

May 2024

HAPPENINGS AT HOME

Residents, Staff and Family



Celebrating May

- ♣ Mother's Day
- ♣ Safety Talk
- ♣ National Nursing week
- ♣ Volunteering Week
- ♣ Family Council Buzz
- ♣ ACPD
- ♣ Job Fair
- ♣ Employee Spotlight
- ♣ Spirit Day



To all the beautiful mothers
on....

Sunday, May 12th



“Your mother is your first friend,
your best friend, and your forever
friend”

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.**



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.



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.



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.



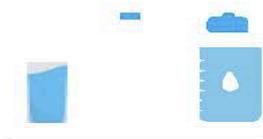
HEAT STROKE

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

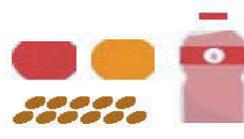
SIGNS: Spiking body temperature, extreme sweating or very dry skin, seizures, confusion, loss of consciousness.

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.

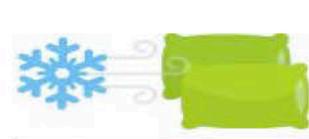
WHAT YOUR BODY NEEDS TO BEAT THE HEAT



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.



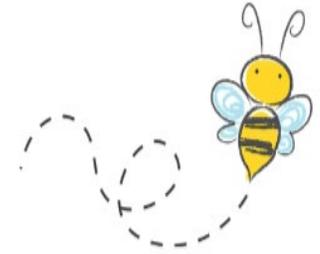
We will be celebrating Nurses Week May 6-12



The Home recognized National Volunteer Week April 14th -20th. We celebrated our wonderful volunteers and all the great work they do! Thanks for “chipping” in!



Family Buzz



Hello **Family Members and Caregivers**

My name is Mike Gilbrook. I'm a member of your Family Council.

The Family Council is a group of family members and caregivers who have a loved one living at the John Noble Home. Family Council serves as a platform for families and caregivers to collaborate, inform and educate, explore concerns, share ideas, act on issues, and communicate to the administration.

In Ontario, Family Councils are included in the legislation governing LTC homes, *The Fixing Long-Term Care Homes Act*, and have powers to advise the home leadership of concerns and make recommendations to improve the home.

I am writing to you today to ask you to consider becoming a member of the Family Council. We currently have only 6 members on the Family Council representing approximately 150 families. We do not currently have a representative from either Grand Terrace or Mohawk Terrace. As you can appreciate this does not provide a good cross section of views/ideas that many of you may have. If you could spare at least 2 hours once a month we would very much appreciate your involvement. If there is a specific idea or project, you would like to work on with the Family Council we would love to hear from you.

At the present time, we are providing minutes of our monthly meetings on the information boards located on each home area. You should also be aware that we contribute to the monthly newsletter put out by the JNH. Our section is called the Family Buzz. Please take a few minutes and read the articles printed in this section as they are meant to provide educational ideas for families.

I look forward to hearing from you. You can reach me by leaving a note at reception with your name, phone number or email and I will get back to you as soon as I can. You can also reach me by contacting Tina Praass at tpraass@jnh.ca

Mike Gilbrook
Family Council Chair



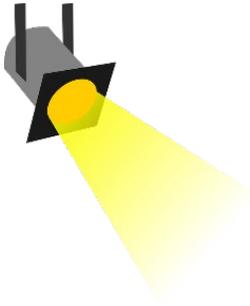
JOHN NOBLE HOME
family
council
LOVE, CARE AND DIGNITY



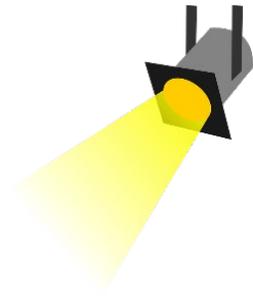
Last month, was Advanced Care Planning Day! This is a day to promote conversations about your wishes and values for your future health care. These are essential conversations for everyone! We encourage you to visit our display for further information related to consent and capacity, care planning, CPR decision making, and how to choose the right person to advocate for your future health care.



Thank you to Anderson College for hosting us at their multi sector career fair! We are happy to speak to the many students and graduates from the PSW program about potential opportunities with the JNH and careers in Long Term Care!



Employee Spotlight



Congratulations to Carlee one of our fabulous part time receptionists here at the Home. Carlee assists families, residents and staff while juggling many tasks given to her during her shift. Carlee is always approachable with a warm friendly smile. Carlee is always willing to jump in and take on any type of creative projects thrown at her. Her care and compassion shown towards her work, peers and those we serve is very admirable. Carlee does a fantastic job at bridging together our residents and students within the community providing great intergenerational connections at her full-time job with the school board. We are very fortunate to have her as part of our team and thank her for her commitment shown towards the Home.

Congratulations



The John Noble Home team celebrated its first Spirit Day! Staff, visitors and residents spread cheer in their JNH apparel & colours. We are looking forward to celebrating another Spirit Day in the future! All JNH hoodies & t-shirts can be purchased through Residents' Council. 🧡🌟



