

THE COMMUNICATOR

Spencer Home

"Adding Life to Years"

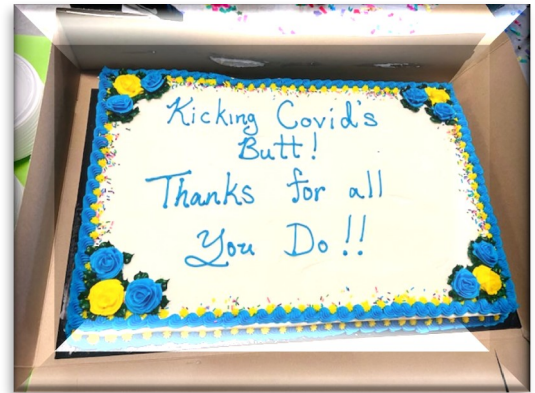
Summer 2022

FANTASTIC NEWS TO SHARE

Public Health declared Spencer Home OUTBREAK FREE as of May 21, 2022.

A HUGE congratulations goes out to all staff, resident's and visitor's for a job well-done!!!

Congratulations!



What a beautiful day to have a game of cards out in the fresh air.

Cards anyone.....

WE ♥ OUR RESIDENTS



WE ♥ OUR RESIDENTS



UNITED WAY DAY OF CARING

Day of Caring®

Give. Volunteer. Act.

Day of Caring® is a special program coordinated by United Way of Greater Moncton & Southeastern NB Region Inc (GMSENB). Its goal is to mobilize teams of corporate employees as volunteers to complete meaningful, hands-on projects that will greatly assist local non-profit agencies in the Greater Moncton & Southeastern NB Region.

On Friday June 10th, approximately 30 volunteers from Rogers Communications came and weeded most of the flower beds around the Home to get ready for the summer.

We would like to thank all our volunteers for making Day of Caring a huge success.

Thank You!



The best way to find yourself is to lose yourself in the service of others.

-Mahatma Gandhi



WORK FOR A CAUSE,
NOT FOR APPLAUSE.
Live LIFE TO EXPRESS,
NOT TO IMPRESS.
STAY POSITIVE-ME

WELCOME
TO OUR NEW STAFF!

Spencer Home would like to extend a warm welcome all new staff.

The Quarterly Communicator is created by Sharon at Reception. If you would like to receive the newsletter electronically, please call her at 858-7870 Ext. 163 or by email at sharon.sweetapple@abschi.com

Staff and Visitors—FYI

Lost and Found is located at the main entrance.



A Word from Margie Yanez, Spencer Home's new HR Advisor.



Despite the bumps and bruises that came along with the Pandemic, The Kenneth E. Spencer Memorial Homes made an exemplary services with the residents and staff, which is heavily due to the core values, wise guidance and support of the Management. During my interview, I expressed how I felt very welcomed because the team displayed their kindness and supportive spirits.

I have worked most of my career in the Human Resources Directorate from an Oil and Gas company in the Middle East. I finished my University degree in Psychology, and I directed my focus in the Industrial/Organizational Psychology because I find joy in observing the different behaviors of the employees, aiding help for them to improve and succeed in their respective careers.

I gain satisfaction in being actively involved with the business growth by providing practical recommendations that allow employees to work more efficiently. Although I am told that I have a quiet disposition; this has proved to be an advantageous, as it conditions one to be more perceptive and keen if something is astray.

I urge you as well, to reap the benefits in cultivating a mild temperament. The beach is my happy place; I take great pleasure in taking long walks by the shore with my family in the summer.

I treat this privilege to convey my heartfelt appreciation that I was able to join this wonderful family; frankly, saying thank you for believing in my ability to be your Human Resources Advisor is an understatement.

Sincerely,
Margie Yanez



Margie

SUMMER WORD SEARCH

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

WORD BANK:

BBQ

BEACH

CAMPING

FUN

HOT

ICE CREAM

JUMP

KITE

PICNIC

PLAY

POOL

POPSICLE

SAND

SUMMER

SUN

SUNGLASSES

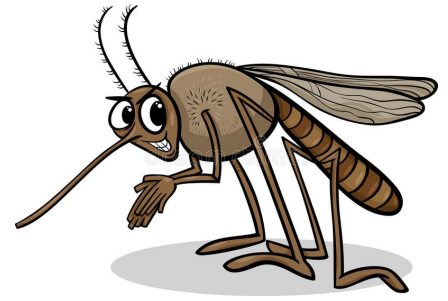
SWIM

SWING

VACATION

What to Avoid Eating to Repel Mosquitoes

These 3 common food types have been shown to create a scent that is more appealing to mosquitoes, making you a prime target for unwanted feasting.



1. Beer

Researchers still aren't exactly sure why beer seems to attract mosquitoes; they just know that it does. Consuming even small amounts, such as a single 12 oz. bottle, has still proved appealing to mosquitoes and invites lots of bites.

2. Salty Foods

These types of food produce high amounts of lactic acid, which has been shown to attract mosquitoes. This is the same reason that you are more prone to mosquito bites during exercise.

3. Sweet / Sugary Foods

This one is under a lot of debate. Some people suggest that consuming foods with high sugar content makes our skin sweeter and more appealing to mosquitoes, while others say that it has no affect. But if you plan to spend a lot of time outside, you might just want to cut your losses and skip the sugary foods.

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



Please remember to **slow down**, at all times, when on Spencer Home property. **The posted speed limit is 20 km/h maximum.**

Our residents and visitors are out enjoying the warmer days.

*Thank you for your cooperation
in keeping everyone safe.*

Does your family member have a sun hat to go outside? We ask that all residents have a sun hat for outside activities.



NURSING HOME



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

Thank you for your cooperation.

A Word from Pastor Scott Ryder

I am reminded, almost on a daily basis, of the influential power of that words have on people. Karl Marx spent his entire life writing about the demise of capitalism and the rise of Communism. But more than his Communist thinking, Marx is credited with these words, *"Give me twenty-six lead soldiers and I will conquer the world!"*

The obvious question, of course, is who were the twenty-six lead soldiers? But the question should be what rather than who, because in writing as he did, Marx was referring not to men, but to the twenty-six lead letters on a printing press. Today the analogy doesn't work exactly except that the twenty-six letters remain albeit in an electronic format in a technological savvy population. The point that Marx was making, and the point that continues to impact people the world over is that words have power; the power to build nations and the power to destroy the very bases of our society.

But the power of the written and spoken word is not only a matter of public discourse; it is the essence of everyday life as one person communicates with another. Too often, though, the words we use in conversation and correspondence are quickly chosen with little or no thought about what their impact will be. In Isaiah 55:11 the prophet clearly tells us "all words have power and meaning." And Jesus warns us in Matthew 12:36-37 that all of us will be held accountable for even our idle words.

So our words are powerful, there is no question on this point. And since they are powerful, then, the question for all of us to consider is what power am I releasing with my words? Am I building a person up with encouragement or am I knocking them down with discouraging words?

It has been said that the "greatest untapped source of healing in life is pleasant words." Dr. David Jeremiah writes, "You may not consider yourself a physician, but you should – as long as you are dispensing words of life." Are you a "word physician"? The reality is that we all need to be!

In the context of life at Spencer Home, words carefully chosen are a crucial part of everyday life – or they certainly should be! People everywhere are impacted by the words of others, and the biblical principle of *"do unto others as you would have them do unto you"* is a guiding principle by which both resident and staff coexist.

But life isn't about just coexisting is it? It's about living a life that overflows with the fellowship of people who care one for the other. So let's spend a little time thinking about the words we speak before we do. The results will be absolutely astounding as people's hearts and lives are enveloped in a sense of peace that really does pass all understanding.

Blessings,

Scott Ryder
Director of Pastoral Care

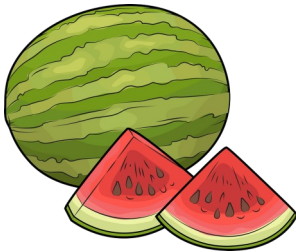


Watermelon Feta Salad

Ingredients:

Dressing

- 2 tablespoons extra-virgin olive oil
- 3 tablespoons lime juice
- ½ garlic clove, minced
- ¼ teaspoon sea salt



For the salad

- 5 cups cubed watermelon
- 1 heaping cup diced cucumber
- ¼ cup thinly sliced red onion
- ⅓ cup crumbled feta cheese
- 1 avocado, cubed
- ⅓ cup torn mint or basil leaves
- ½ jalapeno or serrano pepper thinly sliced
- optional salt

Instructions

Make the dressing: In a small bowl, whisk together the olive oil, lime juice, garlic and salt.

Arrange the watermelon, cucumber, and red onions on a large plate or platter. Drizzle with half the dressing. Top with the feta, avocado, mint, and serrano pepper, if using, and drizzle with remaining dressing. Season to taste and serve.



Attention Families



To keep closets uncluttered, please remove any unworn clothing out of your loved one's closet. A good guideline is to clean out closets the changing of the seasons.

Thank you for your assistance!

Healthy Eating Habits

Cooking and eating healthy food does not have to be difficult, time consuming or expensive. Consider these ideas to help you maintain healthy eating habits as you age.

Enjoy a variety of healthy foods

As you age, it is important to eat a variety of healthy foods to make sure you get enough of the different nutrients you need.

Choose a variety of vegetables and fruits, whole grain foods and protein foods that you enjoy.

Every day, choose a variety of:

vegetables and fruit, including:

- dark green vegetables such as kale and bok choy each day
- orange vegetables such as carrots and sweet potato most days



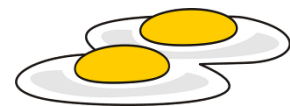
whole grain foods, such as:

- oats
- wild rice
- whole wheat pasta



protein foods such as:

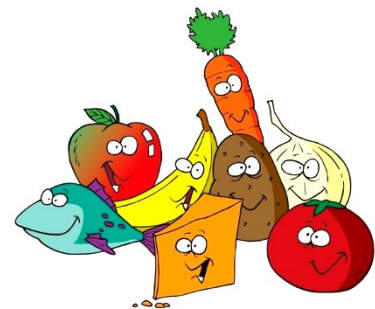
- eggs
- nuts and seeds
- fish and shellfish
- beans, peas, and lentils
- lean red meats, including wild game
- lower fat dairy products such as milk and yogurt
- fortified soy beverages, tofu, soybeans and other soy products



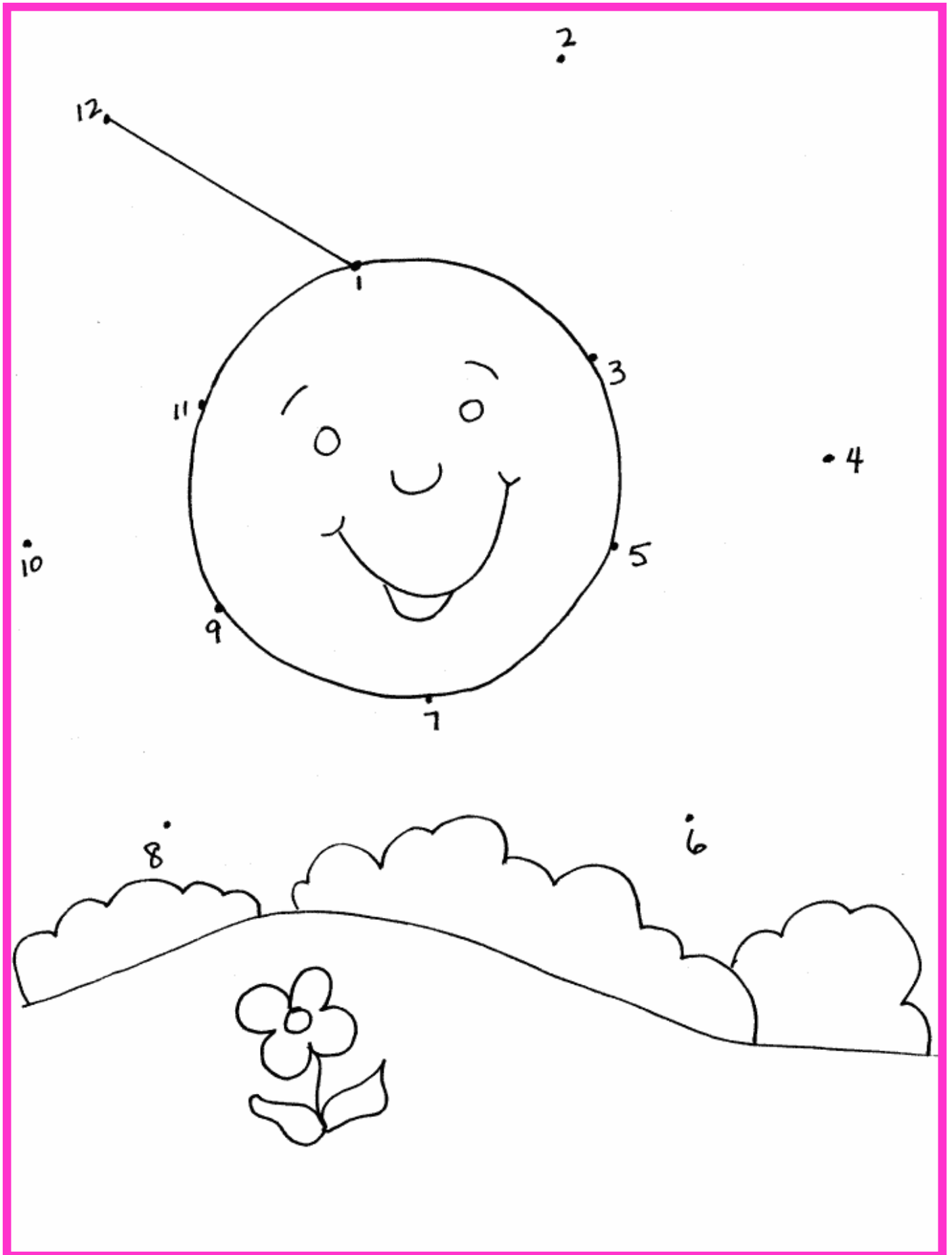
If you are 51 years of age or older, take a supplement with 400 IU (10 µg) of [vitamin D](#) every day.

If your sense of taste or smell has changed, try different spices and herbs to add more flavour, instead of salt. You can also switch up the texture and temperature of foods to make them more interesting.

If some foods have become more difficult to eat, try choosing and preparing foods differently. For example, for a softer texture, try cooking vegetables instead of eating them raw.



Connect the Dots





7 THINGS TO SAY (AND NOT TO SAY) TO SOMEONE LIVING WITH CANCER

If someone you care about is diagnosed or living with cancer, we know it's not always easy to find the right things to say. Acknowledging any challenges they may be experiencing in a compassionate and understanding way can be stressful. People with the best intentions can find themselves triggering or upsetting loved ones. There are no perfect words. So don't let the fear of saying the wrong thing keep you from saying anything.

Everyone affected by cancer will have their own outlook – but for many, encouraging messages of support, love and hope can mean the world. Discover some of the most caring things to say, inspired by our Cancer-Connection.ca online community of cancer survivors, thrivers and people who have been there.

1. Avoid saying: 'I know how you feel' | Replace with: 'I can't possibly know how you feel, but I'm here to support you'

No two cancer journeys are the same. That's why, sharing your own personal cancer stories typically aren't as helpful as you may hope for them to be.

As our community puts it, "Until someone has had cancer, they can't possibly know how you feel and, even then, what one cancer patient feels will be quite different than what another patient feels."

With nearly half of Canadians expected to receive a cancer diagnosis in their lifetime, you may have a history with the disease that you feel is worth sharing. But it's best to ask your loved one about their comfort level hearing your experience. Instead, focus the conversation on their emotions, thoughts, feelings and how you can support them.

2. Avoid saying: 'Relax' | Replace with: 'Waiting is the worst'

For many people who face cancer, one of the most challenging aspects is the waiting period between appointments, testing, pathology reports and treatments. As a member of our community shared, "No one likes being in limbo. The longer you wait, the more time you have to think of what-if scenarios."

During this time, you may assume that telling a loved one to calm down and relax could help. But as our community knows, this sort of statement is often upsetting, "If you've ever been told to relax, did you find that that it made you a little more uptight?"

Instead, as these waiting periods come up, listen and validate your loved one's concerns and offer them heartfelt sympathy for what they're going through.

3. Avoid saying: 'Let me know if I can help' | Replace with: 'I'm bringing you some pre-prepared meals today'

Offering to help is always a kind gesture. But without a practical task, friends and family may be less involved than they hoped for. As our community knows first-hand, "Many people with cancer feel ghosted by friends and family or let down when offered and promised support doesn't materialize."

When a friend can follow through on the support they've promised, it can mean the world to someone facing cancer. "I found that all the best memories were things that people did, rather than said. Like the old college friend who drove two hours to bring me a big box of really good books."

During a time when day-to-day tasks may feel overwhelming, help from friends and family can bring comfort and relief.

4. Avoid saying: ‘It’ll be okay’ | Replace with: ‘I love you’ or ‘I’m with you every step of the way’

Try not to trivialize your loved one's experiences by telling them everything will work out. These statements may appear hollow and more for the benefit of the friend, than the person facing cancer.

Instead, focus on how much they mean to you. “After surgery, during chemo and/or radiation, it’s always nice to know that you’re loved regardless of your appearance, your potential outbursts, and lack of physical stamina.”

Reminding your friend that they’re cared for can bring joy and warmth.

5. Avoid saying: ‘Stay positive’ | Replace with: ‘Let me help you seek out the positive’

When someone is diagnosed with cancer, there’s often pressure on them to stay positive. But this isn’t always possible during treatments, appointments, pain and any other new challenges that may arise from a diagnosis. And as members of our community have expressed, “negativity didn’t cause my cancer, so how can being positive cure it?”

A better approach may be helping your loved one seek out the positive and find joy in their life. Try to make them laugh or do something that feels good like enjoying the company of a pet. Help them find things that can improve their quality of life, all while understanding there are good days and bad days. Not every day can be focused on finding joy.

6. Avoid saying: ‘You can fight this battle!’ | Replace with: ‘I hope you're back doing the things you love soon.’

Many people living with cancer have expressed that ‘fight’, ‘battle’ and ‘warrior’ language can put too much emphasis on either winning or losing a cancer journey. And as one community member puts it, “It also assigns a lot of responsibility and accountability to cancer patients with the view that maybe they didn’t try hard enough, weren’t committed enough or weren’t of the right character.”

We know that cancer can change a lot of things. But as we’ve heard directly from those we serve, it doesn’t have to define a person.

Our words have power. So instead of talking to a loved one about winning the cancer battle, focus on the person, the things they love to do and hope for the future. “I’m a writer who happens to have had cancer, not a cancer patient who happens to write.” This can be a powerful shift to help your loved one take control of cancer and live their life to the fullest.

7. Avoid: over-sharing about your own life | Replace with: listening and saying nothing at all

Catching up with friends and family can bring great comfort. But hearing about complaints or seemingly minor difficulties can trigger confusing emotions for someone who may feel overwhelmed.

As one community member put it, “I get seriously annoyed by people who call up ostensibly to see how I’m doing, and then spend half an hour telling me about their knee or back problems. Sorry, but I think stage 4 lung cancer trumps a bad knee!”

If you don’t know what to say, just let them lead. We know it may feel uncomfortable, but instead of talking to the point of over-sharing, sometimes the right words are no words at all. Sitting in silence while holding a loved one’s hand – if they’re comfortable and feel safe doing so – can be a compassionate way to show you understand what they’re going through.

Cancer can change everything, including your personal comfort level connecting with loved ones facing the disease. While nobody wants to say the wrong thing, it does happen. Acknowledging that you’ve made mistakes and owning up to them with an apology can go a long way in rebuilding the relationship. And above all, sharing genuine words that come from the heart can make the biggest difference in supporting your friend, family member, colleague or community member facing cancer.

Source: www.cancer.ca

Summer Food Safety Tips

The risk of food poisoning increases during the summer because harmful bacteria grow quickly in warm, moist conditions.

Ensuring the safety of food can be challenging this time of year because temperatures are warmer and we often cook outdoors during picnics, barbecues, and camping trips.

Here are some outdoor food safety tips to help keep you and your family safe from food poisoning during the summer.



Don't keep food at room temperature for more than one hour on hot summer days. Keep perishable foods cold. Use a cooler filled with ice packs to store your food on the go. The temperature inside the cooler should be at or below 4°C (40°F).

Keep the cooler out of direct sunlight and avoid opening it too often. Opening the cooler lets cold air out and warm air in. Using separate coolers for food and drinks will keep the food colder for longer because the cooler won't be opened as often.

Marinate meat in the refrigerator or in a cooler filled with ice--not on the counter. If you are using marinade to baste cooked meat or as a dipping sauce, make sure it hasn't come into contact with uncooked meat.



Keep your raw meat, poultry, and seafood separate from other foods to avoid spreading harmful bacteria. Using containers or re-sealable plastic bags will help prevent leaks.

Put raw meat, poultry, and seafood at the bottom of the cooler to keep juices from dripping onto other foods.

Washing your hands and following proper cleaning techniques can help you avoid cross-contamination and prevent food poisoning.

Follow the same washing instructions outdoors as you do at home:



Use clean water and soap to thoroughly wash all utensils, dinnerware, countertops, and cutting boards before and after use.

Sanitize cooking equipment, utensils, and work surfaces with a mild bleach solution. Rinse with fresh water and air dry.

Wash your hands thoroughly with warm water and soap for at least 20 seconds, before and after handling food.



Bacteria are killed by heat. Raw meat, poultry, and seafood must be cooked to a safe internal temperature to eliminate harmful bacteria such as E. coli, Salmonella, and Listeria. Use a digital food thermometer to check the temperature.

Use a clean plate when taking food off the grill. Never put ready-to-eat or cooked food on a plate that was used for raw meat, poultry or seafood--wash the plate first. Keeping several sets of clean utensils, cutting boards, and plates on hand will help you prevent cross-contamination.

Cool food quickly in shallow containers. On hot summer days, don't keep food at room temperature for more than one hour.

Source: www.canada.ca/en/health-canada/services/seasonal-food-safety/

Benefits of Making Water Your Drink of Choice

There are a lot of drink choices available.

Many choices have a lot of:

- calories
- sodium
- sugars
- saturated fat

Drinking water is:

- important for your health
- a great way to quench your thirst
- a way to stay hydrated without calories

Make water your drink of choice instead.

Our bodies lose water by:

- sweating
- breathing
- getting rid of waste



You need to replace what is lost.

How to make water your drink of choice.

Use these tips to help make water your drink of choice:

- drink it hot or cold
- drink water with your meals
- ask for water with your food when eating out
- carry a reusable water bottle when you are out
- try a fruit and herb infused water or carbonated water
- drink water during and after physical activity or playing sports
- keep a pitcher of water in the fridge or on the table for easy access



5 ways to add flavour to your water:

- You can add fruits and herbs to your hot or cold water for flavour. Here are some ideas to try:
- blackberries + mint
- raspberries + cucumber
- strawberries + fresh basil
- chopped apples + a cinnamon stick
- pear slices + a drop of vanilla extract

To release the most flavour:

- crush the berries
- chop or tear herbs
- cut fruit into cubes



If you like some fizz in your drink, try carbonated water.

6 Ways to Embrace Movement with the Body you have this Summer

Summer is meant for soaking up the sun, having fun and spending the season's longer and warmer days with family and friends (ideally by getting physically active together). But it's also a time when we're flooded with stereotypical "summer body" images, dieting advice and workout plans on social media, in magazines and on TV.

The terms "summer body", "beach body", "bikini body" and "bathing suit body" suggest that there's just one body type suitable for wearing tank tops, shorts or swimwear and that people must change their bodies to be ready for summer. Not only is this triggering for those with body image insecurities and eating disorders, but these terms may also cause us to avoid taking part in fun, health-promoting summer activities, like swimming, beach volleyball, park workouts, paddleboarding, kayaking or canoeing.

We sometimes think that others are looking at us and judging us, but if you live in the moment and enjoy different activities with different people, you'll realize that most of us are just doing our best to get by. It's important to keep in mind that any body, no matter what shape or size, is a summer body.

1. Surround yourself with positivity

Take advantage of the warm summer days doing activities you enjoy with people who make you feel good about yourself and comfortable in your own skin. Avoid spending time with negative people who bring you down, even if they don't intend to.

2. Be aware of what media you consume

A 2016 study revealed that being even briefly exposed to media messages depicting an "ideal physique" was linked with increased body image concerns and eating disorder symptoms. So, if you follow any social media accounts that make you fall into a comparison trap and feel bad about your body, simply unfollow or mute them. Instead follow body positive and body neutral accounts that help you feel accepted, empowered and inspired.

3. Talk kindly to and about your body

Often, we're our own worst critics. We would never say the negative things we may tell ourselves to a friend, family member or co-worker. Remember to treat yourself as you would others and try using helpful tools like positive affirmations, quotes and mantras. Focus your attention on the aspects you like about your body and accept the things you don't.

4. Keep a gratitude journal

List aspects about your body that you're grateful for. Try going beyond just your physical appearance and think of all the incredible things your body does for you each day. For example, it allows you to express your sense of humour through laughter, show affection for your friends and loved ones through hugs, walk your dog, dance like no one's watching, and read interesting articles like this one!

5. Focus on what you can control

While you can try to control how you fuel your body and how much you move, keep in mind that we're all more than a number on the scale. Instead of concerning yourself with your weight and looks, aim instead for nutrition and to get adequate physical activity and sleep, as outlined in the Canadian 24-Hour Movement Guidelines for adults.

6. DOMO: Don't miss out!

Most of all, **don't miss out!** Refuse to let negative thoughts and feelings about your body prevent you from enjoying memorable active experiences and the company of family and friends this summer.



How are fish and music the same?
A: They both have scales.

What do cows like to eat?
A: Smooothies!

What kind of bull doesn't have horns?
A: A Bullfrog

Why was the science teacher angry?
A: He was a MAD scientist.

What kind of candy is never on time?
A: Choco-LATE

What did the bread say to the peanut butter?
A: "I think You're NUTS!"

Why did the french fry propose to the hamburger?
A: He gave her an onion ring

Why is spaghetti the smartest food?
A: It always uses it's noodle.

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



Choose  KINDNESS.

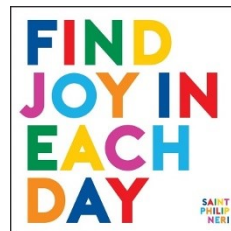
You never regret being kind.

- Nicole Sheperd



Occupational Health & Safety Committee Members 2022/2023

- | | |
|---------------------------|-------------------|
| Julie Jollimore, Co-Chair | Guillaume Morin |
| Chris Shaw, Co-Chair | Tanya Bustard |
| Caitlin Crawford | Kristen Woods |
| Angela Hebert | Rebecca MacDonald |
| Tracey Crossman | Bianca Heckbert |
| Margie Yanez | |



Thank you...

Healthcare Workers

...for everything you do!



SAFETY FIRST



Safety Starts Here

Think Safe...
Work Safe...
Be Safe

Kenneth E. Spencer Memorial Home Inc.

“Adding Life to Years”

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 49 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 or Relief Care

Angela Hebert, BN, RN
Resident Care Coordinator, Ext. 113

Adult Day Program

Mary Bourgeois, CTRS, CDP
Recreation Therapist, Ext. 115



The Spencer Home Foundation was established to support the on-going needs of the residents of the Kenneth E. Spencer Memorial Home. Funds raised allow the Foundation to purchase items not provided by the Provincial Government.

You may donate in memory of a loved one by sending a cheque in the mail, drop of your donation to the Business Office or by visiting the Spencer Home Foundation website: www.spencerhomefoundation.org and then click on the Canada Helps.org icon.



Make a Difference!

The Spencer Home Foundation is currently seeking volunteer Board members. For more information, please call Sharon @ 506-858-7870, Ext. 163, or email her at sharon.sweetapple@abschi.com.



Kenneth E. Spencer Memorial Home Inc.

“Adding Life to Years”

MISSION STATEMENT

To *Add Life to the Years* of our residents, tenants, and team members through the provision of high-quality housing, care and sense of community.

VISION STATEMENT

Atlantic Baptist Housing (The Kenneth E. Spencer Memorial Home) will provide highly sought-after housing options for seniors across the Maritimes and establish excellence in the provision of nursing home care every day.

OUR VALUES

Compassion

We are a caring organization recognizing the unique challenges faced by our communities and will provide care and support with kindness and empathy.



Dignity

We treat each resident as a valued individual to maintain their dignity and effectively fulfil their wishes.



Collaboration

We work together with people who support common values and vision to achieve shared goals.



Stewardship

We responsibly manage the resources that have been entrusted to us as we work towards achieving our mission and vision.



Accountability

We achieve the value of accountability by more than just doing our job. We commit to make things better, to pursue excellence, and to do things in ways that further the goals of our organization. Being accountable means that we are answerable for our actions and the actions of our teams.



Community

We are committed to fostering a sense of community through establishing safe, secure and high-quality environments for those who reside with us. We further enhance community through supporting positive interactions between residents, tenants, and our team members.



Excellence

We recognize that we do challenging work and achieve incredible things. These achievements are possible because of the commitment of our team members to continuous improvement, best practice and evidence informed decision-making.