

Shoreham *News*

Issue 1

September 2013



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.

RESPECT

Shoreham Village is dedicated to providing excellent care and service to the residents, with compassion and respect for each individual, to fulfill his or her physical, emotional, spiritual and psychological needs.

Next issue

Organizational Support

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Rebuilding for our Future

For many of you, this is my first opportunity to introduce myself as the new CEO. I am pleased to be here with the staff and volunteers to ensure quality care for our residents and participate in the life of Shoreham Village.

Shoreham News will be a monthly newsletter for our residents, their families, staff, volunteers and the community. Our aim is to share with you on a regular basis information about what is happening at Shoreham.

Summer is over. Many of our residents enjoyed getting outside with the help of our dedicated volunteers to enjoy the warm weather and gardens. With fall upon us there is a sense of renewal that comes with each new season.

Here at Shoreham Village we are undertaking a renewal of our own. We are reviewing our practices and looking for ways that we can improve our delivery of Shoreham's mission to support and encourage resident dignity, individuality and independence in a safe and caring environment.

Over the past few months the senior leadership team has been working on a plan. A plan to ensure that we are here for you and your family. A plan for Shoreham to continue to be an active part of the community. We appreciate the feedback we have received to date and look forward to bringing more news about improvements in the coming months. We always welcome your views and comments.

The Premier's recent announcement about a new facility for Shoreham Village is exciting news for our residents, staff and community. We will keep you up to date as more information becomes available.

As we look to rebuilding our future, it is equally important to remember and pay tribute to the many people who have helped to shape Shoreham into the community it is today. I look forward to sharing in this journey with you.

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

Alice Leverman, CEO

Milestones

Happy Birthday to Ruby who recently celebrated 102 years!

Happy Anniversary to Helen and Aubrey Thompson who celebrated their 74th Anniversary



New Staff

We would like to welcome some new members to our team!

Nursing Support Assistant
- Deborah Michaels

Environmental Services
- Colleen Baker
- Roberta Hubley

Board of Directors

Shoreham Village is governed by a volunteer Board of Directors.

Sue Neilson
Chair

Patsy Brown
Vice-Chair

Pauline Kelly
Treasurer

Cait Maloney
Secretary

Eric Hagen
Director



Ruby North receiving her certificate from Queen Elizabeth II

Ruby North

Ruby Ellen North was born in Bletchley Buckinghamshire, England on September 11, 1911. She later moved to Great Yarmouth, England, where she and her husband operated a guest house, offering three meals a day.

In 1976, Ruby moved to Canada and settled in Porter's Lake, Nova Scotia. She and her husband, Les, loved going to the Legion and travelling around the Maritimes. They particularly enjoyed visiting Prince Edward Island.

Ruby lived in the Shoreham apartments for three years before moving into the nursing home in 2008.

Ruby's interests include singing and dancing, knitting, sewing and tennis. She also enjoyed bicycling, reading, playing the piano and had a passion for painting.

She has three children, one daughter and two sons and is the proud grandmother to six grand children and three great grand children.

"Our family would like to take this opportunity to thank the many staff members of Shoreham Village who contributed to making (our dad's) admission to Shoreham Village such a wonderful experience. We could not have asked for, nor received, better support."

Pastoral Care - "Prophetic Voice"

Pastoral care is a part of meeting and nurturing the spiritual needs of a person. Pastoral Care Week, October 20-26, provides an opportunity to thank all those who minister to us here at Shoreham Village.

We celebrate the denominational diversity of our clergy as they bring their own unique gifts of faith to share with us – in our weekly church services, the gifts of communion, empowering words of scripture and heartening words of comfort during the memorial service of friends. The time they give with their visits, providing encouragement or just listening, are beyond measure and help us reconnect with our faith community.

The words "pastoral" and "ministry" sometimes bring to mind only one version of being ministered to, by a "pastor" or a "minister" of the ordained kind. And while we are honored to have such a loyal and diverse group of clergy ministering to our needs here at Shoreham, we celebrate all who share their spiritual offerings.

A smile or an encouraging word offers healing and can turn our day around. All who minister in this way are living the second greatest commandment – love others as you love yourself.

It is an honour and a blessing to witness all of the organized and spontaneous pastoral care that takes place here at Shoreham Village - church services, devotions, music, visits, and recreational programs. The care, giving, respect, affection and understanding feed our pastoral and spiritual needs; our cup overflows. We celebrate and thank all of our 'ministers' at this time.

- contributed by Pat Bates, Pastoral Care Coordinator

"Thanks to the staff of Shoreham who went the extra mile to make our mother laugh and feel happiness-as well as true concern for her comfort and well being."



Residents, Staff and Volunteers enjoying a day at Lower Grant Lake in August

Creating an Environment for Success

Being able to focus on the task at hand and to experience success again helps people with memory loss feel more secure and confident and less angry and frustrated.

The Montessori Method provides ways to offer people with memory loss those opportunities for success and gives those who care for people with dementia a way to lower the stress, anxiety and frustration felt by people with dementia. We can all learn how.

On September 19, Paul Fieldhouse, the Challenging Behavior Resource Consultant with South Shore Health, delivered a workshop on the Montessori Method for Shoreham Village staff and volunteers.

At this workshop, caregivers learned about the Montessori method - how to break tasks down into steps, how to proceed from the simple to the more complex, how to rely on demonstration rather than instruction, how to show rather than tell, and how cueing the senses can stimulate the memories a person needs to get a simple task done.

The methods are simple and proven to help people with memory loss and are useful skills for those who work with people with dementia.

This was a great learning opportunity for all staff and volunteers at Shoreham Village.



WHAT ARE YOU SAVING FOR?

The Canada Savings Bond campaign runs from October 1 to November 1, 2013. Small Contributions = Big Savings! Start with as little as \$2 a pay cheque.

For more information, please contact the Business Office or visit csb.gc.ca/employees

This Month's Q&A

Q: What does the Premier's announcement about a new facility for Shoreham Village mean?

A: Shoreham Village is among a number of long-term care facilities that will be renovated or rebuilt over the next few years. This is wonderful news. A new facility will have a significant and positive impact on our residents, their families and friends, our staff and the community for years to come.

Q: What does this mean for current residents?

A: We will ensure that our residents continue to receive a high standard of care throughout this process.

Q: Will the Palliative Care unit go ahead as planned now that a new facility will be built?

A: We will need to have further discussions with the Foundation and others to ensure that the funds raised in the community will meet the needs of our residents now and in the future.

Q: Will the new facility be located on the same site?

A: Details about the location, design, and start of construction have not been confirmed. We will keep everyone closely informed as this exciting project takes shape.

REMINDER

Remote Controls of Waverley Glen ceiling lifts - please press buttons with thumbs. The remote works with air. If the button is damaged the lift will not go up and down.

HIGH FIVE!

Each month we will recognize staff and volunteers that have received compliments for a job well done.

September was Continuing Care month. Thank you to all of our staff for your daily contributions to the lives of our residents.

Barry Dorey, Donald Bell and Margie Benteau - Thank you for stripping and waxing the dining room floor. Good job! It looks fantastic!

Pat Bates, Pastoral Care Coordinator - Thank you for your many thoughtful and quiet acts of kindnesses. We are proud to have you on our Shoreham team.

Shoreham Village Foundation - We wish to thank the Foundation and everyone involved for making the golf tournament such a success.

September 9-13th was Environmental Services and Maintenance Week. The work of this team is very important to the health and safety of our residents and we thank you for all your hard work and dedication!

Education Sessions for Staff & Volunteers

End-of-Life Care for End Stage Dementia

In the final stages of dementia the person may lose the ability to speak. However, they can still experience and sense emotions and have physical, emotional and spiritual needs. How do we meet their unspoken needs? What can we do to make a difference?

**Wednesday, October 2
6:30pm-8:30pm***

Communicating with the Family and Friends of a Resident at the End-of-Life

The end stage of life is very distressing for the friends and family of the dying. How do we comfort and support to them?

**Tuesday, October 29
2:00pm-3:30pm***

*Community members are welcome to attend however space is limited. Please register with Corinne Webber.

Fire Safety Training for Supervisors

**Wednesday, October 2
Wednesday, November 20
Friday, November 22**

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 story ideas please pass them along to

Gammy Leopold

Email:

g.leopold@shorehamvillage.com

Phone: 902- 275-5631 ext 221

Shoreham Village Volunteer Job Fair – October 18th

We know that giving our time and skills helps others but research shows that it is good for us too.

Research shows that the benefits of volunteering from making new friends and experiencing new opportunities and challenges, to enhancing employability benefits people of all ages and backgrounds – students, young professionals, the unemployed and the retired.

When we volunteer our heart rates lower, we experience less stress, sleep better, show improvements in cognitive functions, and have greater self-esteem. Young, old, busy, retired, male, female. Everyone benefits. None more than the nearly 90 residents who call Shoreham Village home.

In October, the volunteer team is coming together to present its first-ever Volunteer Job Fair. The public is invited to drop by and staff are encouraged to invite family and friends. There will be presentations and displays, volunteers to meet, musical entertainment, and some hot soup to enjoy.

Please help get the word out and better yet, invite someone you know to attend. Posters and invitations are available.

For more information, please contact:
Corinne Webber, Volunteer Coordinator
Email: volunteer@shorehamvillage.com
Phone: 902 275-5631 extension 246



Shoreham Village Foundation Golf Tournament
Left to Right: Barry Dorey, Roberta Kuhn, Janet Olsen, and Corinne Webber
Photo: Jim Barkhouse



Please remember to wash your hands or use hand sanitizer before and after visiting each resident.

Upcoming Events

- **Volunteer Job Fair - Friday, October 18th, 12:00am-6:00pm**
Come and learn about the many rewarding opportunities to share in the life of Shoreham Village
- **Pastoral Care Week recognition event - Friday, October 25th, 2:00pm-3:30pm**
Join us in marking the role of pastoral care in the daily lives of our residents, families and staff.
- **Board meeting - Monday, October 28th**
Topics of discussion will include "Rebuilding our Future"