

# HAPPENINGS AT HOME



Residents, Staff and Family

## Celebrating September

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## Upcoming Events

1. Employee Recognition Week: The Wellness Committee is busy planning Employee Recognition Week. We are excited to recognize all of our amazing and dedicated staff members. All staff are welcome to join in on the fun from September 11<sup>th</sup> - 15<sup>th</sup> 😊

2. The Grand Parade 2023: The John Noble Home is gearing up for The Grand Parade 2023 🎉 We will be challenging St. Joes Lifecare Centre for most laps completed and donations raised.

Join us on Friday, September 15<sup>th</sup>, 2023 to complete your lap(s) and support the John Noble Home team and the Grand River Council on Aging!



To support the John Noble Home team, go to: <https://thegrandparade.org/location/brantford> and make a donation!  
#TGP23

## *A Poem by the Residents of Davis Court...*

### Our Home

I never thought when I got old,  
I'd live in a place with loving and comfort as gold.

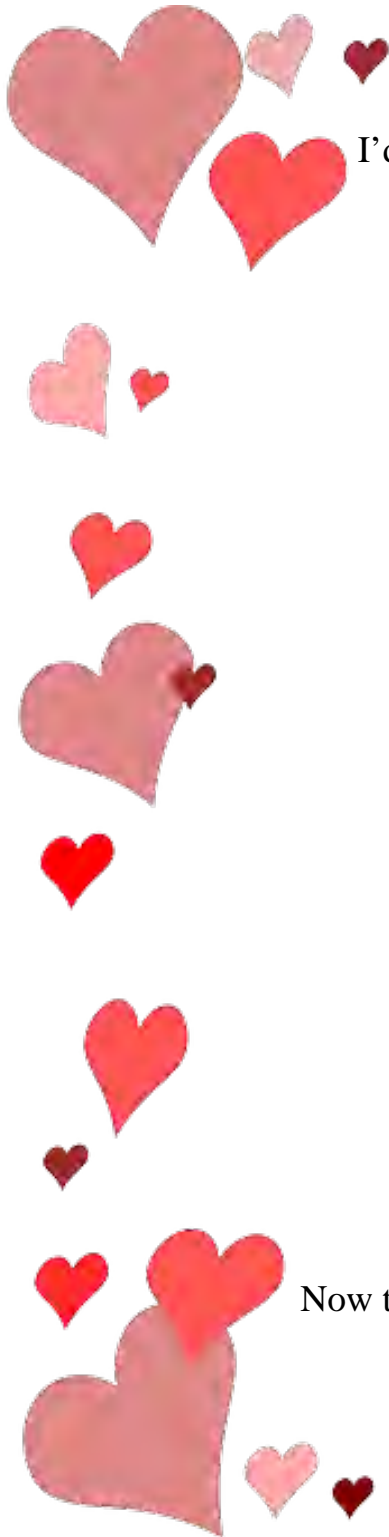
From sun up to sun down,  
The care is there,  
The Bells are ringing,  
And Hymns were singing,  
The Food and Games are never spared.

We make merry,  
In the Courtyard Gardens as we tarry,  
With Family and Friends visiting,  
And oh, what fun we have!

Who would have thought our Home would be,  
John Noble, but here we be,  
Happy, Comfortable, Full and Free.

Now the John Noble Home is the place to grow old.

*W.A., B.B., J.C., M.F., M.H., and M.T.*



# Safety Talk

As a reminder to all staff and visitors it is the policy of the John Noble Home that the Home will be a scent free environment. It is expected that all employees, residents, visitors and volunteers will refrain from wearing scents within the Home in order to prevent potential allergic reactions. When we talk about scents, we usually mean the smells or odors from cosmetics (perfume, make-up, shampoo, deodorant, etc.) or from other products such as air fresheners, cleaners, etc. When scented products have been blamed for adversely affecting a person's health, some or all of the following symptoms are reported:

- ✦ dizziness, lightheadedness
- ✦ headaches
- ✦ nausea
- ✦ fatigue
- ✦ weakness
- ✦ insomnia
- ✦ numbness
- ✦ upper respiratory symptoms
- ✦ shortness of breath
- ✦ skin irritation
- ✦ confusion
- ✦ difficulty with concentration

**This work place is  
scent free, for  
people with allergies.**



Allergic and asthmatic people, as well as those with other conditions, report that certain odors, even in the smallest amounts, can trigger an attack.

The severity of these symptoms can vary. Some people report mild irritation while others are incapacitated and/or must give up many 'normal' activities in order to avoid exposure (such as going to public places). As a consequence, some people report feelings of depression or anxiety.

We would like to remind all staff, family members, visitors, volunteers and friends ways you can help us to adhere to our policy:

- ✦ Refrain from wearing perfume or cologne into the home when you are here to visit, entertain, or volunteer with us.
- ✦ When purchasing items for your loved one try and make it scent free or low in scent.



# Ways to Maintain Good Mental Health



**+ Getting enough sleep**



**+ Eating right & exercising**



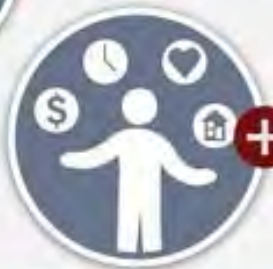
**+ Taking care of basic physical & emotional needs**



**+ Staying connected socially**



**+ Stopping to assess how things are going in life**



**+ Managing the stressors in life**

# Family Council Buzz



## “Under the B”

In addition to funding Bingo for residents, **Your Family Council** supports the costs of live entertainment in both common areas and individual floors, and the use of Spotify to bring music and joy to loved ones. The **Memorial Boards** are a joint initiative of the Family Council in support of a request from the Resident Council.

## What are Memorial Boards?

Plaques were made to remember residents’ lives and honour their passing. The Memorial Boards are located at the entrance of every home area, and the Family Council paid for the materials and construction. The loss of a resident also impacts loved ones, fellow residents, and the staff. These boards convey sympathy for the loss at John Noble Home.



**Do you have an idea to support Residents at John Noble Home?** Please share your thoughts with the John Noble Family Council or come and join us. Contact 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 the power to support those we love & the John Noble team.



IPAC TEAM



The IPAC team will be providing donning and doffing clinics as well as outbreak preparedness education for families in September. *Stay tuned for dates!*



A reminder to all staff and visitors that passive screening must be completed before entering the Home. The questions are posted at the front door. If you are experiencing any of the symptoms listed, please do not enter the building.

## Screening Questions for All Persons

- 1. In the last 10 days, have you experienced any of these symptoms? Choose any/all that are new, worsening, and not related to other known causes or conditions that you already have.**

Select "No" if all of these apply:

- Since your symptoms began, you tested negative for COVID-19 on one PCR test or rapid molecular test or two rapid antigen tests taken 24 to 48 hours apart; **and**
- You do not have a fever; **and**
- Your symptoms have been improving for 24 hours (48 hours if you have nausea, vomiting, and/or diarrhea).

<b>Do you have one or more of the following symptoms?</b>	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>
<b>Fever and/or chills</b>	Temperature of 38 degrees Celsius/100 degrees Fahrenheit or higher.
<b>Cough or barking cough (croup)</b>	Not related to asthma, post-infectious reactive airways, COPD, or other known causes or conditions you already have.
<b>Shortness of breath</b>	Not related to asthma or other known causes or conditions you already have.
<b>Decrease or loss of smell or taste</b>	Not related to seasonal allergies, neurological disorders, or other known causes or conditions you already have.
<b>Muscle aches/joint pain</b>	Unusual, long-lasting (not related to a sudden injury, fibromyalgia, or other known causes or conditions you already have).  <i>If you received a COVID-19 and/or flu vaccination in the last 48 hours and are experiencing mild muscle aches/joint pain that only began after vaccination, select "No."</i>
<b>Fatigue</b>	Unusual tiredness, lack of energy (not related to depression, insomnia, thyroid dysfunction, or other known causes or conditions you already have).  <i>If you received a COVID-19 and/or flu vaccination in the last 48 hours and are experiencing mild fatigue that only began after vaccination, select "No."</i>
<b>Sore throat</b>	Painful or difficulty swallowing (not related to post-nasal drip, acid reflux, or other known causes or conditions you already have).
<b>Runny or stuffy/congested nose</b>	Not related to seasonal allergies, being outside in cold weather, or other known causes or conditions you already have.

<b>Headache</b>	New, unusual, long-lasting (not related to tension-type headaches, chronic migraines, or other known causes or conditions you already have).  <i>If you received a COVID-19 and/or flu vaccination in the last 48 hours and are experiencing a headache that only began after vaccination, select "No."</i>
<b>Nausea, vomiting and/or diarrhea</b>	Not related to irritable bowel syndrome, anxiety, menstrual cramps, or other known causes or conditions you already have.

**2. Have you been told you that you should currently be quarantining, isolating, staying at home, or not attending a highest risk setting (e.g., LTCH or RH)?**

Could include being told by a doctor, health care provider, public health unit, federal border agent, or other government authority.

Please note there are federal requirements (<https://travel.gc.ca/travel-covid>) for individuals who travelled outside of Canada, even if exempt from quarantine.

Yes

No

**3. In the last 10 days (regardless of whether you are currently self-isolating or not), have you tested positive for COVID-19, including on a rapid antigen test or a home-based self-testing kit?**

If you have since tested negative on a lab-based PCR test, select "No."

Yes

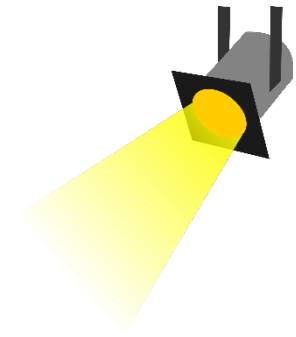
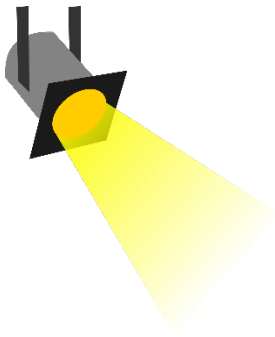
No

**4. In the last 10 days (regardless of whether you are currently self-isolating or not), have you been identified as a "close contact" of someone (regardless of whether you live with them or not) who has tested positive for COVID-19 or have symptoms consistent with COVID-19?**

Yes

No

## Employee Spotlight



Congratulations to Anita! Here is what Anita's coworkers have to say about her: Anita is a team player who is always willing to help others. She goes above and beyond to make sure the Residents are happy and comfortable. Anita has a positive attitude and is always smiling. Anita takes pride in what she does and is always looking out for the best interests of the Residents. Great job Anita!!





# Denture Clinic

*Thanks to Katarina Selinger of Selinger's Denture Clinic for providing denture education to staff and residents in August!*

Selinger's Denture Clinic is a family owned and operated business for three generations. All work is completed in our on-site laboratory. Services provided are:

- ◇ House calls
- ◇ **FREE CONSULTATION**
- ◇ Same day repairs
- ◇ Tooth additions
- ◇ Implant dentures
- ◇ Full or partial dentures
- ◇ Immediate dentures
- ◇ Reline/ rebase
- ◇ Soft liners
- ◇ Annual recall/Recare

Selinger's Denture Clinic has offered to return to the Home for free consultations. Please connect with the clinic to make arrangements 😊

2 Dundee St. Brantford Phone: (519) 753-8031 [selingersdentureclinic@hotmail.com](mailto:selingersdentureclinic@hotmail.com)

Davis Court Art Show

Davis Court had the privilege of being a part of an Art Show run by one of their very own Residents. This Resident is a water colour artist who believes that anything can be art, you just have to take a closer look. 🎨🖌️🌟

