

May 2025

# HAPPENINGS AT HOME

Residents, Staff and Family



## *Celebrating May*

- 🌻 Mother's Day
- 🌻 Safety Talk
- 🌻 Hand Hygiene
- 🌻 Volunteer Fair
- 🌻 Easter Celebrations
- 🌻 Mandatory Lift and Transfer Training
- 🌻 Employee Spotlight
- 🌻 Day & Stay Program
- 🌻 Family Council
- 🌻 Accreditation



happy  
Mother's  
Day

## Safety Talk

# FEELING THE HEAT?

A look at the four most common heat-related illnesses (HRIs), how to spot them, and how to respond.

The dog days of summer aren't just hard on our furry friends. Stay vigilant for signs of an HRI. **Here are the big four, and what you and your crew members need to be on the lookout for.**



### HEAT RASH

THE MOST COMMON AND LEAST SERIOUS HRI, BUT STILL SERIOUSLY UNCOMFORTABLE.

**SIGNS:** Prickly itchy bumps that look like small blisters or pimples. Usually clustered in damp warm areas where sweat tends to collect.

**RESPONSE:** Keep the affected area dry using powder to get rid of any moisture if necessary. Avoid any kind of cream or ointment.



### HEAT CRAMPS

The second least severe HRI, but no less unpleasant. Manifests as muscle pains caused by the loss of fluids and salts.

**SIGNS:** Pain or spasms typically in the legs of the stomach area and excessive sweating.

**RESPONSE:** Drink water or an electrolyte heavy sports drink every 15-20 minutes along with a snack if cramps do not pass in one hour seek medical help.



### HEAT EXHAUSTION

A serious HRI that can have a significant impact on health and well being.

**SIGNS:** Headache, dizziness, nausea, weakness, thirst, excessive sweating, decrease in urine output, rising temperatures.

**RESPONSE:** Frequent sips of cool water, move to a shaded or cooler area, remove any unnecessary clothing, place cold compresses on head and neck, seek medical treatment or call 911.



### HEAT STROKE

The most serious HRI, which can have dire consequences including death.

**SIGNS:** Spiking body temperature, extreme sweating or very dry skin, seizures, confusion, loss of consciousness.

**RESPONSE:** Call 911 immediately. While waiting for help, move the person to a cooler location and remove outer clothing, cool person either by wetting them with cold water or placing ice or ice packs on their body.

## WHAT YOUR BODY NEEDS TO BEAT THE HEAT



**FLUIDS** In order to avoid dehydration your body needs about a cup of water every 15-20 minutes in moderate heat.



**ELECTROLYTES** Frequent snacks should provide enough salt to replenish electrolytes but if you can't eat regularly sports drinks can help.



**REST** In high temperatures your body needs time to recover in a shaded air conditioned area. Take as many breaks in a cool location as possible.



 Clean Hands, Caring Hearts 

**Celebrating World Hand Hygiene Day – May 5th and Beyond**

At [Your Home's Name], we're joining the world in recognizing **World Hand Hygiene Day on May 5th**—a reminder that clean hands help keep our community safe and healthy.

Whether you're a **resident, staff member, or visitor**, hand hygiene is one of the easiest and most effective ways to prevent the spread of germs. Let's work together to keep our home safe by washing our hands regularly and using hand sanitizer when needed.

 **Clean hands protect everyone.**

Let's make hand hygiene a habit—on May 5th and every day!

# *Volunteer Fair*

Join BRAVA and the City of Brantford for a

## **VOLUNTEER FAIR**

Are you looking for ways to give back to your community and share your unique skills to make a difference?

Join us for a community Volunteer Fair to learn about opportunities for volunteers of all ages.



**Saturday**

May 3, 2025



**Time**

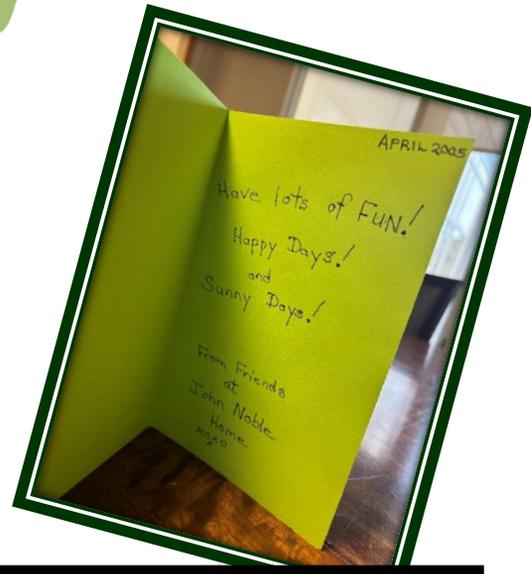
10:00 AM - 1:00 PM



TB Costain / SC Johnson  
Community Centre  
16 Morrell St., Brantford



# HAPPY EASTER



# *Lift and Transfer Training*



## **Mandatory Lift and Transfer Training!**

When: May 7<sup>th</sup> and 8<sup>th</sup>

Where: Noble Hall

Time: Any time between 0800-1530h

And additional 0630h session for night shift on the 8th

Who: All PSWS, RPNs, and RNs, and Rec Staff

**MANDATORY! YOU MUST ATTEND 😊**

## *Employee Spotlight*



Donna is a PSW on Davis Court. Donna was nominated by her peers for the Employee Spotlight Winner! Her coworkers say she is a team player who always strives to meet the needs of the resident's she cares for, and brings a positive attitude and energy to each shift. Donna was also recognized by a resident's family who say Donna provides compassionate, person-centered care while demonstrating dedication, empathy and a comforting presence.

Congratulations Donna!

# Family Council



*SUCCEED AS ONE  
JOIN US*

**Share your ideas to  
Help Enrich the Lives of our Loved  
One's**

**For more information contact:**

**Karli Cass at 519-756-2920 ext 4241**

## WHO ARE WE

- The John Noble Home Family Forum consists of family members of residents.
- We function as a support group and a bridge between families and John Noble Home.
- The Forum provides peer support, shares ideas, and collaborates for residents' well-being.
- We offer suggestions to staff to improve services and activities for residents and their families.
- We meet once a month\* for approx. 1.5 hours in a relaxing and friendly atmosphere.  
*\*See meeting notice on each floor for time and location.*



# Accreditation

Are you ready for it?!

This past month we celebrated the kickoff of Accreditation with all staff!

Accreditation is a process where an independent body assesses an organization against specific standards and grants recognition as they meet those standards. The Home will be measured against 7 groups of standards. Review of standards will be done by a Leader in collaboration with JNH staff.

To recognize the start of the Accreditation process, members of the Leadership team served refreshments and provided staff with handmade bracelets with our mission.



~ In Our Accreditation Era~



ACCREDITATION  
CANADA



JOHN NOBLE  
HOME  
LOVE, CARE AND  
DIGNITY

