



WILLOW LEAF

December 2019

Happy Birthday

Residents

Jack MacLellan - December 5
Joanna Bower - Derry - December 8
Renate Schlosser - December 9
Velda LeFrank - December 12
Helen Reid - December 15
Eddie Benere - December 21

Care Partners

Achim Hoetten - December 9
Pat Hartlen - December 26
Barb McCallum - December 28
Renita Tattrie - December 28
Randi Munro - December 29

Memoriam

Hilda Swan

April 20, 1925 to November 9, 2019

Evelyn Canning

October 9, 1925 to November 21, 2019

Henry James

February 7, 1924 to November 21, 2019

Dorothy Cameron

July 27, 1928 to November 26, 2019

Welcome

New Residents

Valerie Nicoll

Pauline Smith

Care Partner

Kent MacDonald

Upcoming Events

December 5

Dave Gunning & JP Cormier Christmas Show @ the Grace Jollymore Joyce Arts Center, 7:30p.m. - 10:00p.m.

December 5

A Pocket of Time @ the Fraser Cultural Center, 3:00p.m. - 4:30p.m.

December 6

Claude's Annual Christmas Chef Night @ Sugar Moon Farms, 6:00p.m. - 9:30p.m.

December 6

Share the Spirit Card Making and Letter Writing @ the Tatamagouche Library, 3:00p.m. - 4:30p.m.

December 7

3rd Annual Christmas Parade, Main Street Tatamagouche, 6:00p.m.

December 7

"This Shining Night" Annual Christmas Concert, presented by the Tatamagouche Area Singers with Artistic Director Bette-Joan Pring & Collaborative Pianist, Sandra Somers. Admission is \$10/person, children 12 & under are free. Doors will open following the Christmas Parade.

December 7

Razzmatazz @ the Grace Jollymore Joyce Arts Center, 2:00p.m. - 4:00p.m.

December 7

Drew Polegato @ the Tatamagouche Brewing Co. 1:00p.m. - 4:00p.m.

December 11

Willow Lodges 22nd Annual Tree of Love Celebration @ Willow Lodge, Lynwood House, 3:00p.m.

December 12

Adult Craft Night: Paint Your Own Festive Cedar Shake, Tatamagouche Library, 6:30p.m. - 8:00p.m. Phone to register, 902-657-3064

December 14

Brigid: What Christmas Means to Me @ the Sharon United Church, Tatamagouche, 7:00p.m. - 9:00p.m. General Admission \$20, Youth \$15

December 21

Saturday Afternoon with The Strange Valentines @ the Tatamagouche Brewing Co. 1:00p.m. - 4:00p.m.

December 24

Christmas Eve

December 25

Christmas Day

December 26

Boxing Day

December 31

New Years Eve Party, 2:30pm @ Willow Lodge, with special guests Raymond MacDonald & The Tony River Fiddlers.

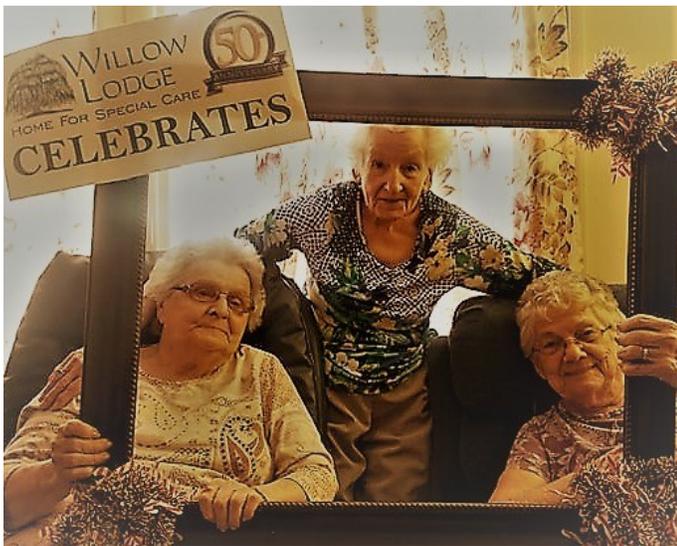


From the Desk of Janine...

The Year In Review...As we approach December and our final month of celebrations that have marked Fifty Years of Care within our community of Tatamagouche, we can all be proud of what has been achieved. As an Eden Community, we continually strive to be the best home by working together to eliminate; loneliness, helplessness and boredom. To Our Care Partners, Medical Care teams, Board of Directors, Auxiliary, volunteers, families and friends... it is you that make the difference! A big thank you for all that you bring, share and do!

My sincere wishes for a safe, Christmas and all good wishes for the New Year to one and all!

-Janine Jaconelli, Executive Director



Pictured Above: Residents, Doreen Langille, Marion Foote and Eunice Sutherland.

Boxing Day Concert with James & Samuel



When: December 26, 2019

Where: Willow Lodge

Time: 2:30p.m.

James and Samuel Lawrence will be performing a Christmas concert this December at Willow Lodge. They love coming to play for everyone and are always made to feel so special and appreciated. Their biggest fan is their Nana, Betty MacKay and she will no doubt be from row to hear " her boys."



Willow Lodge's Christmas Dinner December 25, 2019

- Roast Turkey*
- Mashed Potatoes*
- Dressing*
- Cranberries*
- Turnip*
- Peas*
- Carrots*
- Pumpkin/Mincemeat Pie*

Limited to 2 Guests/Resident

\$15/per Guest

Need special meal ticket

RSVP by 4:00p.m. on December 20th

Phone: 902-657-3101



Volunteer Scoop

Would you believe over a year has passed since I began working at Willow Lodge!

And I'm still here!

When I first moved to Tatamagouche I said to my partner I felt as though I'd stepped back in time 25 years, and I don't mean that in a negative way! Community spirit is truly alive here! Church suppers – I can't even remember such a thing back in the city. I can only imagine all the traffic in London stopping to let me cross the road - more likely I'd be running the gauntlet! I've had more baked good left on my porch than you can shake a stick at and some of them I've no idea where they came from!!!! The only thing left unexpectedly on my doorstep back in the city was from a passing pooch. Anything else left on your doorstep would have been half inched! (Half inched is Cockney rhyming slang for pinched).

When I first started working in the UK, I would walk 6 miles across the city each day – I can count on one hand the times I stopped and chatted with someone that I knew! Yet a short walk along Main Street in Tatamagouche and you're guaranteed to bump into someone that you know! My home town has a population of over 3 million – how is it possible to not bump into someone that you know???

Tatamagouche is an amazing place, and places are made amazing by the people that live there! But to have the opportunity to work at Willow Lodge with all the wonderful volunteers is really quite special.

Their generosity, kindness and caring nature is really quite astounding. Coming from a city it is really quite overwhelming seeing what volunteers here do. I will never be able to convey my true feelings, or thank you enough for what you do at Willow Lodge but....

A Merry Christmas to all of you – and a massive thank you to all our Volunteers

We simply couldn't do what we do without you.

- Michael Ashton; Volunteer Coordinator

These Boots Are Made For Walking

A proper shoe fit makes the world of difference and can prevent bunions, calluses and even falls. Paying attention to shoe selection is the first step in the right direction and is even more important when selecting shoes for a loved one.

One thing to keep in mind is the size and shape of our feet change as we grow older. The size of our feet can increase/decrease during a 24hr period due to health issues. Always keep in mind shoes should have some flexibility for expansion. Flexible material to allow for swelling at the end of the day and flexible material that will allow for comfort.

When measuring your feet for size there should be 3/8 to 1/2 inches from your big toe. You should never have shoes that are tight, but you are "expecting" them to stretch. Remember, as you are waiting for the shoe to stretch pressure is being exerted on your toes which can cause problems.

The shoe should have a textured sole to prevent slipping but not too aggressive to cause "sticky feet." A thin midsole is best so you can "feel" the ground underneath. A bevelled heel creates a smooth step and helps to prevent a shuffled step.

There is no easy formula for correct shoe selection. Most stores are lenient with their return policy for shoes making trialing more convenient.

Now, are you ready boots? START WALKIN

- Cathy Rafter; OTA/PTA





Nurses Nook

A couple new faces were added to our Willow Lodge Family this past month.

Welcome Karli Boyd and Alanna Stevens, CCA to our care team!

Congratulations to Geneva Wiebe, CCA in being accepted to the LPN program starting in September.

You will notice lots of new faces around the lodge for the first few weeks of December.

There will be 7 CCA students and 5 LPN students here.

Welcome students and we hope you have a great experience!

We are well into the cold and flu season so please continue to be diligent in postponing your visits when you have **ANY** contagious symptoms.

Influenza and pneumonia have been on the top 10 causes of death in Canada for years. Many residents here are very susceptible to those infections.

We really appreciate your assistance in protecting residents and care partners of Willow Lodge from contracting illness.

I would also like to wish each of you a Very Merry Christmas and a Safe and Happy New Year.

- Lisa Hodder; Director of Care



Eat Well, Be Well

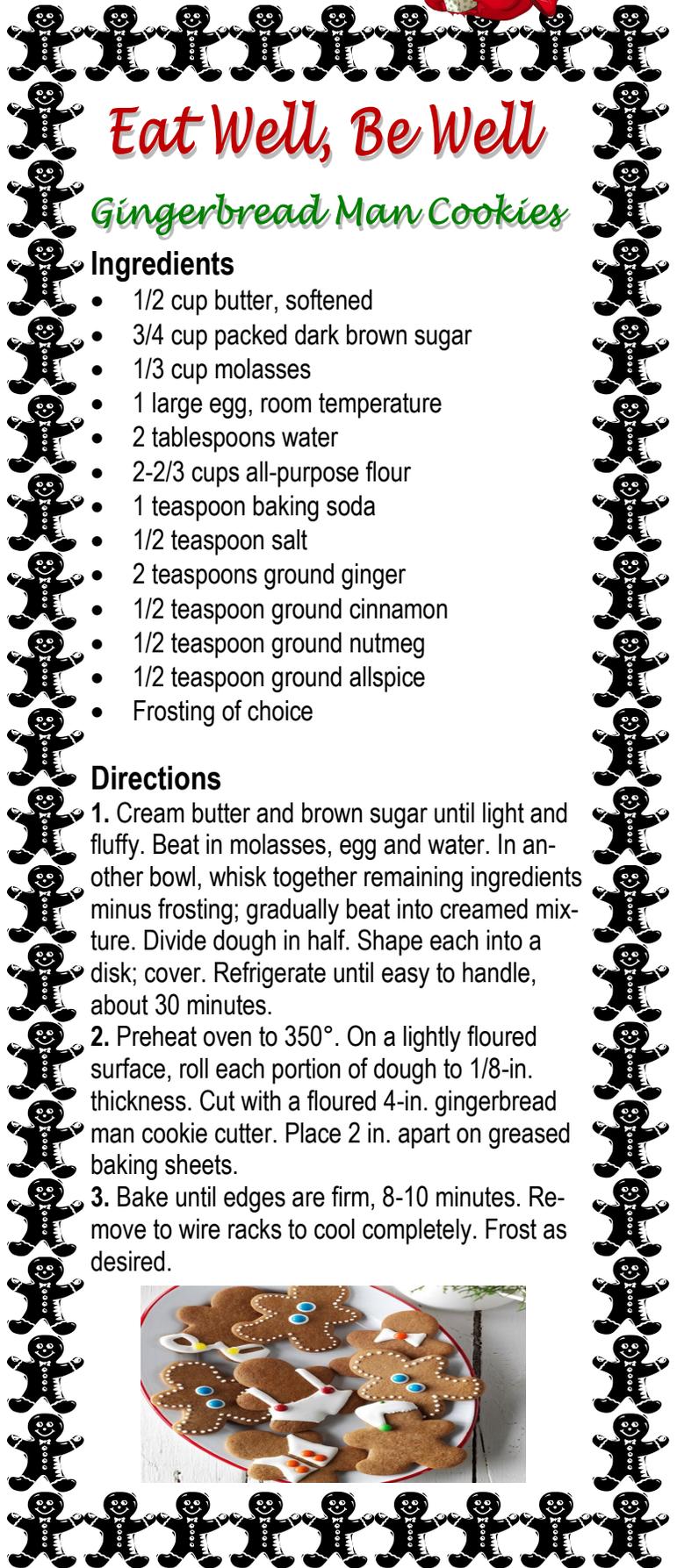
Gingerbread Man Cookies

Ingredients

- 1/2 cup butter, softened
- 3/4 cup packed dark brown sugar
- 1/3 cup molasses
- 1 large egg, room temperature
- 2 tablespoons water
- 2-2/3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 teaspoons ground ginger
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice
- Frosting of choice

Directions

1. Cream butter and brown sugar until light and fluffy. Beat in molasses, egg and water. In another bowl, whisk together remaining ingredients minus frosting; gradually beat into creamed mixture. Divide dough in half. Shape each into a disk; cover. Refrigerate until easy to handle, about 30 minutes.
2. Preheat oven to 350°. On a lightly floured surface, roll each portion of dough to 1/8-in. thickness. Cut with a floured 4-in. gingerbread man cookie cutter. Place 2 in. apart on greased baking sheets.
3. Bake until edges are firm, 8-10 minutes. Remove to wire racks to cool completely. Frost as desired.





Willow Leaf - December 2019 Edition



Willow Lodge News

Willow Lodge would like to extend a huge thank you to Mrs. Mackeen and her Grade 6 class from the Tatamagouche Regional Academy for the wonderful Remembrance Day service they had for our Residents and Care Partners on November 8th. You did an amazing job and should be very proud of yourselves. Thank you, from everyone at Willow Lodge.

We had some new visitors come to Willow Lodge last month. Mrs. Zwicker grade 2/3 class from the Tatamagouche Regional Academy had their first visit of what we hope to be many. The grade 2/3 class brought some of their favorite stories to read to the residents. We had two different group locations one in our main lounge and the other in Lynwood. Our Residents loved having you all come and read and can't wait for your next visit.

Willow Lodge would like to welcome everyone to our 22nd Annual Tree of Ceremony. It will take place on December 11, 2019 at 3:00p.m. in Lynwood House. There will be light snacks and refreshments to follow the ceremony. We thank each and everyone of you for your support. Your gifts are truly appreciated.

Willow Lodge would like to congratulate Operations Manager John Sellers on his retirement. John has worked at Willow Lodge over 20 years. John we wish you all the best in your future endeavors. You will be missed by all of us at Willow Lodge. May retirement bring you lots of time on the golf course, time spent with you family and who knows maybe even a Stanley Cup win from your beloved Montreal Canadians. Cheers John, for your dedication and hard work, you deserve the best retirement ever. Enjoy this new journey of your life. Cherish every moment and have fun!



Willow Lodge's Pre - Christmas Dinner December 17, 2019

Roast Beef
Mashed Potatoes
Carrots
Turnip
Peas
Dessert - Pie

Limited to 2 Guests/Resident
\$15/per Guest
Need special meal ticket
RSVP by 4:00p.m. on December 13th
Phone: 902-657-3101

Willow Lodge Christmas Concert

When: December 20, 2019

Where: Willow Lodge

Time: 2:30p.m.

The Willow Lodge choir, which is directed by one of our very own residents, Joanna Bower-Derry would like to invite their fellow residents, family, volunteers and friends to attend our first Willow Lodge Christmas Concert. Joanna, along with the help of Care Partner, Jane Terry have chosen a selection of Christmas Classics for all of you to enjoy. They have been practicing every week and are extremely excited to sing for you all. We hope to see you there!





Care Partner News

Hair, Home & Re-fresh fashion has two of our very own modeling some fall and winter fashion. Brenda Laurie, CCA and Juanita Forbes, Clerk. You can find the items they're wearing and more at 211 Main St. Tatamagouche anytime.



Pictured Above: Care Partners, Brenda Laurie and Juanita Forbes, modeling some items from Hair, Home & Re-fresh.

Please stop by on Thursday, December 5th from 4-8p.m. for the Christmas Open House and enjoy shopping, door prizes and refreshments. Hope to see you there!

We would like to send our condolences to Care Partners, Robert Cameron; Dietary, Margie Trueman; CCA and Melody Latta; Dietary. There's a special place in all of our hearts for our mothers and grandmothers, just like there's a special place in every mother's and grandmother's heart for her children and grandchildren. May you all continue to carry her memory in that special place in your hearts. We're sincerely sorry for the loss of your mother and grandmother, from everyone at Willow Lodge.

To Care Partner, Barb McCallum; Dietary. You and your family are in our hearts and minds. Our condolences on the passing of your mother. A person that departs from this earth never truly leaves, for they are still alive in our hearts, through us, they live on.

Congratulations to Care Partner, Brittany Marchbank; CCA and her family on the arrival of their new bundle of love. Payson Miles Porteous arrived on November 16th at 9:08p.m. Payson weighed 7lbs 11oz and 21 inches long. He is absolutely handsome.



Pictured Left: Payson Miles Porteous, son of Care Partner Brittany Marchbank and grandson to Care Partner Barb Marchbank.



Resident News

All of us at Willow Lodge would like to send out deepest condolences to Resident Eunice Sutherland and her family on the loss of her sister Myrna. Eunice, you lost a great friend, but the universe received a new beautiful star. Our thoughts to you and your family.

All of the Residents at Willow Lodge would like to say Merry Christmas and Happy New Year to all their family and friends, near and far. Their message to you all is, that you are all surrounded by your loved ones, know that they miss you all and hope to see you all soon. Wishing each and everyone of you good health and happiness, from all the residents of Willow Lodge.

The residents would like to thank all the vendors who came out to our annual Christmas Tea and Bazaar, they enjoyed see you all. Also to the wonderful Care Partners and Volunteers who did an amazing job of decorating their home and served such yummy treats, it was an afternoon to remember. It sure is beginning to look and feel a lot like Christmas.





Operations Corner

We're happy to announce that we're in our third and final stage of having the siding replaced on the newer addition of our building. (Lynwood and the Administration area) We hope the weather cooperates and it can be completed by months end.

A big welcome to Kent MacDonald who is our new Operation Manager. Kent will be completing an orientation over then next month along side John Sellers as he learns all there is to know about Willow Lodge and it's day to day operations. Welcome to the Willow Lodge family Kent, we hope you will feel at home here.

- John Sellers; Operation Manager

Message from the Finance Office

Income Tax Time

Please note that Residents and their families are responsible for filing Residents income tax each year. It is of crucial importance that they be completed by April 30, 2020.

*Happy Holidays
&
Happy New Year
From Our
Willow Lodge Family
to Yours!*



22nd Annual Tree of Love Campaign

Wednesday, December 11, 2019

At 3:00p.m.

Lynwood House, Willow Lodge



Everyone is Welcome!



Message from Santa!

Santa is planning ahead and would like to ensure that every Resident at Willow Lodge receives a gift under the tree on Christmas Day. Santa is asking for help from each residents family, if they could send one small gift to Willow Lodge with your loved ones name on it that would be fantastic. Santa never likes anyone to get left out, and after checking his list once or twice there doesn't seem to be any naughty residents on his list this year. HO HO HO, Santa is glad to hear and can't wait to stop by soon.

