

Norview News

April 2026

Self-Care- Care for the Caregiver

On an airplane, an oxygen mask descends in front of you. What do you do? As we all know, the first rule is to put on your own oxygen mask before you assist anyone else. Only when we first help ourselves can we effectively help others. Caring for yourself is one of the most important—and one of the most often forgotten—things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit, too.

Take care of yourself. Make sure that your needs are being met so that you can continue to stay healthy and provide care. Remember to check in with yourself:

- Are you eating well?
- Getting adequate physical activity?
- Sleeping too much, or not enough?
- Keeping in touch with other people?

Self-care tips:

Try to stay positive- find the positive in today

Make back up plans- ask for help

Stick to a routine – consistency is key

Avoid information overload – limit news

Stay connected – keep in touch with friends

Recreation News

A special interest program, the Recreation Department would like to highlight this month is the Maker's Club.

In this club, residents get together who enjoy homemaking activities to create and reminisce. Past projects include, making strawberry jam, and dill pickles that are then enjoyed by all at special meal programs throughout the year. As well as many other desserts that are enjoyed fresh at socials the same day.

On April 15th, the Maker's Club has invited the Norfolk County Quilters Guild to come and present some quilts and talk about their process. Any current or past quilters are encouraged and invited to attend to share their knowledge and love for quilts!

This will occur at 2pm in the Gathering Place. Please note that space may be limited, and if interested, please reach out to any Recreation Therapist



Administrative Professionals Day

Wed. Apr. 22, 2026

Administrative Professionals' Day honors the contribution of administrative professionals to the successful operation of businesses and organizations. Diverse job titles, including secretaries, administrative assistants, and executive assistants to name a few, form this significant workforce segment. The occasion serves as an opportunity to express appreciation for these individuals' dedication and hard work, as they often oversee multiple roles that ensure smooth-running operations.

The observance, originally named National Secretaries Day, was introduced in the US in the early 1950s. It was later extended to administrative professionals of all kinds and its recognition reached Canada where a similar need to acknowledge such professionals was felt.

For Canadians, Administrative Professionals' Day has become an important gesture acknowledging the efforts of these essential workers. According to the latest Canadian census, there are more than 1.8 million office and administrative professionals working in Canada. Their roles are incredibly diverse and are found throughout the private and public sectors.

Here at Norview we have various roles that comprise our Administrative Professionals – administrative assistants, unit clerks and receptionist.

Thank you for all that you do!



Infection Control

Keeping Our Residents Safe This Spring

As we move into spring and warmer weather, we continue to focus on protecting our Residents, staff, and visitors from infections. Infection Prevention and Control (IPAC) practices are essential in long-term care to reduce the spread of illness and keep everyone safe.

Hand Hygiene Matters

- Hand hygiene is the most effective way to prevent the spread of infections
- Clean your hands when entering and leaving the home

Stay Home When You're Sick

- Even mild symptoms can spread quickly in long-term care, rescheduling your visit helps protect everyone
- Please do not visit if you have:
 - Fever, cough, runny nose, vomiting, or diarrhea

Respiratory Etiquette

- Spring still brings respiratory viruses, wearing a mask is recommended but not mandatory
- Covering coughs/sneezes in a tissue or in your sleeve

PPE and Precautions

- You may see staff wearing masks, gloves, or gowns. This is part of routine and additional precautions used to prevent transmission of infections
- Check in with nursing staff and follow signage on the Residents door

Vaccination Awareness

- Vaccination remains one of the best ways to prevent severe illness
- Stay up to date with recommended vaccines – speak with your healthcare provider if unsure

Thank you for your support