

July 2024



HAPPENINGS AT HOME

Residents, Staff and Family

Celebrating July

- 🍁 Canada Day
- 🍁 Safety Talk
- 🍁 Day & Stay Program
- 🍁 Family Council Buzz
- 🍁 Employee Spotlight
- 🍁 Wildlife at JNH
- 🍁 Lemonade Day
- 🍁 Pride & Positivity

Like us on Facebook!



Canada Day is an opportunity to celebrate our beautiful country.

Happy Canada Day Everyone!

Safety Talk

Approaching a Resident With Responsive Behaviours

Safety Talk

READ & INITIAL BELOW:



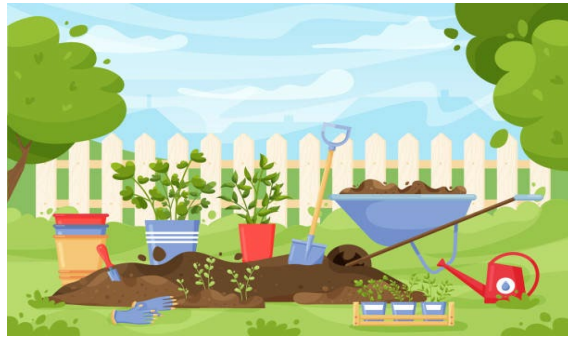
When you are approaching a Resident who may be responsive, use the ***STOP & GO Method***:

- 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

We are looking forward to the warm weather and sunshine. Things are a little different this year-we don't hear the birds but we are listening to the sweet sounds of construction! The staff and clients have planted flowers and we are getting a number of compliments on how beautiful they are. Thanks to all the staff and clients who diligently give them a drink every day. The vegetable garden is growing quickly and thank you to our wonderful clients for watering and weeding! Clients have been outside to sit in the Davis Court Garden but it is not the same as our beautiful garden. It will be another year for it to be put back together but the wait will be well worth it!



The July calendar is filled with great activities. Theme Week includes: International Villages week featuring Hungarian Day, Italian Day and Polish Day, which promise to bring some great activities; learning a new

language and making some Italian Soup. Other Theme Days include: Cow Day, Hot Dog Day and celebrating the Summer Olympics. Lots of fun, learning, socializing and laughing.



PARIS 2024



The Day and Stay will be welcoming summer students again this year. Welcome to Julia-we are very happy to have you join our team!! We are all thankful for the extra help and attention they bring to the Program.

**Wishing everyone a
HAPPY CANADA DAY!**



Family Council Buzz

Why people with dementia get agitated and physically aggressive? Susan Macaulay is an advocate for better care. She developed and shared 20 questions that help explain why people with dementia get agitated and physically aggressive. It's not a recent article but remains relevant. She encourages us to consider what the world is like 'through their eyes' and 'what would you do?'

Here is a sample of the questions: How would you respond if you loved peace and quiet and you were surrounded by loud noises, and strangers who shouted, groaned and talked nonsense all the time?

What would you do if somebody made you swallow pills you knew would put you to sleep when you wanted to be awake?

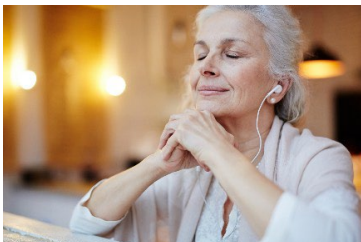
What if a stranger wanted to come to the bathroom with you? What if he tried to undress you?

What would you do if you were alone and powerless? How would you react if you had no control over your own life? What if you felt incompetent, invisible and inconsequential?

For the rest of the 20 questions and support for responding to agitation and aggression:
<https://myalzheimersstory.com/2024/01/25/20-questions-that-help-explain-why-people-with-dementia-get-agitated-and-physically-aggressive/> Source: Susan Macaulay, Myalzheimersstory.com

Music can be a powerful tool for caring for a person with dementia. It can reduce agitation and anxiousness. The trick is finding songs and styles that resonate with the person, especially if they no longer have the ability to request songs or tell you what they recognize.

- 1. Focus on music from when your loved one was between the ages of 10 and 30.** This is known as the 'memory bump': Memories from these ages tend to be strongest. Think of significant life events.
- 2. If you're not sure where to start, try searching for the most popular songs and artists from that time.** Try Elvis for someone in their 80s, and the Beatles for someone currently in their 70s.
- 3. Don't forget songs that may have been passed on by their family and heritage.** Look for songs connected to where your loved one and their parents are from, like local lullabies and folk songs.
- 4. Try different music styles, including religious songs, camp songs, and instrumentals, depending on your loved one's history and identity.** Try to find the kind of music that would've impacted them.
- 5. Watch for their reaction.** Maybe they'll smile, sway or seem calmer. Which songs prompt a positive response? If they seem distressed, stop the song immediately and make a note not to play it again.



Source: <https://www.hopehealthco.org/blog/12-music-activities-tips-for-someone-with-dementia/>

Consider joining Family Council. Information? Tina Praass (main floor office) or (519) 756-2920 x 4255; Family members Mike @ 519-759-0074 / Brenda @ 519-284-1358



Employee Spotlight



Olumide or “Lumi”, as known by her peers, is a PSW here at the Home who shines amongst her team. Lumi was nominated by her co-workers who say she is a team player who is efficient in ensuring her floor is running smoothly. Lumi creates a welcoming, comfortable environment for all and assists in mentoring new PSWs. Lumi’s peers say she goes above and beyond when caring for residents and is dedicated to her role as a PSW.

Congratulations, Lumi!



To all Visitors and Staff:

The John Noble Home is occasionally blessed with sightings of deer and other wild animals. Please do not feed or approach them for your safety and theirs.



Lemonade Day at JNH!



Positivity and Pride

