

Shoreham *News*

April 2014

Inside this issue

Message from the CEO	1
Workplace Violence, Board Profile	2
Making Things Better, High Fives	3
Education Sessions and Upcoming Events	4



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.

Message from the CEO

"If nothing ever changed, there'd be no butterflies." --Author Unknown

"The journey of a thousand miles begins with a single step." --Lao Tzu

"You must be the change you wish to see in the world." --Mahatma Gandhi

The quotes on change are endless. Why are we drawn to them? Largely because the one thing that stays the same all over the world is that "things are always changing". Change is all around us, all the time---in our families, in our communities and in our workplaces.

So too, our world in long term care is changing. The needs and expectations of our residents, our families, our communities, our staff and our funders are different than they used to be. For that reason, the way in which we conduct our business and provide and high quality care must also evolve.

At Shoreham, we are on a journey of responding to today's needs and expectations in a new way that provides the best possible living experience for our residents and a supportive environment for our employees to reach their potential.

Every day we experience the opportunities and the challenges that change presents. Although sometimes we may feel overwhelmed or lose sight of the bigger picture, it is important that we continue to effectively engage, collaborate, communicate and work together to support the changes so necessary for us all.

I am grateful to our residents, families, community and our wonderful team of employees and volunteers at Shoreham for your shared commitment and perseverance in helping to "Rebuild our Future".

Alice Leverman, CEO

Getting it Right – 24/7

We are very fortunate to have a wonderful team of dedicated staff who have been at Shoreham Village for a long time. Many Shoreham staff have been here to support residents, families and co-workers through many changes over many years. Our new quality improvement plan, Rebuilding our Future, identifies a number of areas for improvement over the next couple of years and this will bring more new ways of doing things, which we know can be difficult for people. We are committed to supporting our residents, families and staff through these changes.

Scheduling is one of the first areas for improvement outlined in Rebuilding our Future and probably one of the most challenging. Any business open 24 hours a day 7 days a week will likely agree that scheduling is difficult and has a big impact on our employees. We understand how important it is for staff to have good schedules with reasonable time off. It is equally important to have the right number of the right staff to meet our residents' needs and provide them with the care they deserve.

Continued on page 3

Milestones

Name
event



Welcome to New Staff

Tabitha Nash, LPN

Welcome to New Volunteers

Name

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.

Susan Neilson, Chair

Patsy Brown, Vice-Chair

Pauline Kelly, Treasurer

Cait Maloney, Secretary

John Campbell

Nancy Timbrell-Muckle



Ashley Rafuse has been working at Shoreham Village for 15 years

Ashley is A+

Ashley Rafuse has been working at Shoreham since June 1999, through the Bonny Lea day program. Every Wednesday Ashley is here working in laundry services. She is a helpful and organized worker.

Ashley is also an accomplished athlete. She has won several gold, silver and bronze medals, bowling in the Special Olympics.

Ashley is an active member of the Royal Canadian Legion Branch No. 144 in Western Shore and often participates in parades as a flag bearer.

Ashley, your contribution to our team here at Shoreham is greatly appreciated. Thank you.

Violence - not part of the job

Healthcare workers are one of the professions with the highest risk for aggression. Violence in the workplace should not be part of the job. Nova Scotia has legislation requiring all workplaces to have a workplace violence prevention plan.

Shoreham Village is committed to providing training to staff to prevent violence and to protect themselves and residents. Training will begin with staff working on C Wing. Dates will be announced in the near future.

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Shoreham Village acknowledges that violence in the workplace is an occupational health and safety hazard that can cause physical and emotional harm. Shoreham Village views any acts of violence or threats of violence in the workplace as unacceptable. Shoreham Village is committed to establishing and maintaining a safe work environment.

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Shoreham's Workplace Violence Policy Statement

Our Board is in Good Hands

John Campbell joined the Board of Shoreham Village in early 2014. He has been the Bank Manager at the Scotiabank, Chester Branch, for the past three years. After completing an economics degree from Saint Mary's University, he has built his career with Scotiabank and the Bank of Montreal, with a particular focus on investment banking.

He believes in giving back to the community and does this in many ways – as an active volunteer with Junior Achievement, the United Way of Lunenburg County, the Sir Christopher Ondaatje Theatre Foundation and the JMT Finney Fund – to name but a few.

Growing up on the South Shore, John is an avid sailor and enjoys spending time on the water in the warmer months. After coaching hockey for many years he now hits the ice as a referee in the winter. A father of three, John currently lives in Chester Basin.



John Campbell joined the Shoreham Village Board of Directors in early 2014

Swing for Shoreham

Planning is well underway for the 2014 Swing for Shoreham Golf Tournament. Last year's event was a sold out success. We anticipate this year's event on June 27th will be too!

Registrations are rolling in and we hope to see many friends of Shoreham Village play or pledge support for the Shoreham Village Foundation's only annual fundraising event.

All funds raised are in support of our residents and staff and some much needed improvements to the facilities. Registration forms are available at the office and all donations - whether gifts, prizes, silent auction items or monetary support - are very welcome. See you on Friday, June 27th for our 9:00am tee off!

Getting it Right *(continued)*

Our scheduling team is working hard to improve how schedules are done at Shoreham. This is not an easy fix but we are committed to improving it. We are focused on giving staff the time off they have earned and deserve. We are hiring new people to help cover summer vacations and we have seen how great it is to be able to change an employee's schedule so they have time with their families and friends. We want to reassure everyone that we are making improvements with scheduling. This is a work in progress and we will need to keep up our efforts. Thanks to all for your patience as we work to make scheduling better at Shoreham Village.

Empathy is

seeing with the eyes of another
listening with the ears of another
and feeling with the heart of another

A new addition in the “kitchen”

The Food & Nutrition Department would like to welcome Kaila Saunders to Shoreham Village. Kaila is a graduate of Acadia University with a Bachelor of Science in Nutrition & Dietetics and is currently completing her Graduate Dietetic Internship to finish her studies in becoming a Professional Dietitian. Kaila will be here at Shoreham Village April 14 - May 23, for her Long Term Care rotation.

Please join us in welcoming Kaila to our Shoreham Team!

Board Highlights

Upcoming Board activities:

- April 28, Regular Board Meeting and June 16, Annual General Meeting

Memories

For a person with Alzheimer's or other dementias, the sense of touch can trigger memories in a way that other forms of communication cannot.

To stimulate tactile memories for someone with dementia, first figure out what items may hold special significance for that person. Did your they play a sport? An instrument? Spend a lot of time in the kitchen? The garden? The workshop? Collect relevant items in one location so they're easy to pull out when that person needs to be calmed or comforted.

The memory box can include any item that might mean something to the person with dementia:

- A baseball glove, trophy, sports jersey
- Gardening gloves, sun hat, pot of soil
- A family heirloom, childhood toy, favourite musical instrument

Some memory boxes have a theme with items relating to a specific experience like a trip to the beach or a walk in nature such as seashells, a pan filled with sand that is large enough to place feet in, a beach towel, suntan lotion, or pine cones, leaves, acorns and tree bark. The possibilities for what you might place in a memory box are endless.

The memory “box” could be a basket, a plastic container with snap-on lid, a designated shelf or drawer, or a shoebox. Enlist the help of grandchildren to decorate the box or contribute to the collection.

Have the person with dementia hold each item. You can talk about how it feels—bumpy, smooth, fuzzy, hard—and what memories the person associates with it.

Shoreham Village will be Walking in the Relay for Life in Memory of Roxanne Andrews.

Anyone wanting to join the team or sponsor us can go on-line to Roxies Rockets and sign up. The more the merrier. There will also be a sponsor sheet posted in the main corridor.

The relay is Friday, June 20, from 7:00pm until 7:00am. Hope to see you there!

HIGH FIVE!

Compliments for a job well done.

Tammy Leopold – for always lending a helping hand

Anne Venoit – for helping a colleague finish their work before going off duty

Environmental Services and ECO-Lab – for a job well done, stripping and waxing the Main Lounge floor. Thank you to ECO-Lab for donating their time. The floor looks great!

Colleen Baker – for her volunteer award, presented by the Municipality of the District of Lunenburg in recognition of her work with Punta Cana Beach Dogs

Chris Phillips, teacher at CAMS and grade 9 students, **Otto Stevens**
Jesse Zinck
Robert Voegel
Justyce Brazier
Colin Zinck
Ryan Harlow
Jesse Hamm – for building and donating two lovely planters

Patsy Brown – for donating a beautiful piano for the main lounge

DID YOU KNOW?

As many as one in seven Canadian children go to school hungry.

- Environmental Services Staff have been collecting refundable recyclables since last fall to contribute to the breakfast program at the Chester District School.
- They will continue to collect until the end of this year.
- If you would like to contribute, please see one of the Environmental Services staff.
- Thank you to Shirley Connors for spearheading this project and to the Environmental Services team for their kindness and generosity in supporting this worthwhile cause.

Education Sessions for Staff & Volunteers

Palliative Care Services Volunteer Training Program

This program, offered by South Shore Health, is available for volunteers who offer companionship and support to those living with life-limiting illness. The training involves seven evening sessions and one all-day weekend session. Pre-registration is required by contacting 634-7015. Fee \$65.

Beginning May 6



Barb Wilson shown receiving her Volunteer Award. L-R: Floyd Shatford, Denise Peterson-Rafuse, Gary Zwicker, Barb Wilson

Bravo Barb!

Barb Wilson was recently recognized by the Municipality of the District of Chester for her countless hours of volunteer service at Shoreham. In addition to drawing on her years of experience as a nurse while volunteering and supporting staff in caring for residents, Barb has also served on the Board of Directors and Shoreham Village Foundation. She currently chairs the annual "Swing for Shoreham" golf tournament.

NOW HIRING – Students

The Shoreham Village Recreation department is pleased to announce that they have received two summer student grants this year. The federal grant will begin at the end of June for 9 weeks and the provincial grant will begin at the end of May for 14 weeks. To be eligible for these summer staff positions candidates must be Grade 12 students going to university in the fall or university students returning to university in the fall. Please help us to spread the word! Resumes can be dropped off to Linda Bell, Director of Recreation and Volunteers Services or emailed to: l.bell@shorehamvillage.com



**Get Volunteering!
Interested?
Call 275-5631**

How are we doing? Help Us Improve Our Newsletter

The ShorehamNews has evolved based on feedback we've received from our stakeholders. Now that we have delivered our first six issues, it is timely that we check in with you again and see how we're doing. Please take a moment to complete a short survey that will help guide our future efforts. Thank you in advance for your feedback. **Take The Survey** or complete the insert and return it to the box at the entry.

Safety Tip of the Month – Workplace Safety



- Be aware of your surroundings – Know the hazards of your workplace so that you avoid potentially hazardous areas and situations. Always be alert around machinery.
- Protect your back – Use correct form while sitting or lifting to avoid back injury. Sit with shoulders in-line with hips. Avoid stooping and twisting.
- Use tools and machines properly – Never take shortcuts or use tools improperly. Taking shortcuts is the leading cause of workplace injury.
- Keep Emergency Exits clear – You will need to use them in case of emergency
- Report any workplace safety hazards or risks to your supervisor – This is key to preventing workplace accidents.

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 feedback, 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

Upcoming Events

• Alzheimer Society of Nova Scotia, Chester Caregivers Support Group

This group offers an opportunity for those who provide care and support for individuals with dementia to learn strategies to assist in care giving and resources. Meetings take place the last Tuesday of each month from 6:30pm to 8:30pm at Shoreham. For more information please contact Joan Parks-Hubley at 902-523-1614.

• Making the Most of the Years Ahead, April 23, 12:30pm-4:00pm

This free information session for seniors offered by the Mosaic Network will include "Getting your legal affairs in order", "Seniors Safety", "Conscious Aging and the New Stage of Life After 55". Bridgewater Fire Hall. For more information or to register email info@mosaicnetwork.ca or call 902-530-3901.

• Designer Fashion Exchange* Clothing Sale, May 13, 2:00pm-4:00pm

Family members are welcome to come and assist residents with shopping in the Main Lounge. A wide selection of spring fashions in a range of sizes will be available from their store in the Bridgewater Mall. Purchases may be made with cheque, cash, Visa, and Master Card. For more information please contact Mary Symons, Seamstress, on Tuesdays and Wednesdays at 275-5631 Extension 231.

• Volunteer Appreciation Night, May 29, 6:00pm-8:00pm

Mark the date! Volunteer Appreciation Night is our chance to say thank you to all of our volunteers.