



# Norview News

August 2024

## Eastlink Price Increase

We have received information from Eastlink, our television service provider, and want to inform you about some changes to your upcoming bill.

Beginning with your September bill, there will be an increase in the monthly rate for your television service by \$2.00 per television outlet, per month.

If you have any questions regarding this change, please contact Pam Bonnett, Coordinator, Business Services at ext. 4223 or [Pam.Bonnett@norfolkcounty.ca](mailto:Pam.Bonnett@norfolkcounty.ca)

## Friendly Reminder

We understand during the warmer months that Residents may want to enjoy the weather outside. Please check with staff before letting a Resident outside to ensure it is safe for them to do so independently.

Also, there may be instances where staff can assist in applying sunscreen and providing a hat to protect Resident's against the sun before going outside.

Thank you for your cooperation and joining our efforts to keep our Resident's safe!

## August Programming

The dog days of summer are what they call the month of August.

A month best spent having BBQs, eating ice cream, and listening to live music in the fresh air.

Live entertainment featured this month include, Flute Music with Jennifer on Thursday, August 1st 2:00pm, Terry Carter on Wednesday, August 7th at 2:00pm, Gord Appleton on Thursday, August 8th at 2:00pm, Sugar & Spice on Tuesday, August 13th at 2:00pm, ELVIS on Wednesday, August 14th at 2:00pm, and Music with Shane on Thursday, August 22nd at 2:00pm.

On Tuesday, August 20th come on out for a special evening event with the band Trout Lily at 6:15pm.

Check out individual home area calendars posted on the home areas, and online for unit specific BBQs, socials, and other fun summer activities.

We're going to hold on to it as long as we can!

## Pet Visits

Norview Lodge encourages visiting pets by family members and pet therapy programs. All animals that are visiting must be clean, well-groomed, and appropriately vaccinated before entering the building or having contact with Residents.

All visitors bringing in their pets are required to provide contact information, the pet's most up to date immunization record (and continue to bring in the most up to date immunization records), and review our Pets at Norview Lodge policy prior to their first visit.

Please see Reception for more information.

## Welcome

Bea G.  
Larry N.  
Marion S.  
Richard V.



## Happy Birthday

Jim B.  
Michael C.  
Bea G.  
Glen H.  
Donna L.  
Heather M.  
Jaime R.  
Betty S.  
Bruce S.  
Bert S.  
Lynn S.  
Carolyn W.



## In Memoriam

Ken G.  
Karl H.  
Ed H.  
Barbara K.  
Doug M.  
Hazel M.  
Jim S.  
Phyllis S.  
Marie W.  
Wayne W.



## Reminiscing During Visits

People with cognitive impairment can often remember the distant past more easily than recent events. If you can find a way to help trigger the more distant pleasant memories, the person may become more animated and interested. Not everyone enjoys reminiscing about the past, but the following suggestions might be useful for those who do:

- Talk about the past together, while looking at old family photos or books with pictures, or while listening to music.
- Make up a memory or rummage box of objects that the person with dementia might be interested in. Physically handling things may trigger memories more effectively than looking at pictures.
- A visit to a favourite place might also prompt happy memories and provide another opportunity to get out and about.
- Be aware that talking about the past in this way can sometimes trigger strong emotions in the person you care for. It is important to be sensitive, to listen, comfort and reassure the person. You may uncover painful memories as well as happy ones.
- Cognitive impairment can damage the memory, the thinking and reasoning parts of the brain. However, the person can still express emotion. It is not necessarily a bad thing if the person becomes emotional. If they do, make sure you allow them to express their feelings and acknowledge their emotions.
- Avoid asking very specific questions that require factual responses and could put the person on the spot. The main purpose is to enjoy the memories rather than to make the person feel tested in any way. For example, instead of asking “Do you remember that day we went to the baseball game?” suggest, “I remember that day we went to the baseball game. It was so hot!”

## Hand Hygiene

The best prevention of the spread of infection and COVID-19 is with proper hand hygiene. We encourage staff, Residents and family members to perform hand hygiene, before and after visiting with each Resident. Norview Lodge has adopted the “Just Clean Your Hands” program. An alcohol-based hand rub is available from dispensers located in each Resident’s room and throughout the home. We encourage use of this product when soap and water is not readily available.