

# Norview News



## ANNOUNCEMENTS

Over the last couple of weeks there have been many references on varying news outlets and social media outlets marking the one year anniversary since the beginning of the COVID-19 pandemic.

For the April edition of the Norview News we wanted to continue to highlight activities that are occurring in the home, but we are also going to start sharing information about different departments in the home. This is being introduced based on the feedback from residents wanting to share what the roles are of the different departments especially, over this last year.

All departments at Norview Lodge play an integral role in providing a safe and enriching atmosphere for the residents. Like all departments at Norview, the Therapy Department has been facing and meeting the challenges that have been presented this last year related to COVID-19. Individual therapy visits have continued throughout the pandemic to ensure that the residents continue to strive towards meeting their physical goals. The therapy staff have been taking a variety of exercise equipment onto the home areas to give the residents a choice of both challenging and motivating activities. In addition to visits occurring on the home areas, residents are now able to attend gym workouts in the therapy room, which not only provide a greater number of workout machines to choose from, but a welcome change of scenery.

Exercise classes are being provided on the home areas and just recently, some classes have been provided outside to take advantage of the warmer weather. These classes encourage interaction and socialization through exercise and games, which is imperative for everyone's mental health and happiness. On many occasions, residents have requested longer group activities as they help raise spirits and a feeling of wellness and achievement.

Occupational Therapy services have continued throughout the pandemic and while some programs such as, the hydrotherapy program has been placed on hold based on current COVID-19 restrictions many residents have maintained their goals and/or made significant progress.

## THERAPY DEPARTMENT

We are continuing with our ongoing measures to protect our Residents and staff by following all directives and guidelines from the Ontario Ministry of Health, Public Health Ontario and our Haldimand-Norfolk Health Unit. Keeping with our ongoing theme of adaptability and listening to the feedback of our audience we are going to share information about a department at Norview Lodge in this month's edition and return to highlighting a resident next month.



# THE FACES OF NORVIEW

Norview Lodge is comprised of eight home areas and this month we are sharing photos and descriptions of activities that occurred in one of those home areas, Chestnut Hill.



Joyce helped create this beautiful and inspirational wall décor for Chestnut Hill.



A way to escape the cold weather is to imagine you are on the beaches of Hawaii attending a luau with your friends and Georgina did just that.

## “Photography is the beauty life captured”.



When asked by a few ladies to join in their hat creating program for high tea; Jim could not refuse their invite and everyone enjoyed themselves immensely.



What better way of celebrating St. Patrick's Day then bowling and getting a strike!



## “Happiness is great food and great company”.

A statement that always rings true and recently residents in Chestnut Hill enjoyed a KFC supper that brought about great conversations and many laughs. We are very fortunate that there are so many local food establishments and our ongoing challenge is choosing between them all.

Along with great food another favorite program is one that involves a musical element. The music could be provided by instruments and/or singing and a program that is always well received is a Hymn Sing program. This is not just a program reserved for Sunday enjoyment, but rather the program staff will have it available throughout the week.

During a recent Sunday Hymn Sing the residents in Chestnut Hill along with the Recreation Therapist, Samantha enjoyed reflecting on how spring is upon us and how it relates to the words within the hymns. The hymns provided an atmosphere of relaxation and all the participants were able to focus on how Spring can bring about positive change in both a visual and spiritual way.

Often games involving many participants bring out a fun and competitive edge for everyone and a program that does just that, is bingo. This is a favorite among the residents in Chestnut Hill and it is often requested a few times a month. Vouchers are won for winning cards and can be cashed in for various prizes.

Everyone is looking forward to the warmer weather and in Chestnut Hill they are focusing on getting more active and enjoying some refreshing treats such as, fresh fruit smoothies.