



HAPPY  
Canada Day



# July 2020

# Willow Leaf

## Happy Birthday

### Residents

July 8- Margaret Bates

July 11- Cassie Cameron

### Pets

July 10- Marilyn The Rabbit

### Care Partners

July 8- Lithe Mortimer

July 12- Patty Jamieson

July 13- Kent MacDonald

July 17- Sheri Muise

July 18- Kara Weatherbie

July 19- Cheryl

MacDonald

July 19- Karen McNeill

July 26- Erin Emslie

July 31- Carol Tattrie

## Remembering



Edith Retson

November 22, 1942

-June 4, 2020



## From the Desk of Janine

**WE ARE LONG TERM CARE #PROUD**

Here at Willow Lodge we joined forces with many other Nursing Homes across our beautiful province, in celebration, of being proud to work in LONG TERM CARE. We danced up a storm with our residents to the hit song "CELEBRATE".

It has been a long haul as we have met the challenge of Covid-19 and our care partners have risen above to deliver exemplary care to all our residents.

If you see any of our Willow Lodge Care Partners

- give them a shout out-

They work hard every day with our vision to lead them in "working together to eliminate the three plagues- loneliness, helplessness, and boredom" in

LONG TERM CARE [#PROUD](#)

Stay Well, Stay Safe!

Janine Jaconelli

*Executive Director*



# Nurses Nook

# Operations Corner

Warm weather has arrived early!  
June has felt more like July this year with the heat and humidity.

We are trying to encourage lots of water and cold snacks to keep well hydrated.

It has been nice to be able to enjoy the outside, and get in the fresh air. With that, comes plenty of reminders for, and assistance with, hats and sunscreen!

Also, we are pleased to add another new team member to our Willow Lodge family 😊

Welcome to our nursing student, Caitlin Taylor.

Caitlin is a 2<sup>nd</sup> year nursing student studying at St. F.X, in Antigonish.

I hope you are enjoying some warm weather and keeping safe. As a reminder, though restrictions are loosening, we are still in the midst of a pandemic.

Please, for the health and safety of everyone, adhere to the directives given by Dr. Strang.

We are expecting a second wave of Covid-19, but certainly hope to avoid this infection in our home.

We can do this with everyone working together!

Lisa Hodder  
Director of Care



Wow, it has been hot....

Just a reminder to Residents and Care Partners to keep hydrated during this heat wave. Take some time to sit in a cool place and limit your time in the sun. All three dining areas are air conditioned, as well as the small kitchen off of the Main Lounge. We've added some more fans around the building as well. I hope this helps!

Some of you may have noticed that the bridge over the pond in the park has been removed. The plan was to replace the decking on the bridge; however, when that was removed the true extent of the rot was discovered, and it was necessary to remove the entire bridge. Many have commented that they like the pond better without the bridge, so we're looking into putting glass panels on both sides of the walkway leading to the pond. If anyone has any other ideas, please let us know. For now, Achim has built a wooden railing for safety reasons, it may or may not be permanent, depending on your input.

Also, any other ideas you have for enhancements for our indoor or outdoor spaces are always welcome!

Until next time...

Kent MacDonald  
Director of Operations



Above is a picture of Achim working on the pond!

# Don't Wilt

The hot, humid summer is here, and with the heat some people have a habit of slouching, leaning forward and wilting into a bad alignment. Good posture is a critical factor in preventing pain and possible injuries.

Be aware of bad positional habits. Crossing legs or leaning on one elbow are all habits that can lead to bad posture. After 30 minutes of sitting in one position it is good to get up and move around or reposition your body. This keeps the blood and fluids flowing to the spine.

One tip to maintaining good posture is to keep postural muscles strong and flexible. The postural muscles hold your skeleton together and prevent the forces of gravity from pulling you down. Exercise and stretching all work well to keep you straight and tall.

It is never too late to correct bad posture. Studies have shown that people in their 80's and 90's can change their posture.

The body is an incredible thing!  
Remember...

"I'll rise up high like the waves  
I'll rise up in spite of the ache  
I'll rise up and I'll  
do it a thousand  
times again. 🎵

Cathy Rafters  
OT/APTA



# Eden Corner

Here at Willow Lodge this month, employees had the opportunity to sit in on an Eastern Provinces Eden Conference Call. We had the chance to speak with many representatives who work in long term care homes, learning about how they have been managing during COVID-19. It was a very inspiring, educational, and uplifting conference call. A few heart warming comments were made by Nancy Fox, a Leadership Consultant who works closely with Bill Thomas, the Founder of the Eden Alternative. I'll share with you two of her messages, in hopes it brings you comfort & helps you find that extra bit of strength to move forward.

"Make yourselves vulnerable, ask for help.. by doing this, you are building trust between each other & when others care for you, it also helps fill their cups up too."

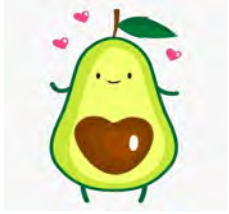
Finally, she explained the definition of heroism in her eyes, in relation to being a care worker in any field. "Heroism— is mustering up that courage to save lives. You must remember you are light keepers, & your super power is your **heart**".

So many of our residents have expressed how grateful and appreciative they are to have us helping them feel comfortable. So many wonderful, heart-felt moments have been created spending time with our friends here at Willow Lodge. Hold tightly to those moments, and let's take good care of each other.

Stay healthy, stay safe & find ways to bring Joy and peace into your lives.

Upward & Onward,  
Karli Boyd  
Director of Recreation





# Eat Well, Be Well



## AVOCADO SALSA

### Ingredients

- 2 cans Strained Corn
- 1 small can of Sliced Black Olives
- 1 medium Red Onion, chopped
- 1 medium Sweet Red Pepper, chopped
- 1/2 cup Lemon Juice
- 1/3 cup Olive Oil
- 2 Tbsp Cider Vinegar
- 5 to 6 Garlic Cloves, chopped
- 1/2 tsp Salt
- 1/2 tsp Pepper
- 1 tsp Oregano
- 3 to 4 Avocados, chopped



### Instructions

In a large bowl: Add corn, red onion and sweet pepper.

Mix with 1/3 cup of olive oil, 1/2 cup lemon juice, 2 Tbsp Cider Vinegar, Chopped Garlic, Salt, Pepper & Oregano.

Place in refrigerator, & add Avocado when ready to serve.

Serve with Tostito Scoops & Enjoy!!



EAT WELL  
LIVE WELL  
BEE WELL

♥ Amanda Rees,

Dietician



# Willow Lodge News

# Care Partner News

Hasn't it been wonderful weather? Warm sunshine, a beautiful ocean breeze, baby birds chirping, and fire flies lighting the night sky. We have wonderful news happening here at Willow Lodge. We have created a safe way to allow our residents to visit their loved ones. The recreation department has been busy scheduling appointments for visits outside! Many happy moments, laughter, & tears have been happening over the past few weeks when our families have reunited. If you wish to set up an appointment to see a loved one, please contact Karli at the recreation department. #902-657-3101 EXT:24. We are setting up appointments once a week for each resident, and asking families & friends to alternate every week with each other for their visits! We have worked very hard to keep our loved ones here at Willow Lodge safe & healthy following all procedures the government has made for us during COVID-19. If you would like to read our safety protocols before visiting, please send Karli an email, and she will forward a confirmation letter your way.


Karli.Boyd@willowlodge.ca Also, if you would like to remain on the Facetime video call list, we are continuing to provide that service as well. Please pass along the message if you would like to continue or to be taken off that list. We are trying to provide any kind of help for keeping our resident's connected with their loved ones, & vice versa. Below is a picture of our **very 1st family visit** here at Willow Lodge!

\*\* Jackie MacLeod & his daughters



A few new fun events added to our July calendar for our residents to look forward to:

- ◆ Baseball in the park for each Neighborhood
- ◆ "High Tea" in each Neighborhood (Bring your fascinators!)
- ◆ Ice Cream Social in each Neighborhood

 Bee Healthy, Bee Happy

Deborah Dean, one of our Care Partners, has brought two of her miniature horses to live here at Willow Lodge for the Summer. Welcome, *Grace & Scooter*. They have been enjoying their stay out in our beautiful park, grazing and playing and visiting our residents. They have brought many smiles, and reminiscing stories to our residents. Also, as a side note, Deborah is asking everyone to refrain from feeding the horses any kind of treats, except for grass due to them having a special diet. Thank you 

Kelly Yantzi & Michael Ashton have been busy bees making our garden's beautiful around Willow Lodge. They sure have green thumbs! There are raised beds accessible for our residents to enjoy gardening, and the green house has been over-flowing with flowers & vegetables from them ready to plant and take care of!



## Financial Office

Income Tax is OVER DUE!!! It is very essential to complete your loved one's Income taxes.

Please call me if you have any further questions. #902-657-3101 EXT: 21 or email: [pweatherby@willowlodge.ca](mailto:pweatherby@willowlodge.ca)

Thank you,  
Peggy  
Financial Office



# SUMMER FUN



## Word Search Puzzle

W A T E R P A R K V A C A T I O N  
F R I E N D S W S T Z G H N A I G  
T S A Z O P A B Q C N P N M D C S  
E W O N C H I I Y I A S U R X E N  
B I C Y C L E C P C R Y O Z M G F  
O M P W I Z J M N E F J A A P R R  
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D N N J X O N P S M B K E H S M B  
O G W V F I I P X D R T R A I X E  
O O U E R R O C O O K O U T C N E  
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S A S D F O L E M O N A D E E T A  
B A A P E Q R S U N S H I N E M N  
W O I F A I R G R O U N D P X B M  
R L W N F E K N B A S E B A L L X  
F B B M Y P M V T D G I S W O R V



BAREFOOT	FISHING	PICNIC
BASEBALL	FLIP FLOPS	POPSICLE
BEACH	FRIENDS	ROAD TRIP
BICYCLE	FRISBEE	SPRINKLERS
CAMPING	GAMES	SUNSHINE
COOKOUT	ICE CREAM	SWIMMING
FAIRGROUND	LEMONADE	VACATION
FIREWORKS	OUTDOORS	WATER PARK