

Shoreham
VILLAGE
NEWSLETTER

Issue 46
December 2022



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Janet Simm
(CEO)

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Message from Janet Simm, CEO of Shoreham Village



As we enter the twilight of 2022, we are eager to enter a new year of positivity and happiness. We have all been looking forward to getting back to a happier time. We are looking forward to resuming some long-standing holiday traditions, slightly modified to ensure we keep our residents and staff safe while continuing to enjoy the warmth of the holidays- a chance to spend time with friends and family- a time to live life to the fullest. This is a busy time of year for us here at Shoreham, but it is also one of the most exciting times.

As we all look back over the last three years, while I am so glad many of those challenges are behind us, I am in awe of what we accomplished as an organization. All of the sacrifices you have made will be remembered by those residents who were able to continue to live with dignity because of your hard work and compassion. I look back on the dedication, compassion, and bravery of the Shoreham family. You truly are amazing.

The opportunities in front of the organization to support Nova Scotians are limitless because of your hard work and dedication. While we will always face challenges, we have shown that we have the courage to face these challenges head-on and be stronger as a result.

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. We are committed to making sure everyone in the Shoreham community feels the warmth of the season.

I wish all of our residents, staff, donors, and the rest of our community a wonderful holiday season and a Happy New Year, from all of us here at Shoreham.

Janet Simm
CEO of Shoreham Village

WELCOME TO ROSEMARY BOETTINGER

Hello, my name is Rosemary Boettinger, and I am a Registered Nurse working out of Northwood Long-term Care at the Halifax Campus. I am originally from Halifax but moved to Ontario many years ago to raise my family and obtain my Nursing education at Conestoga College and McMaster University. I spent more than 10 years working in Hospice, Palliative Care in residential hospices throughout Southwestern Ontario. When my children were grown, I moved back home to my beloved ocean and started at Northwood 3+ years ago where my duties include on-unit nursing, and participating in on-going research.



I have been asked to start a Palliative Care program here at Shoreham. I am working closely with Nursing Services Manager Danyka Devost and other key staff members to create a comprehensive and inclusive program for our staff, residents, their family members, and friends. I am so excited to be here, meeting and working with so many new faces, and look forward to getting to know you and working together to create something special here at Shoreham. If you have any questions regarding Palliative Care, please reach out at rosemary.boettinger@nwood.ns.ca and I would be happy to answer them.

HOW TO PREVENT RESPIRATORY INFECTIONS

The Province of Nova Scotia has seen an increase in respiratory infections this past month, in all age groups. The best way to prevent the spread of respiratory infections is to do hand washing, this will protect our vulnerable population, as well as yourself. We continue to follow all provincial guidelines for COVID-19, Influenza and other respiratory virus outbreaks to ensure the health and safety of our residents. If you feel unwell or have any symptoms, do not visit Shoreham.

How Germs Spread

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections. Germs can spread from person to person or from surfaces to people when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch surfaces or objects that have germs on them
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects.

To prevent the spread of germs during COVID-19 Pandemic and Influenza season. You should also wash your hands with soap and water.

- Before touching your eyes, nose, mouth
- After touching your mask
- After leaving a public place
- After touching objects or surfaces that maybe frequently touched by other people



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.



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 be safe and maintain a 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 19th, 2022. We can then 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. The OT Room will be available to book for a small private family/friend gathering. Please contact Niki at 902-275-5631. Ext 8235 or email n.rodenhizer@shorehamvillage.com.

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.

HOLIDAY CELEBRATIONS

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 and Mrs. Claus will even make a special appearance the morning of Christmas Eve.



COMMUNITY DONATIONS

Shoreham is graciously 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!

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.

WELCOME TO TAYLOR JOHNSTON

In November 2022 Shoreham welcomed their new Occupational Therapist, Taylor Johnston. Taylor completed her Bachelor of Science in Kinesiology at Acadia University before going on to achieve her Master of Science in Occupational Therapy at Dalhousie University. Taylor has always known she wanted a career in healthcare where she could make a difference in an individual's quality of life. As an Occupational Therapist, Taylor has experience working with varying population and service settings, where she has gained essential skills and knowledge for her new role in LTC.

Taylor is looking forward to her career at Shoreham and working with all the staff, residents, families and the community. She is especially excited to get to know all of the residents and help enhance their to day-to-day lives at Shoreham!



Puzzles

ACROSS

1. First gear
4. Dude
8. Corrosive liquid
12. Miner's product
13. Body of knowledge
14. Party
15. Rowing blade
16. Pass over
17. With competence
18. Like some skirts
20. "___ Abner"
21. Which person?
22. Discussion groups
25. Skin hole
28. Food for Muffet
30. Dove's cry
31. Cut down
32. Follower of neither
33. Ensemble
34. Pod vegetable
35. Appeals urgently
36. Scope
37. Respond
39. Church seat
41. Grass
42. Variety of language
46. San Antonio athlete
48. Kitty sigh
49. Ginger drink
50. ___ Grey tea
51. Unlocked
52. Take legal action
53. Spotted
54. Ties the knot
55. Commandment number

DOWN

1. Circuit
2. Voiced
3. Had been
4. Fabric
5. Mortgage possessor
6. Extremely dry
7. Fido, e.g.
8. Encore!
9. San Francisco transport: 2 wds.
10. Not well
11. Dawn to dusk
19. Startled
20. Deposit eggs
22. Sweated
23. Solitary
24. Fountain drink
25. Mate for mama
26. Yoke of ___
27. Restore to confidence
29. Pig
33. Weep
35. Flower plot
38. Planet
40. Deserves
42. Hoodwink
43. Direction
44. Sherlock's find
45. Juvenile
46. Realize
47. Remit funds
48. Sound of a punch

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50					51					52		
53					54					55		

SUDOKU

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1					9			
6		2	7					
			9	1			4	
5	4			8			9	
	3			4		6	2	1

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to caregiving.

AHLTHE

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Answer: Health

FRIENDLY REMINDER

The holiday season is here, and we are beginning to gather with our loved ones to celebrate. While visiting here in the home, we would like to provide a gentle reminder of some remaining visitation guidelines.

Please wear your mask when entering the building. Please wash your hands and change your mask with the ones provided. Also, please sign in at the desk and screen in at our kiosk. If you are not feeling well or are experiencing any cold or flu-like symptoms, we ask that you do not visit. There are viruses swirling about in the community, and with that, we want to ensure we do our best to keep residents, staff, volunteers and visitors as safe as possible.


Groups are welcome to visit with residents, however, groups of three or more people are required to pre-book to ensure a large space for visiting safely. We offer the OT room and family room for larger visits.

Please feel free to call Niki at 902-275-5631 ext. 8235 or email at n.rodenhizer@shorehamvillage.com for more information.

We appreciate all of your kindness and support as we celebrate the holidays together.



WINTER ACTIVITY SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>December 2022</h2> <p>Shoreham Recreation Calendar</p>				10:30 Church (ML) 10:30 Meaningful Moments 2:00 Decorating the Home 6:30 Wrapping Christmas Presents	10:00 Music Therapy 10:30 Craft Corner (OT) 2:00 Salvation Army	Clergy Rev. I Wissler- 1 st Rev C Webb- 8 th Christmas Service- 15 th Rev. T Dawson- 22 nd P Bates- 29 th
10:30 Cooking with Michelle (OT) 2:00 Arm Chair Travel (ML)	10:30 Devotions (ML) 10:30 Montessori (C) 2:30 Resource Center Christmas visit	10:15 Resource Center Christmas visit 2:00 Christmas Tree Decorating- Music with GuitBasDuo 6:00 Card Nite	10:30 Music with Ross MacQuarrie (ML) 2:00 Bingo (ML) 6:30 Music with HHG (ML)	10:30 Church (ML) 10:30 Meaningful Moments 2:00 Ukulele Players	10:00 Music Therapy 10:30 Making & Baking Cookies (OT) 2:00 Music with David	10:30 Writing Christmas Cards (ML) 2:00 Christmas Matinee (ML) The Santa Clause
(ML)= Main Lounge (OT) = OT room (OS)= Outside Programs are subject to change Outings are weather	10:30 CAMS- Decorating Cookies (ML) 2:00 Music with Ronnie & Friends	10:30 Resident Council (OT) 10:30 Knitting Group 2:00 Bowling (ML)	10:30 Homemade Apple Cider (OT) 2:00 Bingo (ML) 7:00 Studio Singers	10:30 Pass the Christmas Present (ML) 10:30 Fancy Nails 2:00 Clergy Christmas Service 6:30 Christmas Contata - Bridgewater Baptist Choir	10:30 Caroling with CAMS 2:00 Happy Hour with Wine & Appetizers (ML)	10:30 Hot Chocolate & Christmas Stories (ML) 2:00 Christmas Music with Charlie T. (ML)
10:30 Children's Christmas Play (ML) 2:00 Holiday Heart- An afternoon of caroling with Heather <small>Hanukkah Begins</small>	10:30 Devotions (ML) 10:30 Montessori (D) 2:00 Card Bingo (ML) Gingerbread Treats	11:00 Concerts for Care (ML) 2:00 Music with Sharon & The Round UP Gang (ML) 6:00 Christmas Light Outing Christmas Jammie Day	10:30 Grinch Movie 10:30 Grinch Grab Christmas Punch (ML) 2:00 Bingo (ML) Grinch Day <small>Winter Begins</small>	10:30 Church (ML) 10:30 Meaningful Moments 2:00 Staff & Resident Christmas Timmys Social (ML)	10:00 Music Therapy 2:00 Christmas Beauty Boutique (OT) Ugly Christmas Sweater	10:30 Visit from the North Pole Santa & Mrs. Claus Twas The Night Before Christmas
	Happy Birthday to... Shirley G- 9 th Carol Br- 16 th Carol Ba- 22 nd Bud L- 25 th Arlene M - 30 th Irene E- 31 st <small>Boxing Day (Canada) Kwanzaa Begins</small>	10:45 Reminiscing- Sharing Holiday Stories & Traditions 1:30 Yoga & Meditation (OT)	10:30 Snowball Water Pong (ML) 2:00 Bingo (ML)	10:30 Church (ML) 10:30 Meaningful Moments 2:00 Music with Elderly Brothers & Birthday Celebration (ML)	10:00 Music Therapy 10:30 Spiritual Hour 11:30 Holiday Brunch 2:00 Chair Dancing	 1:30pm (ML) <small>New Year's Eve</small>

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