

Norview News

June 2026

Infection Control

Allergies or Cold Symptoms? Know the difference

At this time of year, it can be hard to tell the difference between seasonal allergies and a cold. To help keep our Residents safe, we ask families to be mindful of any symptoms before visiting.

Allergy symptoms may include:

- Sneezing
- Itchy eyes, nose, or throat
- Clear, watery nasal discharge
- No fever

Common cold symptoms may include:

- Sore throat
- Cough
- Congestion with thicker mucus
- Fatigue
- Sometimes fever

If you are feeling unwell, please postpone your visit.

Thank you for helping us protect our Residents and staff

Recreation News

June is Senior's Month!! Throughout the month of June, the Program Department is celebrating our seniors, with programs including musical entertainment with the West Lynn School Choir, Terry, Archie, and Tia McGraff and Tommy, bus outings and BBQs. Other special events include, Whole Home Bingo, a visit from the Canadian Raptor Conservancy, and finishing the month with a Canada Day Strawberry Social. Dates and times for programs can be found on the calendars posted on the home areas, as well as on the Norfolk County Website.

Come on out for the annual Father's Day Car Show on Thursday, June 25th, from 6-7:30pm, located in the East Parking Lot. This event will also feature music with Jeff Dawdy! Friends and families are welcome to come on out with your loved ones to admire and reminisce about good times spent in some classic cars while enjoying an evening of music!

Please note that all outdoor programming and large events are dependent on the weather and the status of the home.



June is Seniors Month!

June is Seniors Month, a time to recognize and celebrate the invaluable contributions of seniors to our community. From volunteering to mentorship, seniors play a crucial role in maintaining and enriching our society. Let's explore the various ways we can honor and appreciate the seniors in our lives, highlighting their impact and offering ideas for celebration.

The 2026 theme, **Ontario Seniors — Let's Get Moving**, highlights programs and initiatives that promote wellness, social engagement and education for seniors and older adults

Here are some ideas for celebrating a senior in your community

1. Nominate Seniors for Local Awards

If you know a senior who is contributing to the fabric of your community, why not nominate them for an award? You can nominate them for the Ontario Senior of the Year Award, the Ontario Senior Achievement Award, the Ontario Medal for Good Citizenship, or any other local award. Recognizing their achievements publicly can be a wonderful way to honor their efforts.

2. Listen to Their Stories and Oral History

Many seniors are natural storytellers, with years of wisdom, knowledge, and experience to share. Take some time to listen to these incredible stories. Sharing a cup of tea with a senior in your community and engaging in a conversation filled with storytelling can be a rewarding experience for both parties.

3. Write a Simple Thank-You Card

In an age where most mail consists of bills and statements, a thoughtful thank-you card can brighten a senior's day. Writing a heartfelt letter can make a senior feel celebrated and appreciated. It's a simple yet powerful gesture that can have a lasting impact.

4. Take Your Appreciated Senior on an Outing

Plan a fun outing to the theatre, a church service, a senior's dance, a strawberry social, or even just out for a nice dinner together. Demonstrating your thankfulness and appreciation through shared experiences can create lasting memories and strengthen your bond.

5. Plan an Event in Honor of Your Senior Loved One

Celebrate milestones like a 90th birthday or a 60th wedding anniversary with an event honoring your senior loved one. Hosting a family reunion can also be a great way to recognize many loved ones at once. These events can be a wonderful opportunity to show your appreciation and celebrate their achievements.

6. Spend Quality Time Together

Sometimes, the simplest gestures are the most meaningful. Spending quality time together can demonstrate your care and appreciation. Whether it's a walk in the park, a movie night, or a casual chat, the time you spend together can be a cherished gift.

Celebrating Seniors Year-Round

While Seniors Month is a special time to honor seniors, it's important to celebrate and appreciate them year-round. Regularly acknowledging their contributions and spending time with them can make a significant difference in their lives. Simple gestures like a phone call, a visit, or a small gift can show seniors that they are valued and loved.

WE DON'T STOP PLAYING BECAUSE WE
GROW OLD, WE GROW OLD BECAUSE WE
STOP PLAYING.

- GEORGE BERNARD SHAW -