

March 2021

HAPPENINGS AT HOME

Residents, Family and Staff



Celebrating March

- ☘ St. Patrick's Day
March 17th
- ☘ Employee of the Month
- ☘ Safety Talk
- ☘ Day & Stay News
- ☘ Family Council
- ☘ Valentine's Day
- ☘ Family Day



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LOOKING BACK



1952 Looking east down Dalhousie Street with fire hall and post office on the left and a bicycle shop on the right.



Kristie Giles was the winner of the Heart Health Month Draw sponsored by the Wellness Committee

Day and Stay-March 2021

Well, HELLO MARCH! Spring is right around the corner! Everyone is anticipating the warmer temperatures and getting out into the Garden to enjoy the sun. Soon the Garden will be filled with beautiful flowers and bright colours. The clients will be celebrating Spring with some Spring Trivia and the clients will start planting some seeds for the garden. We will look forward to the harvest!



The clients have a very busy March planned! All of the clients will be celebrating St. Patrick's Day with some "Truth or Blarney" Trivia, some facts about the beautiful Ireland and some Irish Jig Exercises.



March activities also include "Celebrating Agriculture", Scrapbook Day and "Make Up Your Own Holiday" Day. That sounds interesting. 😊

The clients will be celebrating Alexander Graham Bell's Birthday on March 3rd with the evolution of the telephone.



Valentine's Day



Family Day February 15th

Recreation staff connecting residents with their families.



SAFETY TALK



DANGER OF WORKPLACE GOSSIP

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 chitchat?

So how does one tell the difference between idle chatter or gossip? While idle chitchat 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 rumoured 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 gossiper.
5. Keep your private life private.
6. Choose your friends wisely at work. Close association with gossipers will give the perception that you are a gossip.
7. Be direct. If you confront the gossiper 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.

Frontline Fridays

Celebrating Grand Erie's Essential Workers



Frontline Fridays featured our own Kate Wight, Therapeutic Recreation Assistant. Kate says being an essential worker during the pandemic has helped her to become more flexible and adaptable in her daily routine. Kate says she pursued this career because she wanted to make a difference in people's lives and support the seniors in the community. When asked what her greatest supports and means of coping as an essential worker this past year are, she credits her strong peer base and the knowledge that there is a great supportive team in place to help navigate through this. To read more of Kate's interview please visit

Family Council

If you are interested in joining our family council you can contact the president, Jen by email at familycouncil@jnh.ca or

CONGRATULATIONS!!

We had our first graduating class of PSW's from the Grand Erie District Learning Alternative (GELA). We are so excited to continue our relationship with the GELA program and assist in training the next generation of Personal Support Workers. Their classroom is located just across from Noble Hall. We are excited to create a virtual tour within the next few months so that everyone will be able to see the classroom and the learning resources the students have available to them. Have questions about the program?

EMPLOYEE SPOTLIGHT

Mitzie Walker

Mitzie joined our Housekeeping Team in 2020. Mitzie was a long-term employee at the Metro Convention Centre in Toronto when the Pandemic started. Fortunately for the John Noble Home, the work at the Convention Centre stopped and Mitzie needed a Housekeeping job closer to home. She answered our call for workers last spring and we are really happy she found us! Mitzie works as one of our Centre Core Cleaners. She ensures all the common areas of our Home (main entrance, staff areas, offices and hallways) are cleaned to the highest standards. Mitzie is very thorough when she cleans and pays extra attention to details. Mitzie is eager to work and will help out in other areas of the Home when we need her. Mitzie enjoys the Solarium and takes extra time to water the plants for our Residents when she cleans this area. Mitzie is a true professional and we are very glad she has joined our team!

