

February
2012

THE COMMUNITY TIMES

THE VIEWS AT ST. JOSEPH'S GENERAL HOSPITAL

The Views Family Council

A family council is a forum for friends and families of residents in long-term care to share experiences, and learn and exchange information. Family councils bring together families and care facility staff to provide support, education, and a venue for discussing concerns.

For families the family council can provide information and educational opportunities to help them better understand the care environment and support their loved one in care; for care staff the family council can assist in educating families about the facility environment and the care experience of their loved ones. —Advocates for Care Reform (ACR).

For more information on family councils please visit the ACR website at [www. Acrbc.ca](http://www.Acrbc.ca)

The Views Family Council meets on a monthly basis, for more information regarding The Views Family Council including meetings times and locations, and/or being added to a mailing distribution list for The Views Family Council please contact any of the following members:

- Ann Zanbilowicz, Family Council Co-Chair, annzan@shaw.ca
- Tim Rabbitt, Family Council Co-Chair, tim.rabbitt@shaw.ca
- Leah Kallio, Family Council Staff Liaison and The Views Social Worker
leah.kallio@sjghcomox.ca or
(250) 890-3734



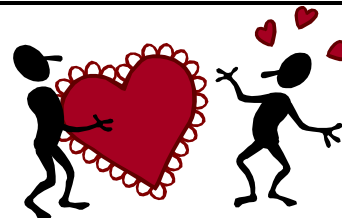
The Views Family Council next meeting

Thursday, February 23, 2012
7:45pm in the Edith McNish Boardroom
(Located in the SJGH 38 Wing, prior to entering The Views through the tunnel from the main hospital)

Please take note on the Family Council Bulletin Board for upcoming topics.
**Last month there was a discussion on Emergency Preparedness in The Views*

Everyone Welcome!

The Views at St. Joseph's Hospital **10th Annual Talent Show**



Everyone is welcome to attend !

Where: Eagleview Dining Room

When: Thursday, February 16th

2:00 p.m.

If you have a special talent to share with us please contact the Activity

Department and we will include you in the program!
We welcome singers, musicians, dancers, actors, juggling, etc.

For more information, please contact the Activity Department 250-339-1426 and we will add you to the program!

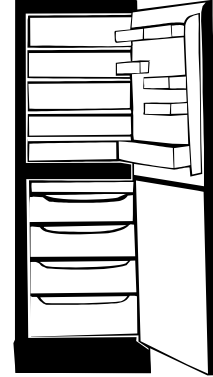
Information for all

Revised Food Preparation and Service for Activity and Nursing Departments in The Views and Transitional Care Unit

Highlights include:

- Activity staff involved in resident food preparation must possess Food Safe Level 1. Any other staff or volunteers involved in onsite meal preparation and service must operate under the supervision of a staff member who holds a minimum of Food Safe Level 1 Certification
- All procurement or purchases of food for consumption by residents must be done either by requisition from the Nutritional Services department or from recognized commercial grocery outlets.
- Any take-out foods must be consumed within two hours of purchase or be discarded.
- Off-site Food Preparation and Food Donations. For a family member of a the Views or TCU patient, members of the public who have who have a relative in the Views or TCU may, at their discretion, purchase and bring food items into the facility for their family member only. The Activity Staff are responsible for the preparation and service of these items to the resident and for the integrity and food safety monitoring of the item.
- Any donated foods or food that is prepared off site from the facility by staff, volunteers or family members must not be served to, or shared with, residential clients without first being approved and documented suitable by the Director of Resident Lifestyle and Community Programs or designate.

Resident food items that are stored in the Eagleview or Oceanview dining room fridge **MUST** be labeled with name and date. Food that is not labeled will be discarded immediately.



WANTED
Resident Wedding Photos

We would like to display resident wedding photos in celebration of Valentine's Day
Day
Please submit to Activity Department

Happy 70th Wedding Anniversary to Al and Lillian Hutchison February 7th 1942

Second Annual Around the World in 60 Minutes

With Rotary Youth Exchange Students

We hope that residents and families will come out on Saturday, February 18th from 1:45-3:00pm in the dining room in The Views for the second annual presentation of ***Around the World in 60 Minutes*** with **Rotary Youth Exchange students from all over the globe.** These young people aged 16-18 have been abroad for about 6 months and have been honing their English skills, sharing a bit about their culture and learning all about the Pacific Northwest. The four Rotary Clubs of the Comox Valley are hosting the Rotary Youth Exchange Students for a few days as they tour our region. This event at The Views is one way the RYE students are giving back to our community. The students will introduce themselves in their native tongue and encourage you to try a greeting in their language. Some of the kids have musical offerings prepared and after the show, we will all enjoy tea, cupcakes and a chat. Welcome these kids from far away and share your stories from abroad.

Our thanks to the Rotary Club of

Courtenay for bringing us this event and

Quality Foods in Comox for the donation

of treats!

Groundhog Day

Every February 2, crowds gather at the entrance of a groundhog's burrow and wait for the furry creature to forecast the weather. If it sees its shadow and runs back inside, prepare for six more weeks of winter. If it steps boldly from its burrow, then spring may come early.

The Pennsylvania Germans began the tradition of Groundhog Day in America, with evidence of its practice dating back to 1841. These traditions began in ancient Europe, when people believed that badgers and bears, not groundhogs, could predict the weather. Christians, trying to convert these heathens, absorbed this tradition into their religious celebration known as Candlemas, commemorating the presentation of the baby Jesus at a temple and the purification of Mary. Amazingly, little is remembered of Candlemas, but much is made of an overgrown squirrel that predicts the weather.



Healing Touch available to Residents of The Views

Healing Touch is a compassion-based modality that uses both hands-on (touch) and energy field (hands off) techniques to bring balance and well being to the person. Healing Touch is offered to the residents at The Views each Tuesday afternoon. This service is provided free of charge by trained healing touch practitioners who volunteer their time to St. Joseph's Hospital. Please contact the Activity Department if you would like further information or would like to receive this service.

Bird Feeding Month



Since February is one of the most difficult months for birds to find food, they could use some human help. A typical backyard bird weighs less than two nickels, and in northern

climates, loses about 15 percent of that body weight overnight just trying to stay warm. Birds spend most of their waking hours searching for food, so whatever we do to make it easier is a boon to them. Our reward is color, motion, and song on dreary days.

According to the National Bird Feeding Society, the favorite meal of most seed-eating birds is the black oil sunflower, because its shell can be easily cracked, even by small birds like chickadees and titmice. In addition, its high oil and fat content ensures that the birds will receive needed energy. Safflower seeds are a favorite of northern cardinals, and they have the added benefit of being a turn-off to squirrels. If you can offer dripping or running water in your backyard, you will attract birds that do not visit feeders, because they prefer insects and berries. Getting started is as easy as buying a bird feeder and some seeds. And, if you hurry, you can participate in the "Great Backyard Bird Count" (February 17–20, 2012). Last year, volunteers observed 594 species and counted 11,471,949 birds.

A Recipe for the Birds

1. Cut a long length of yarn or ribbon and tie it around the top of a pine cone.
2. Mix 1/2 cup vegetable shortening (or lard) with 2 1/2 cups cornmeal (or oats) until well blended. Optional: add small pieces of dried fruit or chopped nuts.
3. Using a craft stick, apply the mixture to the pine cone. Make sure to press it in to all the little nooks and crannies
4. Roll the pinecone in birdseed.
5. Hang the bird feeder on a tree and enjoy bird watching!

February Birthdays

If you were born between February 1 and 18, you are an Aquarius. Water Bearers have attractive personalities, and are very imaginative and intuitive. People born between February 19 and 29 are Pisces. These Fish have boundless imaginations and often become gifted artists. Their great capacity for love and depth of feeling make them sensitive and caring souls.

Norman Rockwell (artist) – Feb. 3, 1894

Marlene Craig- February 3

Noni Jenner- February 3

Babe Ruth (baseball player) – Feb. 6, 1895

Edna Graves- February 6- Happy 100th!

Bill Russell (basketball player) – Feb. 12, 1934

Hilda Nystrom - February 13

Toni Morrison (writer) – Feb. 18, 1931

Betty Stuart- February 19

Sidney Poitier (actor) – Feb. 20, 1927

Nina Simone (singer) – Feb. 21, 1933

Jim Rogers- February 21

Ed Sawchuk- February 22

Steve Jobs (innovator) – Feb. 24, 1955

Bernice MacPherson- February 25

Johnny Cash (musician) – Feb. 26, 1932

Minnie Metrick- February 26

Tony Robbins (speaker) – Feb. 29, 1960

