



# Norview News

September 2026

## Cold & Flu Season

With the upcoming cold and flu season, there are ways to protect yourself and others from respiratory viruses this season:

- Respiratory viruses spread primarily at short range via respiratory particles through inhalation or contact with the eyes, nose and mouth (i.e., mucous membranes).
- Transmission can also occur over longer distances by respiratory particles under some circumstances. For example, the risk is higher in crowded indoor spaces with poor ventilation.
- Respiratory particles can also land on surfaces or objects. They can then contaminate your hands and then your hands transfer viruses to your eyes, nose and mouth.
- Clean your hands frequently with alcohol-based hand sanitizer or soap and water.
- Cover your coughs and sneezes with a tissue or your sleeve. Dispose of the tissue and clean your hands.
- Ensure your ventilation system is in good working order. If you do not have a ventilation system, open windows to increase fresh airflow, if possible.
- When possible, reduce time spent in crowded indoor spaces, especially if poorly ventilated.
- Stay home when you are sick. For example, if you have a fever, new or increased cough, or vomiting and/or diarrhea.

Remember to get all vaccines that are recommended based on your age and health status, which may include vaccines for influenza, COVID-19 and respiratory syncytial virus (RSV)

## Recreation News

In September, the Recreation Department will be bringing a full week of fair activities to Norview Lodge.

Starting on Monday, September 21<sup>st</sup> at 2pm, Whole Home Bingo in the center courtyard will start the fair atmosphere with comedic commentary and prizes!

On Tuesday, September 22<sup>nd</sup>, Music with Wally at 2pm in the center courtyard will get everyone dancing!

Wednesday, September 23<sup>rd</sup> at 2pm in the center courtyard, Triple C Farm will be on site for residents to reminisce about days on the farm and visit with goats, bunnies, a donkey, sheep, alpaca and miniature horse.

Thursday, September 24<sup>th</sup> at 1:30 in the center courtyard offers an afternoon of fun lawn games as the midway, such as axe throwing, ladder ball, bean bag toss.

Finally, to close out the week, on Friday afternoon at 2pm, residents will enjoy smaller socials on their home areas to enjoy the fair smell and taste of apple donuts with a relaxing cup of coffee.

For September, the Recreation Department would also like to highlight that the Celebration of Life will be occurring on September 16<sup>th</sup> at 2pm. This annual program invites loved ones of residents who have passed on to come together. It is a beautiful celebration with music, readings by residents, and an opportunity for loved ones to return to Norview Lodge and share memories. It is a very special day to be able to get together and honor the residents that have left us.

# World Alzheimer's Day

World Alzheimer's Day, recognized on **September 21<sup>st</sup>**, takes place during World Alzheimer's Month, a time dedicated to learning, reflection, and compassion. Across the globe, individuals, families, care partners, communities, and health organizations come together to raise awareness, reduce stigma, and show support for those living with Alzheimer's disease and other forms of dementia.

Alzheimer's disease was first identified in 1906 and is now understood as a progressive brain disorder that affects memory, thinking, communication, and daily living over time. While the condition can bring challenges for both the person diagnosed and the people who care about them, awareness and understanding can help create more supportive, inclusive, and dementia-friendly communities.

## Six ways you can support World Alzheimer's Month:

1. **Learn and share accurate information:** Take time to learn about Alzheimer's disease and dementia, then share trusted resources with family, friends, colleagues, and community members.
2. **Start conversations with compassion:** Talk openly and respectfully about dementia to help reduce stigma and make it easier for people to seek support.
3. **Support caregivers and care partners:** Offer practical help, a listening ear, or encouragement to those supporting someone living with dementia.
4. **Participate in awareness activities:** Wear purple, attend a local event, share awareness messages, or take part in community initiatives throughout September.
5. **Create inclusive spaces:** Be patient, welcoming, and understanding in everyday interactions, especially with people who may need extra time or support.
6. **Donate, volunteer, or advocate:** Support Alzheimer's and dementia organizations through donations, volunteering, fundraising, or advocating for improved programs, services, and research.

For more information or support contact your local Alzheimer Society or go to [www.alzda.ca](http://www.alzda.ca)