

HAPPENINGS AT HOME



Residents, Staff and Family

Celebrating October

- 🕒 Special Days in October
- 🕒 News from H.R.
- 🕒 Comment & Concern box
- 🕒 Grand Parade
- 🕒 Congratulations to Kristie Giles
- 🕒 Safety Talks
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- 🕒 Gela Students
- 🕒 Resident Council Week
- 🕒 Employee Recognition Week

Like us on Facebook!



Welcoming October

OCT 10th- THANKSGIVING - Thanksgiving Day is an annual Canadian holiday and harvest festival, held on the second Monday in October, which celebrates the harvest and other blessings of the past year.

OCT 17th- IPAC Week



OCT 31st- HALLOWEEN- Halloween is celebrated in Canada on or around October 31. It is a day to mark the single night in the year when, according to old Celtic beliefs, spirits and the dead can cross over into the world of the living. Some people hold parties and children may trick-or-treat in their neighborhood.

More Exciting News from H.R.!

Here we grow again! We have a few new team members starting this month. Please join me us in welcoming:

Nutrition Helper

Amandeep
Jessica

Handyperson

Leo
Daniel

PSW

Darlene
Vivian
Doreen
Olga
Josephine
Barbara

Registered Practical Nurse

Jessica

Recreation

Elizabeth

Registered Nurse

Fides Joy

Administration

Jaime – Nutritional Services Supervisor

We have more amazing hires coming, so stay tuned! If you see someone new in the Home, please introduce yourself as we know that they each will quickly become apart of our John Noble Home family.

Know someone interested in opportunities at John Noble Home? Tell them to reach out to Sara Dykstra – sdykstra@jnh.ca . Or take a look at our home page to review our current postings.

Comment & Concern Forms

Friendly reminder to Residents & Family Members our Comment & Concern Forms are located near reception. If you require prompt communication with a manager, please submit this form into the wooden box.

JOHN NOBLE HOME
LOVE, CARE AND DIGNITY

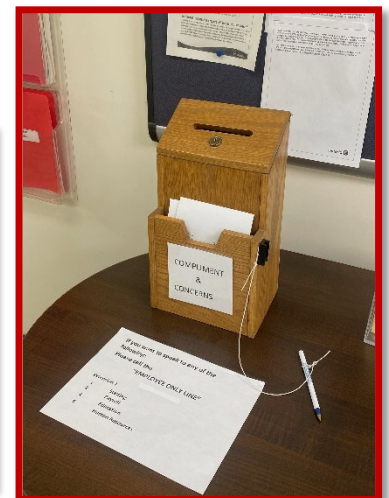
Comment/Concern Form

I would like to speak to a manager regarding:

<input type="checkbox"/> Laundry	<input type="checkbox"/> Recreation
<input type="checkbox"/> Housekeeping	<input type="checkbox"/> Maintenance
<input type="checkbox"/> Food	<input type="checkbox"/> Finance
<input type="checkbox"/> Nursing	<input type="checkbox"/> Administration

Name: _____ Phone Number: _____

Signature: _____ Date: _____



Grand Parade



John Noble Home!

You Raised \$501 in support of the essential work of the GRCOA, keeping our 55 plus population informed, engaged, and connected!

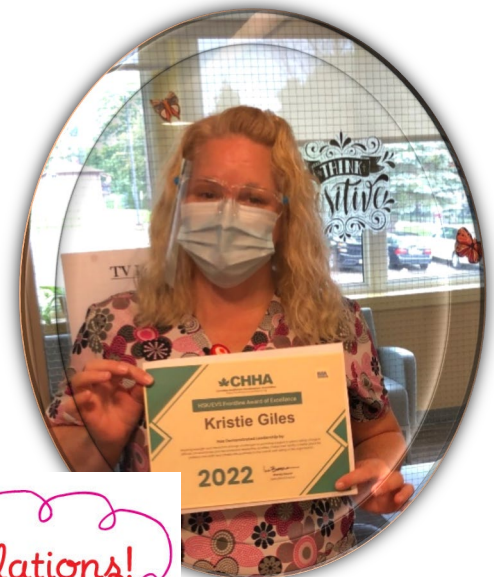


Kristie Giles

Kristie was nominated as part of Housekeeping/Environmental Services appreciation week by the home because she had demonstrated Leadership by:

- Showing strength and conviction through challenges by providing support to peers,
- Taking charge in difficult circumstances and demonstrating leadership qualities,
- Makes their facility a better place for patients and staff, and
- Contributes positively to the overall well-being of the organization.

We are so proud of Kristie and her achievements, Congratulations!



Safety Talk

Physical Balance Presents

OFFICE STRETCHES TO SAVE YOUR SPINE



TEAPOT STRETCH

Stand with your feet shoulder width apart. Place your right hand on your hip, take your left hand over your head and gently bend your upper body to the right and hold for 1-2 seconds. Slowly return to the center. Repeat on the other side. Repeat 2-3 times.

2

BACK STRETCH

Place the palms on the lower back and gently lean back briefly before returning to the neutral standing position. Be careful not to lean back too far or over extend your neck. Repeat 2-3 times.



TOP TIP

Research shows that it's much easier to form a new habit if we do it at the same time each day. So try and find some time slots that suit your working day to do these stretches such as 11am, 1pm & 3pm.



3

SHOULDER PULL

Hold under your right upper arm and pull across your chest. Hold the stretch for 20-30 seconds. Repeat on the other shoulder.

TOP TIP

Stop the exercises and seek medical advice if they cause pain, make symptoms worse or create new symptoms.



5

NECK STRETCH

Reach over your head with your right hand. Slowly and gently pull your head away from your left shoulder then let your left shoulder drop down to increase the stretch. Repeat on the other side.



QUADRICEPS STRETCH

Stand on one leg with your knees touching. If you need to, grab hold of a chair or wall for support. Grab your right foot with your right hand and pull toward your butt. Hold for 20 to 30 seconds. Repeat on the other side.

SHOULDER STRETCH

Interlock your hands in front of you and turn palms away from the body. Gently straighten elbows and reach forward. Hold stretch for 20-30 seconds.



6

HEALTHY TIPS

DRINK
more
WATER



STAND
AT WORK
& walk MORE



USE THE
Stairs
MORE



GET OUTSIDE
& *maybe*
GET A DOG



Poster designed by Sara Mulvaney ©2017 - www.saramulvaney.com - #saramulvaney - Poster created in association with Physical Balance - www.physicalbalance.com - 01216 770022 - #physicalbalance

Physical
Balance

Day & Stay Program

September has flown by. I hope everyone was able to enjoy the warm and sunny weather. Hopefully, we will still see some October warm and sunny weather! The leaves are starting to change into the beautiful colours of Autumn!



Staff and clients will celebrate Thanksgiving with Turkey Trivia, making a Thanksgiving Centerpiece, baking some delicious pumpkin cheesecake and doing some Turkey Trot exercises. There will be a lot of Hallowe'en Fun including making "Witches Fingers", Monster Mash Exercises and making some Spooky Art. The clients will enjoy Pumpkin Day by carving some Pumpkins, and making some Pumpkin Creations. Clients will enjoy making some Fall Crafts, including making a beautiful Leaf Wreath.



There are special "Theme Days" in October. Scarecrow Day promises to full of laughs as the clients will be building a scarecrow. The scarecrow will be sitting outside the Centre welcoming guests.

Hocus Pocus Day and Talent Show Day will add to the fun the clients will have in the month of October!



The Weekend Day Program operates Saturday and Sunday and the hours are flexible. If you are interested in more information about the Day Program or the Overnight Program that operates on the weekends please call.



If you would like more information or know of someone who would like more information about any of the programs, please have them call the Centre at (519) 756-2920 ext. 4286.

We are now on Facebook. Be sure to like and share our page.



Employee Spotlight

CONGRATULATIONS TO EMILY BALAZS

Emily works in our staffing department and has been an employee with the home for 2 years starting her career as a receptionist.

Emily's peers say she is always willing to help when needed, always joyful, happy, laughing and positive. Emily will always take the time out of her busy day to help those in need and is such a hard worker!

Congrats on being our employee spotlight winner this month!!!

Gela Students are back!!!



John Noble Home in partnership with Grand Erie Learning Alternatives (GELA) is happy to announce our next round of student placements.

Beginning on October 19, 2022, nine students from the program will begin their placement within the home. Each student will be paired with one of our experienced PSWs for a period of 6 weeks. The placement prepares students with on-the-job training so that once they have

successfully completed their final exam, they will be ready to begin employment as a PSW.

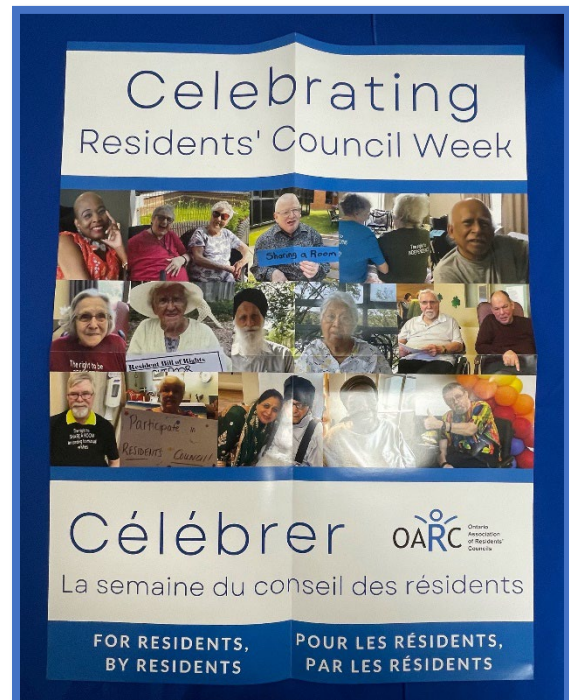
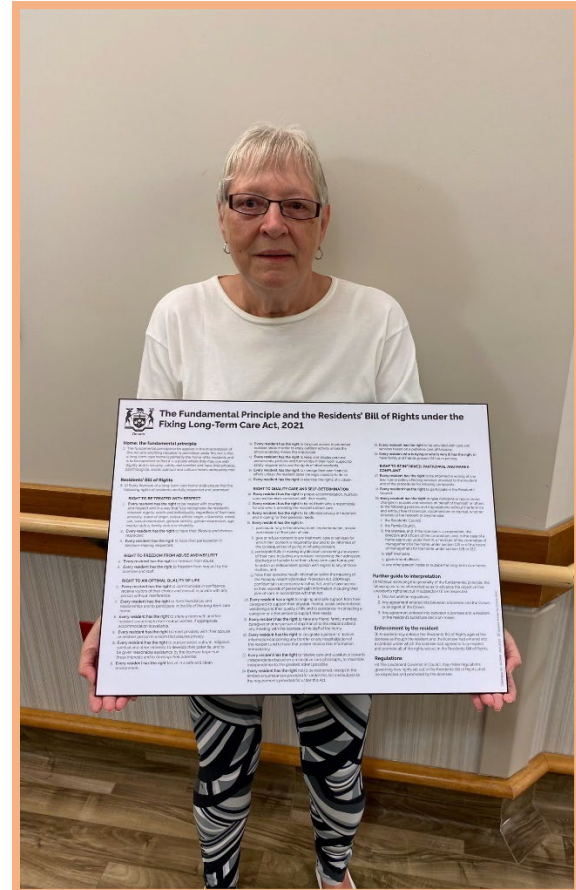
Please welcome: Kristina Anthony, Staci DeVuyst-Bacon, Hailey Kurzawski, Samantha Mudzinganyama, Cassidy McBane, Krisiti McKnight, Conni Prejza, Teresa Rowe, and Colleen Smith



Last month we had Susie Q here with us in the morning and afternoon to perform 2 concerts. What a treat having her here at John Noble!!

Resident Council Week

We will be celebrating Resident Council Week from September 12-16! Check out our table with the new resident bill of rights and information on our Resident Council



Employee Recognition Week!!!

We kicked off Employee Recognition Week! ★

* We celebrated Dennis receiving his 35 years of service. ★

* 2021 perfect attendance certificates (few staff pictured) ★

* Celebrated our Nursing Dept with some great prizes drawn! ★

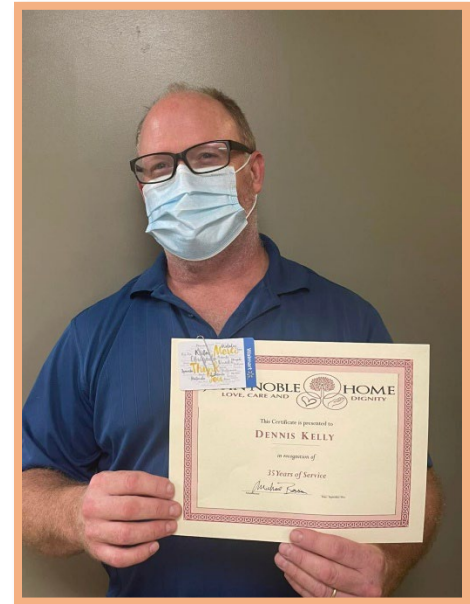
Congratulations to all today!!! ★★



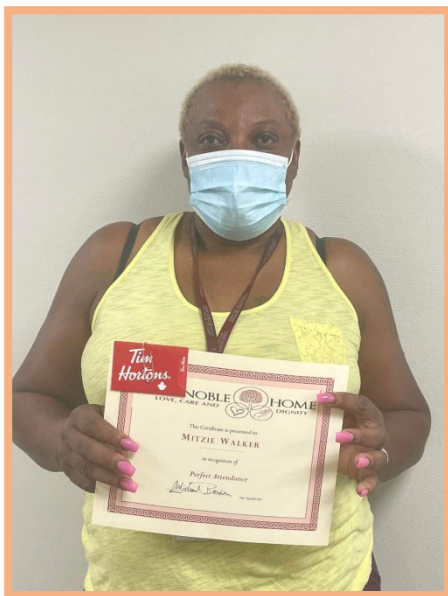
Stephanie Goodbrand



Joanne Lerno



Dennis Kelly



Mitzie Walker

We all proud of you
Congratulation



Randy Harse