



**WILLOW
LEAF
APRIL 2023**



HAPPY BIRTHDAY

Residents

Marjorie MacDonald - April 3

Muriel Beck - **100th Birthday** April 5

Eunice Sutherland - April 9

Donna Johnson - 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

Melody Latta - April 20

Julia Thibault - April 22

Karen Ross - April 30

Pets

Jack the Bird - April 1

FROM THE DESK OF JANINE

*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, the temperature is 13°c and excitement is brewing as we look forward to changing our winter wear for spring attire.

Our Recreation Department is busy planning another fun month of activities and events for our residents and families to enjoy. March was full of life, laughter and making beautiful memories, so we are looking forward to the new beginnings April will bring.

I will once again be leading a reading program, which will begin on April 13th, at 10:00am in Lynwood. We will be reading the book, "The 100-Year –Old Man who climbed out the window and disappeared." by Jonas Jonasson.

As we welcome new residents, families and volunteers, please feel free to stop in anytime when visiting, my door is always open.

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!

**-Janine Jaconelli
Executive Director**



Welcome New Resident

Pamela Genter

Operations Corner

Spring has arrived, the time has moved forward and the snow is melting. Soon we will be able to return to the outdoors without bundling up, certainly looking forward to that.

The New bathing system and lift chair have been installed in Lynwood and are now in use. We are still awaiting delivery of the new sterilizer unit, and have been assured this will be delivered soon.

The dressers and nightstands that we were waiting for have been delivered we have been swapping some of them out starting on April 3rd. This would be a good opportunity to do some spring cleaning in your nightstands and dressers to make the exchange a little smoother. If you or your family gets the chance to do that it would be appreciated.

Our new lounge chairs have been delivered. There are ten in total, that have been placed in different locations throughout the building for your enjoyment.

We were visited recently by the Department of Environment for our annual inspection of the kitchen and utility areas to ensure that we are meeting provincial guidelines. This went well other than a few small deficiencies which we are working to correct.

The Department of Labour recently visited as well to go over our policies and procedures around Occupational Health and Safety as part of a new provincial initiative in long-term care homes to reduce work-related injuries. Safety is everyone's responsibility, I think we all do what we can to work and live as safely as possible, but accidents do happen. Any advice they can offer us to prevent or reduce workplace injuries will be welcomed.

I would like to welcome McKinley White to the staff team at Willow Lodge. McKinley is new to the area, has experience in the hospitality industry, and will be working with us as a Casual in Dietary and Environmental Services.

Kent MacDonald
Director of Operations



In Memory

Kay Mattatall

September 21, 1931 to March 28, 2023

Vivian Jeffreys

November 21, 1936 to March 29, 2023



Nurses Nook

The sun is getting warmer! It has been a mild winter for the most part but we all welcome spring!

Our Elders are looking forward to being able to get outside again, hopefully soon.

With the nice weather coming, it also means the bugs are coming too! We will need to be very mindful of ticks this year, as it been reported that Lyme disease carrying ticks are plentiful in this area. Be sure to check yourself and your pets regularly.

We have been very fortunate to have escaped Influenza this year and have had no issues with gastrointestinal viral illness. We hope to continue this!

COVID is still here, and most likely will be for some time. We are continually receiving updates and new information on vaccines, and the residents have received and will continue to receive the appropriate doses when they are due. We are still wearing masks and will be for some time, most likely!

Enjoy the sun when it shines!

Stay healthy!

Jill Peterson, RN
Director of Care.



Eat Well, Be Well

Hi everyone! Easter is almost here which, for my friends and I, means an Easter potluck. We always do brunch together and these pancakes are the perfect recipe! They're light and citrusy and even have a little extra protein from the ricotta. Enjoy!

Lemon Ricotta Pancakes

Ingredients:

- 1 ½ cups all-purpose flour
- 1 Tbsp baking powder
- 3 Tbsp white sugar
- ½ tsp salt
- 1 cup milk
- ½ cup ricotta cheese
- 2 eggs
- 1 tsp vanilla extract
- 2 Tbsp lemon juice
- 1 Tbsp lemon zest

Directions:

In a large bowl, whisk together flour, baking powder, sugar, and salt.

In a medium-sized bowl, mix together milk and ricotta until well blended. Add the eggs one at a time, mixing well after each egg. Then add the vanilla, lemon juice, and lemon zest.

Make a well in the dry ingredients and dump in the wet ingredients. Fold in the wet ingredients gently, until just combined. You don't want to overmix!

Heat your pan over medium heat and grease with butter or non-stick spray.

Add pancakes to pan, about 1 cup of mix for each pancake.

Flip pancakes once you can see bubbles on the top and around the edges. Cook for 1-2 more minutes once flipped.

Enjoy!

Recipe from: <https://www.kyleecooks.com/lemon-ricotta-pancakes/>

Cassie Crowe, Dietitian



Willow Lodge

Easter Sunday Dinner April 9th

Roast Turkey

Mashed Potatoes

Dressing

Carrots and Peas

Cranberry Sauce

Dessert

Cream Egg Cheesecake

Snack Cart

Hot Cross Buns

As a Matter of Finance!

Residents POA's or those Financially responsible, please be sure to file your loved ones Income Tax by April 30th.

Peggy Weatherby, Finance Office

Resident News

On March 20, 2023 the Colchester Trefoil Guild met to present some of their members with membership pins for their years as a member of the girl guides of Canada. Of those that were award pins are two of our Willow Lodge family who will receive their pins at a later date; Mary Beckett—65 years and Kay Mattatall—60 years. Gwen, Kay's daughter, will be accepting Kay's pin in memory of her. Congratulations to Mary Beckett on her years as a member of the Trefoil Guild.



Muriel Winona Beck - A Century of Memories

1923 - April 5, Muriel Winona was born to Frank and Lily MacKinnon. She is the second of three children, the eldest being Laurie and youngest Gerald. She grew up on the farm in Brule, enjoying the farm, animals, and fishing. She attended the one room school house, located near Brule Creek.



Muriel MacKinnon (Right)
Jean MacLanders (Left)
1929

1941 - Muriel decided to get her driver's license, taking her driving test in a 1917 Ford and passed. Muriel has seen the many changes in the design and function of automobiles and many changes in how people travelled over the years, from coal trains, air planes to space stations.



1939 - Dec 10, Canada entered the World War II which lasted until 1945. In that time Muriel saw many of her friends and family go off to battle in war. Some came home and sadly many did not.

1943 - March 8, Muriel and Lester Beck were wed. They stayed in Brule, living in a house purchased from her Aunt Margaret Carter. There, Muriel and Lester raised a family of 5 children: Joan (deceased), Wayne (deceased), Garry, Frank and Debra.

1969 - Man walked on the moon. Muriel sat with her family and watched on TV the first steps taken. A feat, that no one had ever imaged possible.

1980 to current - Muriel has seen new tech in the form of computers, internet, cell phones, satellites. Muriel has lived under five reigning Monarch's: King George V, King Edward VIII, King George VI, Elizabeth II and King Charles III.



-Happy Birthday from your family

Raffle Ticket News

Thank you to everyone who purchased tickets for the Surf and Turf basket. The winner was Debbie Reid! Congratulations Debbie!

We currently have a lovely hand-stitched quilt being raffled off. Thank you to one of the resident's family that donated this to fundraise for recreation activities. Tickets at \$2 each or 3 for \$5. **The draw takes place Thursday April 6th.**



From the Willow Lodge Baking Group

During the month of March our baking group at Willow Lodge met to make a different kind of cookie each week. From shortbread to jamjams, it made for a delicious baking month. Our in-house hair-dresser Charlene provided us with a new recipe to try and as you can imagine it was one of our new favorite recipes. On request from our baking group here is a copy of the Cinnamon Roll Cookies recipe for all of you to try at home. It comes highly recommended and is being added to our bundle of recipes to be made again at our Tuesday morning baking.

Cinnamon Roll Cookies

1 cup butter or margarine

1 cup sugar

2 eggs

1 Tbsp vanilla

3 cups flour

3 tsp baking powder

2 tsp cinnamon

1/2 tsp salt

Bake at 350F for 10-12 minutes

Recreation News

What better way to end of March and welcome spring then to celebrate with Winter Carnival! Thank you to everyone that joined in and dressed up during the week. From music to carnival games and a visit from our new friends in Ms. Christie's preprimary class, it was a busy week filled with lots of laughs.

Congratulations to our 2023 Willow Lodge King and Queen: Ted Curry and Muriel Beck! Crowned at our Birthday Party, Both felt honoured to be named as our King and Queen. As their one duty our Willow Lodge King drew the winner for our staff participation prize... congratulations to Jolene Mardian on winning the large pizza from Derado's along with some other goodies for a pizza night.

A warm welcome back to Julie Tattrie, who has returned to her role as Director of Recreation in March. Alicia Williamson will be staying with us for a bit longer before her next adventure.

-The Recreation Team

