

Volume 2

Issue 2

Spring 2021

# Westford Word

*"Spring is the time of  
plans and projects."*

*-Leo Tolstoy*

Things are ramping up around here and busy, busy, busy!! With spring just around the corner, we would like to take a moment to share some of the upcoming events that will be taking place these next few months.

## EVENTS

We started off the Easter season with a Mardi Gras "Booze & Tattoos" party. Residents were able to choose a temporary tattoo, if they wished, and have a drink of Blond Brew beer, Curvé Red wine or a Shirley Temple. We will be concluding the Easter Season with an Easter church service and communion on April 1.

### UPCOMING EVENTS:

- SPRING BREAK TRAVEL WEEK
- SOAP MAKING
- DECADES THEME WEEK
- "WESTFORD" OSCARS RED CARPET EXTRAVAGANZA
- MOTHER'S DAY TEDDY BEAR PICNIC
- GRAND OLE OPRY WEEK



## NURSING NEWS:

Good news to share, it's about time! Residents finally received their first shot of two for Covid-19 vaccinations on Wednesday, March 3. This is bringing us one step closer to being able to hold our loved ones again. Most staff are also being vaccinated and we are ready to stop this virus in its tracks!!

Ann Dobson was the first resident to be vaccinated. She was very excited to have it done!



Another note of excitement is that construction has begun on our new shower room. The west wing tub room is being converted into a shower room. Residents will now be given the option of a tub bath or shower, providing a higher standard and more options.

## ESS ESSENTIALS:

Upgrading to the sprinkler system has begun and will be continuing for approximately 6 weeks. This is a necessary upgrade and will continue to ensure the safety of your loved ones. There will be a great deal of commotion and it will be necessary for routines to change from time to time. This is being done in the most efficient way to reduce the negative effects to Residents as much as possible while still getting the work done and maintaining everyone's safety.

New windows have been ordered and are expected to be installed over the next month.

## DIETARY DISCOURSE:

The Resident Food Committee has been restarted and held its first meeting with newest members on February 22. The purpose of these meetings is to allow Residents a chance to give more input on menu planning and bring forth concerns directly to those in charge of the food preparation and service.

## ACTIVITY ANNOUNCEMENTS:

We have a special "Spring Cleaning" project that will be taking place in time for Easter. The Residents will be making handmade soap as gifts for their loved ones who they dearly miss. With no sign of visitations starting, we are hoping to eliminate the feeling of isolation and give everyone a chance to see and talk to their loved ones face-to-window-face while receiving a gift especially made for them. On March 26 starting at 10:30, we will be booking window visits in the activity office for 15minute intervals. Window visits are of course always available at your loved ones' bedroom window, but this gives everyone the opportunity to comfortable seating out of the elements and without the worry of shoveling snow!

We are currently unsure what late spring and early summer will bring, so with that in mind, we are going ahead and making plans, knowing they may have to change with the fluid situation of the pandemic. Mother's Day is always a busy time and we don't want to miss out on celebrating our Moms. In anticipation, we are planning a Teddy Bear Picnic. We are encouraging families to purchase stuffed animals for their Moms/grandmas/special ladies instead of flowers (which are still not allowed in the home) and, weather permitting, we will be having an outdoor garden picnic. As we get closer, we will share information on the status of whether or not this will be a closed or open event.



A reminder: if you are leaving items for your loved one in the entry way, please label the items clearly and let someone know they have been dropped off (538-1304). Thank you.

*“That is one  
good thing  
about this  
world...there  
are always  
sure to be  
more  
springs.”  
-L.M.  
Montgomery*

## FUNDRAISING

**50/50** - drawn every Thursday. Call 506-538-1304 to get your number!

**On-Line Auction**-stayed tuned to Westford Nursing Home FACEBOOK page for when, where and how to place a bid. Thank you for all the donations.

**From Our Home to Yours Recipe Book** – Thank you to everyone who has submitted recipes for our special cookbook. Anyone with questions or submissions, please contact Michele at 506-538-1304. We are hoping to have them for sale late spring.

## APPRECIATION AND THANKS



### Port Elgin Regional School Kindness Project

A big thank you to *Nate, Isaac, and Matthew* for their donations to our Residents. They turned a school project into an act of love, donating \$200 worth of books, puzzle books, stuffed animals, iTunes cards, and Bingo prizes to our Residents.

### Valentines Art Packs

Another shout out of appreciation to *Judy Brander* of Nannie B's Best Loved Books and *those who donated* to the cause for their donation of art supplies to our Residents.

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## ADMINISTRATIVE AWARENESS SHARING:

As caregivers who have loved ones living in a Nursing Home, you are still caregivers and we want to recognize that. Because your loved one's address is now different, it does not mean your caring has changed. We would like to share some resources that can support you as a caregiver.

For those of you who care for loved ones living with any form of dementia the Alzheimer Society of New Brunswick has provided some information that we feel may helpful.

**Free bilingual resources:** They can send you pamphlets and brochures that would useful. For example, they can prepare a long-term care information kit that would include their Moving to long-term care series, Meaningful Visits, Communication, Shifting Focus, etc.

**Virtual Educational sessions:** They provide a range of presentations for the general public, health care professionals and caregivers.

**Virtual Caregiver's Support Network:** Family and friends of individuals living with dementia meet each month to share stories, offer support and learn from one another.

**Telephone support:** They provide ongoing support through to the end stages of the disease.

**First Link program:** This is an intervention service where a formal referral from physicians or healthcare providers allows families to receive immediate support and information.

If you are aware of anyone who may benefit from their services, you can refer individuals or families! It is a simple process:

Download and fill out their electronic First Link® referral form.

Print it off, then get the person's signature of consent.

Fax (506-452-0313) or email (info@alzheimernb.ca) the signed form to the Alzheimer Society of New Brunswick.

They we will contact that person directly within three weeks of referral. More urgent referrals are possible.

**The Sackville Caregiver Support Group:** Meets the first Thursday of each month (7pm-9pm) currently using Zoom or people can call in toll free and take part listening and sharing as they feel comfortable. This is a "safe space" to share. Patricia Harrington is a volunteer co-facilitator with this group. Odette Gould is the other volunteer co-facilitator, she is a professor at Mt. A and shares information about dementia, aging and other topics as needed.

**Please do not hesitate to reach out for any assistance, that is why the Alzheimer Society is here and that is why volunteers help.**

Also, the New Brunswick government has developed a new guide to help seniors during the pandemic. Here is the link to that guide:

**<https://drupal.socialsupportsnb.ca/sites/default/files/2021-02/Older%20Adults%27%20Wellness%20Guide-Feb.%202022.pdf>**