



## **SHOREHAM VILLAGE**

### **THERAPEUTIC RECREATION PROGRAMS**

**Meet our staff!!**

**Manager of Recreation and Volunteer Services ---- Niki Rodenhizer**

**Recreation Programmer ---- Nicole Rafuse**

**Recreation Programmer---- Collen Meisner**

**Long Term Care Assistant---- Brenda Boutilier**

**Hairdresser ---- Barbara Toope**

**WE WELCOME YOU TO SHOREHAM VILLAGE !!**



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## **Welcome from our Manager of Recreation & Volunteer Services**



### **Welcome to Shoreham Village!**

**I am very excited to meet with you!**

**I'm Niki. I have managed the Recreation Team at Shoreham Village since 2017. Prior to that, I was a Recreation Programmer, working with our seniors, for 7 years.**

**I sincerely love the work my team and I do. We aim to provide meaningful and engaging programs, whether that be in a group or individual (1:1) setting. Our goal is to help our seniors' support who they are when they come to us. We are all individuals with our own abilities, likes, dislikes as well as our morals and values; that's what makes each of us so unique. We hope that our recreation programming will meet your interests and needs, and if not, we want to hear from you! We are always open to new suggestions and ideas 😊**

**If you have any questions, concerns, or perhaps are interested in learning about other recreation opportunities, please do not hesitate to contact me:**

#### **Contact Information:**

**Niki Rodenhizer**

**Manager of Recreation & Volunteer Services**

**902-275-5631 ext. 8235**

**[n.rodenhizer@shorehamvillage.com](mailto:n.rodenhizer@shorehamvillage.com)**



### **Our Recreation Team**

**Karen Doucet – Recreation Programmer**  
**Intro Coming Soon**

**Nicole Rafuse – Recreation Programmer**



Hello! My name is Nicole. I joined the Shoreham team in April 2022. One of my favorite aspects of this position is the opportunity to form relationships and connections with both residents and families. My passions include holistic wellness and spending time with those I love. I am very excited to meet you and am looking forward to the journey ahead together!

**Collen Meisner– Recreation Programmer**



My name is Colleen and i'd like to welcome you to Shoreham. As part of the Recreation team, I look forward to getting to know you and having you attend the variety of programs we offer with individual preferences in mind. Talk to a team member if leisure materials are needed, we may be able to help. We care about your wellbeing and your physical and mental health. Come and join in something new and come for fun

**Brenda Boutilier – Long Term Care Assistant**



Hi, my name is Brenda and I have been working in the recreation department for 4 years. Meeting and getting to know new residents and their families is one of the highlights of this job. I like trying to figure out what new residents like to do as we have a wide variety of programs daily. I look forward to meeting you and your loved one.

**To contact our recreation staff please call (902) 275–5631 ext 8233**



## Therapeutic Recreation

Therapeutic Recreation is to provide meaningful recreation and leisure programming for persons of all ages and abilities with specific needs.

The following information will familiarize you with the programs offered in our Therapeutic Recreation Department.

A recreation program calendar is posted on the bulletin board in the Main Lounge and copies are made available for personal use. Family members are welcome to pick up a calendar. You may also view the calendar at [www.shorehamvillage.com](http://www.shorehamvillage.com) or join us on Facebook; Shoreham Village Continuing Care.

Should you have any questions or suggestions regarding our programs, the Recreation Team will be happy to address them. Please drop by and visit one of our two offices. The Manager of Recreation and Volunteer services is located down the Anderson Wing next to the OT room. The recreation programmer's office is located in the main lounge.

### **SPIRITUAL PROGRAMS**

Spirituality comes in a variety of forms. Shoreham Village strives to accommodate the varying needs of residents here in the home. The following are a few examples of spiritual programs offered.

- ≈ Devotions
- ≈ Weekly Thursday morning interdenominational church service
- ≈ Monthly Communion service
- ≈ Hymn-sings
- ≈ Spiritual sing alongs
- ≈ Monthly Spiritual Hour
- ≈ Personal connections to nature through recreation
- ≈ Continued growth through individual goals and values

**\*\* Clergy will administer Communion/prayer in your room upon request.**  
**Please let Recreation staff know. \*\***



## **PHYSICAL PROGRAMS**

Physical activity is an asset to our wellbeing and may be an integral part of one's individuality and life style.

Shoreham provides a number of physical programs in which our residents may take part in. Our physical programs take place in the main lounge or on the wing; depending on the program.

Here are a few physical programs that may be offered:

- ≈ Exercise/stretch routines
- ≈ Walking
- ≈ Bowling
- ≈ Curling
- ≈ Floor Hockey
- ≈ Physical games such as ring toss, parachute and basket ball

## **SOCIAL PROGRAMS**

Maintaining an individual's community connection and social interaction is a vital aspect of each of our wellbeing. Social connections allow us to maintain healthy and balanced relationships with other people.

Social programming is a large part of our home. We encourage residents to interact with one another in a positive light and provide many opportunities to do so.

- ≈ Luncheons
- ≈ Monthly Birthday parties
- ≈ Theme parties
- ≈ Hand Wax Program
- ≈ Socials
- ≈ Baking groups
- ≈ Bus drives
- ≈ Pet Therapy Programs
- ≈ One to one (1:1) visits
- ≈ Intergenerational Programming



## **COGNITIVE PROGRAMS**

Challenging our minds each and every day aids in maintaining memory, attention, and increased comprehension. The more we challenge our brains the better we are to problem solve and maintain our current thinking skills.

A few challenging opportunities provided are:

- ≈ Word games
- ≈ Trivia
- ≈ Reminiscing
- ≈ Puzzles
- ≈ BINGO
- ≈ Montessori

## **EMOTIONALLY CONNECTED PROGRAMS**

Continuing a sense of self is very important to many people. It is what makes us distinct individuals. Knowing who we are, where we come from and what our likes and dislikes are assist in maintaining our feelings of being valued and help keep our personal morals and values.

Shoreham is open to new ideas in all aspects; especially knowing what makes you who you are and helping you maintain that while here in the home.

- ≈ Art/crafts Program
- ≈ Music programs (large and small based groups)
- ≈ Music Therapy
- ≈ Sensory/SenSupport
- ≈ Sing Alongs
- ≈ Yoga, Relaxation/Guided Imagery
- ≈ Hand Wax Therapy
- ≈ One to one (1:1) supports



### **HOME BASED/SELF DIRECTED**

Sense of duty, responsibility and the feeling of being helpful is very important to many of us. Taking part in programs which provide a “work like”, home base or helpful mentality allows for sense of independence.

A few programs offered here which aid this are:

- ≈ Laundry Folding
- ≈ Folding brochures, newsletters
- ≈ Assisting with daily bulletins
- ≈ Delivering newspapers/mail
- ≈ Selling tickets (fund raising projects)
- ≈ Helping decorate for special occasions
- ≈ Assisting in meal prep

### **HAIR CARE**

The hairdresser is in 2-3 days a week. Appointments can be made directly with her or by seeing a staff member. A nominal fee is charged for these services. You may charge it to your account or you can pay the hairdresser directly.

The hair salon is located in the main lounge just next to the dining room entrance.

### **RESIDENT AND FAMILY COUNCIL**

**Resident Council** meets once a month in the OT Room. All residents are encouraged to attend and add their voice. Family members are welcome. These meetings are notes on the monthly recreation calendars. These meetings are chaired by a member of the recreation department. These meetings are of a general nature such as building repairs, dining experience, activities being offered etc. This is not a forum in which we would discuss individual resident care concerns. We encourage any concerns such as these be brought forth to the appropriate supervisor as soon as possible. There are also annual resident care conferences to receive updates on care as well as to discuss personal matters.





**Family Council** is held quarterly. These meetings may be held virtually or in the Shoreham Meeting room. Notification of these meetings are sent through email, posted on our main board bulletin at the entrance and posted to our social media. All family members and advocates of residents are encouraged to attend. These meetings are of a general nature such as building repairs, dining experience, activities being offered etc. This is not a forum in which we would discuss individual resident care concerns. There are annual care conferences held as well we encourage for any concerns such as these be brought forth to the appropriate supervisor as soon as possible.

### **BUS OUTINGS**

During the spring, summer and fall our wheelchair accessible bus is used for outings such as picnics, shopping, scenic drives, and other community outings. We make every effort to provide equal opportunities to all Shoreham residents.

### **HOLIDAYS**

We celebrate all holidays, 100 birthdays and love to plan parties. Family members are always welcomed to join in the fun.

Please let us know if there are special holidays or spiritual practises you may have so we can provide the best experience for you here at Shoreham.

### **DINING**

Residents are encouraged to have their meals in the main dining room if they wish. There are 2 settings for each meal to allow opportunity for all residents to enjoy their dining experience. Meal times are as follows:

Breakfast ... 1<sup>st</sup> setting (8-9am), 2<sup>nd</sup> setting on wing (9-10am)

Lunch ..... 12:00-1:00, 1:00-2:00

Supper..... 4:00-5:00, 5:00-6:00



## **ALTERNATE FAMILY AND RESIDENT VISITING AREA OPTIONS**

Residents and family are encouraged to spend time in the OT Room and the Family Room.

The OT Room is located down the Anderson Wing hall. It is available to book for family affairs (i.e. birthdays, anniversaries, and special occasions) as well as a quiet place to enjoy a private dinner together. If the OT door is locked, please see the RN and they will open the door for you. Please inform the RN when you leave so they can lock up again. Please see the Recreation Manager or a recreation staff member if you wish to book this room for a family gathering.

The Family Room is located just down the hall from the OT Room. A small quiet area to go in and spend time together.

During the nice weather there are many areas for resident and family to use outside. The sundecks, swings and benches are located at the front entrance, off the Main Lounge and at the end of each wing. The gazebo and garden area is wheelchair accessible. Please take advantage of these lovely areas and enjoy our gardens while you spend time together. We also have a pathway to the Pharmasave and Tim Horton's for use of both residents and loved ones.

## **VOLUNTEERS**

Volunteers play a major role in our lives here at Shoreham by assisting staff in organized leisure programs and one-to-one friendly visiting. We are always looking for volunteers who enjoy seniors and wish to add to our residents' quality of life. See the Recreation Manager if you or someone you know who may be interested. Training would be provided.

## **Resident Getting to Know You**

Recreation will provide you with a resident Getting to Know You document. This allows Recreation to assess your needs and interests in order to know you better; offering types of programs that will be specific and meaningful for you (your loved one).



Once again, a warm welcome to you and your loved one(s). We hope it will not be long before you and your family become an active member of our extended Shoreham Family. We look forward to seeing you in our home.

Thank you

Your Shoreham Village Recreation Team