

December 2021 Willow Leaf



From the Desk of Janine...

Welcome December....

As we make preparations for the holiday season and festivities that accompany this time of year, I want to thank Care Partners for their ongoing support and commitment to our residents. Willow Lodge can be proud of our staff and their dedication to those who call the lodge home- Living in the times that we do with caution for the unknown and doing our best to keep COVID away, we had 100% staff who were eager and willing to get their vaccines, knowing that this is one way to keep those we serve, those we love and our wider community safe. For this we can all be thankful and proud!

At Willow Lodge we recognize the three plagues of aging; loneliness, helplessness and boredom and through our philosophy of care known as The Eden Alternative, everything we do, and the care we deliver is done in such a way that we are continually challenged to combat these obstacles. As I listened to a report from the CBC, these same 3 plagues have faced so many in the past 21 months regardless of age, gender and location etc. Reflecting on these similar challenges that everyone has faced and is continuing to struggle with, I am confident and thankful that we are able to continually build a community that brings joy, empowerment and recreation to those who call the lodge home and also to those who work in our resident's home.

My sincere wishes to each and every one for a happy and joyous Christmas.

Stay Well, Stay Safe!
Janine Jaconelli
Executive Director

Happy Birthday



Residents

Arthur Law - December 2
Jackie McLellan - December 5
Donna Howard—December 6
Joanna Bower-Derry - December 8
Velda LeFrank - December 12
Darcy Bell - December 19
Eddie Benere - December 21
Judy Sarson - December 31

Care Partners

Karli Boyd - December 1
Jennifer Frizzel - December 7
Achim Hotten - December 9
Ashley Langille - December 16
Barb McCullum - December 28
Randi Munro - December 29



In Memory

Josephine Holmes
January 15, 1929 to
November 5, 2021

Cassie Cameron
July 11, 1934 to
November 20, 2021

Eat Well, Be Well

Roasted Garlic and Rosemary Bread

Ingredients:

1 head of garlic, roasted
1 tablespoon olive oil
3 cups all purpose flour
1 ½ teaspoons salt
½ teaspoon active dry yeast
1 ½ cups of warm water
1 tablespoon fresh rosemary,
chopped



Directions:

Heat oven to 425 degrees. Slice the top of the garlic bulb and drizzle with olive oil. Wrap in tinfoil and roast for 45 minutes. Once cooled, squeeze softened garlic out of the skin. Combine flour, salt, yeast rosemary, and roasted garlic. Slowly add water and stir to combine until a dough is formed. Cover tightly with plastic wrap and let it sit on the counter at room temperature for 12-18 hours. Place oven safe pan (such as a Dutch oven) in the oven and preheat to 450 degrees. On a well-floured surface, shape the dough into a ball. Note that the dough will be very sticky. Place the ball of dough into the preheated dish, cover with lid and bake for 30 minutes. Remove cover and bake for an additional 10-15 minutes. If your dish does not have a lid, you can cover with tin foil. Cool bread completely before slicing.



I made this easy bread recipe for the first-time last month and loved it so much I made it again last week. It pairs well with ricotta cheese and roasted tomatoes for a savory brunch. I hope everyone enjoys!

Recipe sourced from <https://houseofnasheats.com/roasted-garlic-rosemary-no-knead-artisan-bread/#recipe>



- Abby Chisholm
Dietitian

Operations Corner

It's beginning to look a lot like Christmas here at Willow Lodge. Residents and Care Partners have been busy decorating, and like it or not, the season is fast approaching.

After a couple of delays, the elevator interior has been renewed and is back in service. The end result looks great. To say that it was a bit of an inconvenience having it out of service would be an understatement. It was a lot of extra work for many staff while it was out of service, a big "Thank You" to everyone involved for your patience.



Before

After

The exterior door replacement took a pause as some of the doors that arrived weren't correct, and had to be reordered. The installation crew is set to return this week to replace the remaining doors. The doors that were replaced look great, and it will be nice to have that work completed.

Due to the Global Pandemic we're still currently in, there is a world-wide shortage of electronic parts. This has caused, among other things, a delay in the completion of our Nurse Call System upgrade. Hopefully these parts will be available after the New Year and we can get this project completed before too much more time passes.

Please join me in welcoming Colleen Mattatall to the Environmental Services Department. Colleen has worked at Willow Lode for many years as a CCA, and has recently moved into a Casual position in Housekeeping and Laundry.

The colder weather has led to closure of Willow Park and other outdoor spaces for the season. Best wishes to all for the Holiday Season.

- Kent MacDonald
Director of Operations

Nurses Hook

We are pleased to welcome Jill Peterson RN to the position of Director of Care. Jill has 42 years experience as a registered Nurse in Acute, Long Term Care and community and more recently Sunset Community.

Jill will begin December 20, 2021- Welcome Jill!

Remember: if you have any cold/flu symptoms, please **do not** visit until your symptoms subside. When you do visit, there are hand sanitizers for your use at every entrance. Please do your part and make use of these as you enter and leave the building to help us prevent illness in our home..



Message from the Finance Office

Income tax time for 2021 is just around the corner.



Stay tuned for more information in the new year.

- PJW

Care Partner News

Everyone at Willow Lodge is sending condolences to Care Partner, Wilma Tattrie, CCA who's brother passed away. Please accept our heartfelt sympathy on the passing of your brother. His memory will live on with you and all of those whose lives were touched by him.

We are also sending condolences to Care Partner, Tammy Fraser, LPN, her children and her extended family on the recent passing of her partner, John William Matheson. John was well known in the community of Tatamagouche and surrounding area. John was a Master Technician at TriCounty Ford, for the past 24 years. Tammy, we can't say anything to take away your pain, but we are here to help you shoulder it. Our thoughts are with you and your family.



*Willow Lodge Residents
Christmas Dinner Menu
December 25, 2021*

*Roast Turkey
Mashed Potatoes*

*Dressing
Cranberries*

*Turnip
Peas
Carrots*

Dessert

Pumpkin/Mincemeat Pie

Willow Lodge News

Our 'Tree of Love' is an event that we host during the holiday season.

We continue to be cautious with COVID-19, therefore we are unable to host this gathering inside our home. We will however, celebrate and remember those who have been and continue to be a part of our Willow Lodge Community, by lighting the Tree of Love, in their memory, or in their honour.

The Tree of Love lighting will take place indoors on **December 16th, 2021, at 2:00pm**, for our residents and will be uploaded to social media soon afterward. For all to enjoy, a **Tree of Love outside our home will be lit at 6:00pm**, and will stay lit throughout the Holiday Season.

To purchase a bulb, detach the gift form and mail or drop off at Willow Lodge along with your donation, with proper protocols in place.

Thank you everyone for your support. Your gifts are truly appreciated.

Charitable Income Tax Receipts Available

For further information contact us at Willow Lodge (902) 657-3101

We will be hosting our 2nd Annual Willow Lodge Christmas Parade on December 17th at 2pm. Residents are looking forward to it and we can't wait to share pictures with you all. Stay tuned as they will be in next month's Willow Leaf.

We will be having a Christmas Tea Party for all the Residents on December 21st. We will enjoy some Christmas carols, a holiday treat with a cup of hot tea or coffee.

On December 31st we will be having our annual New Years Eve Party. We are hoping to have the Strange Valentine's come and visit us and supply live entertainment. Fingers Crossed!! We will ring in the new year with special treats, drinks, noise makers and more. It's sure to be a wonderful time!

New Clothes for Christmas – If family is buying clothes for Christmas, you might want to ask for name tags to sew on before you wrap, and remember to put, Mom MacDonald, or Grampy Lloyd as we do have many moms, Grandmas, Aunts and Dad's & Granddad's. Without a name it is a guessing game.

The Nursing Care Partners have been making a list of things that Residents could use.

Please check with the Care Partner for these suggestions.

Things to keep in mind

All electrical Holiday Ornaments must be CSA or ULR approved, due to safety standards. If such decorations do not show CSA or ULR, they are not permitted within the building. If you are unsure, our Maintenance department will be able to identify these markings.

A big thank you goes out to Dale and Carol Downey have donated a very nice 16 foot Christmas tree for the Tree of Love. They are even delivering it. Your kindness and generosity is a true testament to the holiday spirit.

Another thank you goes out to Care Partners Karen Ross and Melody Latta, from our Dietary team, who help order supplies and made baked beans for the Tatamagouche Community Supper.

