

Nova Scotia

Recreation



*Professionals
In
Health*

Issue 45

NSRPH NEWSLETTER

May 2011

MESSAGE FROM THE PRESIDENT

Spring 2011

What a long winter, thank heavens summer is just around the corner!! The board has been busy over the last several months meeting in January, March and May and again in June before we take a break for the summer and back to it in September.

The Conference this year will be hosted by the Cape Breton Region in Baddeck, the call for presenters is available now on the website. This years conference will be held at the beautiful Inverary Inn on September 29th & 30th, we wish the region much success and look forward to the education opportunities that will be offered.

The CTRA Conference planning is well underway. NSRPH & TRAAC have partnered up to host this conference which will be held in 2012 in Halifax. Coleen Lawlor along with Shelley Smith are on the committee representing NSRPH and Coleen will travel to this years CTRA Conference in May to promote our 2012 Conference. Check the website for updates on the planning.

As members are aware we are also working with Sheila Brown from the Canadian Centre for Ethics in Public Affairs. We believe that all members are crucial to the development of the code of ethics for NSRPH so we will be taking drafts to the regions for input and at the AGM this year we will bring it forward to the members. I would like to thank Sheila Brown, Gary Comeau and the ethics sub-committee for their dedication and commitment on this project.

Take advantage of the nicer weather as the summer draws closer and there is more opportunities for programming outdoors. It is a great excuse to get together with other facilities and have a picnic, garden party, deck party, water games among others.

Enjoy your summer!!!!!!!!!!!!!!

**Alan Caldwell
NSRPH President
2010-2011**

NSRPH 2010-2011**EXECUTIVE BOARD MEMBERS****PRESIDENT ~ Alan Caldwell**

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Nominations Committee - Newsletter Update

Do you have good communication and interpersonal skills, consider yourself organized, or have an eye for detail?

Are you good with financial control and budgeting and have experience in dealing with larger sums of money?

Do you consider yourself a born leader? Do you like to learn and challenge yourself professionally and personally? Are you good at delegation and able to facilitate a group discussion to ensure everyone's voice has been heard?

Then consider joining the NSRPH Board of Directors! The Nominations Committee is currently recruiting for the following positions at this year's AGM in Cape Breton:

Recording Officer – 2 year commitment

Treasurer – 2 year commitment

Vice President (VP) –3 year commitment (Vice President - 1 year, President - 1 year, Past President - 1 year)

Here is a snap shot of the positions:

The Recording Officer keeps minutes of the proceedings at all board meetings and AGM and sends minutes to Board Members. The Recording Officer is responsible for all correspondence of the Association, has custody of all records and documents (except those required by the Treasurer) and submits an annual report at the AGM. The Recording Officer must attend all board meetings.

The role of Treasurer is to keep financial records of the Association including books of accounts. The Treasurer processes all income, pays all expenses, and prepares a year end financial report for presentation at the AGM. The Treasurer is also responsible to have books audited at year end and must attend all meetings.

The role of VP is a great learning opportunity and allows you to learn about the operations of the board. It is a supportive role (to the President) and the VP is required to attend all board meetings, submit an annual report at the AGM, maintain an updated contact list of Board Members, liaise with regional representatives and committees to provide support and carries out duties of the President in their absence.

Did you know that involvement at the Board Level has its perks?

- A) Being involved with the Nova Scotia Recreation Professionals in Health Board of Directors introduces you to a Provincial network of Recreation Professionals
- B) Mileage is covered for travel to the bi-monthly meetings if this is not covered by your facility
- C) There are opportunities for ongoing professional development, including educational workshops
- D) You will be provided with an orientation package immediately following the AGM clearly outlining your role and responsibilities
- E) There are opportunities to collaborate with others who have the same skills and interests as you
- F) You will be giving back to the community and the field of Recreation
- G) It is fun!

*If you enjoy being recognized for your efforts and having an impact on the future of Recreation, than **your skills are needed!** Please consider a position on the NSRPH Board of Directors!*

For more information about nominations or about any of the positions, please contact:

ShelleyA.Smith@iwk.nshealth.ca

Harbour View Haven Lunenburg, Celebrates 40 Years of Service



April 1971 HVH officially opened and accepted the first residents into our home. 40 years later we have also recently opened our doors to new admissions with our 14 bed addition. Over the 40 years we have added on to the physical structure three times and opened a gorgeous Garden Park completely run by volunteers. During this time we have achieved Accreditation and have undergone several reassessments to maintain our standards. Our Mission Statement and Philosophy of Care remain the same as we continue to strive for Excellence in Quality of Care.

Submitted by Lisa Craig Harbour View Haven South Shore

Member at Large Update- May 2011

What is a Member at Large???

The Member at Large holds a position on the NSRPH Board of Directors. This is a 2 year commitment. It's a great introduction for members who want to ease their way in to the Board level.

Some of the responsibilities of the Member at Large position are as follows:

- attendance at all Board meetings
- assignment to committees as required and
- other duties as deemed necessary by the Board

Exciting news! We have been assigned the task of developing some awards for our association. Together, we have come up with drafts of two awards which we hope will be presented to our members at the 2011 conference in Baddeck.

Update on the assessment tool:

The purpose of the assessment tool is to provide a standard way for NSRPH members to gather information about their residents or clients. By pulling this information together in a single form it can be used to guide decisions about the best programs to select for/with residents/families. It can also be used to ensure that accommodations are made to programs in order that residents or clients can experience success and enjoyment. Finally it can help to communicate to other staff within our facilities what we do in recreation services. This past winter, we met with Gary Comeau, who was instrumental in developing a draft of an assessment tool.

As a next step we decided to “trial” the assessment tool, by asking therapeutic recreation students at Dalhousie University to use it as part of learning about individual client assessment procedures. We will be using this student feedback, along with feedback from participants at the last NSRPH conference in Truro, to make revisions to the assessment tool and to develop an “assessment protocol” or procedures for using the tool. We hope to present the latest and greatest versions of the assessment tool and protocol at the 2011 conference in Baddeck.

Submitted by: Monique Natividad & Susan Hutchinson, Members at Large

THANK YOU PHYLLIS SCHMEISSER AND ALL OUR VOLUNTEERS!!!

Harborview Haven in Lunenburg, NS, submitted by Volunteer Coordinator Lisa Craig. Phyllis has made a valuable contribution to this facility, hats off to her and all the wonderful volunteers in our facilities. They are the backbone of our Recreation Services.

***THANK YOU ONCE AGAIN PHYLLIS SCHMEISSER
AND ALL OUR VOLUNTEERS!!!***

(Please note :The Public Relations Committee apologizes as we were unable to carry out the contest for Volunteers for RPH Week as we only had one applicant, thank you Lisa Craig for supporting this effort)

Submitted by Tara Smith Harborview Haven South Shore

Update on NSRPH Code of Ethics

We are well underway in the development of our Code of Ethics. The next phase is getting input from our members. Please remember, the process of developing the Code of Ethics is equally important as the Code of Ethics.

The Standards and Ethics Committee will be circulating information on our Code of Ethics to all members to review and provide feedback. We will be working with the Regional Reps to answer any questions about the process or the Code of Ethics and collect members' comments. Any member seeking more information can contact me directly via email at g.comeau@oakwoodterrace.ns.ca or by telephone at 902-469-3550. Once we have gathered all the feedback, the committee along with the assistance of CCEPA will present a final draft to the Board of Directors and recommend that we vote for acceptance at our Annual General Meeting this year in Baddeck.

The development of NSRPH Code of Ethics is part of our strategic plan. Having our Code of Ethics is important to our association and profession and will help us in being formally recognized by the Department of Health and Wellness.

**Submitted by Gary Comeau
Standards and Ethics Committee Chair**

Residents Learning All About Hand Hygiene



Some of the ladies at Highland Crest Home in Antigonish were working on hand hygiene crosswords. They were also reading the Hand hygiene booklet produced by Safer Healthcare Now.

It was a very informative afternoon. Trying to keep up to date with the new improved ways to protect ourselves, from the spread of germs and to promote our own healthcare.

**Submitted by: Maria Morrell Highland Crest Home
North Eastern Region**

QUOTE SUBMITTED BY LINDA BELL

Either leave the situation, change the situation or accept it.

"All else is madness!"

Ekhart Tolle in The Power of Now

SPRING INTO EXERCISE

1. If you haven't been exercising regularly, speak with your doctor about your plans to begin and make sure you know if there's anything you shouldn't be doing.
2. Try to find ways to incorporate physical activity into your everyday life. Consider walking instead of driving short distances, or get off the bus one stop early and stretch your legs.
3. Try to be active at least 30 minutes most days, but remember that you don't have to do all 30 at once. Three 10-minute walks add up to 30 minutes just the same as one half-hour walk. Do what's right for you.
4. Find something you like to do. If you love the water, look for a water exercise class at the local pool. Enjoy the outdoors? Try walking or gentle hikes on relatively flat paths.
5. Try something new. Spring is a great time to try something active you've never done before. Outdoor Tai Chi classes, gardening clubs, doubles tennis...trying a variety of activities will prevent boredom and keep you engaged.
6. Buddy up. Research shows that people are more likely to stick with an exercise program if they're not doing it alone. Find a friend or family member who is at approximately the same fitness level as you, or join a group.
7. Set reasonable goals for yourself. Take an honest look at your fitness level and the amount of activity you're doing each day, and then set goals based on what is reasonable for you.
8. When you reach your goals, give yourself a pat on the back for a job well done and then set a new goal.

Submitted by Deborah Rundle ~ North Eastern Region

Fresh Ideas

A Few websites for Recreational Professionals to gather ideas / programs from when looking for new things to entice our residents to participate in.

- <http://www.jrsbible.info/bible.htm>
- <http://thinkexist.com/quotes/with/keyword/leisure>
- <http://www.dhspecialservices.com/poemstips.htm>
- <http://www.joshhosler.biz/NumberOneInHistory/SelectMonth.htm>
- <http://www.nurturingnuggets.com/43.html?sm=69649&psid=kqCBamtJFUlxBI6s-ayQ>
- <http://www.paulsadowski.com/BirthDay.asp>
- <http://www.eldergym.com/elderly-balance.html>
- <http://www.nursinghomeactivitiesresource.com/relaxation-activities.shtml>
- <http://www.happybirdscraftinghaven.com/search/label/FREE%20Printables>
- <http://www.patternsforcolouring.com/index.html>
- <http://www.recreationtherapy.com/forms.htm>

Submitted by: Linda Bell ~ South Shore Region

1 cup flour
 ¾ cup sugar
 6 tbsps. cocoa, divided
 2 tps. baking powder
 salt to taste

HOT FUDGE CAKE

Combine flour, sugar, 2 tbsps. cocoa, baking powder and salt. Stir in the milk, oil and vanilla; mix well.

½ cup milk
 2 tbsps. vegetable oil
 1 tsp. vanilla
 1 cup brown sugar
 1¾ cups hot water

Spread in an ungreased 9 inch square pan. Combine 4 tbsps. cocoa with brown sugar; sprinkle over the batter. Pour hot water over top but do not stir. Bake at 350F, 35-40 minutes. Serve warm with ice cream, whip cream, cherry garnish if desired.

Submitted by: Linda Bell ~ South Shore Region

Board Expenditures

The Board of Directors have decided to have the current President address the associations finances in a brief statement for this newsletter and any other time in which there is concern of the financial manners of the association.

May 2011

- The board has been working on the “Code of Ethics” and thanks all regions for their generous contribution which will be put toward the payment and the board will cover the rest of the costs
- Planning is well underway for the 2012 CTRA Conference to be held in Halifax. The planning committee needed funds to secure the accommodations and set up an account
- All committees put forth budget requests, which are presented to the board for approval, for supplies and such
- As part of being on the board and attending the board meetings those who are not funded by their facilities/ organizations the board will cover their mileage at .20 cents
- The Cape Breton region is currently very busy planning the upcoming Conference/ AGM in Baddeck and they also needed a down payment to secure the accommodations
- Each month the website costs to maintain and update
- Public Relations also requested money to acknowledge its members with a token of appreciation for your commitment, dedication and recognition to the association
- NSRPH also networks with other provincial associations as part of our commitment to you, the members, to stay connected to what others are aspiring for and achieving in our profession across the country. In achieving this we give partial funding (when funds permit) to send a board member to represent NSRPH at the CTRA conference.

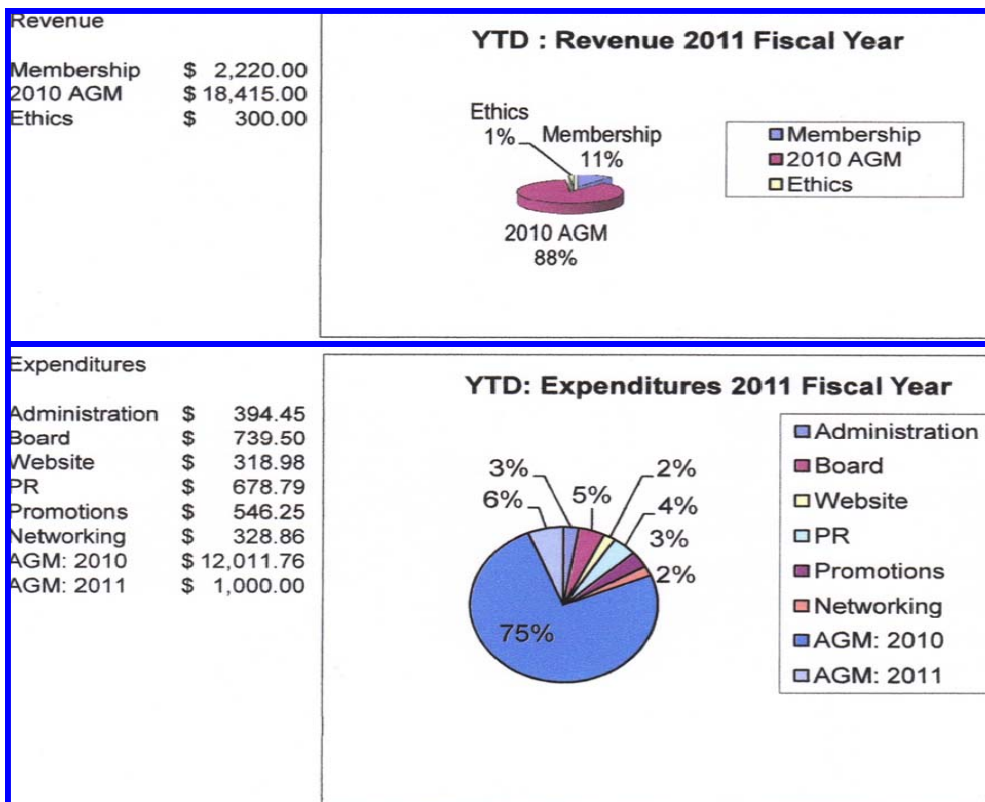
Any other questions or concerns about financial matters may be addressed to myself, the Treasurer or your Regional Rep. All financial statements are provided to Regional Reps and all monies are balanced and accounted for at each board meeting.

**Sincerely, Alan Caldwell
NSRPH President
2010-2011**

This top diagram will show and explain the YTD Revenue for the 2011 fiscal year.

The lower diagram will show and explain the YTD Expenditures for the 2011 fiscal year.

**Submitted by:
Patsy Jones
NSRPH Treasurer**



Harbour View Haven Lunenburg, Honours our SJA Dog Therapy Teams



Friday April, 2011 marked a special occasion at our facility as we arranged a photo opportunity with our local paper, The Progress and Enterprise, in recognition of our wonderful Dog Therapy Teams.

Regional Coordinator, Jaimie Wolfe, attended and provided a light lunch for the participants in attendance. Two teams were unable to join us for this event as we support and promote our five SJA Dog Therapy Teams.

This pre-empted National Volunteer Appreciation Week.

**Submitted by :Lisa Craig Volunteer Coordinator
Harbour View Haven ~ South Shore Region**

Harbour View Haven Lunenburg Recognizes Our Valued Volunteers *National Volunteer Appreciation Week April 10th to 16th, 2011*

Wednesday April 13th was our Annual Volunteer Appreciation Luncheon hosted off site at one of our local church halls. Over 100 Volunteers, Members of our Pastoral Care Committee, Members of our Board of



Directors, Administrator, Director of Residents Care, Administrative Support Staffs, three Dietary staff, two Maintenance staff and the Therapeutic Services Department, celebrated this very special event in style. Certainly a Team Approach to care and as all Recreation Departments and facilities can attest, our homes and quality of service delivery are greatly enhanced by the generosity and commitment of our volunteers.

Submitted by Lisa Craig
Volunteer Coordinator
Harbour View Haven ~ South Shore Region



Volunteer Appreciation

presented everyone with a certificate and a rose but instead of buying "trinkets" I made a \$150.00 donation to the Breakfast Program at our local Elementary School. I thought it was very in keeping with the Volunteer spirit and would be helping a wonderful cause.

This year for Volunteer Appreciation I wanted to do something different. We made lovely sandwiches and squares, had great entertainment, I



**Submitted by: Rhona Carroll
High-Crest Sherbrooke
North Eastern Region**

All of my Volunteers were thrilled with the idea and we had a lovely time.

11 Ways to find Happiness Instantly

11 Ways to find Happiness Instantly

Life has its ups and downs, and while we learn from both, it doesn't say anywhere that we have to remain down in the dumps any longer than necessary.

We choose how we feel in any given moment, so let's look at some quick tips to get our attitudes—and perspectives—pointed in the right direction.

- 1. Smile** ~ Studies have shown that *smiling has a positive effect on your mood*, so why not give it a go? As a bonus, smiles are infectious, and making others smile is sure to lighten your mood along with theirs.
- 2. Get Out of the House**~ Being cooped up in the same environment can cause feelings of isolation and depression. Changing your surroundings and getting a breath of fresh air *can snap you out of your mood in a heartbeat*.
- 3. Soak Up the Sun** ~ The vitamin D provided by the sun has been proven, along with other benefits, to boost serotonin levels in the body. Even squeezing in the time for 15 minutes of sunlight will immediately aid in lifting your spirits.
- 4. Reward Yourself** ~ Allow yourself a pat on the back for whatever challenges you have overcome recently. You must celebrate your victories in order to rejuvenate yourself for future battles.
- 5. Pamper Yourself** ~ Indulge yourself with something easy—something that lifts your spirits. Taking a hot bath, giving yourself a pedicure, or getting a massage are just a few of the many ways that you can pamper your body and improve your mood.
- 6. Redecorate** ~ Shaking things up a bit in your environment can help you shake off that stagnant energy you may be feeling. Altering your environment can change your perspective and leave you feeling more open and hopeful for the next thing that comes your way.
- 7. Accomplish Something You've Been Putting Off** ~ Procrastination can contribute to any feelings of negativity. Finishing something that you have been avoiding will give you a sense of accomplishment and raise that sour mood instantly.
- 8. Douse Yourself in Inspiration** ~ Who inspires you? Reflecting on and reading up on people and circumstances that give you faith and hope will instantly fill you with a bright sense of purpose.
- 9. Exercise** ~ As exercising releases endorphins, it is a quick way to make yourself feel good. It also makes you feel more powerful, alive and youthful, which are key ingredients to feeling happy.
- 11. Do Something Good for Someone Else** ~ Getting out of your own head gives you a fresh perspective on life. Brightening someone else's day is sure to make you feel better about yourself, and happiness is contagious
- 11. Count Your Blessings** ~ List the aspects of your life and the people in it that you are thankful for. It is easy to take your daily benefits for granted and lose sight of all you have going for you. Celebrating and appreciating your life will open you up for more of the same *positive feelings and experiences*.

**Submitted by Deborah Rundle
High -Crest Home
North Eastern Region**

CHALLENGING BEHAVIORS

Persons with AD and other dementias generally are not intentionally difficult, irrational, stubborn, or angry. They simply cannot explain their needs or frustrations as they once could. Sometimes a person with Alzheimer's becomes angry when they feel out of control or when they are asked to do more than they can handle. Assume that persons with Alzheimer's are distressed by their loss of control and independence. They need help, support, guidance and validation of their emotional feelings.

Persons with AD and other dementias are adults and must be treated with dignity and respect at all times. Treating adults like children only makes things worse for everyone, especially persons with dementia, who are very sensitive to tone of voice and body language. They can "read" your gritted teeth, anger, impatience, rolling of your eyes, or shaking your head or a finger at them. Persons with dementia are more cooperative and trusting when they feel competent, successful, and understood.

The Ten Absolutes

- 1. Never argue; instead agree*
- 2. Never shame; instead distract*
- 3. Never say remember; instead reminisce*
- 4. Never say "you can't"; instead say "do what you can"*
- 5. Never condescend; instead encourage and praise*
- 6. Never reason; instead divert*
- 7. Never lecture; instead reassure*
- 8. Never say "I told you"; instead repeat*
- 9. Never command or demand; instead ask or model*
- 10. Never force; instead reinforce*

Tips for Working with Behaviors:

- Remember: Behavior has meaning and can be a symptom of the illness or a response to a stressful environment or an unmet emotional or physical need.
- Rethink: Is the behavior harmful or scary to the person or others or can you accept it?
- Redirect: If the person is pacing, agitated, or scared, provide a more positive activity, such as a walk, a dusting job, or a memory box to sort through.
- Remind: Take every change to greet and let the person know that you think of him/her often.
- Restrict: Stop the person from doing things that are harmful. Take dangerous objects from their room.
- Celebrate and capitalize on retained skills. Give a former a nurse a clipboard for charting, for example. Create moments of fun.
- Distract: Snacks, treats, a cup of tea, a rock in the rocker, an offer of a manicure, or even a hug may divert or calm an agitated person.
- Soothe: Note security objects that reassure and comfort the person – a sweater over the shoulder or a favorite hat or purse can be offered when the person is upset.
- Reassure: Say, "I know you're upset. May I help you?" If the person is searching frantically, calmly join in his/her search while suggesting that you know you can find the lost item together. Let him/her know that he/she is not alone and that you understand how important the missing item is to him/her.
- Be present: Nothing comforts better than standing by a person who is upset, offering sympathy, understanding, a shoulder to cry on, a tissue, or a knowing kind look. Do not ask a lot of questions.
- Routines, rituals, repetition: Knowing what is to happen next reassures people with Alzheimer's and other dementias. Bedtime or late afternoon rituals help, such as handing a resident his/her favorite afghan or playing his/her favorite audiotope or videotape.



- Slow down and simplify: Avoid busy, crowded or noisy places when the person is upset or needs to concentrate on a task. Rushing scares and confuses people with dementia.
- Back down from accomplishing tasks if the person with dementia becomes upset. Say, “This isn’t a good time for us to do this. Let’s try again later.”
- Break down big tasks into small pieces: Provide one-step guidance and tell the person that you two are doing fine after each step.
- Compensate: Do for her what she can no longer do with ease.
- Let forgetting work for the person. Don’t remind, argue, scold, lecture, or confront persons with dementia after an outburst.
- Safety precautions help: Prevent wandering or accidents by disguising exits with stop signs or black floor mats, or by alarming exits.
- Register all persons with dementia, especially wanderers, with the Alzheimer’s Association’s Safe Return Program. Contact your local Chapter for more information.
- Be a model: Let other caregivers see you reassure or distract a the person so they can learn from your approach.

IDEAS TO CONSIDER WHEN DEALING WITH CHALLENGING BEHAVIORS

- Play quiet music in the late afternoon instead of loud TV
- Try to remember that the person does not have control over behavior. The inability of the brain to sort out a confusing environment can be causing the behavior
- Never restrain or attempt to restrain the person
- Do not argue with persons with dementia
- Do not ask the person to explain what is bothering him; he doesn’t know and can’t tell you
- If the person is restless, try to get him interested in some quiet activity like folding towels
- If the person is on medication, check with the doctor about appropriate schedules

Submitted by Linda Bell ~ South Shore Region

Changes Coming for Residents & Staff of Glades Lodge

In just a matter of months, Glades Lodge Long Term Care Facility will be closing. Gem Health Care Group will be opening two brand new facilities to replace the aging Glades Lodge. One of the homes (White Hills) will be located in the Hammonds Plains area and the other one (The Admiral) is off Main Street in Dartmouth. The current residents and staff will be divided between the two homes. Most people have mixed emotions about the move: sadness and excitement.

The residents are excited about the layout of the home. They will all have private bedrooms and their own bathrooms. Neighborhoods with 14 bedrooms will also have a kitchen, living room and dining room much more like home. Our staff is looking forward to working in a brand new facility with state of the art equipment and much more space. Many of the residents and staff have been together for years and are feeling sad about the thought of being separated between the homes. Glades Lodge has a “family feeling” and the thoughts of not seeing each other every day is difficult. Here’s hoping for a smooth transition into our new homes.

Submitted by: Diane Marsh ~ Metro Region

Message from Newsletter Editor

Due to the limited space in our Newsletter I was unable to publish a few articles. I do apologize to our members for this. Be sure to look for them in our next publication, they will be the first in Issue 46 due out in early fall. Susan Hutchinson one of our Members at Large, has submitted articles from a few of her students for publication. These are very good also interesting, since I had no space this time I'll put a couple in the next issue. Thank you to all who sent articles, greatly appreciated!

I could not do this job without the support and input from you our NSRPH members.

Once again "Job Well Done" NSRPH members

Deborah Rundle
Newsletter Chair

'Warm Wishes Quilter's'

The Ivy Meadows in Beaver Bank, NS had a very exciting Wednesday afternoon on May 11th.... It all began in November, when a very thoughtful Quilters Club called the 'Warm Wishes Quilter's' approached the Recreation Dept. and asked if they could make quilts to top the 51 bed in our facility. First, the group surprised us in December with enough lap quilts for every resident in a wheelchair. Then the stock piling began with bags of completed quilts and finally in the spring, after lots of hard work and time, they reached their goal! The quilts were displayed down the halls and in a dining room so residents could choose their own to brighten their room. An afternoon tea of thanks was planned that afternoon for the thoughtful group. Words could not fully express the joy of the residents meeting the group who gave their 'all' for them. Not only do these beautiful quilts brighten the residents rooms, the special gift also brightened the residents spirit!



Submitted by: Michelle Ellis
The Ivy Meadows~ Metro Region

Remember for a chance to win \$50.00 to use as you please

Send in Articles for the Newsletter throughout the year.

Two draws will take place at the Annual AGM Conference and The Best of luck to all!

No article is too large or small!

We welcome all new members and encourage everyone to submit at least one article per year.

This is our Newsletter let's make it the Best we can.

*The world is your school
~ Martin H. Fischer ~*

I am sure that many of you have enjoyed the opportunity to supervise students over the years. To be truthful, we know that doing so is a tremendous responsibility and added to our already hectic workload, we hope that it is not an added burden. I thought that I would write this article to encourage you to think about supervising a student from NSCC's Therapeutic Recreation Assistant program.

Our students this year have been exploring many areas of practice including long term care, mental health, pediatric rehab, physical rehabilitation, and community-based addictions services for youth and adults in addition to private practice. They have been working with individuals of all ages and abilities, learning much from their on-site supervisors. What an exciting year it has been!

At NSCC, students complete two hands-on field based placements. The first four week placement (120 hours) is designed to expose them to the field. Most of what is expected is for them to observe their supervisors however, as they build their confidence and skills, they are able to apply the theory and knowledge discussed in class to the setting. Many will feel more comfortable delivering programs and interacting with other team members by the end of the four weeks. During the second placement (175 hours), students are expected to go full throttle once they are familiar with their surroundings yet still with supervision; we hope that they will be more confident in doing the job independently. In total, students will have completed 295 hours of hands on direct service delivery. These experiences are guided by the NSRPH/TRAAC Joint Standards of Practice which are provided to give students a glimpse of the expectations of a Level II Programmer.

If you are interested in having a student come to your facility I encourage those that have supported a student this year to share your student stories with your fellow recreation professionals and you know who you are! One of our students, Alisha MacMillan reflected that having the opportunity to meet with her supervisor and visit the location allowed her to feel less anxious about the thought of doing her first placement. Benefits to meeting with students prior to the start of placement also include being introduced to the individuals served and staff, seeing programming in action when applicable, and knowing what is expected of them once they are there.

Students are encourage to make contact with potential placement opportunities in October for January and will start looking for the summer (usually May start) as soon as they return from the January placements. It would be great to provide them with a comprehensive list of individuals able to support student learning across the province as many of our students arrive here at Waterfront representing many regions. Hopefully, at the next NSRPH conference, I will have the opportunity to chat about supporting student learning through practicum placements.

In the meantime, if you have any questions, please feel free to call (902.491.1253) or email (Crystal.Watson@nsc.ca).

I look forward to hearing from you!

**Submitted by Crystal Watson
NSCC TR Faculty**

St-Patrick's Day Pub – "Vitaline O'Flynn"

On March 17th, residents of Foyer Père Fiset in Chéticamp and one of their family members were invited to our annual Pub Night owned by our mascot, Vitaline O'Flynn. All were dressed in Green and adorned with hats scarf's, pins, necklaces, etc. A bar was set up with our bartender on duty and our House band, "Les Joyeux Troubadours" offered a lovely night of Irish and other types of music. The room was decorated for the occasion and the beautiful luncheon was all in GREEN of course. Staff members and volunteers served green beer, floats O'Flynn (green sherbet and diet 7-up), green cake and candies, green fruits, etc.



Top of the evening to you!!!

Residents, family members and staff members dancing at the Pub

**Submitted by Jeannine Cormier & Denise Bourgeois
Cape Breton Region**

Old Acadian Tradition "La Mi-Carême" at Foyer Père Fiset

In Chéticamp, the Long Term Care 70 bed facility; which includes 10 RCF beds, "Mi-Carême" is important and well celebrated every year. This old Acadian tradition takes place mid-lent and the Foyer opened its doors to the costumed from Wednesday to Friday, afternoons and evenings, from March 30th to April 1st. On Thursday morning, we even make pancakes for the "Mi-Carêmes" as a way of thanking them and keeping the tradition alive in our community. This tradition brings together the Foyer and the community at large to share in three days of laughter, music, fun and surprises. The residents, family members, volunteers and staff try to guess who is under those unusual yet beautiful disguises. This year we saw over 400 "Mi-Carêmes" some as young as 1 year old and as old as 95 years of age. Residents love this time of year because it brings back lots of memories of their past and this year more than 15 residents got dressed up themselves.



Elementary Students from NDA School in Chéticamp visit the residents.

**Submitted by Jeannine Cormier & Denise Bourgeois
Cape Breton Region**

Evergreen's Volunteer Appreciation Night

Evergreen's Volunteer Appreciation Night at the Coldbrook Lions Hall in Kings County on April 14, 2011 was a great success with 125 persons in attendance. Residents participated in the event by assisting as master of ceremonies, with guest book table, presenting a "blessing" for the meal, presentation of pins, certificates and door prize draws. A delicious turkey supper was provided by members of the Lions Club.



Volunteers enjoyed the great tribute to them by the residents and the entertaining photo slide presentation that was viewed during the event.

**Submitted by Paul Wood
Evergreen Home
Valley Region**



Local Credit Union Staff Visit Monthly

Foyer Père Fiset in Chéticamp is very proud of its volunteers and is overwhelmed by the outpouring of help by the community each and every month. A new group that just got in contact with us is the local Credit Union Staff. They come on a monthly basis in the evening to play games and visit with the residents. They share games such as Shuffleboard, Bean Bags, Bowling, Cards, Parachute, Balloons and some staff members love to visit residents in their rooms. The residents love this evening of fun and laughter and of course competition. The Credit Union staff members change

from month to month so residents get to meet many of them.

Residents and Credit Union enjoying the Parachute game for the first



Sunshine Day Brings Lots of Happiness and Fun

Foyer Père Fiset in Chéticamp organized its annual "Journée Jaune" on April 12th to welcome the spring and to bring joy. Also we like to pretend that we are going on vacation in the Sun because many staff and family members seem to talk about going in the South at this time. We get dressed up in yellow for the day and decorate the Foyer in bright sunshine's everywhere. Residents come together in the Recreation room with family members and volunteers also dressed in yellow to enjoy a sing-along of sunshine .



**Submitted by: Jeannine Cormier & Denise Bourgeois, ~Foyer Pere Fiset
Cape Breton Region**

Hawaiian Luau

Mahone Nursing Home hosted their first Hawaiian Luau in February of this year. In an attempt to bring warmth and sunshine to our home, staff and volunteers planned an afternoon filled with a Hawaiian theme. One of our CCA's provided the majority of the decorations and was the expert Hawaiian party planner she volunteered her time to the program department to assist with the planning, decorating, and participating in the event. The activity area was decorated with flowers, hula dancers, palm trees and a small pool of water. The snacks consisted of pineapple and strawberries (prepared by our residents) that were cut up and placed on decorative toothpicks "fruit kabobs", and we ordered Hawaiian pizza from a local pizzeria served with tropical punch. On arrival, each guest was greeted and given a Hawaiian lei and a grass skirt if they wanted to wear one. Theme music was playing in the background and those that wanted to got up and hula danced, and those who just watched enjoyed the entertainment!!! The afternoon was filled with dancing, stories, plenty of snacks and we created some

great memories. Our residents are still talking about how they enjoyed the afternoon, how beautifully decorated the room was and have requested another warm place to visit next winter.



*Featured in the photograph Left to Right:
Tanya Henderson Activity Worker, Marlene Kaizer
CCA, Jennie Conrad resident.*

**Submitted by Cheryl Mackay
Mahone Nursing Home
South Shore Region**

The Grand Opening & 45th Anniversary

On April 1, 2011 the Windsor Elms Village celebrated their Grand Opening and 45th Anniversary at their brand new 108-bed nursing home, located at 174 Dyke Road, Falmouth, with residents, staff and friends.

The Ceremony opened with CEO, Sherry Keen reading a letter from Chuck Porter, MLA West Hants who is a strong supporter and advocate for the Windsor Elms and has been throughout the project; followed by a blessing given by Rev. Bill Gibson of the United Church, Windsor.

Board Chair, Maxine Phinney gave special recognition for outstanding contributions made by two board members Don McLeod and Gerry Raymond who donated many tireless hours and expertise to the planning of the project. Very touching was the heartfelt message delivered by 100+ yrs resident Louis Thomas. The official ribbon and cake cutting followed.



Friends who attended the ceremony included Education Minister, Ramona Jennex for Health Minister, Maureen MacDonald; West Hants Municipality Warden Richard Dauphinee; and Scott Brison, Member of Parliament Kings Hants.



This day presented an excellent opportunity for residents and staff to thank a variety of supporters for their exceptional contributions over the last few years which have made it possible to realize their vision of constructing a nursing home where a new design compliments an improved approach to providing quality nursing care to seniors. The new home's design reflects a resident-centred philosophy that helps residents maintain choice and self-determination, even as their need for support increases.

Pets Live in Our Home Too !

“Loving companionship is the antidote to loneliness. In a human community, we must provide easy access to human and animal companionship.” We have two cats – Tiger, who lives in Osprey Landing; Lady, who lives in Fundy-view; three budgie birds - Sky, Bailie and Sam. And....two little fish who live in Meadowview. But no fish called Wanda ! We also have a therapy dog who visits our residents on a regular basis, as well as other pets of family members and staff. Of course we need to make sure all the pets that enter our home are healthy, gentle and controlled ! And we have a Pet Committee that meets regularly to discuss care of our own pets. Our residents receive comfort from the pets and help care for them if they choose.



Warden Richard Dauphinee welcomed the Windsor Elms Village to the community of West Hants Municipality as he presented a plaque in “Commemoration of the Grand Opening of Windsor Elms Village, April 1, 2011 on behalf of the Councillors & Staff of the District of West Hants.

WINDSOR ELMS VILLAGE

Submitted by: Beth House
Windsor Elms
Valley Region



Snoezelen Program at Bayview Memorial Health Center

The Recreation Department at Bayview Memorial health Centre has recently purchased an adult/Geriatric add-on module to offer a Snoezelen program to the clients dwelling at the facility.

Some of the tools and equipment in the kit included the projector with solar effect wheels, line lights, rope lights, Oggz, black lights, glow in the dark stars and planets, music CDs—stress relief themes, aromatherapy kits, CD player, interactive bubble tube, etc. The Recreation Coordinator/Director, Deborah Fillmore, received an educational training course related to the Snoezelen concept. The Recreation office is converted to the Snoezelen room on the days the programs is being implemented. Clients, on an individual basis, take part in 30 minute sessions.

The outcomes for the participants have been very positive through the program offering a comfortable, tranquil environment in which clients can participate and control a variety of their sensory experiences.

**Submitted by Deborah Fillmore
Bayview Memorial ~North Eastern Region**

SPECIFIC PROGRAM PLANS

PROGRAM TITLE:

PURPOSE STATEMENT:

GOALS	OBJECTIVES
1)	a) b)
2)	a) b)
3)	a) b)
4)	a) b)

TARGET GROUP:

RESOURCES:

CONTENT:

PROCEDURE:

ADAPTATIONS:

SAFETY:

EVALUATION:

**This form was submitted by Linda Bell for any of our members
who do not have a template of this form.**

**Submitted by: Linda Bell
South Shore Region**

Easter Bonnet Parade

A favorite Easter activity at Gables is always our Easter Bonnet Parade. We ask staff to each pick a resident and make a bonnet for them to wear at the parade. The only condition is that the bonnet must be made from a paper plate. The competition is always half of the fun as staff try to outdo each other. The end result is always a very fun filled afternoon, which is as enjoyable for staff as it is for our residents!



Ladies Spa Afternoon

The ladies at **Gables Lodge** have been enjoying a special treat in recent months. The recreation department, with help from a local volunteer, has been providing monthly spa treatments for any interested ladies. We pick a different treatment each month. Facials, manicures and pedicures have been some of the favorites. It is fun for everyone to see how excited the residents get during their make over's.



Submitted by: Jill Blaikie ~ Gables Lodge ~ North Eastern Region



Alderwood is very fortunate to have an Inter-generational Program with the Baddeck Academy students.

Pictured above is Florence Lang enjoying the company of Caitlyn Norma, a student from the Baddeck Nursery school.



Alderwood celebrated the Royal Wedding in style. . . we had wore fascinators, watched the wedding, and enjoyed Wedding Cake with a cup of tea.

Lucy MacLean and Evelyn Kaiser both residents at Alderwood pictured above enjoying the event.

**Submitted by: Gwynn Shaw ~ Alderwood Nursing Home
Cape Breton Region**