

# Spencer Home

## *"Adding Life to Years"*

Summer 2020

### ***New Administrator for Spencer Home***



We are pleased to introduce you to Spencer Home's new Administrator Cécile St. Laurent who joined us on June 15, 2020.

Cécile is originally from Bathurst, NB. She recently moved to Moncton in the Fall of 2019 to be closer to her family, in particular her two beautiful daughters who are both attending University in Moncton.

Outside of work she enjoys activities such as hiking, downhill skiing, snowshoeing, paddleboard, biking, and swimming, as well as baking, reading, quality time with family and friends and continuing her education.

She has received various honors for participating in several committees at the National, Provincial and Regional levels. For her, volunteering is an essential activity as it develops skills to improve human quality life, promotes goodness, and develops community connection. Her passion to help and improve the quality of life of people has always been her personal and professional ambition.

With background studies in the health and wellness sector, Cécile obtained her Certification in Health Services Management and Master in Business Administration. With Over 30 years of professional experience and development in both the private and public sectors, she continues to develop and maintain effective business process through team building and ongoing professional development. Cécile is a strong advocate of ethical conduct and business practices while simultaneously promoting and adhering to the Organization's Mission, Visions and Values.

Cécile believes being the Administrator at Kenneth E. Spencer Memorial Home is a lifetime opportunity for her, as she is working with a team in an organization that fulfills her passion, which is "Adding Life to Years". *"The level of team support and empathy you find at the Home is not to remain unmentioned. Throughout this difficult time of the pandemic, Kenneth E. Spencer Memorial Home's main priority has always been the wellness, health and safety of the residents and its team, and they have successfully attained this with everyone's support."*

Moving forward, Cécile respects and supports the continuity of this legacy. *"An organization that has been successfully showing this level of trust, love, empathy and transparency is an organization I want to be a part of"*.

With the support and expertise of the CEO, Victor Shea, and his great team, Cécile trusts the future of Kenneth E.

Hands program will decorate the activity room. This month's decorator is Mona Woodard from Deerwood. Mona selected a red and white theme to get ready for celebrating Canada Day! Thanks Mona!



***DID YOU KNOW.....***On **July 1, 1867**, Canada became a self-governing dominion of Great Britain and a federation of four provinces: Nova Scotia; New Brunswick; Ontario; and Quebec. The anniversary of this date was called Dominion Day until 1982. Since 1983, **July 1** has been officially known as Canada Day.

Canada Day almost exactly marks the middle of the year. July 1st is the 182nd day and after that 183 days are left to go.

## *A Message from the CEO of Atlantic Baptist Housing*

Kenneth E. Spencer Memorial Home is pleased to announce that we are accepting scheduled appointments for outdoor visitation with your loved ones. Our visitations will take place Mondays through Fridays. These visits will be scheduled between 12:30 to 4:30pm. Outside evening visits are also available on *Wednesday's only*.

Two family members are permitted to visit one resident during their scheduled appointment. The visits will be 30 minutes allowing for preparation before and appropriate cleaning after the visits. All social distancing measures issued by Public Health are mandatory. Families are required to wear a non-medical mask to the visit. Should you not have a non-medical mask, one will be provided to you. Families are asked to not bring any treats or gifts to these visits; however, the process for dropping items to the Business Office remains in place.

We have set up an exterior tent area to protect residents and visitors from weather conditions. There will be staff assigned to monitor the visits and ensure all measures are followed.

Please note: Washroom facilities are only available at the Business Office entrance.

All visits are to be scheduled with our Recreation Department at 506-858-7870 ext. 115 or [mary.bourgeois@abschi.com](mailto:mary.bourgeois@abschi.com).

Also, we ask for cooperation as we attempt to allow all interested families and sponsors to visit, thus we will only permit the booking of one visit at this time. This process will be monitored and modified as needed in keeping with our commitment to protect your loved ones.

We truly appreciate each of you, your support and your commitment to safety has not gone unnoticed and we applaud you and thank you for the trust you have in our amazing staff and leadership.

I would like to also extend my personal gratitude to our team. We are fortunate and blessed to work with such a talented group.

We will be looking at extending our visitation hours in the near future - stay tuned.

Be Healthy and Safe,

Victor Shea, Chief Executive Officer  
Atlantic Baptist Housing

*“Adding Life to Years”*



traffic around the home which will reduce risk to our residents who are now enjoying the warmer weather outdoors. If you are coming to visit a loved one, you are not trespassing and are more than welcome to stay. We do ask that while you're here you remain socially distanced from residents who may be out enjoying the fresh air.

Thank you and we hope you have the opportunity to schedule an outdoor visit with your loved one soon!

**Spencer Home Private Facebook Page**

We now have a Facebook page where we share photos of resident activities as well as any updates pertinent to families regarding COVID-19 and other resident related items. This page is private and open only to our families. Should you wish to view this page, please send a friend request to Kenneth E. Spencer Home. Please allow a few days for approval as we need to link each request with a resident of our home.

**Procedures to Follow when Dropping off Items for Residents**

Items can be dropped off at the Business Office entrance. Please sanitize all items with the wipes provided. Each item must also be labelled with the recipient's name and will be delivered by one of our staff throughout the day.

**Facetiming with Residents**

To arrange a facetime visit with your loved one, please contact Spencer Home's Recreation Therapist, Mary Bourgeois by email—[mary.bourgeois@abschi.com](mailto:mary.bourgeois@abschi.com) or call her at 506-858-7870 Ext. 115.



The 3rd Annual Spencers Show & Shine has been cancelled for this year which was originally scheduled on Saturday, August 22, 2020.



Barbeque hotdogs and hamburgers with all the fixings will be available for residents and staff throughout the summer on:

**Occupational Health & Safety Committee Members 2020/2021**

- |                        |                   |
|------------------------|-------------------|
| Tracy Renton, Co-Chair | Sherry Crawford   |
| Chris Shaw, Co-Chair   | Tanya Bustard     |
| Lynn Burdock           | Kristen Woods     |
| Dara Sprague           | Rebecca MacDonald |

Important

The speed limit posted is 20 km/h—please respect this at all times.

*Thank you for your assistance in keeping  
our residents and staff safe.*

## SCHOOL DAYS

Remember when:

- ◆ All grades shared the same teacher and the same room of the school.
- ◆ Children learned the three 'Rs' Readin', 'ritin', and 'rithmitic and spent a lot of time learning to write neatly - good penmanship was important.
- ◆ Teachers were strict and expected children to always behave and if they didn't do their work, they had to sit on stools in the corner. "The Strap" was encouraged to maintain order in the classroom.
- ◆ Talking or even whispering during the school day was not allowed.
- ◆ Students were never allowed to leave their seats without permission.
- ◆ Children brought their lunch to school in a tin lunch pail with a lid.
- ◆ Recess saw the children rush outside to play games and explore.
- ◆ Using the bathroom meant a trip to the out-house.



Amanda Sandford, RA  
 Kimberley Daigle, RN  
 Sharon DeJesus, RA  
 Tori Collier, LPN  
 Mae Robson, PSW  
 Brandon Steeves, Maintenance  
 Rebecca Choi, PSW  
 Sandi Swinemer, PSW  
 Baileigh Blanchard, Housekeeping  
 Jake Hussey, Housekeeping  
 Courtney Belliveau, Unit Clerk  
 Robert Aubin, Kitchen  
 Zach Magoni, Summer Student  
 Josh Lewis, Summer Student  
 Kaitlen Lockhart, Summer Student

ing a fire drill.  
 Nursing Home Services Standards require all staff to participate and sign off on at least one fire drill during the year. (Standard: Fire & Safety Program, Section II, D-II -I).  
*Thank you for your cooperation.*

**REMINDER TO ALL STAFF**  
 The 2020 Mandatory courses on Itacit and are due by December 31, 2020.  
 Reminder to please check your messages regularly.

CHERISH  
*the simple things*



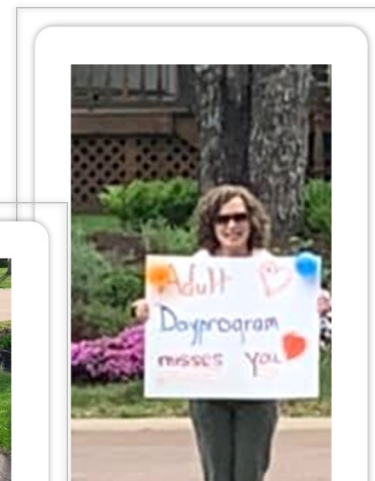
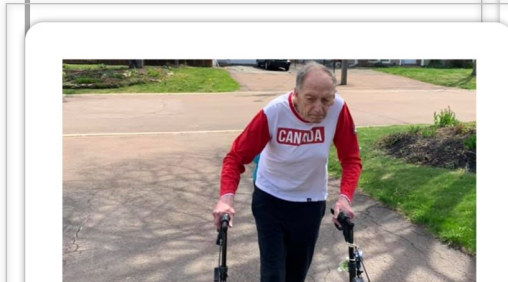
The current fundraising project for the Spencer Home Foundation is to raise \$114,000 to purchase new dressers and night stands in Neighbourhood One (100 in total). To date, the Foundation has raised just over \$35,000. We still have a long way to go to reach our goal!

*living legacy*

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](http://www.spencerhomefoundation.org)) utilizing [canadahelps.org](http://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.

### Adult Day Participant raises Money for Parkinson's Disease.

Ralph Richardson, a participant in the Adult Day program, is making the most of his quarantine by raising money for Parkinson's. Ralph started walking laps in his driveway as a way to raise money for the disease he has been battling over five years. He has set a goal of daily walks for 100 days leading up to his 80<sup>th</sup> birthday. Ralph



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 advise Recreation.



Staff are reminded to put cigarette butts in the butt stops provided.

*Thank you for your cooperation.*

**Dates to Remember:**

Monday, July 1—Canada Day  
Monday, August 3—New Brunswick Day  
Monday, September 7—Labour Day

**Staff and Visitors—FYI**

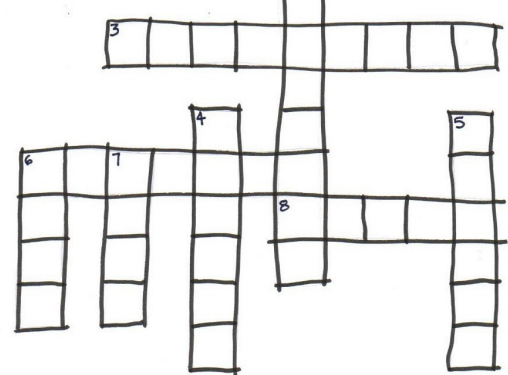
Lost and Found is located at the visitors entrance reception.

**Do You Have a Green Thumb? We can use it!!!**

Spencer Home is looking for Volunteer Gardeners. If this sounds of interest to you please contact Mary Bourgeois, Recreation Therapist, at 858-7870, Ext. 115.

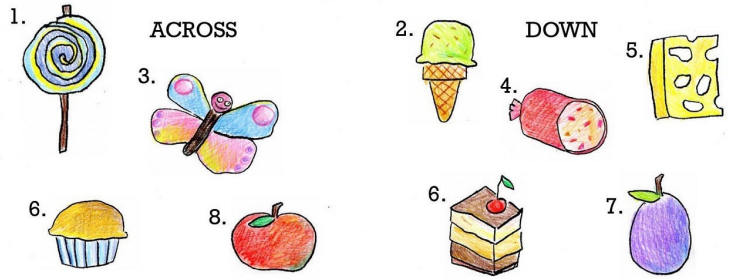


With the nicer weather approaching make sure you have a sunhat to wear when you are outside. Sunscreen is available from Recreation and the Nursing Units.



BEACH  
CAMP  
FUN  
HOT

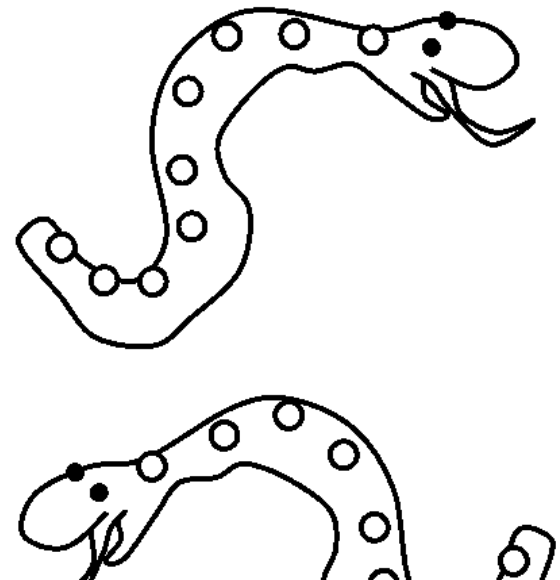
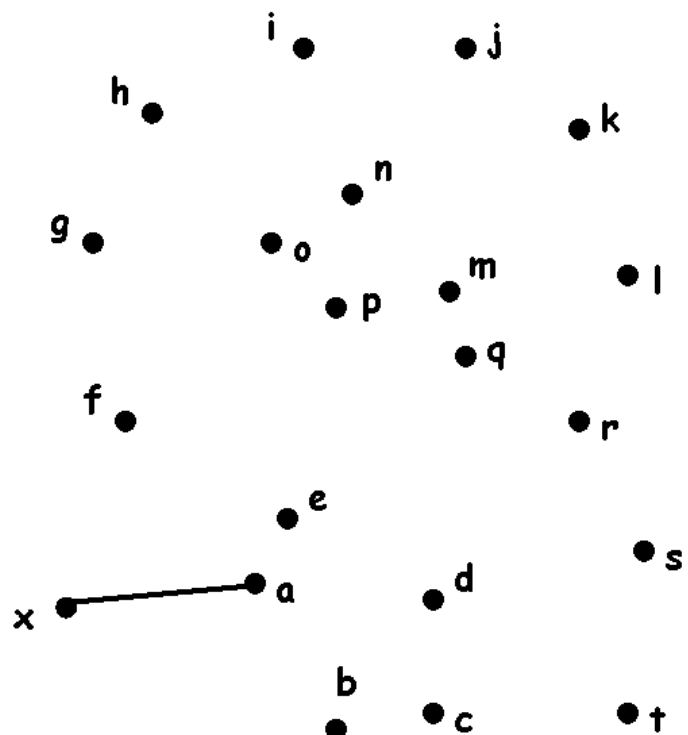
SUMMER  
SUN  
SWIM  
WATER



**WORD BANK**  
Cross these words off after you've used them.

APPLE	CHEESE	LOLLIPOP
BUTTERFLY	CUPCAKE	PLUM
CAKE	ICE CREAM	SALAMI

**CONNECT THE DOTS**





The Apostle Peter includes in his first epistle an extremely insightful statement about God and about us. In 1 Peter 5:7 we find these words, “casting all you’re cares upon Him, for He cares for you.” In fact, a closer look at the text reveals these words as a commands from God to all of making. In essence we are to cast-give-all of our cares, and concerns, and troubles, and anxieties on God. Why? Because He cares for us! But more importantly because if we don’t give it all to God to handle, then He simply won’t be able to handle anything at all because He can’t handle what we don’t’ give him. No where in the Bible can you find a reference that tells us to simply wait because God is all knowing and sooner or later He will come along and help us out. Just tell Him—what ever it is—tell Him and let Him react accordingly!

Here at Spencer Home this principle of Scripture is very much a part of day to day life. And reality is, encouragement to cast our sins on God is necessary. It is necessary for the residents as the face daily situations that require great strength and resolve. It is necessary for the families as they struggle with the often permanent realities of nursing home care. It is necessary for the staff as they balance so many people that the caring for one resident becomes seemingly impossible. But necessary as it is as life goes on and with it the vast and varied arrange of situations that demand attention.

But sometimes, many times, the only way through a difficult times or situation is to by pass those around us and take our stories to the One who gives us that amazing promise that we find in the Old Testament book of Isaiah in chapter forty-three and version one, “***Fear not...I will be with you...***” The intriguing draw of these impacting words is found in the reality of them—if we want the Lord to be with us whenever and wherever, all we have to do is have simple reverence and respect for Him—that’s it. When we acknowledge the Lord, He does the rest!

Sometimes we just have to give our troubles and our cares over the One who can’t even begin to help us until we give Him the freedom to do so. And if there is one thing that I have learned about God in the years that I have been living for Him, is that all He really wants you do is to be able to come along side of us and comfort us—help us; and He is waiting to hear us call out to Him.

Blessings,

1

Once all villagers decided to pray for rain  
On the day of prayer all the people gathered,  
But only one boy came with an umbrella.

**That's FAITH**

2

When you throw babies in the air,  
They laugh because they know you will catch them,

**That's TRUST**

3

Every night we go to bed  
Without any assurance of being alive the next morning,  
But still we set the alarms to wake up

**That's HOPE**

4

We plan big things for tomorrow  
In spite of zero knowledge of the future

**That's CONFIDENCE**

5

We see the world suffering,  
But still we get married and have children.

**That's LOVE**

6

On an old man's shirt was written a sentence  
"I am not 80 years old;  
I am sweet 16 with 64 years of experience."

**That's ATTITUDE**

Have a happy day and live your life like the 6 stories.

When I was a child, I thought nap time was punishment.  
Now it's like a mini-vacation.

**"GOOD FRIENDS ARE THE RARE JEWELS OF LIFE...**

**DIFFICULT TO FIND AND IMPOSSIBLE TO REPLACE!"**

knees, not your back, and not to twist as you lift. This is good advice but sometimes it seems to go against human nature. Yet, there are actions you can take to help you lift properly.

**Plan to get as close to the load as possible.** The further the load is from your body's centre line, the greater the strain on your back. If need be, squat down to lift the load and pull it between your legs. This gets it closer to the centre of your body and helps prevent the need to bend at the waist. However, since your leg muscles are the largest muscles in your body, they are the biggest energy consumers. Repeated squatting can be very fatiguing, and reduces a person's ability to lift in this manner for any length of time. In addition to lifting the load, you are also hoisting the majority of your body weight. For repeated lifting, other strategies must be used.

**Avoid picking up heavy objects placed below your knees.** Ensure heavy objects are placed and stored above knee level and below shoulder level. If you suspect the load is too heavy to be lifted comfortably, do not chance it. Use a mechanical aid, break the load down into its components, or get help. The most common cause of back injury is overloading.

**Keep your back straight.** This means don't bend at the waist when reaching to lift an object. Bending principally from the hips is preferable if you maintain the arch in your back, rather than bending at the waist.

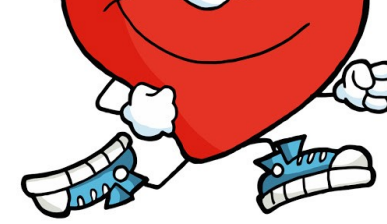
**Glue your hand to your thigh.** If you carry a load in one hand, such as when carrying a tool box, place your free hand on the outside of your thigh and mentally 'glue' it into position. This will help you maintain correct back alignment rather than lifting and tilting to one side. When carrying a heavy load, side bending can be just as stressful to the spine as bending forward.

**Tighten your stomach muscles.** This technique helps prevent your spine from twisting. If you lift a load and need to place it off to one side, turn by moving your feet. After repeated lifts you might find yourself getting a bit sloppy and forgetting to move your feet. You can overcome this tendency if the place you set the load down is at least one step away from where it is lifted.

**Stay in good physical condition.** Soft tissues, like muscles, play a vital role in allowing individuals to move and use their bodies. Having strong and fit muscles will ensure that you can maintain neutral postures throughout your workday. When you bend at the waist to lift, due to the leverage principle the load is up to 10 times heavier than its actual weight. Therefore, it's important to keep your body in good shape to help avoid injury. Staying in good shape plays a major role in having a balanced lifestyle!

**Warm up your muscles before work.** There is an increased number of back strains in the morning, because trunk flexibility and mobility is significantly lower at that time. A few minutes of your time can warm up cold, stiff muscles and tendons and help you avoid an injury. All professional athletes know this – 'industrial athletes' should too!

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

Most of the time, it's frozen.

A Canadian went into a Tim Horton's and noticed there was a "Roll Up The Rim To Win" Contest. So, he rolled up the rim of his coffee and started yelling, "I've won a motor home! I've won a motorhome!"

The girl at the counter said, "That's impossible. The biggest prize is a car."

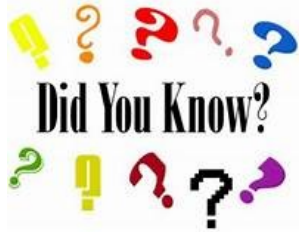
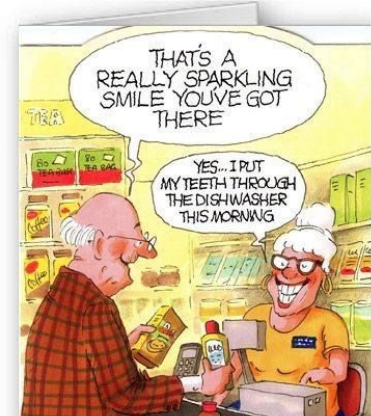
The person shouted, "No, it's not a mistake. I've won a motorhome!" He handed the Cup to the girl who read: "WIN A B A G E L"

Three retirees, each with a hearing loss were playing golf one fine March day.

One remarked to the other, "Windy, isn't it?"

"No," the second man replied, "it's Thursday."

And the third man chimed in, "I'm thirsty too!"



New Brunswick  
NB Day—August 3



National Flower of NB  
The Purple Violet



National Bird of NB—the Chickadee.

Did you know that sardine cans (1932) and snow blowers (1870) were invented in New Brunswick?

One third of the world's French Fries come from New Brunswick.

Established in 1785, the University of New Brunswick was the first English-speaking university in Canada and is tied with the University of Georgia as the oldest university in North America.

The first Miss Canada, Winnifred Blair, was from Saint John. She was crowned on February 10, 1923.

The Village of Plaster Rock is known as the home of the annual World Pond Hockey Championships and the world's largest fiddleheads.

The first female sea captain in North America is from Alma. Molly Kool was the first mate on her father's 70-foot freighter, transporting lumber and gypsum through the Bay of Fundy and Gulf of Maine after passing her sea captain's exam in 1939. She captained for five years before marrying and settling in Orrington,

Fredericton's Willie O'Ree was the first black player in the NHL.

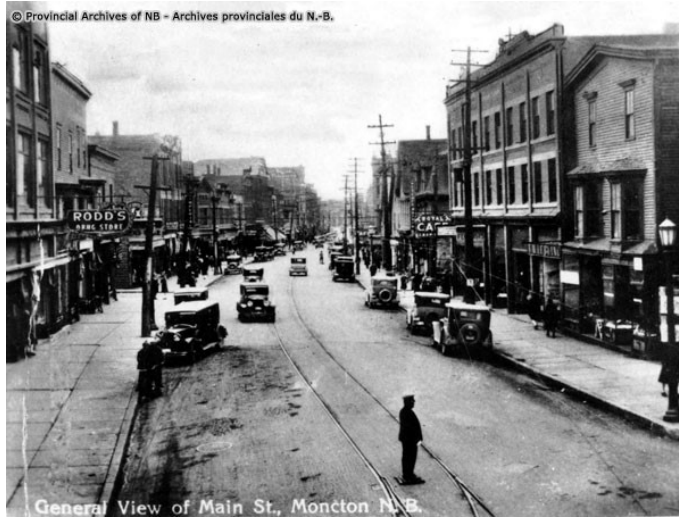




Fire at I.R.C. Shops - Moncton, NB - February 24th, 1906



Stewardess, cowboy, man and woman dressed as western gentleman and lady, standing beside the first T.C.A. plane in Moncton.



View of Main Street, Moncton, ca. 1930



Waterfront scene, Moncton, August 29, 1899



bors, tailgate parties, or ball games. There is also one sure thing at picnics- lots of good food.



***The important point is to have safe and healthy food, not food that can cause food borne illness. Always prepare and store food properly.***

- ◆ **As always, wash hands and work areas before preparing food.**
- ◆ **Plan your menu with an eye to safe food handling. Cook in plenty of time to thoroughly chill food in shallow containers in the fridge.**
- ◆ **Have enough coolers with ice or frozen gel packs in which you store the perishable foods like meat, poultry, fish, eggs and salads. You want to keep the food at 40 degrees F. Pack right from the fridge into the coolers.**
- ◆ **Don't put the cooler in the car trunk; carry it inside an air conditioned car.** At picnics, keep the cooler in the shade and keep the lid closed. Replenish the ice if it melts.
- ◆ **Use a separate cooler for drinks** so the one container for food won't constantly be opened and closed.
- ◆ **Find out if there's a source of safe drinking water** at your destination. If not bring water for preparation. Pack clean, wet, disposable cloths or moist towelettes and paper towels for cleaning hands and surfaces. Cross contamination during preparation, grilling, and serving food is a prime cause of food borne illness.
- ◆ **Pack raw meats, poultry, or seafood on the bottom of the cooler.** This will reduce the risk of them dripping on other foods. Pack coolers until they are full. A full cooler will stay cold longer than one that is partially full.
- ◆ **Do not partially grill extra meat or poultry to use later.** Once you begin, cook until completely done to assure bacteria are destroyed. Grill raw poultry until the juices run clean and there is no pink. Hamburger should not be pink in the center.
- ◆ **When taking food off the grill, don't put the cooked items on the same platter which held the raw meat** unless you have washed the platter in between uses.
- ◆ **Two hour rule.** Don't leave perishable food un-refrigerated for more than two hours. Put perishable foods back in the cooler or fridge as soon as you finish eating. Don't leave it out while you go for a swim or a hike, and don't leave them out all afternoon to nibble on.
- ◆ **Chances are, picnic leftovers have been sitting out for more than an hour or two. Discard these leftovers.** Cold foods that were kept in a cooler that still has ice may be safe. If the ice has melted, the food should be discarded.



## Bumblebee

- Fat and furry in appearance.
- 40 different species of bumble bees in Canada.
- Different species have different tongue lengths. This means they feed from different shaped flowers.
- Bumble bees live in nests with 50 – 400 bees.
- Only the queen hibernates.
- The queen lives for one full year, but on average individual workers/males live a couple of weeks.
- They live in the wild in gardens rural areas.
- Bumble bees only store small amounts of a honey-like substance.
- Bumble bee populations are declining.
- They can sting more than once but directly threatened and persistently bothered.
- They don't "dance" but may communicate by passing pollen between worker

Bumble bees only make a small amount of



## Honeybee

- Smaller and slim appearance, like a wasp.
- Only one species of honeybee in Canada
- All honey bees have short tongues so they prefer open flowers.
- Honey bees live in hives with between 20,000 and 60,000 bees.
- The queen and many of her daughters live in the hive all year.
- The queen can live for three – four years.
- Most honey bees are looked after by beekeepers, but there are may be some very rare wild colonies.
- Honey bees make lots of honey, which beekeepers can harvest to eat or sell.
- Honey bees declined in past years due to diseases and mites.
- Honey bees may die after they have stung as their stinger is barbed and may stick in skin, but are pretty docile.
- They use a 'waggle dance' to communicate, passing on information about flower



# *“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 Care and/or Relief Care**

**Adult Day Program**