

# Shoreham *News*

February 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.

Each newsletter will feature one of Shoreham's values.

## TEAMWORK

Shoreham Village views teamwork as a multidisciplinary approach to care. This type of care links staff, family, other health care providers, volunteers, community members and groups in providing holistic care to the residents.

## Next issue

Fiscal Responsibility

## Message from the CEO

We are pleased to release "Rebuilding our Future," our 2014-2016 Quality Improvement Plan. This two-year plan is the result of many conversations with residents, family members, employees, volunteers, physicians, union representatives, Board Members, partner organizations and our community. It identifies specific actions in five key areas – our residents, our employees and volunteers, our community, our facility and our leadership.

As we work through the various objectives outlined in the plan, we will have many opportunities to challenge the status quo, to challenge our thinking, to explore new ways of carrying out our day to day responsibilities, and to define new ways to support Shoreham and each other in a changing environment. Most importantly, however, our quality improvement plan provides us with the opportunity to enhance the quality of living experience for all those who call Shoreham home.

It is fitting this month that we are highlighting our Teamwork value. Our plan is an ambitious one and in order to achieve the expected results we have outlined, we must all work together. The opportunities that lie ahead for us are many, as are the challenges, and the journey will not always be easy.

As I watch the Olympics, I am reminded that behind every member of our great Canadian Olympic team is an entire team of individuals who have worked tirelessly together over a long period of time to get to where they are today. We have set our own goals for Shoreham and for each other. I am confident that by sharing the load and working together, we will achieve our own success.

Alice Leverman, CEO

## Fire Safety at Shoreham Village

Given the recent fires at long term care facilities in Quebec, we wanted to take this opportunity to reassure you that Shoreham Village is in full compliance with Nova Scotia fire safety regulations. We work closely with the Office of the Fire Marshal to ensure fire safety standards for prevention and response are met to protect the residents, employees and volunteers in our home. The following elements are in place and regularly reviewed.

Fire Safety Plan - Shoreham Village updated its Fire Safety Plan in late 2013 and all employees are required to review and understand the plan. Training sessions are held during day, evening and night shifts to ensure that occurs. The Shoreham Village Fire Safety Plan is used as a model by the Office of the Fire Marshal for other long term care facilities across Nova Scotia.

"Hats off to the commitment of the administration of Shoreham Village in ensuring their employees are trained in their roles and responsibilities for fire and life safety," says Deputy Fire Marshal, Derwin Swinemar. "The fire safety plan of any facility is the most important component of the evacuation of any building, including enhancing the knowledge of the supervisory staff of the fire and life safety systems of the building."

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## New Staff

Tiffany Mansfield, CCA

Welcome to our Recreation  
Coop student, Aleah Pennell

## 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, Director



Helen and Torleif Andersen, with two of their daughters

## Resident Profile: A Love Story

It was World War II when the two met at the former Hackmatack Inn here in Chester, where Helen worked. The Norwegian troops were there for rest and relaxation. Seven children and a lifetime later, they fell in love all over again in their later years, enjoying traveling to warm climates like Tenerife, Cuba and Florida.

Three years ago Helen moved into Shoreham and Torleif moved into one of the nearby apartments where he could ride over on his scooter to visit her daily. This past fall he moved into Shoreham as well, where the two can often be seen side-by-side or sharing a good night kiss.

This past spring their dream was fulfilled once again, when they traveled to Cuba in their wheelchairs accompanied by three daughters.

They enjoy every day that they have together.

Helen and Torleif Andersen will be celebrating their 71<sup>st</sup> Anniversary on February 20.

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## Fire Safety *(continued)*

**Preventative Maintenance** - Shoreham's fire safety system is on a scheduled maintenance program. The fire alarm system, sprinkler system and fire extinguishers are inspected annually by external contractors. The kitchen fire suppression system is inspected every six months. All fire extinguishers and emergency lights are checked each month by maintenance staff.

**Fire Drills** - Shoreham holds monthly fire drills as required by the Office of the Fire Marshal. These drills typically include the evacuation of a wing or a designated area.

**Inspections** - Shoreham is inspected by the Office of the Fire Marshal on an annual basis.

**Fire Alarm System Monitoring** - A test signal is sent daily to the monitoring station to ensure that our fire alarm system is operating. If the signal were to fail Shoreham would be contacted.

**Training** - All managers, supervisors and front-line staff receive mandatory fire safety training. The most recent training took place in January 2014.

Any questions about Shoreham Village's fire safety plan can be directed to Gaye Ernst, Director of Support Services at 275-5631 x 227 or [g.ernst@shorehamvillage.com](mailto:g.ernst@shorehamvillage.com).

## Our Board is in Good Hands

Cait Maloney has counted Nova Scotia as her second home since her parents retired to Mahone Bay in 1991. She moved here in 2008, after retiring from the federal government and her 30 year career in regulation of the nuclear industry.

Cait continues her professional work by consulting internationally on radiation safety regulation. She is a graduate of Memorial University of Newfoundland and Guelph University.

In addition to being a mother of three and grandmother of six, Cait has had a lifetime of volunteer activity, mainly with Girl Guides of Canada and canoeing organizations. She joined the Shoreham Village Board of Directors in January 2011 and is also the Chair of the Board of Habitat for Humanity Nova Scotia.



Cait Maloney, Secretary of Shoreham Village  
Board of Directors

### **WANTED – New Board Members**

If you would be interested in serving on  
Shoreham's Board of Directors  
please contact Susan Neilson, Board Chair at  
[lloydslanding@gmail.com](mailto:lloydslanding@gmail.com)

## Therapeutic Recreation: It's about more than having a little fun

February is Therapeutic Recreation month, celebrating the contributions of Nova Scotia Recreation Professionals in Health. Therapeutic Recreation is about recreating the body, mind and spirit of residents.

Shoreham's recreation program uses a number of methods and activities to engage and support our residents and enhance their overall quality of life. Therapeutic recreation offers many benefits for residents including greater physical strength and mobility and an improved sense of emotional well-being.

We are fortunate to have well-trained staff who are able to use the Montessori method. This method is a holistic approach that engages residents' cognitive, sensory, social, cultural and spiritual needs through activities adapted to each resident, with a particular focus on developing fine motor skills, concentration, and building self-esteem.

Residents enjoy using the Snoezelen room. We are so lucky to have staff and volunteers to provide this one to one experience for residents. The Snoezelen room is a sensory room that has special equipment to stimulate the senses, hearing (relaxing music), touch (tactile items),

visual (special lights), and smell (different scents). It also provides an opportunity for residents to get away from the activity of a busy unit.

Our recreation team and volunteers offer residents a range of activities to engage their bodies, minds and spirits including small group activities, meal groups, entertainment with local community groups, handbells, reminiscing, games, baking, and hand/wax therapy, spiritual programs, reading groups, coffee groups, creative movement, exercises, one to one visits, wii bowling and much more.

Our monthly recreation calendar is available on our website: [www.shorehamvillage.com](http://www.shorehamvillage.com). Questions about our recreation program may be directed to any member of the Therapeutic Recreation Team:  
Linda Bell, Director of Recreation and Volunteer Services  
Karen Doucet, Recreation Programmer  
Niki Rodenhizer, Recreation Programmer  
Corinne Webber, Volunteer Coordinator  
Pat Bates, Pastoral Care Coordinator

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## Board Highlights – February meeting

- The Board welcomed new member John Campbell, Manager, Scotiabank Chester Branch. John brings extensive investment planning and management expertise to the Board.
- Leanne McIntyre, the new Director of Resident Care, introduced herself to the Board.
- The CEO outlined the steps being taken to roll-out Shoreham's Quality Improvement Plan. The Board expressed satisfaction with the Plan's objectives and committed to exploring how it can best contribute to the success of the Plan.
- The Board learned about the fire safety system and procedures at Shoreham and is pleased that there is close cooperation with the Fire Marshal; that all staff receive fire safety training; and that there are regular tests of the equipment and systems, as well as monthly fire drills.
- The CEO advised that a list of requested capital projects for 2014-2015, was submitted to the Department of Health and Wellness.
- The Board reviewed CEO reports on Shoreham's financial situation and information systems.
- Upcoming meetings: March 25 – 2014-15 Budget, April 15 - Strategic Planning, April 28 – Board meeting

## Did you know?

**Therapeutic recreation is about more than just having fun. Through participation in organized activities residents may experience benefits such as the following:**

Improved cognitive skills

- Improved communication
- Improved attention span
- Improved ability to follow directions

Improved emotional well-being

- Increased self-esteem and motivation
- Decreased depression and boredom
- Better use of stress management skills

Improved physical skills

- Improved motor skills and coordination
- Increased mobility and strength
- Decreased use of pain medications

Decrease in behavioural problems

- Less anxiety and agitation
- Decreased wandering sundown syndrome
- Fewer repetitive behaviours

## REMINDERS

The Volunteer Fire Department will be doing a tour of our facility on February 24 at 7:00 pm.

### Fire Safety Plan

Anyone who has not reviewed the revised Fire Safety Plan must do so by February 28, 2014.

### Fire Safety Training

All staff are required to attend a fire safety training session. Any staff who did not attend a session in January are required to attend one of the sessions being offered in February.

## HIGH FIVE!

Compliments for a job well done.

### Food Services Team –

In recognition of Food Service Awareness Week, February 4-7, thank you for the dedication and care you take every day to contribute to the overall wellbeing and quality of life of our residents.

**All employees** - a big thank you and congratulations on our successful flu immunization campaign.

**Connie Duchene** – for helping us reach 50% staff immunization rate and championing our infection control efforts on an ongoing basis!

## Education Sessions

for Staff & Volunteers

### Fire Safety Training

Staff who did not attend a session in January are required to attend one of these sessions. Training includes a review of the changes to the fire safety plan and staff responsibilities in the event of a fire.

**February 13, 2:00pm, B Wing**

**February 19, 2:00pm, D Wing**

**February 27, 2:00pm, B Wing**

### Managers and Supervisors -

Mandatory fire safety training for all managers and supervisors. If you have not yet attended a session, please plan to attend.

**February 18, 9:00am-4:00pm in the Training Room**

### Night Staff -

Mandatory Training with the Deputy Fire Marshal for Night Staff

**February 20, 2:00pm, B Wing**

### Dementia and End of Life

Staff and volunteers are encouraged to come learn how to provide end of life care for those with end-stage dementia

**February 18, 2:00pm-4:00pm**

### Montessori Workshop

All employees, volunteers and families are invited to refresh their Montessori method skills.

**February 21, 2:00pm-3:00pm**

## 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



LEFT: Celebrating infection control efforts. Left to right: Evyleen Boehner, Sharron Myler, Irene Rafuse and Alice Leverman.

RIGHT: Connie Duchene, Coordinator Infection Control and Staff Development, cuts the cake at the immunization celebration.

## Flu News: We stuck it to the Flu!

- 50% of all staff received the Flu shot!
- 63% Environmental Services achieved the highest immunization rate

On February 3, we celebrated the number of staff who received the flu shot as part of our infection control efforts towards making Shoreham Village a safe environment for working and living.

All staff who received the flu shot were entered in a prize draw. Congratulations to Angie Weagle for winning the basket donated by Dr Jarvis. The Environmental Services department received \$200 from the Foundation for having the highest immunization rate. Thanks to Rosslyn Kaizer of Food Services for the delicious cake.



## Food Service Awareness Week

We would like to take this opportunity to applaud the tremendous efforts of every member of our food service team. Thank you for the dedication and care you take every day to contribute to the overall wellbeing and quality of life of our residents. You are an integral part of our organization.

LEFT: Some members of the Food Service team from left to right: Suzanne Ewing, Yvonne Doucet, Sonja Bell-McCorriston, Jason Dorey and Andree Bergeron



## It's tax time!

Revenue Canada's Community Volunteer Income Tax Program is coming to Shoreham Village to help get tax returns filed. The first clinic is scheduled for March 13, with at least one other in April. The clinics will run from 1:30pm-4:30pm.

For more information or to book an appointment, call Corinne Webber, Volunteer Coordinator at 275-5631, ext. 221.



## Safety Tip of the Month

Winter can play havoc with the safety of our roads and parking lots when it comes to walking, whether it be at home or at work. Changes in the weather conditions can cause icy patches, uneven ground and potholes. Taking these simple steps will help prevent injuries from happening.

- Make sure that the proper footwear is worn for the conditions.
- Adjust your stride based on the walking surface.
- Pay attention to where you are going.
- Make sure that you have good lighting
- If you see a safety issue, be responsible and report it.

## Upcoming Events

### • Alzheimer Caregiver Support Group – February 25, 6:30pm-8:30pm

Shoreham is pleased to host this meeting for caregivers to learn about dementia and caregiving.

### • Your Way to Wellness – 6 week session beginning February 26, 9:30am-12:00pm

Learn how to live with your chronic condition. Attend these free weekly sessions offered in Hubbards by South Shore Health. To register contact Nikki at 902-634-1962 or [aockle@ssdha.nshealth.ca](mailto:aockle@ssdha.nshealth.ca)