

April 2019 Willow Leaf



**Happy
Birthday!**

Residents

Marjorie MacDonald - April 3
Eunice Sutherland - April 9
Louise Reid - April 13
Hilda Swan - April 20
Emily Bain - April 23
Floyd Mingo - April 23
Wendy Morrison - April 24

Care Partners

Sandra Wesley - April 10
Melody Latta - April 20
Angie Mattatall - April 25
Karen Ross - April 30



**Welcome
New Residents**

Vaughan Dickie
Lillian Sutherland
Helen Gunn



Upcoming Events

April 1



April 6

Salem United Church Spring Fling.
Silent Auction 2:00 - 6:00pm, meal
at 4:30pm Fishcakes, Beans,
Brown Bread and Lemon Pie. \$10/
Adult and \$5/Child

April 8

Dental Hygiene clinic at Willow
Lodge has been re-scheduled for
April 8th. Contact Lisa Hodder; Di-
rector of Care for an appointment,
forms, and payment options.

April 9

Music Night and Silent Auction at
Tatamagouche Regional Acad-
emy. Featuring the music of stu-
dents, teachers and community
members @ 6:30 pm. Admission;
donations accepted at the
door. Silent Auction bids 5:30pm -
6:30pm. All proceeds support the
Guatemala – Tatamagouche
Schools Project.

April 12

Willow Lodge's Volunteer Dinner @
4:30pm in the Main Dining Room
and Main Lounge/Café Area.

April 14



April 19



**Good
Friday**

April 21



*Easter
Sunday*

April 22



Easter Monday

April 24

Salem United Church Community
Dinner @ 4:30pm, Sauerkraut and
Pork. \$10/Adult and \$5/Child.



Willow Lodge News

We missed a very important announcement in our March 2019 edition of the Willow Leaf and that was the crowning of our 2019 King and Queen. Our King and Queen were crowned during our Valentine's Party on Feb 14th, so without any further a due introducing to you our 2019 King and Queen...drum roll please; King Eddie Benere and Queen Florence Daurie. Our King and Queen each received a bouquet of flowers, valentine's balloon and a box of chocolates. Congratulations to our new Royals!



Pictured Above: Our 2019 King and Queen; Eddie Benere and Florence Daurie.

We had a wonderful Winter Carnival which took place through the week of March 11th - 15th. Throughout the week we had different theme days which Care Partners and Residents participated in by dressing up. We had Pyjama Day, Sports Day, Decade Day, Beach Day and Wear Green Day which was part of our St. Patrick's celebrations which was held on Friday afternoon. We would like to thank everyone for their participation especially to the Care Partners who went above and beyond to make Winter Carnival extra special for the Residents.

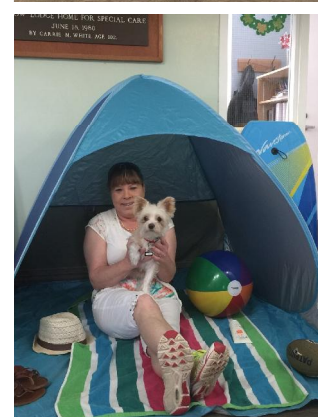
Our 2019 Winter Carnival had some extra participants this year. We had the Nursery School visit on sports day and they were all dressed in their favourite sport attire. We had hockey players, soccer players, swimmer, skier, baseball players and we even had a barrel racer. The Residents loved seeing you all, you really added to the festivities of the day.



Pictured Left: Residents Doris Creighton and Sheila Morrison with Miss Christie and her students from the Nursery School.



Pictured Above: A collection of pictures from our 2019 Winter Carnival. (Missing are some awesome sports day pictures to come at a later date)



Willow Lodge would like to thank everyone for their co-operation, patience and understanding over the last couple of weeks during our closure due to the flu. We look forward to seeing you all again soon. We plan to have our doors back open to visitors on April 1, 2019.

We will be hosting our annual Volunteer Dinner on April 12, 2019 at 4:30pm in the Main Dining Room and Main Lounge/Café Area. Invitations have been sent out and we ask that you please RSVP by April 10. You can do so by contacting Michael Ashton our Volunteer Coordinator through:

email: michael.ashton@willowlodge.ca
or

phone: 902 324-3429

Thank you to all our Willow Lodge Volunteers! National Volunteer Week is April 7 - 13.



Eat Well, Be Well

Carrot Ginger Lentil Soup

This flavourful, bright soup recipe from Health Canada makes for a comforting lunch or delicious starter. It is also an excellent way to incorporate plant-based protein (lentils) into your diet.

Prep Time: 15 minutes, **Cook Time:** 30 minutes, **Servings:** 6

Ingredients

- 10 mL (2 tsp) canola oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 30 mL (2 tbsp) fresh ginger, finely grated
- 5 mL (1 tsp) ground cumin
- 1 mL (¼ tsp) black pepper
- 5 large carrots, peeled and chopped
- 250 mL (1 cup) dry red lentils, rinsed
- 5 cups vegetable broth, no added salt

Directions

1. Heat oil in a large pot. Add onions and sauté over medium heat, stirring often, for about 2 minutes.
2. Add garlic, ginger, cumin, black pepper and carrots and sauté for another 2 minutes, stirring frequently.
3. Add lentils and stir to combine. Add vegetable broth and bring to a boil.
4. Turn down heat and simmer, covered, for about 25 minutes, until lentils are cooked and carrots are soft.
5. Remove from heat. Ladle into blender in batches or alternatively, using an immersion blender, puree soup until smooth.

Tips

If you don't have fresh ginger, substitute it for ½ tbsp of ground ginger. Substitute the garlic cloves for ½ tsp of garlic powder.

Time saver: double this recipe and freeze extra servings for another day.

Like creamy soups? Try serving with a dollop of low fat plain yogurt.

- Tiffany Derby; Dietitian



So, You Need a Set of Wheels

When a person is in need of a wheelchair at the Willow Lodge there are basically two routes that someone could choose. The Willow Lodge is very fortunate to be able to access the Specialized Equipment Program of the Canadian Red Cross. This program is funded by the Department of Health and Wellness and available to residents who occupy a regular bed in an approved Long-term Care facility. This route would be like "leasing" the set of wheels. After a set of wheels is recommended by the Occupational Therapist or Physiotherapist the person is measured for a therapeutic fit. An assessment form is completed as well as two quotes from vendors (eg. Harding, Embracor, Lawtons) and the whole package is then submitted to the Department of Health and Wellness Care Coordinator for review. After initial approval the request package is then submitted to The Red Cross. The Red Cross reviews the submission and when approved a custom set of wheels starts to be built. The custom set of wheels remains the property of the Canadian Red Cross and a sliding scale based on income is used to determine monthly costs.

The other route an individual might choose, if it is an option, is to buy a set outright through either private pay or insurance. Again, the person is measured by the Occupational Therapist and forms as well as two sets of quotes are submitted to private insurance for approval. If private pay is the route a trial set of wheels is usually arranged and if the fit is right the person has the option to buy. The customized set of wheels is then yours to keep.

Both routes are a very long series of steps and both routes mean a long wait time. In the interim the Willow Lodge is very blessed to have a couple of specialized wheelchairs that have been donated by families. The Rehab Assistant that is on hand Mon-Friday 8-4 can then dig out her handy dandy tools and fit a wheelchair for the person until the loaner/purchased set of wheels arrive. The Willow Lodge is very thankful for the opportunity to provide a loaner set of wheels. Unfortunately, in some cases the temporary fit is not always the best and adaptive or creative ingenuity is used.

The Occupational Therapist and Rehabilitation Assistant are very grateful for the patience given for this whole process. Remember, it is not all serious business, sometimes it is "wheelie" fun. That's how she rolls.

- Cathy Rafter; OTA/PTA



Nurses Nook

Well, we were unable to escape the flu this year! Thank-you all for your patience and understanding in keeping our doors closed. Please continue to ensure you do not visit if you have ANY contagious symptoms.

I would be remiss without giving recognition to all the care partners and their teamwork in pulling together to care for the residents of Willow Lodge during this illness.

Those who picked up overtime, came in for extra shifts or changed hours on short notice, and worked in other departments than usual – you are all appreciated for these extra efforts and willingness to pitch in! Thank-you!!

We would also like to welcome 2 new care partners to our care team: Vicki Kendall, CCA and Mary-Jane MacNutt, LPN.

Welcome aboard – we are glad to have you!

Important Reminders

- The dental hygienist has been re-scheduled for Monday, April 8th.
- The massage therapist has also been postponed.

Please call the lodge to make arrangements for either day.



Pictured Left: Care Partners; Janice Weatherbie; Dietary and Marilyn Lane; Dietary surfing through the halls during winter carnival as Resident Arlene Smith watches on.

From the desk of Janine...



Welcome Spring!.....It has been a rough March for Residents, Care Partners, Volunteers, family and friends! A big shout out to all who went above and beyond, had patience while we were closed and sent good wishes. We have opened our doors as of April 1st...

April 1st is the kick off day for National Volunteer month!

At Willow Lodge we are so thankful for the many volunteers who give so freely of their time and talent- **A BIG THANK YOU FROM ALL OF US**

- Janine Jaconelli; Executive Director

Easter Dinner April 21, 2019

*Baked Ham with Pineapple
Mashed Potatoes
Baby Carrots & Peas*

*Dessert
Tea/Coffee*

*Limited to 2 guests per Resident
\$15 per guest*

need special meal ticket

RSVP by 4:00pm April 17, 2019

Phone 902-657-3101



Resident News

As per the Residents request we continued our trips back in time and went back to the 50's. What a trip it was! Many of the residents had stories to share as the fifties was a time when they were thriving and full of life. After we reminisced we welcomed some special guests: Peter Mattatall, Barbara Baird; daughter of resident Doris Creighton as well as Shelley and Jimmy LeFrense who did a demonstration of the jive to the well known song "Rock around the Clock." It was such a fun afternoon that ended listening to some of the greatest hits from the 50's.



Pictured Left: Residents looking on as our special guests dance the jive.

Pictured Right: Special guests dancing away to Rock around the Clock as part of our trip to the 50's.



All the Residents would like to thank all the Care Partners who made their Winter Carnival as awesome as it was. They really enjoyed seeing everyone that dressed up and participated. Residents can't wait to see what next year's Winter Carnival has in store. Residents would also like to send out a hello to all their family, friends and volunteers. You are missed and they can't wait to see you once our doors open on April 1st.



Pictured Left: Care Partner Janice Weatherbie was a leprechaun wizard, dressed in green from head to toe.

Eden Corner

When thinking of a topic to write about for the Eden Corner this month it was difficult, not because there was nothing to write about, but because we as a community; Care Partners, Family, Friends and Volunteers do such an amazing job making Willow Lodge a home for all those who reside here. Through sharing talents or just taking time out of your day to visit, whether it be just for a few minutes or an hour, it all makes a difference in creating a place that anyone would be proud to call home. We're so fortunate to live in such a beautiful and caring community. This month we would like to acknowledge Mrs. Lockerby's grade five class, who visit us monthly as part of our intergenerational program. The grade fives came to visit during our Winter Carnival on Decade Day. Some of the students were dressed from days of yester years, but even those that were not still got to learn about days gone by. Instead of our usual craft the grade fives went on a mission and that mission was to find out what the Residents were up to during the different decades: 50's, 60's, 70's, 80's and 90's. Through this activity the grade fives got to learn about the residents; where they lived, what they did for work and a little bit about who they are. It was a fantastic activity and the Residents really enjoyed spending quality time visiting and getting to share some of who they are with all of you. It was like a blast from the past. Last month's activity also sparked a wonderful idea; the grade fives always come to Willow Lodge to visit, but the residents have never had a chance to visit the grade fives in their own environment, which is the brand new school that was built in Tatamagouche, the Tatmagouche Regional Academy. We hope that when the weather gets warmer we will be able to have some Residents go to the school for a visit. We know the grade fives would be so proud to show them around. We can't wait for your next visit in April! See you soon.





The Volunteer Scoop

National Volunteer Week April 2019

Every year we recognize the importance of our Volunteers. Of the time they give freely, of the experience they bring and the dedication they show to helping others.

Our volunteers do the laundry, play cards, visit residents, run some of our groups and help with others, run our auxiliary and board, raise money, play bingo, read to residents, help with meal times, play music, sing, visit, make beer, go on trips, take residents to appointments and to see family that can't come to them. Without them there would be no meals on wheels, that allows vulnerable members of our community to continue living in their own homes, and there would be no Sunday Church services. They bring light to darkness and joy to every corner of our home. The Staff, residents and families can't thank you enough for what you do here. Willow Lodge is a shining light amongst care homes in the province and without you that light would be dimmer.

Our 2019 Volunteer Nominations

Each year we have the opportunity to nominate our volunteers to be recognised by both the county and province. This year's Nominations are as Follows:

Peter Mattatall

With 37 years of Volunteering at Willow Lodge, Peter is a familiar face both in the Lodge and out on the road delivering meals. He volunteers not only with us but numerous organisations in the area – When I asked for letters supporting his nomination, I was flooded with them – If you added up all the years he has volunteered with those organisations it comes to over 130 years!

Bill Butt

Bringing his musical talents to our residents on an almost weekly basis, Bill is a shining light amongst our musical Volunteers. Nothing touches the heart of those who suffer with dementia, more so than the sound of Bill playing. If Music be the Food of Love Play on.

Lesley Tucker and Christie MacDonald

This mother and daughter team were a perfect fit when nominating for the family group. They bring Sunday service with the Presbyterian Church and their volunteering reaches far beyond the walls of Willow Lodge.

We wish you the best of luck in winning the county and provincial awards for the work that you do with us and our only regret is that we couldn't nominate you all!

Care Partner News

Congratulations goes out to a number of Care Partners who went above and beyond over Winter Carnival. The following were chosen as best dressed for each theme day:

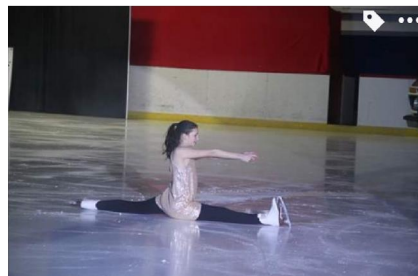
Monday "PJ Day" - Kristen Horst; Environmental
Tuesday "Sports Day" - Donna Peterson; Dietary
Wednesday "Decade Day" - Karen Ross; Dietary
Thursday "Beach Day" - Amy Patriquin: CCA
Friday "Wear Green Day" - Janice Weatherbie; Dietary
We also have a prize for best over all participation of our 2019 Winter Carnival and it went to Carol Millet; Environmental. Great job everyone and to all those who participated, thank you.

Care Partner Brenda Laurie; CCA and her family will be going on a trip to Toronto very soon. On their trip they'll be attending a Toronto Maple Leaf NHL game, going to the Hockey Hall of Fame and CN Tower. We hope you all have a wonderful trip!

We had some Care Partners' children participate in the annual Skating Carnival last month which was held at the North Shore Recreation Center in Tatamagouche. The show was fantastic and all the skaters did a phenomenal job. Ameila Hodder; daughter of Lisa Hodder; Director of Care, Shaelynn Matheson; daughter of Tammy Fraser; LPN and Hailee Highton; daughter of Charlie Highton; CCA all participated in carnival. Congratulations girls on your wonderful performances!



Pictured Top Left: Hailee Highton and fellow skaters after their performance.



Pictured Bottom Left: Ameila Hodder doing the splits during one of her solo performances.

Pictured Right: Shaelynn Matheson and her fellow skaters posing for a photo after their performance.

All skating photo credits to Terry Lynn MacNutt

