



White Rapids Manor

Summer 2017

Family BBQ set for August

Families of residents and staff are invited to a summer barbecue event at the nursing home on Thursday, **Aug. 24, 2017, 4:30 p.m. – 6:30 p.m.**

"We will have a food truck serving complimentary burgers, hot dogs and chicken burgers," said Jenn Barclay, Activity Coordinator. There will be musical entertainment and events for the children. "We had a similar event last year that residents thoroughly enjoyed," noted Jenn. "They love having a barbecue and to have their families as well means a perfect meal!"

The event will go ahead, rain or shine (let's hope for sunshine!) It's a chance for everyone to get together and socialize. In order to prepare, please contact the office if you are attending and also provide the number in your party by Aug. 17. Call 368-6513 or email office@whiterapidsmanor.nb.ca



Mary Nason reads to a group of children who visit regularly for Friday morning storytime. After the story the children complete a craft and enjoy refreshments with residents.

Planetree philosophy of care being introduced this fall at WRM

White Rapids Manor is proud of its culture of caring and, in an effort to take this to the next level, is embarking on the Planetree philosophy of care. "It's a program of resident and family-centered care that represents the Resident voice," said Jim Kinsey, Director at Planetree. The non-profit organization has partnered with more than 700 healthcare organizations in the world, including some

in New Brunswick. Mr. Kinsey will be visiting White Rapids Manor in the fall for a week. "We're excited about this opportunity," said Sari Lomax, Director of Nursing. "It will provide the tools for us to provide even more individualized care, which will enhance the quality of life of residents." For more information please visit www.planetree.org

— Summer students spending time with residents —



At left, student Kristopher Nason and Peg Hall view the raised vegetable garden while in the photo above student Justin Phillips sits on one of the new benches behind the home with Harry Hayward.

Summer hair care

Our longtime hairdresser, Evelyn Knorr, is taking a well-deserved vacation this summer. We are thrilled to have Patty Rossignol pick up the scissors and rollers in her absence and provide hair care services to residents. Call the nurse at 368-6532 if services are required.



PAINT PROJECT: Ben Gray, left, and Jackson Cameron of the Home School Association paint outside as part of their regular visits.

Rehab program focuses on safety, mobility

Ensuring resident safety while maintaining mobility and strength is a delicate balance and is a key role of the Rehab LPN. "The hardest part is the 'in-between' time when a resident is experiencing falls but is not ready or content to be in a wheelchair," said Cheryl Rees. It requires the vigilance and input of staff and family. White Rapids Manor follows the least restraint policy to achieve the best possible health outcomes for residents. A number of interventions are offered before restraints since restraints can actually increase the potential for injury. They include bed and chair alarms, mats beside beds and high-low beds. Cheryl also oversees referrals to physiotherapy and occupational therapy for assessments of things such as wheelchairs, splints and braces. She ensures the mobility pictograms are updated for each resident and monitors the walking program. Cheryl leads a weekly exercise program and helps individual residents with various things, such as alleviating hand contractions. "Every day is a little different," she said.

Baby contest being held during Come Home Week

The ever-popular Baby Contest is back again during Come Home Week. It will be held at the nursing home on Wednesday, Aug. 9, starting at 2 p.m. Registration, which is limited to 20 youngsters, will begin at 1:30 p.m. or you can pre-register by calling Activity Coordinator Jenn Barclay at 368-6509.

"The residents enjoy seeing the young ones," said Jenn, encouraging people to sign up. The contest is open to infants, babies and toddlers, up to 36 months.

There will also be a used book sale that same day, from 9 a.m. until 11 a.m. All proceeds will go towards the purchase of a Wii for residents to use.

Finally, on Friday Aug. 11 at 9:45 a.m. there will be a Story Corner for children. Everyone is welcome to all events!



CENTENNIAL DOLL: Sherri Slipp, Food Services Supervisor, shows Therese Russell the Centennial Doll her parents gave her in 1967. It was part of the Canada 150 event at the Manor.



ACTING DON: Louise Duffy, who has been an RN at White Rapids Manor since 2011, will be stepping into the Director of Nursing role while Sari Lomax is on an educational leave.

President of WRM highlights residents in annual report

Robert Amos stressed the importance of everyone – staff, board members, volunteers and families – in ensuring the Mission is accomplished, during his annual report. "Providing quality long-term care in a professional, safe and caring manner for the people we serve must guide all our actions," said the President/Chairman of the Board of Directors. When making decisions, the key question is: what is best for the residents. When challenges occur, we must remain steadfast, noted Mr. Amos. "We are each doing our job effectively, making the Residents of White Rapids Manor the paramount consideration in all our actions."

Looking ahead, the President noted we are embarking on the Planetree program and we await with anticipation the Government decision on the selection of the Manor as one of the Nursing Homes to be upgraded and expanded. This will be welcome news for residents, families, staff, volunteers and the communities served by White Rapids Manor.

"With the challenges faced by an aging population base in the Province, we are and will continue to be part of the solution," noted Mr. Amos. The demand for long term care is forecast to soar. White Rapids is ready and able to meet this need, thanks to the hard work and support of staff, volunteers, families and members of the community.