

Shoreham *News*



Issue 2

October 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.

ORGANIZATIONAL SUPPORT

Shoreham Village is committed to provide leadership in services to residents and excellence in long term care. Resident-centered care has been adopted as a model of care and Shoreham Village embraces resident individualism and choice as key components of this philosophy.

Next issue

Safety

Our Values

At Shoreham, we believe that our values should drive and sustain all that we do. Our values create a shared understanding about how we relate to our residents and their family, our community and to each other as colleagues and co-workers. Our values are central to what we do and that is why they are front and centre in our newsletter.

Shoreham's historical success was grounded in a collective commitment to a set of core values. The foundation of those values was honesty, trust and teamwork. As we move toward the future, that commitment to our stated values - respect, organizational support, safety, communication, teamwork and fiscal responsibility must remain if we are to achieve success.

Our strength at Shoreham comes from the combination of what we have in common, such as our values and our shared mission as well as what makes us different— our skills, our experiences and our perspective.

Foundation for success

Shoreham is supported by volunteers serving in many capacities. The Shoreham Village Foundation, incorporated in 1995, proudly and actively supports Shoreham by conducting fundraising activities, such as the annual golf tournament. The group also provides various means of giving through charitable bequests, life insurance, planned giving, as well as regular and memorial donations.

The funds raised enable us to maintain an excellent standard of care for our residents. Recently the foundation has given us fifty thousand dollars from their fund raising efforts to purchase equipment including resident beds, floor and ceiling lifts, foot care equipment, chairs for the resident lounge and a blood pressure machine.

Thank you to the Foundation and its members for this support and for the hard work of all those who supported the recent golf tournament. It was a resounding success.

When we all work together great things happen.

We grow and move forward as an organization and as individuals when we acknowledge and celebrate what we have in common, when we encourage and respect different points of view and different ways of thinking and when we work together as a team to achieve our shared goal of providing excellent care to our residents in a safe and caring environment.

Since coming to Shoreham, I have met many extraordinary people who live our values every day, often under the most challenging of circumstances – putting others before themselves and demonstrating through their actions, the meaning and power of shared human experiences. It is our individual and collective strength and our commitment to each other that will allow us to face our challenges and opportunities with optimism.

A handwritten signature in black ink, appearing to read 'Alice'.

Alice Leverman, CEO

Milestones

Happy Birthday to Idella Rafuse who will be celebrating her 100th birthday November 13.



New Staff

We would like to welcome some new members to our team!

Director of Resident Care
- Leanne McIntyre

Dietary Department
- Kerry Lynn Lenihan

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



Leanne McIntyre has joined Shoreham Village as our Director of Resident Care

Our New Director of Resident Care

Leanne is a senior nurse leader with extensive experience in health care. She has enjoyed many different roles and developed a unique set of skills and abilities, which she will share with Shoreham Village. She has worked as a staff nurse, nurse manager, clinical

educator and Healthy Workplace Consultant with Annapolis Valley Health and as well has experience teaching and managing in long term care.

Leanne is a highly motivated, dependable and compassionate registered nurse who is comfortable supervising and mentoring staff and working with teams to achieve results through learning and continuous improvement.

She enjoys working with residents, families, colleagues and other stakeholders to deliver quality care.

"I am excited to join the Shoreham family and to work with individuals and teams to support a renewed focus on resident-centred care and continuous quality improvement,"
Leanne McIntyre

New Bulletin Boards!

To help you find information we have installed new bulletin boards and updated some of our existing ones. A bulletin board near the entrance features a new theme each month. A family bulletin board located in the main corridor next to the residents' board, will have information important for family members. The volunteers' and staff boards remain in the same location. Please check in regularly to

Win-win program for Residents

This is our sixth year of partnering with the grade nine classes from the Chester Area Middle School (CAMS).

"We believe very much in this program," said Linda Bell. "It is a win-win situation for the students and our residents."

Every week 16 of these students visit with Shoreham residents for one hour. Each student is assigned to participate in a program with the residents, such as wii bowling, crafts, manicures, board games and cards.

"It is a good thing the students are doing by coming here each week. They do a good job and I love talking to the younger generation," said Edna Harnish.

Recently staff trained 32 students from CAMS in infection control, wheel chair training, confidentiality, dementia, rules and regulations and more.

"I am impressed with the power this opportunity has to bring out the best in our youth. I watched students who have not participated in any school-based activities "shine" as they interacted with the residents. They talked about how much fun working with the residents is. I cannot say enough about the benefits this program has for our students," commented Teri Cochran, CAMS teacher contact for the program.



Above: Chantal Dodge, CAMS student volunteer, giving Phyllis Levy a manicure. Below: Lem Kaizer is enjoying a game with grade 9 Blade Turner.



Influenza - What is the Big Deal?

The "Bug"

Influenza is an acute, viral disease of the respiratory tract. It is characterized by fever, cough, headache, sore throat, severe muscle aches and extreme exhaustion. The illness is easily transmitted through sneezes, coughs and touch.

Influenza is a significant cause of death in Canada, especially amongst the elderly and frail. Approximately 90% of deaths due to influenza are people 65 or older. Many of the deaths due to influenza can be prevented through immunization. Influenza immunization is safe and effective and is the single most important way to prevent influenza-related complications and deaths.

Our Body and Its Defenses

- Fever slows down the infection - the virus lives best at our normal body temperature.
- Antibodies of different kinds start the battle - It takes a while for our body to produce the right antibodies, leading to increased illness, headache, severe aches and pains, extreme fatigue, and the chest discomfort and cough.
- If our immune system is weak, pneumonia, respiratory failure and other chronic illness can occur.



RESIDENT COUNCIL CHRISTMAS RAFFLE

Tickets are on sale for a Christmas box. All proceeds support special programs. The winner will be drawn December 13. Tickets are \$2.00 each.

What can you do to outsmart the Influenza Virus?

- Keep your hands clean. Research shows that this virus can live on surfaces up to 8 hours. Wash your hands regularly and before and after contact with other people.
- Keep your hands away from your nose, eyes and mouth.
- Get the flu shot. The flu vaccine helps your body recognize the influenza virus and to know which antibodies are required to attack it.
- Keep the virus away from others. If you do get sick, please do not infect others in the community. Cough into your sleeve or thick tissues, and stay home.

Flu vaccine is effective in up to 90% of healthy adults. You cannot get influenza from receiving the vaccine. The vaccine does take up to two weeks to become protective, so it is possible to become ill with influenza within two weeks of being vaccinated. Side effects of the vaccine are mild and self-limited; serious allergic reactions are very rare.

Remember: Outsmart the virus with good hand hygiene and the flu shot. But if it does get you, please do not visit or come to work.

REMINDER

Please sign in and out when using the exercise equipment. If you are using the equipment and have not signed a waiver please see Linda for the form. This waiver needs to be completed before you use the equipment.

HIGH FIVE!

Compliments for a job well done.

All staff working the night of October 5th when there was a flood on A wing – For the commitment and dedication that every member of the team displayed in managing the situation and ensuring resident safety – an example of teamwork at its best!

Patricia Collicutt - For her tender loving care to our residents on C wing. We appreciate you Pat!

Cynthia Myers - For spending the last few weeks helping to clean up our gardens. Thank you Cynthia.

Corinne and Rodger Morrison - For the wonderful donation of 6 new pieces of equipment for the exercise room.

Corinne Tanner - For the wonderful donation of a Christmas box to be raffled off.

Dot Condon - For working every day selling fundraising tickets for projects for fellow Shoreham residents.

Linda Bell, Corinne Webber and their team of volunteers - For hosting a very successful volunteer fair. Congratulations on a job well done.

Sewer Do's and Don'ts

What goes down the drain? To ensure that our sewer system and pumping station stays in good working order and does not become clogged or damaged please follow these simple tips.

DO scrape excess grease into a container and dispose of it in the compost

DO place food scraps in compost containers for disposal and scrape off your dishes prior to washing

DO keep a wastebasket in the bathroom to dispose of solid waste such as the incontinent system and personal care products

DO use a strainer over the drain in your sink and empty it into the garbage regularly

DON'T pour or rinse fats, oils, thickened liquids or grease from cooking down the sink drain. These liquids congeal and clog pipes.

DON'T flush items such as disposable wipes, face cloths, incontinent products, dental floss, and bandages. These items can cause many problems in the sewage pumping station and should all be discarded in the garbage not the toilet.

DON'T dispose of paint, oil, pesticides or chemicals in the sink. These substances not only threaten the environment, they are a health risk to maintenance staff working on sewer systems.

Education Sessions

for Staff & Volunteers

Influenza information session

How it is spread, signs and symptoms, how it differs from a cold, and the use of tamiflu. A Lawton's pharmacist will provide this session. All are welcome.*

Wednesday, November 20
Wednesday, November 27
2:00pm

*Please RSVP to Connie
(c.duchene@shorehamvillage.com).

CPR refresher for staff

Actars will be available during the last week of November for staff to refresh their CPR skills.

Fire Safety Training for supervisors

Whether it is to update your skills or to complete the training for the first time, please make time to participate in one of these important sessions.

Wednesday, November 20
Friday, November 22

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.

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

Phone: 902-275-5631 ext 221

First Volunteer Fair a Success

Shoreham Village's first Volunteer Fair was attended by many potential volunteers. Corinne Webber, Volunteer Coordinator, was pleased with the turn out. "I am very happy. We received some serious inquiries from people interested in volunteering their time to support the facility."

Shoreham has many volunteer opportunities with something to match almost any interest, from visiting and devotionals to spending time with those in palliative care. If you missed the fair and would like to find out more about volunteering at Shoreham, please contact Corinne (details below).

WANTED – Volunteer Dining Room Assistants

If you would like to assist residents during meal time please contact Corinne Webber, Volunteer Coordinator
Email: volunteer@shorehamvillage.com
Phone: 902 275-5631 ext 246



FAREWELL!

Residents and staff attended a retirement party at the East Chester Recreation Association community hall to honor Lloyd McKnight and his faithful companion Maggie Mae. Lloyd and Maggie have been volunteering for eight years as one of the St John Ambulance therapy dog teams that visit at Shoreham each week. During the celebration Lloyd was awarded ATV Maritimer of the week. Congratulations Lloyd. We hope you and Maggie will still pop in from time to time to say hello.

RESIDENT SAFETY

A new policy from the Department of Health and Wellness requires that all windows accessible to residents, including ground floor level, must be restricted to an opening of no more than eight inches. This change is a result of recent deaths from residents climbing out of the window in two separate long-term care facilities. Maintenance will be making modifications to the windows to meet this requirement by December 15th.

Upcoming Events

• Immunization clinic - Monday November 4th, 1:30-3:30pm

This is a great opportunity for staff and volunteers to receive protection against influenza. If you can't make it at this time, please contact Connie to arrange a 'shot' at your convenience.

• Nick's Place, Dinner Theatre – Saturday, November 16th

Join us for a night of entertainment in support of the Shoreham Village Auxiliary. Set during prohibition in the 1930's and presented by the Accidental Actors and accompanied by a delicious dinner, the evening is sure to be superb. Doors open at 5:30pm. Dinner and theatre start at 6:30pm. Tickets are \$25 and are available at the Bank of Nova Scotia and Shoreham Village office.

• Staff Appreciation Dinner – Wednesday, November 27th

This annual event sponsored by the Board and prepared by the Auxiliary celebrates the many contributions towards resident care made by our staff. 7:00pm Reception. 7:30pm Dinner. Please register with Tammy.