



April 2020 Willow Leaf

Happy Birthday

Residents

April 3 - Marjorie MacDonald
April 9 - Eunice Sutherland
April 13 - Louise Reid
April 23 - Emily Bain
April 24 - Wendy Morrison

Care Partners

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

Welcome New Residents

Mary Beckett &
Jerry McGrath

MEMORIAM

Pauline Smith
Dec. 7, 1931– March 23, 2020

Thelma Dunphy
August 2, 1926–March 9, 2020



A Spring Poem

S is for **SUNSHINE** to brighten the spring. Warming the water, the earth, everything!

P is for **POSIES** with colours so bright: Reds, yellows, purples, OH! What a sight!

R is for **RAINDROPS** that splash all about. Wetting the earth, so that new life can sprout.

I is for **INSECTS** that flit through the air. Grasshoppers, beetles, and ants everywhere.

N is for **NOISES** I hear when I wake. The chirping of birds and the laughs children make.

G is for **GROWTH** that I see around me, the plants and the animals..
SPRING is lovely!

Author: Unknown



From the desk of Janine

Friends and Families of Willow Lodge,

I would like to assure all family and friends that Willow Lodge is following all directives from the Nova Scotia Health Authority and department of Health and Wellness for this COVID-19 pandemic.

In addition, we are taking extra measures within our home to ensure the safety of our valued residents and care partners.

I would ask that if you have questions, please call us.

In the meantime, please feel free to contact your loved one through our main line 902 657 3101. If you have access to internet, please contact our recreation department to set up an appointment to facetime.

We continue to thank you all for your patience as we navigate these uncharted waters....

Sincerely,

Janine Jaconelli,
Executive Director



Willow Leaf - Page 1

Nursing Nook

Well...what a time it has been!

This time in history is unprecedented for all of us. I hope you all are doing your part, as well, and finding times of joy as you practice physical distancing.

I would be remiss to not acknowledge our hard-working and dedicated care partners.

I am extremely proud of the care given to each resident here at Willow Lodge and to see how everyone pulls together at times like this.

There have been lots of good times still happening at Willow Lodge as we do our best in maintaining physical distance!

Some practical things...all non-urgent appointments have been cancelled (regular eye exams, dental checkups, etc.).

Within the lodge, we have increased our frequency in cleaning of high touch surfaces.

Willow Lodge will not be accepting items into the lodge unless essential.

We realize gifts from home and baked goods, care packages, etc. are thoughtful and appreciated, but we are trying to do our part in preventing this bug from entering our home.

Thank you for your patience and understanding as we are learning new things every day and making adjustments.

Stay well.

Lisa Hodder;
Director of Care



Operations Corner

A few more staff changes to let you know about. Donna Peterson has resigned from her position as Dietary Aide, and has moved to New Brunswick. Best of luck to you, Donna. Sharon Fraser has been hired as full-time Dietary Aide to replace Donna. Sharon is a familiar face in the Kitchen as she has been working as a casual for over a year now in several positions in the Kitchen. Also, Robert Cameron has been moved to full-time Dietary Aide by accepting another shift every other week.

Our sprinkler system sprung a leak a few weeks back. The leak was repaired the same day, and the system was put back into service. We also installed a new compressor to the system to ensure that it stays up to pressure.

Until next time.....

Kent MacDonald, Director of Operations



Volunteer Scoop

The Meals on Wheels program is one of the great services that we run here from Willow Lodge – delivering hot meals to those that need them in the village and surrounding area and thanks to the Community Health Board we'll soon be getting some new equipment.

Hot boxes for taking the meals out are cumbersome and can be heavy particularly when fully loaded with up to 30 meals during the Summer months! So we felt after talking to our drivers it was time for an upgrade!

In the next few weeks we'll be receiving the new hot boxes which are much lighter and fold down for easy storage in the kitchen and with handles on the top they are much easier to carry!

The photo below shows Michael Ashton, our volunteer coordinator, receiving a cheque from the Ann Pritchard (left) and Josie Baker (Right) of the CHB.



Any Old Iron?

I can still remember when I was a boy - the old guy with the horse and cart shouting "Any Old Iron" coming down our street - and you'd think from reading that sentence that I was reciting something from a Victorian tale – but that is not the case – In fact it was only 40 years ago in the 1970's that I recall this from my own childhood. I must have been no more than 3 or 4 at the time and it may even be my earliest memory, the clatter of hooves coming down the street and our neighbors rushing out to collect the horse manure for their roses is something that for some strange reason has stuck with me all these years!

I don't know that you had the rag and bone man here in Canada, but back in my home town in the south of England – the old guy with his horse and cart was a relic from the Victorian era that still came down my street every Wednesday collecting scrap, that would otherwise have been destined for the trash – And he paid cash for it too!

They got the name rag and bone from collecting rags and bones in the past – Bones were used to make glue and rags to make shoddy (old rags were ripped apart and spun to make a yarn called shoddy), but the rag and bone man that came up my street during the 70's called "Any Old Iron" which has its origins during the second world war – when metal was in short supply and any scrap metal was sought to make tanks, planes and shell casings – they went as far as removing the beautiful railings around the parks in my town because metal was in such short supply (and then found out it wasn't useable!!)



But why this tale? – Well if you're anything like half the Canadians I

know - you have a barn, a basement or shed out back – filled to the brim with all those things you can't bear to throw out but can't find a home for.

Later this year the Willow Lodge Auxiliary is planning to have a Pre-Loved art show and sale in conjunction with the Grace Jollymore Arts Centre, to raise funds for our Palliative Care Room – And in the event that circumstances prevent us from doing this we are going to have an online art show! Which means we need your unwanted pre-loved art. So, while you're rattling around at home and scratching around for things to keep you occupied, why not have a dig around in those basements, barns, and sheds to see if you have a picture or painting that you no longer want and donate it to Willow Lodge to help us raise funds towards our Palliative care room.

If you have a piece of art you would like to donate to us, please contact Michael on 902-324-3429 or email me at michael.ashton@willowlodge.ca and I will arrange a time to come and collect the item from your doorstep and wave at you from a safe distance!

Willow Lodge News

What are your thoughts.. March came in like a lamb, and out like a lion? It definitely felt like spring for a few days, but hopefully the snow blows away soon, and then the flowers can start to bloom!

Even though this month has been challenging for everyone; residents, family, care partners and volunteers, it has been uplifting to see, and be a part of, a community that finds our way in sticking together.

To keep the connection and contact between our residents and their family & friends we are working to organize weekly phone calls and set up "facetime" via Facebook messenger on our Samsung Tablets. This is something new and exciting, but we need your help to make it a success! For those that are interested, we would like you to contact Karli Boyd at #902-657-3101 Ext: 24 or, by email- Julietattrie@willowlodge.ca. We can work together to set up times that would work best for you and our Recreation department! Keep in mind we are in office from 8:30- 4:30pm. However, we can accommodate a few evening appointments if needed; although the slots will be limited.

* Karli will be filling in for Julie Tattrie, our Director of Recreation as she is on maternity leave until April 2021. A big plan for us right now is to continue to have good communication with our friends and family which will be a large part of what will do on a daily basis. We look forward to hearing familiar voices and seeing familiar faces. We know how important it is not only for our residents but for their loved ones as well.

As a side note: If anyone is interested, our Willow Lodge website has been updated and will continue to be updated frequently with information in regards to the COVID-19.

We plan to run small gatherings of groups of 5 while maintaining social distancing. All of our activities will be neighbourhood orientated. A few fun activities to look forward to will be Art work for our future Art show, and Chair yoga via Pre-recorded videos from our instructor Patricia Campbell, which the residents have thoroughly enjoyed.

We will still celebrate our birthdays for this month. Whilst singing will be done individually and cake will be eaten during snack or dinner meals! We found a creative way to continue our resident council meetings. We will do so by starting our meetings with Kay Mattatall, and continuing on to meet each resident to address any needs or concerns they may have.

Something delicious for the residents to look forward to is our Easter Dinner!

Sunday April 12th, the Willow lodge kitchen will be cooking up a tasty **Easter Dinner for our residents.**

Menu is as follow:



MAIN COURSE:

- ♦ BAKED HAM
WITH PINEAPPLE RINGS
- ♦ CANDIED YAMS
- ♦ GREEN BEANS
& SAUTÉED RED PEPPERS

DESSERT:

- ♦ EASTER CAKE
- ♦ TEA, COFFEE, PUNCH, OR WINE

Enjoy you Easter Weekend! Thank you all for being so patient and understanding, we are sending our love to all friends and families. We hope you stay safe and healthy during this time and are looking forward to seeing you again soon.



The Drum is Like a Heartbeat

We all move to the beat of different drummers. One of the sessions during the International Eden Conference in 2016 was a presentation of a drumming program. The drum is a very powerful instrument and the representatives from Willow Lodge brought this insight back with them.

The physical movement of beating the drum is a great way to stretch shoulders, elbows and fingers. While beating the drum you release negative feelings, and you literally "drum out negativity." The pulse of the drum changes brain waves to calming Alpha waves; which help produce a feeling of well being. The rhythm of the beat helps to synchronize the non-verbal lower brain, with the front language part of the brain, altogether synchronizing the left and right hemispheres. This leads to a deeper sense of awareness.

Following a particular drumming pattern forces the person to be "in the present", while not worrying about the past or future, but just being here and now. "The beat I feel within my heart."

So, on Friday morning at 1030 open your window and hear our beat. We will beat loud so everyone will know that we are alright, we miss you all and we will see you soon.

-Cathy Rafters: OTA/PTA



From Finance Office

Reminder: Income Tax Filing

We understand the circumstances at this time; however, we are sending out a friendly reminder regarding Income Tax filing. We acknowledge that the deadline was extended, but of crucial importance and beneficial to have your resident's Income Tax completed, as soon as possible.

Thank you for your understanding,

PJW, Finance Office



Care Partner News

Tucker Mattatall, who is the son of Care partner Jennifer Tattrie LPN, has completed and graduated from his small engine repair course which he took online from a school in Quebec. Tucker will receive a diploma for his completion in this trade. Congratulations Tucker, from everyone at Willow Lodge.

Our Director of Recreation, Julie Tattrie, will be going off on maternity this month to have BABY # 3! We wish Julie & her family well, and can't wait to hear when baby arrives. Boy or Girl what will it be?! We hope Julie and baby visit when they can! Although, Julie has promised to send a picture and call to keep us updated.

We would like to welcome Karli Boyd to our Recreation Department, as she will be filling in for Julie Tattrie's maternity leave. Karli is a familiar face to Willow Lodge, and has a background in Recreation Sport Studies. Welcome aboard Karli, we look forward to working with you & having some fun!



Eat Well Be Well [□]

Never Fail Bread

1 cup lukewarm water*
1 tsp white sugar*
2 tbsp yeast*
*Mix above ingredients together and let stand for 10 minutes.

Add:

2 cups warm water
¼ cup sugar
1 tbsp salt
½ cup of oil or shortening
9 cups of flour

Knead and place into a greased covered bowl to rise in a warm draft free area for one hour. Punch dough down and form 3 loaves. Place loaves in greased pans, cover with towel and allow to rise for an additional ½ hour. Bake in preheated oven at 375° F for 30 minutes.



Fern's Brown Bread

Note: recipe can be safely doubled

1 tbsp yeast*
1 tsp sugar*
½ cup warm water*

*Mix above ingredients together and let stand for 10 minutes. Set aside.

Ingredients:

1 cup rolled oats
2 cups of boiling water
1 tbsp butter
1 tsp salt
½ cup molasses
½ cup brown sugar
5 cups flour



Directions:

Pour 2 cups of boiling water over oats, add butter, salt, sugar, molasses. Let cool. Add yeast mixture. Gradually add flour and knead. Let dough rise for 1 hour in a well greased bowl covered with a towel in a warm draft free area. Punch down dough and form into two loaves. Add loaves to well greased pans. Let loaves rise for an additional 30 minutes and bake in preheated oven at 375° F for 1 hour.

♥ The kitchen of Treva Stewart and Family

I hope that everyone is staying safe, eating well and being kind to each other. If you attempt this month's recipe, please feel free to post it to my Facebook page Amanda Rees Nutrition! I look forward to seeing all your beautiful baking photos.

Amanda Rees, Dietitian



"Charcuterie Board", part of our Taste Tester Tuesday activity for our Nutrition month.



"Tropical Fruit", another part of our Taste Tester Tuesday activity for our Nutrition month

