



HOPE NET

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



"We honour the dignity of each individual"

Volume 4, Issue 1

Dr. V.A. Snow Centre Newsletter

May 2010

A Note From the Chairman of the Board of Directors

In the fall the Board met with staff and stakeholders from the community to prepare a strategic plan for the next 2 years. As part of the process we revisited our mission statement and our vision to ensure they were still representative of who we were. As a result our mission statement was revised to be more in keeping with who we are today as well as going forward. The revised Mission statement is ***"We provide comfort, care, compassion, and community for aged or challenged adults in a safe, homelike environment."*** Our Vision which is ***"We honour the dignity of each individual"*** was also developed and will be prominently displayed within our home.

The Strategic Plan identified key areas affecting our facility and the steps we need to take to address them. I want to take this opportunity to thank all the individuals who took part in the session for their input and hard work. These individuals represented members of our community, government agencies, the board of directors and staff. Without them we would not have been able to have developed the comprehensive plan that we have. My special thanks go to the staff that put a lot of work into the Plan and through their efforts will make it work. Periodically we will keep everyone aware of our progress.

(Continued on page 5)

Administration Corner

It's hard to believe that we are at the beginning of another spring and that means that outdoor activities will be right around the corner. One of the challenges of living in a Nursing Home is that residents can be removed from nature and yet nature can be a wonderful resource for healing and renewal. We have been very fortunate at the Snow Centre to have had nature brought inside during the winter and again the people that live here will have the opportunity to enjoy the gardens and outdoor activities that will bring back comforting memories. We realize that the more creative we are with the care we give at the Snow Centre, the more that the family, friends and significant others can begin to relax about their loved one being in a Nursing Home. It is often a difficult transition for all involved and we try to make it as easy as possible. It becomes even more important for staff here to be creative as our most senior resident will be 105 years old in August and our youngest turns 36 this year. We hope our new suggestion box will help us with this. The suggestion box is to the right of the front door as you leave the nursing home. Everyone is welcome to use it; we look forward to your input.

(Continued on page 3)

How Families of Residents Feel

It has been a little over a year since our Mom came to live in the Snow Center. We were delighted that she chose to transfer to Hampton because it brought her nearer to her three daughters, and made our ability to visit her so much easier. We had heard great things about the center from others who had family living there, and we have not been disappointed in any way in our own experience with the administration and staff who have welcomed Mom into their home with open arms. We really sense genuine care and concern for Mom and for all the residents living here. At every visit we see and hear cheerful staff giving real meaning to the "home" in nursing home. There is such a noticeable consistency in the high standard of care offered by all who work at the V.A. Snow Center. The entire staff at the Center seem to notice, and take care of, all the little details that are necessary to help a person feel content. Mom really enjoys all the activities (and what a wide range of activities there are!) that are offered for residents, and we note that she is always invited to take part. The extra efforts taken by the kitchen and dining room staff in catering to her "tastes" has made us feel she is sometimes a bit "spoiled". But when you're 89, maybe you should be!

We have been particularly pleased with the way our family has been kept in the loop about Mom's care. The nursing staff has been second to none and communication with us has been excellent. It means a lot to us to have someone take the time to call and keep us up to date about Mom's care. This is always done promptly and with great sensitivity. We look forward to having Mom happy in her home at the Snow Center for many more years!

The family of Ramona W.



Celebration of Life

We would like to pass on our love and condolences to families, friends, and caregivers, who have lost loved ones since our last issue.

Sarah Smith

Leo Hourihan

Robert Raymond

A Celebration of Life Service will be held Wed. June 16, 2010.

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 since our last newsletter.

Nora B

Evelyn D

Lorraine D

Phyllis B



Welcome New Volunteers

Peter Morrell, Maggie Uddenberg, Des-Neiges Reicker and Hailey and Claire-2 exchange students from Korea who are attending Hampton High School.

Welcome Co-op Students

The Dr. V.A. Snow Centre is pleased to be part of the co-op program. The Therapeutic Recreation Department would like to welcome Alysia Strachan from Hampton High School and Amanda Tays-Smith and Matthew O'Keefe from Pal's School



THANKS! To Courtney Harper, Mount Allison student, for putting together this issue of HopeNet

Age is an issue of mind over matter. If you don't mind, it doesn't matter.

- Mark Twain



Can you guess who this resident is?



(See page 7 for answer)

Administrator's Corner: *Continued from page 1*

With our new Strategic Plan, the Snow Centre also hopes to reach out to the community for its future needs. Our Board of Directors and staff realize that as we are part of the very big picture of healthcare, it is important for us to work with our community partners and we hope that a Focus Group that we will lead in September will point us in the right direction; more news on this to follow.

There is so much happening this year such as a new strategic plan, accreditation, fundraising for a new van and not to forget the Dr. Snow Centre turning 25years old. There will be quite a celebration towards the end of summer that staff and residents are looking forward to already.

We have a very special staff here who not only give excellent care but are always ready to jump into fundraising efforts and they are doing so with our van project. Our goal is to complete fundraising by the end of this summer so please support us in our endeavours, some of which are: a yard sale and barbeque on May 1st; a mulch sale on May 8th/9th and a dinner and silent auction on May 14th.

Our staff also have a team in the Hampton Relay for Life again this year which is such a worthy cause and cancer has touched so many of us in a personal way this year, it becomes more meaningful than ever to support this event.

Two of our long-term nurses have decided to make this their retirement year. One started the year the nursing home opened and the other started the next year. We will surely miss Carole Kerr and Becky Locke as they begin new adventures. We wish them the very best ...and we try not to be too envious! Our deep appreciation goes to them for all these years of dedication and loyalty.

Terry O'Neill, R.N., B.N., Administrator

Janice Robinson, R.N., B.N., Director of Care



A Grand Donation!

A \$1,000.00 donation from Hampton Senior Resource Centre was recently presented to the Dr. V. A. Snow Centre toward the purchase of a new van for the residents.

(L-R) Bob Stevenson Director of HSRC Janice Robinson DOC of Dr. V. A Snow Centre, Betty Mitham Director of HRSC, Blanche Jones Secretary of the HRSC. Brian Harris Chair Person of the Board of Directors Dr. V. A Snow Centre, Terry O'Neill Administrator Dr. V.A. Snow Centre, Jon Hovey Chair Person of the Fundraising Committee for the Dr. V. A Snow Centre Inc. (Front:) Gladys B, resident of Snow Centre.

Accreditation 2010

Every three years since 1989, in the spring of the year, we've gone through the accreditation process. In a sense it's like spring cleaning – we tidy everything up and make it as clean and neat and perfect as we can. Every three years, we welcome a surveyor from Accreditation Canada to see how we've done. Accreditation Canada offers us the satisfaction of knowing we have met some of the most rigorous quality and safety standards available in health care today. This is how we demonstrate our commitment to providing quality care and services to our community.

Ms. Pamela Cowan was our surveyor this year and was with us for 3 days - April 21st to April 23rd. Ms. Cowan lives in Sudbury, Ontario, where she has recently retired from the position as Manager of Resident Care and Clinical Services at Pioneer Manor, a 392 bed long-term care home. She has undergraduate degrees in Nursing and Sociol-

ogy/Psychology, and a Masters degree in Education as well as several nursing and administration diplomas and certificates.

In her community, she has served on many boards and committees including the Alzheimer Society, the Canadian Federation of University Women and the Women's Legal Education and Action Fund

Our staff was very busy preparing for this survey. As you know, there were many meetings, many questionnaires to fill out and standards to be reviewed to make sure we were ready.

Thank you to all who have helped in this preparation; your commitment helps to make the Dr.V.A.Snow Centre a wonderful place to live and work. It's all part of how we provide the comfort, care and compassion in our mission statement to our community.

Dr. V.A. Snow Centre Mission Statement

We provide comfort, care, compassion, and community for aged or challenged adults in a safe, homelike environment

Infection Control Committee

For infection control we are now doing mini hand washing in-services, followed by a quiz. We are also doing hand washing audits. On April 8, 2010 there was an in-service on infection control issues. It gave information on personal protective equipment, MRSA, C-Difficile, hand washing and standard precautions.



Relay For Life

The Relay for Life is being held in Hampton on June 5th, 2010 and we will be participating with our Snow Angel Team again. We were the Top Team in 2009 and hoping we will do as well this year. A BBQ /Yard Sale on May 1st was a big success - thanks to all who participated and attended!

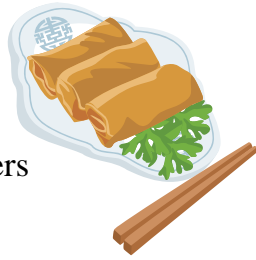
If you would like to support our Team please contact Angie Ryan at 832-6210 Ext 6062

Egg Rolls

Hello everyone, here is a recipe for the best eggrolls I have ever had - very easy to make, enjoy.

Di Cassidy S.S.M.

3 tbsp Cooking Oil
1 lb Ground Pork or (Pork Tenderloin very finely slivered)
1 1/2 cups Finely Chopped Celery
6 cups Shredded Cabbage
6 Green onions Chopped or regular onions diced
3 tsp Sugar
2 1/4 tsp Salt
1 tsp Pepper
2 PKG Egg Roll Wrappers
1 tbsp Corn Starch
1/4 cup Water



Heat frying pan on med , add first amount of oil, add pork , spices, celery and cabbage. Stir fry until pork is no longer pink and cabbage is wilted. Transfer to a strainer.

Combine corn starch and water,
Brush edges of wrapper with cornstarch mixture,
Place 1/3 cup of filling on each wrapper.

Follow directions on egg roll pkg for wrapping egg rolls.

Heat oil in deep fryer to 375,
Deep fry egg rolls a few at a time for about 4 minutes,
browning both sides,
Drain on paper towel.



A Note From the Chairman of the Board of Directors

(continued from p 1)

As advised in my last note we have started a fundraising effort to finance a new bus for the facility. With the community's help I am sure that we will reach our goal soon.

I had the pleasure of helping the staff and volunteers at our annual Christmas dinner for our residents and their families. Everyone did a great job and it was enjoyed by all who attended.

We are very proud of the quality of care provided to our residents and I would like to take this opportunity to thank all of our staff and all of our volunteers for their efforts. Without each and every one of them we would not be able to be what we are.

*Brian Harris,
Board Chair*

“We honour the dignity of each individual”



Best Wishes to Retiring Nurses

Carole Kerr, RN

Becky Locke, RN

Therapeutic Recreation - Live It Every Day!

The Therapeutic Recreation Department is all about having fun together, getting involved, discovering new things, sharing the spirit, laughing together, playing together, belonging, respecting and refreshing each other as we learn and grow everyday.

So much has happened since our last issue of our HopeNet Newsletter. The month of December was busy preparing for the blessed Christmas Season. Thanks to our many dedicated volunteers the month was full of joyous musical programs, musical entertainment, educational presentations, spiritual services and fellowship gatherings. On the 18th of December we had a Christmas dinner which was enjoyed by residents, families, staff and volunteers. On December 23rd we had our Blue Christmas Service to celebrate the lives of residents who passed away since June 2009. December 31st we kicked up our heels at a New Year's Eve party with the help of our wonderful volunteer musicians, Brad Trecartin, Tara Goobie and Melisa Brennan.



The New Year was ushered in with milder than normal temperatures and very few programs had to be postponed. In January we were fortunate to travel to Saint John on a few outings due to excellent road conditions. Hazel Marie Robertson and her Country Gospel Band performed on January 22nd. Fly tyers Don and Roland continued to come and tie flies for the upcoming fishing season. Residents Idina and Parker have accumulated an envious variety of salmon flies.

February followed suite with highlights including our annual Valentine's dinner with pianist Glenna Geer performing. The resident married couples had their delicious meal served in the Multipurpose Room, at a table for two. Residents exchanged handmade valentine cards that were created in Art Therapy class. Weekend musical entertainment included the celebration of Robbie Burns on February 13th. music and song provided by an "Aussie and Scot", Sue and Wendy. On February 20th the Reid Family Band blended their music and voices in Gospel praise.



March came in like a lion and hopefully will go out like a lamb. We welcomed two new artists to our Art Therapy Program, Rodney Senior and Cynthia Cudmore. The artist paintings are on exhibit in the Snow Art Gallery and hallway display bulletin boards. The residents have been blessed by a variety of musical entertainers, The Browns "Blue Grass Band"; Bob Rathje, the Bennetts and Marlene "Country Band"; duets Hazen and Elmer (harmonica, fiddle, guitar) St. Paul's Presbyterian Praise team and Country Band Shirley McFee, Willie and Jim made their monthly visit. St. Patrick decorations adorned the hallways and the celebrations continued for a full week. Residents and staff dressed in their finest greenery and the Irish musicians "Comhaltas" entertained the residents on March 18th along with Wendy and Friends the following week. Residents look forward to a visit by the Boy Scouts (Cubs) performance of skits and songs.



(Continued on page 7)

Therapeutic Recreation - Live It Every Day!

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Our first sign of spring was spotted in the garden with the beautiful blooming of the Snow drop flowers. April showers bring May flowers.

April is national volunteer month. However, we will be celebrating our volunteer appreciation this year in the summer, allowing us to have it outside in our beautiful gardens and hopefully more volunteers will attend. **Thank you volunteers for building a better world, you are the greeeeeatst!!!!**



Please mark your calendars, for Friday, May 14th, 6:00 pm. there will be a fund raiser for our new Snow Centre Van, a dinner and silent auction will be held at the Hampton Senior Resource Centre tickets will go on sale soon. Look forward to seeing you all there!!!

Gloria Baird, B.P.Ed., B.Ed., Therapeutic Recreationist

Our annual barbeque for the 2010 Hampton High School graduates will be held May 27th at 12:00
Congratulations to all the Graduates!



New!

Suggestion Box for families, staff, visitors, volunteers - everyone - is located by the front door.

A group of 40 year old girlfriends discussed where they should meet for dinner. Finally, it was agreed upon that they should meet at the Ocean View restaurant because the waiters there had tight pants and nice buns.

10 years later at 50 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View restaurant because the food there was very good and the wine selection was good also.

10 years later at 60 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View restaurant because they could eat there in peace and quiet and the restaurant had a beautiful view of the ocean.

10 years later, at 70 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View restaurant because the restaurant was wheelchair accessible and they even had an elevator.

10 years later, at 80 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View restaurant because they had never been there before.

Its Garden Season Again!

One of the things that makes the V.A. Snow Centre a unique nursing home is the garden. Or perhaps that should be gardens; because there are several of them surrounding the building. They've reached the point now where every resident's window looks out on a flower or vegetable bed.

It's been a big job over the past few years to make these gardens, and it's been done completely by volunteers, and with, as anyone who knows about gardens would tell you, an almost unbelievably small outlay of money by the home. There have been substantial cash donations by the families of residents and very large donations of plants by local garden centers.

Gardens change every year and now it's time to get going on the 2010 version. The volunteers will clear away the dead plants, note which of the hundreds of perennials have made it through the winter; decide which ones should move, and plan what to do with empty spaces.

It takes a lot of work and a lot of sweat but it's worth it all for the pleasure the gardens bring to the residents and their families. It makes a difference to their lives and it makes the Snow Centre unique. And we could use your help – why not become one of the garden volunteers? You don't have to be a gardener – willing and enthusiastic is enough. Call Gina McLeod – 832-7967.

VAN FUNDRAISER!

Friday, May 14th, 2010, Time: 6:00pm Meet & Greet (Cash Bar) 7:00pm –Dinner (Delicious food by our Food Service Manager). Price per ticket -\$50.00, Musical Entertainment- An Aussie & A Scot (Sue & Wendy), Tons of FUN, FOOD, & SONG!!!!!! Place: Hampton Senior Recourse Centre DeMille Court, Tickets- purchase at the Snow Centre 832-6210 or Hampton Pharmasave

Macdonald's Farm

The Fireside Lounge sprouted little green plants this winter – little green plants that soon grew bigger and bigger until they filled a table in one of the windows.

It also sprouted a sign that read “MacDonald's Farm”. This was Parker and Matthew MacDonald's indoor garden. When the garden season ended outdoors last fall, Parker and Matthew weren't ready to face a winter with nothing growing. There was a little money left in the Nursing Home's garden budget, so it was spent on a special light for growing plants indoors.



Seeds were planted and away they went. Parker and Matthew looked after the seedlings with help from their mother, Colleen and some of the garden volunteers. The little garden on the table has been a great success. It helped “the boys”, as they're called at the V.A. Snow Centre, get through the long dark winter, and it reminded everyone who looked at it of the spring to come.

About the middle of March, the boys planted thirty pots of tomatoes, which, if all goes well, will be big and ready for planting outdoors come May. Parker and Matthew plan to sell them and use the money they earn to buy plants for the outdoor garden this summer.

“Pumpkins”, says Parker.

Guess Who: Ivy Allaby

Therapeutic Recreation December 2009


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 2:30 Church 1st Bible Baptist Church	3 10:30 Fun/Fitness/ Beauty Culture 1:15 Story time 1:30 Flt Tying 3:00 Movie	4 10:00 Art Therapy 1:00 Poetry Reading 2:00 Karaoke 3:00 Movie 6:00 Musical Entertainment	5 10:30 Church 1:00 Quiet Games 2:00 Bingo 3:10 Movie 3:45 Outside time	6 10:30: Neighborhood Bible Study 1:00 Mother's Poems 1:45 Music Therapy 3:00 Movie	7 10:30 Mother's Day History 11:00 Pianist 1:00 Active Games 2:00 Musical Entertainment	1/8 <i>Laughter is Living!</i>
9 2:30 Church Central Norton United Baptist Church	10 10:00-3:00 Adaptive Creations Clothing Sale	11 10:00 Art Therapy 1:00 Games in Garden 2:00 Karaoke 3:00 Movie	12 10:30 Church 2:00 Bingo 3:10 Movie 3:45 Poetry Reading	13 10:30: Neighborhood Bible Study 1:00 History-Queen Victoria 2:00 Wendy & Friends	14 10:30 Holy Communion 2:00 Musical Enter. Fundraising Dinner/Silent Auction for the VAN for the Snow Centre	15 <i>Laughter is Good for the Body and Soul!</i>
16 2:30 Church The Living Water Church	17 10:30 Fun/Fitness/ Beauty Culture 1:15 Quiet Games 1:30 Flt Tying 3:00 Movie	18 10:00 Art Therapy 1:00 Medical Notes 2:00 Karaoke 3:15 Movie 4:00 Quiet Games	19 10:30 Church 2:00 Bingo 3:10 Movie 6:00 Bingo	20 10:30: Neighborhood Bible Study 1:45 Music Therapy Resident Tribute to Ramona W.	21 10:30 Holy Communion 1:00 Poetry Reading 2:00 Musical Entertainment	22 <i>Laughter is a Joyous Habit!</i>
23 2:30 Jane Reinhardt & Friends - Gospel Concert	24 Victoria Day	25 10:00 Art Therapy 1:00 Story time in Garden 2:00 Karaoke 3:15 Movie	26 10:30 Church 2:00 Bingo 3:10 Movie	27 10:30: Neighborhood Bible Study 12:00 Hampton High School BBQ 1:15 Tea Program	28 10:30 Resident Council Meeting 1:00 Wii Games 2:00 Musical Entertainment 3:30 Movie	29 <i>Laughter is a Great Sound!</i>
30 2:30 Church Hampton Baptist Church	31 10:30 Fun/Fitness/ Beauty Culture 1:15 Quiet Games 2:00 Movie 7:00 Bingo	May Birthdays: 13th- Muriel B. 17th- Cindy M. 23rd- Doreen O. 28th- Jean H. 30th- Marigold F.	31st- Verna S. & Lee Ann B. 			

PHOTO NEWS



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