

Willow Leaf

July 2018



Birthdays



Resident

July 11—Cassie Cameron
July 27—Dorothy Cameron

Care Partners

July 12—Patty Jamieson
July 14—Tiffany Derby
July 18—Kara Weatherbie
July 19—Karen MacNeill
July 19—Cheryl MacDonald
July 26—Erin Emslie
July 29—Carolyn Burns
July 31—Carol Tattrie

Welcome

New Care Partners

Summer Students

Alicia Williamson
(Recreation)
Michael Trueman
(Grounds Maintenance)
Cayley Meade (CCA)
Lisa Hunt (CCA)
Josie Chambers
(RN Student)

Welcome

New Residents

Jim Skinner
Arlene Smith

Memoriam

Catherine Spares
May 9, 1935 to
June 12, 2018

*Remember to sign in
and sign out when you
are visiting. Located at
both entrances.*

Thank you!



Upcoming Events

June 30th

Wallace Canada Day Fireworks
At dusk. 6:30pm BBQ, Music,
Cake & Tea—Wallace Commu-
nity Ctr. 8pm—Blind Auction

**July 1st—Canada Day
Gathering of the Clans** in
Pugwash

**Canada Day @ Creamery
Square.** Free Concert 1-3pm
Eric Fresia

River John Sunday Market—
opening for the season. Lismore
Sheep Farm—Louisville Rd.
River John

July 2nd

WordPlay
Mabel Murple's Book Shoppe &
Creamery—River John 1-
3:30pm

July 7th

**"Life's uncertain...dessert
first!" Balmoral Grist Mill**
Dessert, local Charcuterie
board, Wine bar Live music by
"Musica del Mundo" - (\$20 per
person) for more info call 902-
657-3016

Ivan MacNutt Horse Pull 1pm
Weigh in 10—11:30am Admis-
sion (\$5)

Alycia Putnam & Family @
The Grace 7:30pm Tickets (\$15)

Read by the Sea
River John Legion 11am—
3:30pm



**Hardwoods Of the Acadian For-
est**—90 minute walk & talk leav-
ing from Bonnyman House—(\$5)
per person.

July 8th

Frances Grant Day—Wallace &
Area Museum. 2-4pm.

"Walk in the Woods"

SuNNS (Sustainable Northern
Nova Scotia) - Vigorous Hike into
the Warwick Mountain. Register
in advance. Contact Suzanne
Hirsch at sunse.rid@riseup.net or
902-957-0837

July 11th

Strawberry Festival sponsored
by LFMH Auxiliary 11am—2pm
@ Fire hall

July 14th

**Salem United Church Lobster
Dinner**—River John 11am—until
sold out. (\$20) Adult (\$10) Child—
eat in or take out—Ham option.

July 21st

Annual Lobster Dinner @ River
John Fire Dept. Noon until sold
out

Seafood Chowder -Wallace
Community Ctr. 11am—2pm
(\$15) , (\$7.50) - Proceeds for
United Church

July 22nd

Sheep & Wool Days @ Lismore
Sheep Farm—10am—3pm

July 20th—28th

River John Festival Days



Willow Lodge News

Thank you to Anne (Langille) Clark for her kind donation of guppies. Her loss was our gain as her tank sprang a leak and she needed a home for her fish. Thanks, so much Anne, they are doing great and they are getting along with our other fish. And we have had some babies.

Also, thanks to Gayle Langille's son who has donated two cockatiels to Willow Lodge, Pete and Coco. They are beautiful and have created a bit of excitement. They to have settled in well.

We would like to extend special anniversary wishes to Raymond and Marlene MacDonald of Tony River who celebrated their 60th Anniversary on June 7th. They are a part of the Tony River Fiddlers who come several times a year to play for us. They will be here on August 9th for Family Day.

We had a wedding day theme on June 21st, where several Care Partners brought their wedding dresses to be modeled. It was a fun afternoon with models, harp music provided by

We also hosted a BBQ for the Grade 5's on their final visit to Willow Lodge in Mrs. Lockery's class. We hope that they will be back as Grade 6's for our November Remembrance Day Service.



Pictured Left: Resident Lorraine Stevens enjoying craft time with a grade 5 student.



The Tatamagouche Road Train will be stopping again at Willow Lodge on Monday's starting July 9th at 10:00 and then will also stop at Maplewood and Hills of Annan.

On Wednesday's at 10:30am the NSRC Summer Day Camp will be back for their weekly visits. If weather cooperates it will be in the park or the courtyard.

Heather Forbes, Barb Gregory and Cris Sonntag. Refreshments were served, punch, brides and grooms cake and tea and coffee. One of the wedding dresses modeled was Marty Jollimore's. She and Perry were married 51 years ago on May 13th in Mimico, Ontario.

We had a successful Walk for Alzheimer's on June 14th raising \$552.00. It was a very rainy day, so we walked inside and then had a BBQ afterwards. Doris Creighton, Cassie and Carson Cameron and Hazel Ponte and her brother Carl Matta-tall who completed the Kilometer walk, walking around the building 12 times. Thanks to Carson and Cassie as they collected the highest number of pledges. The Alzheimer's Support Group also walked with us and did their own fundraising.



Dietary Care Partners planned a Willow Links Golf Country Club themed meal for Residents, serving Surf and Turf a choice of fish and chips or Steak and mushrooms with Banana split dessert. Along with special drinks before the meal. In the afternoon we played mini putt golf, and had some real pros.



Congratulations to Bev (Purple) Swantee (CCA) on her marriage to Ian Swantee. We wish you all the best!

Tatamagouche pastoral charge of the United church held their Sunday service at Willow Lodge on June 24th. The congregations from Brule, Bayhead and Tatamagouche gathered for their Sunday service in Lynwood and were lead in prayer lead by the Reverend Penny Nelson. Thank you'd were given out to the Sunday School Teachers, Erin LeFresne, Becky Ripley and Shelley LeFresne. Rev. Nelson made mention during the service of the loss of Barney.

Resident News***

Don and Joanna Derry celebrated their 15th Wedding Anniversary on June 23rd. They were married at Valley United church, Truro. Their attendants were Joanna's Daughter Heather and Don's son Stephen. Happy Anniversary!

Shelley LeDrew and dog JP from Moncton spent some time with Betty MacKay this month. Shelley's Mom and Betty trained together, and they had a double wedding and went shopping for their wedding dresses together.



Nursing Nook

We welcome Cayley Meade and Lisa Hunt to the Nursing Care Team. They have just completed their CCA Course through NSCC. Congratulations and best of luck on your provincial exam!

With warmer temperatures, we think about the importance of keeping hydrated. There are lots of beverages to choose from, as well as cool treats for those hot days. Also, when spending time outside, there are hats and sunscreen to protect from the sun.

The Dental Hygienist is returning this August 25th & 26th. Please contact Lisa or Audrey for an appointment.

Lisa
Director of Care



Pictured Right: Kay Mattatall with a Girl Guide during an evening program at Willow Lodge.

Doris Langille is holding her Great Great Granddaughter Nova, also in picture is her Daughter Linda Perrin, Granddaughter Cindy Perrin, Great Grandson Andrew and his wife Natalie.



FIVE GENERATIONS

Operations Corner

Two more resident rooms have been equipped with new tracks and lifts this past month. Six more have been ordered with a goal being that all resident rooms will have tracks by years end.

New sit to stand lift has been ordered, this new equipment will be much more user friendly for residents and care partners.

We welcome Michael Trueman, summer student taking care of lawns, flower beds etc.

John
Director of Operations



Three Residents, Sheila Morrison, Wendy Morrison and Don Derry joined Deborah Dean (CCA) on trip to see the Wagon Train come over the mountain. They had a wonderful day. Thank you Deborah for taking the opportunity to share this experience with Residents.

Community News***

The Appleton Chocolates store in Dr. Moss's old office is open and is offering some new items for sale. You can go in and watch the chocolate making process.

The Tata Road Train has been operating on weekends but will operate 7 days a week starting July 2nd. All Departures are from Foodland, starting at 10:00AM, last Train leaves Foodland at 4:00PM each day.

On June 27th the last graduation ceremony took place at North Colchester high school. In September the new school, "Tatamagouche Regional Academy" will open. Last evening, I had my last visit to the Tatamagouche Elementary school, those children will also begin in September at the new P-12 school. As to what will happen to the Elementary school, it is a wait and see, lots of rumours but nothing confirmed.

They are lots of bear sightings in the village and surrounding area. Another bear was captured this week on Pine Street, but another sighting last night June 26th on Pine. Karen Ross who is one of our cooks here at the Lodge took a picture a few days ago of a Momma bear and three cubs on the Sandpoint Road.



Photo by: Matthew Ross



Eden Corner

In Memoriam

Barney

June 20, 2018

We are sad to announce that our loving pony Barney passed away on June 20, 2018 after a brief illness.

Barney came to live at Willow Lodge in 2012 spending his summer days grazing in the pasture and providing much love and entertainment to Residents to everyone at Willow Lodge.

His favorite treats were peppermints for which we had to keep a supply so Residents could feed him from their bedroom windows.

He will be greatly missed by our Residents, Families, Visitors and Care Partners as well as his new pasture mates Joycie and her two kids and Scampy and her kids (Phyllis and Audrey).

Special thanks to Chris Bezanson (CCA). She cared for Barney all through the winter at her home and took special care of him during his illness.

To help us to celebrate Barney's life at Willow Lodge, Care Partners put together and memorial that is displayed in the Main Lounge.



Eat Well, Be Well – Tiffany Derby, Dietitian

Homemade Ketchup – Two Ways: Honey Cinnamon Ketchup & Smoked Sriracha Ketchup

For Honey Cinnamon Ketchup:

Ingredients

- 1 teaspoon olive oil
- 1/2 cup minced onion
- 12 (ounce) can tomato paste
- 1/4 cup apple cider vinegar
- 2 tablespoons honey
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/3 cup water



Instructions

1. In a small frying pan, heat oil over medium heat. Add onion and cook for 5 minutes, stirring frequently. Remove from pan.
2. In a large bowl, mix together onions, tomato paste, vinegar, honey, cinnamon and salt. Add in 1/4 – 1/3 cup of water, mixing until you get ketchup to the consistency you like.
If you prefer a smoother ketchup, use an immersion blender (or regular blender) to blend in the minced onions. Ketchup can be kept in a sealed container in the refrigerator for a few weeks.

For Smoked Sriracha Ketchup:

Ingredients

- 12 (ounce) can tomato paste
- 1/4 cup apple cider vinegar
- 2 tablespoons brown sugar, honey, maple syrup or molasses
- 1 tablespoon Sriracha sauce (use a little less or more depending on how spicy you like it)
- 1/4 teaspoon Spanish smoked paprika
- 1/3 cup water

Instructions

In a large bowl, mix tomato paste, vinegar, brown sugar, Sriracha and smoked paprika. Add in 1/4 – 1/3 cup of water, mixing until you get ketchup to the consistency you like. Ketchup can be kept in a sealed container in the refrigerator for a few weeks.

Recipes from the Dietitians Network of Nova Scotia.

July 2018

Tuesday - 6:00 pm Bingo in Balmoral Dining Room
 Wednesday 6:00 pm Reading with Jane
 Friday - 6:00 pm Bingo in Balmoral Dining Room
 Saturday - 2:30 pm Snakes and Ladders

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 Canada Day  3:30 Mennonites	2 10:15 Trivia 2:30 Folk Music with Mary Jane	3 10:00 Exercises 11:00 Lynwood Exercises 2:30 Musik Makers	4 10:30 Summer Camp Students 2:00 Cards 1:30 Library Visit	5 10:00 Exercises 11:00 Lynwood Exercises 1:30 Walk in Park 3:00 Resident Council	6 9:00 Nail Care 10:30 Drumming 3:00 Lexicon 6:00 Bingo	7 2:30 Snakes & Ladders 6:30 Country Hoedown 7:30 What's New?	
8 10:45 Presbyterian Church	9 10:00 Train Ride 10:15 Trivia 2:30 Henry Forward	10 10:00 Exercises 11:00 Lynwood Exercises 3:00 Kitchen Talk	11 10:30 Summer Camp Students 2:00 Cards 2:30 Drive	12 10:00 Exercises 11:00 Lynwood Exercises 1:30 Walk in the Park Homemade Ice Cream	13 9:00 Nail Care 10:30 Drumming 3:00 Spelling Bee 6:00 Bingo	14 <i>BBQ</i> 2:30 Snakes & Ladders 6:30 Country Hoedown 7:30 What's New?	
15 <i>St. Swithin's Day</i> 2:00 United Church	16 10:00 Train Ride 10:15 Trivia 2:30 Bill Butt	17 11:00 Lynwood Exercises 3:00 Kitchen Talk	18 10:30 Summer Camp Students 2:00 Cards 1:30 Library Visit	19 10:00 Exercises 11:00 Lynwood Exercises 1:30 Walk in Park Dog Days of Summer	20 9:00 Nail Care 10:30 Drumming 3:00 Lexicon 6:00 Bingo	21 2:30 Snakes & Ladders 6:30 Country Hoedown 7:30 What's New?	
22 5:45 The Hunts	23 10:00 Train Ride 10:15 Trivia 2:30 Henry Roberts & Richard Langille	24 10:00 Exercises 11:00 Lynwood Exercises 3:00 -Beatrice Pot- ter Tea	25 10:00 Anglican Church Service 2:00 Cards 2:30 Drive	26 10:00 Exercises 11:00 Lynwood Exercises 1:30 Walk in Park 2:30 Birthday Party	27 9:00 Nail Care 10:30 Drumming 3:00 Penny Ante 6:00 Bingo	28 	
29 3:00 Ira and Nancy	30 10:00 Train Ride 10:15 Trivia 2:30 -Music TBA	31 10:00 Exercises 11:00 Lynwood Exercises 3:00 Kitchen Talk	Birthstone Ruby Flower Water Lily / Larkspur				11 Cassie Cameron 27 Dorothy Cameron