

Volume 1  
Issue 1  
**Christmas 2020**

# Westford Word

---

*Teacher says  
every time a bell  
rings, an angel  
gets his wings.*

*-Zuzu Bailey*

*"It's a Wonderful Life"*

---

It is my hope that this newsletter finds you and your loved ones safe and healthy this Holiday Season. We are living in unique times and it is my intention to bring you joy and some comfort along with information. It has been my pleasure and honour getting to know your loved ones in a different manner since becoming Activity Director in February and I look forward to getting to know each of you as well. Karen Coffin

**Season's Greetings to everyone at the Westford! For those of you that don't know me my name is Hilary and I work in the activity department on Saturday mornings. I hope you all are having a great start to the Christmas season and have plans to get together with family (safely of course!). Christmas is my favourite time of year and I like to start planning and decorating in November. I have some holiday themed crafts and games planned for the Saturdays in December including paper poinsettias and Christmas themed Hangman puzzles planned as well.**

**I hope you all have Happy Holidays! Cheers to 2021**

**Hilary**

## **Memorial Christmas Ornaments**

Over the past number of years, families have purchased and donated Christmas ornaments in memory of their loved ones. These are displayed on a special Christmas tree to honour their memory after being tagged with their name and who donated it. If you would like to donate an ornament this year, we ask that you call Karen H. or Lori in the business office (538-1302) or Karen C. in activity (538-1304) to make arrangements for its delivery.



*"A balanced diet is a Christmas cookie in each hand!" – Barbara Johnson*



*On Christmas Day from 2-4pm, there will be urns of Hot Cocoa and Apple Cider available at the front entrance (outside) to encourage window visits with your loved ones. Remember your lawn chairs, warm woollies and blankets. The Holidays look different but we will do our best to make them feel just as special.*

**FYI – Westford has a weekly 50/50 draw that supports our Resident Christmas Fund. If you already have a number, don't forget to pay your toonie. If you don't have a number call Karen C. at (506)538-1304. It is \$2 per week to play and it is drawn on Thursday afternoons.**

Lottery License # 0043850 56 000

Good Luck! Bonne Chance!

The Westford Nursing Home dietary staff would like to take this opportunity to wish you and yours all the joy and comfort this holiday season can bring. Despite not being able to hold large gatherings with residents and family members, rest assured that all of the food comforts of the Christmas season will still continue inside the walls of the nursing home.

The kitchen elves are already hard at work preparing the holiday menu, which will include a Christmas Eve celebration honouring our East Coast roots with fresh lobster rolls. Christmas Day will hold our traditional Christmas Feast of roast turkey dinner with all the trimmings, we will ring in the New Year with New York strip loin steak dinner and on New Year's Day a baked ham dinner. All of our meals will be complete with fresh homemade decadent desserts, egg nog and punch that will be sure to please any palate.

Throughout the month of December, we will have special baked goods that will bring back memories of holidays gone by, mincemeat pies, gingerbread, shortbread, fudge, fruit cake and sugar cookies are just some of the goodies that will be provided to our residents throughout the Holiday Season.

Happy Holidays and Stay Safe,

The Westford Dietary Team



This is certainly a different Christmas approaching us. While we would typically be speaking about getting together and sharing in festivities and food, this year there is the need to celebrate separately. This by no means limits the love and appreciation for the residents, nor from the residents. On the contrary these difficult steps are being imposed in order to protect those people so dear to us.

The importance of being in touch and expressing our love is all the more needed. Christmas cards, gifts, telephone calls, face to face time through booked visits, online visits, or at the windows are all good ways to share your care and love. Please call Karen Coffin at 506.538.1304 to book an in person visit and please call the nurses station at 506.538.1306 to book face time/messenger call or ensure your loved one is in their room for a window visit.

This year will be unique in that the Resident Christmas Party and Staff Christmas Party will take place as a combined event. For those of us who work at Westford, the Residents are like a part of our family and in many ways, it seems the residents feel that way too. Even with the masks, the Residents can connect with us through our eyes, our touch and our slightly muffled talk. The Home will have a few less decorations as we will not have a decorating party but be assured decorations will still be up for the Home to look festive.

Thank you for the photo albums you send that help us to hear more about the Residents' lives and share in their love of family and friends. These are treasures that Residents value and so do we.

Hoping you have a healthy, happy holiday season and wishing you many joys with many treasured memories,

Patricia Harrington (Executive Director) and Ryan MacDonald (Director of Nursing)





*"Like snowflakes, my Christmas memories gather and dance – each beautiful, unique, and too soon gone."*

*Deborah Whipp*

## **Merry Christmas from Environmental Support Services (ESS)**

### **Greetings**

With winter coming, salt is used to help melt snow and ice. This collects on boots and is tracked into the building. This creates a risk for falls with our Residents and staff. Please bring spare footwear to change into at the front door to help keep our building safe.

With the season of gift giving upon us, this is a reminder that all electrical items **MUST** be left with staff so that maintenance can inspect and tag it prior to use. And if purchasing clothing for your loved one, place it in a bag that is clearly labelled with your loved one's name so that it can have a name tag affixed by laundry staff.

Merry Christmas, Gordie Butcher

### **Creative Gift Ideas**

Christmas will look and feel different this year, but that just gives us more reasons to be creative. Below are some ideas and websites that may help inspire your creativity and help with purchasing and/or creating something extra special for your loved one. **A Christmas Box is in the front entrance along with a North pole mailbox for dropping off gifts and cards to your loved ones. Also, you can purchase on-line and have it shipped here and we will wrap it for you.**

Easy Fashion Adaptive Clothing call 506-874-0565 or visit them on FaceBook at easy fashion adaptive clothing, thesleepkit.org, personalized scrapbooks or LifeBio.org, calendars personalized with family birthdays and anniversaries, cordless or cell phone, newspaper subscription, a basket of their favorite toiletries, iPod nano loaded with their favorite music, noise canceling Bluetooth headphones, aromatherapy necklace or roll-on, some cheerful outside decorations they can enjoy from their room, and a mechanical cat. Hopefully this inspires some ideas. Happy Shopping!! **Flowers and plants cannot be gifted at this time.**