

April 2024

# HAPPENINGS AT HOME

Residents, Staff and Family



## *Celebrating April*

- # Special Days Annual
- # Fire Review
- # Pet Registration
- # Residents' Council
- # Spotlight
- # Safety Talk
- # Family Council Buzz
- # Spirit Day
- # BPSO
- # St. Patrick's Fun
- # Nutrition Month
- # Day & Stay Program
- # Employee Spotlight
- # Heartfelt Thank-You

### Special Days of April

**April Fools' Day**

*April 1*

**World Autism Awareness Day**

*April 2*

**World Health Day**

*April 7*

***JNH SPIRIT DAY***

*April 12*

**International Laughter Day**

*April 14*

**National Volunteer Week**

*April 21-27*

**Earth Day**

*April 22*

**International Dance Day**

*April 29*

**Administrative Professional Day**

*April 24*



## Annual Fire Review

In the event of a fire emergency, visitors are asked to follow directions and instructions from staff. However, should a visitor come across a fire situation, they should follow the following procedure.

### **PROCEDURE IF FIRE IS DISCOVERED IN YOUR AREA:**

**R – RESCUE** Evacuate the room and close the doors.

**A – ALARM** Sound the fire alarm by pulling the nearest manual station. Your nearest pull station is located

**C – CONTAIN** Close all doors and windows. Only attempt to extinguish a fire if you can do so without danger to yourself or others.

**E – EVACUATE** Proceed with evacuation beyond fire doors.

### **PROCEDURE WHEN THE ALARM SOUNDS:**

1. Listen to the overhead announcement for location of fire.
2. Cease all activities.
3. Keep all persons in the room and close the doors.
4. Take a head count to confirm all attendees are accounted for.
5. Wait for John Noble Home staff to contact you regarding your head count.
6. Wait for further directions including the ALL-CLEAR message from the overhead speakers.

**NOTE:** Visitors will not be allowed to enter the building during an alarm. If on a resident home area, visitors must stay until the all clear is announced

<b>CODE AND COLOUR</b>	<b>INCIDENT</b>
<b>“CODE RED”</b>	Fire
<b>“CODE ORANGE”</b>	Disaster
<b>“CODE GREEN”</b>	Evacuation
<b>“CODE YELLOW”</b>	Missing Resident
<b>“CODE BLACK”</b>	Bomb Threat
<b>“CODE WHITE”</b>	Violent Person
<b>“CODE MEDICAL”</b>	Medical Emergency

## *Pet Registration Policy*

Are you a family member or visitor wanting to bring in your furry friend to visit a resident at the John Noble Home?!

All pets must be registered with the Home prior to visiting. Please see Reception for the Pet Registration package for you to complete.

The package will outline required vaccinations and owner responsibilities. Please return completed registration to Reception.

Once you have completed the registration process, please ensure you are signing in with Reception upon arrival at the time of each visit.

If you have any questions, please contact Reception and they will direct your enquiry to the appropriate staff member.



## *Residents' Council Spotlight*



Elaine is a resident of Costain Court and a member of the John Noble Home Residents' Council. You may recognize Elaine from her daily walks around the Home and courtyard, or more recently her many hours spent diligently volunteering and fundraising for Residents' Council selling JNH apparel. Elaine is a friendly face here at the Home and never misses an opportunity to say hello or a kind word to a visitor, staff or fellow resident. Her unwavering dedication to the Home and the residents who she serves does not go unnoticed.

*Thank you, Elaine*

## Safety Talk

# Overhead Hazards

Safety Talk

**READ & INITIAL BELOW:**



The tops of resident wardrobes are to be kept free of any heavy or breakable items.

These items can and have caused harm to staff if they fall.

Heavy items should always be stored in a lower place to prevent possible injury when reaching overhead to move them.

If we notice family/visitors are placing items that are potential hazards on the wardrobes we need to ask them to find another place to store them.

Hazardous items could include: wine glass, heavy or glass picture frames, figurines, wheelchair footrests etc.

## Family Council Buzz



### **The 90-Second Rule – Get Out of the Loop**

It's tough being a **Caregiver**. There are lots of changes, often surprises and many things are out of our control. We can't control the situation or the emotions or the behaviours of others. We **can** control our emotional response to others and to our situation.

Whenever we find ourselves in a potentially emotionally charged situation, "it's important to remember that our actual emotions are very short-lived. That's the 90-Second Rule. Brain scientist Dr. Jill Bolte Taylor says that when a person has a reaction to something in their environment, there's a 90-second chemical process that happens; any remaining emotional response is just the person choosing to stay in that emotional loop.

Here are some ways to use mindfulness and the 90-Second Rule to regain emotional self-control:

- When you begin to feel triggered, look at a clock, and begin to count down 90 seconds. This leads you to observe the emotional response instead of engaging with it.
- Take a pause. Inhale, exhale. Notice tension in your body (neck, jaw, hands, shoulders), and actively relax those areas. Inhale and exhale again.
- Notice and name your emotion. Notice how you feel it in your body. Reassure yourself that you are safe. Ground yourself in your environment. By taking these actions, you distance yourself from the feelings and become an observer instead of a participant."

Source: <https://www.couragetocaregivers.org/>



**Support your Loved Ones by joining Family Council.** For more information contact **Tina Praass** (office on main floor) or **(519) 756-2920 x 4255** or Family members **Mike @ 519-759-0074** or **Brenda @ 519-284-1358**.



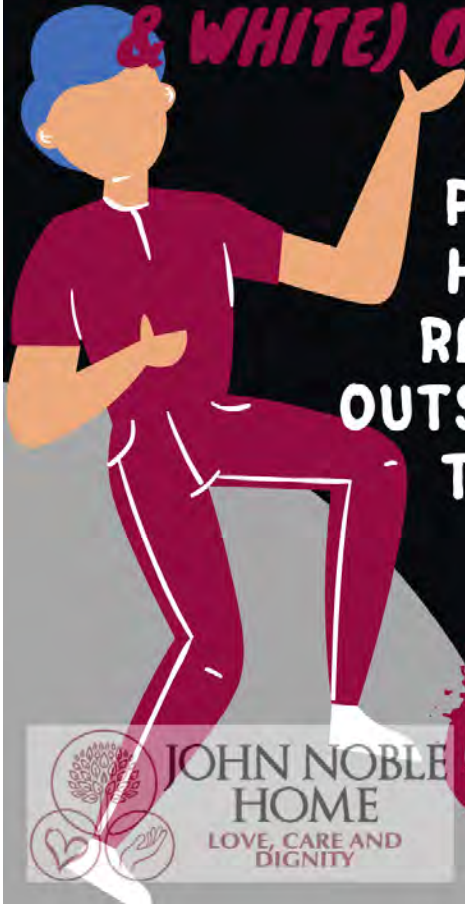
JNH SPIRIT DAY

JOHN NOBLE HOME SPIRIT WEAR DAY!

# SPIRIT DAY!

FRIDAY, APRIL 12TH, 2024

**ALL STAFF, VISITORS, VOLUNTEERS AND STUDENTS ARE ENCOURAGED TO WEAR THEIR JNH SPIRIT WEAR (OR BURGUNDY & WHITE) ON FRIDAY, APRIL 12TH!!**



**IF YOU WOULD LIKE TO PURCHASE A T-SHIRT OR HOODIE PLEASE SEE THE RESIDENT COUNCIL TABLE OUTSIDE OF THE SKYLIGHT CAFÉ THROUGHOUT THE WEEK!!**

**SOMETIMES YOU FORGET THAT YOU'RE AWESOME, SO THIS IS YOUR REMINDER!**



## *The John Noble Home is a Best Practice Spotlight Organization!*

At the end of 2023, the Home began implementing its newest Best Practice Guideline: Oral Health- Supporting Adults Who Require Assistance. Our pilot program launched on Cockshutt Place and consisted of providing oral hygiene kits to all of the residents residing on that unit.

Oral hygiene kits consist of: a kidney basin, coloured toothbrush, toothbrush holder, toothpaste and mouth wash. New denture cups and denture brushes also were provided to residents with dentures and partial plates. Oral Care Tiles were put on all resident's mirrors to assist our staff with a visual prompt on how they can assist with care. Care plans were updated with resident's preferences for oral hygiene.

Since the pilot launch, all residents on all other home areas have received their kits, tiles, and care plan updates. Every 3 months all residents will receive a new toothbrush (and denture cup and brush if applicable) of a certain colour. This will ensure that oral hygiene items are changed out as per best practice. On April 1 all residents will have their oral hygiene items changed over to new ones.

Should you have any questions regarding this program please reach out to Melissa Gregory Nursing Programs Coordinator and BPSO Lead at ext. 4224 or [mgregory@jnh.ca](mailto:mgregory@jnh.ca)



# St. Patrick's Day







## Nutrition Month

Nutrition Services put together a display featuring some delicious and nutritious recipes for Nutrition Month. Staff were encouraged to scan the QR code at the bottom of each recipe to access healthy recipes ✨



## CHICKEN, VEGETABLE AND GOUDA COUSCOUS



3/4 cup (180 mL) sodium-reduced vegetable or chicken broth  
3/4 cup (180 mL) whole wheat couscous  
4 tsp (20 mL) honey or maple syrup  
2 tbsp (30 mL) cider vinegar  
3 tbsp (45 mL) canola oil  
Salt and freshly ground pepper  
2 green onions, chopped  
1 cup (250 mL) carrots, grated  
1 cup (250 mL) zucchini, grated  
1/2 yellow pepper, diced  
1 apple, diced  
1 1/2 cups (375 mL) Gouda, diced  
1 cup (250 mL) cooked chicken, chopped  
2 tbsp (30 mL) fresh mint, chopped

In a small saucepan, bring broth to a boil. Remove from heat, add couscous, stir, and cover. Let rest 5 minutes or until couscous has absorbed all the broth. Stir with a fork to separate the grains and let cool.

In a bowl, mix honey, vinegar, and oil. Season with salt and pepper, to taste. Add remaining ingredients and couscous. Mix well to distribute the ingredients throughout the couscous and serve. This dish can be served warm or cold.

**This recipe combines colourful and nutritious ingredients, the perfect combination for a great lunch!**

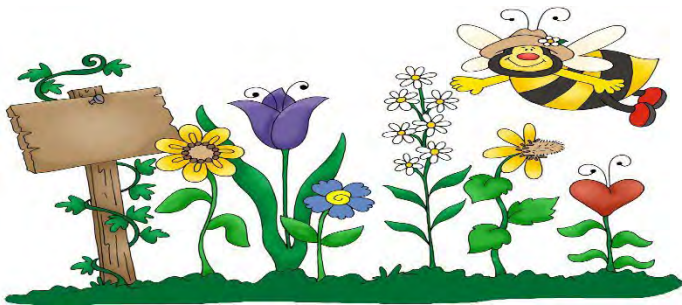
Preparation time: 15 minutes • Cooking time: 5 minutes • 4 to 6 servings

## HERE ARE A FEW SIMPLE STRATEGIES TO HELP YOU GET ENOUGH VEGETABLES AND FRUIT EACH DAY:

- Aim for half your plate to include a mix of colorful vegetables and fruit at lunch and dinner.
- Eat seasonally and savor the taste of fresh, locally grown vegetables and fruit.
- Snack on pieces of fruit; add a yogurt-based dip for extra zip!
- Add vegetables to your sandwiches; grated carrot, roasted zucchini, spinach leaves, diced or sliced tomato, avocado slices, or sauteed mushrooms.
- Try featuring more vegetable-based dishes in your repertoire such as chicken minestrone soup or a hearty egg salad packed with vegetables.
- Opt for frozen vegetables and fruit to make preparing soups, spaghetti sauces, smoothies and muffins easier. They are just as nutritious as fresh vegetables and fruit, with the added advantage of being a cinch to use.
- Reverse sometime after grocery shopping to wash and cup up larger vegetables and fruit (e.g. Melons, pineapple, mango) You'll save time during the week and always have some conveniently on hand o snack on.
- Have prewashed and precut vegetables on hand (for example; baby carrots, prewashed lettuce, baby spinach, green beans, diced squash, coleslaw). They may cost a little more but will save time when life gets busy.
- Keep a variety of dried fruit on hand to quell hunger in between meals.

## Day and Stay Program

March has certainly been a very strange month, warm then cold, rain and snow! Everyone is more than ready to feel the warmth of the sun! This Spring will be different for the Day and Stay clients. Our beautiful garden has been taken over by construction but in the end, we will have a newly designed and landscaped garden! The Day Program will be celebrating “Plant Appreciation Day” by planting vegetable seeds. The clients love the fresh vegetables and watching the garden bloom.



Our April calendar is full of exciting activities. The clients will be celebrating Jane Goodall Day, Dandelion Day, Rainbow Day and Pet Day. To celebrate Garlic Day, the clients will be making garlic cookies, should be an interesting taste, but they really are very good.

Earth Day is going to be celebrated April 22, 2024 with the Day Program clients having a discussion about recycling and making a “Globe” craft.



Other great activities include Shuffleboard, mini putt golfing, horse races and Bean Bag Toss.

If you know of anyone that would like to join our Program. Please call for more information. Our number is (519) 756-2920 ext. 4286.



Please like our Day and Stay page on Facebook!

## Employee Spotlight



Qing (sounds like Ching) has been a member of the Nutrition Services team since May 2013.

We know when Qing is working her beautiful smile will set the tone for the day and brings a happiness and calmness to the kitchen. Qing is an amazing cook! Not only is she a Red Seal certified Cook, she brings her knowledge and skills with her everyday when she comes to work. Her co-workers describe her as kind, hard-working and always willing to help anyone.

Last year Qing journeyed home to China to spend time with family. When she returned, she told us she was retiring to spend time gardening, visiting her grandson and touring the country with her husband in their RV. We were sad but wished her well.

Luckily for us and our residents retirement did not last long and Qing is back cooking for the residents at the Home. She missed us and we missed her! Congratulations Qing on being the Employee Spotlight winner.



## *A Heartfelt Thank You to Our Incredible Healthcare Team!* ✨

As we reflect on the invaluable contributions of our dedicated healthcare professionals at John Noble Home, we are overwhelmed with gratitude. To all the Personal Support Workers (PSWs), Registered Practical Nurses (RPNs), and Registered Nurses (RNs), we extend our deepest appreciation for your unwavering commitment and support.

We are immensely proud to announce that since September 2023, we've had the privilege of hosting a total of 64 students from various esteemed institutions. These include Conestoga College, Anderson College, Mohawk College, Six Nations Polytechnic, Academy of Learning, Fleming College, Fanshawe College, GELA program, and International Nurses.

Each student who has walked through our doors has not only enriched their own learning journey but has also contributed significantly to the quality of care we provide. None of this would have been possible without the guidance, mentorship, and expertise of our exceptional preceptors.

To our preceptors, you are the backbone of our educational programs. Your dedication, patience, and passion for nurturing the next generation of healthcare professionals are truly commendable. Your willingness to share your knowledge and experience have helped shape the future of healthcare, one student at a time.

On behalf of everyone at John Noble Home, we extend our heartfelt thanks to each and every one of you. Your dedication to excellence sets the standard for compassionate care, and we are immensely grateful for your continued support.

Thank you for all that you do, today and every day.

Summer Minshall, Student Placement Coordinator

*thank  
you*

