

May 2019

# HAPPENINGS AT HOME

JOHN NOBLE HOME..... STAFF, FRIENDS & FAMILIES



**HAPPY MOTHER'S DAY  
SUNDAY MAY 12<sup>TH</sup>**

## Celebrating May

🌻 Jane's Walk May 4<sup>th</sup>

🌻 Mother's Day 12<sup>th</sup>

🌻 Volunteer Dinner  
Reflection

🌻 Support Group for  
Caregivers

🌻 Family Council News

🌻 Super Hero's Day  
May 29<sup>th</sup>

🌻 Safety Talks

🌻 Day & Stay News

🌻 Fish Fry in June

The modern holiday of Mother's Day was first celebrated in 1908, when Anna Jarvis held a memorial for her mother.

Her campaign to make Mother's Day a recognized holiday began in 1905, the year her mother died.

In 1914, President Woodrow Wilson signed a proclamation designating the second Sunday in May as Mother's Day, a national holiday to honour mothers.

Although she was successful in her campaign, she was resentful of the commercialization of the holiday. Jarvis believed that the companies had misinterpreted and exploited the idea of Mother's Day and that the emphasis should be on honouring mothers through hand written letters and such instead of buying gifts and premade cards.

*Wikipedia*

The white carnation, the favourite flower of Anna Jarvis's mother, was the original flower of Mother's Day.

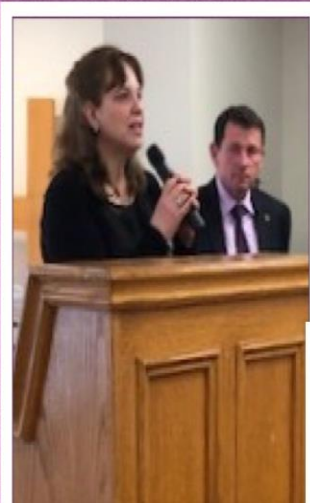
"The carnation does not drop its petals, but hugs them to its heart as it dies, and so too, mothers hug their children to their hearts, their mother love never dying," Jarvis explained in a 1927 interview.

## VOLUNTEER DINNER

Everyone had a fun evening at the recent volunteer dinner which was held April 17<sup>th</sup>.

There were many prizes and “special awards” given out.

Once again a “GREAT BIG THANK YOU” to all the volunteers for everything they do for us at the John Noble Home.



PIC•COLLAGE

# Care Givers

You're Invited to:

*The John Noble  
Home Education and Support Group  
For Family Caregivers!*

*Our Home would like to assist you through the transition of having your loved one moving into the John Noble Home.*

By offering ongoing support and education we hope to help you adjust to your loved one living in a long-term care setting. Within the group we would like to provide you with the opportunity to build friendships and expand your support network with others sharing your journey.

The next support meeting will be held in the John Noble Lounge on Thursday May 23<sup>rd</sup> at 1:30 p.m.

Please contact Judy Fowlie for any additional information.  
519-756-2920 ext. 4228



PIC•COLLAGE

## SUPER HERO THEME DAY

WEDNESDAY, MAY 29<sup>TH</sup>

Don't forget to dress up in your favorite Super Hero Outfit.

Sign up at reception and earn points for your team.



Family Council News

Eilyne and I attended a meeting in April held by the "Family Council Network Four" at Shalom Manor in Grimsby. The attendees were Family Council members and staff from several LTC Homes in the area. The morning began with a very touching video presentation, "A Life Well Loved" by Bill Dale, narrating his wife's journey through Alzheimer's. They very graciously gave us a copy to share with staff and family members here at John Noble. We are hoping to host a viewing of it soon – watch for details. After that there was a presentation by Emma Martin and Janet Plastow, Mobile Team Managers & Educators for the HNHB LHIN BSO LTC Mobile Team, "An Introduction to Positive Approaches to Care (PAC) where we not only learned various helpful ways to interact with our loved ones but also how important it is for us to take care of ourselves. After a delicious lunch the attendees spent the afternoon sharing various best practices in their LTC Homes. Overall it was a very informative day, time well spent!

Watch next month's Happenings for a few Spring Fling pictures! Hope to see lots of people there or at the Spring Sale.

Till next time,  
Pauline Vanderwal  
Family Council Chair

## RECREATION DEPARTMENT AND EARLY ON PROGRAM:

ACTIVITY : Join us for Jane's Walk.

WHERE: Davis Court Yard

When: Friday May 3<sup>rd</sup>, 10 A.M.

Featuring Brantford Painted Rocks

Scavenger Hunt in the Court Yard.



### Odd Days of Observance

- May 1 – Maypole Day
- May 4 – Star Wars Day: May the 4<sup>th</sup> be with you
- May 5 – Cinco de Mayo
- May 6 to 12 – Nurses Week
- May 8 – Receptionists Day
- May 12 – Mother's Day
- May 15 – Chocolate Chip Cookie Day
- May 20 – Victoria
- May 22 – Vanilla Pudding Day
- May 25 – National Pickle Day and National Wine Day

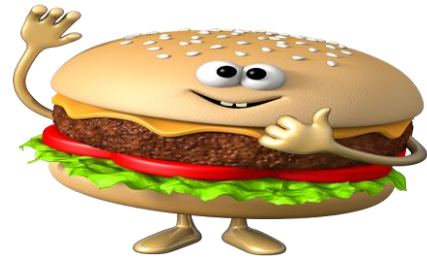
## Happenings at Home-Day and Stay Program-May 2019



It's wonderful to feel the warmth of the sun! The clients are starting to plan their garden and everyone is ready to get out and enjoy the patio. This month the clients will be planting the seedlings that have been growing indoors. It will be great to see flowers blooming once again in the garden.



The month of May starts our BBQ's and picnics. The Day Program and the Afternoon Program will be enjoying BBQ Hamburgers this month.



The Weekend group has an exciting month with some interesting Theme Days. "Scrapbook Day", "Travel and Tourism Day" and "Remembering Mothers" and everyone will be getting out into the garden to enjoy.



Special theme days this month include- Chocolate Chip Day, Science Day, Tulip Tuesday and Frog Day. The Day Program will be making a balloon powered car. The calendar is filled with lots of fun and interesting things to do and learn.

We celebrate all of the beautiful Mom's that attend our Program. Happy Mother's Day!



# FEELING THE HEAT?

A look at the four most common heat-related illnesses (HRIs), how to spot them, and how to respond.

The dog days of summer aren't just hard on our furry friends. Stay vigilant for signs of an HRI. **Here are the big four, and what you and your crew members need to be on the lookout for.**

1

## HEAT RASH

THE MOST COMMON AND LEAST SERIOUS HRI, BUT STILL SERIOUSLY UNCOMFORTABLE.

**SIGNS:** Prickly itchy bumps that look like small blisters or pimples. Usually clustered in damp warm areas where sweat tends to collect.

**RESPONSE:** Keep the affected area dry using powder to get rid of any moisture if necessary. Avoid any kind of cream or ointment.

2

## HEAT CRAMPS

The second least severe HRI, but no less unpleasant. Manifests as muscle pains caused by the loss of fluids and salts.

**SIGNS:** Pain or spasms typically in the legs of the stomach area and excessive sweating.

**RESPONSE:** Drink water or an electrolyte heavy sports drink every 15-20 minutes along with a snack. If cramps do not pass in one hour seek medical help.

3

## HEAT EXHAUSTION

A serious HRI that can have a significant impact on health and well being.

**SIGNS:** Headache, dizziness, nausea, weakness, thirst, excessive sweating, decrease in urine output, rising temperatures.

**RESPONSE:** Frequent sips of cool water, move to a shaded or cooler area, remove any unnecessary clothing, place cold compresses on head and neck, seek medical treatment or call 911.

4

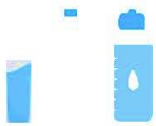
## HEAT STROKE

The most serious HRI, which can have dire consequences including death.

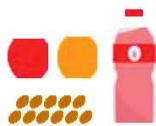
**SIGNS:** Spiking body temperature, extreme sweating or very dry skin, seizures, confusion, loss of consciousness.

**RESPONSE:** Call 911 immediately. While waiting for help, move the person to a cooler location and remove outer clothing, cool person either by wetting them with cold water or placing ice or ice packs on their body.

## WHAT YOUR BODY NEEDS TO BEAT THE HEAT



**FLUIDS** In order to avoid dehydration your body needs about a cup of water every 15-20 minutes in moderate heat.



**ELECTROLYTES** Frequent snacks should provide enough salt to replenish electrolytes but if you can't eat regularly sports drinks can help.



**REST** In high temperatures your body needs time to recover in a shaded air conditioned area. Take as many breaks in a cool location as possible.

## Transport Wheelchairs

We are pleased to be able to offer Transport Wheelchairs for families to utilize when assisting their loved ones to appointments, outings, etc. These Wheelchairs can be found in the vestibule across from the reception desk and are labelled.

Due to concerns regarding the availability of these wheelchairs we have instituted a "Sign-Out Book" that is hanging on the wall in the vestibule. Please ensure to sign out a chair when in use and that the chair is returned to the vestibule and signed back in when no longer in use.

Thank you for assisting us with ensuring that all of our residents and families are able to utilize the Transport Wheelchairs for mobility needs!



Cinco de Mayo activities will take place on Monday May 6<sup>th</sup> on each home area.

May 2019

**FISH FRY**  
**WEDNESDAY JUNE 5TH**  
**5:00 RECEPTION**  
**5:30 DINNER & ENTERTAINMENT**  
**\$15.00 PER PERSON**  
**FISH, FRENCH FRIES, COLESLAW, DESSERT**  
**Please sign up with your Recreation Programmer on your Home Area**



## **ANNUAL SPRING SALE**

We will be hosting our Annual Spring Sale from 9a.m. -2p.m.

There will be a BBQ with Strodes Sausage on a bun & drink for \$6.00

Plant Sales: All plant sale profits will be going back into our horticulture program.

There will be a variety of vendors.

Resident Council will be taking orders for Birthday & All Occasion box Cards. It will be 33 cards for \$33.00. This is the Council's fundraiser, please show your support.



