



Willow Leaf October 2018



Birthdays



Residents

Roland Cormier—Oct. 2nd
Evelyn Canning—Oct. 9th
Frances Leavitt—Oct. 16th
Molly Smith—Oct. 22nd

Care Partners

Megan Keatley—Oct. 3rd
Helen Weatherbie—Oct. 6th
Frances Sutherland—Oct. 12th
Juanita Forbes—Oct. 12th
Audrey Weatherby—Oct. 18th
Bev Swantee—Oct. 22nd
Jennifer Tattrie—Oct. 24th
Sonya Tattrie—Oct. 25th

New Care Partners

Martha Goossen
Sophie Stamper



Community Events

Oct. 3rd

North Shore 4-H Club Registration night, 6:30—8:00pm @ Tata Regional Academy

Oct. 6th

Annual Pork Dinner @ Wentworth Rec. Ctr. 3:30—6:30pm (\$10), (\$5) age 5-12, under 5—free.

Oct. 8th

Thanksgiving Day

Oct. 13th

Jimmy the Janitor @ The Grace—7:30pm Tickets (\$25) - online www.gracejollymore.com

Jost Vineyards Harvest Festival 12 Noon—5pm with the Streamliners—Free admission

Oct. 14th

Memories of Yesteryear @ New Annan Meeting House 3PM All are welcome.

Oct. 21st

Fashion Show @ Tata Fire Hall—2:00pm—Great Fashions, Basket Draw & Much More tickets (\$15)

Oct. 21st

Breakfast/Brunch @ Tata Legion 10am—1:00pm

Oct. 31st Halloween

Wednesday Card Parties

Card Party @ Warwick Mountain Rec. Club 7pm (\$3) fee, 50/50—shared lunch

Card Party River John Odd Fellows Hall 7pm—(\$5), travelling prize, 50/50. Lunch served



Thanksgiving Dinner

Sunday, October 7th

Please call by Friday, October 5th

To reserve a seat, if you would like to have

Thanksgiving Dinner with a family member. 902-657-3101

Cost \$15.00

MENU

Roast Turkey Dinner,
Mashed Potatoes Dressing, Cranberries
Baby Carrots, Peas & Turnip
Pumpkin or Mincemeat Pie
Tea / Coffee

Memoriam

Vincent Langille
March 10, 1935 to
September 29, 2018



Lodge News...

Curtis MacKinnon has recently experienced some health issues and has gone through heart surgery. Winnie and Curtis have entertained us for many years with their music for our monthly birthday parties. Hoping that Curtis gains his strength quickly. They are missed by the residents who enjoyed the fiddle music. Sending best wishes for a speedy recovery.

Thank You to Marlene and Raymond MacDonald who filled in for Winnie and Curtis this month for the birthday party.

I am currently looking for other fiddlers that might come and volunteer their musical talents for a birthday party while Curtis recovers. Please contact me at 902-657-3101 or shelley.lefresne@willowlodge.ca.

Oktoberfest Weekend in Tatamagouche (Sept. 28th & 29th) and as you know our community hosts the biggest Oktoberfest east of Kitchener



Waterloo. Resident, Don Derry spent many years living in that part of Canada and his son still lives there. Don's son kindly sent Don a parcel full of all kinds of wonderful items to use for our Oktoberfest celebrations. Some Care Partners have taken on the task of decorating the outside.

The goats will be leaving us on Thanksgiving weekend. They have been such a joy for everyone at Willow Lodge and will be missed.



We'd like to thank Resident, Jim Skinner for looking in on the goats over the past couple of months.



Delany Underwood (volunteer) has returned from out west where she was visiting her sister and her niece.

Care Partner News

George and William Cripps, grandsons of Mary Beth Sutherland (RN) have a new baby sister Isabel May born September 12th at 3:21 PM weighing 6lbs.

(CCA) Michelle Tattie's mom Janet Baillie married Frances Boudreau on Sept 8th. Congratulations.

Congratulation to Deborah Dean (CCA) who took first place in a recent horse pull in Caledonia.

Our sympathy goes out to Colleen Tulloch (Neighbourhood Support) and family on the recent loss of her mother Doris Ferguson. Also, Coleen and her husband have experienced a second loss this week in the loss of her Father-In-law .



HEADS-UP As we come into fall and look toward Christmas, here are some dates you may want to pencil in on your calendar.

Willow Lodge Tea and Bazaar November 30th 2-4pm also that day is the Family Meeting from 1:00pm -2:00pm. With a guest speaker from the Office of the Ombudsman. The tea consists of desserts which are homemade here at Willow Lodge by Donna Langille (Pastry Cook). Watch for more information in the November newsletter.

The **Tree of Love** will take place **December 12th** Julie Tattie Director of Recreation will be returning to work on Oct. 29th. She is returning a few weeks early, so she can get her feet wet before the holiday season.

Keeping (Dietary Aid) Barb MacCallum in our thoughts and prayers as she also has lost her mom in the last week.

Willow Lodge Care Partners will be participating in Dress for the Cause on October 19th. Dress up, dress down but **DRESS for the CAUSE** and support life-saving breast cancer research. We will dress in pink and make a donation. Information at the front desk and a donation jar. All donations welcome.



Bring on Oktoberfest Care Partners, Janice Weatherbie (Dietary) and Frances Sutherland (Housekeeping) put the finishing touches on our display. We are ready for judging. **We received 1st Place in the Decorating Contest.**

Resident News

Florence Daurie had a busy month with lots of family visits. Her son Glenn from England was here for almost a month, and his daughter Kelsey was here for a week. Florence's nephew Roger and his mother Marion, and Florence's sister came from Ontario to help her celebrate her 86th birthday.

Pearl MacKay celebrated her 105 birthdays with family and friends.



Pictured Above, Resident Emily Bain visiting with her 90 year old sister from Vancouver.

Operations Corner

A new privacy fence has been installed, it was put in place for a more appealing property site line to the new school, and without interfering with our residents ability to observe the school from the windows.

A new clothes dryer will be installed Oct 8/18, replacing one that is 20+ years old.

Welcome 2 new Environmental Care Partners, Martha Goossen working in Dietary and Sophie Stamper working in Housekeeping and Dietary.

Nursing Nook

We want to welcome back Jay Mitton (CCA) this month after a year on maternity leave. Welcome back Jay!

Flu season is coming up!! There are already a few colds circulating in the community.

What can you do to help?

If you have ANY flu symptoms, please do **NOT** visit until your symptoms have subsided.

These include: fever/chills, cough, sore throat, body aches, headache.

Thank-you in advance for caring for us in this way. 😊



Community

This week the community finally got a look at the new Regional Academy, at an Open House on Thursday September 27th during the evening.

Our Syrian family has finally arrived after two years of waiting. I say our because a local group made up of individuals from Wallace to River John were involved in this project. The family is living in the village. They have three elementary age children, one in Grade 5 and he was here this past month with his class when they visited. I have seen them out and about on several occasions.

Eat Well, Be Well

Tips for Eating Well on a Budget

Tip: Plan your weekly menu using Canada's Food Guide

Creating a weekly menu and shopping list in advance will ensure your trip to the grocery store is as efficient as possible.

When planning your family's meals, compare them to Canada's Food Guide to ensure a well-balanced diet.

Find Canada's Food Guide: www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

Tip: Read grocery store flyers

Read grocery store flyers prior to visiting the grocery store and plan your meals around what is on sale.

While shopping, be aware that often the costliest items are placed at eye-level. Scan the upper and lower shelves to find the best deals.

Tip: Try a variety of protein sources

Using plant protein sources, such as beans, lentils, split peas, and peanut butter as alternatives to meat can reduce your grocery bill

Tip: Compare brands

Often grocery stores will offer a variety of brands for one

kind of product. Try comparing the ingredient lists and prices of various brands to get the most nutrition for your buck.

For example, store brands or no name products often contain the same ingredients as other brands, at a fraction of the cost. Look for items that are low in sugar (0-2g per serving) and high in fibre (3-4g per serving).

Tip: Choose convenience foods wisely

While preparing meals from scratch requires time and effort, it is often much less expensive and more nutritious to do so than purchasing prepared convenience items.

For example, buying whole cheese instead of shredded cheese, or buying a whole chicken instead of chicken pieces can save you money.

Tip: Pool your resources

If you live in a rural area, trips to the grocery store can cost you time, gas and money. Consider car-pooling with friends, or splitting bulk food items with others to reduce costs.

Tip: Grow your own food

Growing your own food can reduce food costs. Tomatoes and greens can easily be grown on a balcony, or space-permitting, a variety of fresh produce can be grown in a plot in your backyard.

Tiffany Derby, Dietitian



Eden Corner



We would like to thank the family members who took the time to fill in the Family Survey. The results have been tabulated and will soon be posted in each neighbourhood.

We are currently working on Resident Surveys. We have a couple of dedicated volunteers to help any resident requiring assistance.



October 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
Birthstone Opal / Pink Tourmaline Flower Calendula Marigold	1 10:00 Trivia 2:30 Shirley & Gordon	2 10:00 Exercises 11:00 Lynwood Exercises 3:00 Kitchen Talk	3 10:15 What's New? 2:00 Cards 2:30 Drive	4 10:00 Exercises 11:00 Lynwood Exercises 3:00 Resident Council 6:00 Choir	5 9:00 Nail Care 10:30 Drumming 3:00 Lexicon	6 2:30 Snakes & Ladders 6:30 Hoedown 7:30 What's New?
7 3:30 Mennonites	8 Thanksgiving Day 	9 Nursery School 10:00 Exercises 11:00 Lynwood Exercises 2:30 Musik Makers	10 10:15 What's New? 12:30 Library Visit 2:00 Cards & Penny Ante	11 10:00 Exercises 11:00 Lynwood Exercises 1:30 Walk in Park	12 9:00 Nail Care 10:30 Drumming 3:00 Spelling Bee 6:00 Bingo	13 2:30 Snakes & Ladders 6:30 Hoedown 7:30 What's New?
14 10:45 Presbyterian Church	15 10:00 Trivia 2:30 Henry Forward	16 10:00 Exercises 11:00 Lynwood Exercises 3:00 Kitchen Talk Rug Hookers	17 10:00 What's New? 10:30 Grade 5 Visit 2:00 Cards & Penny Ante	18 10:00 Exercises 11:00 Lynwood Exercises 1:30 Walk 3:00 Phantom Ship 6:00 Choir	19 9:00 Nail Care 10:30 Drumming 3:00 Lexicon 6:00 Bingo Dress For the Cause	20 2:30 Snakes & Ladders 6:30 Hoedown 7:30 What's New?
21 2:00 United Church	22 10:00 Trivia 2:30 Bill Butt	23 10:00 Exercises 11:00 Lynwood Exercises 3:00 Kitchen Talk Rug Hookers	24 10:00 What's New? 12:30 Library Visit 2:00 Cards & Penny Ante	25 10:00 Exercises 11:00 Lynwood Exercises 1:30 Walk 2:30 Birthday Party 6:00 Choir	26 9:00 Nail Care 10:30 Drumming 3:00 Spelling Bee 6:00 Bingo	27 2:30 Snakes & Ladders 6:30 Hoedown 7:30 What's New?
28 5:45 The Hunts	29 10:00 Trivia 2:30 Henry Roberts	30 10:00 Exercises 11:00 Lynwood Exercises 3:00 Kitchen Talk Rug Hookers	31 Halloween 10:00 Anglican Church Service 2:30 Halloween Party		2 Rollee Cormier 9 Evelyn Canning 16 Frances Levitt 22 Molly Smith	