

February 2024

# HAPPENINGS AT HOME

Residents, Staff and Family



## *Celebrating February*

- ♥ Special Days
- ♥ IPAC Education
- ♥ Special Guest
- ♥ Day & Stay Program
- ♥ Wellness Check
- ♥ Safety Talks
- ♥ Employee Spotlight
- ♥ Art Demonstration



## *February is all about Food & Love*

### **Special days of February**

- ♥ Feb. 1<sup>st</sup> - National Baked Alaska Day
- ♥ Feb. 2<sup>nd</sup> - National Tater Tot Day
- ♥ Feb. 3<sup>rd</sup> - National Carrot Cake Day
- ♥ Feb. 5<sup>th</sup> - World Nutella Day
- ♥ Feb. 9<sup>th</sup> - National Pizza Day
- ♥ Feb. 12<sup>th</sup> - National Pudding Day
- ♥ **Feb. 14<sup>th</sup> - Valentine's Day**
- ♥ Feb. 16<sup>th</sup> - National Almond Day
- ♥ Feb. 17<sup>th</sup> - National Cabbage Day
- ♥ Feb. 18<sup>th</sup> - National Drink Wine Day
- ♥ Feb. 19<sup>th</sup> - National Chocolate Day
- ♥ Feb. 20<sup>th</sup> - National Love Your Pet Day
- ♥ Feb. 21<sup>st</sup> - National Sticky Bun Day
- ♥ Feb. 22<sup>nd</sup> - National Margarita Day
- ♥ Feb. 23<sup>rd</sup> - National Banana Bread Day
- ♥ Feb. 24<sup>th</sup> - National Tortilla Chip Day
- ♥ Feb. 26<sup>th</sup> - National Pistachio Day



# IPAC Education

Jamie Toner, Resident Care Coordinator & IPAC Lead and Summer Minshall, Student Placement Coordinator provided IPAC (Infection Prevention and Control) education and activities to the newest group of GELA PSW students. The Home is excited to put their clean hands to work!!



If you want to test your handwashing skills please reach out to Jamie Toner or an IPAC Champion to complete the GlitterBug Hand Show. This tool allows us to audit the effectiveness of an individual's hand hygiene skills with the use of a lotion and black light.

## Special Guest

Councillor Carpenter, Chair of the JNH Committee of Management, came to spread some Christmas cheer. One of our members of Resident council was able to sell him a John Noble Home shirt (all proceeds go to Resident council). You can also support Resident council by purchasing a t-shirt for \$20 or a sweatshirt for \$40.





# Day and Stay Program

## Happy Valentine's Day!

February is for Sweethearts. Over the years, clients have given copies of their wedding pictures to put on our "Love Is In The Air" board. There is a beautiful photo album just filled with pictures. The ladies look so glamorous in their classic wedding dresses. The dresses are so elegant and chic. Hairstyles and accessories are beautiful. The ladies tell us of wonderful stories about their dress and how special it was to them. The gentlemen always look so proud and stand tall beside their lovely brides. Many of our clients become teary remembering their wedding day surrounded by their families and friends. Many of the clients have been married to their sweethearts for over 60 years and hearing about their "Love Story" is always special for everyone to listen to.



February has some exciting "Special Days" planned for the clients to enjoy. "Valentine's Day" will be a lot of fun making some Valentine cards for those special people. "Shrove Tuesday" has the clients cooking up pancakes and making extras for the annual Pancake

Toss! Always a lot of fun and laughs!

Clients will be Celebrating the "Year of the Dragon" Chinese New Year. Crafts will be made and all the clients will learn what their Zodiac sign is.



Happy  
**Family**  
Day

The Afternoon Program will be celebrating "Mardi Gras" Day by making their own special mask.

The Day Program/Overnight Program will be celebrating Nutella Day and Maple Syrup Day! Lots of tasty treats coming our way!

Wishing everyone a "Happy Family Day". Relax and enjoy!

Follow the Day and Stay on Facebook and Like!



# Wellness Check

## GET YOUR DAILY HAPPINESS CHEMICALS

The happy brain chemicals that make you feel good



## 2 How Deficiency Affects You

- procrastination
- low self-esteem
- lack of motivation
- low energy or fatigue
- inability to focus
- feeling anxious
- feeling hopeless
- mood swings

- feeling lonely
- stressed
- lack of motivation
- low energy or fatigue
- disconnect of relationships
- feeling anxious
- insomnia

- low self-esteem
- overly sensitive
- anxiety/panic attacks
- mood swings
- feeling hopeless
- social phobia
- obsession/compulsion
- insomnia

- anxiety
- depression
- mood swings
- aches and pains
- insomnia
- impulsive behavior

**DOPAMINE**

**OXYTOCIN**

**SEROTONIN**

**ENDORPHINS**

## 3 How to Increase Happiness Levels

- meditate
- daily to-do list
- long term goals
- food rich in L-Tyrosine
- exercise regularly
- create something: writing, music, or art

- physical touch
- socializing
- massage
- acupuncture
- listening to music
- exercise
- cold shower
- meditate

- exercise
- cold showers
- sunlight
- massage

- laughter/crying
- creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching
- massage
- meditate

# Family Council Buzz



## Arthritis Exercises To Do with Your Loved One

\*

### 1. Ankle circles



Sit upright in chair with feet stretched out in front. Rotate feet in one direction. Repeat in opposite direction.

### 2. Heel/toe lift

Sit forward on a chair with flat feet. Lift heels, keeping toes on the floor; then lift toes. Hold for 3 seconds then return to flat.



### 3. Finger Walk and Thumb Circles



Sit with hands on table, fingers pointing ahead. Slide thumbs towards each other. Then slide each finger one at a time towards thumb.

Put your hands in front of you and rotate your thumbs.

For More Exercises visit <https://arthritis.ca/living-well/2020/top-10-arthritis-exercises>

Exercises should be performed 20 times or as tolerated. **\*Check first with the Registered Nurse to advise if these exercises are safe for your loved one.**

**Healthy Reminder** - Keeping hydrated is important in the winter too!

**Fund Raising Update** – Thank you to all who have purchased a bracelet or made a donation to the John Noble Home -Family Council. A total of 13 Noble Angels were distributed.

**Support Residents by joining Family Council.** 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**.





# Safety Talk

## Safety Talks

Read & Initial below:



## 8 Rules of Body Mechanics

- ☐ Maintain a broad base of support
- ☐ Bend from the hips and knees to get close to an object
- ☐ Use the strongest muscles to do the job
- ☐ Use the weight of your body to help push or pull an object
- ☐ Carry heavy objects close to the body
- ☐ Avoid twisting your body as you work
- ☐ Avoid bending for long periods of time

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.



# Employee Spotlight



Jennifer started as a summer student in the Day and Stay and we couldn't let her go so we hired her! Jennifer is a valuable member of the Day and Stay Program, working in the new Expanded Overnight Program. Jennifer has shown her abilities to set up a brand-new program and make it a success! Her compassion and care for the clients is immeasurable and the clients enjoy her enthusiasm and expertise in leading therapeutic programs. Jennifer has a wonderful way in how she works beside the clients and makes every client feel special and cared for. The clients are always smiling when she is with them.

Jennifer is very close to her family and has a love of 70's music including her enjoyment of Phil Collins' music. Jennifer has a wonderful vacation planned with her brother for 2024 to continue her love of music and to visit a special place on her bucket list.

Thank you, Jennifer for all of your hard work and support and you are truly deserving of the "Employee Spotlight of the Month!"



# Art Demonstration



Special thanks to Barb who joined us for Art Class in January.  
Residents really enjoyed the Watercolour Demonstration on Davis Ct. 🎨🖌️

