

May 2022

HAPPENINGS AT HOME

Residents, Staff and Family

Celebrating May

- ♥ Mother's Day
- ♥ National Volunteer Week
- ♥ Volunteer Opportunity
- ♥ Restorative Care Contest
- ♥ Safety Talks
- ♥ Day & Stay Program
- ♥ Employee of the Month
- ♥ Last Month Glance



Celebrating all the beautiful mothers on....

Sunday, May 8th



“Your mother is your first friend, your best friend, and your forever friend”

National Volunteer week

Meet Allan- Allan comes twice a month and plays his cello for us. We thank Allan and all of our musical volunteers for their time and commitment shown. You brighten our days and fill our halls with your beautiful talents!!!



Thank you!
♡



Meet one our wonderful volunteers Bonnie - Bonnie assists with providing Non-Denominational Church Services weekly to each home area. We are very blessed to have Bonnie apart of our team.



Volunteer Opportunities:

We are looking for the following volunteers...

- Hair Salon
- Clerical Volunteer
- Spiritual/Pastoral Volunteer
- Highschool/University/College Coop Placements
- Musical Volunteer
- Front desk greeter work directly with Receptionist.

Please contact Karli at Ext 4241 or go to our website at www.jnh.ca to fill out an application form.

***If you can go to our Facebook page and copy and past our volunteer week posts that would be great once you, have it formatted send to me and I can tweak the wording if needed.

Our Annual Ida Henkle Nomination Forms and info board will be going out in May be sure to look for it and nominate an employee that you feel has Ida's traits and would be deserving for this award.

To All of our Family Members: We welcome you to join the John Noble Home Family Council. We are a group of people that have loved ones living at JNH. The council is an independent group that advocates for all residents and strives to improve their quality of life. Our council meets on the 4th Friday of each month for approximately 1.5 hours at 1pm. We are currently meeting virtually. Please contact Karli (Director of Programs Ext 4241) for details and links to the meetings.



Congratulations to Susan Iezzi who was the winner of the “Restorative Care Bulletin Contest! Susan won a “Spring Time Celebration Basket”.

All staff are encouraged to check out the new Education in Wound Series board located outside of the Restorative Care office.

The series will happen over the next several months providing valuable information to assist our Nursing department with prevention, assessment, and documentation in wound care.

Complete the mini quizzes for chances to win great prizes!

Safety Talk

FEELING THE HEAT?

A look at the four most common heat-related illnesses (HRIs), how to spot them, and how to respond.

The dog days of summer aren't just hard on our furry friends. Stay vigilant for signs of an HRI. **Here are the big four, and what you and your crew members need to be on the lookout for.**



HEAT RASH

THE MOST COMMON AND LEAST SERIOUS HRI, BUT STILL SERIOUSLY UNCOMFORTABLE.

SIGNS: Prickly itchy bumps that look like small blisters or pimples. Usually clustered in damp warm areas where sweat tends to collect.

RESPONSE: Keep the affected area dry using powder to get rid of any moisture if necessary. Avoid any kind of cream or ointment.



HEAT CRAMPS

The second least severe HRI, but no less unpleasant. Manifests as muscle pains caused by the loss of fluids and salts.

SIGNS: Pain or spasms typically in the legs of the stomach area and excessive sweating.

RESPONSE: Drink water or an electrolyte heavy sports drink every 15-20 minutes along with a snack. If cramps do not pass in one hour seek medical help.



HEAT EXHAUSTION

A serious HRI that can have a significant impact on health and well being.

SIGNS: Headache, dizziness, nausea, weakness, thirst, excessive sweating, decrease in urine output, rising temperatures.

RESPONSE: Frequent sips of cool water, move to a shaded or cooler area, remove any unnecessary clothing, place cold compresses on head and neck, seek medical treatment or call 911.



HEAT STROKE

The most serious HRI, which can have dire consequences including death.

SIGNS: Spiking body temperature, extreme sweating or very dry skin, seizures, confusion, loss of consciousness.

RESPONSE: Call 911 immediately. While waiting for help, move the person to a cooler location and remove outer clothing, cool person either by wetting them with cold water or placing ice or ice packs on their body.

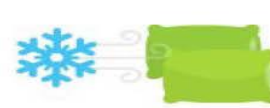
WHAT YOUR BODY NEEDS TO BEAT THE HEAT



FLUIDS In order to avoid dehydration your body needs about a cup of water every 15-20 minutes in moderate heat.



ELECTROLYTES Frequent snacks should provide enough salt to replenish electrolytes but if you can't eat regularly sports drinks can help.



REST In high temperatures your body needs time to recover in a shaded air conditioned area. Take as many breaks in a cool location as possible.

Day & Stay Program



We are hoping May's sun shines brightly and warmly! We will be setting up the garden and the patio and everyone is ready to sit outside. The clients love the garden and listening to the birds singing. The clients are starting to plan their garden and deciding what flowers to plant. It will be great to see flowers blooming once again in the garden. This month the clients will be planting an herb garden and learning about the benefits of different herbs.



The month of May starts our BBQ's and picnics. The Day Program and the Afternoon Program will be enjoying BBQ Hamburgers this month.



The Weekend group has some great activities planned-Drumming, Horse Races and a "Let's Make Music" Program.



Special theme days this month include-Lipton Tea Day, Blue Jean Day, BBQ Day and Tulip Tuesday. The calendar is filled with lots of fun and interesting things to do and learn.

We celebrate all of the beautiful Mom's that attend our Program. Happy Mother's Day!



Employee of the Month

Meet Justin – Justin’s coworker describes Justin as always going above and beyond, for having a great attitude, always courteous and polite.

Justin’s coworker says that he is very efficient and cares for the facility.

Congratulations Justin for being our monthly employee spotlight award winner!



Davis Ct. has been busy crafting ... check out these adorable sock bunnies 🐰🐰🐰

Easter Bunnies



