

HOLIDAY ACTIVITY SCHEDULE

Shoreham VILLAGE NEWSLETTER

Issue 43
December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>December 2021</div> <div>SHOREHAM RECREATION CALENDAR</div>						
<div>10:30 NEWS AND VIEWS (ML)</div> <div>2:00 CHRISTMAS MATINEE (ML)</div> <div>(ML) Main Lounge (OT) OT room (DR) Dining Room</div> <div>2:00 ROSS & GINNY (ML)</div>	<div>5 10:30 DEVOTIONS (ML)</div> <div>2:00 ELDERLY BROTHERS (ML) (50's/60's, old time rock & roll) (ML)</div> <div>10:30 GRINCH GRAB PUNCH13 GAME (ML)</div> <div>2:00 RON & FRIENDS (ML)</div>	<div>6 10:30 CHRISTMAS FAMILY FEUD (ML)</div> <div>2:00 CHRISTMAS TREE DECORATING PARTY (ML)</div> <div>6:00 CHRISTMAS LIGHT OUTING (sign up list posted in main lounge)</div> <div>10:30 MISTLETOE MISFITS (ML)</div> <div>2:00 SOUTH SHORE UKULELE PLAYERS (ML)</div> <div>3:15 WII BOWLING (ML)</div> <div>6:30 KENTUCKY BLUE (ML)</div> <div>10:30 CHRISTMAS BEAUTY BOUTIQUE(OT)</div> <div>2:00 BINGO (ML)</div> <div>3:15 WII BOWLING</div> <div>Winter Begins</div>	<div>7 10:30 CHRISTMAS NAME THAT TUNE (ML)</div> <div>10:30 SOCIAL VISITS</div> <div>2:00 BINGO (ML)</div> <div>6:30 HUBBARDS GANG (ML)</div> <div>10:00 ART WITH PAULINE & 15 DARLENE (OT)</div> <div>10:30 SOCIAL VISITS</div> <div>2:00 BINGO (ML)</div> <div>CHRISTMAS BRUNCH (OT) (sign up posted in main lounge)</div> <div>2:00 SHARON RHYNO (ML)</div> <div>10:30 DECEMBER IS A CIRCUS TRIVIA (ML)</div> <div>10:30 SOCIAL VISITS</div> <div>2:00 BINGO</div> <div>3:15 VIRTUAL REALITY TOURS</div>	<div>8 10:30 CHURCH (ML)</div> <div>11:15 EXERCISE GROUP (ML)</div> <div>1:45 RED HATTERS (OT)</div> <div>2:00 VIRTUAL REALITY TOURS</div> <div>10:30 CHESTER RESOURCE KIDS</div> <div>11:15 EXERCISE GROUP (ML)</div> <div>2:00 CHRISTMAS CLERGY SERVICE (ML)</div> <div>6:30 BARN OWLS (ML)</div> <div>10:30 HOT APPLE CIDER AND CHRISTMAS STORIES</div> <div>11:15 EXERCISE GROUP (ML)</div> <div>2:00 MAKING GINGERBREAD HOUSES</div> <div>10:30 CHURCH (ML)</div> <div>11:15 EXERCISE GROUP (ML)</div> <div>2:00 WII BOWLING (ML)</div>	<div>9 10:30 MAKING CHRISTMAS CARDS (OT)</div> <div>2:30 SALVATION ARMY (ML)</div> <div>11:00 CONCERTS FOR CARE</div> <div>2:00 DAVID RHIND (ML)</div> <div>3:15 WII BOWLING (ML)</div> <div>10:30 CHRISITMAS CRAFTING (OT)</div> <div>10:30 SOCIAL VISITS</div> <div>2:00 BAKING COOKIES</div> <div>VISIT FROM SANTA& MRS. CLAUS</div> <div>10:30 PASS THE PRESENT PLEASE (ML)</div> <div>1:30 CHRISTMAS CAROLING</div> <div>10:30 SPIRITUAL HOUR (ML)</div> <div>10:30</div> <div>2:00 NEW YEARS CELEBRATION & BIRTHDAY PARTY (ML)</div> <div>New Year's Eve</div>	<div>4 Rev I Wissler- 2nd J Cavanagh- 9th Pat Bates- 30th</div> <div>10:30 LEXICON (OT)</div> <div>1:00 MUSIC WITH DARYL (ML)</div> <div>2:00 ADULT CHRISTMAS COLORING (ML)</div> <div>10:30 ARM CHAIR TRAVELS</div> <div>1:00 MUSIC WITH DARYL (ML)</div> <div>2:00 CARDS AND BOARD GAMES</div> <div>Merry Christmas</div> <div>Happy New Year</div>

HOLIDAY MAGIC

Tune-in to see Holiday Magic, Saturday December 18th on CTV at 5 PM.

The proceeds from this fundraiser go to support Northwood Foundation to help people in their community Live More!

Avondale CONSTRUCTION GROUP

Presents

HOLIDAY MAGIC

A VanWart Production

In support of the Northwood Foundation

SATURDAY, DECEMBER 18TH ON CTV @ 5PM

STARRING:

- The Gilberts • Andrew Machum • Linda Carvery
- The Duggs Irish Dancers

SCAN ME

SUPPORT NORTHWOOD'S CLIENTS THIS HOLIDAY SEASON!

revolve

VANWART PRODUCTIONS

Northwood FOUNDATION

ROCKBOUND



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2021 Long Service Recipients

Message from Janet Simm, CEO of Shoreham Village



As we enter the twilight of 2021, there is an eagerness to enter a new year of positivity and happiness. We have all been looking forward to getting back to a happier time, free from the challenges of COVID-19. As we all look back over the last two years, it's amazing to me how far we have come as an organization, community, and province.

As the doors of 2021 close, I look back on the dedication, compassion, and bravery of all the Shoreham family. You truly are amazing. The support our residents receive from the Shoreham staff and volunteers is truly incredible. All the sacrifices you have made will be remembered by those residents and clients who were able to continue to live with dignity because of your hard work and compassion.

I hope this holiday season and the year ahead hold great things for you and your family. This season is a time to spend with the people you love, reflect on the year that has past and look to a shining future.

I would like to take this opportunity to wish you and yours all the best during this holiday season with much health, happiness, and prosperity in the new year.

Janet Simm
CEO of Shoreham Village

UPDATE FROM SHOREHAM VILLAGE

Dear Residents and Families,

Shoreham Village has received funding from the Department of Seniors & Long-Term Care to complete much needed renovations to residents' rooms. We are excited to have a new building in progress which will provide a brand-new living environment but understand that this won't be ready for several years.

We are proceeding with this room renovation project to immediately improve the living environment and meet infection control and safety standards. This work is scheduled to begin October 25 and the entire project which includes all wings, is due to be completed by the end of May 2022.

We know that this work will improve Shoreham Village but won't be without disruption and we appreciate the impact this will have on residents. The construction will require a wing at a time to be closed and renovated. This means some residents will be doubled up or moved to a temporary living area in the c-wing dining room.

To support privacy and meet fire marshal requirements we will be constructing a smoke barrier wall at the end of c-wing with a door to enter the newly created temporary 4-person bedroom. We will also be adding curtains and privacy screens. Safety will always be our top priority and this plan has been reviewed and approved by Licensing and the Fire Marshal.

We are considering many factors as we approach this project and aim for the least amount of disruption to individuals as possible for the shortest amount of time. Each wing will take approx. 2-3 weeks to be completed. This means that each resident will be in a temporary living arrangement for 2-3 weeks.

As we approach the beginning of the project the team will be in touch with individual residents and their families to discuss when and where they will be relocated.

Thank you for your patience and understanding as we embark on this exciting and much needed project.

HOLIDAY CELEBRATIONS AT SHOREHAM BRIGHTER THIS YEAR

We have a December calendar full of events created for all residents to enjoy.

Residents will be able to share in Christmas music, Christmas crafting, and more! What are the holidays without a little Egg Nog, Apple Cider and treats?

Santa & Mrs. Claus will even make a special appearance on Christmas Eve.



COMMUNITY DONATIONS

We are accepting donations from the community to help bring holiday cheer to the residents at Shoreham.

If you are interested in helping to provide a memorable Christmas to our residents let us know!



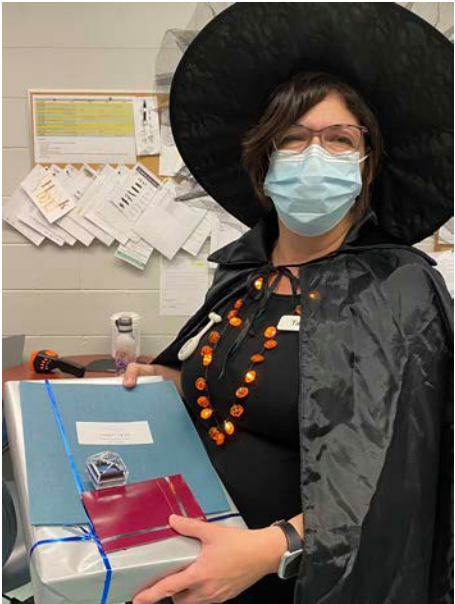
LONG SERVICE AWARD RECIPIENTS



Irene Rafuse
40 Years



Tanya Broome
20 Years



Tammy Hebb
30 Years

COVID/INFECTION CONTROL UPDATE

As of December 1 our front doors will again be locked. This step is to ensure that all people entering the building have been screened and shown proof of full vaccination. After December 1st, it is required to show proof of full vaccination or you will unfortunately not be able to enter the building. This is the mandate set out by the Department of Health, which we are required to follow.

As always before coming to visit , make sure you are well and without any symptoms of illness. The Christmas season is very busy and we know that COVID and other viruses are out there, so we all need to do our part to keep our Shoreham family safe. If you are not feeling well or have symptoms , please schedule your visit on an alternate day.

Should you have any questions in regards to this, please don't hesitate to leave **Kim Croft** a message at **902-275-5631 ext 242** and she can call you back to discuss any questions you may have.



A WEEK IN LONG-TERM CARE: MY HOME

By: Shoreham resident Mr. Charlie N. Teal

It began June 19th, 2021 at 5:30pm. I had terrible pains in my abdomen area. I called 911 for the hospital and upon arrival, after several observations, I was found to have serious gall bladder problems, thus started my journey to Long Term Care.

It was decided that the problem was too severe to operate because of my age. Therefore, I was treated with antibiotics, which cured the problem, though unfortunately left me partially paralyzed.



The Doctor told me I might never walk again had had to go to Long Term Care. My wife of 69 years is at ShorehamVillage, so I requested to be transferred there when a bed became available. A few weeks later a bed became available and I was a very grateful person.

On July 24th 2021, I was moved to Shoreham Village when I and my wife reunited; the best move I ever made! Upon my arrival around supper time, I got my first taste of Long Term Care; literally. For supper I had the best meatloaf I ever tasted and from that day to this, I thought I was in "Food Heaven", thanks to everyone in the Dietary Department.

Now about Long Term Care as seen through my eyes. I mention this because a lot of the arm chair "fixers" who have no idea what they are talking about listen to the fairy tales . I speak from experience of 30 years as a care giver to my wife and another family.

We start the day by getting up of course, by a

caregiver, who prepares us for the day; clothing, washing etc. The continuing care staff that care for us are AMAZING. This is followed by a fantastic breakfast. In my case this is a bowl of porridge, followed by a dish of scrambled eggs, a muffin and to top it all off a banana. When I arrived to Shoreham, I only weighed 124 pounds. Now I am nearly my original healthy weight.

Entertainment, our monthly recreation calendar lists over 70 activities and most residents who can attend do so. Activities such as: Devotions, bowling, social visits, arts & crafts, games, Bingo, just a few to let you know that us (old people) are still active. The activities are with the support of the Manager of Recreation along with wonderful Recreation Programmers and Long Term Care Assistants.

I don't know where we would find better RN's and LPN's to provide such kindness and caring to all residents who live here.

The Support Services staff that assist with cleaning, laundry and maintenance are always supportive and engaging with residents. Including our administration, all hard-working employees. Please excuse me if I left others out; I just don't remember all of their names, my brain is only wired so far.

In closing, I am happy to report that due to this excellent care and our OT and PT, I am able to walk again.

I, and my wife, are in our nineties and are very excited about our life at Shoreham Village, Home for Special Care.



NEW OCCUPATIONAL THERAPIST

My name is Kat and I am the new Occupational Therapist for Shoreham Village! I joined the Shoreham team at the end of September and have been working within the facility over the last month to get to know the residents! I'm excited to be working with residents, families, support systems and staff at Shoreham Village!

As a kid, I always visited my Great Aunt in a Long Term Care (LTC) facility and I could see the difference staff made! I started at a young age volunteering and figuring out ways I could be in a position to make a difference for people in LTC. After graduating high school, I pursued a degree in Kinesiology to promote better physical and mental health for people of all ages, and it led me to Occupational Therapy. Throughout my education, I spent time working as an Athletic Trainer at Dalhousie University and as a Residential Rehabilitation Worker for Kings Regional Rehabilitation Centre. As an Occupational Therapist, I have experience with Restorative Care, Innovative Programming and Return to Work.

At Shoreham Village, my role is to help residents to complete the things they need, want and have to do throughout each day. In my role, I will be working with staff, residents and family to help determine equipment needs, potential assistive devices and helpful programming for each resident. I am also a part of wound care prevention and management!

FOR STAFF:

How to refer to Occupational Therapy:

When there is an OT related issue, or something you have identified that OT could help with, please send a referral 3 preferred ways:

- 1) Point Click Care "Referral for Occupational Therapy": this is your best bet for an issue. It allows me to follow up and check other information about the situation that can help the situation be resolved or assisted faster.
- 2) Via Email: my email is k.porterdolimount@shorehamvillage.com I know it's long, but I will get your message.
- 3) Text message or phone call: my number is (902) 277-2474.

I don't mind verbal referrals, but it makes it harder to track and put into a schedule to make sure the problem is assessed.

UNNECESSARY ITEMS

Let's start the new year with a fresh, clean look and a Marie Kondo take on decluttering. We ask that you please take a moment to go through your loved ones belongings and ask "Does this spark Joy," if it doesn't please take home anything they are no longer using.

This will help us keep the rooms clean and free of clutter.

DINING- CHRISTMAS MEALS

Traditionally, this is the time of year we would be preparing to welcome families and friends to share a meal with their loved ones on Christmas Day. This Christmas, Shoreham is once again asking families NOT to attend dinner during Christmas, as we need to maintain safe and reasonable number of visitors in the building.

If you plan on taking your loved one out for Christmas, please inform the RN what day and time you would like to do so by December 20th 2021. We are then able to provide medications and assistance for the outing as appropriate. Fortunately, we are able to provide an enjoyable Christmas dining experience for residents in our main dining area.

We are looking forward to doing all we can this holiday season to make Christmas dinner memorable for our residents and keep the holiday spirit alive.

**STAFF EDUCATION AT SHOREHAM VILLAGE**

November and December's focus will be on face to face education blitzes with Nurse Educators for all staff to explore such various topics such as documentation standards, civility, and workplace harassment. Our goal is to attract and retain the very best people to work at Shoreham Village. Providing education which promote our values and standards contributes to a positive working and living experience for all at Shoreham Village.

GRANT MONEY

Congratulations to Anita Wilwand, Manager of Staffing and Care Support Services. Anita applied for and was awarded 2 grants for the amounts of \$8000 each from Aware Nova Scotia. One grant will provide staff with education in Gentle Persuasive Approach. The other will purchase much needed safety equipment for the staff and residents of Shoreham Village. Thank you Anita, great job!

**NO LIVE POINSETTIAS**

This popular Christmas plant is pretty to look at but it's also poisonous. We ask that our residents and family members please refrain from bringing live poinsettia's into Shoreham Village.

They are not terribly harmful to humans but they can still cause rashes on the skin and stomach issues if ingested.

Artificial plants are just as nice to look at and don't come with any potential risks.

