



Ann Evans
Activity/Volunteer
Coordinator

Flashback:

We are still hanging in at Sandfield Place! Even in an outbreak, residents on Long Term Care side were able to have Skype calls with family, one to one visits and try Mr. Puffs loukoumades (deep fried Greek Doughnuts). They were delicious!

Long term care residents, staff and family are looking forward to being out of outbreak and returning to normal.

Residents on the Retirement side had a Halloween "Spook – Tacular" time at the Halloween party put on by Karley and our SSW student Kaylen. On October 30th Residents had a fun Halloween Bingo and enjoyed some candy for the occasion.

"Lucien" made an appearance for the monthly birthday party; his music always brings everyone's spirits up.

Thank you to all the staff that dressed up, residents loved seeing the various costumes. Big Thank to all the staff for getting us through the outbreak!!

NOV.11 We Remember

NOVEMBER BIRTHDAYS...

Long Term Care

November 12—Ted Kinnear

17—William Johnson

Retirement

November 1- Marion Kinnear

16—Betty Lalonde



NOTES FROM THE ADMINISTRATOR...

Welcome November!

Welcoming November means we are one step closer to having to deal with another Canadian winter. Will Mother Nature be nice to us and give us a mild one? I guess we will have to wait and see ☺ However, at the entranceways you will find a bucket of salt for the purposes of keeping our entranceways slip free. Despite any interventions, please be careful when walking this time of year as black ice and water patches may surprise us from time to time. Despite having a beautiful October, we will have to hold our breath to see if the weather specialists are on our side.



Stephanie Kinnear
Owner/Administrator

Unfortunately, we had to celebrate the end of October while facing the threat of COVID-19. We had our first outbreak of the season related to COVID-19. It was a long 21 days we realize, for residents, for our staff and for our families and visitors. From the beginning, we always said "when Covid is here" not "If Covid is here", and I will applaud ALL departments and our residents for keeping up with the changes and the health guidelines for infection control. The fact that it did not spread throughout the facility is a true testament to how our process works.

With November now here, so are the increased amounts of germs and viruses. We are hoping to remain as "outbreak" free as possible of course. We depend on your commitment to Infection Control to make this possible. Please use our hand sanitizers located throughout the Home and in hallways. Studies have proven that hand washing is the key to preventing infections. The threat of Covid is still very real and people will be required to continue the use of PPE in various stages throughout the Winter months.

As well, to those families who regularly change up their loved ones' wardrobe...if you haven't already done so, please bring in any warmer items and remove the summery ones. And when you see fit, to please remove and keep the "clutter" to a minimum. Any fans that were brought in for use during the summer can also be taken home for storage. This is also in accordance with Infection Control as well as Health and Safety. We certainly wouldn't want anyone tripping over anything for example. If you have concerns about this, please feel free to bring it to the attention of the office.

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NOTES FROM THE Administrator cont'd..... We have added new and updated software platforms to our electronic system of charting. Families and staff have already benefitted from the automatic updates and replies. Look for more updated messages in the coming months. As well, we are making improvements to our pharmacy/physician online ordering abilities thanks to a new funding stream from the Ministry. It is important to stay on top of improvements as it means that quality checks and quality care stay at the top of our priorities.

Have a wonderful November and as always, remembering those who serve and served in the military to help shape the country we have come to know.

Lest we forget

Stephanie, Administrator

From The Desk of The D.O.C...

Hi everyone,

We truly appreciate everyone's patience and understanding during our COVID-19 outbreak. These times can be hard for all of us, and we want to make sure we have open communication with everyone to support each other. Please feel free to contact myself or the nursing team at any time.

Given our outbreak situation, I would like to review how COVID-19 is contracted and how to stop or reduce the spread.

COVID-19 can be spread by two different routes, either by contact or droplet transmission.

The contact route -Someone must directly touch another individual or surface in order for Covid 19 to be transmitted. This would be called "direct contact" or "Indirect contact". An example would be when an individual sneezes into their hands, and touches a surface. Then another person touches that surface and then touches their face without washing their hands.

The droplet route These droplets can be easily transmitted when we cough, sneeze or speak to another person who is not wearing a mask properly or standing 6 feet away from us.

Once the COVID-19 virus enters the body, it can duplicate and mutate causing the body to become damaged and develop symptoms. COVID-19 primarily attacks the respiratory system, the most common symptoms will be coughing and shortness of breath. Those with weaker immune systems do not develop enough white blood cells quick enough to fight this virus. This will cause their symptoms to be worse as the virus spreads through their body.

Proper Hand Hygiene We need to ensure we are using proper hand hygiene. Washing our hands with soap and water or hand sanitizer for 20 seconds and ensuring all areas of the hands are washed is a major factor in stopping the spread of Covid 19.

Wearing your PPE properly

Gloves and a gown -will limit the amount of **contact** bacteria between each other.

Surgical mask and eye protection -help limit the amount of droplet bacteria between each other.

We encourage a physical distance of 6 feet between individuals when possible. This will greatly reduce the contact and droplet spread.

Using hydrogen peroxide wipes, or "virox wipes" and our orange rags, will help disinfect the surfaces that we touch frequently to limit the contact spread.

Lastly, ensuring you are vaccinated will help boost your immune system. If the virus enters your body, it would have already been detected because of the vaccination. Your body will know how to fight against it.

Thank you all for your attention during this matter. We will continue to provide a safe environment and ensure all our residents are well taken care of.

Samantha Below, DOC, RN, BScN,



Samantha Below
D.O.C.



Remembrance Day
falls on Wednesday
November 11th.

***Hats Off to all
Veterans on
Remembrance
Day!***



**WELCOME
NEW
RESIDENTS!**

Long Term Care:

**Alma Runions
"It's great
having you
join our
Sandfield
Family"**





**Sandfield
Place receives
a donation!**

Sandfield Place would like to thank the family of Eugene and Fernande Cloutier and their daughters Julie and Claudine for the very generous donation to our Resident's Council. We are overwhelmed by your thoughtful gift! Pictured below are Sandfield staff members Ann Evans, Barry Lewis and the Cloutier's niece Denise Labelle-Gelinas and her mother and Sandfield resident Irene Labelle (Fernande's sister) presenting Sandfield Place Resident's Council with the donation. Picture two is Eugene and Fernande Cloutier.

Thank you for the donation!



**Marc- Andre Roy stopped by from Tri-
County Literacy Council with a Package
for each of our residents at Sandfield
Place. It includes Covid 19 safety
information, information about senior's
services in the area, puzzles and a three
ply mask! **Thank you for the donation!****

Pictured Ann Evans and Marc-Andre Roy

NOVEMBER HIGHLIGHTS

3— Residents' Council Meeting
- Car Ride(LTC)

4- Jersey Day

5- Glamour Spa Day
(RET)

-Pub Hour (LTC)

8-Guest Speaker

9-Shopping (Ret)

9 -Entertainment with
The Ultra Classics

11—Remembrance Day
Jour du Souvenir
12:00 pm--Tribute to Veterans

12- Entertainment with Lucien

13- Super Bingo

15—Music Therapy (LTC)

18- Lunch in (LTC)

22- A Tongue Twister Afternoon

23- Drumming with Jody

24- Moustache Day

25—Lunch (Ret)

26-Montly Birthday Party with Lucien

27- Giant Bingo

30- Shopping (Ret)

IN MEMORIAM

Retirement2

Theodore Lalonde –April 21, 1937-
October 17, 2021

An Angel whispered,
"Take my hand and
come with me;
your work here is done."
I went away to a place
where there's no tears nor sorrow,
only laughter and smiles.
There will always be a tomorrow.



Memorial Donations to the Residents' Council of Sandfield Place are accepted and appreciated. Memorial cards are available at the activity office. Receipts are issued

ONE THOUSAND MEN ARE WALKING

One thousand men are walking
Walking side by side
Singing songs from home
The spirit as their guide
they walk toward the light milord
they walk towards the sun
they smoke and laugh and smile together
no foes to out run
these men live on forever
in the hearts of those they saved
a nation truly grateful
for the path of peace they paved
they march as friends and comrades
but they do not march for war
step closer to salvation
a tranquil steady corps
the meadows lit with golden beams
a beacon for the brave
the emerald grass untrampled
a reward for what they gave
they dream of those they left behind
and know they dream of them
forever in those poppy fields
there walks one thousand men

Joshua Dyer 2019 (aged 14)

Lest we forget



AROUND SANDFIELD



Drumming Circle with Jody 

Turkey Shoot 



Is She Debbie or is She a banana?

Recipe of the Month ...

CARAMEL APPLE DIP

INGREDIENTS

- 1-8 ounce block cream cheese softened
- 1/3 cup brown sugar
- 1 16 ounce container caramel dip or thick caramel sauce
- 1/2 cup toffee bits



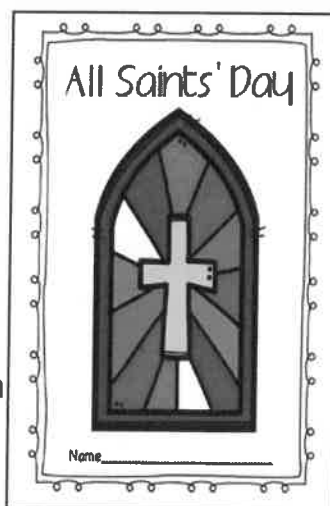
INSTRUCTIONS

1. Place the cream cheese in a medium bowl and beat with a mixer until smooth and creamy.
2. Add the sugar and beat until thoroughly combined.
3. Spread the cream cheese mixture into an even layer in a 3 cup serving dish.
4. Pour the caramel dip or sauce over the cream cheese mixture. Spread into an even layer. Top with toffee bits and serve with sliced apples.



All Saints Day History

For Roman Catholic and Orthodox faiths, All Saints Day honors exemplary Christians who achieved sainthood. This includes unknown Christians and Martyrs who have attained *beatific vision* (a form of direct knowledge and communication with God). For many Christian denominations, all Saints Day is a remembrance of departed Christian people of any time and place. Many churches remember the persons in their congregations that have died during the previous year. Churches also celebrate Holy Communion in honor of the Christians who lived before them



We are looking for Donations for our **RESIDENTS' COUNCIL CHRISTMAS RAFFLE**

Any donation of a new item to add to our basket would be greatly appreciated by our resident's council!



TICKETS WILL BE AVAILABLE IN NOVEMBER

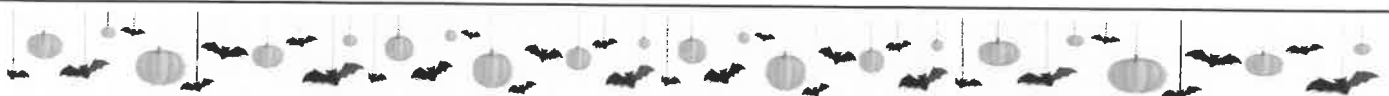
DRAW WILL BE IN DECEMBER

Thanks in advance for your support!!



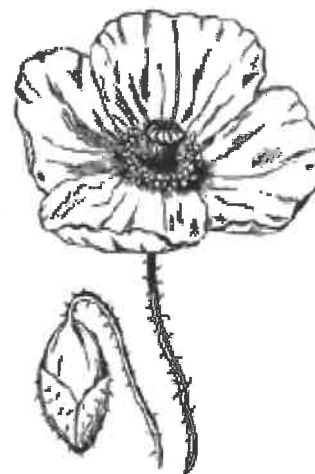
HAPPY HALLOWEEN

Residents on the Retirement Side
enjoying a Spook-tacular event!



Veterans & Remembrance Day

"The soldier, above all other people, prays for peace, for he must suffer and bear the deepest wounds and scars of war." - Douglas MacArthur



N S T I Z V J H W I E K W A R
 N A O I D H E R O E S U J A M
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MEMORIAL
 PEACE
 MEDALS
 HONOR

CELEBRATE
 PARADE
 VETERANS
 PRIDE

WAR
 SOLDIERS
 POPPY
 HOLIDAY

PATRIOT
 BRAVE
 REMEMBER
 NOVEMBER

ARMISTICE
 HEROES
 WORLD
 MILITARY