

Shoreham News

NEW!

OUR MISSION

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

OUR VISION

A leader in excellence and innovation in Long Term Care.

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.



Issue 15

March/April 2015

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Message from the CEO

After a long, cold and snowy winter, we look forward to spring - a time of hope, holding the promise of new beginnings and renewal. At Shoreham we are engaging in a process of ongoing renewal, implementing "Rebuilding our Future", a plan to improve our organization day by day. We'd like to share a few ideas with you.

Begin to gently but seriously identify the key areas of your life that need some work and plan specific improvements – work, relationships and health. Are there things that are keeping you from reaching your potential? The Employee Assistance Program is there to support our staff in doing this. As an organization, our improvement plan charts a course for addressing areas we need to strengthen.

Get outside for exercise and spend time in nature. Take hikes, plant a garden, or enjoy time outside with a friend. These activities support a healthy body and mind and contribute to overall wellness. As the weather warms, our residents look forward to getting outside with the assistance of family members, staff and volunteers and our Healthy Workplace Council will have lots of recommendations for staff.



The Staff Appreciation event on February 26, was a lot of fun. Shown here clockwise from top: Christine Schnare, Andree Bergeron, Sonja Bell-McCorriston; Barb Corkum; Board Members Patsy Brown and Nancy Timbrell-Muckle; and Kim Levy and Colleen Baker.

Renew all aspects of your life. Go through your piles of papers, your closets and cupboards. At Shoreham we are reviewing our policies and procedures and reducing duplication in our processes.

Spring is also a good time to take steps towards being more earth-friendly. Be conscious of where things come from and where they go, re-using and recycling where possible. Shoreham has taken steps to be more earth friendly, including no longer using styrofoam dishes and reducing waste.

Reflect on your habits. Are they making you stronger, happier, healthier? March is Nutrition Month. In this issue of ShorehamNews we share a few tips. Increased vitality and improved health will change how you view your life and how much energy you have to create positive change.

Do something that uplifts you. Doing for others or contributing to building community life can bring many joyful experiences. Shoreham always welcomes new volunteers! Come join us in spreading joy and fun to our residents.

Finally, take time to celebrate successes, big and small. Read on to see how we recently celebrated our staff.

Happy Easter!

Alice Leverman, CEO

Shoreham Shows Staff Appreciation

Nearly 90 staff and guests gathered for Shoreham's annual Staff Appreciation night at St. Stephen's Parish Hall on February 26. Staff were served dinner and had an opportunity to win any number of amazing door prizes and awards donated by the Auxiliary and Foundation, including gift certificates for local businesses. A gift basket was generously donated by Dr. Jarvis. The mood was set with music provided by Cynthia Myers and Jazzette and the hall was decorated by Charlotte Devereaux.

In addition to giving Long Service Awards to 17 employees, Shoreham presented its new Awards of Distinction in three categories: Leadership, Teamwork and Resident Focus.



Welcome to New Staff

Craig Ephgrave,
Environmental Services

Jayne Strecko, RN

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



Coral Janes came to Shoreham in March of 2014, and enjoys living in the same building as her sister, Nina.

From Blandford to Montreal and Back

My name is Coral Janes. I was born August 9, 1922 in my parent's bedroom in our home in Blandford. My father's name was Warren Gates and he married Sadie Publicover. I had three brothers Hardy, Malcolm, Steward, and two sisters Nina and Gloria. I was the middle sister.

"My favourite place is Blandford. I used to love and still do love going home."

I loved growing up right on the water. We had no running water or flush toilets in our house; we had an outhouse. I loved to be outside, playing on the beach, swimming and fishing.

I attended Upper Blandford Elementary School until grade 10, when I moved to Halifax to do housework and later worked in the post office.

It was in Halifax that I met Roy Walter Janes, also known as Brigg. We were married and lived in Halifax for two years and had two children, Margo and Douglas before moving to Montreal where we had two more children, Rodney and Warren. Now I have seven grandchildren and six great grandchildren.

"I have had an amazing life and I look forward to many more years at Shoreham."

- Coral Janes
Shoreham Resident

During the summer we would drive to Blandford from Montreal and I would make lunch for the children on the way in the car. I loved moving into my house in Blandford. Every week we would go camping in different places. I did go to Florida once but I found I didn't really enjoy it that much.

My favourite place is Blandford. I used to love and still do love going home. As for food, I love lobster, seafood chowder and homemade bread.

I have had an amazing life and I look forward to many more years at Shoreham living in the same building as my sister Nina.

THROUGH YOUR EYES!

Do you have pictures of your favorite activities at Shoreham? A special moment with a resident? A colleague or team doing what they do best? Send them to us at info@shorehamvillage.com for our next issue!

Celebrating Volunteerism

"The selfless giving of time and energy by volunteers deserves celebration," reads the Municipality's website. Each year the Municipality of the District of Chester celebrates the many important contributions that volunteers make to our communities. The municipality invites community organizations to nominate a volunteer to be recognized at their annual volunteer ceremony.

"It is a pleasure. Bringing joy to someone's day makes it all worthwhile."

- Richard Eldridge, Shoreham Volunteer

Shoreham was pleased to nominate Richard Eldridge, the longest serving volunteer at Shoreham Village, as this year's municipal award recipient. Richie, as the people at Shoreham call him, has been sharing his love of music with residents, staff and visitors for 39 years. He plays at the home a couple times a month with different groups.



Richard Eldridge has been volunteering at Shoreham for 39 years, coming each week to share music with the residents. Here he is shown "then" and "now". Well, not quite now. The bottom photo was taken in 2002. Richard, you haven't aged a bit in the last 13 years!

Richard was selected from all of the nominations received by the municipality to represent the Municipality of Chester at the Provincial Volunteer Awards Ceremony in Halifax, which will be held during Volunteer Week April 12-18, 2015.

Shoreham also nominated Charlotte Corkum who has been an active volunteer since 1990, helping with weekly devotions, laundry folding, church services and sensory programs.

Derrek and Joan Swinemar, who began volunteering at Shoreham in 1989, received the family nomination. They lead spiritual hymn sings, help with wiener roasts in the summer, bake when we need cookies, help at socials and what ever else we ask them to do.

We are grateful to have these loyal volunteers sharing their gifts with us at Shoreham for so many years. Thank you to all of our dedicated volunteers. You bring so much joy to the residents and make Shoreham a better place.

Shoreham Shows Staff Appreciation (continued from page 1)

"We are lucky to have so many great people at Shoreham. This event and these awards pay tribute to the difference they make in the lives of our residents and the high level of respect they have earned from their colleagues," commented Alice Leverman.

The **Leadership Award** recognizing exceptional leadership qualities on a day to day basis, holding themselves to a high level of integrity and motivating others to do their best, was awarded to Cara Bremner, LPN and Gaye Ernst, Director of Support Services.

Cara is "a great source of inspiration", respected by colleagues for going above and beyond expectations and being prepared to mentor and support staff in reaching their potential. One colleague said of Cara, "I wouldn't be half the nurse I am today without her."

Gaye, who also received a 25 year long service award, has built a strong team of diverse people who put the residents first and serve other departments by always making sure they have the support, supplies and skills they need to excel. Colleagues admire her ability to tap into the unique strengths and abilities of each member of her team and instill a desire in others to do their best. "Gaye has allowed us to soar," commented one colleague.

The **Outstanding Resident Focus Award** was presented to Continuing Care Assistant Debbie Harlow, for her significant contribution to the care and quality of life of residents, placing residents and families first and working in a collaborative way with colleagues. Debbie, who has been with Shoreham for 25 years, is described by coworkers as being honest, reliable, kind, caring, compassionate and hardworking. She is a member of the transfer team, continually teaching and demonstrating the proper use of protocols to ensure every transfer is a safe one.

Amanda Coté received the **Teamwork Award** for her outstanding commitment to Shoreham's values, support and care for her co-workers and her significant contribution to creating a positive work environment - whether it is ensuring a resident's physical care is done in an exemplary manner or re-stocking supplies so that her colleagues have what they need.

One colleague said, "Teamwork is the glue that keeps the team together. Amanda is the glue."

Candidates were nominated by their peers.

* To see more photos from the event please visit us on Facebook.



March is nutrition month!

Brushing up on nutrition knowledge and replacing bad habits with good ones can make a big difference in our energy level, our resistance to illness and our ability to handle stress.

Shoreham employees can take advantage of these services:

- Nutrition support program
- Fitness Coach Connects online
- Stress Coach Connects online

All EFAP services are confidential and accessible 24/7/365.

WWW.WORKHEALTHLIFE.COM
1-800-387-4765

DID YOU KNOW?

The Department of Health and Wellness (DHW) has made changes to the Service Eligibility Policy and Facility Placement Policy.

In an effort to support timely, efficient, and appropriate access and usage of long-term care (LTC) and to improve wait times for long-term care services, DHW has revised these two policies as part of implementing the Long Term Care Waitlist Action Plan. The revised policies came into effect March 2, 2015, and are available on the Department's website.

Phase I of the action plan is focused on improving the efficiency of existing beds by placing only those whose care needs can no longer be supported in the community and are ready for placement on the wait list, removing the deferral option and by introducing response time standards in an effort to reduce vacant bed days.

Phase II (Fall 2015) of this initiative will include DHW consultation with key stakeholders to establish a new approach to consistently and systematically prioritize clients on the LTC waitlist, based on their need or level of risk.

HIGH FIVE!

Compliments for a job well done.

All Resident Care staff working the night of February 7 – for demonstrating their commitment to teamwork. Colleagues from all wings were helping as needed and supportive. Thank you!

Wendy Hamm – for coming in early even though the roads were bad, and offering to help in any way that she could. "Thanks Wendy. You are awesome."

Tristan Page – for shoveling a path through the snow so that residents could get outside safely.

Clarence Rafuse – for shoveling after a day of working in environmental services.

Long Service Award Recipients

10 Years of Service

Ruth Daniels
Angela Lambert

15 Years of Service

Donna Robar
Darlene Foster
Renee Smith
Nancy Lambert

20 Years of Service

Christine Schnare
Marie McLain

25 Years of Service

Gaye Ernst
Marlene Hamm
Shari Richard
Trudy Connick
Debbie Harlow

30 Years of Service

Melinda Walker
Barbara Corkum
Sherry Haley

35 Years of Service

Gail MacInnis

Education Sessions for Staff & Volunteers

Teambuilding

Shoreham is partnering with South Shore Health and the Department of Health and Wellness to deliver Building a Better Tomorrow Together Program (BBTT) training sessions for teambuilding. A session on Roles & Responsibilities will be held **March 12, 1:30pm-4:00pm**. More teambuilding & collaboration sessions will take place in April.

Feeding with Sensitivity

The training will provide Dining Room Volunteers and Feeding Assistants with the information, awareness, confidence and support they will need to support residents.

April 23, 1:00pm-3:00pm

* For more information please contact Corinne Webber, Volunteer Coordinator, at 275-5631 ext.246 or volunteer@shorehamvillage.com.



Nutty & Fruity
Quinoa Salad with
Maple Vinaigrette

Nutrition Month 2015: Healthy Eating 9 to 5!

Healthy workplaces are the foundation for any organization. They promote employee health and well-being, while reducing organizational costs and improving employee performance.

Healthy eating before, during and after working hours can be very challenging for many households. Here are a few tips to get you through the day.

- Need to get out the door fast, prepare for your day the night before!
- Make extra for supper and pack the leftovers for lunch the next day.
- Prepare for breakfast and supper the night before by washing and chopping fruit, setting up dishes and coffee for the morning and then wash and cut your vegetable, cook the grains and marinate meats for supper.

Planning ahead reduces stress, saves money and improves mealtime enjoyment. Find this yummy recipe along with many others at:

<http://www.cookspiration.com>

For more information contact Melissa Houghton, Director Nutrition Services.

Handle with Care

The Workers' Compensation Board has been facilitating train-the-trainer and program development workshops focusing on safe resident handling programs in long term care facilities. Workshops have been delivered in the Southwest and South Shore regions. Other regions will follow. The goal of these sessions is to help workplaces implement effective and evidence based safe resident handling programs and to build a local network of facilities that can help support each other.



Safety Tip of the Month

Prevent slips, trips, & falls!
With the weather we have been having snow and ice cover almost every outside walking surface.

- Walking is something we do without thinking, we all need to be reminded to be careful when walking, both inside and outside.
- Pay attention to your footwear, the floors, sidewalks and other surfaces you need to walk on!
- Check floors regularly to be sure they are clean and dry.

Helping to Make Mealtimes Enjoyable

We all know that eating well is important for our bodies, but it's also important for our psychological well-being. For the elderly, eating well can be hard to do. Changes in sight, smell and taste, difficulties with co-ordination, and dementia, can diminish interest in food and can make eating difficult.

In nursing homes, meal times are demanding: hurried staff are pressed to ensure everyone receives nutritious meals in a relaxed and pleasant environment. Volunteer Services is actively seeking volunteer Meal/Feeding Assistants.

Our Director of Nutrition Services, Melissa Houghton, has developed training on feeding with sensitivity, which will provide volunteers with the information, awareness, confidence and support they will need. "It is pretty simple," she says, "it's about learning to be sensitive to the challenges faced with eating, so that needs can be better met. Through staff mentoring and training, volunteers can confidently provide the help they love to give." The first session is April 23, from 1:00 to 3:00 pm.

If you would like to volunteer or for more information about this training opportunity please contact Corinne Webber, Volunteer Coordinator, at 275-5631 ext.246 or volunteer@shorehamvillage.com.

Compliments? Concerns? Suggestions?

We want to hear from you!

Contact us:

info@shorehamvillage.com

or 902-275-5631

ShorehamNews is Online!

ShorehamNews is published and distributed to residents, families, staff, volunteers, and visitors.

It is also available on our website:

www.shorehamvillage.com

If you would like to receive ShorehamNews by email please sign up on our website!

Upcoming Events

- **March Birthday Party, 2:30pm**
- **Volunteer Appreciation Night, April 14, 6:00pm-8:00pm**
6:00pm Awards. 7:00pm Refreshments. Please RSVP to recreation@shorehamvillage.com or 275-5631 x 233
- **Board Meeting, April 28, 2:00pm – Board Room**
- **Family Meeting, April 30, 6:30pm – Board Room**