



Happy

St. Patrick's



Willow Leaf Day March 2020

Happy Birthday!

Residents

Don Derry - March 1
Cornelius Havenga - March 8
Betty Peterson - March 16
Lewis Morrison - March 19

Care Partners

Tammy Fraser - March 8
Patsy Waugh - March 18
Trish Ross - March 26
Trish Manning - March 27

Memoriam

Doris Creighton
September 14, 1922
to
February 8, 2020

Robert "Ronnie" Patriquin
March 8, 1942
to
February 18, 2020



upcoming EVENTS

March 5

Our Dental Hygienist will be visiting Willow Lodge, March 5, 2020. Please contact Lisa Hodder or Audrey Weatherby to book appointments, get forms and arrange payment.

March 8



March 14

Wentworth Community Pancake Supper @ the Wentworth Recreation Center, 3:00p.m. - 6:30p.m. Admission is \$10/Adult, \$6/Children aged 5 - 12, and free for children under 5.

March 14

The Strange Valentines @ the Tamagouche Brewing Co. 1:00p.m.

March 17



March 19



March 21

29th Annual Pancake Supper @ Westchester Fire Hall, 3:00p.m. - 6:30p.m. Cost \$10/Adult, \$6/Children aged 5 - 10, and free for preschoolers.

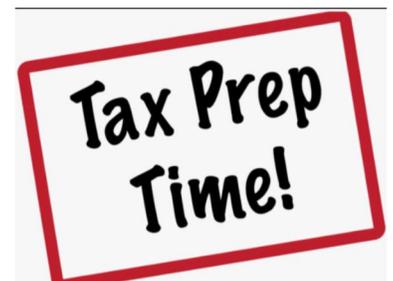
A Message From Our Director of Finance

Re. Filing Income Tax 2019

Any Residents requiring a letter for CRA Taxation Center please let Peggy know.

Please note:

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.





Volunteer Scoop

Almost a year has passed since our last Volunteer appreciation dinner and plans are afoot for our next afternoon of celebrating what a wonderful job our volunteers do!

I know how much our volunteers look forward to this event and I had to make a hard decision this year – should I axe the dinner part? And after a long hard deliberation it was decided that the dinner would be no more. Instead we would have a wine and desert afternoon!

Last year we had to cut back on invitees because we simply don't have enough space to seat you all and some of you very kindly gave up your seats to allow others to be invited. I also understand that some of you were disappointed that you were unable to bring your partners so changing to a wine a desert afternoon can accommodate you all. So as much as I understand that many of you will miss the chance to have a dinner in your honour, we are instead going to toast your good health with fine wine (or tea should you prefer!) and gorge ourselves on deserts galore! Not to mention the naming of our prestigious volunteer of the year! And, awards of recognition for some of the outstanding work you do!

Invitations coming out soon!

2020 Volunteer Nominations

Each year I can nominate a limited number of volunteers to be recognized by the county of Colchester and this year the nominations for the 2020 Colchester County Volunteer Awards are:

Kristelle and James Campbell and their children **Ayla and Dawson** in the Family Category. They have been nominated as an example of how much difference just a few hours of volunteering can make to someone's life.

Delani Underwood – For her 5 years of volunteering in the Laundry nominated in the youth category.

Our Bingo Volunteers – **Thelma Hayman, Catherine Bennett, George Smith, Edie Leet and Edie Perkins** nominated in the group category for their never-ending commitment to bingo twice a week, without which the Care Partners at Willow Lodge fear a riot will break out!

Laurie and Allen Treen have been nominated in the individual category for the outstanding work they do both at Willow Lodge and the Auxiliary – need I say more!

Wayne and Linda Mingo have been nominated in the individual category for the work they do with the Meals on Wheels program – and the thousands of meals they have delivered over the past decade!

And our Star of 2020 – **Betty Byers!** After many years of service Betty has stepped down from working with the Willow Lodge Auxiliary and it was a pleasure to be able to nominate her for both the county awards and to recommend her for Provincial Recognition. All I can say is thank goodness for all the trees in Nova Scotia – anymore letters of support and we may well have had none left!

Care Partner News

Congratulations goes out to CCA, Pat MacMillan and CCA, Chelsea Feix who both tied the knot last month. We hope both your special days were all that you wanted and more. Best wishes from everyone at Willow Lodge.

Congrats to RN, Cheryl MacDonald who welcomed a new granddaughter into the family. We hope you get to have lots of baby snuggles with your new little bundle of joy.

Speaking of babies there are three Care Partners who are expecting and all of them are starting to waddle in the hallways as their baby bellies grow. CCA, Chelsea Feix, Director of Recreation, Julie Tattrie and CCA, Jay Mitton. The Residents can't wait to meet all the new little ones in the coming months.

We have some Care Partners who will be taking part in the Curling Bonspiel which will be taking place at the North Shore Recreation Center later this month. Robert Cameron from dietary, Lisa Hodder, Director of Care and one of our recent retirees John Sellers. John, know that all you fans will be cheering you on.





From the Desk of... Janine

March is the month that brings us a little closer to spring.....Our clocks move forward and we are afforded more daylight....The children are given a week off for families and friends to rejuvenate and we are hopeful that the grade 11/12 class at the Tatamagouche Regional Academy will be on their way to Southern Europe . If we are lucky, the hope is that March will come in like a lion and leave like a lamb.

March is also the month that we prepare for our inspection and licensing visit for our annual renewal. What this means is that at any time we can welcome an inspector who will ensure that we are in compliance with all the regulations and expectations required for the safe and secure operation of a Home for Special Care.

A big thank you to all who work so hard to make Willow Lodge the desired home for those in need of special care!

*- Janine Jaconelli
Executive Director*

Operations Corner

There have been some staff changes in the last few months that I wanted to update Residents and Care Partners about.

Donna Langille retired from her position as Pastry Cook at the end of January, and we wish her well. Melody Latta has been selected to carry on Donna's former duties.

Cathey Darragh has returned to her previous position as Cook, and we are pleased to see her back in the Kitchen after an extended absence.

Carol Tattrie is easing-back into her duties in Laundry and is doing very well.

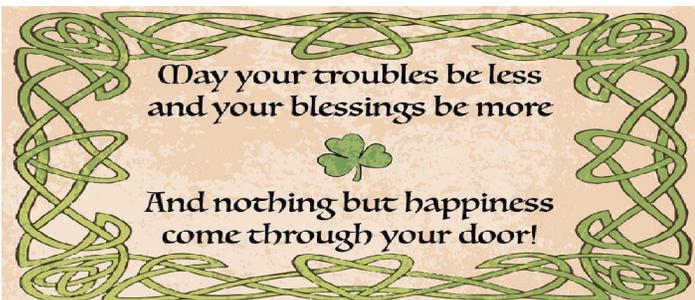
Sophie Stamper is no longer with us in Housekeeping, and we wish her well also. Jolene Mardian will be joining us as Casual Housekeeper and will be doing her orientation the first week of March.

Adrian and I had the opportunity to attend the Gentlemen's Breakfast on February 20, and would like to thank all those involved in planning and providing for that. Looking forward to future breakfasts and great conversations.

I've been enjoying the warmer temperatures we've been having over the last week or so. Hopefully the snow will disappear soon and we have a nice spring.

Until next time.....

**- Kent MacDonald
Director of Operations**





Willow Leaf - March 2020 Edition



Eat well, Be Well

March is Nutrition Month



March is Nutrition Month and Dietitians are encouraging Canadians to take into consideration not only what they eat but how they eat as well. Healthy eating is about more than food. Its about family, friends, memories and emotions. Sharing your own food culture and traditions with others. Eating meals with family and friends and enjoying the social aspect of eating are also important.

Here at Willow Lodge we believe in the importance of food and the role that it plays in daily life as well as celebrations. All meals at Willow Lodge are homemade and menus are created considering the likes and dislikes of our residents. Some examples of events that take place at Willow Lodge that centre around food are: Chinese New Year, Valentines Day dinner, St. Patrick's Day theme meal, Easter dinner, Mother's and Father's Day dinners, Canada Day BBQ, Family Day in August, Oktoberfest Party, Robbie Burns Day, Thanksgiving Dinner, Christmas dinner and a few special theme dinners. This year we are hoping to have a special red-carpet event themed dinner. Stay tuned for details!

Willow Lodge also has a cooking/baking program on Thursday afternoons called Babies in the Kitchen where Julie and Amanda prepare and bake requested desserts, cookies, pies, squares etc. with the residents. This program is special to me and Julie as we love to watch how the smell of the baked goods brings everyone down to the Bayview kitchen. There is also a great amount of socialization, story telling and laughs that take place at this event. Honestly one of the best parts of our week!

Nutrition Month Activities Planned for Willow Lodge:

- Taste Tester Tuesdays (Tropical and Exotic Fruit, Pulses and Cheese and Cracker event).
- Nutrition Month "Chat and Chew". Inviting residents and care partners to enjoy some light snacks together while we discuss food culture and traditions of residents and care partners.

Super Easy Chicken Parm

Ingredients

1/2 cup	Bottled tomato passata	125mL
3/4 cup	Dry Italian breadcrumbs	60mL
1lb	Boneless, skinless chicken breasts	500g
2tbsp	Butter divided	30mL
1	Clove garlic, minced	
2tbsp	All-purpose flour	30mL
1 cup	Milk	250mL
1/2 cup	Shredded Canadian Mozzarella	125mL
1/2 cup	Grated Canadian Parmesan	125mL
2 tbsp	Chopped fresh basil (optional)	30 mL
4	Small Italian Buns (optional)	

Instructions

Step 1 Preheat oven to 400°F (200°C). Spread passata over the base of a 9 x 13-inch (3 L) casserole dish.

Step 2 Place breadcrumbs on a plate. Horizontally slice chicken breasts in half to form 4 cutlets. Press both sides of each cutlet into breadcrumbs to coat. Set aside. Melt 1 tbsp (15 mL) butter in a large non-stick frying pan. Add chicken, cooking until golden brown on each side for 2 to 4 min (chicken will not be cooked through). Place in casserole dish.

Step 3 Wipe pan clean. Melt remaining 1 tbsp (15 mL) butter in the clean pan. Add garlic; cook for 1 min. Whisk in flour, then milk until blended. Bring to a boil, whisking until bubbly and thickened, about 2 to 3 min. Remove from heat and stir in Mozzarella. Drizzle Mozzarella sauce over chicken. Sprinkle with Parmesan. Bake for 15 min. Sprinkle with basil. Serve as is, or place chicken and some sauce in buns.

Tips

Instead of chicken, use pork or veal scaloppini.

Cut chicken into fingers before dipping in breadcrumbs.

For more nutrition month recipes go to: nutritionmonth2020.ca



Eden Corner

New to Me Fashion

Being a Care Partner in a home like environment, we wear regular clothing instead of uniforms. Residents often have a complement for me on my blouse, so I had to give up my shopping secret, "new to me clothing stores" (second hand clothing). One day a Resident said to me, "if you ever come across something for me, let me know."

With that, came the idea to look for some clothing items that would be suitable for Residents who were interested, and maybe host a shopping party. As the saying goes, "if Residents cannot get out to the shop, why not bring the shop to Resident." You do not always have to spend a lot of money for something nice and some of the clothes look brand new.

With a couple of trips to a local second hand store, I was able to find a few treasures, something that each Resident might like to wear. Then came the idea for a fashion show. Once the clothing items were washed and refreshed, they were put on a clothing rack for display. Residents gathered together, I showed them the variety of tops, they picked out their favorites and said, "we were having a fashion show." What's a fashion show without wine and cheese? Okay, punch in wine glasses, a great alternative served with cheese, crackers and olives.

Each Resident picked their top of choice and dressed for the fashion show. Some must have modeled at one time in their life as one worked the whole strut and shoulder thrust and another with the hand on the hip stance. The RN on duty joined in the fun and modeled a whole outfit. We heard some giggles as she took a turn strutting her stuff. The biggest laugh was when the only male Resident participating joined his wife and modeled a shirt.

Everyone enjoyed the afternoon fun, fashion, food, lots of laughter and a new to them clothing item for each to keep.

- Colleen Mattatall
CCA



Pictured Left: Resident Wendy Morrison striking a pose as she worked the runway at the fashion show.

Resident News

In last month's edition of the Willow Leaf, we promised to have a photo of Resident Helen Gunn along side her family who came to play an afternoon of music for all who call Willow Lodge home. So here it is!



Residents also wanted to thank the Care Partners for the wonderful Valentine's Dinner they put together on Valentine's Day, February 14th. It was a delicious roast beef dinner. Residents missed not having their family and friends there, but the Care Partners out did themselves to make the meal extra special.

Residents wanted to welcome back all their visitors, family, friends and volunteers to Willow Lodge. You were all missed dearly when our doors were closed. Your visits mean so much to us and we wanted you all to know that. Resident Betha Langille has donated a baby quilt that she made and her son Floyd has donated a crib board he made to which tickets will be sold with all the funds going toward our palliative care room. Tickets will be available at the receptionist's desk, located in the main entrance of Willow Lodge. Ticket are \$2 each or 3 for \$5. Draw will take place on March 31, 2020.



The Power of Dance

I was lucky enough to attend a movement therapy workshop with Donna Newman-Bluestein who is a dance/movement therapist (DMT). Dancing/movement as a group or individually is a very powerful experience. A dance/movement therapist (DMT) uses movement to further a person's social-emotional, cognitive, physical and spiritual integration. They encourage people to use their bodies while they still have bodies.

Why do people dance? Dancing enhances mood, reduces agitation, increases alertness, helps maintain range of motion, lessens loneliness and isolation. Dancing/moving with people gives us a sense of belonging. Belonging is a basic human need and only when we belong do, we truly feel safe. People without verbal language are continually assessing for safety. Much more of the brain is devoted to movement than to language. Language is only a little thing sitting on top of a huge ocean that is movement. Dancing/movement encourages us to express our individuality while still belonging.

If you see me walking, come dance with me...

Dance, dance, wherever you may be,

I am the Lord of the Dance, said he,

And I'll lead you all, wherever you may be,

And I'll lead you all in the Dance, said he.

- Cathy Rafters
OTA/PTA

life isn't about
waiting for the
storm to pass,
it's learning
to dance
in the rain.



Nurses Nook

As most of you know, we had an enteric outbreak in our home last month and were closed for 2 weeks.

Norwalk virus (the "winter vomiting bug"), which causes nausea, vomiting, and diarrhea, was an unwelcome visitor. Thankfully, it was a short-lived bug. A big thank-you is needed for our care partners, who also fell ill, for working extra, filling in for those who were off sick and for picking up extra hours to help care for each resident. We have such a great team of care partners who care well for each other!

We are also well into the time the seasonal flu makes its rounds. Influenza A and B have been circulating around the province. We are also keeping track of the novel Coronavirus as it makes its way across the globe. The best way to prevent this virus, along with other respiratory viruses, is to wash hands frequently and avoid infected persons. If you have been travelling abroad where this virus has been identified, we ask that you do not visit for at least 2 weeks after your trip.

Chris Bezanson, who has been a care partner at Willow Lodge for 29 years, is beginning her retirement. Chrissy – we wish you all the best and thank you for all your years of excellent care. We will miss you!

- Lisa Hodder
Director of Care

Willow Lodge News

What will you be doing on the last full week of winter? Nothing!?! Well, if you're looking to kick those winter blues goodbye on a fun note, come join us as we'll be squeezing in our Winter Carnival Festivities the week of March 9-13. We'll have fun activities throughout the week for both Care Partners and Residents as well as prizes for best dressed and most participation. Each day throughout the week will have a theme and they are:

Monday - Retro Day

Tuesday - Pajama Day

Wednesday - Sports Day

Thursday - Western Day

Friday - Hawaiian Day

If you have a chance stop by for a visit and dress up too, if you wish. It will be an awesome time and a great way to get ready for Spring. Winter Carnival 2020 here we come!