



Willow Leaf—September 2018

Willow Lodge, Home for Special Care - Tatamagouche - 902-657-3101

Birthdays

Residents

Marion Hamilton—Sept. 7th
Joyce Dean—Sept. 12th
Pearl MacKay—Sept. 12th
Doris Creighton—Sept. 14th
Florence Daurie—Sept. 14th
Kay Mattatall—Sept. 21st

Care Partners

Marilyn Lane—Sept. 4th
Jane Terry—Sept. 6th
Janice Weatherbie—Sept. 8th
Gayle Langille—Sept. 11th
Angela Minney—Sept. 15th
Wilma Tattrie—Sept. 17th
Deborah Sprague—Sept. 22nd
Martha Goossen—Sept. 22nd

Welcome New Resident

Helen Reid
Ann Daisley

Memoriam

Marguerite "Peggy" Hill
November 25, 1929 to
August 2, 2018

Beverly Ann Langille
February 14, 1943 to
August 13, 2018

Sept 25th Willow Lodge Memorial Service

7:00pm
Lynwood House
A time to remember those loved
one we've lost over the past
year.

Upcoming Events

Sept. 1st
**Giant Yard Sale & Silent
Auction @ 9am** Tata Fire Hall

Sept. 3rd
Labour Day

**Street Parade/Games/Picnic
Tatamagouche beginning at
Noon**

Old Time Fiddlers @ Fire Hall
(Tata) 2—4pm

Baked Bean Supper
Tata Legion @4:30pm
Adults (\$8), Children (\$5)

Sept. 8th
Open Mic Country Gospel @
Westchester Wesleyan
Church—7pm.

Sept. 15th
Potluck Supper—Bayhead
4-6pm
Adults (\$12) Children (\$6)

Sept. 21st-22nd
Annual Quilt Show & Sale
Fraser Cultural Ctr
Admission (\$5) - Tea & Art Gal-
lery

Sept. 22nd
Fall Begins

Wings over Water @ Sara
Bonnyman Pottery 10am—2pm

September is Continuing Care Month

Sept. 22nd
Christine Gilroy @ The Grace—
7:30pm Tickets (\$15)

Sept. 28th & 29th
Oktoberfest Weekend

Sept. 25th
**VON Adult Day Program
Open House**—170 Blair Ave.
Roach Hall—10:00am—
2:30pm. Call Monique if you are
able to attend or for information
902-305-4798

Sept. 25th
**Willow Lodge Memorial
Service**—Lynwood House 7pm

Sept. 28th
Oktoberfest Celebrations @
Willow Lodge—2:30pm

Sept. 29th
Tomas Kubinek, Master of the
Impossible @ The Grace 5pm
Tickets (\$30) and can be pur-
chased at door or online @
www.gracejollymore.com

Sept. 30th
**Oktoberfest Break-
fast/Brunch** 10am—1pm—
Tata Legion

Nova Scotia Senior's Week
Sept. 30th—Oct. 6th



In August the weather cooperated and we had a very successful family day. It was lots of fun with face painting, air brush tattoos, bouncy houses, BBQ, music cotton candy and more. Thanks to all Care Partners for making it a success and pitching in, and doing what needed to be done. We had a great turn out of family for the event, and there were lots of smiles.

I have a surprise to announce, Shirley and Gordon Shipley are coming to play music on Labor Day Monday at 2:30pm, and they will come again October 1st. They moved to Debert last year, so they have a little further to travel, especially in the winter. They have missed playing at Willow Lodge and called to say they would like to come. I am so happy they did.

Julie Tattrie (Director of Recreation) was in last week with little Emmett, and she plans to return to from maturity leave on October 29th. Emmet is growing of course, hard to believe he is already 8 months old.

We are missing Alicia Willison (summer student), in recreation. She was excited about her trip to Ottawa to visit friends before returning to Dalhousie University, where she will take a degree in Therapeutic Recreation. We wish her a successful school year, and look forward to the occasional visit during her breaks.

Holly King, who we call “the hearing aid lady”, Maritime Hearing Solutions was away on a trip back in June. The trip included a cruise on the River Rhine, a week in Portugal, a visit to Switzerland. The cruise ship is only small, as it travels the European rivers, with only 150 people. They met some wonderful people and ate amazing food. This fall she is off to Peru where she does humanitarian work. She is going to bring us a list of supplies that the people of Peru could use. There will be an opportunity for people to contribute.

This month we had a special guest speaker at Willow Lodge, Bernadette Shea who talked about her hitch hiking trip to Newfoundland with her sister a couple of years ago. They met some wonderful people along the way; it was a great afternoon. An afternoon on the Northumberland Phantom Ship is planned for September 20th.

Nursing Nook

I hope you’ve all had a wonderful summer, enjoying the warmth of the season!

We are sad to say good-bye to our dental hygienist, Joanne, but wish her all the best in her new role with the health authority.

We do have a new dental hygienist coming to serve the residents at Willow Lodge in September. If you would like an appointment with her, please see Lisa or Audrey who will provide you with the necessary forms prior to her visit.

September is Continuing Care month in Nova Scotia.

The campaign for this year is entitled: “**Continuing Care - Your Home, Our Passion.**”

This month highlights the commitment and compassion of the thousands of people who have chosen this caring field as a career option and what that means for Nova Scotians who require their support. It is also about recognizing the advances being made in this significant sector; improving quality of care and quality of life for the Nova Scotians who rely on these important services through research and innovation, as well as by adopting leading practices.

We are thankful here at Willow Lodge to also have so many family members and volunteers who partner with us to provide the best possible care.

Lisa Hodder, Director of Care



Resident News

Evelyn Canning enjoyed a visit from her Grandson Donnie Backa, his wife and children Bobbi, Aurora and Owen, who live in Dartmouth. Evelyn's daughter and husband were in before heading off to Lunenburg for a cruise on the Bluenose which was a Christmas present from their family. What a great idea for a Christmas present.

Our sympathy goes out to Hilda Swan and her sister Leota and the Cameron family on the recent loss of their brother Edward as well as her sister Margaret Glenn who passed away recently.

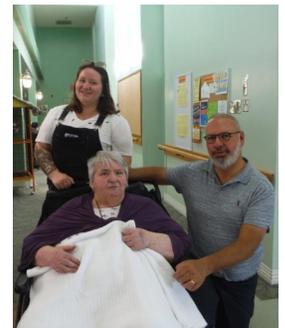
Sandy Capon had a busy month surrounded by her family. They were able to join us for family day and they also held a birthday party for Sandy on August 23rd at the Lodge.

Dorothy Cameron enjoyed a visit from her Granddaughter Jessica Cameron she was accompanied by Anna Heighton's granddaughter Amanda Heighton and her German Shepard dog Swift. They were both home from Fort McMurray where they live and work.

Joanna Bower-Derry had her daughter and Granddaughter visiting from Victoria, BC, they are hoping that the smoke has resided from the wild fires when they go home. On another note Joanna and Don have started a Willow Lodge Choir, they are presently doing Christmas music and there is a plan for a Christmas concert.

Cassie Cameron's daughter Debbie is here visiting from British Columbia. Debbie tells me that she teaches exercise classes for seniors. To bad she is on vacation. The Cameron's have had a busy summer, it is always great to have your children come for a visit.

Pictured right: Florence Daurie is with her son Glenn and Granddaughter Kelsey from North Hampton in England.



Pictured Right: Thanks to Carolyn Stevens, Lorraine Stevens daughter who sent a great photo of her mom with her sons, (Lorraine's grandsons), Zachary and Noah, from Montreal, when they visited mid July and had a great visit and colouring session.



Pictured Left: Frank's Birthday celebrations
Also Pictured Left: Cookies & Conversation
Clare Gobin & Lorraine Stevens, during Day Camp Visit.

Pictured Lower Right: An enjoyable afternoon spent at the Malagash Museum with Jim, Don & Arlene



Upcoming Happenings

Two events to highlight in September; A Memorial Service on Tuesday, September 25th at 7:00 PM. A service for all those who have passed away in the last year.

Also, on September 28th will be our annual Oktoberfest celebration here at Willow Lodge. Everyone is welcome 2:30pm. Come with your Oktoberfest hat and don't forget your chicken wings as there will be the chicken dance. All are welcome to any of these events and all our programs.



EDEN CORNER

Family Fun Day

Family Surveys

In August, Family Surveys were sent out to family members via email and regular mail. Our hope is that as many family members/loved ones as possible will participate by completing the survey.

Yearly, we conduct surveys to track and evaluate the services we provide as a Willow Lodge Community. The three surveys are 1) Family Survey, 2) Resident Survey, and 3) Care Partner Survey.

The more people who complete the survey, the more information we gather to help us evaluate the services we provide, and keeps us on track for our Mission and Vision.

The deadline for September 15th sooner is better.

You can return the survey to the admin office or drop it in the suggestion box next to the stairwell door at Willow Lodge. You can also, if you wish return it via email to daphne@willowlodge.ca.

There are extra copies at each Neighbourhood Nursing Station, be sure to pick one up during your next visit.

Residents surveys will be conducted after September 15th.

If you have any questions, please don't hesitate to ask any member of our Care Team or drop an email to daphne@willowlodge.ca



What's in a Glass of Fruit Juice?

Canada's Food Guide recommends that adults consume 7-10 servings of fruits and vegetables per day. Fitting those servings into our diet can be a challenge, and as a result some Canadians turn to fruit juice to increase their daily fruit intake. There are several health benefits to drinking fruit juice, including small amounts of vitamin C, antioxidants, folate, and potassium; however, fruit juice is missing one key component that makes whole fruit healthy. During the fruit juice making process, most of the fibre found in the whole fruit is stripped away and discarded. What's left is a fruity-tasting beverage that is comparable to soda pop in terms of calories and sugar content (Example: 500mL of Coca Cola = 200 calories and 13.75 teaspoons of sugar, and 500mL of apple juice = 240 calories and 15 teaspoons of sugar). Without the naturally-occurring fibre found in whole fruit, fruit juice digests rapidly in our bodies and has the potential to raise blood sugar levels very quickly. Drinking too much fruit juice can put people living with diabetes at risk for hyperglycemia (dangerously high blood sugar levels), and regular consumption of fruit juice may increase the risk of the development of Type 2 diabetes in others. Strategies for finding a healthy balance in meeting your fruit intake goals include: Having a glass of fruit juice with breakfast and choosing whole fruit the rest of the day, diluting fruit juice with water to decrease the sugar content per serving, or pairing fruit juice with a snack that includes fibre and protein.



Community News

Many people ask how Richard Frotten from the Tipperary is doing after his stroke. The word is that he is progressing and has recently been moved to the Truro Stroke Unit.

We are thinking of Curtis MacKinnon who is in Truro hospital after possibly having a heart attack. Winnie and Curtis have been playing for our monthly birthday parties for a number of years. We hope that Curtis will be back fiddling in no time.

Today, as I (Shelley) write this, the 2018 Grade Primary students are getting an introduction to the new school. Getting to see their classroom, meet their teachers, to help make the adjustment to school a little easier.

The minister at the local United church Rev. Penny Nelson is on Sabbatical Leave till November first. Reverend Sandra Carruthers and the worship committee will be looking after the leadership in the pastoral charge. If there are pastoral emergencies during this time Reverend Connie McNamera from Wallace can be called.

"Dunk The Director"

Saturday, Sept. 1st. @1:00pm
If you wanna see Lisa in the dunk tank.
Donations for the Fire Department



September 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 3:30 Mennonites	7 Marion Hamilton 12 Joyce Dean 12 Pearl MacKay	4 10:00 Exercises 11:00 Lynwood Exercises 2:30 Musik Makers	5 2:00 Cards 2:30 Drive	6 1:30 Walk in the Park 3:00 Resident's Council 6:00 Choir	7 9:00 Nail Care 10:30 Drumming 3:00 Lexicon 6:00 Bingo	1 2:30 Snakes & Ladders 6:30 Hoedown 7:30 What's New?
9 10:45 Presbyterian Church	10 9:30 Men's Coffee 10:30 Trivia 2:15 Henry Forward 3:00 Magic Show	11 10:00 Exercises 11:00 Lynwood Exercises 3:00 Kitchen Talk	12 1:30 Library 2:00 Cards 2:30 Penny Ante	13 10:00 Exercises 11:00 Lynwood Exercises 1:30 Walk in Park 2:30 Teacher's Tea 6:00 Choir	14 9:00 Nail Care 10:30 Drumming 3:00 Spelling Bee 6:00 Bingo	15 2:30 Snakes & Ladders 6:30 Hoedown 7:30 What's New?
16 2:00 United Church	17 9:30 Men's Coffee 10:30 Trivia 2:30 Bill Butt	18 10:00 Exercises 11:00 Lynwood Exercises 3:00 Kitchen Talk	19 10:30 Welcome Back Grade 5's 2:00 Cards 2:30 Penny Ante	20 10:00 Exercises 11:00 Lynwood Exercises 1:30 Walk in Park 3:00-The Phantom Ship 6:00 Choir	21 9:00 Nail Care 10:30 Drumming 3:00 Lexicon 6:00 Bingo	22 2:30 Snakes & Ladders 6:30 Hoedown 7:30 What's New?
23 5:45 The Hunts	24 9:30 Men's Coffee 10:00 Trivia 2:30 Henry and Richard	25 10:00 Exercises 11:00 Lynwood Exercises 3:00 Kitchen Talk 7:00 Memorial Service	26 10:00 Anglicans 1:30 Library Visit 2:00 Cards 2:30 Penny Ante	27 10:00 Exercises 11:00 Lynwood Exercises 1:30 Walk in Park 2:30 Birthday Party 6:00 Choir	28 9:00 Nail Care 10:30 Drumming 2:30 Oktoberfest at Willow 6:00 Bingo	29 2:30 Snakes & Ladders 6:30 Hoedown 7:30 What's New?
30 3:00 Ira & Nancy	Birthstone Sapphire Flower Aster / Morning Glory					