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Connection

Where Volunteers Connect to Shoreham

Winter 2011-2012



Merry Christmas & Happy New Year!

Thank you for your dedication and support over the past year. We look forward to working with you in 2012. May 2012 bring you good health, joy and an abundance of love and peace.

--Linda, Karen, Niki & Pat



What Do We Love About Christmas?

What do we love about Christmas;
Does our delight reside in things?
Or are the feelings in our hearts
The real gift that Christmas brings.

It's seeing those we love,
And sending Christmas cards, too,
Appreciating people who bring us joy
Special people just like you!

Thank you, Cyril

Shoreham wishes to thank our past Volunteer Coordinator, Cyril-McDonagh Harnish. Cyril resigned in September due to health reasons. Cyril was well respected by our volunteers and will be sadly missed in the role of Volunteer Coordinator. We look forward to seeing Cyril back volunteering and we wish him good health and prosperity.

Shoreham Village, RR #1, Chester, N.S. B0J 1J0
Linda Bell, Interim Volunteer Coordinator
Jocelyn Cameron, *Connection* Editor
Website: www.shorehamvillage.com



Welcome New Volunteers



Devotions: Sharon Houghton
Joan Swinimer

Dog Therapy Team:
John Bos & dog Scuba;
Wanda MacEwen & dog Lucy

Pastoral Care Visitor: Valerie
Roode
Amanda
Robar

Therapeutic
Recreation Student: Candace
Gates

We wish Volunteer Christine Hirtle well as she recouperates from surgery!

Poem *Crabby Old Man*

When an old man died in the geriatric ward of a nursing home in North Platte, Nebraska it was believed that he had nothing left of any value. Later, when the nurses were going through his meager possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital.

Crabby Old Man

What do you see nurses? What do you see?
What are you thinking when you're looking at me?
A crabby old man, not very wise,
Uncertain of habit with faraway eyes?

Who dribbles his food and makes no reply.
When you say in a loud voice, 'I do wish you'd try!'
Who seems not to notice the things that you do.
And forever is losing a sock or shoe?

Who, resisting or not lets you do as you will,
With bathing and feeding, the long day to fill?
Is that what you're thinking? Is that what you see?
Then open your eyes, nurse, you're not looking at me.



I'll tell you who I am as I sit here so still,
As I do at your bidding, as I eat at your will.
I'm a small child of ten with a father and mother,
Brothers and sisters who love one another.

A young boy of sixteen with wings on his feet,
Dreaming that soon now a lover he'll meet.
A groom soon at twenty--my heart gives a leap.
Remembering, the vows that I promised to keep.

At twenty-five, now, I have young of my own,
Who need me to guide and a secure happy home.
A man of thirty, my young now grown fast,
Bound to each other with ties that should last.

At forty, my young sons have grown and are gone,
But my woman's beside me to see I don't mourn.
At fifty, once more, babies play 'round my knee,
Again, we know children--my loved one and me.

Dark days are upon me--my wife is now dead.
I look at the future and shudder with dread.
For my young are all rearing young of their own,
And I think of the years and the love that I've known.

I 'm now an old man and nature is cruel.
'Tis jest to make old age look like a fool.
The body, it crumbles--grace and vigor, depart.
There is now a stone where I once had a heart.

But inside this old carcass, a young guy still dwells,
And now and again my battered heart swells.
I remember the joys, I remember the pain.
And I'm loving and living life over again.

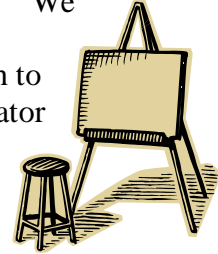
I think of the years, all too few--gone too fast.
And accept the stark fact that nothing can last.
So open your eyes, people--open and see
Not a crabby old man. Look closer, see ME!!





News

- ❖ An Alzheimer and Dementia Workshop was held on October 18th. We hope this workshop was informative and helpful. Please let us know about other topics you would like to explore. We will plan to host a workshop in the new year with our Pastoral Care Coordinator Pat Bates who will teach volunteers interested in pastoral care and one-on-one visits with our residents.
- ❖ Our next Palliative Care Volunteer meeting will be January 17th at 6:30 p.m. in the OT Room. The team is working on a Palliative Care Brochure to promote the role they have in supporting our residents and families.
- ❖ Please remember to swipe in as you come to visit and swipe out as you leave. We keep a monthly log of volunteer hours and if you don't use your card, our records are not accurate. If you do not have a swipe card, please let us know. If you forget your card, we now have a clipboard at the front entrance for you to sign in and out. Thanks in advance for your cooperation!
- ❖ We are still in the interviewing process for a new Volunteer Coordinator. This honorarium will not be filled until the new year. Please continue to contact Linda, Karen or Niki if you have any questions or concerns. Please direct resumes/inquiries for this position directly to Linda Bell at 275-5631, ext. 235 or at l.bell@shorehamvillage.com.



- ❖ Grade Nine students from CAMS, along with CAMS Guidance Counselor Terri Cochran, visit every Tuesday from 10 a.m. to 11 a.m. They help in crafts, Wii, games and manicures. Our residents are enjoying their visits very much.

Life is not measured by the number of breaths you take, but by the number of moments that take your breath away! Enjoy the moments.



Christmas Schedule



Watch the Main Bulletin Board for possible changes or additions to these programs.

Dec.4 ~ 2:30 to 3:30 pm

Salvation Army Visits

Dec. 5 ~ 2:30 to 3:30 pm

December Resident Birthday Party

Dec. 9 ~2:00 to 4:00 pm

Ladies Auxiliary Resident and Family Christmas Party

Dec. 14~ 6:00 pm

**Christmas Tree Decorating in the Main Lounge for Residents, Families, and Staff. Come Join in the Fun!
Please call 275-5631 ext. 233 or 235 if you can come. Please bring an ornament for the tree!**

Dec. 15 ~2:00 to 3:00 pm

Clergy and Choirs unite for a Special Christmas Service

Dec. 16 ~2:00 to 3:00 pm

Christmas Variety Show. We would love you to share your Special talent with us and be a part of our show. Call 275-5631 ext. 233 or 235.



This is a fun time for all our Shoreham Family!

Dec. 19 ~ 5:30 pm

Resident Outing to see Christmas Lights



Dec. 20 ~ 2:00 to 3:30 pm

Resident and Staff Christmas Tea and Sing Song with Lola





Dec. 24~ 1:30 pm

A Visit from Mr. and Mrs. Claus!

Dec. 30 ~ 2:00 to 3:00 pm

New Year's Party, Come join in the fun!

Reminders



- ❖ Please let us know if you have a change of address, phone number or e-mail, so we can keep you informed about happenings in the Home as well as the happenings in the Volunteer Department
- ❖ We hope you are enjoying your volunteer experience. If you would like a change in programs, please let Linda, Karen or Niki know. Sometimes a change is good and exciting. We would like to hear from you and be there for you!
- ❖ We have a Volunteer Phone Tree in place and have recently used it to inform our volunteers of our recent respiratory outbreak. We appreciate your patience while we went through our month of closure. Our residents missed your visits so much.



- ❖ Please remember that we are coming into the flu season. Do not visit if you are sick and please use the hand sanitizer while visiting and before you leave. Please let Linda know if you have had your flu shot. The Department of Health & Wellness requires us to report the numbers of staff and volunteers who received their flu shot.
- ❖ Please check out our website at www.shorehamvillage.com to see our current calendar and Volunteer Newsletter. We hope to use the Volunteer Section to add areas of interest for our volunteers.





Thank You



Thank you to those volunteers who played the role of our residents in our emergency exercise October 16th. We appreciated the giving of your time on Sunday morning. It was a great learning experience for us all. We will be in contact again in another three years.

Thank you to Chester Municipal Recreation & Parks for the \$800 grant to assist with the recruitment training and retention of our most valuable resource, our volunteers! Thanks also to the Shoreham Village Auxiliary who funded lunches out this summer and fall for many residents. They also funded six new card tables.

A Story Worth Telling: *Rain*

It was a busy morning, about 8:30, when an elderly gentleman in his 80s arrived to have stitches removed from his thumb. He said he was in a hurry as he had an appointment at 9:00 am. I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided, since I was not busy with another patient, I would evaluate his wound.

On exam, it was well healed, so I talked to one of the doctors, got the needed supplies to remove his sutures and redress his wound. While taking care of his wound, I asked him if he had another doctor's appointment this morning, as he was in such a hurry. The gentleman told me no, that he needed to go to the nursing home to eat breakfast with his wife. I inquired as to her health. He told me that she had been there for a while and that she was a victim of Alzheimer's Disease. As we talked, I asked if she would be upset if he was a bit late. He replied that she no longer knew who he was, that she had not recognized him in five years now.

I was surprised, and asked him, "And you still go every morning, even though she doesn't know who you are?"

He smiled as he patted my hand and said, "She doesn't know me, but I still know who she is."

I had to hold back tears as he left, I had goose bumps on my arm, and thought, 'That is the kind of love I want in my life.'

The happiest people don't necessarily have the best of everything;
they just make the best of everything they have.

Life isn't about how to survive the storm,
but how to dance in the rain.

We are all getting older.

Never look down on anybody, unless you're helping him up.
Life without God is like an unsharpened pencil - it has no point.





Needed

We still need old necklaces & beads for our Jewelry Class, as well as:

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| <ul style="list-style-type: none"> ✓ Volunteers for an Advisory Committee (quarterly meetings) ✓ Newsletter Committee ✓ Sensory Programs ✓ Socials | <ul style="list-style-type: none"> ✓ Assisting residents with meals—training available (see schedule below) ✓ Friendly Visitors ✓ Snoezelon Room Visits |
|--|--|

If any of these programs interest you, please see Linda. The feeding schedule is as follows:

<u>A WING</u>	<u>B WING</u>	<u>C WING</u>	<u>D WING</u>	<u>E WING</u>
Breakfast 8:15	8:30	8:45	9:00	8:50
DINNER	12:20-30	12:45	12:30	12:40
2 EARLY DINNER TRAYS 11:30	3-4 EARLY DINNER TRAYS 11:30	3 EARLY DINNER TRAYS 11:30	5 EARLY DINNER TRAYS 11:30	3 EARLY DINNER TRAYS 11:30
2 EARLY SUPPER TRAYS 4:30	4 EARLY SUPPER TRAYS 4:20	2 Early SUPPER TRAYS 4:25	3 EARLY SUPPER TRAYS 4:20	3 EARLY TRAYS 4:20
Supper 5:00	4:50	5:15	5:15	5:10-20



If you have any ideas or suggestions to improve the Volunteer Program, please let Linda know. We will be happy to hear your ideas. And, if you know of anyone who would like to volunteer, please pass on our name and number.

What Volunteers are Doing at Shoreham



Bingo Every Wednesday from 2:15 p.m. – 3:30 p.m., volunteers assist residents in bingo. You can point out numbers, repeat numbers and then watch for actual bingos. This helps support residents so they can be as independent as possible (training available).

Hand Wax This program is a one-on-one activity with flexible hours (once a week Wednesday to Sunday for one or two hours). It involves bringing the resident to the OT room to receive wax therapy (training available).

Snoezelen Room This one-on-one program, with its flexible time frame of one to two hours weekly, offers a special sensory experience with different equipment for the residents (training available).

Please Note: All our volunteer-assisted programs start with you working with a seasoned volunteer until you are comfortable working on your own. For more information, contact Linda Bell at 275-4857, ext. 235 or e-mail at l.bell@shorehamvillage.com.



The Nicest Present

Under the tree the gifts enthrall,
But the nicest present of them all
Is filling our thoughts with those who care,
Wanting our Christmas joy to share.
To you, whom we're often thinking of,
We send our holiday joy and love.



Questionnaire

1. How many years have you been volunteering at Shoreham?
2. Do you think we should nominate a volunteer to the Chester Municipality for their Provincial Volunteer Week in April? If so, what criteria should we follow?
3. How should we celebrate and thank you for your contributions to Shoreham?
 - Party in April's Provincial Volunteer Week
 - Summer barbeque
 - Not Necessary
 - Send/say thank you
 - Other _____
4. What would you like to see in this newsletter?

We do want to hear from you so please take a few minutes to answer these questions! Watch for our Spring 2012 issue. If you would like to contribute articles, please send them to Linda or the recreation team.

MERRY CHRISTMAS