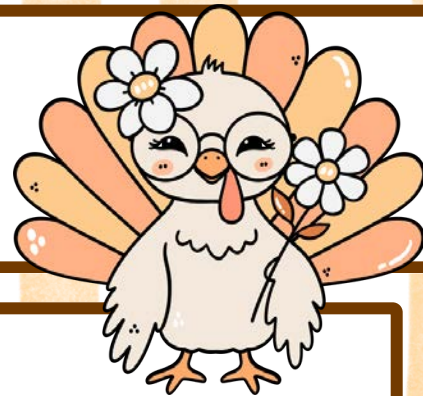


Happenings at Home

Residents, Staff, Family and Friends



Special Events



THURSDAY OCT. 1ST AT 10:30, HALLOWEEN BINGO

FRIDAY OCT. 2ND, THE OCTOBER BIRTHDAY PARTY

TUESDAY OCTOBER 13-FRIDAY OCTOBER 16- ACCREDITATION SURVEY

MONDAY OCT. 12TH, HAPPY THANKSGIVING

FRIDAY OCT. 16TH, 1:30, HALLOWEEN MOVIE

MONDAY OCT. 26TH ,MUNICIPAL ELECTIONS

THURSDAY OCT. 29TH, 9:30 TO 11:30 & 1:30 TO 3
HALLOWEEN HAUNTED

FRIDAY OCT. 30TH, 10:30, HALLOWEEN PARADE WITH THE EARLY ON CENTRE.

FRIDAY OCT. 30TH, 2P.M. HALLOWEEN PARTY

SUNDAY MORNING VOLUNTEERS/STUDENTS NEEDED

WE ARE LOOKING FOR VOLUNTEERS/STUDENTS TO HELP SUPPORT
OUR RESIDENTS ON SUNDAY MORNINGS BY ACCOMPANYING
THEM TO CHURCH SERVICE.

YOUR TIME, KINDNESS, AND COMPANIONSHIP CAN MAKE SUCH
A DIFFERENCE TO OUR RESIDENTS. WHETHER YOU VOLUNTEER
REGULARLY OR ARE ABLE TO HELP OCCASIONALLY, WE WOULD
TRULY APPRECIATE YOUR SUPPORT. IF YOU HAVE SOMEONE
YOU MAY KNOW IS INTERESTED IN VOLUNTEERING PLEASE
SPEAK TO KARLI EXTENSION 4241



Ida Henkle Award

2025



Mrs. Ida Henkle lived at the John Noble Home for approximately 2 ½ years. Everyone who knew Ida remembers her as a very special person. To show appreciation for the care she received at John Noble Home, Ida's family established an Employee Recognition Award. Criteria of the nominee of this award reflect the traits that Ida herself demonstrated throughout her life- Understanding, Infinite Patience, Abundant Caring and Respect and Courtesy for everyone.

We are pleased to present this year's Ida Henkle Award to Gladys.

Gladys has a calm and caring demeanour, and she approaches residents, families, and staff with a warm smile. She is patient and compassionate, always taking the time to offer support, listen, and provide encouragement to our residents.

She goes above and beyond to ensure that every resident is treated with dignity, kindness, and respect.

Her thoughtful nature and genuine care make a meaningful difference in the lives of those around her.

Gladys also has a love of flowers and shares this passion with our residents by bringing in small bouquets of beautiful flowers to brighten the tables in our dining room. This simple gesture brings warmth and beauty to the space and is a wonderful reflection of her thoughtful spirit.

It is truly a joy to work alongside Gladys, and we are very pleased to recognize her with this year's Ida Henkle Award



Employee Recognition Week



Employee Recognition Week



Employee Recognition Week





ipac update

Clean Hands. Clean Equipment. Healthy Community! ❤️

👉 Let's Get Those Hands Clean!

Our current Hand Hygiene compliance rate is 52.2%, and we know we can do better! We are continuing to work together to improve our Hand Hygiene practices throughout the Home.

Please remember that every hand hygiene opportunity counts – especially when entering and leaving the building, before and after resident care and activities, and when moving between residents or shared spaces. As we head into respiratory virus season, clean hands are one of our simplest and most effective tools for preventing the spread of infection.

Don't forget that resident hands and shared equipment need attention too! Hand Hygiene, along with regularly cleaning equipment, and high-touch surfaces, helps protect our residents, families, visitors, and staff.

💉 Fall Vaccination Season Is Here!

Vaccine audits have officially started! We will also be reaching out for fall vaccination and COVID-19 consents as we prepare for our upcoming vaccination clinics.

Vaccination remains an important part of protecting our residents' community, particularly as we enter respiratory virus season. Staying up to date helps reduce the risk of serious illness and helps protect those who are most vulnerable.

Clean hands. Clean equipment. Vaccines up to date.

Together, we can help keep John Noble Home healthy! ❤️

STRETCHES FOR OFFICE WORKERS

Regular movement is important to break up sitting time.
Perform a selection of these every 20 minutes for 2-3 minutes.



Upper Back Extension (3x20sec)

- Place your hands behind your head & extend your upper back
- You may use top of backrest to hinge over



Seated Back Rotations

(3x20sec each side)

- Sit upright in a chair & rotate your body
- Use your arms to pull on chair for added stretch
- You should feel a stretch through the spine.



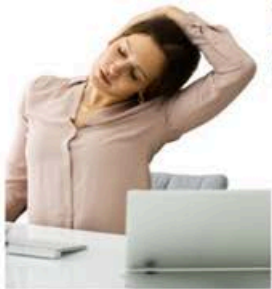
Neck Rolls (20secs each way)

- Roll your head in large circles
- You should feel a gentle stretch as you roll around
- Perform in both directions



Shoulder Rolls (30secs)

- Roll your shoulders backwards in large circles
- Focus on pulling your shoulders down and squeezing shoulder blades together



Neck Side Stretch

(3x20sec each side)

- Tilt your head to one side until you feel a pull on the opposite side of the neck
- Add stretch by pulling with one hand as tolerated



Neck Flexion Stretch (3x20sec)

- Place your chin on chest until you feel a stretch in the back of neck
- Increase stretch by using your hands to pull further as tolerated



Side Stretch (3x20sec each)

- Stand with your feet spread shoulder width
- Place one hand on your hip and the other overhead
- Lean to the side, reaching across your body as you pushing your hips to the opposite side.



Roll downs (3x20sec)

- Stand up
- Slowly reach toward your toes.
- Focus on feeling movement at each level of your spine
- Bend your knees slightly if needed.

Board Game fun!



Our DC Residents' enjoying a game of scrabble!



Residents' Council Week



We celebrated our Residents' Council this past month! Thanks to OARC for coming in and participating in our courtyard program 💙
💙 and special thanks to our council for everything you do! ✨ ✨ ✨ ✨



The Grand Parade

Special thanks to GRCOA for attending our Grand Parade Walk here at JNH! What a beautiful afternoon shared with residents, staff and families.



Day & Stay Update



September flew by in a flash. It has been a beautiful summer but we welcome the cooler, crisp weather of October. The leaves are starting to change into the beautiful colours of Autumn!

Everyone will be busy in October celebrating Thanksgiving with some Turkey Puzzles and Counting Our Blessings. There will be a lot of Hallowe'en fun including "The Story of the Jack-O-Lantern" and "A-Z Hallowe'en Trivia". The clients will enjoy some Hallowe'en fun with some Hallowe'en Trivia, Making A Treat Bag, and some Hallowe'en Art. Exercises in the Day Program include the Monster Mash, and some Thrilling Exercises. A great way to celebrate Hallowe'en.

Clients will enjoy an Artist Afternoon, including making some Hallowe'en Art.

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

The Weekend Day Program operates Saturday and Sunday and the hours are flexible. Activities on the weekend include Move to the Beat Fitness, Classic Bingo, Hymn Sing and family feud. 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 someone who would, please have them call the Centre at (519) 756-2920 ext. 4286.

Employee Spotlight



Melissa, RPN, was nominated by her peers for Employee Spotlight for the month of October. Melissa's coworkers say she is a hard worker who takes great pride in caring for our residents. She is kind and always takes time to understand the residents' needs, providing person centred care. She is a leader on the floor to her team, and supports the growth and development of students, guiding them in their endeavour to become Nurses. Melissa has a genuine passion for nursing and caring for residents of the Home.

Congratulations, Melissa!