

Mount Matters

Mount Saint Joseph Nursing Home | 51 Lobban Ave. Miramichi, N.B E1N 2W8 | 778-6550



Celebrating December

Universal Human Rights Month

Hanukkah Continues

December 1–6

Saint Nicholas Day

December 6

Pearl Harbor Remembrance Day

December 7

Poinsettia Day

December 12

Yaldā

December 21

Christmas

December 25

Kwanzaa

December 26–January 1

Boxing Day

December 26

New Year's Eve

December 31

Recreation Department

As the holidays once again approach, may the joy and love the holidays bring remind us of the love of our friends and family! Wishing you the very best this season.

Here are some pictures of what we have been up to lately. To see more pictures you can check out our page "Mount Saint Joseph Nursing Home" on Facebook!



Remembrance Day Tea



Halloween Party



Acadian Day Celebration



Painting Program



Oktoberfest Celebration



Thanksgiving Crafts

Food and Support Services

From the Support Services staff and Food Services staff:

We extend to all residents, family, students, and staff members a happy and safe holiday season. We look forward to the upcoming new year and the pleasure of serving you to the highest standards.



Nursing Department

From the Nursing staff:

Happy holidays to all residents, family students, and staff members. Wishing everyone warm and humble celebrations for this Christmas and we hope it's full of love and joy.



Resident Attendant Program

Our Resident Attendants will be graduating from their course on December 17th, 2021!

Congratulations

Callistus Adiele

Dayna Benoit

Allyson Blackmore

Robert Breau

Amy Campbell

Annette Richard

Melanie Saunders

Johnyta Thomas

Good luck in your future endeavors!



Mount Saint Joseph Resident Attendant Students

Tim Hortons Coffee Break

Coffee and donuts were provided to our Mount Saint Joseph staff last month through the #TimsForGood program! Thank you Tim Hortons!



Memory Cafe

Join us for an informal social gathering connecting community members living with memory loss and their caregivers for conversation and refreshments.

What is a Memory Café?

A Memory Café is a dementia-friendly event where you and you loved one can enjoy an outing in a safe and comfortable environment.

How are Memory Cafés Valuable?

Memory Cafés allow those living with any form of dementia or cognitive decline to enjoy the company of those with things in common. This program offers socialization in a stigma-free environment.

Location:

Mount Saint Joseph, 51 Lobban Ave.
Miramichi, N.B E1N 2W7

Date and Time:

To Be Determined

Register in Advance:

Contact Olivia Baxendale

Tel: 778-6550 ext. 6560

Email: obaxendale@mountsj.ca



Soft and Chewy Ginger Snaps

Cookies and cakes and spices and cocoa... When it starts to smell like the holidays, it's hard not to get into the spirit. Here's a little something to spread Holiday cheer around your home!

PREP TIME 15 minutes

COOK TIME 11 minutes

TOTAL TIME 26 minutes

SERVINGS 24 cookies

This recipe creates the perfect ginger cookie, spiced with cinnamon, crinkly, and chewy!

Ingredients

- 2 cups flour
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 2 teaspoons baking soda
- ½ teaspoon salt
- ¾ cup shortening
- 1 cup white sugar plus extra for rolling
- 1 egg
- ¼ cup molasses

Instructions

1. Preheat oven to 350°F.
2. Cream shortening, sugar, and egg until fluffy. Add molasses and mix well.
3. Add remaining ingredients into a separate bowl and whisk well to combine. Add dry mixture to sugar mixture a little at a time until combined.
4. Divide dough into 18 pieces, roll each into a ball and roll in sugar.
5. Place cookies on an ungreased pan and bake 11-13 minutes



Baking Program



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Season's Greetings!

We hope you enjoyed our first Mount Family Matters! You will be receiving this quarterly as a way of keeping you connected to your love one and keeping you updated with some of the activities and events that are happening here at the Mount.

Currently, just like everyone else we are preparing for the busy Holiday season. There will be special activities and events planned for December. Many of these can be seen by following our Facebook page.

A special consideration again this year is COVID -19. As safety is always our number one priority in our care of our residents, we have been proactive in meeting all public health guidelines including the mandatory Covid vaccination of our staff; offering the vaccine to our residents, including the encouraged booster; and annual flu vaccine to residents, staff and others. We have also implemented extra cleaning and screening procedures as part of our infection control policies to protect those who live and work here. With the spread of COVID in the community it is imperative that everyone who interacts with our residents participate in public health initiatives, such as immunization against COVID and influenza as a means of protecting our residents. We encourage everyone to get their shots!

Periodically we will be sending out a short survey to family members asking for your feedback/suggestions on how we could improve our services to our residents. The first survey will be sent out this month and we ask you to complete and return as soon as possible. Our objective is to provide the best care possible to our residents. Your perspective will help us meet this goal.

The Mount operations will be expanding soon! We have recently been pre-approved by government for another 18 bed unit which will go on our second floor nursing unit. This will not be a level 3B (dementia care) unit. We are currently updating our second floor to Adult Residential Standards and will be advertising to the community soon for residents and admitting in January 2022.

We hope you enjoy this first edition and we wish everyone a peaceful Christmas and a healthy New Year!

Bah, Humbug!

Maybe it's the long lines at shopping centers, or maybe it's the incessant drone of holiday music, but some people just don't enjoy the holiday season. Luckily, December 21 is Humbug Day, a day to unapologetically embrace your inner Scrooge.



No one knows where the word *humbug* came from. Some think it came into use during the 18th century as the word *Hamburg* during a time when England was flooded with counterfeit coins from that German city. Others think that it comes from a humming bug, something small, but incredibly irritating. Either way, the word denotes something that is a hoax or nonsense. When Scrooge utters, "Bah! Humbug," he is declaring Christmas to be a fraud.

Show Kindness

During these stressful times, a little kindness can go a long way. Even something as simple as sharing a smile (from behind your protective mask, of course!) can brighten someone's day.

Message to Staff

We want to pause at this joyous time of year to thank you for your vital contribution to our team! Wishing you and your loved ones a peaceful holiday season, with plenty of relaxation and good company. Happy holidays!

Thank you