

Shoreham *News*



Issue 20

December 2015

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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.

Message from the CEO



At this time of year, we tend to reflect on the events of the past year and make plans for the year ahead.

Our focus of the last twelve months has been on continuing our journey of improvement as outlined in our 2014-2016 plan – Rebuilding Our Future. Our partnership with Northwood has been a pivotal part of this process.

Through the continued collaborative and collective efforts of our residents, families, volunteers, employees, Northwood personnel, community partners and Board Members we are seeing results.

Our residents and families are more engaged in decisions that affect them and they are expressing confidence that their concerns and suggestions will be addressed in a timely and effective way.

Families, residents and staff are working together in an atmosphere of mutual respect and where the focus is on quality of care and quality of living for our residents.

There have been many changes for our staff and they are responding in positive and helpful ways. Many have noted that morale overall is improving. While staffing continues to be a challenge, new members of the team are expressing that Shoreham is a great place to work.

Our volunteer base is growing, as is community support.

2015 has been a year of challenge and change, with opportunities to learn, to grow and to become better. As we look ahead we are confident that 2016 will offer further opportunities to ensure that Shoreham remains a special place of love, peace and hope in our community and to all who live and work here.

On behalf of all of the employees of Shoreham, we wish you an enjoyable holiday season and a happy and healthy New Year.

Alice Leverman, CEO



On Sale Now!

Bring a smile to your face all year long with a Shoreham Village 2016 Calendar. Available at Shoreham Village Office, Chester Pharmasave, Light My Fire and Community and Shoreham Craft Fairs - \$20. Great gift idea!

Resident Care Updates

We are pleased to welcome **Wanda Inglis** as our full time day charge RN to assist with the flow of day to day operations.

We have also recently welcomed a number of international staff and anticipate more to come. They come to us from many areas and are not only joining us as staff but also as members of our community. Please join us in welcoming all the new faces you may see.

"They are not only joining us as staff but also as members of the community."

We are reviewing medications and advanced foot care needs to learn where we can make positive changes for our residents.

The recent Family Meeting provided updates from Nursing and Dietary as well as progress in relation to Shoreham's partnership with Northwood.



Welcome to New Staff

Janet Hall – RN
Wanda Inglis – RN
Gurleen Kaur – CCA
Sharon MacKenzie – CCA

** We are pleased to welcome nine CCA students from NSCC who are with us for three weeks and an LPN student from Memorial University who is with us for six weeks. **

Welcome to New Volunteers

Mya Robia

Orientation sessions are held monthly for new volunteers.

Shoreham Village Auxiliary

Gerri Allen, Chair

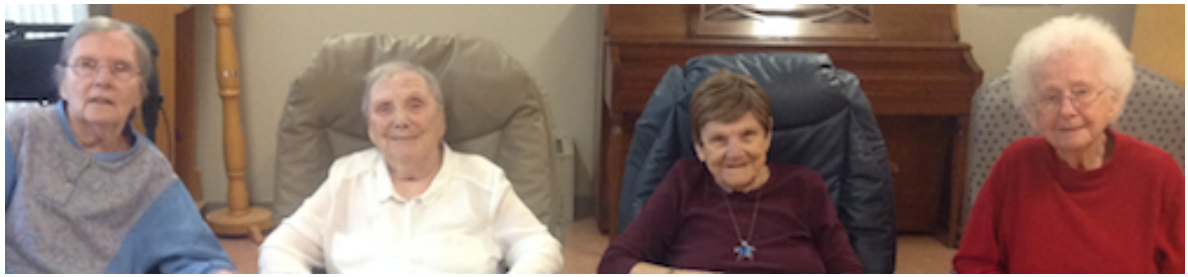
Shoreham Village Foundation

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



Sisters Frances Armstrong, Jean Chandler and Amy LaChance and their sister-in-law Greta Collicutt live at Shoreham Village

They're Not Quadruplets - But

Sisters **Frances Armstrong, Jean Chander, Amy LaChance** and sister-in-law **Greta Collicutt** all call Shoreham Village home. Frances and Jean even share a room.

There were seven children in the family: Amy the oldest, Purdy who married Greta, Doris, Murray, Jean, Jimmy, and Frances the youngest. Amy moved to Ontario while the rest stayed in Canaan and the Chester area. The three surviving sisters and Greta live together here at Shoreham.

They have fond childhood memories of climbing apple trees in the summer, sleigh coasting and building snow forts in the winter. They remember making molasses candy fudge and making homemade ice cream, beating it with a paddle.

The only way to make a few pennies was to pick and sell blueberries. These few pennies were important as it was how they could buy a kerchief for their head or if there was enough money to buy a pair of fleece bloomers. An older gentleman would come on horse and buggy once a month and some of the children would buy candy from him.

"At Christmas we had a tree...with real candles on it."

*- Jean Chandler
Shoreham Resident*

They all had our chores to do. Jean would have to make sure that the upstairs was clean on Friday afternoon after school. Amy was the hair cutter and Doris was the baker. Frances was the baby so she was too young to do chores.

On Sundays their dad would sing hymns for them to listen to and their mom was always humming and singing.

At Christmas they had a tree from the floor to the ceiling with real candles on it, which their dad would light and stand by for them to see and then blow them out. They had stockings with mixed nuts and peanuts, an apple and an orange. There was never a present under the tree. That was not heard of. They always had goose for Christmas dinner.

Amy would like to go to Canaan and see the Christmas lights and the old hometown someday.

"We had a good life. Not much money. We had love and happiness. We are lucky to be together."

New Faces

Kaila Saunders, joined Shoreham as Manager Food & Nutrition Services and Clinical Dietician for one year while Melissa Houghton is on leave.

Originally from Carelton Place, Ontario, Kaila has worked around food for more than a decade, between her time in kitchens at a retirement home, a private fishing resort, her studies and internships at South Shore Health and Shoreham Village.

She attended Acadia University where she earned her Bachelor of Science in Nutrition with Honours.

Shoreham Village is her

first opportunity to work as a Professional Dietitian since passing the Canadian Dietitian Registration Exam (CDRE) and earning her credentials.

Kaila is interested in how food aesthetics and presentation can increase nutritional status and overall food intake, recipe and menu development and strategies to increase palatability of texture modified foods.

"I understand and recognize that there are always opportunities to improve the overall dining experience provided for our residents."

That's why she conducts taste audits on a daily basis to ensure that only quality food is provided to the residents. She also consults with the cooks, food service workers and nursing staff to accommodate resident food preferences.

Over the next year she hopes to benefit the resident's dining experiences by:

- 1) Implementing a Nutrition/Hydration cart 3x daily
- 2) Introducing a rotational menu for night lunches offering residents food choice.
- 3) Changing dining locations and meal times to optimize the dining experience and social interaction amongst residents.



"There are always opportunities to improve the overall dining experience."

*- Kaila Saunders
Manager Food & Nutrition Services*

THANK YOU

Thank you to the Shoreham Village Foundation for the gift of \$33,000 to purchase new beds, lifts and over-bed tables.

Thanks also to the Foundation and the many others who participated in producing the wonderful 2016 Shoreham Village calendar (see page 1 for details). All proceeds will go towards our programs and services for our residents.

Congratulations and thank you to the Auxiliary for a successful dinner theater production.

We could not do all we do without you.

“FORGET ME NOT” – Memorable!

A respectful, thoughtful and humorous tribute to the residents of Shoreham Village was presented by the young actors of the Chester Playhouse After School Program on December 2.

The musical, written and directed by Cynthia Myers profiled the life of character David Swinemar through a series of flashbacks: fishing, exploring the woods with friends, the war, his marriage and family – and learning he still has something to offer and that people still need him.

Most in the audience would have gained an understanding of the experiences - both past and present - of older adults living in our community, helping to bridge the gap between the generations.

It is great to see volunteer commitment to our young people by our community and support for Shoreham is so appreciated. A big thanks to Cynthia, the students and the theatre. Very well done!

RESIDENTS' COUNCIL NOTES

Residents' Council meets monthly to discuss issues of importance to the residents. It has been agreed that each month resident rights will be discussed. At the most recent meeting the group discussed #8: "Residents have the right to expect strict confidentiality of information regarding their health and personal records." Residents feel this is being respected. See our website for Resident Rights.

The residents expressed their excitement about the installation of Netflix on the television in the main lounge and that they feel their home is being well cared for. Other points of discussion included Dietary, Resident Care, Laundry, Maintenance and Recreation.

All resident comments and suggestions are followed up on and reported at the next meeting.

DID YOU KNOW: WISHES DO COME TRUE?

We believe that it is important for people to continue to develop close relationships, have meaningful interactions and experience all that life has to offer as we age.

On behalf of the Jean MacLean and Zillah Bragg Wish Fund, the Northwood Foundation awards wishes to residents living in long term care facilities in Nova Scotia, as a way to honour and enrich the lives of those who live in long term care by granting wishes.

Who can apply?

- Residents of Shoreham 65 years of age or older
- Long term care facility
- Family member
- Medical or care professional

What types of wishes can be granted?

The types of wishes granted are as diverse as the individuals who request them. Examples include:

- A day trip to see a show
- Hosting a family party/celebration at a local restaurant
- A non-medical item or project to enhance quality of life
- Travel to see a family member out of the area
- Reliving a memory or a special time

For more information go to www.northwoodfoundation.ca and or drop by the Shoreham Business Office.

Feeling Anxious? Not Sure Where to Turn? Access Counseling & Support Online – in real time

Exciting news! Our Employee and Family Assistance Program (EFAP) now offers online group counseling. If you or a family member is seeking support for anxiety, this program could be right for you.

Online therapy allows multiple participants to discuss their similar issue(s) with a counselor in a private and secure online setting. Group interactions allow participants to build supportive relationships and receive feedback on how to meet goals and overcome challenges.

Effective mental health support

Research shows that group counseling creates a positive environment for learning, sharing and behaviour change.

How does it work?

- Four one hour sessions
- Eight to ten participants (from different organizations) per group
- Secure interactive website that is accessible via workhealthlife.com on all digital platforms (PC, tablet, smartphone, etc.)
- Real-time interaction with a counselor and other group members
- In-session online activities, homework and self-guided learning modules.

Online Group Counseling for anxiety

For immediate assistance, contact us at **1.844.880.9142** or visit workhealthlife.com.

HIGH FIVE!

Compliments for a job well done.

Thank you for stepping up and demonstrating great team work, helping to lighten the load of colleagues and going above and beyond in caring for our residents.

RESIDENT CARE

Suzette Boylan
Barb Corkum (two high fives)
Wanda Inglis
Amanda Peterson
Irene Rafuse
Vipin Varghese
Carole Webber
Sally Webber
Tanya Zwicker

MANAGEMENT

The entire management team

Education Sessions

for Staff & Volunteers

Recent education for staff has focused on flu season, encouraging staff to get their flu shots and educating them on the proper use of Personal Protective Equipment (PPE).

Self-directed education has been provided for the RNs on administering vaccines.

Upcoming sessions include:

- Communicating with residents with dementia (Resident Care staff) Check for times.

Staff & Volunteers are reminded to check the Education Bulletin Board in the main hallway. New

Educational opportunities are always being scheduled and any date changes are posted there.

Best wishes for the Christmas Season!

*For more information, please contact Linda Sears-Doucet at 275-5631 ext 246 or l.searsdoucet@shorehamvillage.com.



TOP: Edna Hirtle, Aileen Frizzle, Marilyn Sedgewick & Norma Baker playing bingo with grade 8s from CAMS. BOTTOM (left): Betty Eisnor & Elizabethomsetth T having a great time listening to music. BOTTOM (right): Leroy Hiltz joined in the Halloween fun.



Safety Tip – Flu Season

There are a few things you can do to help keep yourself and our residents safe!

- Cough or sneeze into your elbow. The flu can spread if you don't!
- Consider getting a flu shot
- Stay home if you have flu symptoms.
- Wash your hands after any contact with others or with high touch areas such as doorknobs and telephones.

Get ShorehamNews Online!

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

It is also available on our website or sign up to receive it by email:

www.shorehamvillage.com

Shoreham Village Home for Special Care

Contact Us: 902-275-5631 + extension below

Resident Care

A Wing	238
B Wing	239
C Wing	241
D Wing	240
E Wing	247
A/B Nursing Office	268
C/D/E Nursing Office	224
Nurse Manager	245
Physio-Assistant	237

Recreation

Recreation & Volunteer Services Coordinator	235
Recreation Programmers	233
Hairdresser*	243

Dietary

Director of Nutrition Services	229
Kitchen	225

Environmental Services

Director of Support Services	227
Maintenance*	230
Seamstress	247

Administration

Chief Executive Officer	234
Office Assistant	221
Finance (finance@shorehamvillage.com)	222
Staff Development Coordinator	246

* There is no voicemail on this line

✂ Clip out and save for quick reference



Compliments? Concerns?
Suggestions?

We want to hear from you!

Contact us: info@shorehamvillage.com or 902-275-5631

Upcoming Events

- **Special Christmas Service, Thursday, December 10, 2:00pm**
- **Auxiliary Resident & Family Christmas Tea, Friday, December 11, 2:00-4:00pm**
- **Staff Meeting, Tuesday, December 15, 2:00pm in the Dining Room**
- **Ugly Sweater Contest, Thursday, December 17, 2015**
Winners will be selected at 2:00pm
- **Christmas Tree Decorating, Thursday, December 17, 2:00pm**
- **Children's Christmas Party, Monday, December 21, 6:00-7:30pm**
- **Resident & Staff Christmas Tea, Tuesday, December 22, 6:30pm**
- **Visit from Santa & Mrs Claus, Thursday, December 24, 11:00am**
- **New Years Party, Thursday, December 31, 2:00pm**