

# +HAPPENINGS AT HOME

Our Staff, Residents and Family








Victoria Park

## November Events

-  Remembrance Day
-  Day and Stay News
-  Christmas Market
-  November Safety Talk
-  Wellness Committee
-  BPSO
-  Theme Day
-  Volunteer News

## Quick Facts on Remembrance Day

-  Remembrance Day was first observed in 1919 throughout the British Commonwealth. It was originally called “Armistice Day” to commemorate the armistice agreement that ended the First World War on Monday, November 11, 1918, at 11 a.m.—on the eleventh hour of the eleventh day of the eleventh month.
-  Remembrance Day is a federal statutory holiday in Canada. It is also a statutory holiday in three territories (Yukon, Northwest Territories and Nunavut) and in six provinces (British Columbia, Alberta, Saskatchewan, New Brunswick, Prince Edward Island and Newfoundland and Labrador).
-  Some of the 54 Commonwealth member states, such as Canada, the United Kingdom and Australia, observe the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.
-  Many nations that are not members of the Commonwealth also observe Remembrance Day on November 11, including France, Belgium and Poland.
-  The United States used to commemorate Armistice Day on November 11. However, in 1954 they changed the name to Veterans Day.

*Veterans Affairs Canada*

We must remember. If we do not, the sacrifice of those one hundred thousand Canadian lives will be meaningless. They died for us, for their homes and families and friends, for a collection of traditions they cherished and a future they believed in; they died for Canada. The meaning of their sacrifice rests with our collective national consciousness; our future is their monument.

*Heather Robertson*

## Day and Stay Program: November 2019



On Monday November 11, 2019, the staff of the Day and Stay will remember and thank all of those men and women that fought so hard for the freedom we all enjoy today.

### We will never forget

The clients will be involved with many Remembrance Day activities. Veteran's Facts and Trivia, Wartime Tunes, and the clients will be able to watch the Parliament Hill Service.

The John Noble Home LTC is hosting the "Christmas Market" on November 16, 2019 and once again the Day and Stay staff and the Recreation staff have put together their signature event called "Flurry Fun". Everyone is a winner! Come and give it a try. Last year it was a huge success.



We want to make this year bigger and better, so if you can donate a new item or a gift certificate to the "Flurry Fun" please contact Crystal Smith or Lisa Hayes. Every donation is appreciated and all proceeds go back to the Clients and the Residents of the John Noble Home.



Our Day and Stay Client and Family Christmas Party is being held on November 24, 2019. There will be musical entertainment, and a special guest. Last year, there were over 60 people that joined us for the music, photo booth and treats. It is a great time and it gives us all a chance to get to know our client's families. We are hoping for another great turnout this year

November is going to keep the client's busy with many "Special Days". World Peace Day, Kitchen Band Day with a special musical performance, Pickle Day with great tasting Pickle Cupcakes and Game Show Day to just name a few. It is going to be a lot of fun!



The Thursday LEAD Group will be enjoying a supper out Wimpy's this month. Everyone always has a great time trying a new restaurant and socializing with friends and family.



Volunteers contribute to the success of our Program. We are looking for volunteers who would come into the Centre once a month to play the piano or to help over the lunch or supper hour during the week or on the weekends. Many thanks to our current volunteers!

## November 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. Tilt your left hand over your head and gently bend your upper body to the right and hold for 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.

**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.

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

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

**6 QUADRICEPS STRETCH**  
Stand on one leg with your knees tracking. 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.

**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.

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

**HEALTHY TIPS**

- DRINK more WATER**
- STAND AT WORK & walk MORE**
- USE THE Stairs MORE**
- GET OUTSIDE & maybe GET A DOG**

Physical Balance



# Christmas Bazaar

**JOIN US AND START YOUR CHRISTMAS SHOPPING EARLY**

**WHEN: SAT. NOV. 16<sup>TH</sup>**  
**TIME: 9-2**

**THERE WILL BE VENDORS, BBQ, SANTA CLAUSE FACE PAINTING**

**ATTENTION JNH STAFF: BE SURE TO ENTER THE WELLNESS COMMITTEE'S DRAW AND HAVE A CHANCE TO WIN A WELLNESS SPA PACKAGE.**

**WHAT'S HELPS YOU RECHARGE? .... WE WOULD LOVE TO HEAR**

**EMOTIONAL WELLNESS**

- Optimism
- Laughter
- Perspective
- Awareness
- Satisfaction
- Acceptance

**WELLNESS COMMITTEE**

**SMILE**

**PIC-COLLAGE**

FILL OUT A SLIP FOR A CHANCE TO WIN A WELLNESS SPA PACKAGE



## **The Home has begun with implementation of our second Best Practice Guideline:**

**This approach to care means you and your family work together with the health-care team to decide on the best options for your health care.**

**Your voice and partnership with the health-care team will create a system of care and services that focuses on you!**

**Our first goal is to continue to establish Therapeutic Relationships with our residents using verbal and non-verbal communication strategies to build genuine, trusting and respectful partnerships.**

**In order to build on our ability to communicate, we are asking all staff and volunteers who speak additional languages to see Reception and add their name to the list. This will help us to be able to facilitate communication with residents who do not speak English as a first language.**



November Theme Day: Wednesday November 27<sup>th</sup>, 2019



## RETRO 80'S DAY/ NOVEMBER 27TH

PLEASE DRESS UP IN YOUR RETRO 80'S OUTFIT AND EARN A POSITIVITY POINT FOR YOUR TEAM!!!!

**November Employee Spotlight Winner**



*Susan Guz*



Susan started her career at the John Noble Home as a student and once her placement was complete she decided to become a Volunteer. Susan is kind and gentle with the Residents and wonderful to work with.



## Volunteer News

On the first week of October some of our lovely volunteers attended the City of Brantford Volunteer Recognition Celebration. They enjoyed an evening with Elton Rohn and his 11-piece band. Fun was had by all!



Our Residents had a lovely morning with ACS grade 9 English class. The class brought in some Halloween stories to share and had a fun game of Bingo.



## SUNDAY SOCIAL

TWICE A MONTH ON A SUNDAY, THERE WILL BE ENTERTAINMENT AFTER CHURCH IN THE SKYLIGHT CAFÉ. DROP IN FOR SOME WONDERFUL MUSIC AND A COFFEE!  
CHECK THE CALENDAR FOR THE DATES AND WHO WILL BE THERE.



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## Some Little Tricker Treaters





# HALLOWEEN STAFF PICS

