

WESTFORD WORD

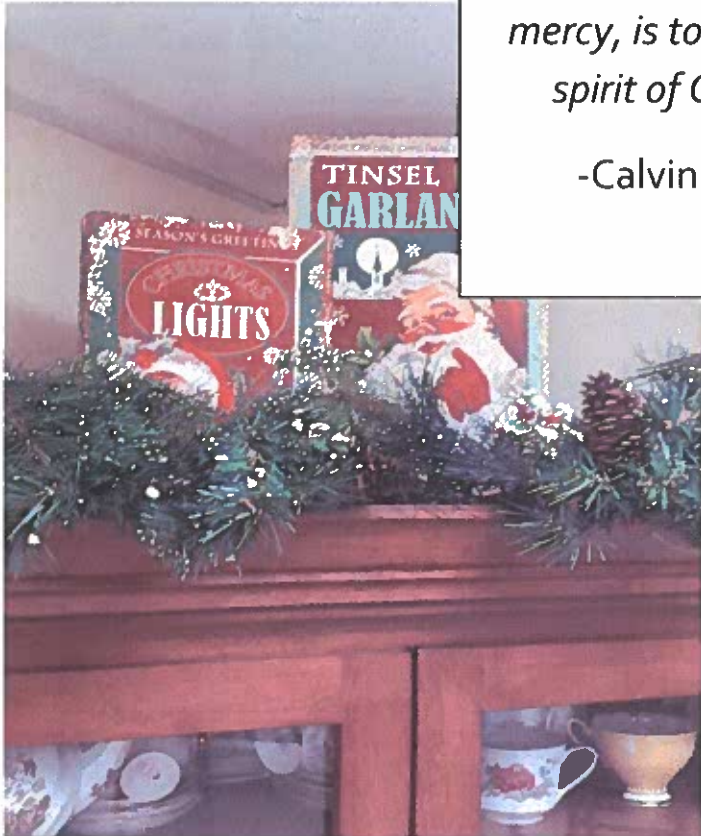
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Christmas 2021



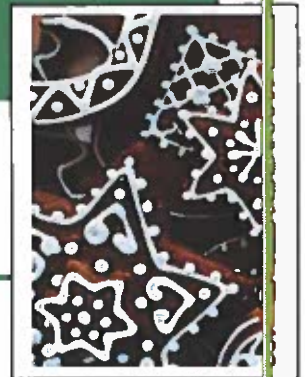
"Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas."

-Calvin Coolidge



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 may 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 busy at work preparing the holiday menu, which will include a Christmas Eve celebration honouring our East Coast Roots with a hearty seafood chowder and fresh baked dinner rolls. Christmas Day will be celebrated with a traditional Christmas Feast of Roast Turkey Dinner with all the trimmings. Ringing in the New Year will be celebrated with a Chinese Buffet and a Baked Ham Dinner will be offered for New Year's Day. 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, yule logs, shortbread, fudge, fruit cake and sugar cookies are just some of the goodies that will be provided to our residents throughout the Holiday Season. You may start to smell delicious holiday baking wafting through the halls of Westford in the coming weeks. The dietary staff appreciates all of your love and support during this difficult year.

Merry Christmas, Lee Ann Addicott, RD Registered Dietitian



ESS ESSENTIALS - 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 and Environmental Services Team

In Memory



Over the years, families have purchased and donated Christmas ornaments in memory of their loved ones. These are displayed throughout the home 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 C in activity (538-1304) to plan for its delivery.

Reindeer Games and Elfin Fun



We strive to add some fun and childlike wonder to the season. Last year we were visited daily by a mischievous little elf who, from what Santa has told me, is coming again this year. We also plan on having a door decorating contest, a visit from Mr. and Mrs. Claus, weekly advent service (on Monday mornings), and a winter hunt (those poor reindeer).

Gift Ideas



Don't stress – you got this!!! And if not, here are some hints and tips. The best advice is to keep it simple and relatable. Anything homemade (scrapbooks, fudge, favorite recipes/meals, photo albums, personalized calendars) or familiar (favorite soap, body wash, shampoo, or an iPod loaded with their favorite music) will be sure to delight your loved one. For the person with a large family, and you want something "different", setting up a subscription for the newspaper or for a bouquet of favorite or seasonal flowers to be sent monthly, are thoughtful gifts that will keep Christmas all year long. The nurses have started writing down specific needs for each Resident so if you are looking for something that is a necessity, you can call the nursing station 506-538-1306. Electric razors for both men and women are appreciated by Resident and staff alike. Please if giving gifts of candy and food be mindful of dietary restraints and things that may be hazardous if swallowed.

A Wrapped Box has been left outdoors for parcels to be delivered. Please call Karen (506-538-1304) to let her know there is a parcel. You can also purchase on-line, and have it shipped to Westford and we can wrap it for you.

**Business Office Holiday
Hours**

Dec.24	8am-noon
Dec.25	closed
Dec.26	closed
Dec.27	closed
Dec.28	closed

**Have a Merry Christmas,
Karen H., Lori and Gloria**

Season's Greetings,

I hope this newsletter is finding you safe and well. We have been busy here at the Westford doing the same for your loved one. On October 21, eligible Residents received their Covid booster and an Influenza vaccine clinic is scheduled in mid-November. We hope you are doing your part and would like to encourage you to get vaccinated as well. Everyone entering Westford MUST provide proof of full vaccination (2 weeks since last shot) and we eagerly await the day when you can come back to visit. That being said, we have been able to reinstate our Designated Support Persons visitation and we are taking all necessary steps toward opening for full visitation as safely and as soon as possible.

Family conferences have been limited during the pandemic to conference calls, but we have recently used "Zoom" to get the process rolling again and make it more personal. We have found it to be an effective tool and we look forward to "seeing" you soon.

**Happy Holidays,
Ryan MacDonald
506-538-1307**

I recently saw a resource created by Ontario Centres for Learning Research and Innovation in Long-Term Care that is called "WORDSWAP". WORDSWAP is a tool that we can look at to ensure that we are using "Person-Centred Language". This language is inclusive to people who are living with dementia. The words to consider reduces labelling and infantilizing people. It has four (4) sections: People, Places, Actions and Items. In each of these sections it gives comparative words that can be considered instead of other words. I am going to list these word swaps shared and perhaps you have a few of your own. Here goes:

Demented person, Dementia sufferer, Senile → Person living with dementia

Long-term care home patient → Resident. Informal Caregiver → Family Care Partner

LTC Facility/Nursing Home/Old Folks' Home/Institution → LTC Home

Adult Day Care → Adult Day Program or Support program.

LTC Unit → Neighbourhood or Home area

Admitted or placed/Discharged → Moving in/Moving out

Difficult behaviours/Challenging Behaviours → Responsive behaviours or personal expressions

Violent behaviours → Physical expressions of risk. Triggers → Contributing factors

Exit seeking/Wandering → Exploring or Searching.

Diaper → Adult brief or incontinence product

Bib → Clothing/Shirt protector. Sippy cup → Glass, cup or mug

Wishing you and your families and friends many joyous times over the holidays, Patricia