

Willow Leaf November 2018

We Remember
Lest We Forget



Birthdays

Residents

Gerry Langille—Nov. 5th
Sheila Sellers—Nov. 7th
Sheila Morrison—Nov. 12th
Ruth Weatherby—Nov. 13th
Gordon Evans—Nov. 16th
Frances Fraser—Nov. 20th
Bev Ross—Nov. 21st

Care Partners

Cathy Rafters—Nov. 4th
Lynn Carruthers—Nov. 5th
Colleen Mattatall—Nov. 9th
Serenetey Ross—Nov. 11th
Lori Ann MacNutt—Nov. 13th
Chris Bezanson—Nov. 19th
Enid Pierce—Nov. 21st
Mary Beth Sutherland—Nov. 24th
Chelsey Waugh—Nov. 24th
Brittany Chapman-Veno—Nov. 30th

Welcome New Residents

Russell Reid
Bertha Langille

In Memoriam

Doris Lepper Murray
November 11, 1928 to October 2, 2018

CHRISTMAS TEA & BAZAAR

Nov. 30th, 2-4pm.

If you are interested in a table contact Shelley @ 902-657-3101. Willow Lodge also will be putting in a table and looking for donations of baked goods and crafts. Specialty Desserts \$5.00 Everyone Welcome!

Upcoming Events

Nov. 2nd (4-8)pm & **Nov. 3rd** (9am—3pm)
Christmas @ the Grain

Nov. 3rd
Christmas Extravaganza-Village Gift Shop, 10am—3pm

Charlotte's Web @ The Grace—7pm—doors open @ 6:30pm Tickets Adult (\$12), Students (\$8)

Potluck Supper—Salem United Church River John, 4-6pm—Adult (\$10), Children (\$5)

Nov. 10th
The Fraser Gala Starry Nights Tim Horton Camp Bar 6pm, Dinner 7pm Silent Auction. Tickets available @ Scotiabank Tata (\$60)

Murder at The Resort, Wentworth Rec. Ctr. Doors open @ 6pm—Meet & Greet, 19+ event—Dinner & Cash Bar Advanced Tickets (\$30), at the Door (\$35) Limited Seating.

Tea & Craft Sale 9am—1pm Malagash Area Heritage Assoc, 1926 North Shore Rd. Proceeds for Salt Mine Museum. Adm. (.50)

Nov. 11th
Remembrance Day

Nov. 16th
Lasagna Take Out Luncheon—Tata Firehall 12Noon—1pm—pre-orders only (\$10) call 902-657-2331 or 902-657-2693—order by Nov 13th

Nov. 17th
Wentworth Christmas Craft Fair 9am—3pm Adm (\$3)

Nov. 18th
Breakfast/Brunch @ Tata Legion 10am—1pm (Basket Draw for Xmas Index Program)

Nov. 24th
Lennie Gallant @ The Grace

Nov. 25th
Fashion show @ 2pm—Tata Legion—Proceeds for 2020 Class Trip

Nov. 30th
Willow Lodge Family Council Meeting 1pm
Willow Lodge Christmas Tea & Bazaar 2-4pm

Beans & Brown Bread Takeout in support of Bayhead Church—pre orders only—pick up at Fire Hall—contact Marilyn Roberts

Willow Lodge News

Care Partners hosted an Afternoon Tea in support of Breast Cancer Research on October 19th in Support of the Nationwide Campaign "Dress for the Cause". Care Partners and residents dressed in pink or displayed some article in pink. Several Care Partners planned and hosted an afternoon tea with dessert. I think we have some of the best cooks in the village working at Willow Lodge., all cakes & pies were all made by the Care Partners. There was Carrot Cake, Chocolate Zucchini Cake with a Cherry Filling, Red Velvet Cake, Layered Lemon Cheesecake, Coconut Cream Pie, Butterscotch Pie, Peanut Butter Chocolate Cake and a Pineapple Coconut Cake. Thank you to the staff who made cakes and volunteered their time, \$450.00 was raise in support of Breast cancer research.

As Breast cancer is also a men's disease we will be doing some fundraising for Movember, we have some men that will be growing beards or Mustaches in support of this cause. There will be a fundraiser during the month watch for posters when you visit. Donations can be made at the front desk.



Care Partner News***

It is hard to believe that it has been almost a year since Julie (Director of Rec.) went off on maturity leave. She left on December 15th and baby Emmett was born December 20th. Julie returned to work on October 29th. Julie is married to Calvin Tattie and they reside in Keble. Welcome back Julie. This means my time is getting short, my last day of work is November 30th. Yes, I will be officially retiring after 38 years at Willow Lodge. Yes, this is it, there will be no returning as some might fear. What a wonderful opportunity I have had to work at a job that was always exciting, a wonderful group of people to work with, and only minutes from home. Will I miss Willow?... you bet. Am I excited about leaving?... it is one of mixed emotion. I am looking forward to having time off, to work on some projects that I have had on the back burner. I will miss the Auxiliary and the others who have been valued volunteers at Willow Lodge; several who have been by my side most of those 38 years.

We are thinking of the (CCA) Lori Ann MacNutt and (CCA) Juanita Forbes and the Cameron family on the recent loss of their father Ronald Cameron. The funeral is on November 3rd at the

Our Annual Christmas Tea & Bazaar will be on November 30th, 2-4pm. We have a table of baked goods and small white elephant items and would gladly accept any donations. The money from this is used for special activities. It is a great way to spend time with a family member come and have tea and one of our fabulous desserts made by our own Donna Langille (Pastry Cook) who keeps a low profile in the back rooms of the kitchen. Family Council Meeting will also be held on Nov. 30th at 1pm in Colburn Room.

Check out all our bulletin boards when at Willow Lodge as we have had some great pictures on display and of course the art work done with the Grade 5 class from TRA.

We send our sympathy out to the Hunt and Coulter family on the recent death of Terry Hunt. Terry was part of the congregation from the Gospel Hall, just next door that came to Willow Lodge on the last Sunday of each month for church. Terry will be missed not only by his family and friends, but the surrounding people of our communities.

Odd Fellows Hall. Ronald and Phyllis were regular visitors to Willow Lodge.

Our sympathy also goes out to Kristen Horst (Housekeeping) on the recent loss of her Grandmother who passed away in Ontario this past month. Kristen made the trip to Ontario to be with her family.

Frances Sutherland (Housekeeping) spent some quality time with her daughter Kimberley and granddaughter Ella who were home visiting for a week from Alberta.



Willow Lodge is looking for outdoor Christmas lights and decorations to decorate the Willow Park for all to enjoy, if anyone is getting rid of any, we'd gladly take them.

Fundraising for Christmas Index

We are looking for Auction Items for an Annual Silent Auction for Christmas Index Families. If you have anything you'd like to donate to this great cause, please see Randi Munro (CCA) or Jennifer Tattie.(LPN).



The Tatamagouche Regional Academy High School Boys' Soccer Team clinched the Regional Banner.

They are heading to compete in the Provincial Tournament in Halifax this weekend.

Great grandsons of resident Helen MacIntosh. Sons of Care Partners: Tammy Fraser (LPN), Colleen Mattatall (CCA), Lisa Hodder (DOC), coach & son-in-law of Mary-Beth Sutherland, RN

Resident News***

Willow Lodge will be supporting Resident Louise Reid in her efforts to sell Christmas Cakes for the MS Society . Please watch for the postings.

Eudora Tupper enjoyed a visit from her son Ed Tupper from Vancouver.

Pictured Right:

A surprise Halloween visit from Nursery School, they were very excited about coming.



The annual Nova Scotia Infection Prevention and Control Education Symposium was held last month. Audrey and Lisa attended this year.

There is a new influenza vaccine developed for those residents aged 65 and older living in Long Term Care. They will be administered this week.

We also have the regular flu vaccine available for Care Partners.

The flu is among the top 10 causes of death in Canada!

Even if you do not have symptoms, you can still spread the flu virus to others.

Please get your vaccine and clean your hands frequently to help prevent the spread.

Community News***

Congratulations, seems insignificant to say, when two people have walked over 800KL on the famous El Camino in Spain. Well done to Valerie Cunningham and Marilyn Ebsary. This only took them five weeks to complete, starting on September 2nd and finishing October the 11th in Santiago De Compostela.

Pictured Right: Ruth Weatherby enjoyed a visit with her son Paul and Granddaughter Jenny.

Nursing Nook:

The 29th Annual Provincial Alzheimer's Conference was held last month as well. Along with myself, Inez Daye (Facilitator for our local Alzheimer's Support Group) and 2 family members were able to attend. The theme this year was Championing Change in Dementia Care.

Last month we had 17 care partners take the U-FIRST course here at Willow Lodge. (U-FIRST is an acronym meaning: **U**nderstanding **F**lagging **I**nteraction **R**eflection **S**upport **T**eam

The course teaches a practical method for shared problem-solving and care planning.

There were care partners from all departments: dietary, nursing, environment, recreation, administration, volunteer, and rehab.



Congratulations to the owners of Tata Brew Matt and Christiana got hitched this past weekend, and they also fit in the Atlantic Canadian Beer Awards where they won Brewery of the Year, 4 Golds, 2 Silvers, and 1 Bronze.

Another congratulation goes out to our Computer person, Nick Gunn for winning the National Newspaper Week contest for a photo of his Dog Sophie reading a recent story on a possible dog kennel bylaw.



Sending sympathies out to the MacBurnie Family on the loss of Viola MacBurnie. Viola was well known both here at the Lodge and the community. She was still raking blueberries at age 80. RIP Viola

Sending sympathies to the Pope Family for the loss of Jack Pope. He was husband of the late Brenda Pope (LPN) who worked here at the Lodge.



November is Falls Prevention Month in Nova Scotia. Keeping physically active lowers your risk of falling

In Flanders Field
By: Lieutenant Colonel John McCrae, MD
(1872-1918)
Canadian Army



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 break faith with us who die
We shall not sleep,
though poppies grow
In Flanders fields.



Not very often you see one of these, A Bobcat and not very often you hear of someone hitting one. Kara Weatherbie (LPN) recently did.



November is Falls Prevention Month in Nova Scotia. Did you know that a well balanced diet can help prevent falls?

THE EDEN CORNER

Obituary for **TYKO**

It is with sadness that we announce the passing of TYKO, our Shih Tzu dog on Wednesday October 17, 2018.

Tyko was born in Grande Prairie Alberta on Jan 17, 2006. In December, 2007, he travelled to Denmark Nova Scotia with his human mother, Natasha Matheson. He ended up staying with his human grandparents, Betty and Donnie Matheson and lived there the rest of his life.

In 2008 he became a fixture at Willow Lodge where he worked until his retirement in Nov, 2016. He provided caring comfort and individualized attention to many of the Elders. He seemed to know who needed him the most. He would sit on their lap and be happily pushed around in the wheelchair, he would lay at their feet or curl up beside them in bed, often present until their last breath. He would dance for a treat. He knew who ate in their rooms and would visit at meal time for a snack.

Tyko was tired at the end of the day and would be waiting at Betty's door at quitting time or would come running from wherever he was with a whistle from Betty.



Eat Well, Be Well: Holiday Food Safety

The holiday season is quickly approaching. Keep your family and friends safe over the holidays by using the following tips to reduce food safety risks at all of your special events.

Tip 1: Use pasteurized products

Making eggnog is a delicious holiday tradition, but making it with raw eggs increases the risk of the presence of Salmonella bacteria, which can be dangerous for children, pregnant women, the elderly, and people with weak immune systems. Using a pasteurized egg product to make eggnog ensures that the eggs have been heated to a high temperature, which kills dangerous bacteria that may be present. It is also a good idea to use pasteurized eggs when making sauces, mousses, or any recipe that calls for raw or partially cooked eggs, and to use pasteurized fruit juice when making apple cider.

Tip 2: Keep foods at safe temperatures

Whether you are transporting food to a family event, or hosting a potluck with your dearest friends, be sure to not allow food to sit for longer than 2 hours in the danger zone. The danger zone is a range of temperatures in which harmful bacteria are most likely to grow. Hot foods should be at a temperature above 60°C (140°F) and cold foods should be kept lower than 4°C (40°F). *Anything in between is a food safety risk.* To maintain food temperature, try using warming trays or crock pots to keep foods hot, and crushed ice under serving dishes to keep foods cold.

Tiffany Derby, Dietitian

November 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
 5 Gerry Langille 7 Sheila Sellers 12 Sheila Morrison 13 Ruth Weatherby 16 Gordon Evans 20 Frances Fraser 21 Bev Ross	Birthstone Topaz / Citrine Flower Chrysanthemum	1 10:00 Exercises 11:00 Lynwood Exercises 3:00 Residence Council 6:00 Choir	2 9:00 Nail Care 10:30 Drumming 3:00 Lexicon 6:00 Bingo	3 2:30 Snakes & Ladders 6:30 Hoedown 7:30 What's New?	9 9:00 Nail Care 10:30 Drumming 3:00 Lexicon 6:00 Bingo	10 2:30 Snakes & Ladders 6:30 Hoedown 7:30 What's New?
4 3:30 Mennonites	5 9:30 Men's Coffee 10:00 Trivia 2:30 Shirley & Gordon	6 10:00 Exercises 11:00 Lynwood Exercises 2:00 Rug Hookers 2:30 Musik Makers	7 10:15 What's New 2:00 Cards 2:30 Drive	8 10:00 Exercises 11:00 Lynwood Exercises 2:30 Kitchen Talk 6:00 Choir	9 Grade 6 Remembrance Day Service 10:30 Drumming 3:00 Spelling Bee 6:00 Bingo	10 2:30 Snakes & Ladders 6:30 Hoedown 7:30 What's New?
11 Remembrance Day  10:45 Presbyterian Church	12 9:30 Men's Coffee 10:00 Trivia 2:30 Henry Forward	13 10:00 Exercises Nursery School 11:00 Lynwood Exercises 2:00 Rug Hookers 2:30 Kitchen Talk	14 10:15 What's new 12:30 Library Visit 2:00 Cards 2:30 Penny Ante	15 10:00 Exercises 11:00 Lynwood Exercises 6:00 Choir	16 9:00 Nail Care 10:30 Drumming 3:00 Lexicon 6:00 Bingo	17 2:30 Snakes & Ladders 6:30 Hoedown 7:30 What's New?
18 2:00 United Church	19 9:30 Men's Coffee 10:00 Trivia 2:30 Bill Butt	20 10:00 Exercises 11:00 Lynwood Exercises 2:00 Rug Hookers 3:00 TBA	21 Grade 5's 10:15 What's New 12:30 Library Visit 2:00 Cards 2:30 Penny Ante	22 10:00 Exercises 11:00 Lynwood Exercises 2:30 Kitchen Talk 6:00 Choir	23 9:00 Nail Care 10:30 Drumming 3:00 Spelling Bee 6:00 Bingo	24 2:30 Snakes & Ladders 6:30 Hoedown 7:30 What's New?
25 5:45 The Hunts	26 9:30 Men's Coffee 10:00 Trivia 2:30 Henry Roberts	27 10:00 Exercises 11:00 Lynwood Exercises 2:00 Rug Hookers 3:00 TBA	28 10:00 Anglican Church Service 2:00 Cards 2:30 Penny Ante	29 10:00 Exercises 11:00 Lynwood Exercises 2:30 Birthday Party	30 9:00 Nail Care 10:30 Drumming 1:00 Family Council 2:00 - 4:00 Tea and Bazaar 6:00 Bingo	



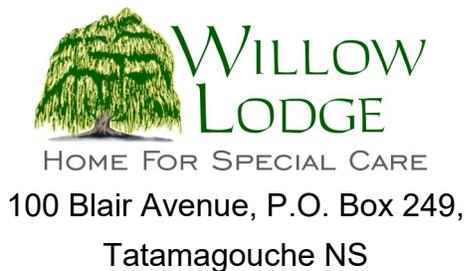
Friends of Willow Lodge; the 'Tree of Love' is an event we host during the holiday season and this year marks our 21st Anniversary. Over the past 21 years we have celebrated many who have and continue to be a part of our Willow Lodge Community by lighting the **Tree of Love**, in their memory, or in their honour.

Lighting of the Tree will take place on Wednesday, December 12th at 3:00pm in Lynwood House, with refreshments to follow.

To purchase a bulb, detach the gift form and mail or drop off at Willow Lodge along with your donation.

Thank you everyone for your support. Your gifts are truly appreciated.

Charitable Income Tax Receipts Available



Willow Lodge 21st 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	\$250.00	

Send Card:	
Name:	
Address:	
Prov:	Postal Code: