

Shoreham News



Issue 19

October 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

Earlier this year Shoreham's Board of Directors agreed on a revised set of values for our organization (shown at left). Some are what you would expect from any organization – integrity, quality and teamwork. These are all essential for smooth and sustainable operations. Our fourth value is the one that brings that something extra into the everyday – joy and fun.

By striving to create a comfortable, enjoyable environment where residents and their families are the focus and staff and volunteers are recognized and valued, Shoreham aims to make every day exceptional.

This past month we enjoyed many activities with our residents - including a special barbeque, several fall outings in our community and an exciting day with Bobby Young who joined Northwood residents at the Toronto Maple Leaf training camp. We also said thank you to our staff

with a special meal prepared and served by the management team - with a little help from their friends! Through our ongoing High 5 program, we recognized and celebrated many outstanding moments when our staff went the extra mile in caring for our residents and in supporting each other. Each day we are grateful for the involvement of our community and our volunteers who give of their time and their talent with our residents and bring music, laughter and memories to our home.

We are fortunate to be part of this great community and to work alongside so many special people whose priority is on others and not themselves and where the daily focus, regardless of the many challenges, is on ensuring that each day is a good one - most especially for those who call Shoreham 'home'.

Alice Leverman, CEO



"So exciting I can't put in words."

Bobby Young,
Shoreham Village



Go Leafs!

Lifetime Leafs fan Bobby Young, went to the Maple Leafs Training Camp in Bedford last month.



TOP: Anita Wilwand, Bobby Young and Karen Doucet sporting their Maple Leafs jerseys get ready to go.

MIDDLE: Bobby Young ready to meet some Maple Leafs.

BOTTOM: Maple Leafs' Wendell Clark signs some autographs and spends some time with Bobby.

Dream Come True for Leafs Fan

Shoreham Village resident Bobby Young had a lifelong dream come true last month when he and two Northwood residents received VIP passes to go to the Maple Leafs training camp in Bedford thanks to the Jean MacLean and Zillah Bragg Wish Fund. The fund administered by the Northwood Foundation helps make the wishes of seniors come true and that's exactly what happened for Bobby.

Sporting his Maple Leafs' jersey, pants and baseball cap Bobby set off for Bedford with Shoreham staff Anita Wilwand and Karen Doucet.

Not only did Bobby have the opportunity to watch the players on the ice, he and other VIPs spent time with some of the Leafs off of the ice and outside of the rink.

Autographs were signed by Wendell Clark and lots of pictures were taken to help capture the moment.

We asked Bobby what he thought of the day. "So exciting I can't put in words," was his response.

This opportunity was made possible through Shoreham's partnership with Northwood.



Welcome to New Staff

Kaila Saunders – Manager
Dietary
Kimberly Croft – Manager
Resident Care
Francis Agra – RN

Welcome to 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



Paul Hiltz grew up in Martins River and worked at RayPort Campground.

Introducing – Paul Hiltz

My name is Paul Hiltz. I was born July 27 and my sign is Leo. I was born at home in Martins River to my parents Bernice and Daryl. I had two sisters Joyce and Jean. Jean has passed away.

I love to play cards and when we drum. I love to shop and look through the Sears catalogues.

Before coming to Shoreham I lived at Bonny Lea Farm. I used to enjoy making doll clothes and shredding paper at Bonny Lea. In my younger days I worked at RayPort Campground as a cleaner and grounds keeper.

“I love to sing and go out for coffee with friends.”

- Paul Hiltz

My favourite singer is Rita McNeil. I love country music and fish and chips. I like cats but I am afraid of dogs. I collect watches and necklaces.

I like to keep busy. I love to sing and go out for coffee with friends.

I like visiting my friends at Bonny Lea Farm and enjoy when they come to visit me. I have a special friend Colleen who comes and takes me out for walks and treats.



Joan Jewers, holding her fall garland

It's Flu Season Time!

Fall has arrived and Influenza season is upon us once again. It is time to remember how to protect yourselves, your families, your friends and our residents and staff at Shoreham!

The symptoms of the flu are the sudden onset of a respiratory illness with a fever and cough and one or more of the following symptoms: sore throat, muscle aches, joint aches and extreme tiredness.

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

- Cover your mouth when you cough or sneeze. The flu can spread if you don't!
- Consider getting a flu shot
- If you have flu symptoms, please do not visit at that time.
- Wash your hands after any contact with others, or with high touch areas such as doorknobs and phones.

New Faces

We are thrilled that the **Grade 8 students from Chester Area Middle School** will be back with us at the end of October.

This past month we welcomed **Kaila Saunders**, who joined us as Manage Food and Nutrition Services for one year while Melissa Houghton is on leave.

We also welcomed **Kim Croft**, our new Manager Resident Care. Kim grew up in Marriotts Cove and is happy to be back in the area. In many ways Kim has gone full circle. When she finished high school she worked at Shoreham for a year as a personal care worker. This experience solidified her decision to pursue nursing.

During the intervening 30 years since studying Nursing at the Infirmary,

Kim has held a number of positions at the IWK, completed her BScN at StFX, worked at Stadacona, moved to Ottawa and worked at the Ottawa Hospital in Occupational health and safety and later in intake for home care in the Ottawa region. Since returning to Nova Scotia a few years ago Kim has served in management positions with two other long-term care providers.

In the midst of it all she married and raised a family. She and her husband enjoy everything the area has to offer, which helps fill their days now that they are “empty nesters”.



“I am invested in this community. It's home. I want to see Shoreham be successful and sustainable.”

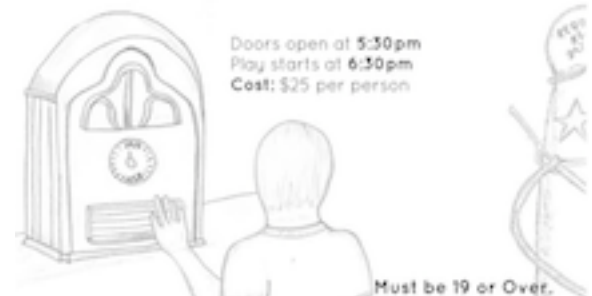
- Kim Croft
Manager Resident Care

“On the Air” – Coming November 7



Date: Saturday November 7th
Location: Chester Legion
Dinner: Cranberry Chicken with all the Fixins, Dessert, Tea & Coffee

Tickets available at:
Shoreham Village Office
Chester Scotiabank
Gerri Allen (902)275-3817
Debbie Pico (902)275-3451





Flu shots will be available for all staff and volunteers on October 26 and November 2. Please remember to bring your health card!

Shoreham's Centenarian Club



We celebrate the lives of these outstanding women.

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



Need Help?

Contact the

Employee & Family Assistance Program

WWW.WORKHEALTHLIFE.COM

1-800-387-4765

DID YOU KNOW?

Did you know there is an Environmental Services and Maintenance week?

We celebrated Environmental Services and Maintenance Week September 14-18, with treats enjoyed by staff.

What do Environmental Services and Maintenance staff do?

Disinfection, sanitizing and decontaminating surfaces, whether they are found in residents' rooms or elsewhere within the home, can be enormously challenging. Environmental Services staff play an essential role in providing a clean and safe environment for all through infection prevention and control practices. Our Maintenance team work hard every day keeping our home comfortable and safe.

Let's be sure to celebrate by saying 'thank you' to them, and be respectful of them for the hard work they do not just this week, but all year long.

How to Bring Joy to a Resident The iPod Personal Music Experience

What it is an iPod?

A one-inch clip-on device attached to headphones that play an individual's favorite music. An iPod shuffle can hold up to 300+ songs.



Why music?

We have all experienced how music can help improve our own mood. There is a great deal of research demonstrating that music can reduce the agitation of dementia, lessen anxiety, reduce pain, lower blood pressure, help with sleep and increase cooperation.

Project Update and Goal

Through the Music & Memory project we now have 15 residents using an iPod shuffle loaded with their favourite music. We are continuously fundraising to purchase more iPod shuffles and accessories.

Our goal is that each resident will have one.

How does it work?

Recreation Therapy staff and volunteers work with residents (family, friends or staff) to learn an individual resident's favorite music. We can load music for you if you give us a list of music your loved one enjoys.

You Can Help

Some families have purchased these shuffles and have downloaded their loved ones' favorite music. Enjoying the music is something you can do together by using a splitter with two sets of headphones.

With Christmas fast approaching family members may want to give the wonderful and meaningful gift of music. If you are interested in buying an iPod shuffle and accessories for your loved one please see either Linda, Karen or Jamie Recreation staff. We are happy to help you.

We are now looking for music by **Don Messer, Ray Charles and Charlie Pride**. Can you help us?

We are also looking for volunteers who would like to help us load music onto the shuffles. Can you help?

Please visit the Music&Memory program website to learn more: www.musicandmemory.org.

Stayed tuned for more info on this worthwhile project.

*If you have any questions or note any changes please contact Recreation Therapy Department.

Linda Bell at 902-275 5631 ext 235

email l.bell@shorehamvillage.com

Karen Doucett and Jamie Haughn at 902-275 5631 ext 233

recreation@shorehamvillage.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

Ashley Collicutt

Melissa Connors

Tia Demont

Lorna MacLean

Louise Martin (two high fives)

Sally Webber

Tanya Zwicker

ENVIRONMENT SERVICES & MAINTENANCE

Shari Richard

RECREATION

Karen Doucett

Education Sessions

for Staff & Volunteers

Volunteer Orientation

November 18, 2:00pm

November 20, 10:00am

Fire Safety Training for all RNs & LPNs

Employees must attend one of these mandatory sessions.

October 27, October 29 and

November 6, 9:00am-3:00pm

Upcoming sessions include:

- Safe Handling of Cytotoxic Medications (Resident Care, Environmental Services & Laundry staff) – November 4
- Wanderguard System Education (Resident Care staff) – November 5 & 12
- Coping With Loss with guest speaker Irene Hirtle, palliative care nurse (staff and volunteers) – November 3
- Montessori Training lead by Recreation (Volunteers & Staff) – November 25, 2:00pm.

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.

Suggestions for training are always welcome!

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



Resident Coral Janes had some fun making a fall wreath.



Safety Tip –

Keep items away from heaters.

The weather is getting cooler.

Avoid fire hazards. Ensure nothing touches the heaters.

HELP WANTED

Feeding assistants to help residents with their meals and 1 to 1 friendly visitors.

Training will be provided.

*Please contact Linda Bell at 902-275-5631 ext 235 or l.bell@shorehamvillage.com for more info.



Home Improvements

The floor in the Main Lounge will be refinished on October 20 beginning at 8:00pm.

The OT room floor will be not be available all day on October 23, while the floor is refinished.



Compliments? Concerns?
Suggestions?

We want to hear from you!

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

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



Upcoming Events

• **Halloween Party, October 30, 2:30pm**

• **“ On The Air” - Shoreham Auxiliary dinner theater, Saturday, November 7, 2015**

Chester Legion. Doors open at 5:30pm. Play begins at 6:30 pm. Cost is \$25.00 ticket. Tickets may be purchased at the Shoreham Village office, Chester Scotiabank or by contact Gerri Allen at 902-275-3817 or Debbie Pico at 902-275-3451.

• **Board Meeting, November 24, 2:00pm**

• **Family Meeting, November 25, 6:30pm**