

# Happy New Year

# January 2023

## Willow Leaf



### From the Desk of Janine

As December comes to a close and we look forward to welcoming a new year, we can reflect on all the happenings that took place in 2022.

We have all learned resiliency as we have coped with a pandemic, inflation, hurricanes, wind storms and now as we look ahead with winter upon us and the potential for snow storms.

During all of these challenges, dedication and kindness have remained at the forefront. Here at Willow Lodge many of our Care Partners and Volunteers have extended themselves over and above. I am always amazed and so proud of the team that fills the halls, bringing joy to all; families, residents, colleagues and our larger community- Thank you!

I would also like to extend a special thank you to the members of the Board of Directors, Family Council, and Willow Lodge Auxiliary for their help in the Tree of Love ceremony. It was wonderful to be able to welcome everyone back to this event for the first time since the start of the pandemic.



My very best wishes and all good blessings to you and your loved ones for the New Year!

Janine  
Jaconelli,  
Executive  
Director



## Happy Birthday

### Residents

Ardith Tattrie - January 26

### Care Partners

Cathy Rushton - January 9

Kristen Horst - January 20

Jolene Mardian - January 20

Megan Joudrie - Jan 23

Michele Tattrie - January 24

Margie Trueman - January 28

### Welcome New Resident

Scott Tupper



## Operations Corner

Happy New Year! Christmas is over for another year. I hope everyone got to spend some time with family and friends over the Holiday Season. Now it's time to hunker down as the colder weather has set in, and will probably be around for a while.

We have ordered some new furnishings for resident areas and common spaces. Ten lounge chairs are coming for the lounge areas as well as some new dressers and nightstands for resident rooms.

The new bathing system and sterilizer unit for Lynwood have also been ordered and should arrive sometime in February. These will replace the units that have been there since Lynwood opened and are well-used.

We have been having some issues with the phone system and it turns out that the current system is now obsolete, so the decision was made just before Christmas to update the phone system throughout the building. The new system will have some additional features and will be installed as soon as possible.

It's also the time of year when we apply for funding for Capital Projects for 2023, and I'll update you all with more information if/when we have approval to move forward with these.

Kent MacDonald

Director of Operations



## Eat Well, Be Well

Hello everyone and happy new year! I'm so happy to be the new dietitian here at Willow Lodge and I've been having a great time getting to know everyone so far.

Here is an easy cozy recipe that I love to make on those cold winter days where you just need some comfort food. Enjoy!

### Ravioli Lasagna

#### Ingredients:

- 1lb of ground beef
- 1 jar (28oz) of your favorite spaghetti sauce
- 1 package (25 ounces) of frozen ravioli (sausage or cheese filled work well)
- 1 ½ cups of shredded mozzarella cheese

#### Directions:

In a large skillet, cook ground beef thoroughly over medium heat. Drain excess fat as needed.

In a greased medium-sized casserole dish (9x9 square or 9x13), place a layer of spaghetti sauce. Add half the ground beef, half the ravioli, and ½ cup of cheese.

Repeat layering process and finish with a top layer of sauce and cheese.

Cover and bake at 400 degrees for 40-45 minutes or until heated through.

Enjoy!



Cassie Crowe, Dietitian

Recipe from: <https://www.tasteofhome.com/recipes/ravioli-lasagna/>

## Willow Lodge News

Wow, what a busy month it has been. We kicked off the month strong with our holiday celebrations by bringing back an old Willow Lodge tradition. A big thank you to Laurie and Allan Treen and Linda Black for coming in to help us make donuts! These delicious treats went fast as we munched away throughout December.



This year's Christmas parade rang out with lots of festive cheer that filled the halls with smiles and laughs. Thank you to all the staff, that dressed up and made sure all the residents were ready to watch in the hallways. You made it possible to have such a successful and festive afternoon.



This year our kitchen staff decorated the main kitchen to the theme of an old fashion Christmas, with many handmade decorations filling the room and covering the tree. This inspired the question that was posed at our Christmas Tea: 'What are/were some of your Christmas Eve traditions?'. It did not take long to fill the board with traditions from residents, staff, family and friends, as they talked about their traditions. A few of the traditions mentioned were: waiting up to see if they could catch a glimpse of Santa, singing Christmas hymns and carols with family, opening one gift or their stocking, going to evening or midnight church service, gathering with friends and family, leading a cow around the house Christmas Eve to leave the reindeer hoof prints in the snow, and leaving out some milk and cookies for Santa.

### New Year Blessings

Here comes a brand new year,  
Lots of new things to explore,  
A clean, blank slate to write on,  
Fun happenings galore.

To you we wish the best of things,  
All the Blessings a new year brings.

By Joanna Fuchs



## Willow Lodge News

The Stirling Hotel was built in Tatamagouche in the 1870's by Timothy McClellan.

Later in the century and into the 20th century it was run by Henry McClellan and his wife Hanna. The hotel was then taken over in management by Henry's stepdaughter Myrtle Allan and her husband Clarence Lockerby who ran the hotel until 1947. It remained what was locally known as the hotel hill until it was demolished in 1960, and is now currently the location of the home of Mrs. Gilbert McKay.

This mural was painted by Kenneth MacIntosh, local artist, and hung in the Tipperary Bakery & Cafe until its closing.

Donated by Richard Frotten ( grandson of Clarence Lockerby) to the Willow Lodge Home for Special Care, this mural can now be found hanging in the hallway between the Balmoral and Barchois neighbourhoods.



## Our New Friend Gypsy

A new face just appeared around Willow Lodge this past month. Gypsy, at 4 months old, has managed to win the hearts of us all and become a beloved member of the Willow Lodge Family. When CCA Jillian, Gypsy's owner, is in for her shift you can usually find Gypsy snuggled up in the lap of a resident, curled up beside them, or running around to greet everyone that calls her over. This little pup has made Willow Lodge her home away from home, and we are happy to have her part of our family.



## Nurses Nook

Happy New Year to everyone! Hopefully 2023 will bring peace and health to the world!

It is hard to believe we have been living with Covid for the better part of three years. With the addition of Influenza and RSV, all of our care partners have been working diligently to keep our residents safe and free of respiratory infections. I would like to acknowledge the ongoing support of our DCGs and other family members and friends in assisting us with this. Hopefully this year will see some improvements in global health.

In December, our residents all received the pneumococcal vaccine. This vaccine can assist in preventing the severity of some strains of pneumonia. It is recommended for anyone over 65 years of age, especially those living in Long Term Care.

In January, we will be looking at further COVID immunizations for those residents who are now eligible for their third or fourth dose. We are following Public Health direction in keeping these all current.

Hopefully the rest of the winter is as mild as it has been so far, summer will be here soon!

Stay healthy!

Jill Peterson, RN/ Director of Care



Happy New Year!