

# Shoreham *News*

August 2014

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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

A good friend of mine recently retired. She is an exemplary model of success as a result of hard work and dedication throughout her working life. I have great respect and admiration for her, her many accomplishments and the contribution she has made throughout her career.

Over the years I have enjoyed listening and learning about the challenges of her work, and the opportunities and joy she has experienced not only from her time at the top, but also from her early days as a new recruit-and everything in between.

Recently, I asked her to tell me what she learned through her working career and what advice would she offer others.

Here are a few thoughts she shared with me, which she described as "pretty simple":

- Everyone is a person first and a client (or resident!), a colleague and yes even a boss second.

- Everyone wants to be treated with kindness and respect.
- Everyone is unique and has something special to contribute.
- If you want to be noticed, do something noticeable – something that will surprise others and brighten or lighten their day.
- Never be afraid to say "I don't know". When you do say "I don't know", be sure to add "but I'll find out".
- Don't be the one who "stirs the pot" or better still, don't listen to the one who "stirs the pot". Be better than that.
- Always put the interests of others ahead of your own.
- Strive for excellence, treat others the way you want to be treated, say thank you as often as you can, throw in a little hard work, thoughtfulness, kindness and gratitude and you've got it made.

Sounds like great advice to me.

Enjoy the rest of summer and all that this great time of year brings.

Alice Leverman, CEO

## Swinging Success!

More than 120 golfers turned out for Swing for Shoreham 2014. Thank you to all who organized and supported this fabulous event.

Shown here, golfers (top left) Jim Barkhouse and Eric Christiansen; (bottom left) Simone Cottreau and Linda Young; (right) Dianne Gilbert, Robin Gilbert and Linda Deeks.





## Welcome to New Staff

Justin Ernst  
Food and Nutrition  
Department

Emma Fleet  
Food and Nutrition  
Department

## Welcome to New Volunteers

David Adams  
Pam Adams  
Donna Ray  
Rhonda Webber  
Maurice Zinck

## Shoreham Village Auxiliary

Gerri Allen, Chair

## Shoreham Village Foundation

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

## Board of Directors

Shoreham Village is governed by a volunteer Board of Directors.

Susan Neilson, Chair  
Patsy Brown, Vice-Chair  
John Campbell  
Barbara Fry  
Nancy Guest  
Leigh Milne  
Nancy Timbrell-Muckle



Dot Condon is an active resident and member of our Shoreham Village community.

## Hello, my name is Dot

My name is Dorothy Condon. Most people know me as Dot.

I was born September 4, 1925, to Clarence and Jesse Swinemar. My parents didn't stop with just me; I was blessed with 2 brothers and 3 sisters.

As a child, I was very active. You could always find me playing in the great outdoors. I loved to walk to my grandmother's house and along the way I always made new friends. I was a known social butterfly. The neighbours would see me coming and offer me a cookie or two. This is also how I met one of my closest friends, Nancy.

I attended school in Western Shore, Nova Scotia. My first job was with Sears and I remained there for 18 years. I married a wonderful man and the love of my life, John Condon, on June 3, 1944. Together we raised our dear children, Gerry, Rick, Heather, Susan and Greg.

Through my years you could find me in the church choir. I spent many days enjoying the company of others there. I travelled to many different places. One trip in particular was unforgettable. I travelled to Jerusalem where I helped carry the cross; one of the most memorable times in my life.

I have always been someone who enjoyed helping others. I genuinely care for others and since I have been here at Shoreham that part of me has not changed. I like talking to other residents and being there however I can. I am also very well known as the "ticket lady". Selling tickets for the Auxiliary and the Resident Council is one of my passions here at Shoreham; not many people get by me without buying a ticket. 😊

I have had a wonderful, memory filled past and I look forward to many more memories ahead.



## WANTED – Video Editor

The recreation department is looking for a volunteer who could help us edit a short video of our residents. The video is set to music and shows some fun interaction with our residents.

\*\* Please contact the recreation department if you can help us with this summer project.

## Our Board is in Good Hands

Leigh Milne moved to Chester with her husband John Pece in the summer of 2007 and recently joined Shoreham's Board of Directors. Prior to moving to Chester from Vermont, Leigh spent most of her life in British Columbia.

After becoming a registered massage therapist in 1990, Leigh has practiced in British Columbia, Nova Scotia, Ontario and Hawaii. During this time, she was a faculty member at the West Coast College Massage Therapy in Victoria, BC; the Maui School of Therapeutic Massage; and the Aloha School of Massage Therapy in Maui, Hawaii.

Leigh is also a qualified personal trainer and is certified in the Iyengar yoga method. She enjoys traveling to Pune, India to study yoga every few years at the Iyengar Institute. Leigh leads yoga classes and workshops at her studio here in Chester and around the world.



Leigh Milne has recently joined the Shoreham Village Board of Directors.

## Family Matters

We appreciated the opportunity to share updates and have a discussion with those who attended the Family Meeting on July 15.

Positive changes are happening. The consistent assignment of staff to each wing; better scheduling of staff breaks to ensure resident care needs are maintained during break time; and greater understanding by staff of residents' needs, preferences and routines were noted by family members as examples of recent improvements. The support and willingness of family members to work with staff and management to continue to improve the quality of living for our residents was acknowledged. We encourage family members to bring any and all concerns forward so they can be followed up promptly.

With the many changes occurring at Shoreham because of the new model of resident care, it was agreed that family meetings will be held quarterly. The next meeting is scheduled for October 21.

## Putting Residents First

Resident focused care is a different way of thinking about the experience of seniors in long-term care homes. As an organization becomes more resident focused staff members ask themselves, "What does the resident and their family want?" Care is based on the residents' preferences and choices. It aims to help seniors to stay as active and independent as possible for as long as possible. At Shoreham, we are working towards being a resident focused home.

This has started with our assignment of staff to each of the wings so that they will get to know the needs, wishes and preferences of the people who live there. Already we are seeing some very positive changes, and we hope to see more and more as we continue on this journey.

Our secure C-wing is home to seniors who have Alzheimer's or dementia. These residents, particularly, need an individual and consistent approach to their daily activities. We are very pleased to announce that Nancy Richardson, RN, will be the team leader in this special area of our home. Nancy is committed to improving the quality of life for the residents living in C-wing. She believes that this will happen as we work closely with families of the residents, with the support of our volunteers and in collaboration with other health care teams and resources within our District.

**"I am happy to talk with anyone with a loved one living in C-Wing. Leave a message at the Nursing Office and I will get in touch with you."**

– Nancy Richardson, RN

We are confident that Nancy's leadership in C-Wing will help to make positive changes for residents and their families.

## Board Highlights

- We are pleased to welcome Barbara Fry, Nancy Guest and Leigh Milne to the Board.
- You may wish to see our annual report to the community at [www.shorehamvillage.com](http://www.shorehamvillage.com).



## Music for the soul

A few months ago we told you about a music therapy program that the Recreation Department was planning to pilot. The Recreation department is moving closer to launching the new Music and Memory project.

The idea is to introduce personalized music to residents with dementia through the use of iPods and headphones or speakers. We are very excited to begin this pilot and will soon be contacting families to learn the favorite songs, artists and genres of each resident.

**"If music is such an important aspect of people's lives from the time they are born, why is it that it doesn't really occur to us, as a society, to provide people with music when they can no longer do what is necessary to provide it for themselves?"**

- Dr Petr Janata  
University of California Davis, Center for Mind and Brain

The equipment needed to fully launch the program includes: iPod Shuffles, headphones, AC adapters; headphone splitters, external speakers; as well as iTunes gift cards and volunteer technical assistance. Some donations have been made to begin purchasing this equipment and we are very thankful.

**"Our dream is that every resident at Shoreham will have their own personalized music selection."**

- Linda Bell, Director of Recreation

\*\* The Recreation Department is welcoming donations of gently used equipment on residents' behalf. Alternatively, donations of iPod shuffles, earphones, iTunes gift cards would be graciously accepted. For more information please contact the Recreation Team.

Compliments for a job well done.

**Foundation and all those who helped organize and support a very successful Swing for Shoreham Golf Tournament** - On behalf of residents, staff and volunteers, thank you and congratulations. We are very grateful for all your efforts.

**Foundation** - Many thanks for their gift of \$60,000 to support the purchase of much needed equipment and furniture for Shoreham.

**Shirley Connors** – for helping out by putting E-wing clothing cart clothes away for us. E-wing was short-staffed and this was a big help.

**Sharon Myler** – for being so helpful whenever she can.

**Colleen Pepin** – for offering to help on D-wing. We were very thankful for her support.

**Anita Wilwand** - for being recognized by the Workers Compensation Board for sharing her knowledge of 'Safe Transfers, Lifts and Repositioning' at a conference with 8 other LTC facilities in western Nova Scotia.

**All staff at Shoreham (CCA's, LPN's, RN's, housekeeping)** – for helping when we work short staffed. It is so appreciated.

**Calvin and Judy Armstrong** - for their kind donation of a deep freeze for resident fundraising efforts

## DID YOU KNOW?

In this fiscal year (2014-2015):

- The Department of Health and Wellness approved a budget for Shoreham of \$7.2M, with \$1.7M estimated to be income from resident fees and the remaining \$5.5M coming from the Department of Health and Wellness.
- Salaries and Benefits for the approved 104 full-time equivalent staff positions account for \$5.8M or 80% of the budget.
- The approved budget for operations is \$927,424.
- The approved per diem rate is \$222.06.
- In June, the Department of Health and Wellness approved funding to install heat pumps on each of the five wings and to install a shower on C-Wing.



Left to right: Canada Day celebrations; Residents Coral Janes and Lydia Publicover prep strawberries; Nina Schnare and Bill Murphy are served by MLA Denise Peterson-Rafuse.

## It's Summertime!

For many of us summer is marked by opportunities to get together with friends and family. At Shoreham, a number of activities have been keeping residents busy. Many residents, family and friends celebrated Canada Day at our BBQ. Our local MLA Denise Peterson-Rafuse visited with residents and served them some tasty treats. On July 17, Shoreham held its popular Annual Strawberry Social.

Every summer Shoreham invites residents from long-term care homes in the surrounding area to join in celebrating summer. Many residents from far and wide look forward to this annual gathering. This year residents from Harbor View Haven, Lunenburg; Hillside Pines, Bridgewater; Hillside Acres, Greenfield; Rosedale Home for Special Care, New Germany joined Shoreham's residents for the occasion.

We would like to thank the Chester Save Easy and Keddys for donating strawberries, Food and Nutrition staff for building the strawberry shortcakes and Coastline who provided the music. We would also like to thank Farmers Dairy and Canadian Heritage for supporting our Canada Day celebrations.

## We'd like to hear from you

Do you have questions, concerns or compliments? Contact us.

### Chief Executive Officer

275-5631 Ext 234 or [a.leverman@shorehamvillage.com](mailto:a.leverman@shorehamvillage.com)

### Dietary Services

(Food and Nutrition)

275-5631 Ext 229 or

[m.houghton@shorehamvillage.com](mailto:m.houghton@shorehamvillage.com)

### Environmental Services

(Housekeeping, Laundry, Building, Grounds)

275-5631 Ext 227 or [g.ernst@shorehamvillage.com](mailto:g.ernst@shorehamvillage.com)

### Recreation and Volunteer Services

275-5631 Ext 235 or [l.bell@shorehamvillage.com](mailto:l.bell@shorehamvillage.com)

### Resident Care

(Nursing, Personal Care, Physiotherapy)

275-5631 Ext 242 or [l.mcintyre@shorehamvillage.com](mailto:l.mcintyre@shorehamvillage.com)

### Finance

275-5631 Ext 222 or [a.lohnes@shorehamvillage.com](mailto:a.lohnes@shorehamvillage.com)

✂ Clip this out and save for quick reference



## Safety Tip of the Month – Sun Safety

- UV rays are weakest before 11:00am and after 4:00pm. Plan activities during these times.
- Skin does not have to feel hot to get burned. Protect yourself even on cloudy days.
- Wear sunscreen with a sun protection factor (SPF) of 15 or greater, and apply at least 20-30 minutes before going outside.
- Wear UVA/UVB protective sunglasses, loose fitting cotton clothing and a hat.
- Stay hydrated by drinking plenty of water and juice. Alcohol consumption may cause dehydration.
- Stay indoors during extremely hot temperatures.

## 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 feedback, 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

## Upcoming Events

• **Board Meeting, July 29, 11:00am in the Shoreham Board Room**

• **Healthy Workplace Meeting, August 6 and August 20, 2:00pm**

• **Big Bike, August 6, 5:00pm**

Come out and cheer on the Shoreham Biker Babes who are riding in support of the Heart and Stroke Foundation and to promote a healthy workplace at Shoreham

• **Garden Party, September 6, 1:00pm – 4:00pm**

Families, friends, residents and staff are invited to join us in celebrating Continuing Care Month.

• **Family Meeting, October 21, 6:30pm in the Occupational Therapy room**

This meeting provides us with an opportunity to hear from families, address any issues they may raise and present an update on our progress.