheimer Society of New Brunswick
<http://alzheimer.ca/en/nb>

BACK IN FORM



Your Back in Form (BIF) trainers are Brandy McGilligan, Lindsay Livingstone, Bianca Heckbert, Chris Shaw, Kristen Woods, Dianna Blackett, Andria Leaman, Heather Leet, Laura Jones, Lynn Burdock and Karine Doucet (Robert L. Knowles Veterans' Unit, Bathurst, NB).

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

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.



Be sure to refer to your BIF trainers for guidance.

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



You can find the answers below the trivia questions.

- A. What is a group of porcupines called?
- B. Tomatoes originated from which continent?**
- C. What is a group of whales called?
- D. How many eyelids do camels have?**
- E. In what year was the McDonald's Happy Meal created?
- F. What is a group of cats called?**
- G. How many people have walked on the moon?
- H. The two men in the Old Testament who walked with God are?**

- A. A prickle
- B. South America
- C. A Pod
- D. 3 eyelids
- E. 1977
- F. A Clowder
- G. 12
- H. Noah and Enoch



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

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 Entrance Reception or call her at 858-7870, Ext. 163.



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