

Norview News

October 2026

World Mental Health Day Oct. 10th

When we think about mental health, it's easy to focus on younger adults or middle-aged populations, but it's just as important for seniors. As people age, changes in health, lifestyle, and social connections can affect their emotional and cognitive well-being. Mental health isn't just about avoiding illness, it's about feeling connected, purposeful, and resilient.

Spotting the Signs a Senior May Be Struggling

Mental health challenges in seniors can sometimes be subtle and easy to miss. Recognizing early signs is important, as timely support can make a real difference in their well-being. Paying attention to changes in mood, behavior, or daily habits can help loved ones intervene with understanding and care. Keep an eye out for:

- Loss of interest in hobbies or activities they usually enjoy
- Withdrawal from friends, family, or social events
- Irritability, mood swings, or sudden changes in personality
- Trouble sleeping, eating, or focusing
- Expressions of sadness, worry, or hopelessness

Here are some practical ways to help:

Be present and listen: Sometimes just being there to listen without judgment can ease feelings of isolation.

Encourage social connection

Support healthy routines: Balanced meals, regular sleep, and daily movement can improve mood and energy.

Engage in meaningful activities: Hobbies, creative projects, or volunteering can foster a sense of purpose.

Seek professional guidance when needed. For more information or support please see <https://ccsmh.ca/>

Recreation News

Norview Lodge is happy to offer tours by appointment for those looking at different long-term care facilities for their loved ones.

Tours at Norview Lodge are unique in that Donna Leask, a resident, is very involved in facilitating these information sessions.

When moving into Norview, Donna's first thought was "wow this is a beautiful place", and through her own personal journey, has developed a passion for sharing it with others. Donna says "I feel like I'm doing something important for my home" when she visits with families, talking about her daily life, and experiences with every department. From Housekeeping, Dietary, Nursing, to Recreation and Administration, she plays a big role in showcasing Norview and assures prospective families feel welcome and comforted by this change in setting.

If anyone is interested in booking a tour, please contact the Social Service Worker at 519-426-0902 ext. 4219#



Infection Control Update

As the weather gets cooler and we spend more time indoors, October marks the beginning of respiratory virus season. Our Residents are particularly vulnerable to complications from respiratory infections such as influenza (flu), COVID-19 and RSV. Small steps taken by all of us can make a big difference in keeping our community healthy

Flu Vaccination

- Annual influenza vaccination remains one of the most important ways to reduce the risk of serious illness and complications from influenza
- We encourage families and visitors to get their flu vaccine each year
- Getting vaccinated isn't only about protecting yourself – it also helps protect the Residents you visit and care about

COVID-19 Vaccination

- COVID-19 continues to circulate and can cause serious illness, particularly among older adults and individuals with underlying health conditions
- Families are encouraged to speak with their healthcare provider or local pharmacy about staying up to date with their COVID-19 vaccinations

RSV Vaccination

- RSV can cause serious respiratory illness in older adults
- Vaccination is available for older adults and may be recommended based on age and individual risk factors
- Families are encouraged to speak with their healthcare provider or pharmacist to determine whether the RSV vaccine is appropriate for them

Please Don't Visit When You're Sick

- One of the simplest ways to protect our Residents is to stay home when you are unwell
- Please postpone your visit if you have symptoms such as:
 - Fever or chills
 - New or worsening cough
 - Sore throat
 - Runny or stuffy nose
 - Shortness of breath
 - Unusual fatigue
 - Muscle or body aches
 - Vomiting or diarrhea
- Even a "mild cold" can cause significant illness in a vulnerable Resident

The 3 W's of Respiratory Season

WATCH for symptoms of respiratory illness in yourself

WAIT until you are feeling better before visiting

WASH your hands frequently, especially before and after visiting

Thank you for helping us protect the Residents we are so proud to care for