



# SHOREHAM NEWS

## OUR VISION

A leader in excellence and innovation in Long Term Care.

## OUR MISSION

To provide a high quality living experience for those who call Shoreham home.

## OUR VALUES

### Integrity

Being honest, ethical, respectful, open and transparent.

### Quality

Ensuring a high quality, safe and caring environment within our resources.

### Teamwork

Embracing diversity and fostering innovation and creativity through teamwork, collaboration and partnerships.

### Joy and Fun

Creating a comfortable, enjoyable environment where residents and their families are the focus and staff and volunteers are recognized and valued.

## Shoreham Village Holiday Update

Families are invited to join their loved ones during Christmas Season activities!

The December Calendar will be available on December 1, 2016 where all our regular entertainers and programs will be posted.

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

### BUSINESS OFFICE HOURS:

The Business Office will be closed on the following days during the holidays:

- December 26th – Closed
- December 27th – Closed
- January 2nd – Closed

### CHRISTMAS REMINDERS

- Only artificial trees are permitted in resident rooms due to fire regulations.
- We have a scent-free policy. Please purchase unscented products when purchasing gifts for loved ones. We request that you contact a florist for recommendations for non-toxic, unscented plants or flowers.
- Toxic plants, such as poinsettias, are not permitted.
- In accordance with fire regulations, we are asking that Resident room doors not be decorated for the holidays.

### GIFT IDEAS

Brushes, hair dryers, curling irons, electric razors, hair accessories, covered elastics, envelopes and stamps, calendar, blush, lipstick, unscented personal care items, warm socks, lap blanket, bags of cheesies, photograph albums, fleece bed sheets, shawls, iPod shuffles, and batteries. Please do not purchase bar soap for residents. If you are searching for ideas for loved ones, you can ask the wing staff who may have suggestions for you based on what residents may need as well.

### SHELLFISH ALLERGIES

This is a reminder that we have staff with severe shellfish allergies. If you would like to bring in shellfish for your loved one,

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Date	Time	Event
Dec. 1	11am-1pm	Resident craft sale
Dec. 1/2	Various	Decorating the Home for Christmas. Call 902-275-5631 ext.233 if you'd like to help
Dec. 2	2-3pm	Salvation Army visit
Dec. 6	6:30-7:30pm	New Hope hosts the December resident birthday party
Dec. 8	2:00-3:30pm	Christmas Tree decorating party
Dec. 9	1:30-3:30pm	Resident & Family Christmas Tea hosted by SV Auxiliary
Dec. 15	2-3pm	Christmas church service with all of our clergy
Dec. 16	2-3pm	Christmas Tea with music by Lola
Dec. 19	5:30pm	Christmas Lights resident outing
Dec. 23	11am	A visit from Mr. and Mrs. Claus

## WELCOME NEW VOLUNTEERS!

Donna Tutty  
Molly Dunsworth  
Melissa Offman

Welcome back Sharon  
and Wayne Arnold

## WELCOME TO THE FOLLOWING NEW STAFF

Saradh Ashok  
Brittany Conrad  
Angela Jessome  
Rajvinder Kaur  
Felicia Sawler  
Gijo Varghese  
Brenda Zinck

## SHOREHAM VILLAGE AUXILIARY

Gerri Allen, Chair

## SHOREHAM VILLAGE FOUNDATION

Janet Creaser, Chair  
Gregor Fraser, Treasurer  
Eric Christiansen  
Nancy Murray  
Susan Patillo  
Lara Parsons  
Sandra Matthews

## BOARD OF DIRECTORS

*Shoreham Village is governed by a volunteer Board of Directors.*

Susan Neilson, Chair  
Patsy Brown, Vice-Chair  
Nancy Timbrell-Muckle  
Nancy Guest  
Elizabeth Henheffer  
John Frizzle



## Message from the CEO, Janet Simm

There is no more fitting time for us to say thank you for all of your support and your feedback.

Before we usher in the New Year, we want to express our appreciation and convey to you our ongoing commitment to continuous improvement. It is our privilege to support individuals residing at Shoreham Village and their families.

On behalf of the Board of Directors and staff of Shoreham Village we wish all the best for this holiday season. May your Christmas holiday be filled with cheer, warm memories, and happiness.



**Victor Hiltz,** resident, learning how to use an iPad and a CAM grade 8 student who partners weekly for lessons.

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please speak with Melissa Houghton, Manager of Nutrition Services at extension 229. Shellfish should be heated and eaten in the OT room and we would ask that you stay with your loved one while they enjoy it. If you are storing food items in the refrigerator in the OT room, the items must be labelled with the date and name of the resident. These supplies are available in the OT room.

There are many residents with specialized modified diets so before offering any resident any food items, please check with the staff to ensure they are able to have what is being offered.

## MEALS WITH RESIDENTS

Christmas is approaching and we encourage families to visit. We will be offering Christmas Dinner and New Year's

Day Dinner to resident families. We are able to accommodate 20 people for each of these dinners. If you would like to attend, please purchase a ticket from the Business Office for \$10.00 before December 12th.

## RESIDENT OUTINGS

If you plan to take your relative out on pass over the holidays, please contact the RN 24 hours in advance, so the resident's medications can be prepared. Also a reminder that when taking residents out of the building, they must be signed out on the clipboard at the Nursing station desk near C, D, E wings.

## CLOTHING

Our Seamstress is available Tuesdays and Thursdays. Gifts for residents should be labelled prior to being wrapped. Please contact Roxanne Hume, Seamstress at extension 231 to make arrangements.

## Introducing Inez Coolen, Resident



Hello, my name is Inez Coolen. I was born in Blandford on February 1st. I have three brothers, Ernest, Mervin, and Ambrose and two sisters, Lilly and Mildred. We lived in a big grey house in the country. I went to a one-room school house which was very cold in the winter. My school was primary to grade 12 where there were around 60 students.

I married my husband Lester on November 17th at Trinity Church in Halifax. I wore a dark blue dress. We had five children together; three daughters, Marion, Catherine and Lesta and two sons, Ernest

and Phillip. I was a full time wife and a mother. I loved camping with my family in Mill Lake, Hubbard's.

My best memories are taking my children to the beach in Fox Point. The beach was within walking distance of our home and the children loved it there. My main hobby was sewing. I used to make my own clothes.

My favourite holiday is Thanksgiving because I have so much to be thankful for. It is also a time when my family would all get together. I don't like to use the word proud, but I'd say that I am happy that my children grew up to be good people and got a good education.

I am also very happy that I am learning to use an iPad. If I had to give someone advice on how to live a happy life, I would tell them to take care of their health, meet new people and make friends, and to be good to your family and friends. I would also tell them to enjoy and cherish each day, because you never know what tomorrow will bring.

*Inez has recently accepted the position of Co- Chair for Resident Council.*

## SINCERE THANKS TO:

**John Tatlow** who faithfully comes in every Tuesday morning to clean residents' glasses. He not only cleans glasses but donates everything you need to do this job. Thanks John, you are special

**Dawn Hardwood Jones** for the gift of music. Every Thursday afternoon Dawn, accompanied by other musicians, lead our residents in the old familiar tunes. Vintage Voices is supported through a program called 'Musical Friends' by St. Stephen's Anglican Church and Chester Municipal Heritage Society though grants from the Federal Government's New Horizons, The Anglican Foundation of Canada, the Chester Municipality, the Alexander Fleming Pattillo Memorial Foundation and private donations.

**The Municipality of Chester** for approving a grant to allow therapeutic drumming for our residents.

**NSSC, Bridgewater** for donating four desktop computer and accessories for more residents to use.



**Pictured is the new awning that was purchased by our Shoreham Village Auxiliary.**

## Resident Care - Flu Update

With the fall comes flu season. Flu vaccines are being given to residents and their pneumovax vaccines are all up to date. There are clinics planned for staff to receive their vaccine as well. High vaccination rates among residents, staff, volunteers and visitors are essential to protect the residents and prevent influenza outbreaks. Influenza can lead to serious complication for seniors including pneumonia and death. The vaccine is readily available in the community from your doctor or pharmacist.

Generally, there is a greater risk for outbreaks in the winter months. Outbreaks can be respiratory (fever, sore throat, cough) or gastrointestinal (vomiting and diarrhea). These illnesses are very contagious and spread quickly in nursing homes. If you are ill, please do not visit the facility until you are feeling better (e.g. symptom free for 24 hours). What is a little cold to you, may be an outbreak among the residents! It is not only the illness that affects the residents. The required precautions and restrictions are difficult for them because many activities and daily programs must be cancelled and visitors are limited.

When you do visit, please wash your hands often. There are numerous alcohol hand sanitizer dispensers throughout the facility.

## Resident and Family Survey Results

We are pleased to provide the overall results of the recent surveys. There was excellent participation; 65% of residents who were able to participate completed the survey and 57% of all family members participated.

Residents were asked to rate overall quality of services, staff approach, the physical environment, activities, the care, privacy, security, food services and medical care. The questions were rated 1 to 5 and only 4 and 5 responses were included as positive results. 1, 2 and 3 were rated as needs improvement. The overall satisfaction with the quality of care was 72% positive. The response to whether the resident would recommend Shoreham was 75% positive. 97% of residents responded positively to feeling safe at Shoreham.

Of the 44 questions asked of residents 19 (43%) scored over 80% positive, 9 scored under 70% (20%).

Families were asked to rate overall quality of services, staff, the physical environment, activities, communication. Again, the questions were rated 1 to 5 and only 4 and 5 responses were included as positive

results; 1, 2 and 3 were rated as needs improvement. The overall satisfaction with the quality of care was 73% positive. The response to whether family would recommend Shoreham was 77% positive 92% of families responded positively to feeling their loved one was safe at Shoreham.

Of the 29 questions asked of families 12 (41%) scored over 80% positive, 7 scored under 70% (24%).

The survey results will help us prioritize our work on things that are important to both residents and families in improving the quality of care and services at Shoreham.

The full survey results will be shared at November resident and family councils, staff meetings and then posted within the facility. Please feel free to discuss the results with any member of the management team.

## Build a Bed

As some of you may have noticed, there is a huge puzzle of a bed in the main lounge outside the dining room. The puzzle represents the resident beds that require replacement at the Home. The Shoreham Village Foundation is fundraising for these beds and is urging the community, family and friends to help in this effort by purchasing puzzle pieces or a complete bed in memory of a loved one.



Each puzzle piece costs \$160 and once 19 pieces have been purchased, one bed can be replaced. Essentially it is breaking the cost of a bed down into 19 manageable and more affordable pieces. Family members or friends can come together to support this initiative by sharing in the price of one or more pieces and help us to Build a Bed or purchase a complete bed in memory of a loved one. A puzzle piece makes a great Christmas gift or a gift in memory of a loved one.

Piece by piece we will puzzle together comfortable and safe beds for our residents to enjoy. Please help with this cause by mailing a cheque to the "Shoreham Village Foundation, 50 Shoreham Village Crescent, RR#1 Chester, NS B0J 1J0" or call the Business Office at 902-275-5631 extension 221 to make a credit card payment. Please note "Build a Bed" on all cheques.

## Smoking Notice

We would like to remind all individuals that smoking is only permitted in designated smoking areas.

A large number of cigarette butts continue to be found daily in the visitor parking lot and around the main entrance. Smoking is not permitted in these areas. Please ensure that cigarette butts are disposed of in designated smoking areas.

Thank you for your co-operation

## A Holiday Message from Residents, Staff and Volunteers



Let the spirit of love gently fill our hearts and homes. In this loveliest of seasons, may you find many reasons for happiness. We wish you and your family, Season's Greetings and a joyous New Year.

May your holiday sparkle with moments of love, laughter and goodwill, And may the year ahead be full of contentment and joy. Have a happy holiday with many blessings during the season and always. Best wishes for a happy and prosperous New Year.



## For Sale: Kitchen Island

Oak cabinet (36" x 35") with solid maple butcher block top and shelves. Can be put on wheels.

Custom made by Pride Kitchens of Chester Basin and donated to the Shoreham Village Foundation as a fund raiser for Shoreham Village Nursing Home.

It's valued at \$700.00! If you are interested in making an offer, please see the Business Office.



In October, a few members of the Chester Legion came in and did a program called Harvest Hoot. Music, treats and fellowship was enjoyed by all.



Volunteer, Jack Rowberry making pretzels with residents.

## Shoreham Village

Contact Us: 902-275-5631 + Extension

\* Indicates voice mail

### Resident Care

A/B Nursing Office *	268
C/D/E Nursing Office*	224
Central Station	223
A Wing*	238
B Wing*	239
C Wing*	241
D Wing*	240
E Wing*	247
Staffing & Admin Officer*	232
Manager, Resident Care*	242
Mgr., Resident Care Programs & Services*	246
Physio Assistant*	237

### Recreation

Recreation Programmers*	233
Hairdresser*	243
Mgr, Rec & Volunteer Services*	235

### Dietary

Kitchen*	225
Director, Nutrition Services*	229

### Environmental Services

Seamstress*	231
Maintenance*	230
Director, Support Services*	227

### Administration

Office Asst./Business Office*	221
Finance*	222
Chief Executive Officer*	234

## Get Shoreham News Online!

Shoreham News is published and distributed to residents, families, staff, volunteers & visitors. It is also available on our website or you can sign up to receive it by email. [www.shorehamvillage.com](http://www.shorehamvillage.com)

## Compliments? Concerns? Suggestions?

We want to hear from you! Contact us at [info@shorehamvillage.com](mailto:info@shorehamvillage.com) or 902-275-5631 ext.221.