

July 2022

HAPPENINGS AT HOME

Residents, Staff and Family



Celebrating July

- ♥ Canada Day
- ♥ Retirements
- ♥ Quarterly Meetings
- ♥ Mental Health Awareness
- ♥ Pride Month
- ♥ Safety Talks
- ♥ Day & Stay Program
- ♥ Employee of the Month
- ♥ Dental Hygiene Education
- ♥ Senior Month Celebration

Like us on Facebook!



Happy Canada Day!



Canada Day is an opportunity to celebrate our beautiful country. The entire country may be celebrating a bit differently this year, but it is important more than ever to share our national pride.

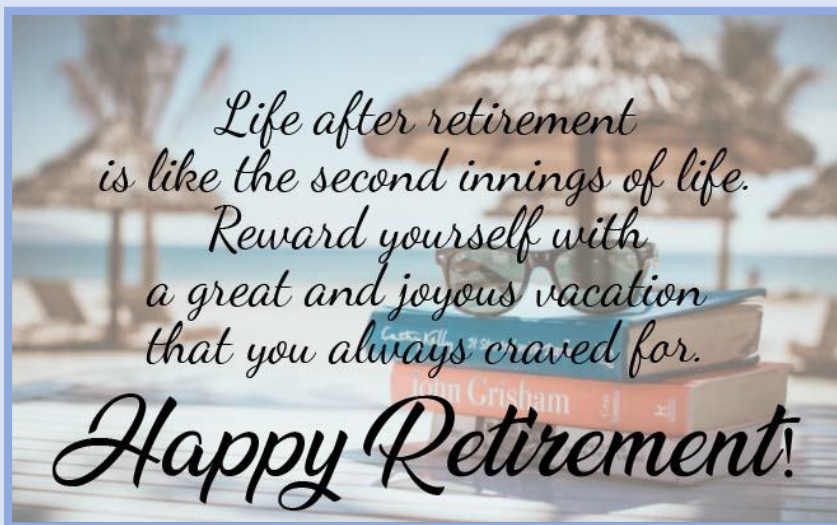
Happy Canada Day Everyone!



Retirements

Lynette McNeil- Has been with the home for 34+ years

Kathy Woodley – Has been with the home for 17+ Years



Dates for Upcoming Quarterly Meetings:

Responsive Behaviours Committee Thursday July 7, 1030am

Continence Committee Thursday July 14, 1030am

Skin and Wound Committee Thursday July 21, 1030am

Pain and Palliative Committee Wednesday July 27, 1030am

SELF-CARE FOR

ANXIETY

By Blessing
Manifesting

Routine

Create a nourishing routine. Anxiety thrives on chaos and uncertainty. I've found a **good routine** helps a lot.

Rationalize

Anxiety likes to pull out the worst-case -scenario. **Reassure yourself** as many times as it takes that you are okay.

Talk

Don't be afraid to talk about your anxiety. Find a good support system. Try therapy. **Break the stigma!**

Schedule

If there's something that's triggering your anxiety, **try scheduling** it into your week. Don't put things off indefinitely!

Mindfulness

Focus on the current moment. Be in the present. Learn to **self-soothe**.

Hey You!!!

Did you forget to
check on
yourself???

“Your mental
health matters,
You matter.”



Pride and Positivity Theme Day!



Safety Talk

Approaching a Resident With Responsive Behaviours

Safety Talk

 **READ & INITIAL BELOW:**



When you are approaching a Resident who may be responsive, use the ***STOP & GO Method***:

- STOP-** Whatever you are doing can wait!
- THINK-** Give the person undivided attention.
Why are they behaving this way?
- OBSERVE-** Recognize the nonverbal and verbal cues and acknowledge the person's emotional message.
- PLAN-** Consider when you should resume care and how you should modify your approach.

Respect a Resident's right to refuse care, document your approach and their refusal. Then try again later.

Day & Stay Program

Hot weather and sunshine have finally arrived and everyone is excited to be outside using the garden and enjoying their lunch under the Pergola! The flowers are blooming and it is just a joy to sit out and admire the colours. The vegetable garden is growing and everyone is looking forward to the bountiful harvest. Fresh tomatoes on the BBQ hamburgers and hot dogs taste so good! We are thankful for our garden and patio and the walking path. It takes a lot of work to maintain but the joy our clients get from it makes all of the work worth it. Gardens can bring back such wonderful memories.



The clients will enjoy the patio BBQs featuring yummy hamburgers and hot dogs.

The calendar is filled with great activities. Theme Week includes International Villages week featuring United Kingdom Village, Italian Village and Holland Village promise to bring some great activities, baking and

art. Other Theme Days include Peach Day, Beach Day and Junk Food Day. Lots of fun, socialization and laughs.



The Day and Stay will be welcoming summer students again this year. We are all thankful for the extra help and attention they bring to the Program.

Wishing everyone a
HAPPY CANADA DAY!!!

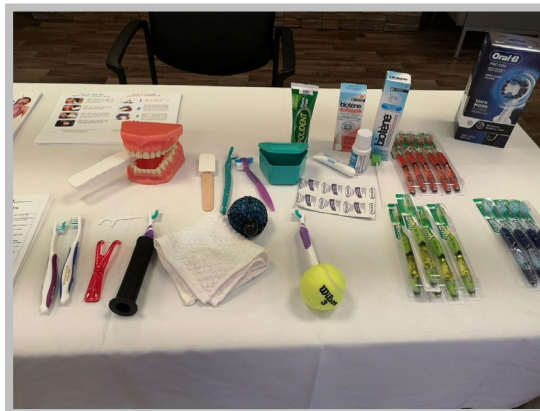
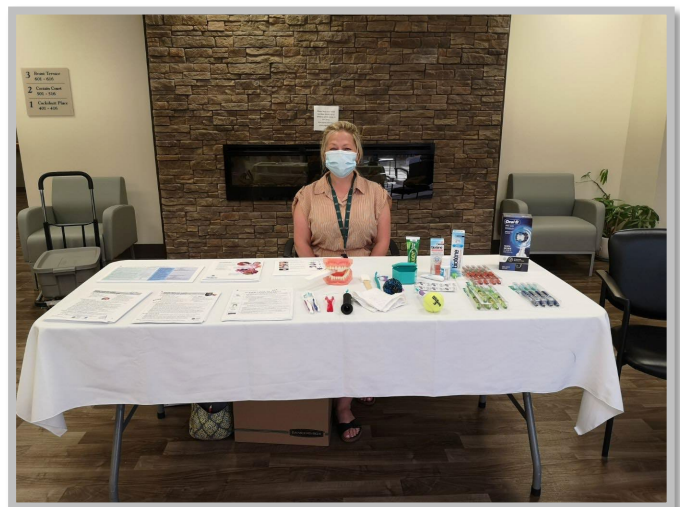
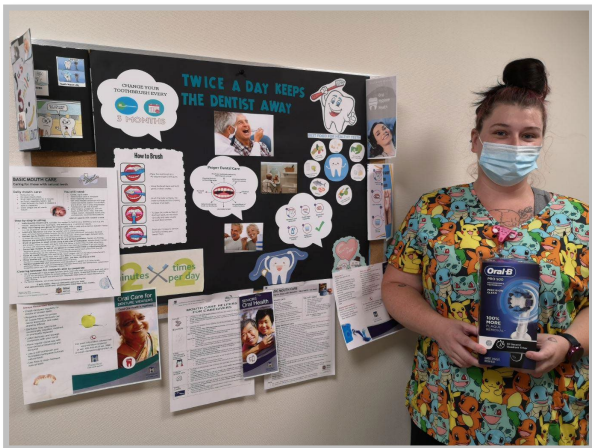


Employee of the Month

Janice Allan



For many years Janice has done an amazing job staffing the John Noble Home. She fills in sick calls, no shows, vacation requests, and much much more. She is always friendly and easy to talk to. Even when we are bugging her for time off! She deserves this month spotlight! Way to go Janice Congratulations!!!



Thank you to Heather from Brant County Health Unit for coming in and providing oral hygiene education to all of our staff. Shout out to Westervelt Dental Assisting program for making some wonderful educational posters and pamphlets.

Seniors Month Celebration



We're going on a Safari !!!

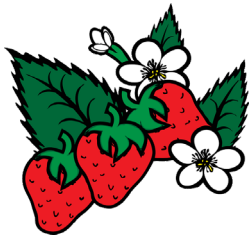
Gone Wild!!



The residents had a wonderful time learning new facts and sounds about different types of Safari Animals. Great scavenger hunt program - enjoyed by all!

Drive In Movie Night in the Courtyard!!!

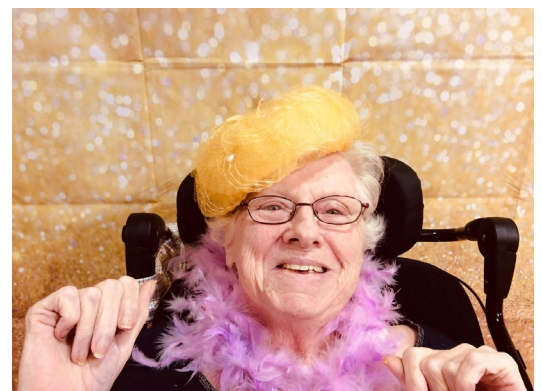




🍓 Last month, we had our annual strawberry social with entertainment on each home area! 🍓 the berries were delicious and enjoyed by all!!! Thank you Sam's Place Farm Market for the fresh berries!



Glamour day!!! 🌟📷🌟



Celebration of senior's month we had a lovely art show featuring the residents art work from Grand, Mohawk and Davis! 🎨 🍷



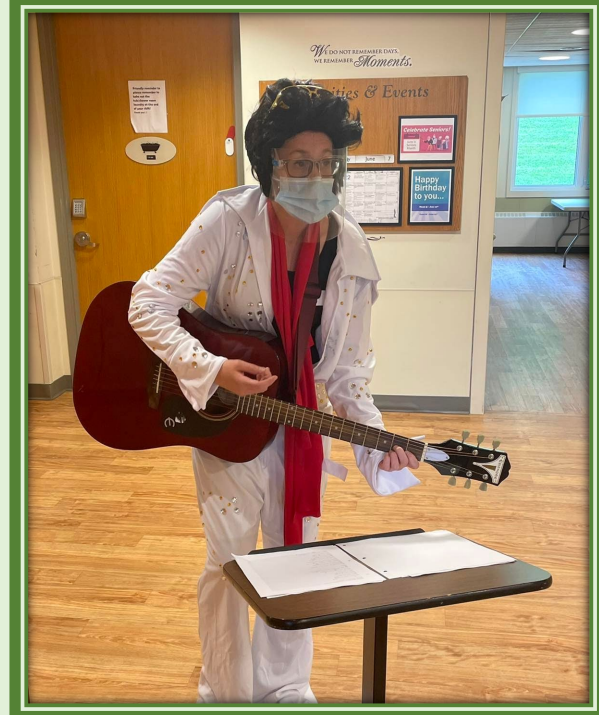
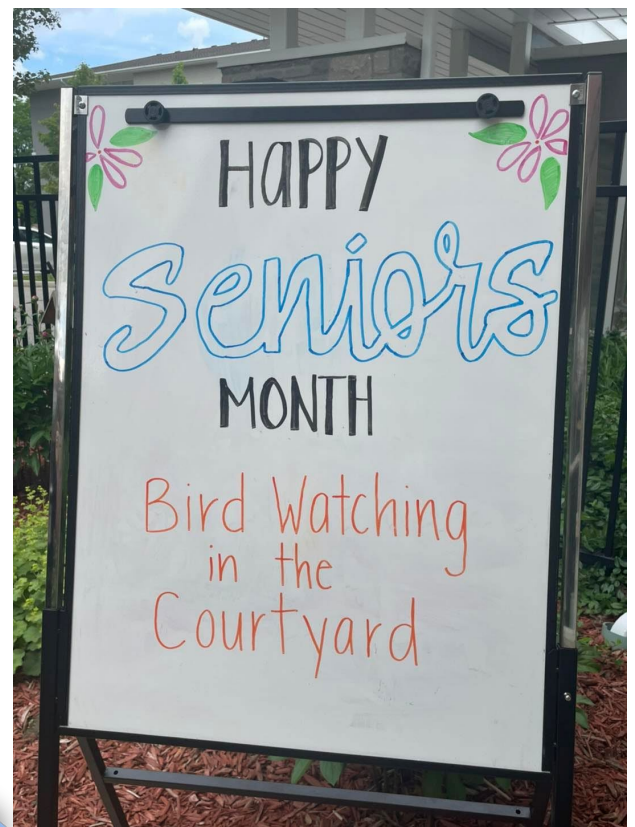
🍋 When life gives you lemons
🍋 ... you have a garden party!!!
🍋 our stand is back for the summer!!!



Lots of fun had at our bird watching program

The hunt to find them on our path, the sounds ... we even were able to guess a few along the way...

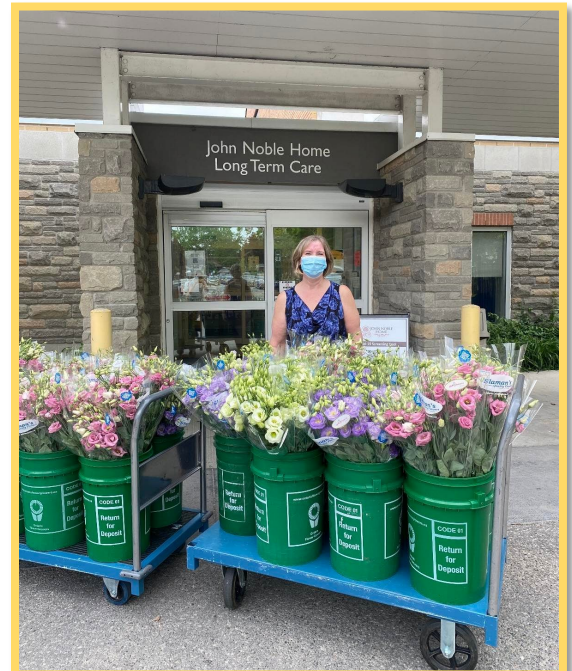
Can you spot one of the birds? 🐦



Elvis was in the building!!! 🎤

Special thanks to Megan for providing us with music to enjoy over the lunch hour!! 🎵

👑 Celebrating the Queen's Platinum Jubilee! 👑



Special thanks to Slaman's for the generous donation of flowers. The residents and staff enjoyed the surprise delivery!!


A wonderful time was had making table arrangements for all to enjoy!!! 🌸

Tim Hortons in the Home

The recreation staff kicked off senior's month with lots of fun programs planned for the residents to enjoy!

Nothing better than Tim Horton's being delivered on a rainy day!!!



Each month we look forward to Therapeutic Paws visiting the home.  we can't wait to see you again Bob!

