



# White Rapids Manor

## June 2010



### Party Planned For Nursing Home Week

Residents, families, friends, volunteer, neighbours and staff are invited to a "Summer Kick-Off Party" to coincide with Nursing Home Week. The party will be on Monday, June 7 at, 6:30 p.m. at the manor.

There will be special entertainment provided by "One Acre Lot" which offers Maritime folk music complete with a fiddle, piano, guitar and step-dancing. Refreshments will follow the entertainment.

### Walk-A-Thon Surpasses Fundraising Goal

The blanket warmer for residents has been ordered, thanks to the extraordinary efforts of those who solicited donations and those who gave to the recent walk-a-thon.

"We raised more than \$9,000," exclaimed Ruth O'Leary, who spearheaded the effort. The goal was to raise \$6,000 in order to purchase a blanket warmer for residents of White Rapids Manor. The therapeutic benefits of a warm blanket to comfort and soothe residents have been proven and a blanket warmer has been on the nursing home's wish list for years.

A dozen walkers left the nursing home at 9 a.m. on Saturday, April 24 and completed the 7 km route. MLA Jack Carr surprised the crew by joining the walk and making a personal donation.

The funds raised over and above the amount needed for the blanket warmer will be used for residents, said administrator Kathy Jenkins, noting there is a need for Broda chairs. These uniquely built wheelchair products improve the quality of life for residents of long term care settings.

Giving the walk-a-thon a big boost was the Community Easter Cantata choir, which donated \$500 towards the blanket warmer.

Philip Nason, chairman of the board of directors of White Rapids Manor, expressed gratitude for the effort. "This shows that the nursing home and the care it offers means a great deal to all of our communities." He extended a big thank you to everyone who donated and everyone who walked for the residents.

### Plan to attend Resident Council Meeting June 10

Families and residents are encouraged to attend the next Resident Council Meeting on Thursday, June 10 at 2 p.m. at the nursing home. The meetings are held four times a year and are designed to ensure residents have

a voice to express their views on matters that concern them. "It's an opportunity for them to get involved in planning activities, meals, outings and anything else they wish," said Marjorie Belzile, Director of Nursing.



The sunny, warm weather this spring is being enjoyed by residents. Lawrence Clair is shown enjoying the fresh air.

## Memorial Service held April 23



Families of residents who passed away in the past year gathered to remember their loved ones at a Memorial Service at the nursing home on Friday, April 23. Standing at left are Lori Knappe, who provided the music for the service, and Right Reverent Bishop George C. Lemmon, who presided over the service.

## Staff thanked for their caring and respect

The Board of Directors of White Rapids Manor invites all staff of the nursing home and the Outreach Program to a lunch on Thursday, June 10, 2010 at the nursing home.

"It's the time of year, during Nursing Home Week, that we recognize the work our employees do each and every day," said Board Chair Philip Nason.

"They look after residents with compassion and strive to fulfill the nursing home's vision of excellence."

There are some 50 full time, part time and casual staff who work at White Rapids Manor while the Outreach Program has a staff of 11.

## Our Code of Ethics:

White Rapids Manor Nursing Home recognizes and accepts the responsibility to provide the highest quality of care for residents entrusted to them.

In keeping with this principle, we pledge ourselves to the following:

1. To respect the rights of all residents.
2. To maintain properly trained and dedicated staff.
3. To create a home-like environment conducive to meeting the residents' physical, social and spiritual needs.
4. To support and share with other regulatory and social agencies in a combined effort to promote the health and welfare of all clients.
5. To support and participate in efforts which will enhance the public image and awareness of the Nursing Home and its Outreach Program.
6. To be actively involved with other health care organizations in meeting common goals.
7. To disclose any matter that could result in a conflict of interest.
8. To support and participate in ongoing education appropriate to our role.



Sheila McCarthy, RN, tends to a flower bed behind the manor. The garden was originally planted by the family of the late Geraldine Burnett, when she was a resident at the nursing home. It is kept up in honour of Geraldine.

### Correction

A photo in the May newsletter incorrectly attributed a donation. The new leather recliner was purchased with a generous donation from the Tracy Hospital Aid. We apologize for the error.

## Staff 'Phat' Club

### A Healthy Success

A group of keen staff members put their heads together this past year and started a Phat Club. Tracey Parker and Danette Fillier gave the program an enthusiastic start and it hasn't slowed down since.

Staff members who are interested pay into the pot to join the 8- to 10-week program and are weighed each week. If they gain weight in a week, they have to pay a little more. At the end of the program, the person who has lost the greatest percentage of weight receives the pot of money. So far, staff have collectively lost an incredible 265 pounds.

"It's been great to have the support of co-workers as we travel down this path of lifestyle changes and healthy choices," said Sheri Slipp.