

Westford Word

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NURSING NEWS:

Wow, summer flew by!

With the warm days coming to an end, we head into my favorite season, filled with beautiful foliage, comfy clothes, and football.

Unfortunately, fall also marks the beginning of cold and flu season. We will once again be contacting families for consent for influenza and COVID-19 vaccines, and we are waiting for guidance on a new vaccine for RSV, so you may be contacted to consent for this vaccine as well. We ask that all family members, visitors, and volunteers remain diligent with handwashing and staying home when feeling unwell, to keep our residents and staff healthy.

We look forward to seeing you all during your visits with your loved ones.

Sincerely,

Lindsay Johnston

Director of Nursing



Upcoming Events

September 30

#Orange Shirt Day for National Truth and Reconciliation

October 31

Ghouls & Goblins welcome

November 11

10:30 - Remembrance Day Service

ESS Essentials:

Please remember that all electrical items MUST be left either at the activity office or the nursing station so that maintenance can inspect the items prior to being placed in the Resident's room.

Also keep in mind that new clothing must be labelled clearly with your loved one's name or bagged with name on it for laundry to label for you. Old clothing that no longer fits, please take home or donate to PEDVAC, Salvation Army or another place of your choosing.

**Happy Fall Y'All,
Gordie Butcher, ESS Manager**

DIETARY DISCOURSE:

As we embrace the color and beauty of the fall, we are excited to share some refreshing updates from our Dietary Department. Our team has been hard at work revamping our menu to include a variety of seasonal dishes that are not only nutritious but also celebrate the bounties of autumn.

We are introducing hearty, traditional meals reminiscent of harvest season. One of the highlights this season is our weekly Tea Time provided by our amazing Activity director, offering a selection of flavorful teas and coffee to bring some warmth and nostalgia to our residents.

Your feedback is always welcomed. We strive to create enjoyable dining experiences for our residents. We invite you to share any favorite recipes, food preferences, or dietary concerns you might have for your loved ones. Please feel free to contact me at westforddietarty@gmail.com with your suggestions or questions.

Warm regards, Sharon Ngongo, RD

*“Every leaf speaks bliss to me, fluttering from the autumn tree.”
Emily Brontë*



ADMINISTRATION AWARENESS:

Hello friends,

It sounds unbelievable to say but summer has officially come and gone, with autumn now upon us. This summer was remarkable in terms of weather and in terms of all the exciting programs and initiatives that Westford experienced since our last newsletter went out. I continue to marvel at the spirit of giving and fellowship that exists in our community.

We hosted the Port Elgin Market in May for the first time this year and though the wind made it challenging, it was a great day nonetheless as it not only raised funds for resident trust but more importantly allowed our residents to take part in a market again and socialize with members of the community like they have all their lives.

We were the beneficiaries of a bake sale hosted by Keepsake Crafts which raised over \$1,000 dollars for resident trust.

Nursing Home Without Walls hosted their 5-year anniversary celebrations in our Serenity Garden and many members of the community attended the event and enjoyed the BBQ, cake, live music and the splendor of the garden. Thank you to the Garden Committee for restoring the garden and making it a great place for our residents and their family and friends to enjoy.

Most recently, twenty of our residents were able to enjoy an outing to Trueman’s Blueberry Farm for some ice cream. This was made possible through the generous donation of Ladies Auxiliary of Sackville and pulled off by our planner extraordinaire, Karen Coffin. Special thanks to the volunteers as well who assisted the residents to and from Trueman’s.

Throughout the summer, we had various programs and activities that were enjoyed by our residents and their families, and we will continue to work hard to provide and sustain the type of interactive, stimulating experience we want our residents to enjoy.

A friendly reminder with school back in session and the changing of seasons that the spread of germs is prevalent, and it can be particularly harmful for our loved ones with compromised immune systems. Please self-assess and take the necessary precautions to stay away or visit safely if you or your loved ones are feeling under the weather. I look forward to seeing you all in our Home throughout the fall as we rapidly approach the holiday season and the memories and celebrations it elicits.

Yours truly, Ryan MacDonald - Executive Director



More Upcoming Events:

October 8-29

DFS Fundraiser - high quality seasonal wrapping paper etc. Catalogues will be available.

Monday, December 16, 2-4pm

Annual Christmas Party with special guests directly from the North Pole! (Snow date is Dec. 23)

**Operation Christmas Child
November 20 @ 2pm**

We are looking to collect everyday items to fill shoe boxes that will be shipped to children in need for Christmas.

- Toothbrushes
- Hairbrushes
- Soap
- Mittens
- Socks etc...

We will be doing this as a celebration of International Children’s Day.

Jr. Volunteers will be returning in October.

Remember to turn back your clocks on November 3.