



SEPTEMBER 2021 WILLOW LEAF

WELCOME NEW RESIDENT

VIVIAN JEFFREYS

HAPPY

BIRTHDAY

Residents

Clara Barron - September 7

Joyce Dean - September 12

Lillian Sutherland - September 20

Kay Mattatall - September 21

Jean Patterson - September 22

Care Partners

Marilyn Lane– September 4

Daniel Angus– September 5

Jane Terry– September 6

Gayle Langille– September 11

Wilma Tattrie– September 17

IN MEMORY

Kathleen “Kathy” Nelson

December 16, 1932

to

August 5, 2021

“Your life was a blessing, your memory a treasure. You are loved beyond words and missed beyond measure.”



‘T WAS THE NIGHT BEFORE SCHOOL STARTS

‘Twas the night before school starts and all through the house
Not a creature was stirring, not even a mouse.

The backpacks were hung by the front door with care
In hopes that the morning soon would be there.

The children were restlessly sleeping in bed
While Momma, a million things rushed in her head.

Once all were asleep, happy school dreams arose
With visions of friends, teachers, apples and clean clothes.

For in just a few hours, the new day would come,
And all would awake to the bright morning sun.

Kids would put on fresh clothes, new shoes and a smile
And fidget and fumble with nerves for a while.

Then bravely stand up with a smile and say
“I’m ready to do this. Let’s get on our way!”

Momma would take a few pictures and wipe a small tear
For the long awaited first day of school was now here!

Happy first day of school to all...and to all a great first day!

-Beckie Black-

WILLOW LODGE NEWS

August was a busy month filled with lots of fun filled events. We kicked things off with having the Strange Valentines in for an afternoon of music and what a exciting afternoon it was. The hallways were exploding with the sound of music and the residents sounded as though they were part of the band.

We had another campfire where we roasted hotdogs and marshmallows. We also sang campfire songs to make the afternoon complete.

On August 13th we had our first ever Highland Games and Gathering. We had to change our plans a little due to the extreme heat, but it didn't stop us from having an action packed day filled with tons of laughter and memories. A BIG thank you goes out to our summer student Clea MacIsaac, who along with help of our Director of Recreation, Julie Tattrie, planned this event. It was enjoyed by Residents and Care Partners as well as a few family members who happened to stop by for a visit at the time of the gathering. We would like to extend a thank you out to the following; Lauree MacKay, daughter of resident Betty MacKay who donated the oatmeal pudding and made shortbread cookies for everyone to enjoy. Dan Wesley and the Colchester Legion Pipes and Drums for sharing their tremendous talents and for enduring the heat outside. Parker School of Dance for coming and Highland Dancing for us, the residents absolutely loved it and to Amelia Parker for playing the fiddle as well as dancing, it was such a treat to have you entertaining at Willow Lodge once again. Last, but certainly not least a HUGE thank you to the Care Partners who help make this event such a success, each and everyone of you went above and beyond to make things run smoothly. Clea was beyond thrilled with how everything turned out and was so happy to share a bit of herself through music, food and fun.

On August 20th we had our Blueberry Festival and our fair-well party for Clea, our Summer Student as it was her last day with us before she headed off to University. We had blueberry tarts, blueberry cheesecake and homemade blueberry lemonade. The residents and care partners presented Clea with cake, cards, flowers and two paintings that she made with the residents throughout her time here with us. The residents who wished to, all had a chance to say, "goodbye" or "see ya later" and Clea spoke a few words as well. There were a few tears shed, but fun was had by all. We wish Clea all the best in her studies and hope she will come visit us again.

On August 26th we had to again make changes to another event, due to extreme heat. It was suppose to be the day of our Outdoor Concert where residents would have two guests of their choosing attend, but once again we had to move things indoors. Due to this we were unable to accommodate our guests. We sure missed having family and friends here with us. We still had Doris Mason come and entertain and we still had out BBQ it just looked a little different then planned. This did not stop us from having a wonderful afternoon. The laughing and singing that was had was simply uplifting. Thank you to all the Care Partners who help pull this event together after changes were made. You guys rock!

Lastly we had a Hawaiian Day on August 30th, where residents were treated to all things Hawaiian. We had delicious Hawaiian cuisine, Chicken Adobo for Dinner with Pineapple Dream Cake for dessert, Orange Tropical Ice Cream for our snack on the afternoon Tea Cart and Hawaiian Pizza for Supper and Coconut Cookies for dessert. In the afternoon we heard some Hawaiian fun facts and trivia and even heard from a few people who have visited Hawaii. It was an awesome day and the food was spectacular. We look forward to this months adventures as we head to Germany to celebrate Oktoberfest! Stay tuned!

OPERATIONS CORNER

It's hard to believe that the summer is almost over, soon the leaves will be turning color. A few things to update you about. First of all, the new oven has arrived and is now in use in the Main Kitchen. It is much the same as the old one, has some updated features as well as a warranty. It even plays music!

We recently received ten more lift motors for Resident rooms. Once these are installed we will have a lift motor for every room, and will no longer have to move them room-to-room. We also received ten new mattresses for Resident beds.

The Nurse Call System throughout the building is being updated, and work on that is set to begin in September. This will better enable our Care Partners and Residents to communicate when necessary and will be a big improvement to Resident safety throughout the facility.

The new laundry equipment is set to be installed as well in September in the main Laundry Room downstairs. We received funding to replace all three washers and one of the dryers. This will be a great improvement as the existing equipment is subject to frequent breakdowns with costly repairs.

The Bathing System in Barrachois is also being replaced with a similar model, hopefully before the end of September.

I'm happy to announce that the Board of Directors of Willow Lodge have approved a project that will see 3 additional heat pumps installed, in an attempt to reduce the heat and humidity that we've all been experiencing the last couple of summers especially. They will be installed in the Main Lounge and at each end of the back hallway. This should make for a more comfortable environment for both Residents and Care Partners. This work will get underway in the next few weeks.

As much as we try to make improvements, I'm sure you have ideas of your own for upgrades that would make a change for the better, so feel free to point these ideas out at any time. We can't fix everything, but we sure will try.

- **Kent MacDonald, Director of Operations**

GOODBYE FROM CLEA

Hey everyone! With September here, that means it's time for me to get back to school in Ottawa. By the time you're reading this, I will have spent the first night in my first apartment! I've never met my roommate and I leased the apartment virtually via zoom, so wish me luck! My time at Willow Lodge seemed to fly by, but I guess they do say time flies when you're having fun! I have made so many great memories so I thought I'd share a few... Within my first week here I burnt our cinnamon rolls so bad the little kitchen was full of smoke, but we laughed so hard it didn't matter we had no food. We had so much fun playing snakes and ladders even though most of us never made it out of the twenties, and Donna kept rolling her unlucky number 5. We made some very cool art which I'm going to use to decorate my apartment during art class, sorry about your socks Sheila! My baking buddies enjoyed laughing at me every time I forgot my apron. Our Highland Games was a lot of work but it was so worth it, everyone, staff included, did a lot of laughing while competing in the haggis hurl. I'll miss dancing and sharing my culture with everyone. I'll miss measuring things in Clea feet, for some reason you just can't get away with that in science. I'll miss dancing with Marion when I see her in the hallway on Monday mornings and chatting with everyone about the weekend. Most of all, I'll miss the joy, kindness and laughter that is in the air everyday here at the lodge. I will be back to visit and I'll make sure to stay in touch with you all. À la prochaine (Until next time)!

- **Clea MacIsaac**
Recreation Summer Student

EAT WELL, BE WELL

Roasted Vegetable Salad with Goat Cheese

It may still be warm outside, but I am in fall mode now that September is here! One of my favorite things about fall is getting back into a routine, and for me that includes making more hearty, comforting meals. One of my favorite recipes is this roasted veggie salad that I pair with my mom's homemade maple vinaigrette. I hope you all enjoy it as much as I do!

For the Roasted Vegetables:

1 large beet, diced
½ cup mushrooms, diced
½ cup onion, diced
½ cup brussel sprouts, halved
2 tbsp olive oil

Salt and pepper to taste

For the maple dressing:

½ cup maple syrup
1 cup extra virgin olive oil
¼ cup vinegar
1 tbsp lemon juice
1 clove garlic, minced
1 tsp dry mustard
Salt and pepper to taste

For the salad:

6 cups of mixed greens of choice
2/3 cup goat cheese, crumbled
¼ cup chopped walnuts
2/3 cup cooked grains of choice (I like quinoa, couscous, or rice)

Instructions:

Preheat oven to 400 degrees. Prepare your vegetables on a baking tray and drizzle with olive oil, salt, and pepper. Roast for about 40 minutes.

Combine the dressing ingredients in a blender and mix.

Add your greens to a bowl. Layer on goat cheese, walnuts, grains, and roasted vegetables.

Drizzle with the maple dressing and enjoy!

