

THE WESTHILL WAVE

FALL 2020

The Westhill

By **Sifton**



LIFE STARTS ALL OVER AGAIN WHEN IT GETS CRISP IN THE FALL

Since the spring, we have all had to endure many changes in our lives. As we head into the fall we are all adjusting to what the new normal has become. We are a resilient country and I am very proud of all of our residents, families and staff who have worked together to make each day the best as possible for all.

Fall gives us so many opportunities to enjoy the outdoors, the changing of the leaves, the crispness in the air and the thoughts of a bountiful harvest. The crop of local apples and fall vegetables that we pick up for our table and of course fresh baked pumpkin pie. Food nourishes us and we thank all of our local farmers for providing these fresh offerings.

Happy Thanksgiving to you and your family,

General Manager – Don Leslie

HANDY MAN CORNER



Do you have a broken chain? A watch that is not working properly? A broken zipper? Pants that need hemming? Bring them to our very own Handy Man Corner. Residents Bob Groves and Cliff Wardle have a knack for fixing things and want to offer their expertise to help you! See the calendar for more information.

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WHY IS IT IMPORTANT TO GET A FLU VACCINE EVERY YEAR?

- 1) Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season.
- 2) Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.

Please get your flu shot this fall!

Kimberly Laforest
– Resident Wellness Manager

**Care For Older Adults?
Care About Flu.**

**Adults 65+
Are At Higher Risk**

**Annual Vaccination Is Essential To
Protect Adults 65+ Against Flu**

Boost Immune Response

Immune systems weaken with age, however
SPECIFICALLY-DESIGNED VACCINES help
PROTECT OLDER ADULTS against flu by
creating a stronger immune response

The infographic features a dark blue background with light blue virus-like icons. It includes a yellow sticky note with the text 'Adults 65+ Are At Higher Risk', a calendar icon with a checkmark, and an illustration of an older man lifting weights.



THE COLOURS OF WESTHILL

A fresh coat of paint is one of the best ways to show a clean and well maintained building.

Paint colours have the most interesting names. The paint colour pallet here at The Westhill includes names such as: Harmony, Niagara Falls, Jurassic Jewel, Nubuck, Jerico Jade, Mud Wrap and Wild Mushroom.

In 2019, we applied 55 gallons of paint inside The Westhill and

so far in 2020 we have applied 28 gallons. That's 83 gallons of paint applied since the start of 2019!

Manufacturers estimate coverage at 350 square feet per gallon. This means we have painted over 29,000 square feet of walls and ceilings since the start of 2019!

If we used a 3 inch wide paint brush and started painting a line, our line would be 116,200 feet long! That's 22 miles or 35 kilometres. A straight line from The Westhill would reach all the way to Woodstock, Ontario!

Can you guess which paint colours are used in which room here at The Westhill?!

Colours:

Jurassic Jewel
Mud Wrap
Harmony
Earth Rose
Jerico Jade
Nubuck
Niagara Falls
Wild Mushroom
Butterscotch Bedding

Rooms in The Westhill:

Residents Suites
Spa
Corridors
Empress Dining Room
Hair Salon
Suite Doors
Suite Door Jams
Demonstration Kitchen
Pickwick's Pub

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Ian Manary
– Environmental Services Manager



6 FESTIVE FALL ACTIVITIES TO KEEP YOU SMILING

1) Enjoy fall-themed colouring pages

Colouring is an activity that everyone can enjoy, from the very young to the very old, both in groups or as a solo activity.

As an added bonus, psychologists say that colouring has stress-busting abilities similar to meditating.

There are hundreds of free, fall-themed colouring pages available online, or you can get some from Jessica the Recreation Manager.

Some of my favourites:

- Autumn scenes with people, trees/leaves, pumpkins, scarecrows, and squirrels
- More fall scenes, especially apples, pumpkins, leaves, and scarecrows
- 24 fun Halloween designs including a few classic Disney characters

2) Make decorations

Making and putting up fun decorations is a nice way to mark the change of seasons and get in the mood for fall holidays.

It's also a good opportunity to display some of those finished colouring pages!

3) Work on a fall-themed jigsaw puzzle

Sitting at the table with a warm beverage and a festive puzzle is a great way to celebrate the season. Visit our fireplace Lounge 1st floor where we have many Harvest Festival Autumn Scene puzzles to choose from.

4) Enjoy some festive (and easy!) homemade treats

Baking, mixing, and assembly are fun activities that many older adults will enjoy. Clint the Food Service Manager will be making a variety of treats for you to enjoy. Some of the yummy treats might include, Baked apples with oatmeal streusel topping, No bake pumpkin cheesecake and Soft glazed pumpkin sugar cookies.

5) Prepare for Halloween

It's always fun to be young at heart. We hope that everyone will get dressed up this year. We will be having our annual costume competition. If you're planning to hand out treats to children in the family or neighbourhood kids, a good costume always gets a smile.

6) Enjoy the natural scenery and fresh air

Fall is a wonderful time to enjoy nature. Bundle up and breathe the fresh air, admire the beautiful colours on display, and hear the crunch of fallen leaves as you walk.

Just a friendly reminder that we are a Scent Free building. Please be courteous of others in the building that have sensitivity to scents. Thanks!

CENTERFOLD GALLERY

THE WESTHILL





HERE'S WHAT'S HAPPENING

CALLING ALL BINGO LOVERS!

We are now offering two types of Bingo for residents to partake in. Since April we have been playing in suite, progressive Bingo. Residents who are interested in playing will receive new cards at the start of every game. For each game, residents play for a pattern followed by the full card. This gives residents lots of winning opportunities! Since April, we have played over 15 games and have had over 40 winners!

We have also restarted our Toonie Bingo Tuesday afternoons. It's the same game you love, with a bit of a twist to ensure the safety of everyone. We hope to see you there!

iPad CLASS

From staying connected to loved ones, sending emails, reading the news, playing games, watching movies, listening to music, or shopping online, technology has a lot to offer. As the world becomes more digital, keeping up with all the fast paced changes can be over whelming. Luckily we're here to help! Join us Monday evenings at 6:30 pm for our iPad class. Learn how to use yours, or learn about new programs and features on your iPad. We look forward to seeing you there!

Laura Zandwyk – Recreation Manager

FALLS PREVENTION

Did you know that November is Falls Prevention Month?! Here at The Westhill we are partnering with Community Support Connections to start a Virtual Falls Prevention Seminar in preparation for Falls Prevention Month. It will be run every week on Fridays at 1:45 from September 25th to October 30th. Caitlin, a Kinesiologist from Community Support Connections, will provide information

about chronic illness, muscle and bone health, blood pressure,



vision and hearing, and sleep and mental health. As well as virtually demonstrating exercises, each class helps protect your spine, slows the rate of bone loss, and builds muscle strength. Exercise is a key component to help reduce the risk of falls. Here at The Westhill we have a variety of exercise programs occurring numerous days a week, so see our Recreation Calendar for more information!

Laura Zandwyk – Recreation Manager

Falls are Preventable.



Speak up.



Keep moving.



Check your eyes.



Make your home safer.



BEHIND THE SERVICE

DANA DARJAZINI

My name is Dana Darjazini and I've been a receptionist at The Westhill for about a year. I'm in my third year studying biochemistry at the University of Waterloo. Since I was very young, I have always dreamed of becoming a doctor. When the war occurred in my home country, Syria, I realized how important medical help is and how much it's needed. This motivated me to work towards saving lives one day.

I have now been in Canada for 4 years studying hard to achieve my goals and dreams. In my spare time, I volunteer with different organizations to try to help people as much as I can. One of my passions is teaching languages, as I speak multiple languages including Arabic, Russian, and English. I volunteer with the KW Multi-

Cultural Centre to help newcomers with their language skills. I understand how hard it can be to adapt to a new place and learn a new language.

I really enjoy working at The Westhill and interacting with all the residents. Throughout my time here, I've heard many inspiring stories that have taught me many things about life, and I will carry those lessons with me.

HEAL WOUNDS WITH HONEY

Just take a healthy dollop of honey – specifically Manuka honey, which has been shown to cause scars to heal in an “aesthetic manner” – and rub it into the scarred area before bedtime to help smoothen your skin. For deeper wounds, consider adding a wound dressing over the top to let it soak in. And if you happen to get a little in your mouth in the process, it can also make for a sweet treat!

Contributed by
Laura Zandwyk – Recreation Manager

THE COLOURS OF WESTHILL ...answers from Page 2

Harmony	Residents Suites
Niagara Falls	Spa
Butterscotch Bedding	Corridors
Jurassic Jewel	Empress Dining Room
Nubuck	Hair Salon
Jerico Jade	Suite Doors
Mud Wrap	Suite Door Jams
Earth Rose	Demonstration Kitchen
Wild Mushroom	Pickwick's Pub

SPOTLIGHT



Share in \$1,000!

Introduce a friend or family member to The Westhill and if they become a resident within six months of the referral, both parties will be given \$500! Please collect your form at the reception desk.

MARK YOUR CALENDAR

DIY Jack-o-Lantern Making

– Saturday October 31

Remembrance Day Ceremony

– Wednesday November 11th

Please note that events are not open to the public at this time.

Check your Monthly Events Calendar for more great events and activities!

STORE TO DOOR!

Grocery Shopping Service



Introducing a new, weekly delivery service of food staples right to your suite! A variety of food items will be available to order. Great for quick in-suite snacking, diabetic snacks, lazy days and light breakfasts.

Get your form at reception today!



Pick up your order form at Reception and select the items you would like to purchase.



We will shop for and deliver the food items you choose, right to your suite!



Order deadline at Reception:
Each Monday by 2:00 p.m.



Order delivery to your suite:
Each Thursday 1 – 4:00 p.m.

This service is available to all residents, all orders are charged to your individual accounts ONLY.

519.850.6247

Richmond Woods
BY SIFTON

BEST
MANAGED
COMMUNITIES

THE
WESTHILL
BY SIFTON

Be sure to share your email address so we can communicate timely news and updates! Simply send your email address to us at info@westhill.sifton.com.



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