



Willow Leaf May 2018

Upcoming Events in May

May Birthdays

Residents

May 9th—Catherine Spares
May 10th—Doris Langille
May 11th—Gerry Langille
May 18th—Peggy Bardeau

Care Partners

May 8th—Adrian MacCallum
May 10th—Charlee Heighton
May 11—Melissa Langille
May 18th—Charlene Hayman
May 21st—Carol Millett
May 24th—Geneva Wiebe
May 26th—Brenda Laurie
May 29th—Robert Cameron

Welcome New Residents

Gerry Langille
Marion Hamilton
Bev Ross

Memoriam

Mae Hamilton
May 20, 1935 to
April 1, 2018

Ella Heighton
March 23, 1937 to
April 12, 2018



May 3rd

Card parties every Thursday evenings, Roach Hall - Hills of Annand 7:30pm. (\$3) with light lunch provided & 50/50. Everyone welcome.

May 4th

Italian Take-Out Lunch
Lasagna, Caesar Salad, Garlic Bread, cookies, water (\$10)
Shelley taking orders. Proceeds for Sharon United Church

May 5th

Addison Locke—Country Musician @ The Grace, 7:30pm—Tickets \$15.00

May 6th

Country Gospel Special- Warwick Mountain Rec. Club—2—5pm. (\$5) per person, door prizes, 50/50, canteen available.

May 12th

Celtic Rant— @ The Grace . 7:30pm—Tickets \$15.00

Open Mic Country Gospel @ Westchester Wesleyan Church, Westchester Stn. 7pm— all welcome, donations only— refreshments to follow.

May 13th

MOTHER'S DAY

Mother's Day Breakfast/ Brunch—10am to 1pm
Tata Legion

May 14th & 17th

Dinner Theatre, The Big Bust River John Fire Hall— 7pm
Tickets (\$25) call Margaret @ 902-351-2273

May 17th & 18th

The Land Lady—a story of Canadian painter Emily Carr @ The Grace, 7:30pm

May 17th

Family Meeting @1:30pm

May 19th

Yard & Bake Sale—8:30am
Bill & Shirley Cameron

Perennial Plant Sale @ Sara Bonnyman's

Tidal Bay Release Party
Jost Vineyards—12 Noon—5pm

May 20th

Jamboree featuring Old Tyme Sake, Martha & Gary Webb & Wendy Black—6:30—9pm. (\$5) per person, door prize & 50/50. lunch provided.

May 21st—VICTORIA DAY

May 27th

Tatamagouche & Area Singers Concert @ Sharon United Church

May 29th

Fashion Show
Tatamagouche Legion
7pm—902-657-2770

Willow Lodge News

Willow Lodge hosted the Annual Volunteer Dinner on April 18th with 80 in attendance. Volunteers enjoyed a Roast Beef Dinner. Thanks to all our volunteers, we could not offer what we do with out your help. We are sad to have lost two volunteers in 2017. Brian Moore who drove the bus on outings and as well, took a Resident under his wing, faithfully coming to visit each week. Also, Fiddler Aulden Sutherland who came with Winnie and Curtis, and as well with the Tony River Fiddlers. Last year Honourary Memberships were awarded to several individuals who have been volunteers at Willow Lodge for 30 years or more. This year, the Honourary Memberships were awarded to three Board Members; Dale Jollymore, Dave Speakman and Floyd Tucker who have been on the Board of Willow Lodge 30 years or more.

Resident News

Eunice Sutherland received many visitors and cards this past month in celebration of her 92nd Birthday. Her sister Myrna MacKay visited and accompanying her were her cousin Patsy Hanaford and dear friend Bertha Sutherland. Also, a visit from friend, Nancy Langille.

Euinice is showing off pictures of her newest Great granddaughter Amber Lynn, born April 8th, just missing her birthday on April 9th.

Sandi Capon and husband Rick celebrated their 52nd Anniversary on April 16th. Happy Anniversary from all of us at Willow Lodge.



Pictured Right: Our Bingo Volunteers George Smith, Ruth Reid, Thelma Hayman, Katherine Bennette, definitely the heart of our bingo games. Thanks for making it possible.



Our thoughts and prayers go out to Meals on Wheels Volunteer Driver Cameron Veno on the loss of his wife Edna. Both were dedicated Meals on Wheels Drivers.

On Sunday April 15th, Brule and Bayhead United Churches helped Resident Eunice Sutherland celebrate her 92nd birthday. There was cake and candles, lots of singing and a speech by Laurie Treen. From all reports from Residents who attended, it was a wonderful afternoon.

In last months newsletter, we were in search of a bread maker for the Lodge. Thank you Rick and Sandi Capon for answering the call. As an activity this week, we put that bread maker to use and it smelled and tasted wonderful.

Let it be known that we did not choose this cat, he chose us. It is now official; for well over a year this cat has had many



names, however at a recent Resident Council Meeting, Residents voted to name the orange and white cat "Willow". He is an interesting cat, and knows which side his bread is buttered on. He knows his job is to bring joy and comfort to the Residents, and he does it well as you can see in the picture above with Aubrey.

Care Partner News

Juanita Forbes' (Community Clerk) son Frankie is working for ten days up in Nunavut installing cell phone towers. He is finding the prices very high, for example a case of 24 bottles of water was \$30.00. He is also finding it very cold.

Congratulations to our own John Seller's (Director of Operations) who has been nominated for the Nova Scotia Sports Hall of Fame for his significant contribution to hockey, called the **BUILDER** - An individual who has made a major contribution to the development and advancement of sport or sports provincially, nationally or internationally. We wish him luck and hope that he is the recipient.

Community News

You know summer is coming when...
You see local business on Main Street, who

were closed for the winter months, start the process of getting things opened up and ready for the tourist season. Lights are on again at the Balmoral Motel. Dr. Moss's old office building will be the new shop front for "Appleton Chocolates". Also, the shop From Away is seeing some activity as well as the Train Station.



Above, Grade 5 Student visit to Willow Lodge as part of an Intergenerational Art Program.



Pictured Left: We are glad to see that Auxiliary member Inez Daye is mobile again after breaking her ankle. Isn't this the nifty rig for getting around.



A Message for Our Staff

– This past month we celebrated our volunteers; they enjoyed a wonderful meal and were very appreciative. One staff member said to me "I didn't get my invitation to the dinner". This made me stop and think, the person was right and I want to take this opportunity to acknowledge their contributions as community mem-

bers. We have many staff that not only work at Willow Lodge, they go over and above their job duties to make a difference in the lives of our Residents. Giving of their own time to take people out to special events, volunteering to go on the yearly Fishing Trip, planning special events such as Family Day, taking Residents for a coffee on their day off, shopping for the Lodge and often Residents, on their own time. There are many who do special things for our Residents, many times done quietly, asking for no recognition but celebrate the fact that they were able to make a difference in someone's day.

As we celebrate the "Value of Volunteering" this year, and approach "Staff Appreciation Week" this month, I want to thank all those staff who give of their time freely, who share their passion to help others, without expecting anything in return.

Shelley LeFresne, Director of Recreation

Occupational Health & Safety Resident Safety

In an effort to keep everyone living at Willow Lodge safe and secure, we are asking that anyone leaving our building be aware and ensure that the doors shut securely behind you and do not hold the door open for any individual, unless you are sure they are permitted to go.

Every 3 years Willow Lodge is required to perform a Mock Disaster Exercise. This exercise will be on May 23rd, 2018 around the noon hour. This is a very active exercise as everyone is involved.

Later this month, maintenance work will be necessary to upgrade the elevator. At that time, the elevator will be out of order for approximately two weeks, so visitors will have to use the new main entrance. We will have signs posted while the work is going on. We do apologize for any inconvenience this may cause.

The deck off the main lounge will be replaced in the near future and it will have a Sun Screen cover, another place for all to enjoy the great outdoors.

Eden Corner

A new planter box has been completed in the Lynwood House Court Yard, it is wheelchair accessible, can be used for flowers or veggies. This project evolved from a project request made by Care Partners in Lynwood House through our Eden Alternative initiatives at our Eden Core Meeting.

You might also notice Memorial Shadow Boxes in each neighbourhood, Balmoral (just outside the kitchen door in the main lounge) and Barrachois (in the porch). This also came as a project request by a Care Partner who wanted create something to honour Residents who have passed away, with small mementos as a way for all of us to remember & grieve the loss. This is also an Eden Alternative initiative through the Eden Core.

A Note from Janine...

On April 4 & 5th, we were visited by the Department of health & Wellness for our annual inspection to ensure compliance with the Nova Scotia Long Term Care Program Requirements. During this visit, resident charts and manuals as well as informal interviews with residents, family members and staff were reviewed.

I am pleased to report that we have received our licensing and I thank all residents, Care Partners, volunteers and families for your assistance and support in making Willow Lodge the place to call home.

Janine

Nursing Nook...

May is a busy month for the nursing department.

The International Eden Alternative Conference is being held in Atlanta, Georgia the first week in May.

May 7-13 is National Nurses Week. During that week, we celebrate our nurses along with all of our excellent Care Partners at Willow Lodge. We have a few planned speakers and activities for Staff Appreciation Week, and some tasty treats too!

Founder of modern nursing, Florence Nightingale, was born May 12, 1820. Her birthday is celebrated around the world as International Nurses Day.

A few little known facts about Florence Nightingale:

She was a writer.

She rejected many marriage proposals to focus on her nursing career.

She loved to travel.

She fluently spoke many languages.

She frequently wrote letters home on behalf of dead or dying soldiers.

She was offered to be buried in Westminster Abbey – Queen Victoria was a big fan!

Happy Nurses Week!

Quotes from Famous Woman

A woman is like a tea bag - you can't tell how strong she is until you put her in hot water. Eleanor Roosevelt

"Any woman who understands the problems of running a home will be nearer to understanding the problems of running a country." – Margaret Thatcher

"When we do the best we can, we never know what miracle is wrought in our life, or in the life of another." – Helen Keller

"I know God will not give me anything I can't handle. I just wish that He didn't trust me so much."

"I could not, at any age, be content to take my place by the fireside and simply look on. Life was meant to be lived. Curiosity must be kept alive. One must never, for whatever reason, turn his back on life." – Eleanor Roosevelt

"The day will come when men will recognize woman as his peer, not only at the fireside, but in councils of the nation. Then, and not until then, will there be the perfect comradeship, the ideal union between the sexes that shall result in the highest development of the race." – Susan B. Anthony

"I've come to believe that each of us has a personal calling that's as unique as a fingerprint – and that the best way to succeed is to discover what you love and then find a way to offer it to others in the form of service, working hard, and also allowing the energy of the universe to lead you." – Oprah Winfrey

"Courage is like a muscle. We strengthen it by use." – Ruth Gordon

"Everyone has inside them a piece of good news. The good news is you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is." 130 – Anne Frank

If you have made mistakes, there is always another chance for you. You may have a fresh start any moment you choose, for this thing we call 'failure' is not the falling down, but the staying down. – Mary Pickford

Mother's Day DINNER

*Lobster Potato Salad
Cucumber/Tomato & Roll
Dessert Tea/Coffee*

Price \$15.00 per guest

Special Meal Tickets available at the Administration Office or Nursing Station

Important to Note:

*This day is very busy in the Kitchen; if you plan on coming, the **deadline** to reserve is Thurs., May 10th, 6pm strict cut off time, call 902 – 657-3101.*

Limit to 2 Guests per Resident.

There is no guarantee that you will be accommodated if you try to reserve after May 10th.

The VON Adult Day Program provides a warm, comfortable and friendly environment for adults & seniors who would benefit from increased stimulation and socialization. The program also provides respite for caregivers.

Program Activities Include:

- Reminiscence, current events, lexicon, crossword puzzles & trivia
- Sing songs and local musical guests
- Bingo, card games & jigsaw puzzles
- Crafts, baking & cooking
- Senior focused & fun exercise classes
- Community outings

The VON Adult Day Program is offered in Tatamagouche every Tuesday from 9am-3pm at Roach Hall.

For more information regarding the admission process and fees, call Monique 902-305-4798, or email: monique.natividad@von.ca

May 2018

Tuesday - 6:00 pm Bingo in Balmoral Dining Room
 Friday - 6:00 pm Snakes and Ladders
 Saturday - 2:00 pm Bingo in Balmoral Dining Room

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Birthstone Emerald Flower Lily of the Valley	1 <i>May Day</i> 10:00 Exercises 11:00 Lynwood Exercises 2:30 Musik Makers	2 10:00 Newspaper 1:30 Cards 2:30 Reading with Shelley	3 10:00 Exercises 10:45 Newspaper 11:00 Lynwood Exercises 3:00 Resident Council	4 9:00 Nail Care 10:30 Drumming 3:00 Lexicon	5 2:00 Bingo	
6 3:30 Mennonites	7 10:00 Trivia 2:30 Shirley & Gordon Shipley	8 10:00 Exercises 10:30 Nursery School 11:00 Lynwood Exercises 3:00 Mother's Day Program	9 10:00 Newspaper 1:30 Cards 2:30 Making Biscuits	10 10:00 Exercises 11:00 Lynwood Exercises 3:00 - TBA	11 9:00 Nail Care 10:30 Drumming 3:00 Spelling Bee Ice Cream Social	12 2:00 Bingo 6:30 Country Hoedown 7:30 Newspaper
13 <i>Mother's Day</i> 10:45 Presbyterian Church	14 10:00 Trivia 2:30 Henry Forward	15 10:00 Exercises 11:00 Lynwood Exercises 3:00 Making Fascinators	16 10:30 Grade 5's 1:30 Cards 2:30 Kitchen talk	17 10:00 Exercises 11:00 Lynwood 3:00 Regal Tea Wear Your Fascinators	18 9:00 Nail Care 10:30 Drumming 3:00 Penny Ante	19 2:00 Bingo 6:30 Country Hoedown 7:30 Newspaper
20 2:00 United Church	21  Victoria Day 2:30 Bill Butt	22 10:00 Exercises 11:00 Lynwood Exercises 3:00 Life and Times Queen Victoria	23 10:00 Newspaper 1:30 Cards 2:30 Kitchen talk	24 10:00 Exercises 10:45 Newspaper 11:00 Lynwood Exercises 3:00 Bowling	25 9:00 Nail Care 10:30 Drumming	26 2:00 Bingo
27 5:45 The Hunts	28 10:00 Trivia 2:30 Henry Roberts	29 10:00 Exercises 11:00 Lynwood Exercises 3:00 Life and Times Queen Elizabeth II	30 10:00 Anglican Church Service 1:30 Cards 2:30 Kitchen talk	31 10:00 Exercises 10:30 Nursery School 11:00 Lynwood Exercises 2:30 Birthday Party	 9 Catherine Spares 10 Doris Langille 11 Gerald Langille 18 Peggy Bardeau	