

Shoreham *News*



Issue 13

December 2014/January 2015

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MISSION

Shoreham Village supports and encourages resident dignity, individuality and independence in a safe, caring environment.

VALUES

Shoreham Village believes that all of us should be governed by certain values. These values will enhance the quality of life of our residents and the quality of our relationships with other employees, residents' family members, volunteers and visitors.

OUR SIX VALUES:

- Respect
- Organizational Support
- Safety
- Communication
- Teamwork
- Fiscal Responsibility

Message from the CEO



This is a special time of year. Our employees, volunteers and residents are busy decorating for Christmas, preparing special food and getting ready for a month of celebration and fun. Christmas and New Years present an unique opportunity in our calendar year - an opportunity to look back with gratitude and to look forward with hope.

We have much to be thankful for at Shoreham. Every day we are reminded of the generosity of others. Through the commitment of our volunteers and community partners, we see others giving freely of their time and talent and doing so much to enrich the lives of those who live and work at Shoreham. Equally we are reminded of the tireless efforts and dedication of our employees who ensure that every resident receives the best possible care and quality of life on a daily basis. However, most especially at this time of year, we put a special focus on our residents and their families to ensure the holidays are as joyous as possible.

It is also natural at this time of year for us to remember, in particular, those residents who have been such a big part of our lives and who have left us. We are grateful for the privilege of having shared in their lives and we will always cherish our memories of them.

The coming year presents ongoing opportunities for growth and continuous improvement building on steps we have already taken. Our strategic partnership with Northwood will enable us to continue implementing our quality improvement plan and deliver on our commitment to fully adopt a resident centered care model. Our wonderful employees will continue to grow together in providing excellent care and working as a team.

On behalf of the employees of Shoreham, we wish you and yours all the joys of the season and a healthy and hopeful New Year.

Alice Leverman, CEO



Environmental Services and Food & Nutrition Services staff spread Christmas cheer delivering hot chocolate topped with marshmallows, chocolate chips, whip cream, candy canes and wishes of Merry Christmas to colleagues and volunteers.

Get to Know Shoreham Online!

Whether it is learning more about Shoreham and what we have to offer or seeing what our residents, staff and volunteers are up to, you can check it all out online.

The newly redesigned Shoreham Village website provides a wealth of information about our home, helpful resources for seniors and caregivers, our newsletter and events calendars as well as career opportunities. Check it out at www.shorehamvillage.com and on Facebook!

You may also like to visit the Shoreham Village Volunteer Services Facebook page to see more of how our volunteers enrich the lives of our residents.

Milestones

Congratulations to **Jean and Walter Chandler** who celebrated their 70th wedding anniversary on November 25.



Welcome to New Staff

Wendy Hamm, LPN
Tanya Zwicker, PCW

Welcome to New Volunteers

Sandra Bezanson
Jerry Cavanaugh
Angela Coupe
Blanche Diamond
Harvey Flemming
Carol Lundman

Shoreham Village Auxiliary

Gerri Allen, Chair

Shoreham Village Foundation

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

Board of Directors

Shoreham Village is governed by a volunteer Board of Directors.

Susan Neilson, Chair
Patsy Brown, Vice-Chair
John Campbell
Nancy Guest
Nancy Timbrell-Muckle



Donald Barry tells us a little bit about himself.

Donald Barry – Resident, Volunteer, Musician

I was born December 7, 1928, in my parents' house in Maitland. My mother's name was Stella and my father's name was Winifred. I have four brothers and four sisters - Phyllis, Pearl, John, Ivan, Ray, Jean, George, and Shirley.

My life growing up was wonderful. I made wagons and sleighs and then we would use them to create a lot of fun for ourselves.

I attended Maitland school until I was in grade 7; this is the last grade that I completed. I became a dairy farmer and also I owned an excavation business where I operated heavy equipment such as bulldozers.

I met my wife Florence at a dance. Together we had four children Gregory, Melinda, Steven and Wade. We have eight grandchildren and two great grandchildren. After Florence passed I married Dot and later married Adrienne.

My favourite social events and activities are guitar playing and anything musical. I play the guitar, piano, and fiddle and enjoy playing cards and dancing. I also like to garden and to keep busy. Playing hockey was a favorite sport in my younger years.

"I play the guitar, piano and fiddle and enjoy playing cards and dancing."

- Donald Barry
Shoreham Resident

My favourite food is chocolate. I love dogs and I used to have a dog, named Scooter, he was a Boston terrier and was very smart.

I bought my first car when I saved up enough money to afford one. I used to drive a school bus for children to go to and from school.

This past summer Donald worked very hard at Shoreham raking, cutting branches, gardening and other outside activities. Thank you Donald for helping us to keep our grounds looking so great over the summer.

Steak anyone?

Steak, baked potatoes, veggies and pie were on the menu for the nine residents who helped prepare and enjoy the recent men's group meal. Donald Bell, Jerry Cavanaugh and Maurice Zinck helped pull it all together and Melissa Houghton cooked the steaks to perfection!

Staff Profile – Carole Webber

Carole Webber is just two years away from her 30 year service award. Twenty-eight years ago she started working at Shoreham in the kitchen. After 10 years she was offered the opportunity to take the PCW course at Harbourview Haven and has been in resident care ever since. She is now a CCA. She recalls some of her earlier years and the delicious meals cooked and served by the administrator, Mr Wright, at the Staff Appreciation night. She has also enjoyed the staff get togethers over the years.



Carole Webber considers herself lucky to work alongside her colleagues at Shoreham, some of whom have become her closest friends.

For Carole, Shoreham is a special place. She tells how the residents become your second family - you laugh with them and cry with them and you are heart broken when they are gone. Hearing a resident say, "I don't know what I'd do without you" makes her day.

She also considers herself lucky to work alongside her colleagues, some of whom have become her closest friends.

"Hearing a resident say "I don't know what I'd do without you" makes her day."

In her spare time, Carole enjoys spending time with family - her children and grandchildren. She takes some time out for wreath making and occasionally gets her hands dirty in the garden.



Eric and Ellen Haynes dropped in to sing a few songs on C-wing.

And the winner is...

The winners of the Auxiliary His and Hers Gift Basket draw at the *After Ever After, with a twist* dinner theatre are Arthur Armstrong and Hughena Parmier.



Our First Snowball

On November 25, residents, staff, families and volunteers dusted off their dancing shoes and filled the dance floor at our first ever "Snowball Dance". An evening of dancing and refreshments was enjoyed by all who attended the dance, providing a great kick-off to the Christmas season. Thank you to Calvin Armstrong for providing the music for this special event.

Building a Healthier Workplace

The past year has been a busy and productive one for the Healthy Workplace Council (HWC) and we look forward to building on our successes in 2015.

We end 2014 with a focus on financial wellness, an incredibly important issue for all of us in the workforce. Financial insecurity has a far-reaching impact on employees and the organization - stress, mental health issues, increased absence and decreased productivity. Employees at Shoreham will have an opportunity to explore their financial situation with an experienced advisor. Through a partnership with RBC an advisor will be on site on a monthly basis to provide one-on-one consultations for employees.

In 2015 HWC objectives will include health promotion, nutrition, mental health and issues of interest to women. We will also explore a smoking cessation program for employees. HWC will continue to proudly promote our Employee Assistance Program, a confidential, independent support resource for staff and their families. We look forward to participating in the 2015 Heart and Stroke Foundation's Big Bike ride, hoping to get more participants and raising even more money for a great cause.

The HWC's journey has just begun. We strive to find initiatives that support and celebrate our colleagues in their work and personal lives. The HWC thanks our members for their commitment, enthusiasm and ingenuity, as well as all those who partner with us in our work. Shoreham is a diverse and caring community of good people doing exceptional work. The HWC will continue in their commitment to support staff to work and live to their full potential.

Correction

In our November story, 'Twenty minutes in their shoes, Virtual Dementia Tour' we quoted Greg McCurdy. His name should have read Greg McGrady. Our apologies to Greg for this error.



GIFT IDEAS FOR RESIDENTS

Give your loved one the gift of music with an ipod shuffle (with AC adapter and earphones) loaded with their favorite music. We can help you load the music.

Combs, brushes, hair dryers, curling irons, 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, pillows, shawls. Please, do not purchase bar soap for residents.

For more information please contact Recreation & Volunteer Services at recreation@shorehamvillage.com.

Recognizing & Celebrating Excellence

Do you work with someone who is a great team player? Is there someone who has demonstrated true leadership? Does someone always seem ready to above and beyond to support residents and staff?

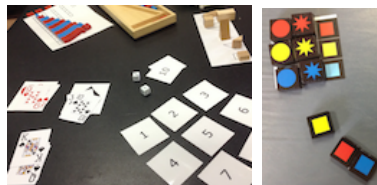
This year, in addition to recognizing employees with long service to Shoreham, we will be presenting three new awards to employees who demonstrate outstanding leadership, teamwork, and service to Shoreham Village on an ongoing basis.

Employees are invited to nominate a colleague or a group of colleagues who meet the criteria for the awards. Award recipients will be selected from those nominated by a committee representing the Board of Directors, the Leadership Team, and the Healthy Workplace Council.

The awards will be presented at the annual Staff Appreciation event to be held in February (details to follow). Award recipients will each receive \$100.00 plus an award. Their names will also be engraved on a plaque, which will be displayed prominently at Shoreham.

Nomination forms and award criteria are available in the Business Office. The deadline for nominations has been extended to January 8.

** If you have any questions, please contact your Manager.



Residents will benefit from activities received by staff and volunteers at a recent Montessori workshop offered by Donna Ray, where she demonstrated techniques and approaches for working with those with to dementia.

Compliments for a job well done.

Our residents who work very hard volunteering: **Donald Barry** – for helping in the kitchen, yard work, stacking chairs, a jack of all trades.

Dot Condon – our number one ticket seller.

Audrey Somerville – for looking after the fish.

Harry Walker – for delivering the newsletters.

Bobby Young – for delivering the morning newspapers.

Our employees:

Juanita Boutilier – for helping out with the coffee. She saved her colleague a lot of time.

Lorna Collicutt & Naomi Hartlen – for their compassion in singing to a resident at end of life.

Caitlin Coolen and Renee Smith – for always helping at busy times and never refusing to support colleagues.

Lori Evans, Barry Dorey, Gaye Ernst, Tonya

Noseworthy – for helping to put up C-wing curtains. They just wouldn't give up until they were done.

Jillian Harlow – for stepping up to the plate when we worked short staffed. She will make an amazing RN.

Irene Keyes – for helping in the dining room, portering, residents' programs, and always lending a hand. Thanks Irene, we appreciate you.

Tammy Leopold – for all the extras she does, including managing the High 5's.

Angie Lohnes – for all the help she has given the 50-50 draw. We could not do it without her help.

Irene Rafuse – for bringing in treats and homemade goodies for the staff.

Corina Tanner and Shelby Mason – for working so well together.

Sheila Schnare, CCA – for making unique and special birthday cards for each of our residents.

HIGH FIVE! (CONTINUED)

Calvin Armstrong for supplying music for our snowball dance.

Robert Hyson and family for purchasing specialized equipment for the Snoezelen room in memory of Janette Hyson

Donna Ray for leading staff and volunteers in a very successful Montessori workshop. We are very fortunate to have her on our team.

Corina Tanner for donating a Christmas box for raffle with proceeds going to Resident Council.

John Lyle for donating a special chair for use by the palliative care volunteers who support residents and their families at end of life.

Laura Webber for her donation to the Music and Memory project.

Nataleen Zinck for searching specialized music for ipod shuffles for several of our residents. She has been an important team member on the Music and Memory project.

Education Sessions

for Staff & Volunteers

RBC Financial Wellness

This session for staff is designed to help them plan for their present and future financial wellbeing.

December 15, 2:00pm in the Training Room

Evacuated Training

Staff are encouraged to participate in one of these sessions to update their knowledge of using the Evacuated.

January 8, 2:30pm & 2:45pm

January 15, 2:30pm & 2:45pm

Receive ShorehamNews!

Shoreham News is published monthly. The newsletter is distributed to residents, families, staff, volunteers, and visitors and is also available on our website:

www.shorehamvillage.com

If you would like to be added to our distribution list please contact:

info@shorehamvillage.com



Home Improvements

Our new phone system is installed and the automated voicemail system is being upgraded. Please note our menu has changed but if you know the extension you are calling you may enter it.

Cable television is currently being upgraded to digital. While the wiring will be completed later this week the digital boxes will likely be installed in early January.

The newly renovated shower room in C-wing will be operational by the end of this week!

If you have any questions please contact Gaye Ernst, Director of Environmental Services, at 275-5631 ext.227 or g.ernst@shorehamvillage.com.

CHRISTMAS REMINDERS

* If you would like to join a loved one for Christmas Dinner at Shoreham, please contact the Business Office for a ticket prior to December 15.

* If you are taking a loved one home for Christmas or New Year's day, please contact the director of Food and Nutrition Services, Melissa Houghton, at ext. 229, before December 15. This will help us with our meal planning over the holidays.

* 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 Resident Care areas.



Safety Tip of the Month – Ice and Snow, Here we go!

A few simple measures can make it safer to walk outdoors in the winter. Removing snow and ice, putting sand or salt on areas where people walk, and wearing the right footwear all make a big difference. For more ideas check out www.canadasafetycouncil.org.

Upcoming Events

- **Caregivers Nova Scotia Monthly Support Meeting, First Wednesday of each month, 1:30-3:30pm, Aspotagan Heritage Trust, Hubbards**

Caregivers NS offers a caregiver support group for Hubbards/Chester and surrounding area.

For more information contact Jennifer Briand at 1-877-488-7390 or visit www.caregiversns.org.

- **Christmas Service, December 11, 2:00pm**
- **Auxiliary Christmas Tea for Residents and Families, December 12, 2:00pm**
- **Christmas Tree Decorating Party, December 16, 2:00pm**
- **Board Meeting, December 16, 2:00pm – 4:00pm**
- **Resident and Staff Christmas Tea, December 19, 2:00pm**

Do you have compliments, concerns or suggestions?

We want to hear from you!

Contact us:

info@shorehamvillage.com

or 902-275-5631

Tell us what you think

NEW!!

Check out our new and improved website!

www.shorehamvillage.com

Holiday Office Hours

December 24 – 8:00am-12:00pm

December 25 – Closed

December 26 – Closed

December 31 – 8:00am-2:00pm

January 1 – Closed



Grandpa was telling his young grandson what life was like when he was a boy.

"In the winter we'd ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy was amazed, and sat silently for a minute. Finally he said, "Granddad, I wish I'd gotten to know you a lot sooner!"