

Pumpkin People on Display



Our staff are very engaged when it comes to decorating for the season, and Hallowe'en is no exception. The units and departments were involved in an outdoor display that we all can be proud of. There was everything from Nurse Pin Prick to a pirate lobster fisherman. This is just a sample of the creativity that staff showed to put smiles on the faces of the residents, some of whom posed in front of them for their own photo albums. We look forward to making this an annual event.



Looking inside this issue

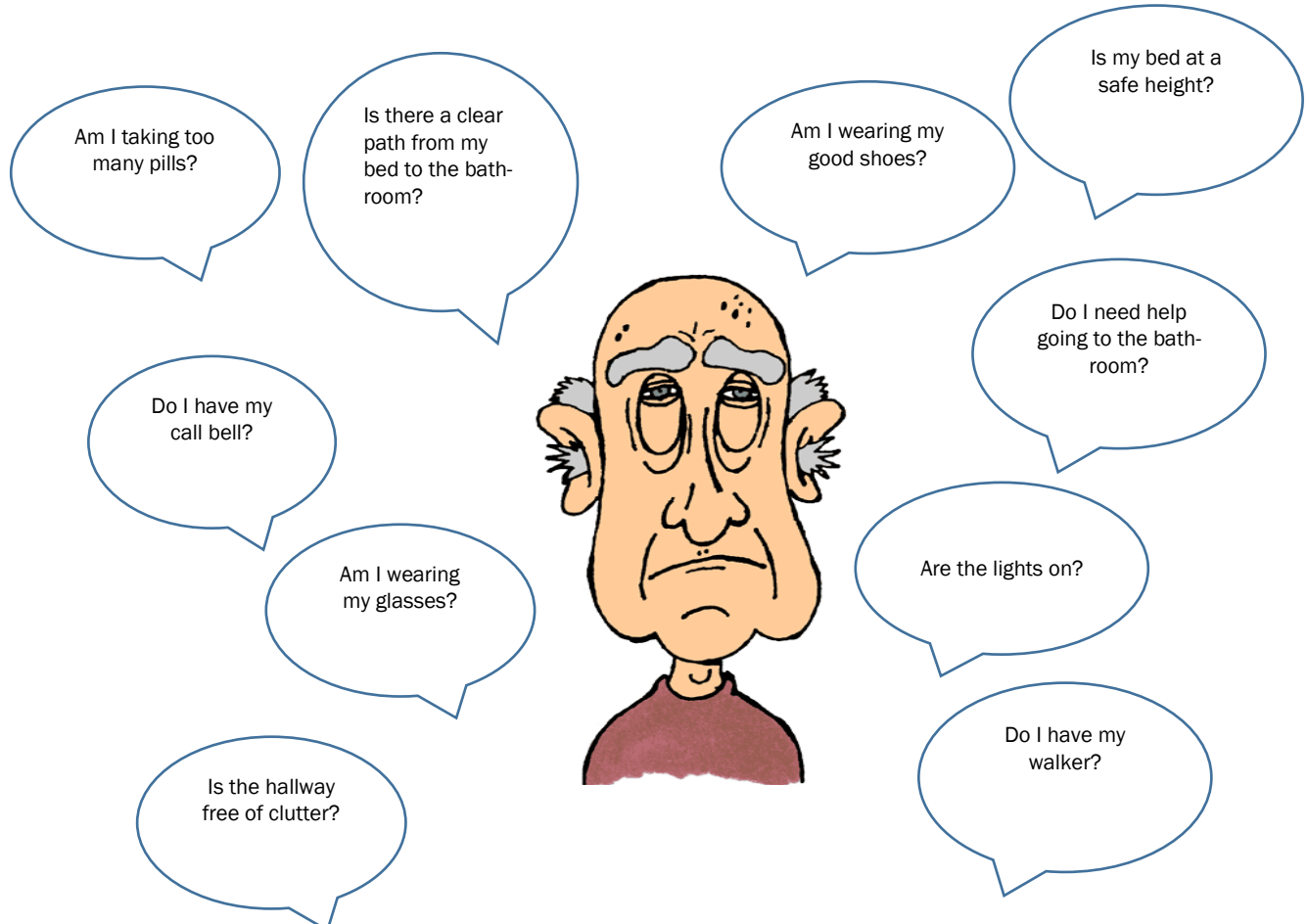
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November is Falls Prevention Month

The physiotherapy and recreational departments at Saint Vincent's offer a standing class once a week. It consists of stretches, strengthening, and high balance exercises in standing. The resident is encouraged to participate within their abilities and comfort level. One staff member teaches the standing class, while the other staff help assist residents to ensure they are safely completing the exercises. Physical activity has been known to improve mood, decrease anxiety, improve cognition, increase aerobic fitness, maintain flexibility and range of motion, maintain muscle strength and endurance, improve bone density and improve balance. One of the main goals to this exercise class is to help maintain the participants' balance and hopefully reduce the risk of falling. There are many factors that come into play when someone falls. This standing class is one tool we use to help reduce the risk of a fall.



How can you, the staff of Saint Vincent's, help prevent me from falling?



Hand-Under-Hand Assistance

I have recently completed my trainer certification in Teepa Snow's Positive Approach to Care (PAC). With this training I hope to provide more dementia related awareness, knowledge and skill development for staff, volunteers, students and families.

PAC philosophy and care partnering techniques, including Positive Physical Approach™ and Hand-under-Hand™, serve as the foundation for PAC.

The Positive Approach to Care philosophy encourages Care Partners to:

- Respond to a person's change in cognition and abilities in a way that is not hurtful or offensive.
- Understand that, with practice, common "reactions" to the person with dementia can become thoughtful "responses" that improve quality of life for everyone involved.
- Recognize that the person with dementia is "doing the best they can" and if something isn't working, it's the responsibility of the Care Partner to change their approach toward the person living with dementia as well as to discover what can be done differently to address the challenging situation.
- Be aware of environments surrounding a person with dementia and make changes as necessary.

It's all about building a relationship with the resident in the moment that it takes to provide care, serve a meal, clean their room, engage in a meaningful activity or just stopping to say hello.

Positive Physical Approach Overview:

1. Get into visual range of the resident
2. Pause at the edge of the resident's personal space (6 ft.)
3. Greet and Smile (Greet Before you Treat). Call resident by his/her preferred name
4. Move slowly—hand offered in handshake position
5. Move from the front to the side—supportive stance
6. Greet with a handshake and your name
7. Slide into Hand-Under-Hand hold
8. Get at or below the resident's eye level
9. Be friendly and sincere—make a nice comment and smile
10. Give your message...simple, short, friendly.

Lots more to follow—stay tuned.

Kim Wright,
Quality/Education Manager



Update from the Executive Director

Angela Berrette

Dear Saint Vincent's Community Members,

This has been a wonderful fall. The weather has been warm and at Saint Vincent's we have been busy with activities inside as well as sprucing-up the outside. Our new fence is almost complete (waiting for final panels). Residents were loud and clear about having a fence that opened up the garden. The reviews so far have been very positive. We are already planning events and activities for the space for next year. The fence was paid for by a donation from the Saint Vincent's Nursing Home Foundation. The Foundation is run by a Board of Trustees who oversee the proceeds from fundraising. As a non-profit organization, any money we raise is held by the Foundation who invests the money and allocates it according to the current campaign or general projects. A big thank you to the Foundation for funding this worthwhile project.

The bulbs in our 50th **Anniversary Commemorative Garden** in the front of the building, were planted with a plan to incorporate perennials. You can look forward to seeing an assortment of flowers blooming from early spring until the fall. We have also removed the fence along the Windsor Room patio to encourage more use. Development of that space will continue next year.

Our **annual fall fair** is set for Friday, November 24th 9:30am-1:30pm on the first floor. There will be new to you items, a bake sale and raffles. Donations of items will be accepted on November 23rd and baked items can be dropped off on November 23rd or the morning of the 24th. Money raised will go toward recreation therapy who hope to purchase additional therapeutic artificial cats and dogs (see article on page 6). A trial by our recreation interin, Michelle, has already been met with great response.

Another fundraising initiative undertaken by a former family member (thanks Linda) is a 50/50 draw which will take place at the fall fair on November 24th. Be sure to buy a book of tickets or even just one (that is all it takes!) for your chance to win half the pot. Currently we are at \$600 with a target of \$2000. Tickets are available at the reception desk.

50/50 draw
November 24th

The annual **Gift from the Heart** campaign is about to 'swing' into gear. Watch for details on the resident centred activity item we hope to purchase. We hope the donations 'glide' on in to support this effort. The Christmas Tree in the lobby will be adorned with bulbs that will display your name or the name of a loved one in honour of your donation.

In September we celebrated our **long-service awards** marking those who have worked at SV for 5, 10, 15, 20, 25, 30 and even 35 years! Management served egg and ham McVinnay muffins to staff. Long service awards were issued to Andrea Cameron, Colleen Meisner, Allen MacSwain and Maureen Noble who celebrated 35 years; Kathleen Osborne for 30 years; Doug Kirby, Mike MacDonald, Denise Gilkie, Karen Tobin and Sharon Jesso who have been here 25 years; and Philip King, Charlene MacDonald and Adam Seabrook who celebrated 20 years. Congratulations go to all the other dedicated employees who celebrated a milestone.

Congratulations goes out to Charlene MacDonald, ESW on 3rd floor who received this quarter's **Leading the Way** award. Her dedication to the residents by keeping them company, reheating a cup tea or helping with recreation programs, made her a clear choice among her peers.



Fall Fair Nov. 24

The Health and Wellness Committee has planned numerous activities for the next few months including a Christmas decorating contest in the dining rooms, a get away from the snow day in January and a multi-cultural fest in February. We are also looking at ways to encourage balance and healthy lifestyles.

While we may have had some negative media coverage in October, it was overshadowed by a feature cover story article in the Halifax Magazine on **Humans of Saint Vincent's**. Board member Susan MacLeod volunteers her time to sketch residents in their everyday life, focusing on the human side of residents living in a nursing home. In the process she learns their stories and the cover story in the magazine displays a sample of her



work. I encourage you to write to the editor of Halifax Magazine at tadams@metroguide.ca with positive feedback on this great coverage.

A more somber time at the home will be November 11th as we mark the sacrifice of those who served in armed conflicts. We will host a service and observe a minute of silence at 11:00 am as a reminder of the significance of Remembrance Day. In honour of not only November 11th, but also the remainder of contemplative month of November, we are asking that Christmas decorating not start until December 1st.

With thanks, Angela

Saint Vincent's Supports local Students

Saint Vincent's is proud to support students from various schools in the city—Dalhousie University, Eastern College and Mount Saint Vincent University. Students are given the opportunity to learn and practice new skills and participate as a team member of SVNH as they develop competence and confidence in their field of study.

“ I loved working at SVNH. I believe this is a wonderful environment. The staff were very welcoming and helpful when I had any questions or concerns. I truly believe I can see myself working here long term. ”

CCA students from Eastern College

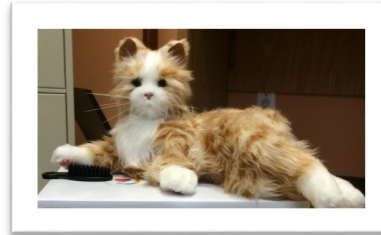


Michelle, a recreation intern from Dalhousie University, is pictured carving a pumpkin with Gladys R

Animal Assisted Therapy

A generous donation of two companion pets, one orange tabby cat and one grey cat, was recently made by Michael Lelechaur of Pneumatic Systems Inc..

These companion pets look, feel and sound like real cats; but they're so much more than soft fur, soothing purrs and pleasant meows. These cats respond to petting, hugging and motion much like the real ones we know and love but don't require any special care or feeding. The calming feeling that an animal can offer can provide many health benefits for an aging population. "Pet therapy for seniors, also known as Animal Assisted Therapy, is a technique that uses animals to interact with seniors for numerous reasons to help improve their quality of life. Studies show that just fifteen minutes spent bonding with an animal promotes



hormonal changes within the brain. Stress levels drop as the brain produces serotonin (the "feel-good" hormone), along with prolactin and oxytocin." (<http://www.ascseniorcare.com/benefits-therapy-animals-seniors/>).

Our Recreation Therapy Intern, Michelle Reddy, is creating a therapeutic program around doll therapy. Something similar will be created for the companion pets to ensure the program is being implemented appropriately. An assessment tool will be created and a program plan will be put in place. If you would like your loved one or know someone else who may benefit from this program please feel free to contact the recreation therapy department.

Preparing for Flu Season



Influenza is a significant cause of death and hospitalizations in Nova Scotia, especially within residents of long term care facilities. These residents are at increased risk for influenza and influenza-related complications because of age, compromised health status, and the close quarters living environment. Influenza immunization is safe and effective and is the single most important way to prevent influenza and influenza-related complications and deaths. Starting this week residents will be getting their influenza vaccinations. Help protect our residents by getting your influenza vaccinations. We cannot provide vaccinations to family members at Saint Vincent's but drop into your doctor's office or your pharmacy to do your part to help protect our residents.

Staff influenza vaccinations are now underway. Watch for Debbie Leavens as she will be going floor to floor several times per week for the month of November. Get your influenza vaccination and be entered into a draw for a \$200 Visa gift card. You may also be entered if you have received your vaccination from either your physician or at your pharmacy. Be sure to let Debbie Coombs know

before December 5 so that you can be entered to win. The unit or department with the highest percentage of staff being vaccinated will win a pizza party. Keep your eye on the poster in the staff lounge to see how your unit is doing.

Handwashing is the single most important thing you can do to stop the spread of infection. Be sure to

wash your hands for at least 20 seconds using soap and water and be sure to turn off the tap

with a paper towel. Alcohol based hand rub is a wonderful way to sanitize your hands if you are not close to a sink. We ask that you use the alcohol based hand sanitizer before you visit your loved

one and after visiting. Alcohol based hand wash is available at the sign in book in the lobby, at all elevators entrances, at regular intervals throughout the hallways, and in common areas such as the chapel and the dining rooms.



99 year old Ed A getting his flu shot

Christmas at Saint Vincent's

The Decorating Challenge

Have you heard the buzz yet about the dining room decorating challenge? It has already stirred up some really unique ideas! The challenge is to decorate the dining rooms with **GREEN** in mind. Staff not associated with a specific floor should pick one or join management/admin in decorating the Windsor Room. NO brand new items can be used – decorations can be borrowed, vintage, edible, etc. Going green this year has been met with such positive feedback. One of the units has already come up with an unusual and fabulous concept! Decorating cannot begin until December 1st and judging will take place on December 11th. The winners will awarded a free lunch.

BE CREATIVE — BUT GREEN



Kids Event

Besides the Christmas party, Saint Vincent's, NSNU & CUPE host an annual event for the kids. This year we are planning to host a bowling pizza party, late winter or early spring. More details to come in 2018.

Staff Christmas Party

When: December 9, 2017

Where: Fairview Legion (Main & Hillcrest)

Time: 8 PM–1 AM

DJ & Pizza & Presents, maybe even a visit from Santa!
Bring a guest and celebrate the holidays.

Co-sponsored by Saint Vincent's, CUPE & NSNU

Christmas Day Dinner Tickets

For family members who would like to eat Christmas Day dinner with their loved one, tickets go on sale the first week of December for \$15, with a limit of 4 tickets per family. There are a limited number of tickets available (two seatings) and they will be sold on a first come first serve basis.

Please note that the Windsor Room cannot be booked for private family functions at this time. Any questions may be directed to Nutrition Services.

Tickets are purchased through the Nutrition Services Office.

Resident Christmas Parties

The following take place at 2:00 PM in the Windsor Room:

- 2nd floor December 7
- 3rd floor December 12
- 4th floor December 14
- 5th floor December 19
- 6th floor December 20



In addition to the parties, residents may enjoy:

December 12 at 6:00 PM members of the Robbie Burns Society will be in the Chapel to celebrate Scottish heritage.
December 21 at 6:30 PM residents will enjoy a bus tour of the Christmas lights.



Paying Tribute to Walter Callow



Walter Callow spent much of his life confined to a hospital bed, blind and unable to move. But his physical limitations did not prevent him from assisting and brightening the lives of

thousands of veterans and the physically challenged.

During the First World War he entered the Royal Flying Corps. While undergoing training as a pilot in 1917 he suffered a severe back injury that would eventually confine him permanently to Camp Hill Hospital in 1937; by 1939, he was blind. He died at Camp Hill at 1958.

During World War II, using his hospital room as an office and assisted by staff and volunteers, he directed the raising of funds to provide comfort for Canadians serving overseas. At the end of the war he turned his creative mind to assisting crippled veterans and others with physical disabilities. The

result was the specially designed and equipped Callow wheelchair coach. The first coach hit the road in 1947 and continues today as the Callow Wheelchair Bus service more than 50 years after his death.

Walter Callow loved planning trips for the passengers, young and old, whether they were being transported to a tour of the countryside, picnic, sporting event, art class or other activity. In doing so he gave hope to many who had not been outside their homes for years due to lack of transport. Callow Wheelchair Bus continues to provide transport for recreational activities and related requirements not only for Camp Hill, but for nursing homes such as Saint Vincent's as well.

Contributor: Hillary Wellard, resident



Updates from Nutrition Services

MENU COMMITTEE

Residents, families and staff are invited to attend our 1st **Menu Committee** meeting on November 16 at 2:00 in the 4th floor addition. Come share your ideas on new menu items, recipes and ways to improve meal service.



Nutrition Services hopes to be selling leftover meals to staff in the New Year. Watch for updates.

Nutrition Services wants to hear from you! Fill out a comment card and place it in our new **Menu Suggestions Box** which is located outside the main floor kitchen. Comment cards can be found next to the box and on all nursing units. Any questions, comments, concerns or ideas about our meal service and menu items will be taken into consideration as we strive to continually improve the dining experience for our residents.



It's Fall—Let's cook up some Squash!

2 med sized squash
1/2 cup brown sugar
1/2 cup butter
1/2 tbsp. garlic powder
1/2 tbsp. parsley
2-3 cups cornflakes (crushed)
Peel and boil squash. Place in a casserole dish. Melt brown sugar, butter, garlic powder and parsley together. Remove from heat. Add crushed cornflakes to butter mixture. Add topping mixture to squash.
Bake at 350 degrees for 15-20 minutes.