

Shoreham *News*

September 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

September is Continuing Care month in Nova Scotia. This is a time to recognize the importance of Continuing Care and the contributions of its employees and volunteers who help thousands of Nova Scotians to live well in the place they can call home.

Continuing Care is a vital part of our health system, providing a range of health and health-related services outside of the hospital setting. Care can be provided in a person's home, a residential facility or a Long Term Care Home such as Shoreham. Care professionals are also active in community programs such as Adult day or Meals on Wheels.

Having these services available in our communities help people to maximize their independence, promote their health and well-being and sustain or enhance their quality of life.



We're having a party and you are invited!

Shoreham Village is delighted to announce our first annual Garden Party on September 6, open to residents, staff, volunteers and their families.

The event coincides with celebrating Continuing Care Month. There will be fun for all ages and new memories to treasure with a DJ, Bingo, Prize Wheels, Games, Silent Auction, Resident art gallery, a Bouncy Castle, a real Pirate and Princesses, cup cake decorating, photo "booth", hot dogs, cotton candy, popcorn, cake and so much more!

Be our guest and come share in the fun, September 6, 1:00pm-4:00pm rain or sun!

Shoreham's more than 160 employees and 150 volunteers strive to provide our residents with excellence in care while living in a safe and enjoyable home like environment. This means ensuring that individual personal, nursing, and medical care needs, as well as social, emotional and spiritual needs are being met and that we do all we can to ensure each day is a good one for every resident of Shoreham. Providing high quality and supportive care; varied, interesting and meaningful social and recreational activity; preparing, serving and assisting residents to enjoy tasty and nutritious meals; taking residents outside to enjoy the gardens and surrounding area as well as on special outings; keeping our building tidy and clean; celebrating important milestones and having fun with our residents are all part of what we do.

Shoreham Village Home for Special Care proudly recognizes the remarkable difference our caring and dedicated staff and volunteers are making every day in the lives of our residents. We wish to publicly thank them and all others who do this important work.

Alice Leverman, CEO



The Shoreham Biker Babes partnered with Chester Foodland staff to raise funds for the Heart and Stroke Foundation during the August 6 Big Bike ride. More on back page.



Welcome to New Staff

Kaylah McLain Frelick
Resident Care

Welcome to New Volunteers

Russell Gates
Amanda Swinimer
Lorraine Wills

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



Helen and Aubrey Thompson celebrate their 75th anniversary on August 29.

Happy 75th Anniversary – Helen and Aubrey Thompson

Helen grew up in Bridgewater with a very large family, 18 brothers and sisters. She was a vibrant young lady who loved to spend her time outdoors with her friends and siblings playing sports such as baseball and basketball. You could usually find Helen playing her guitar as well, another favourite past time of hers.

Aubrey was a strapping gent who also came from a very large family, an aspect of their lives they had in common. Aubrey was very much an outdoorsman. You could find him in the woods or out tending the cattle. Although Aubrey did not play the guitar, he loves fiddle music, another common passion that encouraged the relationship between Helen and Aubrey to flourish.

It was a warm, starry night in August when Helen and Aubrey met during a Water Carnival in Bridgewater, where people would line the banks of the LaHave to watch water sports, boat parades, bathing suit competitions and fireworks.

During their courtship, Aubrey worked away for many weeks at a time. He would send Helen beautiful love letters appealing to Helen's heart and deepening the connection between them.

On August 29, 1939, Helen and Aubrey wed. It was a small ceremony held at the Bridgewater Court House. They settled in West Clifford, and raised their family. They had three children who blessed their lives with 12 grand children, 25 great-grand children and 6 great-great-grand children.

Helen and Aubrey, to this day, can be found side by side. They are each other's best companion and continue to share every aspect of their lives together. They are a couple who are admired for so many reasons and we congratulate them on their 75th wedding anniversary. Congratulations Helen and Aubrey!!!



Community Art Gallery

Starting in September we will be featuring art by Wanda Hatt.

Thank you to Doris Eagles for sharing her photos with us for the last three months and for her donation of the photo of Aspotogan, which is located in our main corridor.

** If you are a local artist and would like to display your art, contact Gaye Ernst, Director of Support Services at 275-5631 ext 227.

Our Board is in Good Hands

Children's author and illustrator, Nancy Guest, is one of the newest members of the Shoreham Board of Directors. Best known as the creator of *Seamore the Seagull*, she also has an intimate experience with palliative care.

Nancy and her husband Don moved to the area more than 15 years ago. When Don became ill in 2004, Nancy cared for him. Towards the end of his life she nursed him at home for seven months. During this time she cared for all of his needs – including palliative care. Don passed away in 2007.

Now a widow, Nancy enjoys sharing her experience with others. In addition to volunteering with Shoreham, Nancy also volunteers with Bonny Lea Farm.



Nancy Guest has recently joined the Shoreham Village Board of Directors.

The Virtual Dementia Tour

Dementia is not a specific disease and it is also more than memory loss. Dementia describes a group of symptoms and usually means there are problems with certain brain functions resulting in impaired judgement, impaired language and the inability to perform some activities of daily living.

Because of the nature of dementia, it becomes increasingly difficult for the person with dementia to communicate. They may struggle to tell people what they need and how they feel. With this change in communication often comes changes in behaviour. Caregivers may find it difficult to understand how to help.

The Virtual Dementia Tour was developed with the idea that if people understood dementia better they would be able to provide better help and care. The "tour" is about twenty minutes long and involves modifying participants' senses and motor functions in ways which simulate the symptoms of dementia. (To say more would be a spoiler.) It is an amazing experience.

On September 30 and October 1, Paul Fieldhouse, Challenging Behaviour Resource Consultant with South Shore Health, is bringing The Virtual Dementia Tour to Shoreham Village. Staff and volunteers are encouraged to take part – to gain a better understanding of life with dementia.

* For more information, contact call 275-5631, ext. 233 or ext. 246.

WHY I LOVE MY JOB

As part of celebrating Continuing Care month, we asked our staff what it is that makes working at Shoreham so special. Here is what they said:

- The residents are like grandparents to me. Now I have 90 grandparents.
- The residents are like my family.
- Its been a long personal and professional journey to bring me here to Shoreham Village, but to be a small part of bringing meaning and purpose to residents' daily lives is why long term care makes my heart sing.
- I feel loved. The residents love us for who we are.
- I love the residents and want them treated the way I treat my parents.
- I love the residents and their positive outlook on life.
- I love making the residents happy.
- I have built relationships and connections with so many residents. Its been a summer of discovery, laughter, invaluable insights into individual lives, some tears too - hands down, I've been the one who has gained the most.
- Working here is a great experience.
- I love having the opportunity to make people happy.
- If I can make one person smile it makes my day.
- Long-term care is changing direction, as we partner with residents and families to place the individual at the centre of all decision making. I'm so thrilled to be part of that change.
- I work at my best, find my passion and thrive, when I advocate for others. The long-term relationship with our residents and striving to bring meaning and joy to their last years, makes this my vocation.
- I love my job. I have been here for 18 years. If I could do it all over again, I would. I leave my family at home and come to my family at work.
- There are so many pluses working at Shoreham. I enjoy my colleagues.
- Shoreham is home - laid back and personal. It is so much better working here than in a hospital.
- I have always been drawn to long-term care. I love learning about residents and listening to their stories.
- I feel lucky to be at Shoreham. When I come to work and everyone is smiling and saying good morning, it makes me happy.
- I fall in love with the residents every day.
- I love my job and my co-workers.

WHY VOLUNTEER?

If you are looking for ways to reach out and touch someone's life, a great place to start is by volunteering. There are many wonderful ways to make a difference.

Residents often feel lonely and depressed. Even with recreation programs, many residents lack the personal one on one time that most of us crave. Residents may have no family or friends who come to visit, and find themselves bored, wishing they had a friend to talk to.

As a volunteer, you could be that much-needed friend, that ear who will listen. There are various tasks that some residents are no longer able to perform for themselves. Staff do not always have time to spend with each and every resident to provide added TLC.

Many volunteers report a feeling of well-being in knowing that they made someone's day a little easier or a little brighter. Some volunteers help residents straighten out their closet or drawers. Others help them write a letter. Sometimes, bringing a treat or some flowers goes a long way! However, some residents may be on special diets, always be sure to check with the nurse before giving any kind of food or drink to a resident.

Some volunteers sit and listen while residents reminisce about "the good ole' days". Others bring magazines, books or the newspaper and read out loud. This is much appreciated and enjoyed by our residents who lack the manual dexterity and eyesight to read for themselves anymore.

Try to find common interests, then do those activities together. For example, if the resident enjoys crochet or knitting, bring along some materials and join in! Or, if you know that a resident especially enjoys tea, plan a tea party!

Along with the word 'volunteering' comes many ideas and images about what it means to be a volunteer. In reality, it means being a friend...someone to chase away the loneliness and make a person feel loved!

** Contact Recreation and Volunteer Services at 275-5631 ext 235 and ask if they need volunteers. More than likely, they will be happy to have you!



Residents gathered around an evening campfire, enjoying hotdogs, marshmallows and singing.

HIGH FIVE!

Compliments for a job well done.

Oceanview Garden Centre – for cleaning up our grounds and refreshing our gardens and planters, particularly the care they took in making the C-wing wandering garden a safe and enjoyable place for our residents.

Colleen Baker received two High Fives - for being kind and going out of her way to help others.

Angela Kaizer - for helping everyone no matter what. "She always puts me in a good mood."

Joanie and Derek Swinemar – for their memorial donation of \$625.00 in memory of Joanie's mother Alice Webber, to be used to buy equipment for our Music and Memory Program.

Annette and Thomas Zinck – for their visits and hand bell music as part of the Chester United Baptist Church summer outreach ministry.

Sarah Lane – for volunteering with us during her two-week holiday visiting family in the area.

DID YOU KNOW?



You are responsible for protecting our residents' personal health

- Privacy, confidentiality and trust are cornerstones of our relationships with our residents.
- Be careful what you say and where you say it.
- Do not discuss resident information in public.
- You never know who is listening

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, sessions
between 9:30am and
3:30pm**

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



A Big Bike Thank you!

On August 6, the Shoreham Biker Babes participated in the Big Bike ride with staff from the Chester Foodland in support of the Heart and Stroke Foundation and to promote a healthy workplace at Shoreham. Our team of 15 Biker Babes raised more than \$1500 for the cause. Thank you to everyone who took part and those who supported our team. It was great fun!



Home Improvements

Residents, families and friends are enjoying the freshly painted main entrance, lounge and dining room.

We are planning to have heat pumps installed in each of the wings to provide air conditioning during the summer months and heating during the winter months.

Work has begun on repaving the parking lot. Many thanks to our donor and the Foundation for their support for this project.



Safety Tip of the Month

What do a fork, a sock, and a coffee mug all have in common?

You wouldn't reuse these items without cleaning them. Hands are no different.

We'd like to hear from you

Do you have questions, concerns or compliments?
Contact us.

General Information

275-5631 Ext 221 or info@shorehamvillage.com

Chief Executive Officer

275-5631 Ext 234 or a.leverman@shorehamvillage.com

Dietary Services

(Food and Nutrition)

275-5631 Ext 229 or

m.houghton@shorehamvillage.com

Environmental Services

(Housekeeping, Laundry, Building, Grounds)

275-5631 Ext 227 or g.ernst@shorehamvillage.com

Recreation and Volunteer Services

275-5631 Ext 235 or l.bell@shorehamvillage.com

Resident Care

(Nursing, Personal Care, Physiotherapy)

275-5631 Ext 242 or l.mcintyre@shorehamvillage.com

Finance

275-5631 Ext 222 or a.lohnes@shorehamvillage.com

✂ Clip this out and save for quick reference

Receive ShorehamNews!

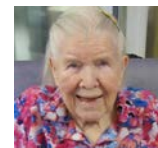
Shoreham News is published monthly. The newsletter is distributed to residents, families, staff, volunteers, and visitors and is also available on our website:

www.shorehamvillage.com

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

info@shorehamvillage.com

Milestone!



Ruby North will celebrate her 103rd birthday on September 11.
Happy Birthday Ruby!

Upcoming Events

• Shoreham Village Garden Party, September 6, 1:00pm – 4:00pm

A gathering for all ages, to share and celebrate with family. Join us in celebrating Continuing Care Month – those who live with us, those who care for us, those who volunteer their time for us and all our families. RSVP to the Garden Party Response Box outside of the Business Office by August 31.

• 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.