

Spring 2024

Westford Word

Volume 5 / Issue 2

NURSING NEWS:

Hello Everyone,

Although winter has been comparatively mild this year, it feels like everyone is longing for Spring. With the warmer weather and longer days, comes our ability to take the residents outside for fresh air and there is nothing quite like the natural Vitamin D we get directly from the sun. We notice a remarkable improvement in mood.

We are all looking forward to heading outside for the Alzheimer's Walk on Friday, May 24 and we will be having a Yard Sale and BBQ with proceeds going to Resident Trust. We welcome participation from all residents, their families and friends, staff, and members of our community (you can also reserve a table for a donation of \$10 and make some cash for yourself).

Speaking of community, our staff roster is growing, and we will be welcoming an Internationally Educated Nurse in the coming weeks. She comes from Nigeria with her spouse and 2 children, and we can't wait to show them all some Maritime Hospitality and welcome them to the community and to Westford.

Enjoy the warmer weather, brighter days, and the end of cold and flu season!

Sincerely,
Lindsay Johnston
Director of Nursing

E.S.S. Essentials

Remember:

1. It may be spring, but bad weather can still creep up on us quickly! Watch your footing in the parking lot.
2. To bring indoor footwear especially during this sloppy season.



Upcoming Events:

May 10

2-4pm-Mother's Day Picnic

May 24

11am-1pm - BBQ & Yard Sale
(reserve a table for \$10)

1pm - Walk for Alzheimer's.
Pledges are being accepted presently.

June 14

2-4pm - Father's Day Casino

Volunteers:

April 21-27 is Volunteer Appreciation Week.

Here at Westford, we are especially grateful for our volunteers Carolyn Wood, Pat O'Connor, Jocelyn Connolly, Seamus Martin, PERS student volunteers, Mt. A student collaboration and our board members.

We are always seeking new volunteers and new talent for entertainment as well.

Call Karen @ 506-538-1302 ex.4
Or email to
westfordactivity@gmail.com

3. To clean out your loved one's closet and bring home seasonal items and boxes of unused items. (con't on page 2)
4. When purchasing new clothing for your loved one, to place in a bag with Resident's name clearly marked so laundry can label.
5. All electrical items **MUST** be left at Activity or Nursing Office so that maintenance can inspect it before being used. **This even goes for new, out-of-the-box items.**

Thank you,

Gordie Butcher, ESS Manager

"Spring is when you feel like whistling, even with a shoe full of slush." -Doug Larson



First Tattoo at 92



Valentine's Day Punch



"Soul Mates"- Gomez & Morticia

ACTIVITY ANNOUNCEMENTS:

I always get excited this time of year, and so do the Residents; waiting for that first sighting of a robin, watching the rabbits play around outside, and looking forward to that first outing to the Serenity Garden. The Garden Committee is still seeking green thumb volunteers. If you are curious, please contact Karen or Ryan.

I am also looking for photos to add to our family tree. If you have a picture of your loved one that you would like to have displayed (can be new or old, a wedding picture, or graduation picture), please come see me so a copy can be made to add to our "Family Tree".

I want to take this time to remind family that you are invited to attend Resident Council. This occurs on the last Wednesday every other month at 2pm (next meeting is March 27 then again May 29) and is an opportunity to ask questions, voice concerns, and be informed about what is new. You can also request a ZOOM link if you are unable to attend in person.

Enjoy the Sunshine and Fresh Spring Air,

Karen Coffin, Activity Coordinator

"Nothing ever seems impossible in Spring." – L.M. Montgomery

Dietary Discourse:

Dear Residents, Families, and Guests

As the flowers bloom and the sun shines brighter, we're excited to announce the transition from our cozy fall/winter menu to our fresh and vibrant spring/summer menu here at Westford Nursing Home. With Mother's Day and Easter approaching, we're gearing up for some special celebrations to honor these cherished moments with our residents and their loved ones. And in the kitchen, we're eager to spice up our offerings with some new recipes! If you have any family favorites or culinary discoveries you'd like to share, we'd love to hear from you at the same email address: westforddietary@gmail.com Let's make this spring season one to savor with delicious meals and heartfelt moments together.

Warm regards,

Sharon Ngongo, RD



FYI:

Purple Butterflies



You may have noticed purple butterflies by name plates and pictures. The butterfly signifies "end of life" and is used to identify a Resident who is nearing the end of their life or who has recently passed. The butterflies are placed as a visual reminder to staff, volunteers and visitors to maintain a respectful level of noise and be mindful of their actions in those spaces where butterflies are present as family are grieving and deserving of respect as they mourn.



GENIE

A new piece of equipment (a simplified computer called "GENIE") has arrived and we are seeking families that are comfortable using technology to keep in touch with their loved ones. If this is you, contact Karen in activity and we will get you hooked up to this unique and free experience.



**International
Women's Day**
March 8

Administration Awareness:

Hello everyone,

Out of nowhere, seemingly due to the mild temperatures this winter, spring has snuck up on us. As someone who loves summer, I am hoping that the mild weather continues, and we are treated to a long, warm summer this year.

Though we enjoyed turning the calendar to 2024 in January, the fiscal year end for Westford happens at the end of March and that means a busy time for us in the Nursing Home and specifically the business office. Jackie has already mailed out the letters for income tax purposes, so for any power of attorney who may not have received it, please reach out to us and we will provide you with one.

I'm pleased to share with you that Westford received over \$200,000 dollars of investment from Social Development over the past fiscal year to improve our equipment and service delivery. Each resident by the end of March will have a new bed and mattress and the mattress can be converted to a pressure relieving surface should the resident require it. We've also been approved for a new nurse call system that will improve our ability to respond to our resident's needs. In the 2024-25 fiscal year, we will continue to identify potential areas for improvements to our building, equipment and service delivery and submit requests for funding in those areas.

In other exciting news, we are getting closer to having our three international hires come to the area; in fact, one of the candidates has had her immigration application approved and her and her family of four may arrive by the end of May. We have found housing arrangements for them in the community, but the space could use some furnishings. If anyone has any furniture, particularly beds, dressers, tables, etc, and would be willing to donate them, please reach out to us. We want to give this family every opportunity to make this move a successful one and I know first-hand the generous spirit of the people in this community.

Finally, it has been an exciting time here at Westford the past few months with recreation programs going full steam and live entertainment coming in to entertain our residents, friends and family. We have been posting some of these events on our Facebook page and I'd encourage you to add us if you are not already so you can witness the vibrancy within our walls, if you cannot attend in person. Special mention to keep your ears open for more details on our Alzheimer's Walk in May which will also include a BBQ and yard sale, the latter of which the proceeds from the BBQ and yard

sale will go towards resident trust.

All the best to you and yours,

Ryan MacDonald

Executive Director

