

THE COMMUNICATOR

Spencer Home

"Adding Life to Years"

Spring 2021

MESSAGE FROM THE ADMINISTRATOR

To our families, staff and residents of Kenneth E. Spencer Memorial Home,

After what seems like a whirlwind of a day, one word to express how the leadership team is feeling is *gratitude*. Gratitude that we are taking an incredible step forward in putting Covid-19 behind us. Gratitude that over the past eleven months we've been able to keep our residents safe and healthy as we were faced with the global pandemic. Gratitude, that on this incredibly important day, that our team was stronger than ever and we were successfully able to provide the first vaccination to **282** people connected to Spencer Home.

Simultaneously, we were providing a roving resident clinic, where we were able to vaccinate 167 of our residents, all whom were brave and excited to be a part of history. In the chapel, we successfully vaccinated 92 staff members and 24 community members – a total of 282 people in just under a 5 hour span.

To everyone who has played a part in any way, thank you, to ALL involved in making the administration of the vaccines smooth and seamless. Our wonderful and supportive families, who consented to the vaccination and have been so patient in the ever-changing rules and regulations to keep our residents safe, to our staff, who continue to support the emotional and physical wellbeing of our residents each and every day, to our vaccinators, who demonstrated enthusiasm in the administration, and comfort in delivering the vaccine to so many. To the support services staff, for keeping everyone fed, keeping our clinic spaces and rooms spotless, and for maintaining operations as if it were any other day. Lastly, thank you to everyone who lent a hand during this whirlwind of a few weeks and who helped with the resident and staff clinics – we are so grateful and our residents and staff were in impeccable hands.

We are all tired, and the current weight of the pandemic has been difficult and demanding on everyone, yet we are rejuvenated that the first round of vaccinations at Kenneth E. Spencer Memorial Home has been successfully administered and we can finally see the light at the end of this very long tunnel. We look forward to the next round of vaccinations, we will continue to persevere as we maintain the safety of our residents, family support and those who are part of the Spencer Home circle of care – 282 people vaccinated!

What a feat for us all to be proud of!

Warm Regards,

Ashley King

Administrator

THANK YOU

♥ ♥ ♥ ♥ ♥

Healthcare Workers



teamwork.

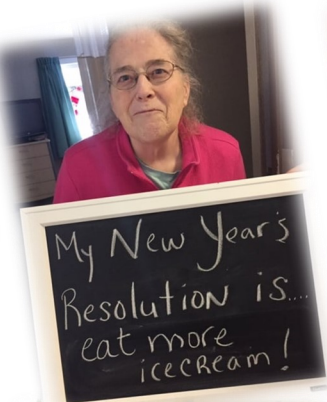
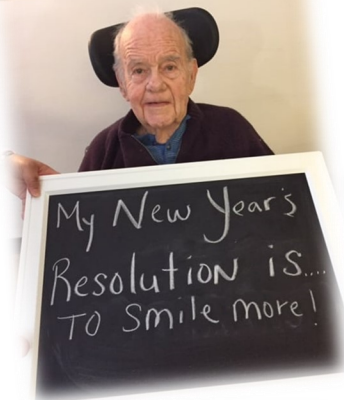
WELL DONE!



WE ♥ OUR RESIDENTS



Life at Spencer Home



Life at Spencer Home



Life at Spencer Home



Happy St. Patrick's Day!

Wednesday, March 17



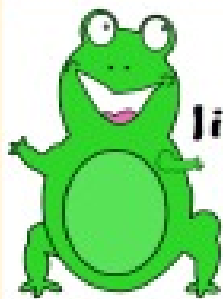
What kind of bow
can't be tied?

A rainbow



Where can
you always
find gold?

In the dictionary



Why do frogs
like St. Paddy's
Day?

Because they're always wearing green.



When is a
potato not an
Irish potato?

When it's a FRENCH fry.



What did one Irish
Ghost say to
the other?

Top of the Mornin'.



What do you
call a fake
rock in Ireland?

A Sham-Rock



Knock Knock.
Who's There?
Irish.
Irish Who?
Irish You a Happy
St. Paddy's Day



Why did the
leprechaun cross
the road?

To reach the pot of gold faster.



GOOD FOR YOU!

Dietitians Help **You** Find **Your** Healthy

NutritionMonth2021.ca



Did you know? Dietitians are everywhere! Dietitians are trained and trusted health care professionals who work in a variety of settings across all areas of food and nutrition—from farms to hospitals and beyond. Learn more about where dietitians work and what they do.

Learn more about dietitians and how to find one in your community at www.NutritionMonth2021.ca



strengt**H**
ex**E**rcise
e**A**t
Live
fi**T**ness
c**H**allenge
enjo**Y**

MARCH IS NATIONAL NUTRITION MONTH

You can download a recipe e-book by going to:
www.NutritionMonth2021.ca.

This recipe e-book contains 15 recipes, hand-picked by dietitians to help you celebrate Nutrition Month 2021 with your family, friends and colleagues.

Are these recipes “good for you?” Great question! What is “good for you” is not the same as for someone else. There is no one-size-fits all approach to healthy eating, if you ask a dietitian, they’ll say that what healthy looks like for **you** is influenced by many things, like your culture and food traditions, personal circumstances and preferences as well as your unique nutritional needs.

Do you need help finding **your** “healthy”? A dietitian can help! Dietitians are educated and trained to provide nutrition support and guidance in a way that is good for you!

Lemony Ginger Milk—And—Honey Tea

Ingredients

- 3 cups milk
- 1/4 cup fresh ginger sliced
- 1/4 cup fresh lime leaves or rind of a lime cut into strips
- 2 tbsp fresh lemongrass sliced
- Honey

Directions:

1. In a medium saucepan, bring milk and other three ingredients to a boil on medium heat. Reduce to low heat and simmer for 5 minutes.
2. Pour tea into cups using a tea strainer. Serve with honey to taste.

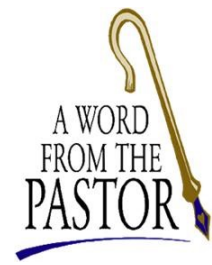
Preparation Time: 3 minutes

Cook Time: 10 minutes

Serves: 4

Make your tea with milk for a comforting non-caffeinated hot drink with a nutrition boost! Milk contains 15 essential nutrients including calcium, vitamin D, magnesium, potassium, protein and vitamin B12.

Visit www.whatyoueat.ca to get more nutrition information and dietitian tips.



Have you ever had a “wilderness” experience? Of course you have; we all have. A “wilderness” experience can be defined as those experiences of difficulty in life whether financial, physical, relational, or some other trying time. There’re not pleasant, and we would all rather that they were far and few between, if at all. But certainly we have all had those times in life when we have felt abandoned by God, or at least we have questioned why this and why me? But in actual fact, it is in the times of trial and difficulty that we are actually pulled closer to God.

For our residents, “wilderness” experiences are an ordinary part of life for a variety of reasons. Perhaps paramount is the simple reality that their independence has disappeared, and even the everyday situations suddenly become frustrating experiences. But this doesn’t have to be so; there is always a solution, but it requires something from the individual in turmoil.

In the Old Testament book of Deuteronomy Moses writes of the Israelites experience in the wilderness, and He reminds them that even in the midst of the wilderness He was with them. He knew what they were up to, and that He had provided them with everything they needed. But the secret of the Deuteronomy story hinges not on what God did for the Israelites, but on the two conditions that God imposed on the Israelites if they were to receive the blessings that God wanted to bestow on them.

These conditions imposed by God on the Israelites are all that is keeping people today from coming under the fullness of God’s blessing. The first condition is that we have to believe in God. The second condition is that we have to live life in such a way that is pleasing to God.

So how are we doing when it comes to being blessed by God? For when the tap of God’s blessing is opened, our “wilderness” experiences suddenly morph into something far less daunting, becoming more manageable. In fact, as we allow our faith to saturate our lives in a noticeable way, sometimes – many times – it is you and I who become the person God uses in another’s wilderness experience!

Wilderness experiences – difficult situations that sometimes have crippling impact on our lives – are opportunities for God, in His loving way, to draw us closer to Him.

So how are we doing, those of us who are experiencing the blessings of God? Are we allowing ourselves to be used by God to bring a blessing into the life of someone who is experiencing a season of wandering? Are we allowing God to use us to bless the lives of those people we care for here at Spence Home?

Something to ponder as we strive to live fulfilled lives!

Pastor Scott Ryder
Director, Pastoral Care

BRAIN HEALTH



Why brain health is so important

Dementia develops when there are so many risk factors for the disease that they overwhelm the brain's ability to maintain and repair itself.



While there are some risk factors you cannot control, such as age and genetics, reducing the effects of risk factors that *can* be controlled makes good sense if you want to reduce your risk of dementia.

After all, the brain is one of your most vital organs. It plays a role in your every action and thought. Though you can't see it, your brain needs to be looked after and exercised regularly just like the rest of your body. By following these tips and strategies, you're not only reducing your risk of dementia, you're also:

- Looking after your long-term brain health,
- Reducing your risk of other cognitive and chronic diseases, and
- Protecting your overall health!



Be physically active

People who exercise regularly are less likely to develop heart disease, stroke and diabetes – all risks associated with dementia.

Physical activity also pumps blood to the brain, which nourishes the cells with nutrients and oxygen, and may even encourage the development of new cells. As well, regular exercise helps to reduce stress and improve your mood.

Being physically active can reduce these risk factors for dementia:

- Depression
- Diabetes
- High blood pressure
- High cholesterol
- Obesity and lack of physical activity



Five tips for being physically active

1. **Start where you can and set reasonable goals.** If you feel you have little opportunity to exercise, start by adding a bit of physical activity into your daily routine. Choose a brisk walk to the store rather than driving the car, or take the stairs instead of the escalator or elevator for one or two floors.
2. **Think of it as "activity", not "exercise".** Choose activities and sports that you enjoy, and physical activity won't seem like a chore or task to tick off.
3. **Once you get going, aim for at least 150 minutes of moderate-to-vigorous physical activity per week.** Moderate activities could be walking a dog or going for a bicycle ride, while vigorous activities include swimming or going for a run. If you have reduced mobility, try activities that can help you maintain your balance and prevent falls, such as gentle yoga or tai chi.

Continued on next page...

BRAIN HEALTH continued...

4. **Consider aerobic activities.** Aerobic activities, such as walking, swimming, hiking and dancing, can help maintain general fitness. Many experts recommend walking as one of the safest and most effective forms of aerobic exercise.

5. **Plan out your physical activity with someone you know.** That way, you are more likely to keep active while you also gain the brain-healthy benefits of social interaction.

Source: <https://alzheimer.ca>



Did you know repetitive strain injuries (RSIs) are among the most common types of worker injuries?

RSIs are also known as musculoskeletal injuries (MSIs), cumulative trauma disorders (CTDs), soft-tissues injuries (STIs), overuse syndrome (OS) and musculoskeletal disorders (MSDs).

Here at WorkSafeNB we prefer the term MSI because MSIs are not limited to injuries caused by repetitive movements. They are caused by a combination of primary risk factors, such as forceful exertion, awkward postures, static postures and repetitive movements.

An MSI is an injury or disorder of the muscles, tendons, ligaments, joints, nerves, blood vessels or related soft tissue. Symptoms begin with mild discomfort. At a later stage, however, pain may be present all the time and the MSI may not be completely reversible to reach full recovery.

So what can we do to prevent MSIs?

Ergonomically correct workstations and tools benefit all workers, but there is something simpler, and cheaper, that workers can do to prevent repetitive strain injuries at work and at home:

MOVE AND MOVE OFTEN.

Moving and changing positions is the best way to avoid injuries related to repetitive strain. By changing positions regularly, you increase blood flow and prevent stiffness and, in turn, reduce your risk of suffering from a RSI. This can be balanced with stretches, warm-up exercises and regular checks for body discomfort.

If you work at a desk, there are applications that can help remind you to move, as well as stretches like RSIGuard or WorkWave. You can also adjust your mouse settings and make more use of keyboard shortcuts.

Other things you can do to prevent MSIs and RSIs:

- Be physically active, exercise strengthens the body helping to prevent injuries.
- Set up your workstation to be ergonomically designed and keep items on your desk within easy reach.
- Practice safe lifting techniques and avoid lifting items from below knee height or above the shoulders.
- Start your day with a warm-up and stretch routine.



Pam Chase a consultant with Pampered Chef organized an event to support essential workers. Pam's clients were given the opportunity to spread kindness by donating a gift to staff members at Spencer Home for their hard work during this pandemic. Seventeen of Spencer Home staff were delighted to receive a gift bag. Pam plans on organizing another event to spread the joy even further.

Thank You Pam!



The team at PetSmart made sure our residents felt VERY loved during the holiday season! Through PetSmart's holiday campaign they were able to donate to the Kenneth E. Spencer Memorial Home over 200 stuffed animals for our residents to enjoy!

Thank you to the PetSmart team who warmly donated these gifts to our Home!



Canadian Bible Society
The Word. For Life.

Spencer Home has partnered with the Canadian Bible Society to participate in a pilot study using the Megavoice ENVOY2 to bring scripture and music to the residents bedside. This project will involve ten residents over a three month period.

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Harrison Trimble High School and the residents at Spencer's are pen pals. Here are some of the great cards and crafts that they have made.



Accor dropping off Christmas gifts for residents.



iTacit

Employee Training

Staff are reminded to complete the 2020 mandatory courses. These courses will be under “My Activities” in Itacit.

A memo will be posted when the 2021 mandatory courses are available.

FYI—There are many other educational courses available in the Library on Itacit.



Duane Critch, Manager of ATS Learning Delivery at NAV CANADA very graciously donated 5 used iPads with cases and chargers for us to use at our Home. These have been repurposed for residents to connect with their loved ones, and for staff to access iTacit and other learning opportunities while on the go and during their shift - thanks so much Duane and your team for the generous donation!

IN CASE NO ONE HAS TOLD YOU LATELY...

you
(YES, YOU)
ARE **AMAZING.**
ARE **STRONG.**
ARE **BRAVE.**
ARE **WONDERFUL.**
ARE **KIND.**
ARE **LOVED.**
ARE **WORTHY.**
THERE IS **NO ONE** LIKE YOU.
THE WORLD NEEDS **YOU.**

WWW.EVNTBLESSINGS.COM



dates to Remember

- St. Patrick's Day**—March 17, 2021
- Daylight Savings Time**—March 14, 2021
- First Day of Spring**—March 20, 2021
- Good Friday**—April 2, 2021
- Easter Monday**—April 5, 2021
- National Tartan Day**—April 6, 2021
- Vimy Ridge Day**—April 9, 2021
- Earth Day**—April 22, 2021
- Mother's Day**—May 9, 2021
- Victoria Day**—May 24, 2021
- Father's Day**—June 20, 2021
- First Day of Summer**—June 20, 2021



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.

Bloom where you are planted



Easter Word Search

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

Basket
 Bonnet
 Bunny
 Candy
 Chicks
 Chocolate
 Daffodil
 Decorate
 Ducks



Dye
 Easter
 Egg Hunt
 Eggs
 Family
 Flowers
 Grass
 Happy
 Jellybeans

Lily
 Parade
 Peeps
 Rabbit
 Spring
 Sunday
 Tradition
 Tulips



Only in Canada



Hudson's Bay Blanket



Few items are as iconically Canadian as the Hudson's Bay blanket, with a history that extends back to 1779. Still popular more than 200 years later, Bay blankets continue to be as Canadian as hockey, toques and two-fours.



BeaverTails



It's amazing to consider that what is basically a flattened out, hole-free donut has become an emblematic Canadian snack. Resembling the tail of a distinctly Canadian beaver, these tasty treats are available with an array of toppings and fillings, served piping hot and oh-so delicious.

Timbit



The Tim Hortons' Timbit has become utterly ingrained in Canadian culture. In the U.S.? Not so much. For our American friends: it's a doughnut hole!



Chinook



Friends from the South might recognize the word as referring to a species of salmon or a type of Canadian military helicopter, but only a true Canadian knows a Chinook is an unseasonably warm wind that rise over the Rockies and heat up as they descend.

Snowbird



Typically, this means a retired Canadian who travels south for the winter. Usually to parts of Florida or Arizona.

GIVE'R!
It's a Canada thing.

Butter Tart



A quintessentially Canadian delight, the butter tart consists of a small pastry shell filled with a sweet filling made from butter, sugar, syrup and egg. A dessert worth crossing the border for!



Milk in Bags



Canadians have been pouring milk from see-through plastic bags since the late 1960s, a European design that was introduced to Canada by Canadian food packaging firm DuPont in 1967 as a more practical and cost-effective alternative to the heavy glass bottles that were used before that. Bagged milk can be found in numerous countries throughout the world; however, not in the United States.

Weird, Wonky, Wonderful Words

Bumfuzzle. This is a simple term that refers to being confused, perplexed, or flustered or to cause confusion. You've probably heard your grandma or grandpa use this phrase, especially if they are from the East Coast or below the Mason-Dixon Line. This word is derived from the Old English *dumfoozle*.

Cattywampus. This is a term that you will find in the Midland and Southern United States. It is referring to something that is in disarray, that is askew, or something that isn't directly across from something. For example, a post office might be cattywampus from the library. You might actually know this word by the terms catty-corner, kitty-corner, or catawampus.

Gardyloo. This is actually a Scottish term, but it sounds really nifty! The definition is a funny and gross one; this is what people living in Edinburgh shouted out their windows as a warning before dumping their slop buckets out of their windows. At least they gave a little bit of a warning to those below!

Taradiddle. This word references someone or something that is filled with pretentious nonsense or something that is a lie. A great example of this is that classic fisherman's tale of how big the fish he caught was. Usually the fisherman is lying or at least exaggerating about the fish, especially if he (or she) didn't keep the fish.

Snickersnee. While this word sounds like something funny or possibly cute, it is actually referring to a long, dangerous knife. It was first used in reference to cut-and-thrust fighting in the 1700s and is still occasionally used when referencing the knife, though it is becoming more and more obsolete.

Widdershins. This is another way to say something is moving counter-clockwise or something is moving in the wrong direction. It is a much more fun way to say counter-clockwise and is most likely something you heard one of your grandparents or great-grandparents say. Many people do still use it in many poems and newly published books.

Collywobbles. This refers to a weird feeling in your stomach or an overall bellyache. It is derived from the Latin phrase *cholera morbus*, meaning it came from the disease we all know as cholera. This is a word many people still use especially older individuals, and the background is quite dark! Many don't realize the dark background much like many being unaware of the origins of "Ring around the Rosie."

Abibliophobia. Now this is a word that perfectly describes many people and you may be one! This refers to someone who is afraid of running out of things to read. We're guessing that you are probably going to start using this word to describe yourself as you head out the door to the nearest Barnes and Noble or local bookshop.

Bumbershoot. Here is a fun word that most people know. This is referring to an umbrella and is something we have heard in many a Disney film or in many different books. It is quite fun to grab your umbrella and say in a fun voice, "I think I need my bumbershoot today!"

Lollygag. The origin of this word is unknown, but it first surfaced around 1868. The definition of "lollygag" is someone who is messing around or wasting time. It also refers to someone who is doing something that isn't serious or useful. This could be a good word to use when procrastinating, "I'm just lollygagging." Are you a lollygagger?

MONCTON THEN AND NOW

The GYRO arch greeted folks coming into Moncton on Main Street, (then called Route 106) in the 1920s and 1930s. The area where the arch was placed at the bottom end of Jones Lake was prone to flooding daily on the average high tide and the old joke was... Moncton's population grew steadily because once you arrived in the city, you couldn't leave.



The house on the right still stands today.



What was once a 'round' UFO pizza parlour (without a handle) and also an ice cream parlour on the corner of Shirley Street and Mountain Road in Moncton... became the "curling rock" office in 1980 for tickets and memorabilia for the world championship Air Canada Silver Broom... eventually won by Team Canada at a packed Coliseum in Moncton.

What we didn't know back then was that the flying saucer in Moncton had a puppy. The puppy was just tracked down and located in a field outside Kensington, PEI by our crack team of Maritimes - Then and Now investigators. It was sad to witness the demise of that entire UFO family.

At last report, the original "UFO" has changed owners several times but it still remains in the Cavendish, PEI area.



In the 1950s, diesel-engine buses owned by the SMT System which was in turn owned by the Irving's of Saint John arrived in Moncton. These buses travelled between Halifax, Sydney, Moncton, Saint John, and Boston.

The company name was always abbreviated to be SMT but the actual abbreviation stood for Scotia Motor Transport. The locals in New Brunswick called it Slow Moving Transportation.



ANSWER TO THE AUTOMOBILE QUESTION FOR 1910
FORD MODEL "T" TOURING CAR COMPLETELY EQUIPPED
\$950

COMPLETE EQUIPMENT
 INCLUDES
 Magneto, Top, Wind Shield, Speedometer, Gas Lamp, Generator, Horn, Oil Lamp, Tools.
PRICE F. O. B. DETROIT.

4 Cylinders, 22 H. P., Wheelbase 100 Inches.

FORD AUTO CO.,
 1225 West Broad Street, Richmond, Virginia, Telephone, Monroe 2262.

Moncton's first Ford dealership, on Mechanic Street, selling 1915 model Ford and Hupmobile vehicles. Note the right-hand drive in all of the touring cars. NB didn't change over to left hand drive vehicles until December 1st, 1922.

Then... an ad for a new Ford Touring car in the 1910 Moncton newspaper... fully equipped for \$950 (You could buy this car in any colour you wanted as long as the colour you wanted was black).

In 2012, a 1910 Ford Touring car sold at auction for \$18,700!!!

Moncton Then and Now submitted by Spencer Home resident, Emery.



F. C. Robinson Ford, Russell Hupmobile, Mechanic street, 1915 F. C. Robinson was one of the early car dealers. a five passenger touring car costing in Canada \$590. f.o.b. the W. A. Humphrey & Son later became the Ford Dealer.

Lot #39 1910 FORD MODEL T TOURING



Auction	Scottsdale 2012
Reserve	NO RESERVE
Status	Sold
Price	\$18,700.00
Lot	39
Year	1910
Make	FORD
Model	MODEL T
Style	TOURING

*Includes Buyer Commission

February Helping Hands



HELPING
HANDS



Look who showed up for work wearing the same outfit!!!

Thank you to the families who put up valentines and made snowmen to help brighten up the lives of the residents.



thank you



The Spencer Home Foundation, established in 2001, supports the mission of the Kenneth E. Spencer Memorial Home - "Adding Life to Years". The Foundation, a registered charity, raises funds to enhance the quality to the lives of its residents.

Over the years, the Foundation has bought various items including blanket warmers, large screen TVs, generators, a baby grand piano, dressers, night stands, a bus, and dining room refurbishments.

The Foundation would like to introduce you to board member, Andrea West.

Meet Andrea



I was born and raised in England where I trained as a physiotherapist.

After working in England, and Denmark, I decided to be adventurous by moving to Newfoundland. In 1981 I came to Moncton as part of my plan to travel across Canada. I stayed, working at The Moncton Hospital Physiotherapy Department until my retirement in 2015. I did not make it to the west coast until 1998!

Married with 2 adult daughters and one grandson, I am an active member of Lewisville Baptist Church where I volunteer as the church clerk.

I keep busy looking after our grandson 3-4 days a week. Since retiring I have taken up tai chi, and enjoy swimming, walking, knitting, and reading. I belong to a monthly book club and enjoy a weekly coffee and chat with a "Retired Physiotherapists" Group. I have until recently been a volunteer with the ELF program at Forest Glen School.

In 2016, I became a member of the Spencer Home Board, and since 2017 I have been a representative from that board on the Spencer Foundation Board.

I believe that our Seniors deserve to have the best quality of life as they age. As a member of the Spencer Board and the Foundation I want to see our residents provided with excellent care and all the comforts of home. It is important to remember that this residence is their home, and the Foundation raises funds to maintain that home-like environment.

In my professional career I saw many elderly clients and the issues that many of them encountered as they aged and lost mobility and independence drives me to work towards the Foundation's goals. It is an honour to serve on the Foundation Board and play a small role in "Adding Life to Their Years."

For more information on becoming a member of the Spencer Home Foundation, please call Sharon at 858-7870, Ext. 163.

Memorials & donations may be made through the Spencer Home Foundation
www.spencerhomefoundation.org

website utilizing canadahelps.org or at the Spencer Home Business Office

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






The benefits of physical activity extend way beyond how you look.

There are brain benefits, relationship benefits, community benefits and benefits you may have never even expected (like pooping benefits, for instance). The link between physical activity and better physical, mental or emotional health have been proven in study after study. But everyone is different. Understanding what really motivates you, how much and what kind of activity is required to experience positive change (hint – it depends on your age [0-4](#), [5-17](#), [18-64](#) or [65+](#)), and finding an activity you love to do from all the [different ways to get physically active](#) is key. Once you get the ball rolling, you won't believe all the ways activity can benefit you and those around you.

Source: <https://www.participation.com>

TO DO Today. And repeat.

- Be kind.
- Be considerate.
- Be respectful.
- Be honest/authentic.
- Think beyond yourself.



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



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



KINDNESS IS FREE
SPRINKLE
THAT STUFF
EVERYWHERE

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



TO OUR NEW STAFF!

- Kori Johannesen, LPN
- Brittany Harnum, Dietary Student
- Emma Stables, Dietary Student
- Anju Matthew, Resident Attendant
- Kelly Chambers, Housekeeper
- Christine Sykimte, PSW

**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	



*By Emery Pettigrove,
Spencer Home Resident*

Several years ago, I had submitted this story to ABN (Atlantic Boating News), a glossy yachting/boating magazine based in Halifax.

-----my original article which had been published-----

Hi there folks and greetings from New Brunswick, Canada. Here's a tall-but-true tale that truly happened earlier this year. A while back, I couldn't think of anything "constructive" to do at home, so I decided to wander down to my forty-five foot houseboat "ALOSA" at the Oromocto Boat Club and just "putter" for a bit. Nothing really HAD TO be done, as I had completed my major renovations but away I went.

major renovations but away I went.

The marina is about 30 miles from home and after puttering around on the boat for a while, I decided to go for a stroll to the "lower end" of the marina. I had only been down to that end of the 1,000 foot long dock once in two years as I normally just head for my berth, flash up the boat's engines and cast-off.

Anyway... I'm walking along and chatting with several people that I knew when, at the extreme lower end of the dock, I came across the self-same houseboat that I had rented about eight years earlier, from a rental company about 65 miles down river. There was a young couple sitting on deck and I stopped for a short chat. The fellow spoke great English but with a "distinct and strong" accent, that I couldn't quite place. We chatted about "house boating on the river" and related "stuff".

I told him I had rented the same boat he was on for a week, 10 years earlier and enjoyed the experience so much that I retired, moved 300 miles from Halifax to get "here", bought the "flagship" from the rental company, spent two years rebuilding it and blah, blah, blah, yadda, yadda, yadda.

Eventually, the visitor asked if I lived nearby and I told him I lived in Fredericton, about 30 miles upstream and after some more questions, he asked if it was a big city and did I know 'a chap named Emery, who owned a houseboat in that Fredericton area'. I allowed as how I did know Emery (who is a fine feller) and I casually asked why he was looking for him. (He still didn't know who I was).

It turns out, this chap had come across me in a yachting chat room on the Internet, with a chap in California, during the previous winter (1993). I apparently had told the Californian all about my 'thrills' and great experiences involved with house boating on the Saint John River here and I had included the name and number of the rental company, in one public message.

The 'visitor' then told me that this 'Emery' had painted such a glowing word picture of life along the Saint John River, that he had called the houseboat rental company earlier in the Spring from... SWITZERLAND and reserved a houseboat for this week. Then he, his wife and daughter flew over 5,400 kms, just to go boating on this wonderful Saint John River, based only on this 'Emery's' commentary to a 'Third Party'.



Now, before returning to Switzerland... he wanted to call 'Emery' and tell him who he was, etc. and to say thanks for turning him into a house boating fanatic. He nearly fell overboard when I stuck out my hand for a shake and told him who I was. Then... after a 'brew or two' (coffee, of course), he was getting ready to depart, but his engine wouldn't start. I couldn't get it going either but did find the problem and I called the rental owners (who I had purchased my boat from years earlier). They brought up a new battery an hour later. When the owner of the rental boat arrived, he happened to have a guy with him who looked familiar to me but I couldn't quite place the face.

He turned out to be 'Old George', who had designed and actually built my houseboat back in 1986/87. George had heard about but not seen, how I had rebuilt and changed 'his' houseboat since my purchase and he started to tell me that if he had it to do again, he would do... (everything that I had just changed in the past two years), such as... paint the entire boat, extend the fore and aft deck, install a larger engine and a "one piece" rubber roof, etc. etc. etc

I walked with George down the dock to my boat and he actually had tears in his eyes. George was about 84 years young now and he got quite emotional when he saw the changes that I had made, which is exactly what he had wanted to do, if he'd had more time, more youth and more money originally.

If I hadn't been on the Internet that day...
If I hadn't been in that yachting chatroom...
If I hadn't been a house boater...
If I hadn't gone down to the marina...
If I hadn't walked down to the lower end...
If I hadn't stopped to chat...
If his battery hadn't died...

If...

Talk about a small world and all this, in just one day, because I just 'happened' to go down to the marina for no real reason.



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