

# Willow Leaf

## August 2018

# Family Fun Day

## August 9th

### **Birthdays**

#### **Resident**

Elizabeth MacKay—Aug. 2nd  
Frank Muir—Aug. 5th  
Arlene Smith—Aug. 9th  
Marty Jollimore—Aug. 10th  
Eileen Langille—Aug. 12th  
Hazel Ponte—Aug. 16th  
Sandy Capon—Aug. 22nd  
Isabel Bonnyman—Aug. 25th

#### **Care Partners**

Donna Peterson—Aug. 5<sup>th</sup>  
Linda Mingo—Aug. 9<sup>th</sup>  
Kelly Yantzi—Aug. 22<sup>nd</sup>

#### **Welcome New Resident**

Beverly Langille  
Edward Benere

#### **Memorial**

#### **Elizabeth MacSween**

April 20, 1924 to  
June 28, 2018

#### **Margaret Glenn**

January 8, 1922 to  
July 18, 2018

### **Blueberry Season**



### Upcoming Events

#### **August 1st**

Best of Boxwood—Musique Royale @ Sharon United Church—7:30pm Tickets (\$20) by phone 902-657-2519 or at the door.

#### **August 3rd**

Jane Grady Art Exhibition @ The Grace 7-8pm

#### **August 4th**

#### **Hank Williams Tribute**

Featuring Ryan Cook  
Wentworth Rec. Ctr. Doors open @ 7pm Show starts @ 8pm  
Tickets \$30 Available at Scotia bank Tata, Pugwash & Oxford

Open House @ Barrachois Community Hall 2-4pm.

#### **August 6th—Civic Holiday**

#### **August 9th**

**FAMILY DAY** @ Willow Lodge  
11:30am—2:00pm. Come join the fun.

Open Mic @ The Grace

#### **August 10th**

Tony Quinn & Bill Plaskett @ The Grace 7:30pm Tickets (\$20) purchase at The Grace

#### **Aug. 11 & 12th**

Pugwash Harbourfest

#### **August 17th**

Matt Minglewood @ Balmoral Kirk—7:30pm

#### **August 19th**

Sean McCann of Great Big Sea at The Grace 7:30pm Tickets (\$30) purchase at CG Fulton

#### **August 23rd**

Unforeseen—cover band featuring Shelby Murray @ The Grace 7:30pm Tickets (\$20) purchase at CG Fulton

#### **August 24th**

Kitchen Party on Senator's Stage—featuring Christina Martin, Meaghan Smith, Dale Murray and Jason Mingo @ 6pm Tickets (\$30) purchase @ CG Fulton

#### **August 25 & 26th**

North Shore Players hosting Bard By the Bay on the Senator's Stage 4pm both days Tickets at the door (\$15) students (\$10)

The New Fraser Gallery Shop is open for business @ Fraser Cultural Ctr. Monday—Friday 10am—5:30pm Sat (10am—4pm) Sun (11am—4pm)

Brule Community Center every Thursday evening @ 7:30pm very interesting people presentations

If anyone would like to share special visits, b-days, weddings, anniversaries, stories, etc., we'd love to hear from you and we'll put them in them in the Willow Leaf. Please email Shelley at [shelley.lefresne@willowlodge.ca](mailto:shelley.lefresne@willowlodge.ca) or Daphne at [daphne@willowlodge.ca](mailto:daphne@willowlodge.ca)

# Willow Lodge News

Randi Munro (CCA) has been busy planning our Family Day on August 9<sup>th</sup>. Activities will start at 11:30am; there will be inflatable hockey obstacle course, the popular bouncy house, face painting and air brush tattoos, provided by North Shore Events. At 12:30pm we welcome the Toney River Fiddlers for some good old fiddle music. There will be popcorn, cotton candy hotdogs and hamburgers. There will also be the Ice Cream bike. Come join the fun!

We certainly appreciate the thoughtfulness of the Clark Family and the Glenn Family, who had flowers brought to us after the funerals of Tom Clark and Margaret Glenn. They were enjoyed by residents and care partners.

We received a very nice thank you note from Lillian Fraser Hospital Auxiliary for our support at their recent Strawberry Fest. We ordered 22 Strawberry Shortcakes between care partners and residents. We even managed to take a couple of residents to the Firehall. They were most appreciative of Willow Lodges support.

We also received a thank you from the Nova Scotia Fiddlers Association for our sponsorship of the trophy for the Oldest Fiddler, which went to Betty Veiont, of Checucto, NS. This was the 69<sup>th</sup> year for this competition. Plans are already in the works for the 70<sup>th</sup> Festival.

Children from the NSRC Summer Camp have been joining us on Wednesday mornings for the past month and will have two more visits in August. Our residents really enjoy their company.

Since the end of June, a familiar voice is being heard over the PA system here at the Lodge, giving morning announcements on weather, meals, and activities for the day. From time to time an update on how many days till Christmas Day is thrown in to remind everyone to start shopping! Resident Don Derry is the voice behind it all, on the Willow Lodge Tatamagouche Community Radio (WLTC), every morning at 9:30am except for Sundays.

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At our July birthday party, playing along with Winnie and Curtis, was friend Irene Murray from Burlington, Ontario and her friend Real Disporer. It was nice to have Marilyn Tattrie join them with her Banjo and of course ever faithfully Alvin Heighton. Did you know that Alvin is (RN) Cheryl MacDonald's father?

## Care Partner News\*\*\*

Carol Millet (Housekeeping) was busy at home during her vacation getting ready for her son's wedding on July 21<sup>st</sup>, at her place in Richmond. Carol made the wedding cake for the rustic theme wedding, as you can see in the picture, the cake looks like wood. Hidden talents.



Pictured Left: Coulson Mattatall, son of LPN Jennifer Tattrie and Joey Mattatall got to meet his idol Sid Crosby, at the Nova Scotia sports of Fame Gala Dinner July 26th. Someone kindly gave Jennifer Tickets to go to the event.



Mary Beth Sutherland (RN) and her husband David have just returned from a trip to Scotland, where they attended the International gathering of Clan Sutherland. There was representation from 8 countries Switzerland, Australia, United States, Canada, Scotland, England, France, and New Zealand.

Lisa Hodder (Director of Care) and her children spent 10 days in the west, camping around Banff National Park, visiting with relatives and spending some time at the Calgary Stampede.

Charlee Heighton (CCA) who has been off on mat leave, is returning back to work in Lynwood House. I am sure it will be an adjustment for everyone, even baby Natalie who has just taken her first steps at 10 months old. Welcome back Charlee and don't worry Natalie will adjust.

Under the direction and guidance of Melody Latta (Dietary), a float for the River John parade was organized. Thanks to all the Truemans family Margie (CCA), Hal and Michael (Summer Student) for all their time and energy. Also, RN Gayle Langille, RN Audrey Weatherby who were part of the float committee. Great job ladies and gents.

### **Resident News\*\*\***

Carson and Cassie were excited over the recent visit from their Granddaughter Jolene who came home Chilliwack, BC for a visit. It was 5 years since she has been to Tatamagouche. Cassie is having more visitors in August, daughters Heather and Debbie are coming for a visit. Pictured right: Cassie Cameron has a big smile as she is enjoying a surprise visit from her Granddaughter Jolene from the West. CCA Wilma Tattrie was excited over the visit of her niece.



Pictured Left: Wendy Morrison was excited over the visit of her Aunts, Anne and Theresa along with their friend Anne and Margie's brother-in-law Chuck all the way from Big Pond Cape Breton.

Florence Daurie had both her sons Glenn from England and David from Calgary visiting this past month.

Pearl MacKay's Great Nephew Raymond Bujold along with his wife Monica, daughter Malyka and son Maxime visited from Fredericton.

Shelia Sellers has been spending time with her daughter Michelle who is home from Calgary. It is always great to have mother daughter time.

Eudora Tupper had a visitor in July, her son Ed Tupper from Victoria BC.

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Unfortunately, there were a lot more visitors and I don't always know who has visited. If family has visited you can email Daphne at [daphne@willowlodge.ca](mailto:daphne@willowlodge.ca) or myself [shelley.lefresne@willowlodge.ca](mailto:shelley.lefresne@willowlodge.ca) with the info. We would love to add it to our Resident news.

### **What's Else Goes on at Willow?\*\*\***



It was the Dog Day's of Summer at Willow Lodge in July. On a Thursday afternoon in the park, we were entertained by Bella and Cooper, pictured left, who's owner is Cathey Darragh (Cook) in the kitchen. She had them preform for us, which brought lots of smiles. Janice Weatherbie (Dietary) brought her daughter Kara's (LPN) dog Denver in and Shelley (Director of Rec) had her daughter's dog Jager. Denver and Jager enjoyed running around and chasing each other. We were going to serve home made ice cream, but it took longer than expected to make, so it was served the next day. Thank you everyone for taking the time, I would say it was enjoyed by all.



### **A Note From Janine...**

I trust everyone is enjoying a fun and safe summer, stay hydrated. Looking forward to spending time with you all at Family Day on August 9th.

## **Community News\*\*\***

On Monday July 23<sup>rd</sup> the Lillian Fraser Memorial Hospital celebrated it's 50th Birthday with a BBQ in the new Healing Garden which opened that day. A shaded area, cement walk way to the building, some benches, and planters the new Healing Garden is for patients and staff to enjoy on the warm days of the year. Among the volunteers and member of the community celebrating with the staff was special guest Karen Casey. There were also speeches from a member of the Hospital Auxiliary, and the North Shore Archives Society whom also presented a framed picture of Lillian Fraser with a small paragraph about her life to hang on a wall in the Hospital. To go along with the festivities there was also a cake which was cut by Karen Casey and the first baby to be born in the Hospital Martha Underwood.

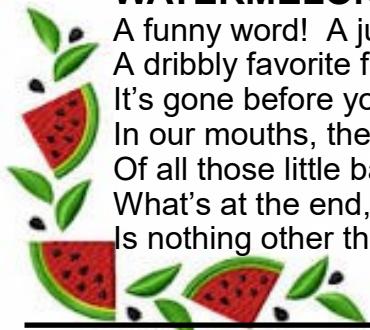
People of the community were upset after the Friday night escapades of an individual (s) who upset flower pots and up rooted flowers from planters along the Main Street. With the quick action of store owners and village staff the planters and flower boxes were quickly put back together and for the post part you wouldn't have known it happened.



### **WATERMELON**

A funny word! A juicy fruit!...Sweet, wet, and pink.  
A dribbly favorite for children's snack...

It's gone before you blink!  
In our mouths, there's no need  
Of all those little back seeds.  
What's at the end, you will find  
Is nothing other than the RIND!



## **EDEN CORNER**



**AUGUST 9th**  
**11:30AM—2:00PM**  
**COME JOIN THE FUN**

Bring your family out for an afternoon of fun at Willow Lodge.

Hamburgers, Hotdogs, Fries, Slushy's, Cotton Candy, Popcorn, Balloons, Airbrush Tattoos, Games, Bouncy House, Giant Velcro Wall, Music and much, much more.

Hope to see you there!

# August 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
2 5 9 10 12 16 22	Betty Mackay Frank Muir Arlene Smith Marty Jollimore Eileen Langille Hazel Ponte Sandy Capon	25 Isabel Bonnyman	<sup>1</sup> 10:30 Summer Camp 2:00 Cards & Penny Ante	<sup>2</sup> 10:00 Exercises 11:00 Lynwood 1:30 Walk in Park 2:15 Library Visit 3:00 Resident Council	<sup>3</sup> 9:00 Nail Care 10:30 Drumming 3:00 Lexicon 6:00 Bingo	<sup>4</sup> 10:00 What's New? 2:30 Games with Alicia 6:00 Hoedown with Doneilda
5 3:30	<sup>6</sup> 10:00 Train Ride	7 <b>Natal Day</b>	<sup>8</sup> 10:30 Summer Camp 2:00 Cards & Penny Ante	<sup>9</sup> Family Day 6:00 Choir	<sup>10</sup> 9:00 Nail Care 10:30 Drumming 2:00 Tony Quinn 6:00 Bingo	<sup>11</sup> 2:30 Snakes & Ladders 6:30 Country Hoedown 7:30 What's New?
12 10:45	<sup>13</sup> 10:00 Train Ride 10:15 Trivia 2:30 Henry Forward	<sup>14</sup> 10:00 Exercises 11:00 Lynwood Exercises 3:00 Kitchen Talk	<sup>15</sup> 10:30 Summer Camp 1:30 Library Visit 2:00 Cards & Penny Ante	<sup>16</sup> 10:00 Exercises 11:00 Lynwood Exercises 1:30 Walk in Park 2:30 Blueberry Tea 6:00 Choir	<sup>17</sup> 9:00 Nail Care 10:30 Drumming 3:00 Spelling Bee 6:00 Bingo	<sup>18</sup> 2:30 Snakes & Ladders 6:30 Country Hoedown 7:30 What's New?
19 2:00	<sup>20</sup> 10:00 Train Ride 10:15 Trivia 2:30 Bill Butt	<sup>21</sup> 10:00 Exercises 11:00 Lynwood Exercises 3:00 Kitchen Talk	<sup>22</sup> 10:00 What's New? 2:00 Cards & Penny Ante	<sup>23</sup> 10:00 Exercises 11:00 Lynwood 1:30 Walk in Park 6:00 Choir	<sup>24</sup> 9:00 Nail Care 10:30 Drumming 3:00 Penny Ante 6:00 Bingo	<sup>25</sup> 2:30 Snakes & Ladders 6:30 Country Hoedown
26 5:45	<sup>27</sup> 10:00 Train Ride 10:00 Trivia 2:30 Henry & Richard Langille	<sup>28</sup>	<sup>29</sup> 10:00 Anglican Church Service 1:30 Library Visit 2:00 Cards & Penny Ante	<sup>30</sup> 10:00 Exercises 11:00 Lynwood Exercises 1:30 Walk in Park 2:30 Birthday Party 6:00 Choir	<sup>31</sup> 9:00 Nail Care 10:30 Drumming 3:00 Lexicon 6:00 Bingo	<u>Birthstone</u> <u>Sardonyx/Peridot</u> <u>Flower</u> <u>Gladiolus / Poppy</u>



## Lemon Poppy Seed Loaf

This lighter version of lemon poppy seed loaf pairs delightfully with a cup of tea or coffee.

**Makes:** 1 loaf (12 slices)

### **Ingredients:**

2 1/4 cups of oat flour (or 2 1/2 cups of rolled oats, ground into oat flour)  
2 1/4 teaspoons baking powder  
1/4 cup poppy seeds  
4 eggs  
1 cup plain Greek yogurt (both 0% M.F. and 2% M.F. work well)  
1/4 cup fresh lemon juice  
1 teaspoon lemon zest  
3/4 cup honey



### **Instructions:**

1. Preheat the oven to 350F and lightly grease a loaf pan.
2. In medium bowl, stir together the oat flour, baking powder, and poppy seeds.
3. In a large bowl, whisk together the eggs, yogurt, lemon juice, lemon zest, and honey.
4. Add the dry ingredients into the wet ingredients and gently stir to combine.
5. Pour the batter into the prepared loaf pan and bake for 30-35 minutes until a toothpick inserted in the center comes out clean.
6. Let cool in the loaf pan for 10 minutes, then transfer to a wire rack to cool. Cool completely before slicing.

Recipe from the Dietitians Network of Nova Scotia ([www.dietitiansns.com](http://www.dietitiansns.com))