

# Shoreham *News*



Issue 3

November 2013

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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.

Each newsletter will feature one of Shoreham's values.

## SAFETY

Shoreham Village is dedicated to provide a safe and secure environment and is committed to ensure that all safety regulations and procedures are followed and that issues are addressed quickly.

## Next issue

Communication

## The Flu Shot Challenge

Don't let 'bugs' get through. Be part of the safety fence around Shoreham Village. Stick it to the flu. Get vaccinated. Help us keep everybody safe from Influenza.

### **The challenge: Be a part of the safety fence around Shoreham Village**

Last year only 41% of our staff received the vaccine. This year, let's reduce the risk of serious illness for ourselves, our loved ones and the residents. Let's get 60% of staff immunized. Which department will get the highest percentage of immunized employees by January 15?

### **The reward: Reduce risk of serious illness! Win a prize! Celebrate success!**

The department with the highest immunization rate will win a prize. If we reach our goal of a 60% staff immunization rate by February 1<sup>st</sup>, we will all have a reason to celebrate. And we will!

Alice Leverman, CEO

*"Be part of the safety fence around Shoreham Village. Get vaccinated!"*



Alice Leverman, CEO, receives the flu shot and encourages everybody to also 'stick it to the flu' by getting vaccinated.

**Happy Holidays from  
Shoreham Village!**

## Partners in Quality

Among the many volunteers who help to make Shoreham Village the special place that it is are the twenty dedicated members of the Shoreham Village Auxiliary.

Established in 1979 to "help with the needs of the residents," the Auxiliary raises funds and hosts activities to support the quality of life for our residents. Each year the Auxiliary organizes two main fundraisers, the spring "Restaurant Draw" for a meal at one of the 30 participating restaurants and the fall dinner. This year's fall event was the very successful dinner theatre presentation of "Nick's Place."

The Auxiliary always welcomes new members to assist with hosting events for the enjoyment of the residents, such as monthly birthday parties, regular lunch outings in the summer and the annual resident and family Christmas party, which is being held this year on December 10.

"We appreciate all of the support we receive from the community," said Auxiliary Chair, Gerri Allen.



## Long Service Awards

At this year's Staff Appreciation nine staff received long-service awards.

10 years  
Wanda Naugler  
Tonya Noseworthy

15 years  
Jean Gale  
Nancy Richardson

20 years  
Effie Dominey  
Lorna Collicutt

25 years  
Jacqueline Caney

30 years  
Sherry Levy

35 years  
Linda Bell

## Shoreham Village Auxiliary

Gerri Allen, Chair

## Shoreham Village Foundation

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

## Board of Directors

Shoreham Village is governed by a volunteer Board of Directors.

Sue Neilson, Chair  
Patsy Brown, Vice-Chair  
Pauline Kelly, Treasurer  
Cait Maloney, Secretary  
Eric Hagen, Director



Sue Neilson, Shoreham Village Board Chair

## Our Board is in Good Hands

Following her graduation from the Saint John General Hospital School of Nursing, the University of Alberta and Queens University, Sue dedicated 38 years to delivering excellence in health care as a Registered Nurse.

Her career provided her the opportunity to live throughout Canada and around the world - including Africa, Asia, Australia, and Europe. She has worked with a number of municipal and provincial governments, as well as the federal government. Upon her retirement as Registrar and Chief Executive Officer of the College of Registered Nurses of Manitoba in 2009, Sue moved from Winnipeg to East River Point.

Now that she has time for volunteering, Sue was elected to the Board in 2011. She is pleased to give back to the community that she now calls home.

## Staff Appreciation Night

It was a dark and stormy night ... on November 27, when over 60 people turned out to celebrate the employees of Shoreham Village who contribute to making it a great place to work and live. Among those who received a special thank you were the nine staff marking milestones in years of service (listed at left).

The annual Staff Appreciation dinner is sponsored by the Shoreham Village Board of Directors to mark the dedication of Shoreham's over 170 staff. The Board serves the meal, which is prepared by the Auxiliary with support from Food and Nutrition Services.

The Shoreham Village Foundation contributed a \$500 gift certificate for White Point, which was won by Paula Cameron, resident-care staff. Congratulations Paula! We hope you enjoy a restful get-away.

As an organization we faced a number of challenges this past summer. Many staff pitched in and worked additional hours to help out. Two employees went the extra mile. Thank you, Darlene Foster and Anita Wilwand. Through their actions they showed an outstanding example of teamwork.

*"It is important that we take time to celebrate our efforts in the provision of the best care possible for the residents now and in the future. The Board recognizes each of you as an individual and as a team."*

*Sue Neilson*

*Chair of Shoreham Village Board of Directors*



Congratulations to Linda Bell for her 35 year long service award!

## Building a healthy workplace

Shoreham Village values its employees and is always looking for ways to improve the workplace. This month, three new initiatives have been started.

The Healthy Workplace Council is now up and running. The goal of the council is to promote a healthy work environment for employees at Shoreham. Their focus for the next year will be on promoting teamwork and building morale. The council will ensure that policies and processes are in place to support and enable a healthy workplace.

The new High Five initiative allows staff and family members to colleagues to recognize each those who have gone the extra mile in the life of a resident. Forms are available on the staff and family bulletin boards.

At this month's meeting, the Board approved the implementation of an Employee Assistance Program. More information on what this program will offer will be made available early next year.

## The Future of Resident Care

Long Term Care is undergoing significant changes with new facilities that offer innovative designs, new staffing approaches and a clear focus on resident-centered care. Providing the best quality of resident life is the driving force behind these changes.

The Centre on Aging at Mount Saint Vincent University, recently released the results of their study on the quality of resident life in nursing homes in Nova Scotia. Residents, families and staff from across Nova Scotia, participated in the study to share their perspectives on what provided a quality life in long term care facilities.

The study provided a lot of very valuable information about living and working in Long Term Care. The number one item was how important relationships are to residents, families and staff. No matter who the researchers talked to - residents, family or staff - relationships were the key element of a quality life experience. A second key element was homelikeness. All agreed that when a facility feels like home, looks like home, is clean and involved with the community, the quality of resident life is better.

Many facilities in Nova Scotia are developing a model of care to promote and improve the quality life experience of their residents by supporting relationships and homelikeness.



### GIFT IDEAS FOR RESIDENTS

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, walkmans, music, and batteries. Please, do not purchase bar soap for residents.

The Eden Alternative is one model that has done this successfully over the last 20 years. The number of homes using this model is growing in Nova Scotia, across Canada and internationally.

Shoreham Village is committed to working with residents, their families, staff and our community to create a model of care that is resident focused and that provides our residents with the best quality of life possible.

Our residents and their families deserve to have their choices and preferences respected in an environment that is less like an institution and more like a home. We believe that Shoreham Village is our residents' home and that we work in their home. Shoreham Village's future is full of opportunities and we are excited to work together, residents, families and staff, to make our residents happy in their home.

For more information about the Centre on Aging study please visit:

[www.careandconstruction.ca](http://www.careandconstruction.ca)

For more information on the Eden Alternative Model of Care, please see:

[www.edenalternative.com](http://www.edenalternative.com)

## CHRISTMAS REMINDERS

\* If you are taking a loved one home for Christmas or New Year's day, please contact the director of Food and Nutrition Services, Jordan Hunziker, at ext. 229, before Wednesday, December 11<sup>th</sup>. 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.

## HIGH FIVE!

Compliments for a job well done.

**Anita Wilwand and Karen Doucet** – for completing a six week leadership course.

**Shoreham Ladies Auxiliary** - for hosting a very successful dinner theatre presentation of Nick's Place.

**Tammy Leopold and Angie Lohnes** – for logistical support for the Staff Appreciation night.

**Food and Nutrition team** – for their support for the Staff Appreciation night.

## Influenza Myths and Facts

**Every year we are asked the same questions and hear the same concerns raised about the influenza vaccine. Here are two of the most frequently heard myths and the facts!**

**Myth: The flu vaccine can give me the flu.**

**Fact:** The flu vaccine cannot cause influenza because it does not contain any live virus. Flu vaccines only contain part of the more common strands of flu virus in order to prompt your immune system to create the right antibodies to fight off the real virus.

**Myth: I don't need the flu shot because I never get sick.**

**Fact:** You may not be at risk of serious illness but those around you may be more vulnerable. Even mild symptoms of influenza mean that you could be carrying it into the lives of your family, friends, coworkers and residents.

Source: Public Health Agency of Canada  
(<http://www.phac-aspc.gc.ca/chn-rcc/flufacts-eng.php>)



## Education Sessions

for Staff & Volunteers

### Personal protective equipment (PPE) Refresher

During December, staff will get an opportunity to refresh their skills around the use of personal protective equipment (PPE). PPE and hand washing are important 'tools' that protect staff and residents from infections.

### Back to Basics – Volunteer Orientation and Refresher\*

It's time again for another orientation and refresher for new and seasoned volunteers. Topics will include:

Person-centred care  
Infection Control  
Communicating with people with: deafness, stroke and dementia

Workplace Confidentiality  
Delivered by: Connie Duchene, Staff Development and Infection Control Coordinator  
**Thursday December 5th  
6:30pm – 8:30pm**

\* To register, please contact:  
Connie Duchene (ext. 244) or  
Corinne Webber (ext. 246)

## Share with Us!

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](http://www.shorehamvillage.com)

If you have story ideas or would like to be added to our Shoreham News distribution list, please contact Tammy Leopold  
Email:

[t.leopold@shorehamvillage.com](mailto:t.leopold@shorehamvillage.com)

Phone: 902-275-5631 ext 221

## Thanks to Our Volunteers

In our last newsletter we told you about the success of the Volunteer Job Fair. The credit goes to the many hard working volunteers who made the event possible.

On October 18th a large team of volunteers came together for the first time to showcase the jobs and roles volunteers they play at Shoreham Village. It was a chance for volunteers to see what each other did and to recruit new volunteers especially for specific programs that need more volunteer help to run.

Some volunteers put together wonderful presentations and displays. Others cooked soups and sweets, which we served to all our visitors. Still others set up and more cleaned up. Those who were here throughout the day proudly spoke about what they do and why.

Our volunteers made quite an impact; the comments and feedback have been glowing and many, many applications to join the team have come in. Only a few weeks later, Devotions, bingo, friendly visitors and the dining room – all programs that badly needed more volunteer assistance - all have brand new volunteers in orientation and training.

What a success! Thank you and congratulations.



Left to right – New volunteer Linda MacKinnon spends a moment with devotions team members Sharon Houghton and Charlotte Corkum.

## Holiday Office Hours

December 24 - Closing 12:30pm

December 25 - Closed

December 26 - Closed

December 27 - Closed\*

December 31 - Closing 2:30pm

January 1 - Closed

\*There will be Management Staff here on Friday December 27.

## "But...What do I say?" Conversation Starters

Have you ever felt tongue tied or have a fear that you will run out of things to say while visiting a resident? If you are visiting an older loved one or working with the elderly, here are a few questions to break the ice. For more tips and resources, stop by and visit our recreation team!

*Did any of your relatives come from other countries? Which countries?*

*What was your first car? How much did gas cost?*

*What was your first job? How old were you? What did you do with the money you earned?*

*What was your favourite family tradition when you were young? What is your favourite tradition now?*

## Upcoming Events

### • Resident and Family Christmas Party – December 10<sup>th</sup>, 2:00-3:30pm

The Ladies Auxiliary will be hosting this annual gathering. Please plan to join your loved one for this celebration.

### • Christmas Tree Decorating Party – December 11<sup>th</sup>, 6:00-7:00pm

Residents, Families and Staff will be decorating the Christmas tree. Please join us and bring an ornament. RSVP by contacting 275-5631 ext. 233 or 235

### • Christmas and New Years Day meals sign up deadline – December 11<sup>th</sup>, 12:00pm

If you would like to join your loved one for these meals please contact the business office. Tickets are \$10.

\* Friends and family are encouraged to join us for Christmas activities. For a complete calendar please visit our website ([www.shorehamvillage.com](http://www.shorehamvillage.com)) or check out the Recreation schedule on the bulletin board.