

# THE COMMUNICATOR

## Spencer Home



Winter 2020

### *Meet Spencer Home's New Administrator, Ashley King.*



*Welcome Ashley!*

I am rounding out my first month as your Administrator at Kenneth E. Spencer Memorial Home, and I can say that the word that I use to express how I'm feeling about transitioning into a new organization while living in a global pandemic is the word *gratitude*. *Gratitude* in walking up the halls, knowing that this new team that I am a part of holds similar values to me that we are family for our residents. *Gratitude* that we have been able to keep Covid-19 out of our home since March. *Gratitude* that everyone that I've met thus far has been warm and welcoming, I can only imagine how our new residents must feel. I have a true appreciation for the hard and meaningful work that is done in long term care and especially, here at Kenneth E. Spencer Memorial Home.

I have worked most of my career in long term care. Starting out, I provided home care to various clients, and my favorite client, my grandmother, who was living with Alzheimer's Disease. I worked in this field while obtaining my degree in Gerontology from St. Thomas University. For the past 12 years, I've been working in long term care, beginning on the floor and working my way through Management. In my down time I enjoy travelling – if we can ever do that again, hiking, being outdoors and spending time with my partner and my therapy dog, Roxy – however she's better known as Nosey.

From the bottom of my heart to you, I want to wish you all a very Happy Holidays – may you have time to rest and enjoy the season, and feel comforted in knowing an incredible job has been done here at Kenneth E. Spencer Memorial Home during this unprecedented time. This pandemic is a marathon, not a race.

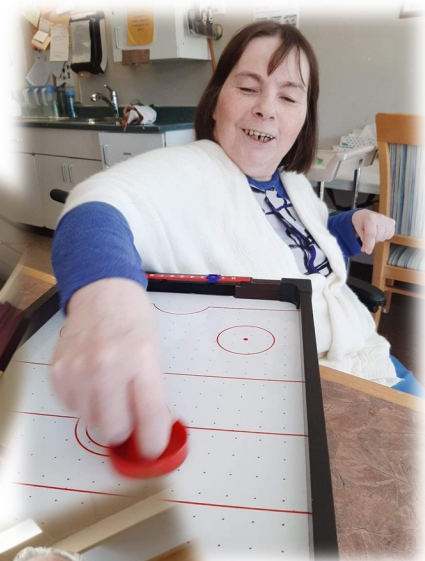
In March, we thought, 'let's just get through this month, next month, the next few weeks...' as we round the corner to 10 months living in a global pandemic, I just want to take a moment to share with each of you that you are doing an impeccable job keeping our residents safe, healthy and well cared for. Thank you.

I hope you all have a wonderful holiday, I know that this year won't look the same as it's looked in years past, however let's hope that we're rounding out the marathon soon.

Merry Christmas, Happy New Year, Happy Holidays – I am wishing you a festive season with you and yours.

*Ashley*

# Life at Spencer Home





WINTER GAMES

- Snowball Fight
- Hockey
- Curling
- Snowshoes
- Skiing
- Snowshoeing
- Skating

54	28	21	11
59	15	16	04
29	47	23	01
12	71	18	07

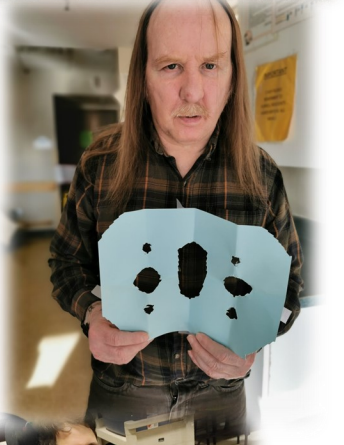
I am thankful for family

JOEY

November 2020

NEW BRUNSWICK

Thankful for...  
 family, friends, people, TV, radio, sports, pumpkins, chocolate, friends, sunny, Canadian, chesapeake donuts, church, prayers, bed, Ham with ride...



## ***Let it snow, Let it snow, Let it snow..... on our windows.***

To brighten up the windows in the resident's rooms and in the hallways, we are looking for winter themed window vinyl clings. We are looking for snowflakes and snowmen that we can use to brighten the windows through the winter months.



If you are interested in helping, drop off your window clings at the Business Office on Tuesdays and Thursdays between 9:00 a.m. – 3:30 p.m.

## **Winter safety: Prevent slips, trips and falls**



### **Tips to Avoid Injury**

To help avoid injury when walking on ice and snow, WorkSafeNB offers these tips:

- Walk slowly and deliberately, focused on the path ahead.
- Where possible, avoid slippery surfaces, such as wet leaves, icy areas and snow banks.
- Wear appropriate footwear with slip-resistant soles to work, and change into indoor footwear. Ice grippers that attach to your footwear can provide additional traction.
- Use handrails where available.
- Check to make sure entrance areas and stairs are clear of snow and slush. Tracked in snow and slush often causes slips and falls.
- Clean your shoes when you go inside. Caked snow and ice on shoe soles can be treacherous.
- Report all slips, trips and fall hazards and incidents to your employer.



### **Occupational Health & Safety**

#### **Committee Members 2020/2021**

Julie Jollimore, Co-Chair	Sherry Crawford
Chris Shaw, Co-Chair	Tanya Bustard
Lynn Burdock	Kristen Woods
Christine Lowry	Rebecca MacDonald
Tracey Crossman	Nadine Milton
Jennifer Steylen	Bianca Heckbert
Tracy Renton	

**SAFETY FIRST**

**BE CAREFUL  
BE AWARE  
BE SAFE**



### Bits & Bites



- 2 cups Shreddies
- 2 cups Cheerios
- 2 cups salted pretzels
- 4 cups corn bran
- 1 cup salted peanuts
- 1/2 cup margarine
- 1 Tbsp Worcestershire sauce
- 1 tsp garlic powder
- 1 tsp onion powder

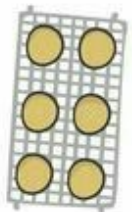


Mix cereal, peanuts and pretzels in shallow roast pan and mix evenly. Melt margarine and add Worcestershire sauce, onion and garlic powder and blend well. Pour over cereal mixture and toss until evenly coated.



Spread evenly in pan. Bake at 300 °F for 25 minutes or until cereal is toasted and crisp. Stir several times during baking.

Enjoy!



### Fry Pan Cookies



In a double boiler, beat 2 eggs, 3/4 cup of sugar and 1 1/2 cups of chopped dates.



Cook over low heat for 10 minutes, stirring.

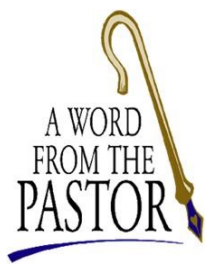


Add 2 cups of rice crisis and a dash of vanilla.



Drop by spoonfuls and roll in unsweetened coconut. Refrigerate and enjoy!





I have received countless presents over the years, and so have you. And like, some of those presents I remember, but many I don't.

But there is one present, among the many, which I have retained. It was and still is wrapped in black grained leather with shimmering gold accents, that like a good fruitcake that gets better with age, it becomes more and more mine the longer I use it. And the interesting thing about this present, is that whether I use it once or many times a day, for long periods or short glances, it always brings me great insight, great comfort, and always peace.

My present isn't unique, many of you have one quite similar to the one I have. Yours might be leather or not, it might have gold accents or not, and it might be brown or navy, perhaps green or even red, or, like mine, maybe its black. Yours might be big and inelegantly heavy, or small enough to slip into a pocket, but many of you have one just like mine.

The uniqueness of gifts is that they connote usage. And if you think about it, what is the point of a present if not to be enjoyed by the recipient? I realize that I haven't yet told you what the present is that I write about! But you have probably guessed that my present, wrapped in black and gold was a bible, a New King James translation of the Scriptures. I don't know what version of the bible you have, and it really doesn't matter. What matters is that when I received by bible as a present, I opened it and I started to use it, and I still do everyday. And the enjoyment that I continue to lift from this present I received a long time ago is indescribably, and yet really quite elementary. My present keeps me in daily contact with the God who gave the greatest present that mankind has ever received; the birth, death, and resurrection of His Son, Jesus.

Here at Spencer Home presents to residents come though out the year in all shapes and sizes. What I find absolutely fascinating is that the presents are always what the resident needs, and they are always appreciated and well used.

But in many cases the very best present that any resident could ever receive is the gift of time. As the Christmas season fast approaches and lists are written, make a special effort in include time on yours; the time to spend with your family member or friend who resides in a special care home. After all, when you really think about it Christmas is about the gift of presence—the presence of God coming to visit mankind. Remember the words of Luke 7:16, "*Glory to God in the highest. And on earth, peace, goodwill toward men!*".

Jesus came to comfort those who would receive Him. This Christmas may your visits to family and friends bring them the comfort and peace of knowing they are loved!

Merry Christmas!

Pastor Scott Ryder  
Director, Pastoral Care

# Socks for Seniors



Due to Covid restrictions, we are unable to have the Giving Tree this year. In its place we are starting a new initiative called **Socks for Seniors**. We are asking anyone interested to fill a stocking with some of the suggested items below. Have fun and be creative!

**Drop offs are Tuesdays and Thursdays between 9:00 a.m.– 3:30 p.m. in the Business Office. Deadline for drop off is Tuesday, December 22, 2020.**

## Ideas to fill your Christmas Sock:

We ask that all items are not gift wrapped so they can be sanitized.

- ◆ Deodorant
- ◆ Lip Balm
- ◆ Comb/Brush
- ◆ Socks
- ◆ Small amount of wrapped soft candy – Rose buds, arrow bar, jersey milk bar, small Lindt chocolate balls, mint patties. **Please no candy that contains nuts.**
- ◆ Body lotion – unscented
- ◆ Word Find book and pens
- ◆ Jewelry
- ◆ Calendars
- ◆ Small decoration for room

If you have any questions contact Mary Bourgeois CTRS CDP at 858 7870, ext 115.







## Christmas Toys Throughout the Decades

### 1910's—Teddy Bears

The story behind this timeless toy goes back to 1902, when President Theodore Roosevelt refused to shoot a tied-up, defenseless black bear during a hunting trip in Mississippi. After Brooklyn shopkeeper Morris Mictom saw a political cartoon about the incident, he and his wife made a stuffed fabric “Teddy’s bear” and put it in their shop window, sparking immediate customer interest. Around the same time, a family-owned toy company in Germany began making stuffed bears of its own. Bought in bulk by a U.S. manufacturer, the German bears officially became known as teddy bears in 1906. Other companies jumped on the bandwagon, launching an international teddy craze that hasn’t really stopped since. *Honorable mention: Erector sets, Lionel trains*

### 1920's—the Yo Yo

All hail the Yo-Yo! This classic is actually an ancient invention, going back to China circa 1000 B.C. Or was it ancient Greece? The Philippines? Historians may be divided as to its exact origins, but variations of the spinning-disk-on-a-string toy had certainly been around for centuries before 1928, when Pedro Flores began manufacturing the yo-yo in the United States, calling it by its Filipino name. Flores soon sold his toy company to a competitor, Don Duncan, a marketing whiz whose promotional Yo-Yo trick contests would launch the toy’s popularity into the stratosphere. *Honorable mention: Tinker Toys, Raggedy Ann*

### 1930's—the Shirley Temple Doll

Those curls, those dimples...who wouldn’t want a doll version of Shirley Temple? For Christmas in 1934, the Ideal Toy and Novelty Company began manufacturing a doll based on America’s favorite child star, whose hit movie “Bright Eyes” was released just after the holiday. Only 6 years old at the time, Temple already had some 20 films under her tiny belt. By singing, dancing and being generally adorable, she helped countless people escape their worries during the Great Depression, when they desperately needed to. Priced at around \$3 to \$5 (a large sum of money at the time) the dolls made some \$45 million for Ideal over seven years of production and enjoyed an after-life as prized collectors’ items: As of 2010, an original Shirley Temple doll went for more than \$1,500 on eBay. *Honorable mention: Monopoly, Red Ryder BB gun*

### 1940's—the Slinky

This cheap, outrageously fun little toy launched just in time for Christmas 1945. Mechanical engineer Richard James had stumbled on the inspiration for the Slinky after accidentally knocking over some ship springs he was working on, which “walked” instead of falling. James came up with a machine that coiled 80 feet of wire into a 2-inch spiral, his wife gave it the name “Slinky” and a legend was born. After Christmas demonstrations at Gimbel’s Department Store in Philadelphia, the first 400 Slinkys sold within minutes. Seventy years—and more than 300 million Slinkys—later, the toy remains a popular seller. *Honorable mention: LEGOs, Silly Putty*

### 1950's—Mr. Potato Head

Inventor George Lerner turned to the family dinner table for inspiration for this classic: Though many kids don’t like to eat their vegetables, they might want to play with them instead. Lerner originally created a bunch of silly face parts to be used with actual potatoes and other vegetables (beets anyone?) as part of a cereal box promotion. The Hassenfeld brothers, future founders of Hasbro Inc., purchased the toy idea in 1952, packaging 28 plastic facial and body parts with a Styrofoam head, which was later changed to plastic as well. By the end of its first year, Mr. Potato Head made history as the first toy with its own TV commercial (catchphrase: “Can I have that? I want that!”) and generated more than \$4 million in sales. *Honorable mention: Hula Hoop, Barbie, Play-Doh, Tonka Trunks (The ‘50s was a golden age for toys!)*



### 1960's—G.I. Joe

Introduced as a kind of male counterpart to Mattel's iconic Barbie, Government-Issue Joe (as ordinary soldiers were known during World War II) was marketed to little boys as an "action figure," not a doll. Hasbro launched the first generation of foot-tall G.I. Joe figures—available in Action Soldier, Pilot, Marine and Sailor—at the height of the Cold War, to massive success. In 1970, amid growing protest over U.S. involvement in Vietnam, G.I. Joe was reinvented as more of an adventurer, and later as a space traveler, but no one much liked these changes. G.I. Joe went into retirement in 1978, but roared back into action (in a shrunken, 3 ¾-inch size) in the 1980s, after the tremendous success of Star Wars made action figures cool again. He's been around ever since, spawning comics, a TV series, video games and a feature film (2009's "G.I. Joe: Rise of the Cobra").

*Honorable mention: Etch-a-Sketch, Easy Bake Oven, Playmobil*

### 1970's—Star Wars Action Figures

No one predicted the massive success of George Lucas' "Star Wars," released by 20th Century Fox in May 1977. By Christmas of that year, toy company Kenner hadn't even started production on movie-related action figures. Instead, lucky children unwrapped vouchers to be redeemed for 3.75-inch versions of Luke Skywalker, Princess Leia, Hans Solo, Chewbacca, Darth Vader and more than 100 other characters. Released in 1978, Star Wars action figures sold briskly until 1985; they were relaunched in the mid-1990s ahead of the release of three more installments in the space saga. Now, with "Episode VII: The Force Awakens" on its way, the franchise is hotter than ever, and original 1978 figures are collector's items worth up to \$200,000. *Honorable mention: NERF ball, Speak and Spell*

### 1980's—Cabbage Patch Dolls

For Christmas 1983, all bets were off. Every kid wanted to "adopt" one of Coleco's squishy-faced Cabbage Patch Kids dolls, and parents were willing to take extreme steps (Pushing! Shoving! Fist fights!) to make it happen. As Cabbage Patch mania swept the nation, the dolls sold on the black market for 10 times their retail price of \$25. By the end of the first year in 1983, 3 million Cabbage Patch Kids were sold (adopted). The product continued to exceed all expectations in 1984 resulting in \$2.5 billion in retail sales. Though the craze eventually subsided, and the company went bankrupt in 1988 after costly failed ventures in video and computer games, Cabbage Patch Kids are still available from Wicked Cool Toys. Babyland General Hospital, the Cleveland, Georgia, home of the Cabbage Patch Kids is the only place in the world where you can witness the birth of a hand-sculpted doll. *Honorable mention: Rubik's Cube, Transformers, Koosh ball, Teddy Ruxpin*

### 1990's—Beanie Babies and Tickle Me Elmo

Parents of young children in 1996 were hit with a double Christmas whammy of must-have toys. Tickle Me Elmo, a stuffed version of the popular Sesame Street character that giggled when squeezed, caused a Cabbage Patch Kid-style frenzy that year, complete with stampeding crowds and injured store workers. Meanwhile, Beanie Babies, squishy stuffed animals with cute names, had enjoyed respectable sales for several years before toymaker H. Ty Warner decided to "retire" some of the successful animals, instantly turning them into hot commodities. Warner racked up more than \$250 million in sales by the end of 1996, as kids and parents scoured the stores that Christmas season for the soon-to-be-collectibles, often settling for new, less sought-after babies instead.

*Honorable mention: Furby, Nintendo Game Boy*

### 2000's—Wii

In November 2006, Nintendo introduced this affordable, family-friendly game console alternative, featuring wireless remote controllers and other cool new features. Holiday shoppers waited for hours for the Wii, which was cheaper than its competition (Sony PlayStation 3 and Microsoft Xbox 360), and by Christmas Nintendo had sold some 3 million units. Despite reported cases of tennis elbow among early adopters, the Wii emerged victorious among its generation of game consoles, selling more than 100 million units in its seven-year run.

*Honorable mention: Razor Scooter, Bratz dolls, Webkinz, Zhu Zhu Pets*

*Source: www.history.com*



## iTacit

### Employee Training

Staff are reminded to complete the mandatory courses **by December 31, 2020**. 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.**



**Why wouldn't the cat climb the Christmas tree?** *"It was afraid of the bark!"*



**What did the Christmas tree say to the ornament?** *"Quit hanging around!"*



**What do you get if you cross a bell with a skunk?** *"Jingle Smells!"*



**Why was the snowman shopping for carrots?** *"He wanted a new nose!"*



**Why are Comet, Cupid, Donner, and Blitzen always wet?** *"Because they are rain deer!"*



### Pocket Talkers Donated to the Home

Thank you to Norma Eaton and her team at Argus Hearing for the donation of two Pocket Talkers. Pocket Talkers are a personal amplification device that allows residents to hear better. Pocket talkers have been essential in providing quality communication for our visitations with family, Facetime and in care routines.

*thank you*

Kind words  
can be short  
and easy to speak,  
but their  
echoes are  
truly endless.

~Mother Teresa

#BeIntentional

### *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.

focus on  
the good.



EVERY MOMENT IS A  
FRESH BEGINNING

T. S. ELIOT

## WINTER WEATHER FACTS

### **CANADA'S COLDEST TEMPERATURE: -63C**

Think your winter is going badly? Well, back in 1947, the small Yukon hamlet of Snag got hit with a ridiculously frigid day of -62.8C. Our bones hurt even thinking about that.

### **RECORD WIND CHILL: -91C**

Us Canadians know that normal recorded temperature is usually hiding something worse: windchill. In January of 1989, Pelly Bay in the Northwest Territories recorded a record low of -91C with the windchill. Yikes.

### **THE MOST SNOWFALL IN ONE SEASON: 2,446.5 CM**

The Atlantic provinces might get hammered with the most consistent dumpings of snow, but in the winter of 1971-72, Revelstoke, British Columbia saw over 24 metres of snow. Talk about a ski season for the ages!

### **GREATEST SINGLE-DAY SNOWFALL: 145 CM**

Once again, BC takes the cake for snow records. This time, Tahtsa Lake in BC's interior got hit with 145 cm of snow in one day. That happened in February of 1999, but it's safe to assume people are still shoveling to this day.

### **THE WORLD'S BIGGEST POND HOCKEY TOURNAMENT**

Now, this should come as no surprise. The World Pond Hockey Championships take place in Plaster Rock, New Brunswick and are played on a frozen surface so big that 40 teams can be playing at one time.

### **THE WORLD'S LARGEST NATURALLY FROZEN SKATING RINK**

Every winter, Ottawa's Rideau Canal freezes over and becomes the biggest skating rink in the entire world. It's gorgeous, VERY Canadian, and tons of fun. After all, not all winter facts are bummers!

### **POLAR BEAR CAPITAL OF THE WORLD**

Churchill, Manitoba has a very cool claim to fame, in that it is the world's most populous polar bear region. In fact, you can book a "polar bear hotel" vacation if you feel like making some bitey friends.



## LET'S TALK TURKEY

### Why Do Turkeys Gobble?

Only male turkeys, or toms, can make a call known as a “gobble,” and they mostly do it in the spring and fall. It is a mating call and attracts the hens. Wild turkeys gobble at loud sounds and when they settle in for the night. The wild turkey can make at least 30 different calls!

### What's That Weird Wobbly Thing on a Turkey's Neck?

The loose red skin attached to the underside of a turkey's beak is called a *wattle*. When the male turkey is excited, especially during mating season, the wattle turns a scarlet red. The fleshy flap of skin that hangs over the gobbler's beak is called a *snood* and also turns bright red when the bird is excited. The wobbly little thing on the turkey's chest is the turkey's *beard* and is made up of keratin bristles. Keratin is the same substance that forms hair and horns on other animals.

### Can Turkeys Fly?

The wild turkey can fly! (It does, however, prefer to walk or run.) The domestic turkey is not an agile flyer, though the bird will perch in trees to stay safe from predators.

### How Long do Turkeys Live?

The average life span of a wild turkey is three or four years. It generally feeds on seeds, nuts, insects, and berries. The average life span of a domestic turkey, from birth to freezer, is 26 weeks. During this period of time, it will eat about 75 pounds of turkey feed.

### Are Turkeys Native to the Americas?

Yes, turkeys originated in the “New World.” Specifically, *wild turkeys* are native to Mexico. It's a funny history. European explorers brought back wild turkeys in the early 1500s. They were domesticated in Europe and later brought to North America by English colonists. Note that the *domesticated turkeys* have white-tipped tails; *wild turkeys* have dark-tipped tails.

### What Is a Baby Turkey Called? And What About Adult Turkeys?

A baby turkey is called a poult, chick, or even turklette. An adult male turkey is called a tom and a female is a hen.

### How Big Do Turkeys Get?

The domestic tom can weigh up to 50 pounds, the domestic hen up to 16 pounds. The wild tom can weigh up to 20 pounds, the wild hen up to 12 pounds.



Source: [www.almanac.com](http://www.almanac.com)



# Christmas Word Search

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

BELLS  
LANTERNS  
RIBBONS

CANDLES  
MISTLETOE  
STOCKINGS

HOLLY  
ORNAMENTS  
TINSEL





Canadian  
Cancer  
Society

## Curb Your Sweet Tooth this Holiday Season

With the holidays quickly approaching, it's hard to resist all the exciting sweets and treats that fill the festive season. From cookies and cakes, to candy canes and hot chocolate, sugary treats just seem too good not to eat! While it's important to treat yourself on occasion, eating too much sugar can impact your health.

Although sugar doesn't directly increase your cancer risk, eating lots of sugar can contribute to having excess weight, which can increase your risk of cancer.

### Here are six tips to help manage your sugar intake over the holidays:

#### **Read nutrition labels**

Sugar is sneaky-- it hides under multiple names on nutrition labels! A tip to keep in mind when grocery shopping is to look for ingredients ending in "ose", as those ingredients are usually sugars.

#### **Rethink your drink**

Drink water instead of pop or juice. If you find cutting juice from your diet difficult, try diluting it with sparkling water.

#### **Be ready for cravings**

Prevent mid-afternoon energy crashes by keeping healthy snacks on hand. Opt for nuts, low-fat yogurt or some fruit instead of the leftover holiday sweets.

#### **Check your condiments**

Cut down on sauces like ketchup, barbecue sauce, honey mustard and plum sauce. These sauces are usually high in sugar.

#### **Reduce sugar in recipes**

Halve the amount of sugar used in your recipes this season. This works for most dishes and desserts.

#### **Choose whole foods over processed foods**

Avoid buying pre-packaged foods. These usually contain high amounts of sugar. Control your sugar intake by using whole foods and opting to prepare things yourself.

*Resource: [www.cancer.ca](http://www.cancer.ca)*



*Merry Christmas!*

From the

**Spencer Home Foundation**

**Memorials & donations may be made through the Spencer Home Foundation website utilizing [canadahelps.org](http://canadahelps.org) or at the Spencer Home Business Office**

**Monday—Friday 9am-12:30 & 1:30-3:30 pm**





## November Helping



## 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."





## **New Employee and Family Assistance Program (EFAP) for Staff**

A new platform and mobile application is now available to better serve you in the Employees and Family Assistance Program (EFAP).

**LifeWorks** is the new platform offered by Morneau Shepell. This is NOT a new EFAP provider. Morneau Shepell will continue to offer you the same confidential EFAP that you know, with the addition of this new exciting and innovative well-being solution.

There will be 3 easy ways to connect with **LifeWorks**:

1. Online. By logging in from your computer.
2. By using the mobile application. The app will be the best way to keep **LifeWorks** with you on the go, wherever you go.
3. By calling the toll-free number, 24/7: Call the same Morneau Shepell EAFP number at 1.844.880.9142, whenever you like as often as you like. Expert consultants can assist you with a wide range of issues.

Refer to Employee Wellness Board Downstairs

***LifeWorks Information Cards are available downstairs on the Employee Wellness Bulletin Board.***



## **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, and Lynn Burdock.

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.





# 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**

Christine Lowry, BSN, RN

Resident Care Coordinator, Ext. 113

#### **Adult Day Program**

Mary Bourgeois, CTRS

Recreation Therapist, Ext. 115