

AUGUST 2019 WILLOW LEAF



WILLOW LODGE

HOME FOR SPECIAL CARE



Happy Birthday!

RESIDENTS

Thelma Dunphy - August 2
Betty MacKay - August 2
Frank Muir - August 5
Arlene Smith - August 9
Marty Jollimore - August 10
Eileen Langille - August 12
Hazel Ponte - August 16
Sandy Capon - August 22
Ann Daisley - August 22
Russell Reid - August 24

CARE PARTNERS

Donna Peterson - August 5
Linda Mingo - August 9
Julie Tattrie - August 12
Kelly Yantzi - August 22
Lisa Gilbert - August 31

MEMORIAM

Vaughan Dickie

July 27, 1932 to July
25, 2019



FROM THE DESK OF...

Janine

50 years is a milestone that needs to be celebrated!

Reflecting back on 1969, there were many celebrations of FIRSTS!

In February of 1969 we witnessed the first battery operated smoke detector along with Johnny Cash's debut of a Boy Named Sue- March saw the first maiden voyage of the Concorde. Again in May the RMS Queen Elizabeth II also experienced her first maiden voyage. June brought us Neil Diamond's number one song Sweet Caroline which was inspired by Caroline Kennedy. July was an experience I believe most of us remember and that was Neil Armstrong's first landing on the Moon. August 15th saw a major music celebration devoted to LOVE, PEACE and NO WAR and Woodstock was born! September brought us the first television premiere of the Brady Bunch. October was the BBC debut of Monty Pythons Flying Circus followed by November....."Sunny Days.... sleeping on Clouds Away".....Yes! Sesame Street was aired on National television for the first time...

So much happened in 1969 and the above events are just a few; however, there was one special event that is much closer to home.

Willow Lodge will be celebrating 50 years whether you are a Resident, Care Partner, Volunteer, Family or Friend, you have all contributed to the growth and sustenance of Willow Lodge. It was 50 years ago, that the doors opened to our home, first on Main Street at the now Fraser Cultural Center, then moving in June 1980 to our forever home here on Blair Avenue always welcoming those that require special care. It was a vision of Margaret Colburn RN who, at the time was unable to secure a business loan, so she took out a personal loan with the support of individuals in the village who posted bonds. With this collective group, Willow Lodge was able to open its doors. The dream Of Marg Colburn is our vision that we fully embrace as we go forward providing the best care to our residents who now call Willow Lodge Home!

Our milestone will be celebrated on August 22, 2019 from 2-4pm with an Old Fashioned tea party in our park, entertainment, tree planting and a time capsule burial with the intention of this being opened in the next 50 years.

Looking forward to seeing everyone on this special occasion!

- Janine Jaconelli; Executive Director



Upcoming EVENTS

AUGUST 1

Ivan and Vivian Hicks @
the Grace Jollymore Joyce Arts Center,
Tatamagouche, 3:00p.m. - 5:00p.m. tickets \$20

AUGUST 2

Jen Power Art Exhibit @
the Grace Jollymore Joyce Arts Center,
Tatamagouche, 7:00p.m. - 8:00p.m.

AUGUST 11

Ryan Cook and Sunny Acres @
the Grace Jollymore Joyce Arts Center,
Tatamagouche, 7:30p.m. - 9:30p.m. tickets \$25

AUGUST 12

Music @ Willow Lodge,
Tatamagouche with Special Guest,
Paul Randy Mingo, 2:30p.m.

AUGUST 16

Soil, Soul & Society Art Exhibit @
the Fraser Cultural Center,
Tatamagouche, 7:00p.m.

AUGUST 20

Peace & Friendship Youth Alliance Gathering @
the Tatamagouche Center,
Tatamahoucge, 3:00p.m.

AUGUST 22

Willow Lodges 50th Anniversary
Garden Party/Open House @ Willow Lodge,
Tatamagouche, 2:00p.m. - 4:00p.m.
All are Invited to Attend!

AUGUST 22

Dave Carroll @
the Grace Jollymore Joyce Arts Center
Tatamagouche, 7:30p.m. - 10:00p.m. tickets \$25

AUGUST 22

Sensory Chocolate Experience with Appleton Chocolates
@ Appleton Chocolates Company,
Tatamagouche, 2:00p.m. - 2:30p.m.

AUGUST 22 - 25

TATAFEST 2019 for more details and events
please visit the TATAFEST Facebook Page

AUGUST 23

TATAFEST Local Talent Showcase @
the Grace Jollymore Arts Center,
Tatamagouche, 7:30p.m. - 9:30p.m. Admissions by donation

AUGUST 24

Plein Air Day @
the Grace Jollymore Joyce Arts Center,
Tatamagouche, 8:30a.m. - 4:30p.m.

AUGUST 24

Charlie A'Court @
the Grace Jollymore Joyce Arts Center,
Tatamagouche, 7:30p.m. - 10:00p.m. tickets \$25

AUGUST 24

Historical Reenactment @
the Tatamagouche Farmers Market,
10:00a.m. - 2:00p.m.

AUGUST 24

Tatamagouche Wild Blueberry Picnic and Tatamagouche
Community Yard Sale @ Bonnyman House 317 Main Street,
Tatamagouche, 10:00a.m. - 2:00p.m.

AUGUST 24

Woolstock Fiber Market @
the North Shore Recreation Center,
Tatamagouche, 10:00a.m. - 4:00p.m.

AUGUST 25

Family Fun Day @
Nelsons Park, Tatamagouche
10:00a.m. - 3:00p.m.

AUGUST 25

Ivan and Vivian Hicks @
the Grace Jollymore Joyce Arts Center,
Tatamagouche, 3:00p.m. - 5:00p.m. tickets \$20

AUGUST 30

Christene Sandeson and Janice Stewart Art Exhibit @
the Grace Jollymore Joyce Arts Center,
Tatamagouche, 7:00p.m. - 8:00p.m.

OPERATIONS CORNER

We had our park sprayed and pellets put in the grass in an effort to keep the mosquitos and black flies away to make the park more enjoyable for our residents and family members. So far seems to be working, we are keeping our fingers crossed.

We have two new safety fences built up by our garage, the ditches there are deep and full of sharp stones, would cause serious injury if someone were to fall in them, good job by Adrian and Achim.

As all our care partners know we have had an odour problem in the Bayview for some time, this week we dug a trench below the frost wall and under the drainage pipes, we found stagnant water with a very bad odour, we added a new drainage pipe to run away from the building and added a new vent pipe, now we wait and see if conditions improve.

Last, but not least we welcome Klane Murry, our summer student here to look after our lawns and flower beds etc.

- John Sellers; Operations Manager

EAT WELL, BE WELL

Strawberry, Lime, Cucumber and Mint Infused Water

- 1 cup sliced strawberries
- 1 cup sliced cucumbers
- 2 limes sliced
- 1/8 cup fresh mint leaves
- Ice cubes
- Water

Instructions:

In a half-gallon jar, or a two-quart pitcher, layer the strawberries, cucumbers, lime slices, and mint leaves with the ice cubes. Fill the jar or pitcher with water. Let chill for 10 minutes and enjoy!

Recipe adapted from Wholefully.com

- Amanda Rees; Dietitian



EAT WELL, BE WELL

STAYING HYDRATED

Staying hydrated is essential! Especially during the hot summer months. Fluids help to:

- Move nutrients and waste through the body.
- Assists in keeping blood pressure normal.
- Protect and cushion your joints and organs.
- Control your body temperature and
- Lower your risk of dehydration and stroke.

Tips for Staying Hydrated:

- Choose water and avoid soft drinks.
- Keep water nearby at work, play or about. Carrying a reusable water bottle that can be refilled for free is a great way to stay hydrated and also great for the environment.
- Enjoy other fluids such as skim milk, 1%, 2%, fortified soy and other plant-based milk alternatives, 100% vegetable or fruit juice and soups.
- Choose decaffeinated drinks more often and limit caffeine to three cups per day.
- Take sips of water while eating meals and snacks.
- Keep a jug of ice water flavoured with lemon, lime, orange, cucumber slices, fruit or berries in your fridge at home or work.
- Remember to drink more in hot weather and when active.
- Eat plenty of fruit and vegetables that naturally contain water.

Find more information at unlockfood.ca

- Amanda Rees; Dietitian



WILLOW LODGE NEWS

We'll be celebrating Willow Lodges 50th Anniversary right here in our Willow Lodge Park on August 22nd with a Garden Party and Open House. Residents, Care Partners, Family, Friends and the community are all welcome to come and help us celebrate. Hope to see you here!

Everyone at Willow Lodge would like to thank everyone who came out to our annual Family Day which was held on July 25th. Each and everyone of you help make our Family Day special for our Residents. Keep an eye out for next years Family Day, you won't want to miss it!

We've been very fortunate to have the Summer Camp come to visit us last month and we still have a few more visit to come this month. Residents and Care Partners love seeing their smiling faces and hearing the laughter they bring to our home. We hope you all have a great end to your summer and a wonderful school year.

Save the date! Willow Lodge will be having there annual Memorial Service on September 24, 2019 @ 7:00p.m. All are welcome to attend. More details to come in next months edition of the Willow Leaf.

Summer means STRAWBERRIES and we've had no shortage of them here at Willow Lodge. Throughout the local strawberry season we enjoy many different strawberry treats that our lovely Care Partners in the kitchen prepare. Residents gather and hulled and sliced berries just as if you would in your own kitchen. Then they get to indulge in the yummy treats! We even made some Strawberry jam...now we just need to make some fresh biscuits.

Congratulations goes out to PJW, who was the winner of our Epicure BBQ Basket in support of the Christmas Index Program.



Pictures Left: Care Partner Randi Munro; CCA, and Lisa Hodder; Director of Care Presenting PJW with her Epicure Basket.

RESIDENT NEWS

One of our Residents had some awesome visitors come to see him last month at Willow Lodge. One of his visitors sure knew how to draw a crowd. Resident Vaughan Dickie went on a trip to PEI earlier this year with his son and grandson, where he purchased half shares in a beautiful 2 month old Holstein heifer. Vaughan did this so that his grandson could have a hopeful 4H winning calf that would give him a chance to get to the Royal Winter Fair, which is held in Toronto, Ontario.

Well it wasn't to long before Vaughan decided he and his grandson were going to have full shares in that little heifer. Vaughan's son and grandson went on another trip to PEI, where they picked up that now amazing looking 4 month old Holstein heifer to bring her home. Vaughan's son and grandson didn't forget about him and wanted to make sure he got to see their new four legged addition to the family, as he was unable to go on the adventure back to PEI to get her.

You want to know what they did? They took that little heifer right to the front doors of Willow Lodge so that Vaughan could see just how wonderful and hopeful that little heifer is. She looked like a prize winner to us! No one would've of been able to wipe the smile off Vaughan's face as he watched his grandson stand next to their future 4H champ holding the lead looking back at his gramps.

Logan, everyone at Willow Lodge wishes you and your little now, but we know not to little in a short time to come heifer the best of luck in your competitions ahead. You grandfather would be so proud of you and he will be with you always.



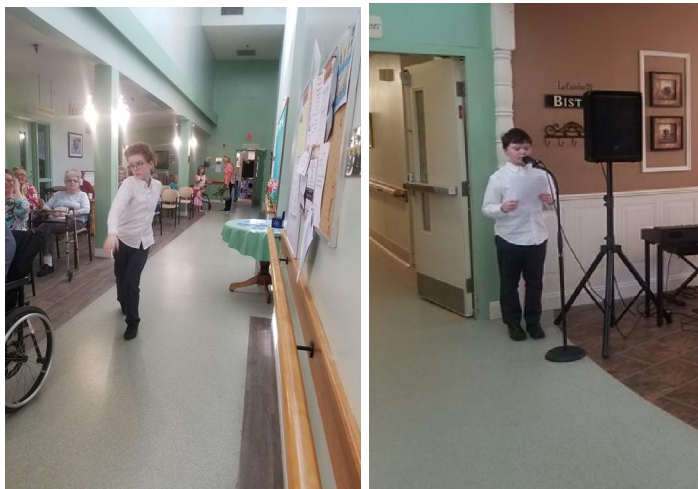
Pictured Above: Resident Vaughan Dickie, his son Wade and grandson Logan with their new addition the beautiful Holstein heifer.

EDEN CORNER

We're so fortunate at Willow Lodge to have so many of the Residents families share their many different talents with us all. When it came to picking a story this month we didn't have to look to far. On June 14th we held a Coffee Break where all the proceeds raised went to the Nova Scotia Alzheimer's Society. We had delicious carrot cake with cream cheese icing or blueberry turnovers, it was hard to choose as they both looked mouth watering, but more importantly we had special guest come to entertain us.

Resident Betty MacKay's grandsons or "her boys," as she calls them, James and Samuel planned a whole show for us that afternoon. Samuel emceed, read some wonderful father's day poems and played the piano while James, played the piano and did a couple of tap dancing routines for us all. It was such a well put together afternoon of entertainment which a lot of thought and effort was put into. Well done young gentlemen you out did yourselves.

All of the Residents would like to thank you making their day extra special and for sharing you multitude of talents. Your grandmother is so pound of you and she is lets everyone know you both are here pride and joy. We can't wait to have you back for encore show.



Pictured Above: Resident Betty MacKay's grandsons performing at our annual Coffee Break. James is tap dancing and Samuel is reciting father's day poems.

CARE PARTNER NEWS

Care Partner, Jane Terry is a great-aunt to another beautiful baby girl. Jane's nephew, Jeremy, his wife Sam and their daughter Charlee welcomed a new addition to the family on July 10, 2019, a health baby girl, Harlee Bonita Jane.

NURSES NOOK

This month in the nursing department, we get to welcome a few new care partners.

We are also saying goodbye to one of our beloved CCAs.

Carolyn Burns is retiring after 16 years of starting her work here.

Carolyn has been a staple in Lynwood House.

The residents, along with fellow care partners, will miss her caring ways, her delicious fudge, and BINGO nights, along with the many other ways she has embraced her time here. Carolyn – we wish you only the best for retirement and hope you will visit often!

Some more exciting news I get to share with you this month: Willow Lodge is hosting a CCA (Continuing Care Assistant) course starting this fall!

We are looking forward to having students in our midst over the next several months.

The course will start this September so please join us in welcoming the students to Willow Lodge.

- Lisa Hodder, Director of Care

VOLUNTEER INFO

50 YEARS OF WILLOW LODGE

ADVERTISEMENT FOR THE LODGE PLACED IN 1969

Established in 1969,

Licensed Care Home for Senior Citizens.

- Private accommodation only for those requiring personalized care.
- Wall to wall carpet throughout
- Hand rails for safety
- Supervised automatic fire detection system
- Tray service available if required.
- Competent staff on duty 24 hours daily.
- Pleasant Home like surroundings
- Community owned building held in trust by the Lillian Fraser Hospital Board. Operated by the Lillian Fraser Hospital administrator, Mrs. Margaret L. Colburn, RN. On a no-cost basis FOR THE BENEFIT OF THE COMMUNITY.

LAST CALL FOR THE YARD SALE DONATIONS

Please drop off donations for the community yard sale no later than Friday 23rd August.

Donations can be dropped at Bonnyman House, 317 Main Street (please leave donations at the basement door - around back of house on creamery road side) or at Willow Lodge Reception for Michael and Julie.

Thank you for all the donations we have currently received.

- Michael Ashton, Volunteer Coordinator

A TESTAMENT TO WHAT A COMMUNITY CAN ACHIEVE

Willow Lodge is a testament of what can be achieved when community comes together. From the original conception and idea behind its formation by Margaret and Shirl Colburn, to the community members who guaranteed the loans. But the community involvement went far beyond this, with numerous community organisations running fund raisers to furnish the building, such as the residents of New Annan who hosted a Bazaar & donated a hand made quilt! And the Local doctor who donated an organ, along with a book collection donated by an unknown individual.

Pictured Right:
Margaret and
Shirl Colburn



IDEA FOR OUR NEXT FUND RAISING CAMPAIGN

Ideas are coming in thick and fast for our next fund raising campaign - If you have any suggestions - you'll find notices on boards throughout Willow Lodge where you can add your ideas - Here are just a few of them!

Palliative Care Room, Kitchen Extension, New Bus - For big wheelchairs, Gymnasium, Wheelchair access to animals, swimming pool, indoor therapeutic garden, conservatory, permanent gazebo and that's just to name a few.

- Michael Ashton; Volunteer Coordinator