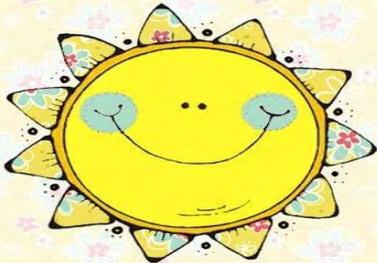


# August 2020

## WILLOW LEAF

Happy Birthday



Wishing You A  
Bright Sunshiney Day

### Resident Birthdays

- Valerie Nicoll- August 1
- Betty McKay- August 2
- Frank Muir- August 5
- Arlene Smith- August 9
- Marty Jollimore- August 10
- Alice Bonnymon- August 12
- Eilleen Langille- August 12
- Hazel Ponte- August 16
- Sandy Capon- August 22
- Ann Daisley- August 22
- Russell Reid- August 24

### Care Partners Birthdays

- Amanda Rees- August 1
- Johnathan Downing- August 4
- Kelly Yantzi- August 22

- Star sign : Leo
- Symbol : Lion
- Dates : 24<sup>th</sup> July – 23<sup>rd</sup> August
- Element : Fire
- Planet : Sun
- Lucky Day : Sunday



## From the Desk of Janine

Friends and families of Willow Lodge,

It is hard to believe that we are entering August; a new month, and a new beginning in our response to the world wide COVID19 pandemic.

*Effective 12:01am July 31, 2020, non-medical masks will be mandatory in most indoor public places. The evidence on non-medical masks has evolved through the pandemic, and our public health direction has evolved along with it. We have learned that the non-medical masks are effective, in combination with other core personal public health measures, to help prevent the spread of COVID-19. With the concern of a second wave arriving, we need to make mask wearing a habit for Nova Scotians.*

In keeping our spirits up, residents and care partners celebrated with a “mask-quarade” party where we all joined in, by decorating masks and then parading with them. It was a fun event with many creative designs and themes.

I would like to take this opportunity to thank so many of you for your patience, support and understanding as we maneuver through these changing times. Our priority is for the safe and responsible care of your loved ones.

Have a great month- stay hydrated and enjoy the hot weather while it lasts!

Stay well,  
Stay safe!

Janine Jaconelli  
Executive Director



# Nursing Nook

It's certainly hard to believe August is upon us!

I hope everyone is able to enjoy some warmer weather while continuing to stay safe.

I am pleased to welcome 2 new care partners to our care team at Willow Lodge.

Amy Winters, CCA student and Patsy Bezanson, LPN have started with us this month.

A warm welcome to you both!

The CCA students have returned to their course after a covid hiatus.

They are no longer at Willow Lodge, but have re-located to The North Shore Community Development Association on Main St. in Tatamagouche, to finish out their course.

We wish them every success as they complete their education in this much needed field.

Take good care,

Lisa Hodder

Director of Care



## Willow Clip 'N Curl PRICE LIST

Shampoo/Set	\$17.00
Shampoo/Cut/Set	\$22.00
Wet Cut	\$14.00
Perm	\$52.00
Colour	\$42.00 & up
Waxing	\$8.00 & up

Prices Effective August 17, 2020

## SALON SCHEDULE

**August 5 – 7<sup>th</sup>**

**Wednesday, August 5<sup>th</sup> –  
Barrachois Neighbourhood**

**Thursday, August 6<sup>th</sup> –  
Balmoral Neighbourhood**

**Friday, August 7<sup>th</sup> –  
Lynwood House**

Great news..... The Salon has been busy over the past week, as our hair dresser has returned!

**Welcome Back Charlene!**

\*\* Please note that there will be a small increase for hair care.



Marjorie MacDonald looking beautiful with her new hair cut!

# EAT WELL BE WELL

## Wonderful Salsa

My father has made this salsa from the fresh tomatoes in his garden and it is the best canned salsa I have tried to date. My children also love this recipe! I hope you enjoy it as much as my family does. Happy Canning!!

Ready in: 1hr 15mins

Yield: 3 quarts

### **Ingredients:**

8 Cups Tomatoes, peeled, chopped, and drained  
2 ½ Cups Onions, chopped  
1 ½ Cups Green Pepper, chopped  
6 Cloves garlic, minced  
2 tsp Cumin  
2 tsp Pepper  
1/8 Cup Canning Salt  
1/3 Cup Sugar  
1/3 Cup Vinegar  
1 (15oz) can of tomato sauce  
2 (12oz) can of tomato paste



### **Directions:**

Mix all ingredients together and bring to a slow boil for 10 minutes.  
Seal in sterilized jars and cook in hot water bath for 10 minutes.

\*This is a medium salsa. This is also a chunky salsa so if you want a smoother salsa, cut your veggies into smaller pieces. Please remember to follow all canning safety precautions and enjoy!

Amanda Rees  
Dietitian



# Eden Corner

“The dog days are almost over...” wow what HOT & HUMID weather it has been! I hope everyone has been hydrating and staying healthy. A few fun events have taken place here at Willow Lodge.

Christmas even came a tad bit early! The kitchen staff and a few other care partners enjoyed spreading some Joy with the residents.



Santa & his helpers showed up and delivered some delicious treats while sharing some love and laughter throughout the neighborhoods!

Willow Lodge also had some fun with a “Mask-Quarade” party. On Tuesday, July 28th & Thursday, July 30th, some of our care partners jazzed up their facemasks. Our Residents also created their own beautiful Eye-Masks for the Mask-Quarade! During lunch on Tuesday and during our Birthday Party on Thursday, the resident’s were asked to be the judges of the care partner’s masks, and chose winners in each neighborhood. Pictures of the Care partner’s mask are front page of the Willow Leaf. The 4 winning categories:

	<u>Barrachois</u>	<u>Balmoral</u>	<u>Lynwood</u>
1. <b>Most Creative</b>	<u>Juanita Forbes</u> <u>Barb Marchbank</u>	<u>Cathy Rafters</u> <u>“The X-Rated Group”</u>	<u>Frances Sutherland.</u>
2. <b>Most Humorous</b>	<u>Mary-Beth .S.</u> <u>Juanita Forbes &amp; Karen MacNeill</u>	<u>Sandra Wesley</u> <u>Robert Camron</u>	<u>Amy Patriquin</u>
3. <b>Most Colorful</b>	<u>Audrey Weatherby</u> <u>Carol-Anne Millett</u>	<u>Janine Jaconelli</u> <u>Jane Terry</u>	<u>Meghan Keatly</u>
4. <b>Neighborhood Favorite</b>	<u>Barb MacCullum</u> <u>Lithe Mortimer</u>	<u>Nora Dobson</u> <u>Marilyn</u>	<u>Amy Patriquin</u>

Time flies when you are having fun! We also had a “High Tea” in each neighborhood in the beginning of the month. Here our residents created their own Tiny hats, and enjoyed Tiny sized delicious desserts! A picture below is an example of 1 hat that was created for Sandy Capon. Along with many other beautiful hat creations for our High Tea Party, the resident’s smiled & laughed and made memories with each other.



# Willow Lodge News

Hi there, welcome to our Willow Lodge News section! Just a few things to keep you in the loop with for what has been going on around here. Our residents are thrilled with their outside visits with their family & friends! Sorry if the weather hasn't been very comfortable lately, but mother nature always gets her way! Just a reminder, that we schedule appointments for weekly visits; if however, you are unable to make your appointment every week, please contact the Recreation Department. We will make a note that you are only available for certain scheduled days. Also, exciting news, we are allowed to have maximum 5 visitors for our residents in-person visits! Thank you for being patient with our staff, as we are trying our best to accommodate all of the safety rules to keep our loved ones here at Willow Lodge healthy and safe during the Covid-19 transition. Below are a few protocols we ask our visitors to follow before & during their visit with their loved one:

- Arrive at your scheduled time and wait in the marked area until a greeter meets you
- Undergo screening by a staff member for signs and symptoms, temperature, travel and potential exposure to COVID-19 in the past 14 days
- Temperature taken has to be under 37.8
- Confirm that you understand the possible impacts of COVID-19 and the importance of physical distancing and hand hygiene to prevent unknowingly transmitting the virus to your loved one
- Maintain physical distancing of two (2) metres between you and your loved one. We know how hard this is, but no hugging or hand holding until the resident is ready to wear a mask that is provided by our employees. \* (We recommend waiting until the end of your visit to give a "bye for now hug" therefore; the resident isn't wearing a mask for very long.) ♥
- Keep the table in between the visitor and the resident.
- Wear a non-medical mask (cloth/homemade masks are allowed)
- Practice strict respiratory etiquette and hand hygiene
- Hand sanitize before and after visit.
- All gifts & food/snacks for residents should be brought to the main office, or given to Recreation department with name of resident on disposable bag/ container.



Bertha Langille & her grand-daughter

Again, thank you for being so patient. I hope your visits have lifted your spirits as much as it has for our residents here at Willow Lodge! We will continue to keep everyone in the loop if new protocols will take place in the near future.

Take good care & enjoy the rest of your summer!  
\*Karli Boyd– Director of Recreation

# Care Partner News

It is exciting news for our Care Partner Mary-Beth Sutherland. She is a grandmother again!! Her Daughter Margaret, had a baby girl on July 27th, 2020.

Her Name is Charlotte Elizabeth, and she was born at 4:03pm; weighing, 5lbs 15oz. Beautiful news, and a great big congratulations to Mary-Beth and her family. Wishing you happiness and good health. Lots of love from your friends here at Willow Lodge. ♥



A new decoration has been added to the Park! Helen Gunn, a resident here at Willow Lodge was given a gift from her nephew Kevin Baillie. He wanted to share this gift as a Thank You to Willow Lodge. Below is a picture of Helen Gunn and the wooden daisy Kevin made; with NS's lion symbol in the center, and blue & white pedals around it.



A special Thank you to Peter Mattatall; who has helped us from the beginning of our outside visits. You will be missed, enjoy your next adventures! We have a new "Visitor Monitor" joining us; beginning Wednesday August 5th.

**Welcome Lawrence Chow,** very grateful for your help, and looking forward to working with you!



# Harvest Fruit & Vegetables Search

SEARCH THE PUZZLE TO FIND AND CIRCLE THE WORDS IN THE WORD LIST. WORDS IN THIS PUZZLE ARE HIDDEN ACROSS AND DOWN.



APPLE  
BEANS  
BEETS  
BROCCOLI  
CABBAGE  
CARROTS  
CAULIFLOWER

CELERY  
CORN  
EGGPLANT  
FIGS  
GRAPES  
ONIONS  
PARSNIPS

PEARS  
PEPPERS  
POTATO  
PUMPKIN  
SQUASH  
TURNIP  
YAMS

T W O U C E L E R Y A R X Z B  
W O P T F H C A P P L E J I M  
D L R T V C O R N G B Q H W I  
S T M E D D P A R S N I P S Z  
T U F V Y A M S P B E E T S A  
B R O C C O L I P U M P K I N  
O N I O N S N S N S H M K N P  
C I C A U L I F L O W E R C E  
A P L D F E G G P L A N T A P  
R H F I G S E P K L V Z Q B P  
R U U O Z U Z O O N Y P B B E  
O G R A P E S T T Z V J E A R  
T K N U V A V A Q H C L A G S  
S P E A R S N T Q I I L N E M  
A S Q U A S H O Q Q V R S Y G

