

Willow Leaf

August

2022



From the Desk of Janine

Family and Friends of Willow Lodge,

It has been so good to see so many of you back and visiting with your loved ones.

Our activities have been increasing as we slowly welcome back performers, entertainers and volunteers for our Thursday manicure club.

We are looking forward to seeing you all at our Family Day being held in September this year.

On this long weekend in August let us take time to reflect as we mark Emancipation Day in Nova Scotia.

Stay Well, Stay Safe!

Janine Jaconelli, Executive Director



Residents

John Chambers - August 1

Elizabeth MacKay - August 2

Phyllis MacLellan - August 2

Frank Muir - August 5

Arlene Smith - August 9

Marty Jollimore - August 10

Elva Douglas - August 12

Hazel Ponte - August 16

Russel Reid - August 24

Care Partners

Christa Brophy - August 6

Kelly Yantzi - August 22

In Memory

Gloria Martin March 10, 1943 to August 1, 2022



Resident News

We have two residents that have a major milestone coming up this month. Jamie and Betty MacKay will be celebrating their 65th wedding anniversary on August 2nd. Often found walking the halls hand in hand these two bring a smile to many faces as they stop and visit with those they meet. A very happy anniversary to you both from all of us from all of us here at the Willow Lodge and from your Family.



With the restrictions loosed our residents having been enjoying the beautiful weather with family, friends and pets this summer. From ice cream outings to family meals to visits in the gardens, smiles and laughter have been everywhere. The most unique outing of July however, has been Art's adventures with his son. Their first side-by-side adventure together; a trip from Willow Lodge to Pugwash and back had many at the lodge longing to go with them. Pictured on the left is their stop on the Wallace Bridge.



This past month we also had two of our residents receive a gift from the Legion in honor of their service. Pictured below is Donna Johnson and John McKenzie receiving the poppy blankets gifted to them from the Legion. Thank you both for your service. Enjoy these lovely blankets.



No Cold Laps this Fall

In July we were gifted 12 Lap Afghans with two different sizes for residents to use for comfort and warmth. These were presented to Willow Lodge by Sylvia Stewart member of the Tatamagouche Rebekah Lodge Freedom No. 62.

On behalf of everyone at the Lodge, Thank you so much! These will come in handy for our Residents.

Pictured: Sylva Stewart



Recreation News

I am happy to announce that Family Day is back! It will however look a little different this year, compared to previous years. We welcome residents, staff, volunteers and their family and friends to come join us for a special 2-hour music event on September 15th from 2pm-4pm in the Park at Willow Lodge. More information on the event will follow in September's Willow Leaf. We look forward to seeing you all there!

The race to first for baseball is on. After each neighbourhood had a chance to play once this month the number of runs are as follows:

Barrachois: 39

Balmoral: 31

Lynwood: 26

With a few more months to go in our baseball season keep an eye out as the runs change. Good luck to each neighbourhood and we will see you out there again this month.

Such a lovely start to summer created delicious and juicy strawberries for us to sink our teeth into at this year's Strawberry Festival. It did not take long for plates to empty as we enjoyed strawberry tarts with a cream cheese base, and strawberries dipped in chocolate. All served with a delicious homemade lemonade from the kitchen.



Alicia Williamson, Director of Recreation



Care Partner News

The winner of the Willow Lodge Park Project Ticket Raffle on July 15th for the hand-made cozy crib quilt is the next Willow Lodge Staff baby as per the request of one of our lovely families that bought tickets for the raffle. Congratulations to Ashley Langille, and little Forest, born July 14th, 2022 weighing 9lbs 4 ounces, on winning the cozy crib blanket. We all cannot wait to meet Forest and see him enjoying the blanket!



CCA Margie Trueman and Melody Latta celebrated a wedding in the family this



past month. Daughter/Sister Brittney Latta married Brandon Roode on July 16th.

CCA Brenda Laurie was one proud mom on July 16th, as her son Brandon married Kenzie Forbes. Such a lovely day for a wedding. Congratulations to the happy couples.



Eat Well, Be Well

Happy August Everyone! July was a hot one, and I'm sure August is going to be the exact same. Staying hydrated is always important, but especially in the summer months when we are more susceptible to dehydration.

Your body cannot function properly when you are dehydrated and you may experience symptoms such as muscle cramps, fatigue, excessive thirst, constipation, dizziness, or kidney stones.



Not everyone likes to drink plain water, so here are some creative tips to increase hydration during the summer months, as well as all year round:

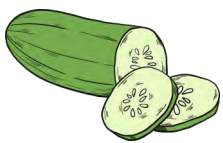
1. Sparkling water- you can buy sparkling water in so many flavors these days! It is great on its own, but also a nice treat when mixed 1:1 with lemonade.



2. Eat fruits and vegetables with a higher water content- including watermelon, strawberries, cucumber, leafy greens and many more!

3. Enjoy other fluids such as milk or plant-based milk alternatives, 100% fruit juice or soup.

Infuse your water with fruit for additional flavor and nutrients. Fill a jug with water and add lemons, cucumber, oranges, lime, berries, or mint. This is perfect to keep in the fridge for a refreshing drink on hot days.



I hope you all keeps cool and hydrated this month!

Abbey Chisholm, Dietitian



Willow Lodge

Blueberry Festival

Tuesday August 2nd

Blueberry Tarts

with

Homemade Lemonade

Dog Days of Summer

by Eric Paeplov

As the summer sun
Raises high in the sky
Noses lift to sniff the breeze
As it drifts slowly by
With squinting eyes
And twitching nose
And the warmth of the ground
Beneath our toes
We lie here and rest
And soak in the sights
Keeping a watchful eye
For squirrels and birds that fly
And as we lie and rest
In the long cool grass
We raise our eyes to the sky
And watch, as the clouds drift slowly past
As we warm our bones and feet
And spend the dog days of summer
Soaking in the sun and drifting off to sleep.

Nurses Nook

Summer is going quickly!

We have enjoyed seeing families, friends and pets visiting Willow Lodge! It's really great for the residents to have their loved ones back! It's nice that the patios and garden areas are being visited by residents, families and friends.

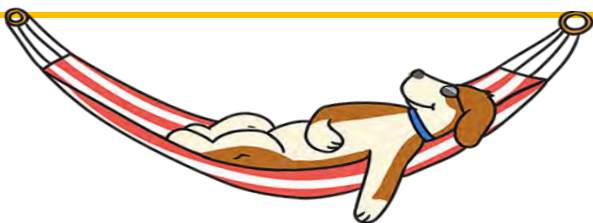
With all the heat and humidity, please be sure to drink plenty of water throughout the day. Stay out of the direct sun if you can, and don't forget to apply sunscreen. Please be sure to check on elderly neighbors, and please do not leave your pets in the car or outside unprotected. Chances are, if it's too hot out for us, it's too hot for them!



Finally, a quick COVID update! It is still very prevalent in and around our community. Please be sure to get vaccinated as soon as possible, including your boosters! There are new variants out there, and hospitalizations are on the rise again. Please remember to fully review the screening tool at the doorway when you come in, and don't forget to sanitize your hands! Masks are still to be worn.

Enjoy the rest of the summer. Stay safe everyone!

Jill Peterson, RN



Foot Care

Starting in August there will be an LPN from outside the facility coming in for resident foot care for the 3rd Tuesday of every month. She charges \$45 per person, per foot care session. Families that would like their loved ones to receive foot care can add their name to the list by contacting Jill Peterson, Director of Care, at jill.peterson@willowlodge.ca or by phone at 902-657-3101.

Operations Corner

It sure has been hot lately, hopefully this heat wave will not last much longer. I hope everyone is enjoying the outdoor spaces as much as you can. Just a reminder to drink plenty of water and not stay in the sun too long.

The roofing crew has left the building. The Lynwood section and the back side of Balmoral are newly shingled. This completes all of the roofing on the facility, and should be good for 20+ years. Thanks to Victor Mingo Quality Construction for looking after this for us.

The Lounge area painting is complete, and feedback has been very positive so far. Thanks to the Residents and Care Partners who worked together to choose the colours. Thanks to Miranda and her crew from Elite Trade Painting.

Bonnie Bryant has joined us as a Casual in Dietary and Environmental Services. She has recently moved to the area, and we welcome her to the Tatamagouche area and the Willow Lodge Community as well.

Kent MacDonald
Director of Operations.

