

Norview News

November 2026

Infection Control Update

Respiratory Illness Season & Vaccination Updates

As we enter November, respiratory illness season is underway. At Norview Lodge, we remain committed to protecting our Residents through vaccination, early identification of illness, and effective infection prevention practices

Resident Vaccination Clinics

- **Influenza Vaccine – October**: Our annual influenza vaccination clinic was held in October to help protect Residents against seasonal influenza
- **COVID-19 Vaccine – November**: Our COVID-19 vaccination clinic is scheduled for November to provide Residents with updated protection against COVID-19

Vaccination remains one of the most effective ways to reduce the risk of serious illness, hospitalization, and complications, particularly among older adults

As respiratory viruses become more prevalent in our community, we kindly as families and visitors to help protect our Residents by:

- Postponing visits when feeling unwell
- Performing hand hygiene when entering and leaving the home
- Practicing respiratory etiquette
- Following any additional infection prevention measures in place

Recreation News

On November 11th families are welcome to gather with their loved ones for our annual Remembrance Day service. It will begin at 10:30am in the Great Room and offer an opportunity to remember veterans and loved ones.

As the weather changes, it doesn't mean that the fun programs stop at Norview Lodge! Throughout the winter months, Live Musical Entertainment continues and rather than a large group in the sunshine and fresh air of the good old summertime, entertainers are welcomed to the home areas to play for a smaller group.

Check out individual home area calendars for when your favorite entertainers will be playing, including, Terry Carter, Jeff Dawdy, Debi Gregan, Archie, and more!

We will be continuing through the colder months with the monthly Norview Cafe. Beginning on November 27th from 9:00-11:00am in the great room, come and join us for a morning of music and social time as we switch to our winter menu. Warm up with fresh hot chocolate or coffee! It is a cash only event. Residents sip for free.

Norfolk County

November is Falls Prevention Month

Our bodies naturally change with age, and these changes affect the way we feel, move, and behave. A fall can have a devastating and lasting impact on a person, resulting in injury, chronic pain and a reduced quality of life. Even without an injury, a fall can cause an older adult to lose confidence and reduce their activities. The good news is that there are actions you can take to prevent falls. Falls are the No. 1 reason for hospitalization and emergency department visits for older adults in Canada.

Most Falls are Preventable
Follow these steps to help prevent slips, trips and falls so you can keep enjoying the fun things in life.

Steps to Prevent a Fall:

1. MOVE your body
- Build your balance, strength and flexibility with regular physical activity
- Enhance your stability and co-ordination with activities such as walking, swimming or Tai Chi
- Increase the intensity of your physical activity over time to build stronger muscles

2. IMPROVE your health
- Review medications regularly with your healthcare provider or pharmacist and discuss any side effects, such as feeling dizzy or sleepy
- Keep up your social activities
- Routinely clean your teeth and gums so you can eat a nutritious diet
- Check your eyesight and hearing regularly

3. REMOVE hazards
- Keep your floors clutter free
- Install grab bars in the bathroom
- Use handrails and turn on lights on all staircases
- Wear well-fitting and supportive footwear inside and outside



Lest we forget…

On Remembrance Day, as a nation, we take a few moments for recognition and reflection. To remember the courage and sacrifice of those who served their country and acknowledge our responsibility to maintain the peace they fought hard to achieve. For many of us, war is a phenomenon seen through the lens of a television camera or a journalist's account. It is something that feels distant or long ago; but for older adults, war touched and changed their lives. Many seniors served in the military and many more have memories of growing up during times of conflict.

Remembrance Day was first observed in 1919 throughout the British Commonwealth. It was originally called "Armistice Day" to commemorate the armistice agreement that ended the First World War on Monday, November 11, 1918, at 11 a.m.—on the eleventh hour of the eleventh day of the eleventh month.

In 1931, the House of Commons changed the name to Remembrance Day. Since then, every year on November 11, Canadians pause for 2 minutes of silence to honour and remember the men and women who served, and continue to serve, Canada during times of war, conflict, and peace.

Most importantly, this November 11th, take a moment to reflect on the freedoms and peace in your life, and to remember the men and women who served and sacrificed for all we have today.