

2021 AUGUST

Willow Leaf

Welcome

New Residents

Mary MacLeod
Arnie Mertin
Art Law
Dale Pratt
Grace Lockerby



Residents

Valerie Nicoll - August 1
Betty MacKay - August 2
Frankie Muir - August 5
Arlene Smith - August 9
Marty Jollimore - August 10
Hazel Ponte - August 16
Sandy Capon - August 22
Russell Reid - August 24

Care Partners

Jonathan Downing - August 4
Julianne Tattrie - August 12
Kelly Yantzi - August 22

From the Desk of Janine



Family and Friends of Willow Lodge
Where has the time gone? It is hard
to believe that August is here.

We are certainly enjoying the new found freedoms
that phase 4 of our 5 phase re-opening plan has
brought.

Our residents, care partners and volunteers are
keeping busy as our programming and entertain-
ment is beginning to be scheduled on our activity
calendar. We have enjoyed the sounds of musical
entertainment by the Strange Valentines; nail
care, cards and bingo with our volunteers and
group programming in our neighborhoods, along
with some events in the park.

Let us all continue to stay well by remembering to
wash our hands, respect physical distancing, wear
our masks and be sure to make your appointment
for your two vaccines!

Enjoy the beauty that August brings-
Stay Well, Stay Safe!

Janine Jaconelli
Executive Director



Willow Lodge News

July was an adventure! We started off having our annual July 1st BBQ, this also happened to be our first BBQ of the season. The residents devoured the delicious, hot dogs, cheese burgers and an ice cream treat. The weather decided to cooperate and allowed the residents who wished to dine outside to do so. The resident send their compliments to the chef and all those who helped make the BBQ possible.



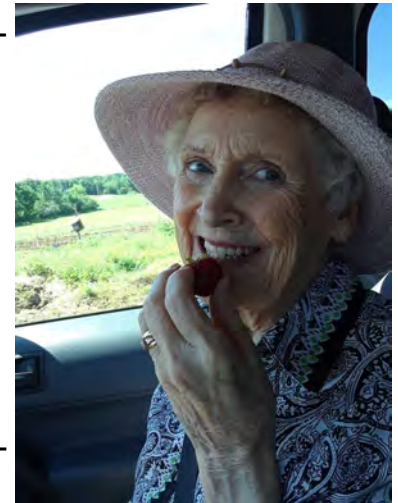
Pictured Left: BBQ guru Robert Cameron, Dietary was master of the grill on July 1st and Sharon Fraser, Dietary **Pictured Right:** Residents Burns MacDonald and Clara Barron out on the deck enjoying the BBQ.

What comes to mind when you hear someone say July? At Willow Lodge we think about everything strawberry! This time “back in the day” as the residents say, we would be in the strawberry fields picking berries to make preserves for the winter months or awaiting our first strawberry shortcake and other strawberry dessert favorites. This year the residents of Willow Lodge didn’t miss out. Although we were unable to go and pick berries, due to COVID-19, the owner and operators of Mountain Farm U-Pick, located on Mountain Rd in River John, invited us to come visit their strawberry fields. This allowed the residents to see berries be picked from the comfort of air conditioning (it was HOT out) in the MacKay Bus.

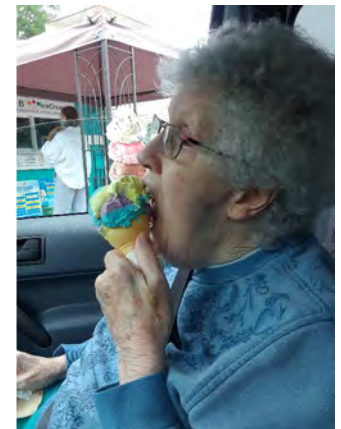


To the residents delight, they had pre-picked boxes of berries for them to eat on the remainder of their drive, with extra boxes to take home and share. The MacKay bus made three trips to the strawberry fields. Next year we hope to be able to visit again, to pick berries!

Pictured Right: Resident Gloria Martin at Mountain Farm U-Pick Strawberry Field, loving the view and the fresh picked berries that were generously donated by the owners, on one of our outings to the fields on the MacKay Bus.



The MacKay bus has been extra busy this past month as we have been able to plan more outings with the easing of COVID-19 restrictions. There have been many sight seeing drives around Tatamagouche and surrounding areas. A visit to the Waugh Rivers Stables, where the residents were able to see horses, visit to the Malagash Market where the residents aboard the bus were treated with ice creams, a stop to the T&B Ice Cream, where residents enjoyed an ice cream cone and a trip to the river so a resident could to put their feet in the water. We plan on having many more adventures this month, so stay tuned to hear all about them.



Pictured Left: Resident Sheila Morrison **Pictured Right:** Resident Fran Critchon



Pictured Left: Residents Burns MacDonald and Bertha Langille savoring their ice cream cones from Malagash Market.

Pictured Below: Residents Don Derry, Molly Smith and Eddie Benere digging in to their ice cream cones from T&B Ice Cream.



We are happy to announce that we had our first live music performance last month at our Strawberry Festival. Mother nature decided to misbehave making our event change from an outdoor event to indoors, but it didn't dampen our day. It was refreshing to welcome live music back to Willow Lodge since COVID-19 restrictions came into action over a year and half ago. It was gratifying to have The Strange Valentines so kindly offer to share their talent of music with us and heartwarming to hear the music and singing fill the halls of Willow Lodge once again. There was no shortage of strawberry treats either, we were spoiled with chocolate covered strawberries, strawberry cheesecake, strawberry tarts and homemade strawberry lemonade. Thank you to Meoldy Latta, dietary who made these yummy treats. A HUGE thank you to The Strange Valentines from residents and care partners, it was a really emotional day and you help brighten everyone's day.



Willow Lodge would like to thank care partner Jennifer Tattrie, LPN for reaching out to Brandon Selig who arranged a drive by Car Show that drove up and around Willow Lodge. We would also like to thank all the people who participated in this event. Last, but certainly not least a GREAT BIG thank you goes to the Care Partners of Willow Lodge, who worked together to get all the residents out to see the show. You guys are AWESOME and the team work did not go unnoticed. The residents were relishing over this event and truly appreciated it. Job well done to all!



Pictured Above: Residents gathered in front of the lodge where the car show took place.

Pictured Below: Resident Billy Whidden and Care Partner Barbra McCullum, dietary, sharing a laugh at the strawberry fest. Resident Donna Durant was all smiles and just some of the yummy treats.



Our recreation summer student, Clea has been super busy this past month, not only has she been planning her special event, Willow Lodges first ever Highland Games, which will take place on August 13th from 2pm-4pm, she had been sharing her talent which is highland dancing. Clea has been highland dancing for eleven years and over the month of July she has been doing a number of dancing routines, dressed in various highland dance attire. She shared the history of the dances she performed and answered any question the residents had regarding the uniqueness of each outfit. We can't wait for the Highland Games!

Pictured on Right: Residents gathered in the main lounge to watch, Clea, summer student Highland Dance.



Pictured Right: The residents of Lynwood congregated to watch and learn about highland dancing.



Can you really call summer, summer if you don't have a campfire? Residents were ecstatic when they found out we were having a campfire, with roasted hot dogs and s'mores. There was campfire music, lots of smirks, chuckles, chocolate covered faces and sticky fingers. Don't worry if you missed out on this one we plan on having another one this month.



Pictured Left: Roasting Hot Dogs by the fire and Billy Whidden enjoying his gooey, s'mores.



**Willow Lodge
Blueberry Festival
Blueberry Cheesecake
Blueberry Tarts
Blueberry Lemonade
August 20, 2021**



**Hawaiian Day
Dinner Menu
Chicken Adobo
Rice/Mashed Potatoes
Green Beans/Corn
Pineapple Dream Cake
Hawaiian Punch**

August 30, 2021



**Afternoon Tea Cart
Orange Pineapple
Ice Cream Cones**

**Hawaiian Day
Supper Menu
Hawaiian Pizza
Tropical Fruit Salad
Coconut Cookies**

August 30, 2021



Eat Well, Be Well

Lemon Lime Bars

Crust:

1 cup flour
¼ cup powdered sugar
¼ tsp salt
1 stick (½ cup) butter, softened
1 tbsp cold water

Filling:

5 oz cream cheese
1 ⅓ cup sugar
¼ cup lemon juice
¼ cup lime juice
3tbsp flour
4 eggs
1 tsp vanilla



Method:

Preheat oven to 350 degrees F, and line an 8x8 baking dish with parchment paper or tin foil. Combine all ingredients for the crust in a bowl or food processor and mix until crumbly. Press crust mixture into the pan and bake for 10-15 minutes. Cool crust for about 30 minutes. While the crust is baking, beat together all ingredients for the filling. While crust is baking, beat together all ingredients for the filling. Once crust is done, pour filling over crust and bake for an additional 25-30 minutes. Cool bars in the pan for at least 30 minutes before slicing. Makes about 16-20 bars (depending on how big you want them) You can finish by dusting with powdered sugar or adding a dollop of whipped cream. I always add some lime zest for garnish. Store in refrigerator for up to 5 days.

This recipe is so easy and perfect for summer. It has become a potluck and BBQ staple for me and all my family and friends love them. I hope you enjoy!

-Abby Chisholm, Dietitian

Adapted from this recipe: <https://bake-eat-repeat.com/lemon-lime-bars-recipe/>

Resident News

Resident Margaret Bates and family gathered to commemorate her 100th birthday on July 8th. They had a charming outdoor celebration, where she was surrounded by all of her daughters, even though one had to virtually visit, they were all together. Margaret had a wonderful morning spent with family and a great afternoon celebrating with all her friends at Willow Lodge. The cake was delightful. Congratulations Margaret, may you have many more years full of love, laughter and memories.



Resident Bertha Langille has been busy as always working at her quilting and embroidery and she continues to share her talent and generosity with Willow Lodge and the community of Tatamagouche and beyond. Bertha's latest contribution was to the Willow Lodge Auxiliary, who is now selling tickets to go toward the construction of a Palliative Care Room here at Willow Lodge. Tickets are \$2 each or three for \$5. The draw date will be December 10, 2021. Tickets are

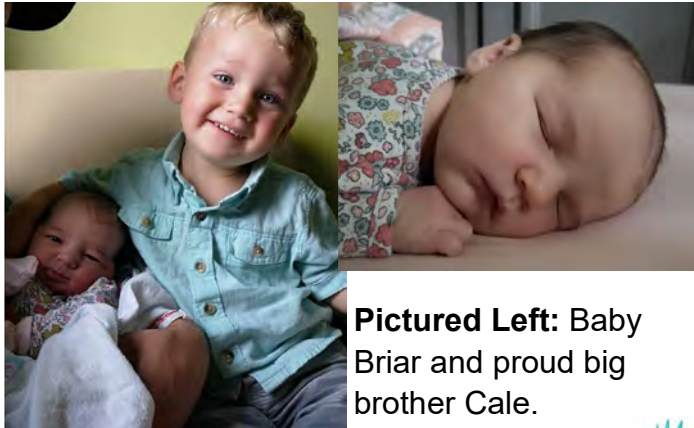


available at Willow Lodge, through Sue MacKinnion, Willow Lodge Auxiliary Chair. Thank you to all who donated.

Pictured Left: Resident, Bertha Langille and Willow Lodge Auxiliary Chair, Sue MacKinnion with the embroidery quilt.

Care Partner News

We have a BABY announcement! Kara Weatherbie, LPN and her family welcomed their new bundle of joy to the world on July 19, 2021 at 10:52am. Welcome to the world little Briar Lorraine Langille. Briar was 9lbs 1oz and 21inches. Mommy and baby are doing well and big brother Cale is adjusting to his new role. Congratulations Kara, Andrew, Cale and all your extended family. Briar is beautiful and precious.



Pictured Left: Baby Briar and proud big brother Cale.

Volunteer News

Two of our wonderful volunteers, Laurie and Allen Treen will be celebrating their 48th wedding anniversary on August 17th. Laurie and Allen have started back volunteering this past month and the residents are thrilled to see them back. Laurie and Allen; everyone at Willow Lodge wishes you the best. You both bring so much life and laughter to Willow Lodge. Happy Anniversary!



Pictured Left: Laurie and Allen on their wedding day, August 17, 1973. **Pictured Right:** Laurie & Allen on August 17, 2019.

Operations Corner

The weather has been warm and humid the last few weeks. In an effort to make the air a bit dryer, we have purchased 2 industrial dehumidifiers to remove some of the moisture from the air.

There is one in the Café and one by the door to the Courtyard on the Balmoral side. They seem to be helping a lot.

Ten new beds have arrived and have been put into use, replacing some of the older beds in the building. We hope to continue with this annual replacement of beds until all of them have been replaced.

The new Steam Oven has been delivered and we are waiting on installation of that. As well, the new laundry equipment for downstairs has been shipped and we are awaiting delivery.

The Fire Marshal was here recently to do a follow-up inspection to his visit in March. There were a few items we had to look after, and I'm happy to say that the inspection is now complete, and we are in full compliance with all Fire and Life Safety requirements.

There will be some other upgrades and renovations in the coming months, and I will keep you updated as we move forward.

It's good that some of the COVID restrictions have been eased and that outside visitors have a little more freedom to come in and visit. Here's hoping life returns to near-normal very soon.

-Kent MacDonald
Director of Operations

Pictured Right: One of the new industrial dehumidifiers purchased to help take moisture/humidity out of the air at Willow Lodge. Stay Tuned for more pictures as more of the equipment mentioned above arrives and is installed.



Highland Games



August is here, and the first ever Willow Lodge Highland Games & Gathering is right around the corner! The games will be held in our park on August 13th, keep your fingers crossed for good weather! There will be lots to see and do, for all Scots and Scots at heart! We will have live music, including a piper!!! We will also have Highland dancing, heavy event competitions (caber toss, hammer throw, haggis hurl), a clan information tent and scottish treats for everyone to enjoy! Make sure to wear your best tartan, I can't wait to see you all there! Take care!

- Clea MacIsaac
Recreation Summer Student

Outdoor Concert

Residents of Willow Lodge will be having an outdoor concert on August 26th, 12-2pm with live entertainment from the talented Doris Mason. Each resident may invite two guests of their choosing to attend this event. Invitations will be sent out very soon! There will be a tasty homemade hamburger bar, with all the toppings and condiments available served with a bag of chips and pop. We will also have birthday cake and ice cream for dessert. Stay tuned!



Pictured Above: Doris Mason, who will be entertaining us at our outdoor concert in the Willow Lodge Park.

Nurses Nook

We continue to keep well here at the lodge.

I'm not sure if I shared with you before, but we have a 98% vaccination rate for residents here at Willow Lodge!

That is incredible and we are very thankful to have residents so well protected.

We have a very high vaccination rate among the staff here, as well, at approximately 95%.

I'm told this is the highest rate for staff in long term care in the whole province!!

What a privilege it is to work with such caring people who chose to protect others and themselves by getting vaccinated.

We are enjoying the warmer weather this summer.

We are trying to keep everyone hydrated on the hot days with drinks and cold treats.

If you would like to bring in a water bottle for a resident to use, it is helpful for most to have a handle and we will keep it filled with water.

Fans are helpful, too. If you would like to bring in a fan for a resident, it must be CSA approved.

Please connect with a care partner before bringing in any appliances to make sure they are safety approved.

Take good care,

Lisa Hodder, Director of Care

Nova Scotia 2021 Election

On August 17th there will be a voting poll set up at Willow Lodge for all residents who would like to participate in the 2021 Nova Scotia Provincial Election. Resident who wish to vote are welcome to have one support person accompany them while they cast their vote. Voting will take place from 9:30a.m - 11:30am.

