

# In Sync . . . In the Village

## Message from the President & CEO



Spring is here and it's time for personal renewal. Our management team recently received Mental Health First Aid training and we were introduced to the book: 'The 5-Minute Recharge' by Lynne Everatt and Addie Greco-Sanchez.

The Authors write: 'Researchers have discovered the formula for living a good life, so why is depression still the world's leading disability and anxiety the most common mental health disorder in North America? To cope with all the stresses we encounter, we need to actively care for ourselves, which demands that we move our bodies (preferably outdoors), connect face-to-face and get enough sleep.'

'Wellbeing begins with you. If you do not care for yourself, you will not be strong enough to take care of anything in life.'

As Christians we believe that our bodies are temples of the Holy Spirit and that we must therefore honour God with our bodies. (1 Cor. 6:19-20)

An article from Maxwell Management Group Limited stated that: Technology now allows us to access our work email, cell phones and computers twenty-four hours a day, seven days a week. While it may not be mandatory to work outside normal office hours some employees feel that because they have access, they are obligated to check-in. Unfortunately this access is quickly leading to longer hours spent working, which results in sleep deprivation, an increase in chronic disease and a dramatic decrease in overall productivity.

So my fellow villagers, let's all engage in healthy, active living!



Wendy Beckles

## Mindfulness

We have heard a lot about "mindfulness" since the beginning of this year.

The practice of mindfulness is the ability to be fully present, be aware of where we are and what we are doing and not be distracted by the noise around us. As our mind wanders about fifty percent of our day, most of us are continually distracted. We need to target a task that matters today instead of going through our everyday activities mindlessly –such as tackling four things at a time.

Take a few moments each day to cultivate space in our brains and gain constructive mind/body balance through "mindful" breathing, observation, awareness, listening, praying, appreciation and eating.

It was a happy coincidence when I saw Sodexo's display board at the entrance to our cafeteria last week and noticed the caption "Mindful Eating." John Paggos, our Manager of Food Services, summed it up briefly as awareness of our nutritional needs and being able to enjoy what we are eating. If, for instance, you love fried food, it is okay to eat it today but choose something lighter for tomorrow and exercise. Food and fitness go hand in hand.

As a resident, an employee, a volunteer or a family member, let's practice mindfulness to lessen stress, enhance performance, and gain insight by focusing on our own mind and increasing our consideration of the well-being of others.

*Carlota*

**Carlota Rubio**

## Village Wide Celebration



Friday, March 29th, 2019

from 2-3pm  
in the

Community Hall

Come join us as we celebrate our Seniors 95+ birthdays and couples celebrating 50+ years of Marriage.

## *A Warm Welcome to Erica Alexander*

On January 21st, Erica joined our Shepherd Village family as Director of Care for Shepherd Lodge and brought with her a wealth of long-term care experience over a span of 20 years, 12 of which were in leadership positions. Since 2013, she was Director of Care at Grace Manor, Holland Christian Homes in Brampton.



As a recent graduate of “Improving and Driving Excellence across Sectors” (IDEAS), a provincial applied learning strategy to enhance quality improvement, we look forward with anticipation to the ‘Nursing in Motion’ initiatives that she will implement in the area of change management and leadership here at Shepherd Village. Her goal is to improve compliance with the Ministry of Health which is more demanding than five years ago and very highly regulated. To succeed, we need to hire the right people who have good attitudes and are dedicated from the heart. Also, today’s clientele is different from five years ago as many people coming in have a wider range of mental illness.

She will be conducting monthly meetings to improve training, address the abuse and neglect aspects, build trust, bring staff into a place of compliance, impose a **STOP** sign during a nurse’s medication pass – i.e., no interruptions to prevent mistakes, and improve the morale of staff.

To make this happen, she quotes: “I will be His hands and His feet to serve the residents of Shepherd Lodge with excellence.” The relationship between residents and caregivers is all about trust.

Welcome, Erica, who became interested in the field of health care when she arrived in Canada from Trinidad and pursued a nursing degree, graduating as a Registered Nurse in 1994.

## *2nd Annual Bowling Tournament*

Spiritual Life and Fundraising would like to thank everyone who participated and collaborated on our 2nd Annual Bowling Tournament fundraiser.

In spite of the weather, many braved the horrible white stuff to come out and show their commitment to Shepherd Village. There were 54

registered participants this year, 14 more than last year. It was a great team building experience with a lot of fun and camaraderie, with staff, family and friends, as you can tell by the team names: Strike Force, Pin Pushers, Alley Cats, Pinheads, Super Scrubs, The Bombs, Pin Pals, The Village People and Sodexo King Pins. We were able to raise over \$6,700 through registrations and sponsorships; monies going towards the Lodge and Village Club needs.



- The Highest Fundraiser was Wendy Smith, Lodge Nursing, who raised over \$1,400.
- 2nd Highest Fundraiser: Heather Putric, Lodge Recreation, who raised over \$1,100.
- The Highest Scoring Team: The Village Club, which showed team spirit by coming dressed up as “The Village People”!
- The Highest Scoring Male: Farhad Sethna, VP Corporate Services
- The Highest Scoring Female: Susan Melnick, Volunteer Coordinator
- The Mystery Score Winner: Andrea Manuel, Lodge Recreation
- Numerous other door prizes were won, including a 50/50 draw, with half generously donated back to Shepherd Village.
- Again, we want to thank all of you who donated and especially those who gave up their Saturday to make this event so much fun. We look forward to making next year’s charity event bigger and better and hope that more folks can join us.  
“Born to bowl . . . forced to work!”

*Ron Matheson*

## *SOCIAL COMMITTEE*

### *STAFF ONLY*

**SWEET &  
SAVOURY  
BAKED GOODS!**



All staff are welcome to enjoy treats!  
First two items are **FREE!** Additional items are

**\$2.00 each**

**Wednesday, May 1st  
11:30 am - 1:30 pm  
Gardenview Room**