

HAPPENINGS

RESIDENTS, STAFF & FAMILIES



Celebrating January

- ✚ Christmas Baskets
- ✚ Employee Spotlight
- ✚ Family Council Buzz
- ✚ Christmas Donations
- ✚ Christmas Fun at JNH
- ✚ Safety Talk



**"We will open the book.
Its pages are blank.
We are going to put words
on them ourselves. The
book is called Opportunity
and its first chapter is
New Year's Day."**

EDITH LOVEJOY PIERCE

RS

IT TAKES A VILLAGE



Thank you to all staff
volunteers, residents, & their families that donated to our Christmas Baskets.
Together we were able to bless four families with a
Christmas.



EMPLOYEE SPOTLIGHT



Custodia is a PSW here at the Home. Custodia was nominated by her peers who say she is an amazing team player who is always eager to help her coworkers and lend a hand. Custodia is excellent with residents and always strives to provide the best care.

Congratulations Custodia!

Family Council Buzz



Journaling is one way for caregivers to relieve stress. **How do you journal?**

- Set a timer for 10 minutes or longer.
- Write what's in your heart.
- Forget about grammar and spelling. If you can read it, it's fine.
- Send your judgment gremlins out on the patio.
- As you let one idea lead to another, you'll figure things out and get to what you really want to say.

Source: B. Lynn Goodwin, 2021

Source: Quote from the poem Precious Memories by Alora M. Knight



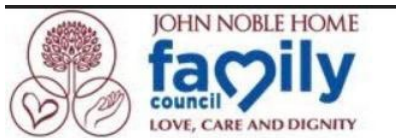
*I will take those precious memories
And frame them with my love,
Then hang them in the hallways of
my heart*



Talking about end of life can be difficult for everyone but you may even find some relief in having the subject out in the open. **Here are some suggestions that might help:**

- Choose a time and place where you both feel safe and comfortable.
- Acknowledge the difficulty of talking about end of life. Using humour, when appropriate, may relieve pressure.
- If the other person refuses to talk or changes the subject, try saying "That is okay, we don't have to talk about it right now but it is something I would like to talk about soon. I want to be sure I know your wishes so I can act on them when the time comes."
- It is okay to express your emotions, including your sadness. Talking about a person's end of life can be upsetting.
- You don't have to talk about everything at once
- This is a conversation about you and the person you support, so encourage the person to be involved in it as much as they are able.

Source: Alzheimer's Society, Canada



Would you like to connect with others who have a loved one at John Noble Home? Contact Tina Praass, John Noble Home @ (519) 756-2920 x4255 or family council members –

Mike @ 519-759-0074 or Brenda @ 519-284-1358.

SUCCEED AS ONE—JOIN US

Help Us Enhance the Experience for Your Loved One

The John Noble Home Family Forum is made up of family members of the residents. It serves as both a support group and a bridge between families and staff. The goal of the Forum is to offer peer support, share information, and collaborate to benefit our loved ones. One of our key roles is to provide suggestions aimed at enhancing services and activities for both residents and their families. Together, we can make the experience even better.

Connect with others who have a loved one at John Noble Home landline 519-756-2920 or
For more information please contact the following family members directly *Mike
gilbrook5458@outlook.com *Brenda 9follis@gmail.com *Kevin khickman058@gmail.com
*Diane dikenmorgan717@gmail.com

Christmas Donations



Special thanks to Barb Knill from Mary Kay. She works hard each year to get 156 donations of body lotion from community friends. Barb has been doing this for 10 years! Thanks for thinking of us and making our resident Christmas gifts extra special.



CHRISTMAS FUN AT JOHN NOBLE



CHRISTMAS FUN AT JOHN NOBLE



Safety Talk

Cold and flu season is here!

SAFETY TALK
December 2023
Please initial below:

Where do you stand on the germaphobe scale?

The BAD

HABITS

Someone with poor hygiene habits can spread germs to others via commonly touched surfaces

How do the hygiene habits of co-workers and others impact your health?

Breeding ground for illness causing bacteria + viruses

The UGLY

HOTSPOTS

The breakroom

Microwave door handles and sinks are the dirtiest surfaces touched by office workers on a daily basis

Keyboards

20,951 germs per square inch

Buttons on water fountains and vending machines

The GOOD

PRACTICES

To protect yourself + your co-workers:

Practicing good hygiene can reduce average hot spot germ counts by **59%**

1 Speak Up Ask management to stock up on supplies that break the chain of germ transmission, i.e. hand sanitizer, disinfecting wipes, soap, paper towels, and tissues

Encourage your office to hold an in-house flu shot clinic to make it easy for workers to get vaccinated

2 Lead by Example

Wash hands often

Sneeze into your elbow

Use disinfecting wipes to clean common surfaces

If you're sick, stay home!

3 Wash, Wipe, Sanitize This protocol reduces the probability of infection from colds and flu in the workplace by about **80%**

The use of disinfecting wipes can reduce the number of surfaces contaminated by viruses by **62%**

Public Services Health & Safety Association™
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