



White Rapids Manor

40th Celebration Includes \$2-million promise

Residents, family, staff and friends gathered at the nursing home on August 8 – exactly 40 years after the official opening of White Rapids Manor.

"It was a great celebration of the care that the nursing home has provided for decades," said Board Chair Robert Amos.

Special guests included Seniors and Long-term Care Minister Lisa Harris, who announced \$2 million for renovations. The biggest issue at the nursing home is space, noted Mr. Amos, explaining an expansion to allow for more single rooms would be most welcome.

Elinor Blizzard, Director of Nursing when White Rapids opened in 1978, spoke about how the community rallied to secure the building of the nursing home after it was announced they would lose the local hospital. Also in attendance was Beverly



Manning, who served on the first Board of Directors, and Burton Carlisle, who served as the Accountant at the nursing home for many years. Justin Wies, Assistant Director, Legal Services, at the NB Nursing Home Association spoke of the dedication of staff who provide care

every day.

The band 8-Track Mind entertained for nearly two hours with their high energy while everyone enjoyed the barbecue, petting zoo and face painting.

"The event would not have been possible without so many dedicated volunteers and staff," said Administrator Kathy Jenkins. "It was a chance to showcase the nursing home and illustrate how much our great volunteers contribute," said Activity Coordinator Jenn Barclay.

The funding announcement will be followed up by the Board of Directors. They will work with Nursing Home Services to determine the best use of the funds for the aging infrastructure and encourage a speedy timeline.



At left, Elinor Blizzard speaks about the origins of White Rapids Manor. Mrs. Blizzard was the Director of Nursing from 1978 until her retirement in 1990. Listening is Minister of Seniors and Long-Term Care, Lisa Harris. In photo above, Mary McCarron is joined at the party by her daughters Kim Blackmore, left, and Bev Boden. The event also featured a petting zoo, face painting, a barbecue and music by the dynamic band 8-Track Mind.

Wifi available for families, visitors



Wireless internet is now available for residents and their families. This will allow families to show photos to residents or even Skype a family member or friend who lives away. We also have a laptop that families can use through the Activity Department to connect with residents. Just ask a staff member for assistance in connecting.

Donations support mini-bus

The mini-bus is used for resident outings and to take residents to appointments. The community generously supported its purchase and continues to support its operation. Donations are always welcome and can be made online by going to the website www.whiterapidsmanor.nb.ca and clicking on donate now.



OUTDOOR LUNCH: Clara Lint, left, Kay McIver and Activity Coordinator Jenn Barclay relax during lunch at the home of Eveline and Jim Harrison. The longtime volunteers and Pastoral Care Coordinator hosted a luncheon social at their home for residents.

Grieving a difficult process that everyone experiences

The topic of grief may be uncomfortable but education is a way to help everyone through it. With that in mind, Pastoral Care Coordinator Jim Harrison provided a session for staff on the topic and is willing to speak to families and individuals. Activity Coordinator Jenn Barclay will put you in touch with Pastor Jim if you are interested. "Grief is the normal and natural reaction to significant emotional loss of any kind," notes the Grief Recovery Method Guide for Loss. Some 43 losses are considered grief, including moving, retirement, loss of health and death. "It is individual and unique," notes the Guide.

A booklet is available at the nursing home for anyone who is interested. It is entitled Genesis and can be obtained from the Activity Coordinator. It looks at what grief is, how to help yourself and how to help others who are grieving. The author of Genesis notes that dealing with grief is work and that it involves setting goals. "In the end, you will find that you must make a conscious decision to work through the grief. It will be very painful at times but you will begin to notice signs that you are healing." writes John Saynor.



BABY CONTEST: Several dozen babies and toddlers entered the Baby Contest that White Rapids hosts during the annual Come Home Week. It's a great chance for residents to see the little ones in the area.

Resident dining a Planetree project

The Planetree team at White Rapids Manor is embarking on a number of projects as it moves toward the goal of increasing person-centered care. One in particular deals with resident dining and specifically those who need assistance. "We want to make it more home-like and less institutional," said Albert Aubin, who is leading this project. A committee of four staff members from nursing and dietary departments will be meeting to explore ways to achieve this goal. Some ideas they will explore include eliminating trays and serving dessert separately, after the main course is done. "It's all about considering the resident first and putting ourselves in their position," said Mr. Aubin. Other projects planned include explaining the nursing home's Philosophy of Care and being cognizant of our words and how we speak about, and with, residents. Keep an eye on the Planetree Board for updates on these projects!