

March 2024

HAPPENINGS AT HOME

Residents, Staff and Family



Celebrating March

- ✿ March Special Days
- ✿ International Women's Day
- ✿ 2024 Poem
- ✿ Family Council Buzz
- ✿ Skylight Café Info
- ✿ BPSO
- ✿ Valentine's Celebrations
- ✿ Safety Talk
- ✿ Employee Spotlight
- ✿ Day & Stay Program

Special Days in March

- ✿ March 1: Peanut Butter Lover's Day
- ✿ March 3: Caregivers Appreciation Day
- ✿ March 6: Employee Appreciation Day
- ✿ March 8: *International Women's Day*
- ✿ March 12: Popcorn Lovers Day
- ✿ March 13: Blame Someone Else Day
- ✿ March 17: *St. Patrick Day*
- ✿ March 20: International Earth Day
- ✿ March 21: National Quilting Day
- ✿ March 22: National Goof Off Day
- ✿ March 23: National Chip and Dip Day
- ✿ March 24: National Chocolate Covered Raisin Day
- ✿ March 25: National Waffle Day
- ✿ March 31: National Crayon Day



We take this opportunity to thank all the wonderful and lovely women at our workplace and their valuable contribution to John Noble Home. "We appreciate you all."

2024

2024 has been knocking on the door,
What is it that were looking for?

May the Year bring Peace,
And War will cease.

Let's hope that Covid has run its course,
Now Happiness and Health will be our source.

Gathering together with Family and Friends,
Poor relationships will come to an end.

Sports and games will come once more,
Clubs and fellowship soon will soar.

Things we love to walk and see,
We do in Art and all agree.

Birthdays will come for everyone to see,
For one year wiser we will be.

Canada, the land of the free,
How blessed are we, right here to be.

- Davis Court Residents



FREE online training on **Learning Essential**

Approaches to Palliative Care is for anyone who provides care/support to a person with a serious illness or for anyone who wants to support a carer. Some of the topics include: the role of carers, what is the Palliative Care approach, communication skills, understanding DNR (Do Not Resuscitate), self-care and self-compassion and medication management. The modules take a few hours to complete, can be done at your own pace and you will receive a certificate upon completion. Pallium Canada is a not-for-profit organization and their funding is primarily from Health Canada. **Register** at <https://www.pallium.ca/course/leap-carers/>



Advance Care Planning is about having conversations with family and friends, especially your Substitute Decision Maker – the person who will speak for you if you cannot speak for yourself in case of a health emergency.

Complete your own free online workplan at <https://www.advancecareplanning.ca/my-plan/>

For information on 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**.





SKYLIGHT CAFÉ

OPEN

Monday - Friday

9-3pm

PLEASE NOTE THAT OUR CAFÉ
IS RAN BY OUR FABULOUS
VOLUNTEERS DAILY, HOURS
ARE SUBJECT TO CHANGE.

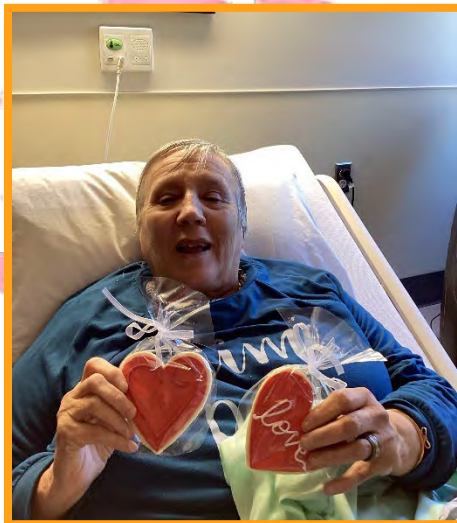
Congratulations to Melissa, Nursing Programs Coordinator, who accepted the role as the BPSO Liaison at John Noble Home. Melissa was fundamental in the successful implementation of "The Noble Journey to End-of-Life Care. In her first week as a Liaison, she excelled in recruiting 46 new BPSO champions!



💖 Love is in the air 💖

The JNH team surprised friends, co-workers and loved ones with cookie grams this Valentines Day!

Thank you to Brant Cookies for baking and decorating some fabulous cookies 🍪







Safety Talk

SAFETY TALK

DANGER OF WORKPLACE GOSSIP

By Mary Abbajay

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 chit chat?

So how does one tell the difference between idle chatter or gossip? While idle chit-chat 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 rumored 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 gossip.
5. Keep your private life private.
6. Choose your friends wisely at work.
7. Be direct. If you confront the gossip 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.

Close association with gossipers will give the perception that you are a gossip.

Employee Spotlight



Juliet is a fulltime RPN at the Home. She continues to grow professionally, taking on additional responsibilities when asked. Juliet is go-getter! Juliet will always advocate for the needs and wants of the Residents. She strives to provide service with Love, Care & Dignity.

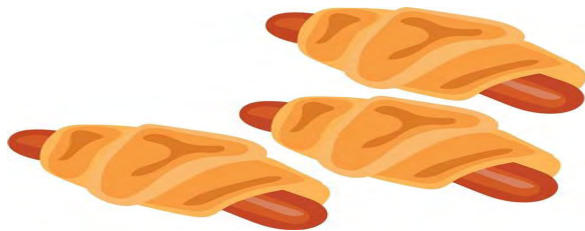
Congratulations, Juliet!

Day & Stay Program

These winter months have been teasing us with spring-like temperatures some days! Spring is right around the corner and everyone at the Day and Stay Program is ready for it! Everyone is anticipating the warmer temperatures and the chance to get outside to enjoy backyards and gardens.



There are a lot of exciting activities on the March calendar. The staff have a full month of March activities planned. We are celebrating St. Patrick's Day by Thinking Green with some Irish Humour, an Irish Sing-A-Long, and some Shamrock Fun. We will all be doing an Irish Jig! Other theme days include International Pig Day which we will recognize by making some Pigs in a Blanket, and celebrating the arrival of Spring.



The clients will be celebrating Easter with some Egg Art, Flower Bingo, Easter Trivia and the famous Bonnett Contest!

Regular programs include playing the Ukulele, Ole Exercises, Trivia, Pictionary, Finish the Line and Drumming. It promises to be a very busy month.



**HAPPY ST. PATRICK'S DAY AND HAPPY SPRING
TO EVERYONE!!!**