



February 2022

Willow Leaf



Residents

Eudora Tupper - February 8

Marion Foote - February 12

Arnie Mertin - February 12

Lorraine Stevens - February 12

Care Partners

Carol Lovoie-Benjamin - February 3

Barb Newcomb - February 12

Jay Mitton - February 19

Barb Marchbank - February 27

From the Desk of Janine

OUR GLOWING HEARTS

It has now been 18 months that I have had a glowing heart in my window, at home and now in my office window.

Our Glowing Hearts is a company that was founded in the summer of 2020 during the pandemic. The heart symbol is an international symbol of love and joy and by making a neon LED in this shape it is a perfect way to communicate Our Glowing Hearts message; that we are thinking of you and wish all people nothing but love and joy and that brighter days will be ahead. It is also a thank you to healthcare heroes, frontline workers, family, neighbours, strangers, those out of work and those who are struggling in this new world we find ourselves in.

This symbol of love for me is a symbol that encompasses the love that surrounds our residents, care partners, and those within our larger community. It is also a symbol for the month of February where we take time to let those special people, in our lives, know how much they mean

to us. I am hoping and would even suggest challenging each one of us to send a note, a card with the symbol of a heart to those who are in need of a boost or just a hello.....Happy Valentines



Stay Well, Stay Safe!
Janine



Elmer Crowell

May 27, 1938 to January 13, 2022

Bob Douglas

February 22, 1934 to January 24, 2022

“Those we love don’t go away, they walk beside us everyday.”

Author Unknown

**Tax
Time!**

From the Finance Office

Income tax time for 2021 is just around the corner. If you require a letter for tax purposes from Willow Lodge, please contact Peggy.



Valentine's Day

Valentines of Pink and Red,
Special words of kindness said,
Small surprises, funny jokes,
Paper hearts and friendly notes.

The best part of this happy day,
Is that we get a chance to say,
Today and for the whole year too,
We're glad we have family and friends like
you!

-Author Unknown

From the Residents of Willow Lodge to all
their Families and Friends. We Love you!



Welcome

New Residents

Beverly Fahey

Olivia Pastor

Phyllis MacLellan

Jamie MacKay

David Thwaites

John McKenzie



Nova Scotia Heritage Day

February 21, 2022



**February is
Therapeutic Recreation Month**

NOVA SCOTIA
THERAPEUTIC RECREATION
ASSOCIATION

Eat Well, Be Well

Peppermint Chocolate Chip Cookies

The last few weekends have been full of snowstorms. I've been using the time stuck at home to bake, including these cookies. I hope you enjoy!

Ingredients:

1 ½ cups all purpose flour
1 tsp baking soda
¼ teaspoon of salt
½ cup softened butter
½ cup brown sugar
¼ cup white sugar
1 egg
½ teaspoon of peppermint extract
1 ½ cups add ins (I used a mix of mint chocolate chips and milk chocolate chunks; however they are also good with crushed mint Oreos or peppermint patties)



Method:

Preheat oven to 350 degrees. Line two cookies sheets with parchment paper.

In a small bowl combine flour, baking soda and salt.

In a large bowl, beat butter and sugars for 2 minutes. Add egg and peppermint extract and continue beating until combined.

Add flour mixture and beat until just combined. Stir in the chocolate.

Scoop 1-2 tbsp portions of dough onto the cookie sheets. Bake for 7-10 minutes and cool completely before storing.

- Abbey Chisholm, Dietitian

Operations Corner

Where did January go? Hopefully the rest of the winter months will pass as fast and we will see the return of warmer weather sooner than later.

The Nurse Call installation team is back and busy with the remainder of the system installation. They are hoping to have it completed by the end of February. This project has been delayed several times due to a world-wide shortage of electronic components caused by the pandemic. It will be great to have this completed as it will be a major improvement in Resident and Care Partner safety.

We have finalized design and pricing of the Palliative Care Room and are now working with the contractor to schedule that project. There has been some significant fund-raising done over the past few years for that project, and the Willow Lodge Foundation has agreed to fund the remaining amount. We hope to see that underway next fall.

We are also applying for funding for some capital projects we hope to undertake this year, and I will update you on these once approved.

- Kent MacDonald, Director of Operations



Nurses Nook

By now we have completed all COVID-19 booster shots for our Elders except for 3, and are just waiting for their eligible dates. We have been very fortunate to have kept our Elders free of COVID so far. While we realize it is difficult on our Elders and Designated Care Givers to be kept apart, we thank everyone for their patience and understanding. Our flu shots have also been given to the Elders who participate in these clinics here, so hopefully we are well protected.

We are welcoming a new Care Partner- Kim Saxton, LPN. She and her husband have moved from Ontario to Malagash, a beautiful choice. Kim will be starting at Willow Lodge on Jan.31, 2022. Welcome Kim!

- Jill Peterson, Director of Care



Happy Chinese New Year to all of our family and friends. 2022 in the Year of the tiger. The Tiger is associated with bravery, courage and strength. Tigers are courageous and active people who love a good challenge and adventure in life.

Lucky Things for Tigers

Lucky colors: blue, green

Lucky numbers: 1, 3, 7

Lucky flowers: plum blossom

Lucky directions: north

We will have a delicious Chinese Dinner to celebrate. Residents love the Fortune Cookies!

Willow Lodge Valentine's Dinner Menu Sunday, February 13, 2022

Roast Turkey
Mashed Potatoes
Dressing
Turnip/Carrots
Cranberries

Dessert
Strawberry Mellow Bars

Tea/Coffee

Residents will enjoy a Valentine's Tea Party on February 14, 2022. Each neighbourhood will have a tea party in their dining rooms at 2:30pm. There will be chocolate covered strawberries, strawberry tarts and other valentine treats. The Bible Hill RCMP will also be stopping by for window visits on February 14th. They will be dressed in their red surge uniforms and they have some surprises for the residents as well. We can't wait to wave and share a smile.

