

Lest We Forget

Willow Leaf November 2021



Residents

Sheila Morrison - November 12
Ruth Weatherby - November 13
Gordon Evans - November 16
Frances Fraser - November 20
Vivian Jeffreys - November 21
Deila Black - November 30

Care Partners

Cathy Rafter - November 4
Colleen Mattatall - November 9
Lori Ann MacNutt - November 13
Enid Pierce - November 21
Mary Beth Sutherland - November 24
Brittany Chapman-Veno - November 30

Volunteer

Laurie Treen - November 12

Pet

Willow the Cat - November 1

From the Desk of Janine...

I want to express my ongoing sincere appreciation to family and friends for your continued understanding and patience as we continually maneuver these uncharted waters of COVID-19. Our goal will always be to keep residents and care partners as safe as possible. Keeping this in mind, all those able to receive the Flu and the Booster Vaccine have had their injections.

I will be attending the Remembrance Day Service being held in Tatamagouche, on November 11th at 11:00a.m. at the Cenotaph located in front of the Sharon United Church, where I will be laying a wreath on behalf of Willow Lodge.

For all those who served, past, present and those who are in training...



Stay Well, Stay Safe
Janine Jaconelli
Executive Director

Cest We Forget...

Please Wear A Poppy

By: Don Crawford

"Please wear a poppy," the lady said
And held one forth, but I shook my head.
The I stopped and watched as she offered them
there,

And her face was old and lined with care;
But beneath the scars the years had made
There remained a smile that refuses to fade.

A boy came whistling down the street,
Bouncing along on care-free feet.
His smile was full of joy and fun,
"Lady," said he, "may I have one?"
When she'd pinned it on he turned to say,
"Why do we wear a poppy today?"

The lady smiled in her wistful way
And answered, " This is Remembrance Day,
And the poppy there is the symbol for
The gallant, men who died in war.
And because they did, you and I are free
That's why we wear a poppy, you see."

"I had a boy about your size,
With golden hair and big blue eyes.
He loved to play and jump and shout,
Free as a bird he would race about.
As the years went by he leaned and grew
And became a man - as you will, too."

"He was fine and strong, with a boyish smile,
But he seemed with us such a short while
When war broke out and he went away.
I still remember his face that day
When he smiled at me and said, Goodbye,
I'll be back soon, Mom, so please don't cry."

"But the war went on and he had to stay,
And all I could do was wait and pray.
His letters told of the awful fright,
(I can see it still in my dreams at night),
With the tanks and guns and cruel barbed wire,
And the mines and bullets, the bombs and fire."

"Till at last, at last, the war was won-
And that's why we wear a poppy son."
The small boy turned as if to go,
The said, "Thanks, lady, I'm glad I know.
That sure did sound like an awful fight,
But your son - did he come back alright?"

A tear rolled down each faded cheek;
She shook her head, but didn't speak.
I slunk away in a sort of shame,
And if you were me you'd have done the same;
For our thanks, in giving, if oft delayed,
Thought our freedom was bought - and thou-
sands paid!

And so when we see a poppy worn,
Let us reflect on the burden borne,
By those who gave their very all
When asked to answer their country's call
That we at home in peace might live.
Then wear a poppy! Remember - and give!

In Flanders Fields

By: Lieutenant Colonel John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place, and in the sky,
The larks, still bravely singing, fly,
Scarce heard amid the guns below.

We are the dead; short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe!
To you from failing hands we throw
The torch; be yours to hold it high!
If ye breaks faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Operations Corner

I hope everyone is enjoying the great weather we've had over the last month. Hopefully the fair weather will continue as we head into the colder season.

The new heat pumps have been installed and are now operational. There is one in the Main Lounge and one at each end of the back hallway. These should help keep the heat and humidity in check in the summer months, as well as helping with heating these areas in the cooler months.

The new bathing system has been installed and is now in use in Barrachois. There were a few hiccups that we had to deal with after the installation, but it now appears to be functioning as it should.

The roofing repairs in the Courtyard area are now complete, the crew had good weather during the 2 weeks it took to complete this job, which helped a lot. The Courtyard is available once again to any Residents who choose to use it, at least for the time being.

The exterior doors in the original section of the building are being replaced in the coming weeks. The existing ones are wooden and quite drafty. The new ones will be insulated steel doors and will have proper egress hardware and weather stripping which will be less drafty.

The interior of the elevator is getting a facelift as well in November. The interior is going to be replaced and the result will be that it will look like a new one, as well as being easier to clean. This will mean that the elevator will be out of service for about 2 weeks beginning the first week of November.



We also purchased a new auto-scrubber for Frances to use in Lynwood. It has a smaller scrub pad for use in tighter spaces such as wash-rooms and bedrooms, and is easier to maneuver.

The Park and other outdoor spaces will be closing soon, be sure to get out and enjoy them if you can. Whenever we start getting freezing temperatures these spaces will have to be closed for safety reasons for the winter months.

- Kent MacDonald

Director of Operations



Message From the Finance Office

Thank you to everyone who completed their Residents Income Tax for the new accommodation charge.

-PJW

Finance Office

Care Partner News

We are sending our condolences to Care Partner Wilma Tattrie, CCA on the recent passing of her brother. Wilma, please accept our heartfelt sympathy on the passing of your brother. He was a strong, passionate person. His memory will live on with you and all of those whose lives were touched by him. From everyone at Willow Lodge.

All of us at Willow Lodge are also sending condolences to Care Partner Tammy Fraser, LPN who recently lost her mother. Our deepest condolences to you and your family during this time. There is no one in this world like your mother. She was a special woman and she will be with you always.

Nurses Nook

Our **FLU** clinics are well underway! Our Residents **65 years** and over have received a **high dose Flu vaccine**, while our Residents **64 years** and under will receive the **regular dose Flu vaccine**.

If you have not yet had your **FLU** shot, get it soon...the best part – it's **FREE!!!**

One of the most high risk groups for complications (i.e. pneumonia/hospitalization and death) from the flu are those over 65 living in long term care. That covers the majority of people living here.

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.



Willow Lodge News

Willow Lodge would like to extend a heartfelt thank you to Mae Clark and the Rebecca's of Tamagouche for the beautiful picture of the Balmoral Mill they donated to Willow Lodge. The picture was presented to Willow Lodge by, Edie Leet and was accepted by resident Doreen Langille.



We celebrated Halloween on October 29th. Residents had some Halloween theme cupcakes, there was a pumpkin carving contest, Halloween word scramble and prizes for best costume. Best costumes went to, 3rd place Guy Moore, 2nd place Bertha Langille and 1st place went to Helen Gunn. Thank you to all the Care Partners who help make the afternoon a successful event.



Willow Lodge News

Christmas is fast approaching and we know looking for that perfect gift can take some time. We had a little elf leave some suggestions for you. Gift ideas for your loved ones:



- Warm Socks
- Unscented Toiletries
- Comforters & Fleece Throws & Fleece Sheets
- Gift Certificates for Hairdresser
- 2022 Calendar with Special family dates pre-marked with family pictures
- New Clothing for Christmas

Of course the best gift of all is having family visit over the holidays.

Willow Lodges

24th Annual Tree

of Love Campaign

Wednesday, December 16, 2021



*For more information
please see page attached
to back of this months*

Willow Leaf!

Eat Well, Be Well

Lasagna Soup

1 ½ cups of pasta sauce (you can buy one from the store, but I always make my own with a can of crushed tomatoes and lots of spices!)

2 cups vegetable broth

¼ cup dried lentils

2 cups chopped vegetables of choice (I use whatever I have on hand, but some of my favorite things to add include carrots, mushrooms, peppers, and kale)

4-5 lasagna noodles, broken up

Combine all ingredients in a pot and simmer until pasta and lentils are cooked and soup has thickened (about 20 minutes)

It's great on its own, but is made even better with a dollop of ricotta cheese added when serving

This recipe is one of my biggest staples through the fall and winter. I find it so comforting to curl up with a bowl of soup when its cold out. It's one of the easiest meals to make and is perfect for when you don't want to cook after work. I hope you enjoy!



Recipe is sourced from one of my favorite Halifax based food bloggers, Liv B: <https://itslivb.com/2017/10/28/lasagna-soup/>

- Abby Chisholm, Dietitian

Resident News

Willow Lodge was happy to help make a dream come true for a resident and their husband. Resident Fran Crichton's husband came to us and asked if we have ever held a wedding at Willow Lodge. His reasoning was they wanted to renew their wedding vows. Well, we at Willow Lodge are all about making dreams become a reality especially when it is something within our capability. So, on October 28, 2021, Fran & John Crichton renewed their wedding vows. It was a much smaller gathering than they would have originally planned, but it was beautiful and beyond what they could have ever imagined. Fran & John had a friend of theirs who is a minister come in and bless their short, but heartwarming ceremony and they had three of their dearest friends come as their witnesses. Of course, they had their Willow Lodge friends/family attend as well. After the ceremony Fran, John and their guest had a delicious meal and were surprised with a gorgeous wedding cake and flowers that were delivered by an anonymous person, who believes in love. They also received video messages from all their children and John's sister, who live from one end of the country to the other. Fran & John will celebrate their 59th wedding anniversary on November 10, 2021. Congratulation Fran & John from everyone at Willow Lodge and beyond.



Remembrance Day Menu

Dinner

Corn Beef & Cabbage

Potatoes

Carrots

Dessert

*Chocolate Depression
Cake*

Afternoon Cart

Lemon Poppyseed

Sugar Cookies

Supper

Baked Beans

Porridge Bread

Dessert

War Cake



Friends of Willow Lodge,

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, 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



100 Blair Avenue, P.O. Box 249,
Tatamagouche NS B0K 1V0

Willow Lodge 24th Annual Tree of Love Campaign

Name:

Address:

Prov:

Postal Code:

Tel. #:

In Memory of

In Honour of

Tree Bulb Gift Range

Silver	\$ 5.00	
Gold	\$ 10.00	
Green	\$ 15.00	
Red	\$ 20.00	
Violet	\$ 30.00	
Blue	\$ 50.00	
Tree Top	\$300.00	SOLD

Send Card:

Name:

Address:

Prov:

Postal Code: