



HOPE NET

No Matter What—Keep On Rowing—Do Not Lose Hope
Make a Wish—It May Be Granted



Learn from yesterday, Live for today, HOPE for tomorrow *A. Einstein*

Volume 1, Issue 1

Dr. V.A. Snow Centre Newsletter

January 2007

Message from the Administrator

It is with great pride that I compose my first (and unfortunately last) welcoming message in this, our first family / staff newsletter. The last two and one half (2 ½) years I have spent here at the Dr. V.A. Snow Centre has been challenging, educational, but most importantly positively memorable. As I reflect on my time here at the Dr. V.A. Snow Centre I attempt to summarize the gifts I have witnessed in all the people I have had the privilege to know. The most precious of all those gifts has been that of graciousness. Being gracious is described as something given or done out of generosity to further a cause. It originally meant “to witness kindness”. Grace is part of the extended family of virtues; it is the missing piece in the puzzle of life, the piece that makes the picture complete. Being gracious is having an open mind and embracing the differences we see in others with tolerance and acceptance.

What a commendable attribute to collectively possess in provision of service we all provide in long term care. I have witnessed this attribute in the staff, volunteers and families of the Dr. V.A. Snow Centre which is what makes it one of the best nursing homes in the province of New Brunswick. As I depart, I encourage you to continue to share your gift of graciousness. I wish you all the very best life has to offer and I thank you from the bottom of my heart for all your kindness and support. I leave with this parting verse as I bid you all farewell (until we meet again).....

A Gracious Heart - “Gracious acts reflect the soul that encourages them and lighten the body that carries them out”-H.Desbois

Terry MacNeill



A Note from the Director of Care

Happy New Year to all our residents, staff and families. I wish you all good health and joy to keep your hearts grateful and full.

This is our inaugural news letter being launched by our volunteer Nihat Ozerdem. Nihat’s background is in engineering and he has become an active volunteer at the Snow Centre in his 81st year of believing that the key to keeping a young mind is to keep an active mind. He is an inspiration to us.

We know that the third thing we can count on after taxes and death is change and the Snow Centre is no exception. These past few weeks have brought the resignation of the Administrator and the Administrative Assistant. We will miss them but knowing that the average career path is today’s world takes many turns, it is not unusual to have increased turn over in this century. We wish Terry and Tracey all the best in their new ventures and hope they will remember us as fondly as we will remember them.

The nurse in me feels obligated to remind you that if you have cold or flu or gastrointestinal symptoms do not come to the Snow Centre. I also want to reinforce that the best defense is, and always has been, good old fashioned hand washing, done in the proper way, that is.... And one can only benefit from exercise and fresh air.

We also have two long time staff retiring; Helen McPhee from housekeeping and Joyce Woods from nursing. These women have together contributed a total of approximately forty years to this Home and deserve all the rewards of a wonderful retirement. We will celebrate their great contribution at a potluck supper on February 7th at 6pm. All staff past and present are invited.

(Please see p.2 for continuation)

...and the challenge continues...

The Dr. V.A. Snow Centre of Hampton NB had completed its 20th anniversary milestone just a year and a half ago. It went through various changes, expansions and improvements in trying to meet challenges in providing utmost care to its residents. During these ever busy times publishing a newsletter ended up on the back burner. Yet during these times there was always a desire to continue publishing newsletter.

As IT (information technology) is becoming so dominant and important in every aspect of our lives, providing proper care to residents in a nursing home requires us to incorporate this technology into the administration process. The Administration of the Dr. V.A. Snow Centre felt it is an important IT element to continue the idea of the DVASC newsletter.

It is hoped that it would serve to provide a sincere information exchange among all players of the Dr. V.A. Snow Centre.

Please participate in this exchange.

HOPE NET IS YOURS TO EXPLORE!

Nihat Ozerdem

Changing of the Guards

Mixed feelings dominate among the friends, residents and their families of the Dr. V.A. Snow Centre on the announcement that the Administrator Terrence M. MacNeill, Bed., B.N., R.N. is making a career change. He will be taking a position at the Loch Lomond Villa. It was just two and a half years since he joined the Dr. V.A. Snow Centre, and staff, residents and volunteers will miss him.

Directors, managers, personnel, residents, their families and volunteers are wishing him good luck, success and happiness in his new position.

Wish you fair winds Terry.

Watch out for lighthouses on your course.



Did you here about the baby born
in the high tech delivery room ?

It was cordless !!

Dr. V.A. Snow Centre Mission Statement

**We provide comfort, care, compassion and
community for our residents in a safe and
homelike environment.**



A Note from the Director of Care (continued from p. 1)

Our goal is to publish and distribute the newsletter four times yearly, so look for the HOPE NET again in the Spring. The reason it has been named *Hope Net* is the association with our logo, the snowdrop, which is Hope, hence our motto "Hope, nurtured by love". You probably have noticed our new street number sign, to the left of the front door, depicting snowdrops.

We will soon be seeing this lovely flower poking up through the soil heralding the arrival of Spring.

Janice Ashton

Welcome to the Dr. V.A. Snow Centre

A warm welcome is extended to residents who have recently made the Snow Centre their new home:

Margaret Latham

Mildred (Midge) Castonguay

Marion Malin

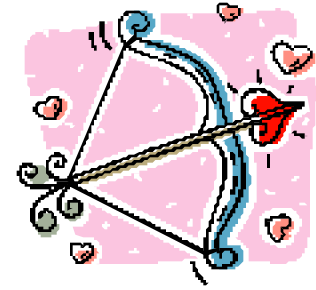


What's Happening in Therapeutic Recreation in January and February?

- Every Monday 10:30am History Fun program with David Kierstead. Fun and Fitness with friends and trivia games with Jean Foster.
- Second and fourth Mondays at 2:00pm Fly Tying with Don Logan and Roland d'Abadie master teachers.
- Every Tuesday 10:00 am Art Therapy with teachers Ruth Rayburn-Arseneault, Sarah Yoon, Ellie Kim, Gail Fisher and Anita Caroline.
- Every Wednesday 10:30am church service with volunteer ministers from the area, organ by Glenn Geer. 2:00pm Bingo with Helen Babineau, Jennifer Welles and Greta McGivery. Last bingo of the month with Beta Sigma Phi Sorority Preceptor. 2nd, 3rd and 4th Thursday 10:30 am neighborhood bible study with Dawn Tibbetts leader and singer.
- 1st and 2nd Fridays at 1:30am Don McWhirter – pianist.
- Music Therapy with Hal Williams twice a month (9th & 25th)
- Every 2nd and 4th Fridays Holy Communion with Rev. Keith Lyons & Rev. James Fudge and friends organist Glenna Greer, also Father Kevin Barry one Tuesday a month and Rev. Gordon Simons one Tuesday a month.
- Musical entertainment with St. Paul's Presbyterian Church Praise Team singing 2nd Monday 7:00pm. Elmer and Hazen Barton 2nd Friday of month 2:00 pm. 1st Fridays the Rhythm Pals 2:00pm; more musical entertainment other Fridays at 2:00pm and some evenings and weekends.
- Jan. 30 2:00pm Musical entertainment with NB Country Music Hall of Fame Award winner 2004 and NB Gospel Music Hall of Fame, Country Artist Mercy Award winner for 2006, Hazel Marie Robertson with Garth Jones and Brian Mallary.
- Every Sunday afternoon 2:30 church services by local churches First Bible Baptist, Central Norton Baptist, Living Water and Hampton Baptist.
- 11:00am Pet Therapy 2nd and 4th Tuesday with Nancy with Nancy and pet dog "Ben", 1st and 3rd Thursday Wendy and Collie "Pal", Walter and Australian Shepherd "Dusty" Marcia and Sheltie "Casey".
- Special noon dinner requested by residents council residents put on once a month – January 19th – lobster served.
- Daily afternoon movies Monday –Friday.

Upcoming Special Events for February

February 13, 2007 2:00 pm a Valentine's Tea for residents and family. Come enjoy delicious sweets, beautiful love songs, music and poetry readings. Welcome our guest poet Allan MacConnell who will do readings from his latest poetry book release "My Brother's Hand". Good news - if anyone wishes to purchase his poetry book for \$20, Allan is donating \$12 from each book sold to the Dr. V.A. Snow Centre for Therapeutic Recreation programs.



Tuesday February 27, 2007 – Let's Celebrate Chinese New Year "Year of the Pig". It will be at noon, oriental dinner for residents and staff on duty. Dress up in your favourite oriental dress (recommended) followed by an afternoon oriental program.

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%. The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again." The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

On December 23, 2006 country singing star Eddie Eastman and his daughter Sherida from Nashville Tenn., did a special Christmas concert for the residents, family and staff of the Centre. It was great to welcome Eddie back – he entertained here 21 years ago. Other musicians arrived to jam after the concert. A lot of dancing, singing and laughter filled the room.



Tribute to celebrate a resident

January 25 we will celebrate **Stella Armstrong**. Family, friends, residents, volunteers and staff are invited to a joyous time to reminisce, laugh, dance, sing, eat and have fun. Followed by a Farewell to Terry MacNeill our administrator for the past 2 ½ years. Thank-you Terry for all you have done for the Centre. We all wish you well in your new upcoming position at Loch Lomond Villa. We are all going to miss your energy and smiling face.

Celebration of Life

Blue Christmas Service was held on December 14th, 2006. Candles were lit by family members in memory of Edith Carson, Ellen Corkum, Don Gillis, Ella Irvine, Melina Butler, Margaret Gilliland.

Our love and condolences are extended to the family, friends, residents and caregivers. They will be all truly missed.

Gloria Baird, Therapeutic Recreationist





Art Therapy

Wow are we proud. Yes! Yes!

The Dr. V.A. Snow Centre is getting a name for itself amongst the nursing homes and art community. The Therapeutic art work of the residents has been displayed at the Atlantic National Exhibition for the second year. We improved our awards in September 2006 to 55 ribbons adding up to \$430 in winnings. Special thank-you to Ruth Rayburn-Arsenault & David Arsenault & Miku for helping me prepare, set up and take down this event: I could never have done this without them. And the kindness of the Therapeutic Art volunteers for making it all come together. You are all fantastic!!

The month of December the Dr. V.A. Snow Centre Art Club displayed art work at the Kennebecasis Library in Quispamsis for the public to view and enjoy.

On November 30, 2006 we had our second art show at the Dr. V.A. Snow Centre Art Gallery which proved to be a tremendous success with many family, friends and public attending and supporting. We were pleased to welcome 5 local guest artists who displayed their beautiful paintings. We collected over \$410 in painting sales. Thank-you is extended to the art club volunteers who worked so hard to make this event possible.

Hooray!!



Volunteer News

We welcome all new volunteers!

Happy New year to all of our wonderful volunteers. How can we ever thank you for all you have done and continue to do for the residents and staff of our Snow Centre. You are our shining stars and floating angels. You are there to share your talents, time and generous acts of kindness when it is needed the most. No words can ever express how we all feel. You bring such joy, happiness to our residents. By visiting with our residents and giving the gift of laughter and peace, you are adding to the culture of our loving home. Whether you are singing, dancing, playing an instrument, reading a book, helping out with Bingo, watching a movie with residents, telling a story, praying, reminiscing, going on an outing, fly tying, fly fishing on an outing, going on a van ride, serving Holy Communion, helping with the gardening, walking in the garden, exercising, cooking, painting in art therapy, floral arranging, listening, helping decorate for special occasions, serving refreshments. Your help in transporting, going to the theatre and to hockey games with the residents, driving the van even in cold wintry weather are all done with kindness and a smile. We appreciate and love you for all you do. A huge thank-you from the residents and staff.

I would like to recognize our number one volunteer **Jennifer Welles**. Jennifer has been coming to volunteer at the Snow Centre for the past 6 years every Monday thru Friday 8:30 to 3:30. Hats off to you, Jennifer, thank-you so much for all you help. Each day Jennifer delivers the daily newspapers, records residents' activity attendance, reads to residents, helps with Bingo, fun and fitness and art therapy to say a few. Each day Jennifer brings a ray of sunshine to our home. Jennifer keep up the great work!

This is a poem I thought you would all enjoy, written by Rebecca Ambroe, a recreationist in St. John Specialty Care Home, Mars, P.A., titled "Everyday Angel"

I am an everyday Angel...
Where there is Sadness, I bring Laughter.
Where there is Silence, I bring Music.
Where there is Suffering, I bring Comfort.
Where there is Boredom, I bring Purpose.
Where there is Confusion, I bring Clarity.
Where there is Loneliness, I bring Company.
Where there is Emptiness, I bring Life.
For I am...a giver of hugs and kisses.
A singer of songs and music.
A teller of jokes and stories.
A player of games and exercise.
A baker of cookies and cakes.
A planner of parties and socials.
A memory for those who have forgotten.
A hand for those whose bodies have gone weak.
And I do all of this not because it is my job,
but because it is my calling.

Keep on smiling!!! Remember, don't hold your body hostage. Allow it to move and stretch.

Gloria Baird, Therapeutic Recreationist



Please join me in wishing Tracey Hanlin all the best in her new position. Tracey is leaving us early February after almost 5 years of service. It has been a true pleasure to work with Tracey. She has always given 100% and more whenever anyone needed her assistance. Keep in touch, Tracey!!!!

Staff Information

As you are well aware it's now 2007 and I am sure you are waiting for your T-4's. We expect they will be here around the 2nd week of February if all goes well.

Patty Levine, Accountant

Change to Nursing Home Cost

Premier Shawn Graham, Family and Community Services Minister Carmel Robichaud and Minister of State for Seniors and Housing Mary Schryer announced that the government will cover nursing home health-care costs. Effective January 1st, 2007, nursing home residents will only be required to pay a maximum of \$70.00 per day for room and board plus \$102.00 monthly for comfort and clothing. The monthly cost is prorated and is now \$2129.16 for room and board and \$102.00 for comfort and clothing account. Total maximum contribution is now \$2231.16.

The Comfort and Clothing Allowance Policy has been revised following the changes to the Standard Family Contribution Policy. All residents receiving provincial assistance from Family and Community Services are entitled to retain 4102 of the OAS/GIS monthly income plus their full GST rebate and the full yearly low income seniors' benefits as part of their personal comfort and clothing allowance. As of October 1st, 2006 the comfort and clothing account is considered residents' assets and not income. This now **eliminates** the \$500 maximum to the resident's comfort and clothing account. Prior to this change residents receiving provincial assistance were only allowed to accumulate a maximum of \$500 in their comfort and clothing allowance – anything above the \$500 had to be returned to the government to offset their subsidy.

Accreditation Preparation

Three years have passed since our last accreditation survey and we are once again meeting in teams to look at the national standards for excellence in care and how we measure up. We have spent weeks looking at ourselves and **we look good!**

This will be our seventh survey and we have been an accredited nursing home since 1987, after our first survey.

A surveyor from Canadian Council on Health Services Accreditation will be here for three days in April to complete the onsite inspection.

The preparation process is time consuming but valuable because it makes us look at how we do things, and how we can do them better. That is the goal of the Dr. V.A. Snow Centre – to be the best nursing home in New Brunswick.



Hope Garden

Last summer there was a steady stream of traffic to the Sunshine Room as residents, families and staff checked almost every day on the progress on the new garden, the one we call the “Hope Garden”. It was being built largely with money donated in memory of residents, but also with contributions from the Centre.



It started in spring with a blank expanse of grass, progressed through several flurries of workers and equipment (to say nothing of the mud), and finished in the fall with smooth brick paths, two graceful arbors, and several hundred new annual and perennial plants. The centre also installed a new awning so residents can sit on the patio and enjoy the garden without worrying about too much sun.

More work is, of course, planned for spring, but in keeping with the “hope” name, we can look out this winter at the snow and ice and remember that just about the last thing we did in the fall was plant more than a thousand tulips and daffodils. They will absolutely guarantee that come spring, there will be a blaze of colour where last year there was nothing but a dull piece of grass.

That’s hope.

Volunteers are needed for the garden committee; please contact Gina McLeod at 832-7967 or lyons@nbnet.nb.ca



W.H.S.C.C. – Workplace Health, Safety and Compensation Commission

The commission has developed and owns the BACK-IN-FORM Program previously known as Back in Action. It is hoped that the implementation of this program will reduce, or better yet, eliminate soft tissue injury in the workplace. This program was first introduced to the workplace in the early 1980's. It consists of seven blocks which will be taught over the next 3-5 years.

87% of soft tissue injuries are preventable and 100% treatable. Soft tissues include muscles, tendons, ligaments and nerves. It is very important for us to notice soft tissue injury in the first stage. This stage presents with a dull ache or discomfort that disappears with rest. The deeper the injury goes, the more difficult it is to ensure a cure. We must pay attention to stage 1.

Proactive in education, communication and maintaining healthy life styles will help us find a solution to prevent soft tissue injuries. Ergonomics fits the job to you rather than fitting you to the job. Ergonomics intervention can refer to an employer who purchases tool that are designed for easier use or the employee who arranges the care plan to flow more efficiently.

When we no longer fit the job we no longer can remain on the job. We need to be effective and efficient.

Our Back in Form team consists of:

Mr. Terry MacNeill who is one of three master trainers in NB

Cathy Coleman, RN – Coordinator of the program and trainer

Penny Sleep, RN – Trainer

Nancy Prentice, LPN – Trainer

Nancy Sherwood, LPN – Trainer

April Babineau, CGA – Trainer

Paula Cameron, CGA – Trainer

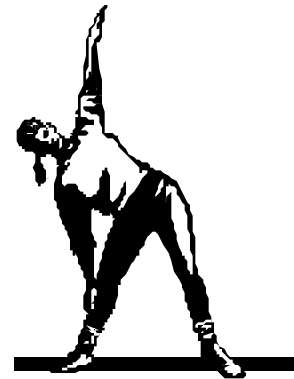
Susan Lamont, CGA – Trainer

Mysti Patterson, CGA – Trainer

Dianne Cassidy, Food Services Manager – Trainer

Bill Bettel, Maintenance Supervisor – Trainer

Angela Ryan, LPN, Rehab Support – Trainer



Our goal at the Dr. V.A. Snow Centre is to retire injury free!

Our expectation:

100% compliance for 10 minute warm up and stretch program prior to beginning shift

100% compliance for following posted pictograms

100% compliance for using slider sheets where indicated.

It is my responsibility to teach the exercise program. Your department head will ensure employees do their exercise prior to beginning work.

Yours in B.I.F.

Cathy Coleman, RN



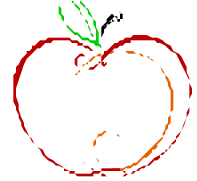
From your Health and Wellness Committee



Our 3rd Annual Family Christmas Party was a big success with approximately 100 people attending, including 60 children. We would like to thank everyone who helped make the party a success, from set up to clean up, the Board of Directors for their donation, the Lions Club for making sure Santa and Huggy made it to the party, dietary for the cookies and little extras and of course the staff who supplied the candy for the children's treat bags. A big thank-you to Helen Bond our own resident Mrs. Claus. Once again thank-you to everyone.

We will be starting another Bingo sometime in February. We will post starting date in kitchen hallway. All future Health & Wellness meetings will be posted on board in kitchen hallway. Anyone who would like to join our little committee can come to any meeting – we would love to have you.

Claudette Stacey



Life Is

*Life is a gift.....accept it
A mystery.....unfold it
A puzzle.....solve it
A song.....sing it
Beauty.....praise it
A game.....play it
A promise.....fulfill it
A goal.....achieve it
An opportunity.....take it
An adventure.....dare it
A duty.....perform it
A challenge.....meet it
A struggle.....fight it
A sorrow.....overcome it
A tragedy.....face it
A journey.....complete it
Live Life Love Life*

Author unknown

Two elderly gentlemen from a retirement center were sitting on a bench under a tree when one turns to the other and says . . .
"Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?"
Slim says, "I feel just like a newborn baby."
"Really!?! Like a new-born baby!?"
"Yep. No hair, no teeth, and I think I just wet my pants."

Annie Smith's Orange Marmalade Recipe



3 or 4 oranges
1 lemon
1 grapefruit
Cut up the fruit and put in pot
and bring to boil.
Simmer until soft

Then put in food processor
Add sugar to taste and bring to boil until thickened
Put in fridge

WATCH OUT FOR LIGHTHOUSES

A ship proceeding to the East at night sees lights
dead ahead;
Ship signals: change your course to the North.
Reply : Suggest change your course to the South.
Ship : This is a warship.
Reply : This is a lighthouse!

Three engineering students were discussing the possible designers of the human body. One said, "It was a mechanical engineer. Just look at all the joints." Another said, "No, it was an electrical engineer. The nervous systems many thousands of electrical connections." The last said, " Actually it was a civil engineer. Who else could run a toxic waste pipeline through a recreational area?"

St. Valentine's Story



According to church tradition, St. Valentine was a priest near Rome in about year 270 A.D. At that time the Roman Emperor Claudius II had issued an edict forbidding marriage. This was around when the heyday of the Roman Empire had almost come to an end. Lack of quality administrators led to frequent civil strife. Gauls, Slavs, Huns, Turks and Mongolians from Northern Europe and Asian increased their pressure on the empire's boundaries. The Empire was growing too large to be shielded from external aggression and internal chaos with existing forces. Thus more capable men were required to be recruited as soldiers and officers. When Claudius became the Emperor, he felt that married men were more emotionally attached to their families, and thus, would not make good soldiers, so he banned marriage. Valentine, a Bishop, seeing the trauma of young lovers, met them in a secret place, and joined them in the sacrament of matrimony. Claudius learned of this " friends of lovers " , and had him arrested. The Emperor, impressed with young priest's dignity and conviction, attempted to convert him to the Roman Gods, to save him from certain execution. Valentine refused to recognize Roman Gods and even attempted to convert the Emperor, knowing the consequences fully. On February 14, 270 A.D., Valentine was executed.

While Valentine was in prison awaiting his fate, he came in contact with his jailer, Asterius. The jailer had a blind daughter. Asterius requested him to heal his daughter . Through his faith he miraculously restored the sight of Asterius' daughter . Just before his execution, he asked for a pen and paper from his jailer, and signed a farewell message to her: " From Your Valentine", a phrase that lived ever after. Valentine thus became a Patron Saint, and spiritual overseer of an annual festival. The festival involved young Romans offering women they admired, handwriting greetings of affection on February 14. The greeting cards acquired St. Valentine's name. The Valentine's Day card spread with Christianity, and is now celebrated all over the world.

