

July 2019

# HAPPENINGS AT HOME

OUR STAFF, RESIDENTS & FAMILY



## Celebrating July

- 🍁 July 1<sup>st</sup> Happy Birthday Canada
- 🍁 July Safety Talk
- 🍁 Family and Resident BBQ's
- 🍁 Day & Stay News
- 🍁 July Theme Day
- 🍁 Employee Recognition Dinner
- 🍁 Ida Henkle Award
- 🍁 Dress Up Day Friday July 26th

Canada Day celebrates the anniversary of July 1, 1867, the effective date of the Constitution Act, 1867 (then called the British North America Act, 1867 now called the Constitution Act, 1867), which united the three separate colonies of the Province of Canada, Nova Scotia, and New Brunswick into a single Dominion within the British Empire called Canada. Originally called Dominion Day, the holiday was renamed in 1982, the year the Canada Act was passed.

### **National Anthem**

*Oh Canada*

### **Royal Anthem**

*God Save the Queen*

### **Unofficial Anthem**

*The Maple Leaf Forever*

### **Ontario Anthem**

*A Place to Stand, a Place to Grow*

### **Popular nationalistic songs**

*Canada, aka "Ca-na-da or The Centennial Song (1967)  
The Hockey Theme*



### **RNAO BPSO Update**

Make sure to check out our new BPSO Champion Board in the administration hallway. The home is working to train staff members from all different disciplines within the home.

A BPSO Champion is someone:

- who supports the use of Best Practice Guidelines
- who supports practice change and decision-making through the use of Best Practice Guidelines (BPGs) and other evidence-based resources
- is passionate about best practices and supports, influences the uptake and advocates for practice change that leads to optimal health outcomes
- that seeks to acquire the evidence-based skills and knowledge to support the effective implementation of best practices in the workplace

The next Best Practice Guideline that we will be working towards implementing is Resident-and-Family Centered Care. Stay tuned for more information!

### RESIDENT/FAMILY SUMMER BBQ'S

Cockshutt Place & Costain Crt will be having their BBQ on July 10<sup>th</sup> Entertainment by: Mike Stoneman.

Brant Terrace & Davis Court will be having their BBQ on July 17<sup>th</sup> Entertainment by: Mike Spakowski.

Mohawk Terrace & Grant Terrace will be having their BBQ on July 24<sup>th</sup> Entertainment by: Cameron Caton.

Family and Friends if you wish to attend please sign up with one of our Recreation Programmers. Cost is \$5.00 for Family and Friends and free for residents.



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 July 18<sup>th</sup>, at 1:30 p.m.

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

## **Don't forget that the theme for Friday July 26<sup>th</sup> is Hawaiian. Dress up for your team and earn 1 Positivity Point.**



## Happenings at Home-Day and Stay- July 2019



We are welcoming summer with open arms! We have only used the patio a few times and hopefully we can enjoy it now that the warmer weather is coming. The garden is in and it looks beautiful! Thank you to Deb, one of our summer employees, who has put in a lot of time and effort making sure the garden looks good. We are going to have a bountiful harvest of tomatoes and some beautiful flowers.

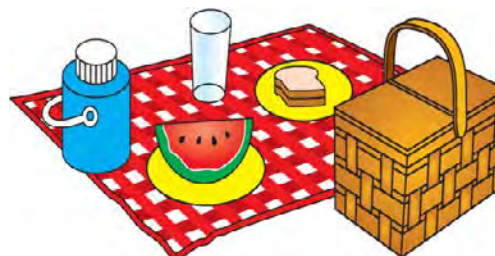


There is lots of outdoor activities planned now that the warm weather is finally here.



The clients will be travelling around the world this month, so grab your passport and join us! They will be going to Scotland, Hungary, Italy, Germany, New York and Atlantic Canada. The clients will be sampling local cuisine such as Scottish Cranachan, Hungarian Mushroom Soup, Dutch Buttercake, German Cucumber Salad and Clam Chowder. The Clients will learn to make real Italian Pasta and New York Pizza. It will be an exciting week with lots of new adventures.

July is filled with picnics and patio bar-b-cues. The weekend clients will enjoy their fishing trip to Mt. Pleasant ponds. We are thankful for our garden and patio and the walking path.



We are fortunate to have two summer employees this year. Deb and Rivoli will be helping with garden, working with the clients and helping out around the Centre with some office duties.



Wishing everyone a **HAPPY**  
**CANADA DAY!!!**

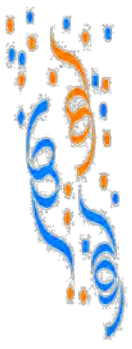


**EMPLOYEE RECOGNITION**

**The Employee Recognition dinner was a great success. Staff were presented with awards for years of service ranging from 5 years up to 40 years! And we also recognized all of our wonderful retirees. Special thanks to our wonderful Wellness Committee for a great week!**

IDA HENKLE AWARD

The Ida Henkle award is presented by the family of Mrs. Ida Henkle, a former resident of the Home. Employees are nominated by their peers based on a criteria that reflects the same caring traits of the late Mrs. Henkle. A plaque of recognition and a monetary gift is awarded by the family. Congratulations to Tari Wrona for being the 2019 winner!



Congratulations to our Lucky Square Winner: Heather Mangione!

Bingo Winners were: Kristie Giles, Connie Glover and Sarah MacCuish!

Thanks to everyone that participated!



Congrats to Tanya Lehmann on being our Monthly Spotlight Award Winner. Tanya has won the employee parking spot for the month of July. Tanya's peers would say ...



"Tanya is a beautiful person inside out. Her smile can heal a million souls. She is a very intelligent, patient and hardworking nurse. Thank you Tanya for always being there for our residents".

# DANGER OF WORKPLACE GOSSIP

By Mary Abbajay

It seems so harmless. The little chitchat at the water cooler about so and so. The debate over someone's relationship with someone else. The speculation about so and so. Is it chitchat or is it gossip? How can you tell the difference? And who cares? There is a very big difference, and it is an important one, because gossip can run amok, be dangerous and destructive in the workplace.

## Gossip or idle chit chat?

So how does one tell the difference between idle chatter or gossip? While idle chit-chat and other light conversation can be value neutral, gossip is often negative, inflammatory and embarrassing to the person being spoken of.

Technically, any sharing of trivial or unsubstantiated information can be considered gossip. But you have to consider the sentiment. For example, if it were rumored that a coworker is being promoted, and you discuss it with a coworker, is that gossip? If the discussion is hurtful



or damaging or negative, then yes, it is gossip. But if it's value neutral then its not. If the story is told with negativity and without good will, then its gossip.

## Gossip Hurts

Gossip can have many adverse side effects on an organization. It can increase conflict and decrease morale. It results in strained relationships. It breaks down the trust level within a group. Gossip is the death of teamwork.

## Breaking the gossip cycle

1. Be busy. If you're preoccupied with your work you can't be available to listen.
2. Don't participate. Walk away. Don't pass it on.
3. Turn it around by saying something positive.
4. Avoid the gossiper.
5. Keep your private life private.
6. Choose your friends wisely at work.
7. Be direct. If you confront the gossiper and confidentially tell them that such behaviour is making it uncomfortable for you and other coworkers, its likely to stop.
8. Don't be afraid to go to a superior. Gossiping wastes a lot of company time and hurts morale.

Close association with gossipers will give the perception that you are a gossiper.



**JOHN NOBLE BALL GAME**

Well our ball game may have been cancelled, but that didn't stop us from getting the trophy back.

Stay tuned for future times for another scheduled baseball game.



**Tuesday June 25 was a 'berry' good day! Residents enjoyed fresh strawberries :)**



John Noble Home  
Long Term Care



The John Noble Home is updating our Strategic Plan and is seeking your participation. Where do you see the John Noble Home in the next five years? What great things can we accomplish? What challenges do we face?

Come out and give us your opinion. A strategic plan display will be located by reception in the front lobby for the month of July.

Take a moment to fill out a short survey and play a role in shaping our future.