

Shoreham *News*

March 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.

FISCAL RESPONSIBILITY

Shoreham Village is committed to provide care and services within its fiscal reality.

Message from the CEO

As the month of March comes to a close, most of us are looking forward to the end of winter and the promise of sunshine, warmth and spring flowers poking their heads through the ground.

It has been a long winter for our residents – many of whom have been unable to get outside for months. In spite of it all, they have been able to remain cheerful and hopeful for better days ahead. It has also been a challenging time for staff who have had to cope with working short during the many storms and the usual bouts of sickness and injury. It has been incredibly rewarding to see our staff supporting each other and pulling together to ensure our residents receive the care and support they need. We are so lucky to have a great team here at Shoreham. A big thank you to residents and staff for constantly showing us how to positively respond to the ups and downs of day to day living.

This month we are profiling our value on fiscal responsibility. Spring is the time of year when issues of budget and resources become a priority. With the increasing demands, changing needs and our desire to continually improve, we are reminded more than ever that we must be prudent, creative and innovative in using our scarce resources.

Each of us who has a stake in Shoreham has a role to play in ensuring that we can continue to meet the many and varied needs of our residents within the funding available to us. There are no easy solutions and the task of living within our limited budget is not an easy one. However, I am confident that by working together we will achieve success.

As always, I welcome your ideas and input.

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

Alice Leverman, CEO

Palliative Care at Shoreham Village

Last month the Board of Directors was pleased to announce that a palliative care room will be established at Shoreham for use by residents at end of life and their families.

"The announcement in late 2013, of a replacement facility for Shoreham required the Board of Directors to rethink its earlier decision to move forward with its plan for a palliative care unit. In consultation with the Department of Health and Wellness and the Shoreham Foundation, it was felt to be in the best interests of the community and the many donors who contributed funds for palliative care not to proceed with developing an entire unit that would be replaced in a few short years," said Susan Neilson, Chair of Shoreham's Board of Directors.

The palliative care room will be located at the end of E-wing in an existing room that will be renovated. Renovations will include the installation of a ceiling lift, new draperies, new furniture for use by residents and overall cosmetic improvements. Other items, such as a comfortable sleeping chair will be purchased for use by family members to stay over night with their loved one. Space will be made available elsewhere within the home for family members who may wish to have some quiet time on their own. The cost for this initiative will be approximately \$12,000 and will be funded by the Shoreham Foundation from funds donated by the community for palliative care.

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Milestones

Jean Chandler celebrated her 90th birthday on March 23. Happy Birthday Jean!



Welcome to New Staff

Rosemary Baker, CCA
Jenna Haley, CCA

Welcome to New Volunteers

Jhona Cedon
Kathryn Green

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



Valma Young celebrated her 102 birthday this month

Resident Profile: Valma

Born in Chester Basin on March 21, 1912, Valma Young, became a strong spirited young woman who loved to be surrounded by people. Her greatest qualities then and now, are her sociability, creativity and the ability to be self-sufficient. Throughout her life she has loved music and dancing. She enjoyed playing card games and was part of several teams. She was also a great volunteer working with the Canadian Red Cross, the Liberal Party and the Legion. She was also a successful Avon salesperson.

Valma enjoyed two loving marriages and was blessed with three children, five step-children, 13 grandchildren and 19 great-grandchildren.

Valma has always said she would live to be 100 years old. She was right. Valma has spent her whole life seeing the world in a positive way, which is why she is 102 years old and still smiling. Happy Birthday Valma!

Palliative Care *(continued from page 1)*

"The establishment of a palliative care room for Shoreham has been a long time coming and this announcement will be welcome news to the community and our donors. The funds donated for the palliative care unit will pay for the costs of the new palliative care room and the remaining funds will be held by the Foundation for use in the new building for palliative care purposes," said Janet Creaser, Chair of the Shoreham Foundation.

It is anticipated the new palliative care room will be complete by late spring and will be named in honor of the late Rita Covey. Rita Covey was a long-standing supporter of Shoreham Village. She served tirelessly for many years in many capacities, as a volunteer, member of the Shoreham Board of Directors and the Shoreham Foundation.

"It is fitting that the palliative care room be named in Rita's memory," said Alice Leverman, CEO of Shoreham Village. "Rita was passionate about supporting the palliative care needs of our residents. Her contribution to our community was a very significant one and we are pleased that the Board and Foundation have made this decision."

In addition to the palliative care room, the respite room will be relocated to E-wing from its current location off the main corridor. This new respite room will be larger and have a wheelchair accessible washroom and ceiling lift. This move will create a more comfortable and safe environment that is so necessary for all of our residents. The cost of the ceiling lift and the other renovations, approximately \$3,000, will be covered by the Foundation from the proceeds of the golf tournament held in September 2013.

Our Board is in Good Hands

Pauline Kelly has been a resident of Chester since 2004 and joined the Board in 2010. She has a Commerce Degree from Saint Mary's University and worked for the Federal Public Service for more than 30 years, holding various positions within several departments.

Pauline retired from the position of Manager, Corporate Services, Cape Breton for Parks Canada in 2009. She has held positions as financial analyst, budget officer, information officer, program coordinator and project manager. She also served as a second lieutenant in the militia.

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

Farewell Connie

After nearly 35 years at Shoreham Village, Connie Duchene, Staff Development and Infection Control Coordinator, is retiring.

The highlights of her time at Shoreham have been those things that lessen some of the day to day challenges – hearing laughter, resident get togethers, staff appreciation dinners, and volunteer recognition events that show the strong ties between Shoreham and the community. *more on page 3*

"Shoreham's strength has always been and continues to be our staff."
– Connie Duchene

Changes in Resident Care

Shoreham is changing how care is delivered in response to resident preferences.

As we move toward a resident directed and resident focused model of care here at Shoreham Village, we are paying close attention to what those living in long term care in Nova Scotia have said is really important to them.

A large majority of residents and their families have said they value a homelike environment where there is a strong, positive relationship with consistent caregivers. In response to this and as a first step in our quality improvement plan for resident focused care, we will be moving to consistent care and caregivers on each of the five wings at Shoreham Village.

This means that many of the activities currently done in the central nursing office will be moved to the wings and that staff will be consistently assigned to one wing. We have met with staff to explain the plan and to talk about why it is important to change how we currently organize and deliver care.

The majority of our staff are ready for this change. Although there will be many challenges, staff recognize that more consistency will be a positive change for residents, families and staff. We hope to begin this by the end of April and ask for your patience as we make this change.

Please contact Darlene (ext 242) or Leanne (ext 228) if you have any questions.

Board Highlights

Upcoming Board activities:

- April 15: Strategic Planning Session
- April 28: Regular Board Meeting
- June 16: Annual General Meeting

DID YOU KNOW?

Connie Duchene is retiring at the end of March, after nearly 35 years of service with Shoreham Village. We asked Connie to reflect on her time here at Shoreham. Here is what she had to say.

- She started at Shoreham as an RN supervisor, working all three shifts, and later became Staff Development and Infection Control Coordinator.
- When she began there was a group of residents who quilted and even one resident who regularly rode his bicycle to town. Now, our current health care system enables people to stay at home

Lost Resident Clothing

Washing, drying, sorting and returning laundry for nearly 90 residents can be quite a daunting task.

Many times individual items go missing or the owner of the clothes can't be identified.

Recently, we have worked with a team of frontline CCAs and Laundry Workers to try to make changes that will reduce the number of residents who lose clothing. In addition to the things we will do differently here at the home, we are asking for the help of families and friends who bring clothes in for residents. Please use a permanent marker to put the resident's name or initials on the clothing and let staff know about it so the clothes can go to our seamstress, Mary who will put name labels on each item.

Thanks so much for helping us to stop residents' clothes from going missing.

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Volunteers, residents and staff gathered to cut, colour and paint - and there were rainbows everywhere!

Volunteering is its' own reward. If you would like to be part of our volunteer team or want more information about becoming a Shoreham Village Volunteer, please call: 275-5631, ext. 246 or write: volunteer@shorehamvillage.com

longer. This means that Shoreham's current resident population has many more complex care needs.

- During this time she has seen the scope of practice of LPNs and RNs increase. Where most front-line were once PCWs, most have achieved their CCA certification.
- Parting words: "Shoreham's strength has always been and continues to be our staff."

HIGH FIVE!

Compliments for a job well done.

Connie Duchene – as she prepares to embark on a new challenge. We will be sorry to see her go!

Lori Evans
Sharron Myler
Evyleen Boehner
Sonja Bell-McCorriston
Colleen Baker
Tonya Noseworthy
Ruth Daniels
Marie Gervais
Candace Spidle
Amy Clothier
Melinda Walker
Sheila Schnare

- for being recognized by their peers for their acts of kindness and support. We are proud of each and every one of them.

The Healthy Workplace Council - for their hard work, spirit and ongoing efforts to bring fun to our workplace. On March 26, Colleen Baker and Deborah Michaels made and distributed homemade lemonade to staff and residents as a way of spreading cheer in the midst of the storm.

All staff who made extraordinary efforts to get to work in the midst of what was the worst storm of the season on March 26 - we are so grateful for your dedication to our residents and to Shoreham.

THANK YOU FOR GIVING

Amy LaChance - for her lovely donation of our new 60" TV in the main lounge. The residents are enjoying it!

Education Sessions for Staff & Volunteers

Healthy Workplace Council Pot Luck

Come along and share ideas for regular "Lunch & Learn" topics. Pick the time that works best for you and be sure to sign up on the HWC Bulletin Board.

April 9

Lunch 11:30am-1:00pm

Supper 5:30pm-7:00pm

Late night* 12:15am-1:00am

*technically April 10

INTRODUCING...

HOW'S ABOUT A COFFEE

Shoreham Village is launching our very own free self-serve coffee shop in the main lounge. Coffee will be available Monday through Friday from 8:00am to noon.

This is open to all residents, their families and staff. Please feel free to join the morning coffee group for some great conversation and enjoy!



One of our regular entertainment groups
Left to right: Roy Cook, Trevor Awalt, Donny Seymour, Zane Meisnor

Volunteer Week: April 6-12

Provincial and National Volunteer week is an opportunity to recognize and celebrate the great work and the contributions of our many volunteers.



Shoreham has 150 registered volunteers. They are integral and vital part of our team. They bring so much to our residents' quality of life and bring the community to our residents. Our Volunteers provide a wide range of valuable services from assisting with resident meals, dining room assistants, fundraising, Auxiliary, Board, Foundation, recreation assistants, sensory programs, music programs, crafts, bingo and the list goes on and on. Aren't we lucky!

Please help us to celebrate and say thank you to these special people who give with no thought of pay. Let us encourage others to get involved, to do their part no matter how big or small. Volunteers' contributions make such a difference.

Let's Make Some Noise and say "Thank you for all that you do!"

Please note due to the flu that usually hits our community and home around the time of this event we have decided to hold our celebration **May 29th from 6:00-8:00pm**. That way flu season will be over, doors can be opened and the spring will be here making it a great time to party. Please stay tuned for more details as May gets closer.

Again thank you from all of the management team, residents, staff and families for all that you do to make Shoreham Village a home.

Safety Tip of the Month

Safety at Work - It is everyone's job
Safety should be your first thought, not an afterthought.
Safety is everyone's assignment.

- Be alert to hazards that could affect you and your fellow employees.
- Learn safe work practices.
- When in doubt about performing a task safely, contact your supervisor for instruction and training.
- Pay attention to your work surroundings.
- Follow the safety instructions that you are given.
- Always be alert and awake on the job.



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.

• March Birthday Party, March 31 at 2:30pm

Join us in celebrating all of our residents with birthdays in March.

• Your Way to Wellness – 6 week session beginning April 17, 1:00pm-3:30pm

Learn how to live with your chronic condition. Attend these free weekly sessions offered in New Ross by South Shore Health. To register contact Nikki at 902-634-1962 or aoickle@ssdha.nshealth.ca