

Keeping Connected

Saint Vincent's Nursing Home Resident Newsletter

August 2020 Vol 1 Issue 4

Summer is in full swing! We've been soaking up as much sun as we can! We also partied hard! Each Unit hosted a Hawaiian Tiki Bar beach party, complete with piña colada, fruit punch, beer (of the non-alcohol kind), beach themed music (Beach Boys!) and dancing galore! We also enjoyed Root Beer Floats and ice cream days! Our vegetable garden is growing strong! Our tomato plants have grown so large, they're bigger than their cages (no tomatoes yet)! We also have a healthy amount of parsley and some cucumbers on the way! Sensory signs have been added to our herbs to encourage residents and staff to enjoy their smell and savour all the lovely sensory experiences of the garden! Residents have also been enjoying the return of the NHL and keeping us up-to-date on how their teams are doing! Also, be sure to check out our Facebook page to see some videos of July's Resident of the Month, Doris, singing and playing her guitar!



August may be a different time for NHL, but Georgina doesn't mind!



Summer is here and love is in the air!

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July Highlights!



Enjoying fun music, dancing, and drinks at the “Tiki Bar” Hawaiian Beach Parties!



Enjoying Root Beer Floats!



Happy 94th Birthday, Claire!



Continuing to enjoy the garden!



Katie (L) and Harrison (R), two of our summer students, are keeping things musical!

August Birthdays!

Happy Birthday:

Aug 2: Helen Eisan (2)

Aug 4: Kathryn Arnold (2)

Aug 5: Elizabeth Horne (3)

Aug 6: Dianne Keizer (3)

Aug 7: Bill Gorman (5)

**Aug 10: Ruth Smith (5) &
Helen Offman (2)**

Aug 14: Rita Cutler (3)

Aug 17: Jennifer Hay (5)

Aug 18: Helen Cassidy (5)

Aug 19: Joyce Williams (6)

Aug 22: Everett Hill (5)

Aug 25: Ingrid Kroger (6)

Aug 27: Heather Naugle (3)

**Aug 28: Catherine Burke
(2)**

Aug 29: Ardelle Beck (3)

Aug 31: Charles Sage (5)



Resident of the Month: Heather (3rd Floor)



Born on August 27, 1941, Heather is 79 years young! Raised in Canso, Heather has worked hard all her life! She is the middle of five children. She loves being outside. Her family nicknamed her "Moose" because she was always in the woods. She was often with her father, who would tell her, "Heths, you're the strongest," then would ask her to do a task such as shoveling the snow. When her Navy Officer father asked them to do anything, Heather says, "you went and did it!" She would, however, get some cash or a bag of chips for her work. Heather also figure skated most

of her life. In the spring and summer, she kept busy exploring and chasing frogs in a nearby pond. In winter the pond was her skating rink. Heather went to school until grade 6, and taught herself a lot throughout her life. One of her first jobs was with a fishing plant. She then began work as a crossing guard for 30 plus years! She calls that a "job and a half!" When not working or skating, Heather could be found at a BINGO Hall or a wrestling match, where she would be the loudest in the room! Her favourite meal is fish and chips, especially from John's Lunch in Woodside. Heather had 2 children, is a nanny and step-nanny, and is also a great-grandmother! Heather is much loved by all, but she and one of her granddaughters, Justice, have a very special bond. When together, they look at photo albums, draw pictures, and spent a lot of time walking the boardwalk in the Eastern Passage. Justice shared that her nanny has always been there for her. Even when Heather had her own struggles (Heather is a cancer survivor!), she was always there for Justice. Justice credits Heather for her accomplishment in graduating High School (which Heather encouraged her to do). Heather is "the best nanny ever!"

Heather worked so hard, and did such an amazing job raising her family plus helping others, she never really pampered herself. Now that she is here at Saint Vincent's, she is taking time to rest. She says the "staff are fantastic," and she loves getting her hair and nails done on a regular basis for the first time in her life! Her family tells her now is her chance to step back and let others help her feel like the queen that is she! We think you deserve it too, Heather! Happy Birthday!





Congratulations Ann!

Ann Rose Jacob (Clinical RN, 4th Floor) was named the recipient of the 2020-2021 Canadian Nurses Foundation Extendicare Masters in Gerontology Award! This is a nation-wide initiative to provide financial support to one Masters in nursing student. It is awarded according to applicant merit, experience, career goals and references. Ann, who is working toward her Nurse Practitioner License, began her Masters in nursing degree in September 2019, when she was on maternity leave! Ann's son, Abraham, was born May 2019. That September, she and Abraham began classes together! If Abraham needed feeding and/or a study break, Mom and baby would step out of class until Abraham was ready to return to the lecture. Ann says she also received a lot of family support. Despite working toward his own Nurse Practitioner License (which he achieved earlier this year), Ann's husband, Aebin was by her side (Aebin also works here as an RN at Saint Vincent's). Both of Ann's parents are lending their hands, as well. Ann is very grateful for all the family support! She also wanted to send her thanks to her teammates and everyone here at Saint Vincent's! Everyone, Ann said, has been very supportive and flexible, and have been an invaluable part of her success thus far! We're sure Ann will continue to go on to do amazing things!

Congratulations again Ann! Thanks to you, Aebin, Abraham and all your family for all you and they give to Saint Vincent's!



Green Paws: A Story About a Boy and his Cat

Written by Third Floor Residents: Barb, Isabelle, John, Marjorie & Effie

A little boy and a cat! They like each other. They are friends! The cat's paws are green! I wonder why they are green? Maybe they walked through grass or green paint?!

They look like they could be hiding. They're trying to figure out how to get out of hiding without getting into trouble! Children are always getting into mischief!

If they walked into paint, they could have it all over! How's the cat going to get clean? With paint, it can't lick its paws. The child also probably couldn't do it! It's hard to tell how to clean it. A bath would be quite the job! The cat might try to scratch- cats are scratchy! They don't typically like water.

Could the paint just dry? Or maybe this cat likes water and would like a bath? We don't know!

The little boy might take the cat home, he would need help! His parents could help him. But how would they clean those paws? Oil would make the paint flaky! Then his parents could brush the paint off! That sounds good! The cat's paws are now clean!

But they might have enjoyed getting into mischief and are likely to get into trouble again- they can't help themselves, that's what friends are for!

Some Good News:



Meet Kerith, the two-year-old dog who loves trail running, beach exploring, and helping firefighters feel better.

This sweet-natured golden retriever has one very important job. As a certified crisis response therapy dog, she's tasked with helping exhausted firefighters get the kind of comfort only a four-legged friend can provide.

That's especially important work right now, as hundreds across Marin County

work extra long shifts to try and contain the Woodward Fire that's currently blazing in Northern California. Trained to be a guide dog, her super excitable nature made her not quite suited to her original task. Kerith went on to become a therapy dog in the emergency ward of a local hospital. But, her favorite people are firefighters.

She makes people feel loved, special and important. One firefighter said 'Kerith has the uncanny ability to make me feel like I am the most important person in the world.'"

Source: <https://www.goodnewsnetwork.org/dog-bringing-joy-to-firefighters-battling-california-blazes/>



We would like to hear from you!

Please send us any feedback, news, or submission ideas for next month's issue!

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Or let your Recreation staff member know!

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