

Shoreham *News*

October 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

October is a time to give thanks. At Shoreham, we started the season a little early by holding our first ever Garden Party in September to recognize Continuing Care month and to say "thank you" to our many dedicated staff and volunteers.

The event was a great success and a wonderful reminder of the support we receive from our broader community, our generous local businesses and our friends.

Thanks to the help of many friends, we were able to share with our residents, staff, volunteers and their families, lots of fun and lasting memories. From visits by princesses and pirates that captivated the children to our residents dancing and listening to the music of their youth, it was a day to remember.

We are in a time of transition at Shoreham Village. As we move forward with a clear vision and a continued commitment to serving those who live at Shoreham, we will learn of many new ways to respond to the ever-changing needs of older adults in our community. First among these is shaping their experiences and care around



ALS Ice Bucket Challenge

On September 3, Shoreham Village took part in the ALS Ice Bucket Challenge. Staff and management came together for the cause, allowing many residents to do the deed of emptying the buckets on our heads. It was a wonderful success and we are happy we could provide for the cause. We have now challenged other homes to do the same.

Visit the Shoreham Village Facebook page to see the full video coverage of our ALS Ice Bucket challenge.

their needs and interests. Events such as the Garden Party play an important role in that change.

It is with heartfelt gratitude that I thank the Garden Party Organizing Committee and all who helped to make this event a success.

Here at Shoreham we have much to be thankful for.

Alice Leverman, CEO



From visits by princesses and pirates for the children to our residents dancing and listening to the music of their youth, Shoreham's Garden Party on September 6, was a day to remember.



Welcome to New Staff

Michael (Mike) Blommaert
Food Service Worker

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
Barbara Fry
Nancy Guest
Leigh Milne
Nancy Timbrell-Muckle



Audrey Somerville shares a few of her fond memories.

A moment with Audrey Somerville

I was born in East Chester on July 25, 1921. My father was a painter while my mother was a teacher, housewife and reporter with community affairs. Growing up I had two brothers and two sisters.

As a young child, I was always active with friends, going for sleigh rides, picnics and swimming. My favourite pastimes as a child were playing games and lying on the grass trying to find images in the clouds. I enjoyed having fun and always tried my best in school.

Following my completion of grade 12 in Bridgewater, I attended teachers college. It was there I met my husband John Newcombe. Together we had two wonderful girls, Sandra Bezanson and Diana Nowe.

After John passed, I met James Somerville, with whom I spent many precious years. Our family grew with step-daughter Connie Mae. I have been blessed with many grandchildren and great grandchildren.

My adult years are filled with fond memories such as going to dances with my sister, watching *Gone with the Wind* and reading all kinds of books. John and I went on a lovely vacation to Nassau in the Bahamas but my favourite travel destination is Florida.

“I give much praise for the great care given to me here.”

**- Audrey Somerville
Shoreham Resident**

Over the years I was involved in several organizations including the Lions Club, Women’s Institute and Scouts Canada as a Cub leader. I am the last surviving Charter member of the Ladies Auxiliary of the Royal Canadian Legion, Chester Branch; last member of the Eastern Star, Spryfield and Mae Chapter, Bridgewater.

My career as a school teacher was what I enjoyed the most, teaching in Bridgewater, Chester and Lunenburg. I also spent 10 years as an agent chief operator for the telephone company in Chester, where operators worked the switchboard until the system was changed to dial phones.

I moved into Shoreham Village in 2011 after living in the Shoreham Apartments for seven years. I give much praise for the great care given to me here.

Our Board is in Good Hands

Over the course of 30 years, Barb Fry has held staff nursing, teaching and managerial positions, specializing in psychiatric mental health nursing. She developed a process for supporting 2,300 nurses and improving quality of work life and workplace relationships during a multi-site merger of the Capital District Health Authority in Halifax, Nova Scotia.

Today, as a business owner and adult educator, Barb applies her knowledge of relational learning in the workplace to facilitate quality of work life improvement for many different industries.



Barb Fry has recently joined Shoreham Village’s Board of Directors.

Barb offers presentations, coaching, and facilitated workshops to business owners, managers, and staff. Her sessions emphasize individual accountability and collective responsibility for creating healthy workplace relationships. She employs creative strategies such as storytelling and humor to facilitate new learning.

In addition to a Master’s degree in Adult Education from St. Francis Xavier University, Barb holds a Bachelor’s degree in Nursing and a Diploma in Teaching in Schools of Nursing from Dalhousie University.

Barb has spoken about coaching and mentoring, innovation in healthcare, leadership, and quality of work life at national conferences. She has been published in *Canadian Nurse* and has authored a Health Canada publication *Preparing for Change*. More recently, Barb has been asked to contribute her perspective on workplace issues in a Report on Business column published by the *Globe and Mail*.



Music and Memory and More

NEW! The recreation department now has iPads for residents to enjoy Skype or Facetime, exchange pictures, emails and more.

Music and Memory update - Several residents have been selected to trial this program beginning in October. Music is now being prepared for each resident and staff are being trained.

Christmas idea - Give your loved one the gift of music with an ipod shuffle (with AC adapter and earphones) loaded with their favorite music. We can help you load the music.

For more information or to set up a Skype time, please email Recreation at recreation@shorehamvillage.com.

Shoreham welcomes external review

As part of our efforts to continuously improve the care and quality of life we provide to our residents, Shoreham has asked Josie Ryan, Executive Director, of In Care Living at Northwood to carry out an external review.

During the review, which took place September 23-24, Josie met with managers and held focus groups separately with staff and volunteers to learn how they see their role in relation to our residents and how that role is carried out. She also spoke informally with residents, families and visitors, reviewed charts, visited care areas and made overall observations.

As we implement our Quality Improvement Plan, there will continue to be changes in how we work. Change of this type can be difficult. However it also offers an opportunity to learn and discover new and better ways of meeting the needs of our residents. We look forward to receiving Josie’s recommendations and we will incorporate those in our ongoing plan for improvement.



The Red Hatters get together once a month and enjoy a few good laughs. They recently went out for some afternoon tea and pie. Shown here are Coral Janes, Phyllis Levy and volunteer Betty Eisnor

Board Highlights

The Board of Directors was pleased to meet with the Minister and Deputy Minister of Health and Wellness in August and received the Minister’s commitment to move forward with a new building for Shoreham.

Next Board meeting – October 28, 2:00pm-4:00pm

The Power of Love and Kindness

Pastoral Care? Spiritual Care? How do we define these words when they have so many meanings? As Coordinator of Pastoral and Spiritual Care for Shoreham, perhaps part of my job is to help us define and more importantly, share together the spiritual part of ourselves. – the part that inspires us to show kindness, compassion, understanding, mercy and grace.

The dictionary meaning of pastoral brings to mind the shepherd, country life and qualities such as charming simplicity and a leisurely, carefree life. The definition for spiritual – like spirit – is the vital principle or animating force within living beings.

Inside all of us there is a part that calls us to believe in our ability to do amazing and wonderful things – to bring that force to the surface in caring for others in whatever way we are called to do.

Here at Shoreham, I have been humbled to witness the extraordinary spiritual force that is with everyone and in all that we do. Many believe that to share kindness with others takes a huge effort or takes something away from their inner most being. Sharing of self brings back so much more than you give. There is an unending supply of fulfillment in the simplest of acts.

A smile, or a kind word of welcome, encouragement or thankfulness can make someone’s day. All the things that you would welcome from others are the ones that you can give. For in giving, you also receive in so many different ways.

One of my favorite things to do is to stop at the grocery store on Friday mornings, on my way to work. I don’t have a green thumb, but I love flowers. And so, I buy myself a bouquet. My true joy comes in sharing the happiness those simple blooms give me by buying a bunch or two to share with my co-workers. A few here and there, a bit of sunshine that can bring smiles as people stop for a moment in their busy day and ‘smell the posies’. “That made my day” is all it takes to bring that sunshine back to me.

To be kind and caring affects so many and it takes only a thought, a word or a smile. So stop and share your smile.

** Contact Pat Bates, Pastoral and Spiritual Care Coordinator at 275-5631 ext 2XX or p.bates@shorehamvillage.com.

Compliments for a job well done.

Vicki Burke and Suzette Reilly – for donating the lovely quilts for resident use and fundraising.

Hilda Bremner – for donating a beautiful crochet afagan in support of our fundraising efforts.

Environmental Services team – for their hard work and dedication to our residents not only during Environmental Services and Maintenance Week (September 8 -14) but all the time.

Canaan and District Hall Association – for continuing their generous annual donation, which is thoughtfully gifted to the special needs of the Residents.

Colleen Baker – for receiving five High Fives from colleagues

Colleen Baker & Kendra Russell – for being the highest fundraisers for the Big Bike

Gaye Ernst & Maintenance staff – for the painting and renovations to the kitchen, Anderson wing and main lounge.

Food service staff & resident care staff – for doing extra shifts to ensure residents were well cared for during very challenging summer months.

Melissa Houghton – for “coming into the kitchen while her own work piled up to help her staff in any way she can”.

Sally Webber – for “helping out whenever she can. She is a great co worker.”

Healthy Workplace Council and all those who helped with the Garden Party - “Everyone had such a great time and I know you all worked hard to organize the event.”

DID YOU KNOW?

There are many benefits to being well hydrated. Being dehydrated can have a negative impact on our alertness, concentration and safety.

- Stay adequately hydrated by drinking before you feel thirsty.
- Drink small amounts of fluids at regular intervals to prevent dehydration. Urine colour is a useful way of checking hydration status (i.e. dark yellow urine is a sign of dehydration).
- If you operate equipment/machinery or make decisions affecting your safety, or the safety of others, don’t risk dehydration and the possible decline in alertness and speed of reaction that may follow.

Education Sessions

for Staff & Volunteers

The Virtual Dementia Tour

These 20 minute sessions for staff and volunteers are designed to help you gain a better understanding of life with dementia.

September 30 - October 1, sessions between 10:00am and 3:30pm

Emergency training for management

The training involves a presentation and desk-top exercise.

October 21, 9:30am

Receive ShorehamNews!

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 would like to be added to our distribution list please contact:

info@shorehamvillage.com



Home Improvements

Work has begun to replace our phone system and wiring. There will be brief interruptions while individual phones are unplugged and tested on the new wiring, but no mass outages are expected. This project is being undertaken because we are no longer able to get service or parts for our current system.

Heat pumps are currently being installed, just in time for the cooler days ahead.

The paving of the parking lot is complete and new signage has been installed.

Residents in C wing will soon be enjoying a newly renovated tub room. The C wing housekeeping closet is also being improved.

If you have any questions please contact Gaye Ernst, Director of Environmental Services, at 275-5631 ext.227 or g.ernst@shorehamvillage.com.



Ruby North, celebrated her 103rd birthday on September 11, with a party attended by many family and friends. She is joined in this photo by her

daughter, two of her grandchildren and two great grandchildren. Ruby received gifts including chocolate; one of her favourite treats.



Safety Tip of the Month – Keeping heaters clear of clutter

Now that the weather is getting cooler we will be turning on the electric heaters. Anything touching the radiators is a fire hazard. Please help keep them clear from curtains, etc.



An exasperated mother, whose son was always getting into mischief, finally asked him "How do you expect to get into Heaven?" The boy thought it over and said, "Well, I'll run in and out and in and out and keep slamming the door until St. Peter says, 'For Heaven's sake, Dylan, come in or stay out!'"

Upcoming Events

• 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.

• Resident Council, October 22, 10:00am

• Board Meeting, October 28, 2:00pm – 4:00pm

• Halloween Party, October 31, 2:00pm

Come join us as we celebrate Halloween with the Residents.

Do you have compliments, concerns or suggestions?

We want to hear from you!

Contact us:

info@shorehamvillage.com

or 902-275-5631

Tell us what you think

WANTED –

Dining Room Assistants

Meal times are very busy. Trying to meet everyone's needs can be stressful for both residents and staff. Dining Room Assistants help put the pleasure back into dining. By portering residents to and from the dining room and assisting with packaging, aprons, glasses of water, etc., Dining Room Assistants tend to Residents' needs.

For more information contact Volunteer Services at 902 275 5631 ext 246 or email volunteer@shorehamvillage.com

Fancy hats and all that!

Do you have any fancy men's and women's hats, head pieces, shawls, props, etc. that we could borrow? The recreation department will be doing a glamour shoot with our residents in October. All items will be carefully labeled and returned following the shoot.

If you can help contact Linda Bell at 902 275 5631 ext 235 or email l.bell@shorehamvillage.com

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