

March 2023

HAPPENINGS AT HOME

Residents, Staff and Family



Celebrating March

- ✿ March Special Days
- ✿ International Women's Day
- ✿ Safety Talk
- ✿ Employee Spotlight
- ✿ Volunteer Spotlight
- ✿ Day & Stay Program
- ✿ Family Council Buzz
- ✿ Conestoga Students
- ✿ Valentine's Day Celebrations

Special Days in March

- ✿ March 1: Peanut Butter Lover's Day
- ✿ March 3: Caregivers Appreciation Day
- ✿ March 6: Employee Appreciation Day
- ✿ March 8: *International Women's Day*
- ✿ March 12: Popcorn Lovers Day
- ✿ March 13: Blame Someone Else Day
- ✿ March 17: *St. Patrick's Day*
- ✿ March 20: International Earth Day
- ✿ March 21: National Quilting Day
- ✿ March 22: National Goof Off Day
- ✿ March 23: National Chip and Dip Day
- ✿ March 24: National Chocolate Covered Raisin Day
- ✿ March 25: National Waffle Day
- ✿ March 31: National Crayon Day



INTERNATIONAL WOMEN'S DAY!



We take this opportunity to thank all of the wonderful and hardworking women at our workplace, and their valuable contribution to John Noble Home. "We appreciate you all."

Safety Talk

SAFETY TALK

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 it's not. If the story is told with negativity and without good will, then it's 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 gossipier.
5. Keep your private life private.
6. Choose your friends wisely at work.
7. Be direct. If you confront the gossipier and confidentially tell them that such behaviour is making it uncomfortable for you and other coworkers, it's 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 gossipier.

Employee Spotlight



★ Congratulations to Deana V. our Monthly Employee Spotlight Winner ★

Deana readily jumps into her role as a Recreation Aide. Her sunny, friendly and caring personality have given our Residents another reason to smile. Deana has amazing ideas, and her willingness to work along all departments makes her a star. Deana, thank you for making a difference!

Volunteer Spotlight



★ Congratulations to Bonnie our Monthly Volunteer Spotlight Winner ★

Bonnie has been a committed volunteer since September 2016. Bonnie assists us with our non-denominational church services two times a week and covers all six home areas. We are so fortunate to have Bonnie here with us. She is so giving of her time, and the Residents and staff look forward to her cheerful disposition weekly. She is so passionate and has developed great relationships within the Home. Bonnie is a dedicated grace-filled lady, and we are forever grateful for her service. Thank you for the countless hours you have given to the home.

We appreciate you and all that you do!

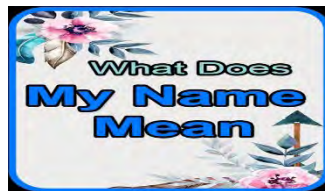
thank you

Day & Stay Program

We've been blessed with a winter that has not been too bad, but spring is right around the corner, and everyone at the Day and Stay Program are ready! Everyone is anticipating the warmer temperatures and the chance to get outside to enjoy our backyards and gardens. The Clients and staff are so fortunate to have a beautiful garden with a wonderful walking path. Soon it will be filled with beautiful plants and flowers.



The staff have been very busy planning March programs. There are many exciting activities planned on the March calendar. Included in our regular programming, we are celebrating St. Patrick's Day with some Irish Jig Exercises, doing some Irish Trivia, and creating a Shamrock. Other theme days include: Alexander Graham Bell Day, Lucky 7 Day, a virtual walk through the forest, and Name Day. *What does your name mean?*



Regular programs include playing the Ukulele, Fun & Fitness Exercise, Trivia, Pictionary, Wheel of Fortune and Art. It promises to be a very busy month.



Volunteers are so important to us. We are looking for someone to help us tend to our garden. If you or someone you know is able to lend us a couple of hours on the weekends, we would appreciate it. This is also a great opportunity for students to receive their community hours. Please call the Centre at (519) 756-2920 ext. 4286.

HAPPY ST. PATRICK'S DAY AND HAPPY SPRING TO EVERYONE!!!



Family Council Buzz

“I’ve Got a Lovely Bunch of Coconuts” is a song your loved one might enjoy singing with you during your next visit. Research has shown that regular singing can lift one’s spirits and provide a workout for one’s brain and lungs.



Did you know?

A Caregiver’s Guide: A Handbook about End-of-Life Care is available online at https://www.virtualhospice.ca/Assets/CHPCA%20caregivers_guide_2015_en_20170314094930.pdf or request a free copy by emailing nav.dhillon@hpco.ca at Hospice Palliative Care (HPC) Ontario. The Guide is an initiative of the Order of St. Lazarus and the HPC Association Canada.

Join Family Council to support your family member/loved one by contacting Karli Cass, John Noble Home @ 519-756-2920 x 4241 or family members – Mike @ 519-759-0074 or Brenda @ 519-284-1358.

Members of the Family Council

Bees symbolize community, the sun & personal power. **Family Council** can ‘bee’ a – harmonious community, harnessing the bright, positive energy of its members - with power to support those we love & the John Noble team.





*We are thrilled to welcome back Conestoga College's Recreation students
this semester.*

We had fun on Valentine's Day in our Therapeutic Art Program. ❤️ 🤍 ❤️

Last Month Glance





