



# April 2022 Willow Leaf



## Residents

Marjorie MacDonald - April 3

Donna Johnson - April 9

Eunice Sutherland - April 9

John McKenzie - April 13

Louise Reid - April 13

Grace Lockerby - April 23

Wendy Morrison - April 24

## Care Partners

Trish Landry - April 5

Shauna Tattrie - April 9

Sandra Wesley - April 10

Sierra Scott - April 12

Patsy Bezanson - April 13

Melody Latta - April 20

Devin Wilson - April 21

Julia Thibault - April 22

Karen Ross - April 30

## Pets

Jack the Bird - April 1

## From the Desk of Janine

April and spring go inseparably. Spring is the season for restoration and fresh starts. Happy Easter.....

With spring in the air, we are experiencing all kinds of weather....some days warm, some filled with showers and yes others have brought us snow. As I write today, the sun is shining and soon we can look forward to changing our winter wear for spring attire.

We continue to face some challenging times as we navigate our COVID outbreak. Infection Prevention and Control as well as Public Health ensure that we are following all guidelines as we work towards containing this virus while transitioning into recovery stages which has been successful to date.

We can all be proud of delivering the highest level of care to our most vulnerable, our residents while doing our best to keep all care partners safe. Monitoring for signs of COVID for our care partners continues to be done by rapid tests twice a week.

As ongoing restrictions loosen within our province, please continue to keep yourself safe so that we can hopefully open our doors and be that welcoming home that Willow Lodge is known for.

On behalf of our Board of Directors and myself, I want to acknowledge all the dedicated Care Partners who show up, provide care and support in a time when we do not know what is on the horizon. Your dedication, compassion and genuine care for our residents is to be commended!

Thank You

Janine Jacconelli  
Executive Director



## In Memory

Eva Munro

June 5, 1923 to March 24, 2022

# Eat Well, Be Well

## No Bake Chocolate Peanut Butter Protein Bars

Happy Spring everyone! These are one of my staples because they take no time to whip up, and are a great source of protein and fiber, which means they keep me full when I start to get hungry between meals. Paired with a piece of fruit and they are an easy, balanced sweet treat that also boosts some nutrition benefits. I hope you enjoy!

### Ingredients:

½ cup pitted dates

½ cup natural peanut butter (or nut butter of choice)

½ cup pecans or peanuts

2 tbsp honey

Pinch of cinnamon

2 tbsp ground flax

½ cup dark chocolate chips

Tbsp coconut oil

Pinch of flaky sea salt

### Method:

1. In a food processor or blender combine dates, nut butter, peanuts, honey, cinnamon, and flax. Process until mixture is finely chopped and starts to clump together.
2. Press mixture evenly into a baking dish and place in the freezer to harden (approximately 45 minutes)
3. Combine chocolate chips and coconut oil in a bowl and microwave for 30 second intervals until melted.
4. Spread melted chocolate onto the base. Sprinkle with sea salt and return to the freezer until completely hardened.
5. Cut into bars and store in the fridge. Enjoy!

Abbey Chisholm, Dietitian



## Welcome New Residents

John Chambers

Elva Douglas

## Care Partner News

Congratulations to two of our care partners. Julie Tattrie and family as they welcomed their newest addition to the family on March 15th. Ellie Jean Tattrie weighing in at 6lbs 14 oz.



Alanna Stevens also welcomed Stavely John Darragh on March 27, weighing 8 pounds 1.5 ounces. Congratulations to you both and we look forward to meeting them both.



## Nurses Nook

We continue to deal with COVID-19 pressures, with some Care Partners and Elders both being affected. Care partners are continuing the serial rapid testing twice weekly, and we are still following all of Public Health's recommendations and remain closed to all visitors. While we realize this is difficult for everyone, safety for all is our main focus. Dr. MacDonald continues to provide care to our Elders. We will be wearing masks and visors for a long time yet, as we move into spring. Hopefully this will be behind us before summer.

This is also the time for graduations, including RN, LPN and CCA programs, and we are currently advertising positions in all disciplines. We are hopeful we will entice some new care partners!

The nursing staff have done an amazing job, this has been a trying time for all!

Jill Peterson, RN  
Director of Care



## From the Finance Office

**HIGH IMPORTANCE** Income tax filing deadline is April 30th. Please file Resident's tax returns as soon as possible. If you require a letter for tax purposes from Willow Lodge, please contact Peggy.



## Willow Lodge News

Happy spring everyone! Unfortunately we have had to postpone this year's Winter Carnival for a later date. A new date has yet to be decided on as we continue to provide one-on-one recreation programs.

We have also noticed an increased interest in the newspaper lately. If your family member is interested in receiving The Chronical Herald or Truro Daily News, you can arrange this by contact the paper directly and let us know that it has been ordered for them.



### Willow Lodge

### Easter Dinner Menu

Sunday April 17, 2022

Roast Turkey

Mashed Potatoes

Dressing

Carrots + Peas

Cranberry Sauce

### Dessert

Chocolate Lasagna

## Operations Corner

It's officially spring, time for the snow to go away and for warmer weather. Enough is Enough!

The Nurse Call System is nearly complete, thanks to Mark and Shane from Verge Technologies for all of their hard work. The new system has some updated features including touch screens at the base stations, and larger, more durable hand-held phones that will be a lot easier for our Residents and Care Partners to use. The funding for this project came from the Investing in Canada Infrastructure Program (ICIP), a joint project of the federal and provincial governments.

We recently had a visit from the Fire Marshal, and I'm happy to report that after a small equipment upgrade in the kitchen we are fully compliant with Life and Fire Safety Regulations.

We are continuing to replace beds, and there are another 20 on order. When these are received, all of the beds in the original section of the building will have been replaced within the last 3 years. We're hoping to replace the beds in Lynwood in the coming year, and when complete, all of the beds in the facility will be the same model. This will reduce the number of spare parts that will be required to have on hand, and should reduce the frequency of necessary repairs.

Some of the older heat pumps are starting to give us some grief. The heat pump in the Bayview needed a new fan motor. It has been repaired and is ready for the warmer weather. The heat pump in the main kitchen wasn't repairable, unfortunately, so we had to replace that one. We don't want things to get too hot in there!

We're hoping to repaint the Main Lounge area in the coming year as well. Any Resident or Care Partner with a flair for decorating or has a suggestion for a new colour, please let me know.

Kent MacDonald, Director of Operations

# Care Partner Appreciation

It is with appreciation and gratitude that we are able to treat our care partners with gifts that have been so generously donated by families. In May, from the 9th-13th we will be honoring all of our Care Partners, (which includes each and every person employed at Willow Lodge) for their ongoing dedication to our residents. The kindness, care and ongoing compassion does not go unnoticed and the comfort is evident as our staff members strive to provide support to our residents, during these most challenging times as they are physically separated from their families!

Pizza Day, with funds kindly gifted by families  
to treat our Care Partners

In memory of

**Irving Kitson**

**Pearl MacKay**

**Valerie Nicholl**

**Bertha Douglas**

and in honour of

**Colin Douglas**

**Grace Lockerby**

Thank you to everyone, including

**Derado's Pizzeria and Donair**

Ice Cream gifted by

**Tatamagouche Ice Creamery**

Fudge gifted by

**Care Partner, Jennifer Tattrie**

Care Partners enjoyed pizza on March 15 & 17, 2022



# EASTER

## WORD SEARCH



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

BASKET  
SPRING  
FLOWER  
EASTER

GRASS  
CANDY  
HUNT  
DYE

BONNET  
SUNDAY  
PEEPS  
LAMB

