

February 2023

HAPPENINGS AT HOME

Residents, Staff and Family



Celebrating February

- ♥ February special days
- ♥ Spiritual Care
- ♥ IPAC Champion Training
- ♥ Wellness Break
- ♥ Day & Stay Program
- ♥ Employee Spotlight
- ♥ Safety Talks

February is all about Food & Love

Special days of February

- ♥ Feb. 1st - National Baked Alaska Day
- ♥ Feb. 2nd - National Tater Tot Day
- ♥ Feb. 3rd - National Carrot Cake Day
- ♥ Feb. 4th - National Homemade Soup Day
- ♥ Feb. 5th - World Nutella Day
- ♥ Feb. 9th - National Pizza Day
- ♥ Feb. 12th - National Pudding Day
- ♥ **Feb. 14th - Valentine's Day**
- ♥ Feb. 16th - National Almond Day
- ♥ Feb. 17th - National Cabbage Day
- ♥ Feb. 18th - National Drink Wine Day
- ♥ Feb. 19th - National Chocolate Mint Day
- ♥ Feb. 20th - National Love Your Pet Day
- ♥ Feb. 21st - National Sticky Bun Day
- ♥ Feb. 22nd - National Margarita Day
- ♥ Feb. 23rd - National Banana Bread Day
- ♥ Feb. 24th - National Tortilla Chip Day
- ♥ Feb. 26th - National Pistachio Day



Spiritual Care

Megan Gecas, Recreation Programmer and Karli Cass, Director of Programs, have the pleasure of coordinating our Spiritual Care Program here at the Home. Since Covid-19 restricted visitors, and services moved to virtual means, we've noticed our Residents having expressed a wish to practice their Faith with those who share their beliefs. As we rebuild our volunteer base and make connections with local faith groups and Churches from various denominations, we are seeking out your help in this call to volunteer/minister for our Residents. We are wondering if you, or someone you know, would like to be a part of the John Noble Home in helping nurture our Resident's spiritual needs.

We are currently seeking those wanting to:

- Lead a Non-Denominational Church Service: Monthly or weekly, any day of the week.
- Lead a Non-Denominational Communion Service: Every 3-4 months, any day of the week.
- Offer Spiritual Practices: Reiki, guided meditation and/or mindfulness programs.

**To provide a service, the group and/or leader would need to provide proof of COVID-19 vaccination with one booster. Other requirements will be discussed in person.*

Spiritual Visiting Volunteer: Includes one to one visiting, praying with Residents, Bible reading, devotionals, meditations, mindfulness practices etc.

Palliative Care Visitors: Presence and prayer is enough when someone is alone during their final breaths. This would be on an on-call basis.

**To be a Registered Volunteer, a recent vulnerable sector police check, a Two Step TB test and proof of COVID-19 vaccination with one booster are all required. Other requirements will be discussed in person.*

Senior ministry is a calling, and we know how busy life is. Our Residents would love to have this partnership with your community.

If interested, please contact Karli Cass 519-756-2920 ext. 4241 or Megan Gecas ext. 4297

Thank you so much for your time.

IPAC Champion Training



Staff IPAC Champion training will be taking place in February!!

Families, visitors and staff, please continue to watch for and participate in IPAC Education. If you have any suggestions or ideas on education, please contact Jamie Toner, Resident Care Coordinator & IPAC Lead at ext. 4308.

Wellness Break

Wellness Break

We're beginning to leave the darker days of Winter behind and starting to see the days get lighter and brighter. Winter can be a difficult time so the promise of warmer and lighter days to come is welcome. We could all use some lightness! And we hope you're taking the time to take care of yourselves in ways that are meaningful.



Wellness is excited to get our “Wellness Wagon” out on the road. Be sure to be on the lookout for our wagon in February!



We are also excited to announce that we will be hosting a JNH Family Skate! All staff and their family members are welcome. Saturday Feb 11th 5-6pm at the Brant County Sports Complex in Paris.



WELLNESS COMMITTEE PRESENTS...

JNH Family Skate

DATE: Saturday February 11th, 2023

TIME: 5:00pm – 6:00pm

LOCATION: *Brant County Sports Complex*

We encourage staff to bring their family and join us for a pleasure skate.

Helmets are not required but encouraged!

Day & 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” board. The ladies look so beautiful in their wedding dresses. The dresses are so fancy and so classic looking. Hairstyles and accessories are lovely. The ladies tell us wonderful stories about their dress and how special it was to them. The gentlemen always look so handsome, and stand tall and proud beside their lovely brides. Many of our Clients become weepy remembering their wedding day surrounded by their family and friends. So many of our Clients have been married to their sweethearts for over 60 years and hearing about their “Love Story” is always special.



February has some exciting “Special Days” planned for the Clients to enjoy.

“**All About LOVE**” will be a lot of fun making some Valentine cards. “**Pancake Day**” has the clients cooking up pancakes and making extras for the annual Pancake Toss!



The Clients in the Day Program are going to celebrate “**John Deere Day**”.





The Afternoon Program will be celebrating “Mardi Gras”.

The Day and Stay Program would like to wish everyone a “Happy Family Day”. Relax and enjoy!

Happy
Family
Day



Follow the Day and Stay on Facebook and Like our Page!

Employee Spotlight



Congratulations!

★ Congratulations to Brooke
our Monthly Employee Spotlight
Winner ★

Here's what Brooke's peers said
about her...

Brooke is such a hard worker and
takes amazing care of our
Residents. She always takes the
time to get to know their likes and
dislikes. Brooke is kind, caring,
compassionate and so much more.

Brooke - Thank you for all that you
do!

Safety Talks

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