

# Shoreham *News*



Issue 16

May/June 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

In our last newsletter, I wrote about the long winter and the coming of spring being a time for renewal, just days before one of the largest snowfalls this area has seen in decades.

This winter taught us a lot about adversity, resiliency and thankfulness.

With the harsh winter conditions that we experienced over the last number of months most of us could tell a tale of woe about getting stuck in the snow, a leaky roof, or a general feeling of frustration.

However, we can each also tell a story of neighbors helping to clear snow from driveways and roofs, strangers stopping to assist cars stuck on the road and colleagues going the extra step to fill in when others were absent. When we experience these acts of kindness we feel a deep sense of gratitude.

At Shoreham we have struggled with a leaking roof and other damages, staff shortages, and closures due to virus outbreaks. Staff, residents and families

have experienced the inconvenience of buckets and barriers blocking off some of the most affected areas, which also happened to be some of our busiest areas. Residents went weeks on end without their regular programming due to the closures and the inability of volunteers and other groups to enter the building. Staff helped out by pitching in throughout the home, where ever an extra hand was needed. Throughout it all, we also received significant support from the community and partner organizations.

We are thankful that in the face of adversity we have also experienced the amazing resiliency of our residents, staff and families.

A few warm sunny days may cause the memories of this past winter to fade, but our gratitude to all who helped to make the best of it will not.

Thank you all for your many acts of kindness.

Alice Leverman, CEO



## Swing for Shoreham

Although warm ocean breezes may seem a long way off, we are looking forward to green greens and ocean views on June 26, at the Chester Golf Club for the Swing for Shoreham Golf Tournament.

This annual fundraising event organized by the Shoreham Village Foundation is vital to the well being of Shoreham and its residents as it provides much needed financial support to purchase equipment and training not otherwise covered by our annual budget.

The event has sold out quickly in previous years, so register early to avoid disappointment. This year it is even easier to register. Just go to <http://birdeasepro.com/SwingForShoreham> to enter your team.

If you are not a golfer but want to help out, we are accepting donations of sponsorships, auction items and team prizes. There are also many opportunities to volunteer at the event. If you or your business would like to support the tournament please visit the website to make your donation or register a team.

See you at 9:00am on June 26 for tee off time!



## Welcome to New Staff

Bernadette Arsenault, PCW  
Dana Demont, Cook  
Emma Grady, CCA  
Tiffany Mack, RN  
Linda Sears-Doucette, Staff Educator

## 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



Sis Hamm was born at home in Western Shore. She moved to Shoreham in February of 2012.

## Just call me Sis

My name is Marguerite Hamm but everyone calls me Sis. I was born at my parents' house in Western Shore on November 22, 1934. My mother and father were Hattie and Kenneth Carver. I have two brothers and one sister: Frank who has passed away, Joey and Mary.

Life at home was good. We had what we needed and we got along great. I used to pick blueberries and strawberries to get enough money to go to the exhibition. We had no indoor plumbing and got our water from the well.

*"Life at home was good. We had what we needed and we got along great."*

- Sis Hamm  
Shoreham Resident

I went to school in Western Shore until grade eight. After that, I would work where I could find jobs. I got a job as a housekeeper at Oak Island Inn. I also worked at Donnie and Laura Barkhouse's canteen the Five Bees.

I married Paul Sawler and we had a daughter Kathy. Paul passed away and I later married Terrance Hamm. We had John and Peter. I have three grandchildren Michelle, Michael and Keith. I also have two great grandchildren Isabella and Elaina.

I loved to go to parties and play cards. I am proud of my beautiful angel collection.

I have had an amazing life and I'm looking forward to many more years.

Favourite activities at Shoreham: bingo, music programs, going outside and having chats  
Favourite food: Steak

Favourite book: The Way the Crow Flies

Favourite movie star: Grace Kelly

Favourite singer: Elvis Presley

## Thank you!

A generous donation was made to the Music & Memory program by Sandy Morash. Each year Sandy organizes a Cookie Contest to raise funds for a community initiative. She picked our Music & Memory program for this year's fundraising effort. Thank you Sandy and everyone in the community who supported Shoreham Village in this way.

## A little about Angie (Lohnes)

As Director of Finance since 1996, Angie Lohnes is responsible for the financial management of Shoreham Village. Her role includes maintaining Shoreham's accounting and budgeting systems, monitoring financial resources, ensuring accurate and timely production and analysis of financial statements, administering payroll and benefit procedures, while overseeing the general operation of the Business Office and its staff.

*"It is my goal to ensure that the work that I do has a positive impact on the lives of our residents."*

- Angie Lohnes, Shoreham

Angie developed an interest in accounting, personnel management and cost control while obtaining her Hospitality Services Diploma at the Nova Scotia Community College. She continued her studies with an Information Processing certificate program. Prior to joining the team at Shoreham, Angie worked at LaHave Manor Corporation and Harbour View Haven. Angie's continuing education includes training in Leadership and Communication Skills, Team Building, Workplace Morale, and a Joint Supervisor-Steward program.



Angie Lohnes has been Director of Finance with Shoreham Village since 1996.

"It is my goal to ensure that the work that I do has a positive impact on the lives of our residents," commented Angie. "It is a privilege to work with the residents and an honour to work with the caring staff and volunteers that are part of our community."

Angie can often be heard sharing her gift of singing with residents and friends of Shoreham. When not at Shoreham, Angie enjoys spending time with her family.



## Music & Memory

On April 24, Shoreham staff participated in an information session on the benefits of music and its influence on the wellbeing of the elderly. Building greater awareness among all of our staff of the importance of music will contribute to the overall quality of life of our residents.



## Home Improvements

Anyone who has walked through the doors of Shoreham in the past few months will know that we have experienced leaks in our roof. We appreciate everyone's patience during this disruptive time. Renovations will start next week to repair the areas that were affected, beginning with the main lounge and E wing. We expect these two areas to be finished in approximately 1 ½ weeks and 1 week respectively, while the entire project will take 6 weeks to complete. During the repairs we ask that all visitors use the entrance by the dining room. Updates on progress and the work schedule for other areas will be provided on an ongoing basis.

The contractor has installed the new generator and is now starting the process of running new electrical cables. The generator will ensure Shoreham has heat and other services in the event of a power outage. This work is being done primarily in the attic space, with minimal disruption to resident areas.



## Are you an Artist?

Shoreham is looking for local artists and photographers who

would like to have their works displayed in our art gallery for the enjoyment of residents and visitors.

If you would like to show your work please contact Gaye Ernst at 902-275-5631 x 227 or [g.ernst@shorehamvillage.com](mailto:g.ernst@shorehamvillage.com).



## THROUGH YOUR EYES!

Do you have pictures of your favorite activities at Shoreham? A special moment with a resident? A colleague or team doing what they do best? Send them to us at [info@shorehamvillage.com](mailto:info@shorehamvillage.com) for our next issue!

## DID YOU KNOW?

April 12-17 was Volunteer Week in Nova Scotia.

Shoreham would like to thank all our dedicated and caring volunteers who enrich the lives of our residents.

Shoreham volunteers were honoured at this year's volunteer recognition events at both the municipal and provincial level. Congratulations to Richard Elderidge (municipal and provincial volunteer honouree), Charlotte Corkum and Joan and Derek Swinemar (municipal volunteer honourees). We appreciate all that you do!

Shoreham has 170 registered volunteers who give their time on a regular, monthly or occasional basis. Each week any where between 50-60 volunteers are supporting Shoreham in various ways.

In 2014, Shoreham volunteers logged 5,831 volunteer hours.

As of the end of March, volunteers have already given 597 hours of their time in 2015, despite extreme winter weather and our having been closed for a number of weeks due to viruses.

Please watch for our Volunteer Appreciation event. Details to be announced soon!

## Watercooler News

In April we said good-bye to Resident Care Manager, **Charlene Nelson** who resigned for personal reasons. We thank Charlene the valuable contributions she made to Shoreham during her short time with us. We will miss her. The position has been posted and we hope to fill it soon.

In the interim, Northwood is helping us out by providing two of their own nurse managers for two days a week. **Jennifer Tucker** and **Bernadette Mitchell McDonald** are working closely with **Angela Barnard**, Nurse Manager and the resident care teams. A big thank you to Northwood for this support.

**Nutrition Services** is happy to be having **Christina Chung**, a dietetic intern on rotation from Acadia University, joining their team for 6 weeks. We'll keep you posted which special projects she takes on during her time here at Shoreham.

On May 18 we will be welcoming our new staff educator, **Linda Sears-Doucette**. Linda will be looking after the orientation of new employees and implementing staff education across all departments.

We are also welcoming **Bernadette Arsenault**, PCW; **Emma Grady**, CCA; and **Tiffany Mack** RN to our resident care team.

It is with fondness that we wish farewell to **Mary Symons**, our seamstress, who will be retiring on June 10. Thank you Mary for all you have done! We also wish **Gail McInnis** all the best as she retires after 35 years of service with Shoreham.

"Our greatest glory is not in never failing, but in rising up every time we fail."

- Ralph Waldo Emerson



Employee & Family Assistance Program  
[WWW.WORKHEALTHLIFE.COM](http://WWW.WORKHEALTHLIFE.COM)  
1-800-387-4765

## HIGH FIVE!

Compliments for a job well done.

**Jason Dorey** – for completing his studies and exam to become a red seal certified cook. "Congratulations Jason on this accomplishment."

**Karen Doucet** – for helping in the kitchen with meal preparations, serving and clean up when the kitchen was short-staffed. "Thank you!"

**Environmental Services staff** - for donating over \$100 to the Chester District School Breakfast Program, through the collection of recyclable bottles.

**Suzanne Ewing** – for setting up the dining room when we were short staffed on April 9.

**Wendy Hamm** – for always giving a helping hand. No matter how busy she is or what time it is, she is always there with a smile. "She is a great asset to Shoreham."

**Melissa Houghton** – for filling in for the afternoon cook on April 3, putting aside her other work for most of the day.

**Resident Care evening shift on April 4 – Andrea, Darlene, Edwina, Jean, Paul and Trudy** – for helping to serve, clear and clean up in the dining room and taking meals to the wings.

**Irene Rafuse** – for being such a great worker with staff and residents. "We enjoy working with you."

**Alicia Swinemar** – for going above and beyond in caring for the residents of A wing and being so pleasant. "Great job Alicia!"

**Anne Venoit** – for assisting the residents on E wing by escorting them to the dining room and helping them with their meals.



## Education Sessions

for Staff & Volunteers

### Teambuilding & Communication

Gerard Murphy from Barefoot Facilitation will be offering two training sessions on Teambuilding & Communication for staff.

Representation from all departments will participate in these interdisciplinary sessions.

**April 30 & May 26,  
1:30pm-4:30pm**

### Feeding with Sensitivity

This training teaches skills for Feeding/Mealtime volunteers to assist elderly adults affected by failing sight and hearing, diminished taste and smell, and arthritic hands with mealtimes to increase their enjoyment of food.

**May 7, 1:00pm-3:00pm**

\*To register or for more information please call 275-5631 ext.246 or [volunteer@shorehamvillage.com](mailto:volunteer@shorehamvillage.com).

### Evacuated Training

This training will help staff learn how to use the evacuated for the safe movement of residents in an emergency situation.

**May 14, 8:30am-4:00pm**

\*Appointments will be made with staff throughout the day by Anita and Gaye.

### Compliments? Concerns? Suggestions?

We want to hear from you!

Contact us:  
[info@shorehamvillage.com](mailto:info@shorehamvillage.com)

or 902-275-5631

### ShorehamNews is Online!

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

It is also available on our website:

[www.shorehamvillage.com](http://www.shorehamvillage.com)

If you would like to receive ShorehamNews by email please sign up on our website!

## Helping Hands

Meal times can be very busy and stressful for both residents and staff and it is important that each resident gets to enjoy them. Feeding/Meal Time Assistants help to put the pleasure back into the meal and contribute to a relaxed, home-like meal time by working as a member of the team, supporting residents and staff and giving residents the one-to-one attention they need.

Shoreham Village Volunteer Services is recruiting Volunteer Feeding/Meal Assistants to give the one-to-one assistance needed to help make meal times special for everyone.

Each volunteer will be matched with an experienced volunteer, trained, mentored and receive ongoing support from staff.

Volunteers will help set up for meals, pour drinks and get refills and help with clean up. They will also sit with people to help and encourage them and be the extra set of helping hands.

Volunteers are needed for breakfast and supper, seven days a week for 1 ½ hours between 8:00 – 10:00 a.m. or 4:00 – 6:00, with exact times differing from wing to wing.

If you would like to learn more about this opportunity please contact Volunteer Services at 275-5631 ext.246 or [volunteer@shorehamvillage.com](mailto:volunteer@shorehamvillage.com).



## Safety Tip of the Month

Spring is when many people get outside to garden, take up their summer sports and activities and enjoy the sun!

Remember to take it slow when getting back into the activities you love. Spending 8 hours gardening or doing outdoor chores may lead to muscle pain and discomfort. We likely aren't as fit as we were at the end of the summer.

Get out and enjoy the weather but take time to build up your strength and endurance.

Wear a hat, sunglasses and sunscreen!

## NOW HIRING – Summer Student

The Shoreham Village is hiring a Therapeutic Recreation Programmer summer student. The position will begin in late May 25 for 14 weeks.

To be eligible for this position candidates must be a community college or university students who plan to return to school in the fall. Candidates should have:

- Basic computer skills
- Effective Communications skills
- Strong interpersonal skills
- Experience in therapeutic recreation programming for the frail elderly
- Experience in Dementia Care in a Long Term facility
- Team player
- Music is an asset

All applications must be submitted by May 15 to Linda Bell, Director of Recreation & Volunteers Services or emailed to:

[l.bell@shorehamvillage.com](mailto:l.bell@shorehamvillage.com)

## NEW - Volunteer Phone Caller

Shoreham Village Volunteer Services is happy to welcome Sylvia Lucas to the volunteer team and excited about the new job that Sylvia is taking on. Sylvia is our first Volunteer Phoner, a brand new volunteer position designed to help Shoreham Village communicate with its volunteers better.

"Email has made communicating much easier but it isn't 100%," says Linda Bell, Director of Recreation and Volunteer Services. "Not all of our volunteers have email and it can be hard to keep people up to date with news and events. Sometimes people are missed. The Volunteer Phoner will help solve that problem and it's going to be a real plus."

For Sylvia, living in Blandford the arrangement means she can help out without travelling. Being the Volunteer Phoner is just right for her. "I am active in my community but I still have time to give. Making calls for Shoreham Village seemed like something I could help with and would enjoy doing."

The Volunteer Phoner is our first off-site volunteer position and that's exciting too. We welcome Sylvia to our fantastic volunteer team.

## Upcoming Events

• **Board Meeting, April 28, 2:00pm – Board Room**

• **May Birthday Party, May 25, 2:30pm**

• **Volunteer Appreciation Night, being rescheduled for June**

Recreation will be contacting volunteers by phone and email and posting it on facebook once new date is set.

• **June Birthday Party, June 29, 2:30pm**

• **Shoreham Village Annual General Meeting, June 23, 2:00pm – Board Room**