

October 2024

HAPPENINGS AT HOME



Residents, Staff and Family

Celebrating October

- 🎃 Thanksgiving- Gratitude
- 🎃 Safety Talk
- 🎃 Day & Stay Program
- 🎃 CHHA
- 🎃 The Ida Henkle Award
- 🎃 Employee Recognition Week
- 🎃 Family Council
- 🎃 Body Wash Collection
- 🎃 Laundry Note

Like us on Facebook!



GRATITUDE RITUALS

-  Write 5 things you're grateful for each day.
-  Write a letter expressing appreciation to someone you're thankful for
-  Go for a meditative walk and think about the things you're grateful for.
-  Spread kindness to others.

Runstreet.com

Safety Talk

Physical Balance Presents

OFFICE STRETCHES TO SAVE YOUR SPINE



1

TEAPOT STRETCH

Stand with your feet shoulder width apart. Place your right hand on your hip, take your left hand over your head and gently bend your upper body to the right and hold for 1-2 seconds. Slowly return to the center. Repeat on the other side. Repeat 2-3 times.

2

BACK STRETCH

Place the palms on the lower back and gently lean back briefly before returning to the neutral standing position. Be careful not to lean back too far or over extend your neck. Repeat 2-3 times.



TOP TIP

Research shows that it's much easier to form a new habit if we do it at the same time each day. So try and find some time slots that suit your working day to do these stretches such as 10am, 1pm & 3pm.

3

SHOULDER PULL

Hold under your right upper arm and pull across your chest. Hold the stretch for 20-30 seconds. Repeat on the other shoulder.



TOP TIP

Stop the exercises and seek medical advice if they cause pain, make symptoms worse or create new symptoms.

SHOULDER STRETCH

Interlock your hands in front of you and turn palms away from the body. Gently straighten elbows and reach forward. Hold stretch for 20-30 seconds.



6



NECK STRETCH

Reach over your head with your right hand. Slowly and gently pull your head away from your left shoulder then let your left shoulder drop down to increase the stretch. Repeat on the other side.

5

QUADRICEPS STRETCH

Stand on one leg with your knees touching. If you need to, grab hold of a chair or wall for support. Grab your right foot with your right hand and pull toward your butt. Hold for 20 to 30 seconds. Repeat on the other side.

4



HEALTHY TIPS

DRINK *more* WATER



STAND AT WORK & walk MORE



USE THE Stairs MORE



GET OUTSIDE & maybe GET A DOG



Day & Stay Program

As we say goodbye to September, we welcome the cooler, crisp weather of October. The leaves are starting to change into the beautiful colours of Autumn! The Centre is nicely decorated for the Fall Season.



This October we are busy celebrating Thanksgiving with some Turkey Trivia and a Turkey Craft. The Afternoon Program will be doing some Turkey Races- may the best Turkey win! There will be a lot of Hallowe'en Fun including "Double Boo Day" and "Trickery Tuesday". The clients will enjoy some Hallowe'en Fun with some Spooky Trivia, Pumpkin Craft, and some Hallowe'en Bingo. Exercises for the Afternoon Program is the Monster Mash, and some Howling Exercises. A great way to celebrate Hallowe'en. Clients will enjoy an Artist Afternoon,

including making some Autumn Art.

Some of the special "Theme Days" in October include Scary Monday, Turkey Thursday, Scarecrow Day and Global Cat Day. These special days promise to be full of laughs! Scarecrow Day is always a great day as we build a fun-loving scarecrow. The scarecrow will be sitting outside the Centre welcoming guests.



Just Keep Going

The Weekend Day Program operates Saturday and Sunday and the hours are flexible. Activities on the weekend include Functional Fitness, Music Bingo, Wheel of Fortune and Art Morning. If you are interested in more information about the Day Program or the Overnight Program that operates 7 nights per week, please call.

If you would like more information or know of someone who would like more information about any of the program's please have them call the Centre at (519) 756-2920 ext. 4286.

We are now on Facebook. Be sure to like and share our page.



Canadian Healthcare Housekeepers' Association

JNH Environmental Staff (Housekeeping, Maintenance, Laundry) were recognized for their hard work and dedication.



Ida Henkle Award

Last week we had the pleasure of recognizing Dennis Kelly as this year's Ida Henkle Award recipient. We knew we needed a trick to get him to the Café, so Jeremy asked him to clean the floor. He cleaned the floor in record time, so we told him he should stick around so that he could see who he cleaned the floor for. Little did he know it was for himself! I think we truly took Dennis by surprise.

Dennis has been working at the John Noble Home for over 37 years. He started his career in 1986 in the nursing department as a Health Care Aide. After years of providing excellent care to our residents, he took the opportunity, when a colleague retired, to move to the Housekeeping Heavy Cleaner position with Support Services in 2019.



Dennis is one of the most senior employees remaining in our Home. He has a commitment to the Home that continues to show everyday in his work. Dennis is that familiar face you see everyday riding his floor cleaning machine, stopping to help anyone who needs assistance. Dennis' caring nature is demonstrated every year when he takes on the role of the Jolly Old Man, aka Santa Claus, at Christmas to the delight of residents, staff and families. Each year Dennis takes a lead role in raising funds and presents for community families and staff in need at Christmas time. He rallies his co-workers on behalf of the Home to achieve the necessary targets to ensure these families have something to make their Christmas a little better.

Dennis is always willing

to help out around the Home. He may be busy with whatever tasks he is completing, but he is never too busy to talk with the residents to brighten their day.

Dennis is always willing to assist anyone when they ask for help and that's just the kind of person he is, ALWAYS putting others first. That is why Dennis Kelly deserves to be recognized as this year's recipient for the Ida Henkle Memorial Award. We thank Dennis for his dedication to the Home and the kindness and caring attitude he displays. Dennis makes the whole Home proud on a daily basis and we are honoured to have Dennis Kelly as this year's recipient for the Ida Henkle Memorial Award.



Employee Recognition Week

✨ We had the honour of celebrating our amazing staff at JNH ✨

Throughout the week we were able to recognize staff receiving service awards from 5 to 35 years, as well as all of our amazing departments.

We started the week off with Brant Cookies, coffee and Wellness sessions provided by Canadian Mental Health Association-BHN.

On Tuesday we were lucky to have Jenn M. volunteer her time and provide massage sessions to staff, as well as recognize our fantastic Night Shift with Lidz Cinnamon buns.

Wednesday was jam packed with fun as we hosted Kim Doyle from Brant Nutrition to provide education to staff, enjoyed a Subway lunch on all shifts, and honoured our staff receiving their years of service awards at a special evening social at the best western.

Thursday was a pizza lunch and a petting zoo for all to enjoy. We ended the week off with a community BBQ and a Grand Parade Event in support of the Grand River Council on Aging. We were also grateful to receive a generous family donation of OMG ice cream sandwiches for all staff to enjoy!

Thank you to our vendors who donated prizes!

Sysco

G. Architects

Millards Chartered Professional Accountants











A Note from Family Council



Dear Caregivers,

As many of you know, our loved ones at the John Noble Home enjoy participating in various games and activities that bring them joy and a sense of community. To make these events even more special, we're seeking prizes to reward the winners. We welcome cash donations, to purchase prizes for residents or your welcome to drop off items like chocolate bars/snack items. Your generosity can greatly enhance their experience and truly make a difference in their day. Thank you for considering this opportunity to brighten their spirits! Any donations can be dropped off at reception, for the Family Council.

Warm regards,

Family Council

Family Council Buzz



Do you know about Comfort Carts? Why is there a Butterfly Sign or Symbol?



Each unit at John Noble has a comfort cart. The location of the cart is marked with a purple butterfly. When a resident is at their end-of-life, the nurse or personal support worker (PSW) will bring the cart to the resident's room. The cart contains an End-of-Life Resource Guide, a coffee-maker, water pitcher, facial tissues, radio and lamp. These carts are for the resident and their families. No food or snacks are on the cart because we encourage families to take a break to care for themselves. A meal is offered to families.

A butterfly sign goes on the resident's door and a small butterfly symbol is put above the bed to signify that the resident is in the end-of-life stage.

Source: Melissa Gregory, Nursing Programs Coordinator, John Noble Home

Fall Activities

- It is a great time to collect fall leaves and bring indoors for your loved one to see and feel
- Listen to music with your loved one with a fall theme such as Early Autumn, Ella Fitzgerald;

Autumn in New York, Billie Holliday; and, September Song, Frank Sinatra



**Why did the apple pie
go to the dentist?
Because it needed
a filling.**

We would welcome you to Family Council. For more information 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**.



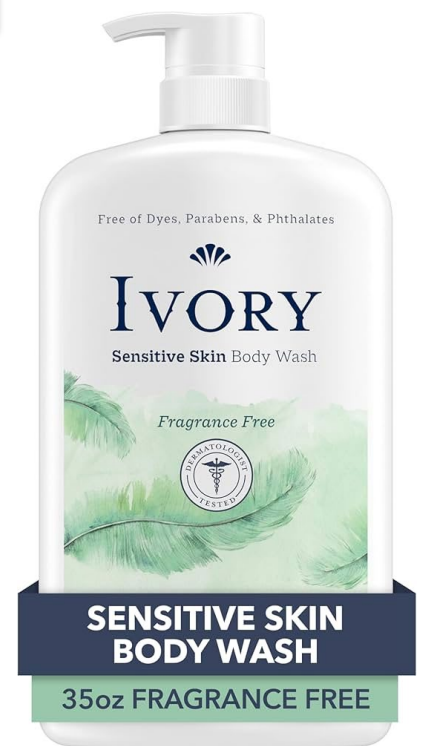
Body Wash Collection

We're collecting donations of unscented body washes for all of our residents for Christmas.

Our goal: 156

Please drop off all donations at reception.

Thank you!



A Note from the Laundry Staff...

With Christmas fast approaching, we would like to give gift buyers some helpful tips!

1. Please bring in your gifts prior to Christmas for labeling to Reception. Indicate on a **red labeling form** that this is a Christmas gift and you would like it returned to you and not given to your loved one after being labeled. Clothing that is given to a Resident for Christmas, without being labeled often gets put in the Laundry and may not be returned to the Resident. **Note: Please include your phone number if you want the item returned to you.**
2. When considering what to buy your loved one for Christmas, please remember we use commercial washing machines and dryers with commercial grade chemicals. Clothes that are washable can be maintained very well with this system.
3. Unfortunately, delicate clothing made from fine fabrics cannot be cleaned and ensure the integrity of the clothing is maintained. Wool items and clothes that require dry cleaning cannot be cleaned at all. We strongly urge Resident's loved ones not to bring in clothing to the Home that cannot be commercially washed.



4. If you are missing an item of clothing, please fill out a missing laundry form with the date the item was lost and a description of the item as Laundry routinely has items that they cannot identify the owner.

For more information on Laundry Services, please refer to your Resident Handbook.