



UNDER THE RAINBOW Staff Newsletter

January 2012

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Message from Carol Finnie, CEO

This last month, we have focused on ethics as a topic at the Community Circles. Ethics help us decide what is good, and right, in the conduct of our lives. There are many situations in health care and housing that have legal and social implications for both the practitioner and the clients. To ensure certain standards, the organization sets out policies and guiding principles. For example the confidentiality of an individual's records.

Many health care decisions and practices have an ethical component. However, the importance of health ethics is a very relative concept in the case of many individuals. These decisions require careful and respectful thought about what is good and right for clients, their families, and members of the team. In these contexts, ethical judgment and a guiding framework to deal with the issues becomes very important. Please see below New Vistas guiding framework.

A FRAMEWORK FOR ETHICAL DECISION MAKING

- Identify the question/dilemma
- Gather and examine all the relevant facts
- Identify all the relevant decision makers
- What are the relevant values
- Prioritize these values
- Brainstorm possible resolutions
- Evaluate the options as to how well each option allows us to live out our values
- Make a decision, aiming for the best decision possible, all things considered
- Implement it
- Live with it and learn from it.

WELLNESS COMMITTEE...

The holidays are over now; it's time for a fresh start, a time to improve your health and sense of well-being. Starting a new year with others who want to change their lives for the better is a great way to be successful! Why spend another year sitting on the couch?

Look around New Vista for posters that announce the latest VistaFit program. This is a 13 week program in which you can learn to be a runner, or you can follow the walking program.

Larry will lead the runners and Sharon Stodel will lead the walking group. We also have a few sets of walking poles for staff to try, if that appeals to you.



You can use the program to prepare for participation in the SunRun on April 15 and, with some conditions, you can get the entry fee paid by New Vista.

All the details are on the posters in the elevators and in the staff room. You can also call or email Sharon at L. 147 or Larry at L. 150. Please think about joining us!!

TIPS TO BEAT THE WINTER BLUES

- Bring in the light, and take it outside – even a few minutes of sunlight helps improve mood and energy levels
- Get active – exercise is known to boost “feel good” chemicals in the brain, and reduce the negative effects of stress that can trigger the blues. Even just walking outside for 15 minutes helps.
- Reach for healthier snacks
- Remember the water cooler – water is great for replenishing brain cells.



- Promote physical and mental safety – when we talk about workplace safety, we often forget to talk about protecting our mental health. Factors such as conflict, bullying and lack of support all contribute to a psychologically unsafe environment.
- Education - take advantage of opportunities for workshops or courses. Remind people to contact LifeWorks or a doctor for further support if low mood starts to interfere with work or daily life.
- For some people, the winter blues are more serious and may be a sign of seasonal affective disorder (SAD), a type of depression with a seasonal pattern.
- According to the Canadian Mental Health Association, healthy lifestyles that include exercise, relaxation, a healthful diet and a supportive workplace can help to reduce the effects of the winter blues.

HAZARD REPORT FOR DECEMBER

Merina Messent reported two incidents of a resident who was leaving lit cigarettes on the floor. Thank you for reporting Merina!

New faces in the Care Home!

Hilary Lipsett, Music Therapist
 Alexandra Saretsky, Activity Aide
 Alvin Lai, LPN
 Mohammed Rashed, LPN
 Maricel Aguilar, RCA
 Gyanu Chitrakar, RCA
 Margarita Dela Cruz, RCA
 Ann Maina, RCA
 Maria Fe Mansaray, RCA
 Dustin Steeves, RCA



COME AND FIND OUT WHAT'S HAPPENING WITH TIMEKEEPING – YOU COULD WIN A \$50 iTunes CARD!



Come join us for coffee and cookies and learn more about the new timekeeping system that we will be implementing in the next month or so.

An information poster board will be set up in the new and improved front entrance area on February 7 and 9 from 10-2 and 2-4. Managers will be on hand to answer any questions you may have.

VOLUNTEER APPRECIATION NIGHT!

Set aside some time to acknowledge our fabulous New Vista volunteers at the Volunteer Appreciation evening – see details below.

Tropical Evening
Thursday, April 19th
5:30 – 8:30 pm



Please contact Margaret Hansen if you would like to attend and/or help.
 604-527-6000, Loc. 285



A big thank you to everyone who donated to the Alzheimer's Walk, which was held on January 29th. **Over \$8400 was raised!**



ADDITIONAL CAMERAS HAVE BEEN INSTALLED IN CARE HOME

An additional 10 cameras have been installed in the corridors and dining room areas of the care home. These cameras are being installed primarily to assist the Injury Prevention and Mobility Lab at SFU with their Falls Research project. It will enhance our staff's ability to view these areas from the care desks. If you have any questions or concerns, please speak to Dennis Huget at local 135.

