

# December 2020 Willow Leaf

## Happy Birthday

### Residents

Jackie McLellan– Dec. 5

JoAnna Bower-Derry– Dec.8

Renate Schlosser– Dec. 9

Velda LeFrank– Dec. 12

Jerry McGrath– Dec.14



### Care Partners

Karli Boyd– Dec. 1

Jennifer Frizzell– Dec. 7

Cheryl Murphy– Dec. 8

Julianne Tattrie– Dec. 8

Achim Hotten– Dec. 9

Ashley Langille– Dec. 16

Caitlin Taylor– Dec. 24

Pat Hartlen– Dec. 26

Barb McCallum– Dec. 28

Renita Tattrie– Dec. 28

Randi Munro– Dec. 29

## FROM THE DESK OF JANINE

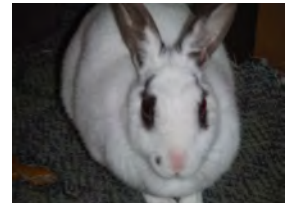
Family and friends of Willow Lodge,

I want to begin by thanking everyone for their on going support, through the trying times of 2020, it truly does take a village to keep us all supported.

It is hard to believe that December is here after 10 months living with the unknown. As such, It feels good to be able to share a positive story.

The Foundation of Willow Lodge has approved a much needed revitalization project for the Bayview Dining Room. This will include new chairs, table extensions and blinds. I am pleased to post a picture of the new blinds that have been installed. The residents and care partners are pleased with the look and are waiting for the chairs and table extensions to arrive- we will keep you posted! Thank you once again to our Foundation for your ongoing support!

On a sad note, however; Miss Marilyn, our resident rabbit passed away on Sunday, November 24th. She was a gentle soul and many of our residents enjoyed her company. She will be missed. ♥



A reminder that during our time of closure, we continue to offer facetime. Please contact Karli in our Recreation Department to schedule your call. She can be reached at 902 6573101 ext. 24

or by email: [Karli.boyd@willowlodge.ca](mailto:Karli.boyd@willowlodge.ca)

As a side note, Dr. Theresa Tam, our public health officer of Canada, recommends downloading the Covid-alert App on your phones. This app is designed to connect your phones via blue-tooth to those in your immediate surroundings, for the purpose of contact tracing only. If you need help setting this app up on your phone, or want to know more information, visit this website:

<https://novascotia.ca/coronavirus/covid-alert-app/>

*Wishing you all the best as we enter this season of advent. It will be different this year, for all of us. Stay well, stay safe and have a Merry Christmas.*

*Looking forward to a better 2021!* **Janine Jaconelli**

**Executive Director**

## Merry Little Christmas

The Holidays are usually a time of gatherings with friends and family, but this holiday season might be a little different. People might be “visiting” with family differently, adding a bit more stress to the holidays. One way to reduce the holiday blues and stay healthy and happy is **exercising!** The Canadian Health agency recommends people over 65 years of age to have at least 150 minutes per week of some form of exercise. This activity could be of moderate or vigorous intensity. With moderate activity the person should have a slightly increased heart rate; the person should be able to talk but not sing. With vigorous intensity activity the person should have an elevated heart rate. The person should be out of breath and not be able to talk with breaths in between. Both levels of activity should be spread out throughout the day in 10 minute intervals. Remember minutes count, so a little here and a little there, will be more effective. Being physically active during the holiday season has many benefits. It helps to maintain independence, maintain mobility, maintain bone health and maintain mental health. Remember, let your heart be light, from now on our troubles will be out of sight, and have yourself a Merry Little Christmas

- - **Cathy Rafter** - - OTA/PTA



MERRY & BRIGHT

## Operations Corner

It's hard to believe it's almost Christmas time again. The place is starting to look festive. There are some new rules regarding decorations this year due to the current situation, we just have to find new ways to decorate.

The roofing job is now complete. The weather didn't cooperate as we had hoped so it took a little longer than planned, but that's the way it goes in Nova Scotia. As they say, “When it rains it pours”, and it sure did throughout November.

The new blinds for the Bayview Lounge have arrived and have been installed. Thanks to Daniel and Achim for the installation. We're still waiting for the new chairs and table extensions and hope to have them soon.

I would like to welcome Barb Newcombe to the Dietary team here at Willow Lodge. She has recently joined us as Casual Cook, and will be filling in from time to time when the others are unavailable or enjoying some much-deserved vacation time.

I hope everyone has a Merry Christmas and a Happy New Year! Cheers to 2021.

Kent MacDonald  
Director of Operations



## White Fruit Cake



### Ingredients:

- 1 ½ cups Candied pineapple chunks
- 3 cups Golden raisins
- 1 ½ cups Candied cherries
- 1 cup Dried currants
- 2 oz Candied orange peel
- 2 oz Candied citron peel
- ½ cup Orange juice
- 2 cups Butter
- 4 cups Confectioners' sugar
- 8 Eggs separated
- 4 cups Pecans, chopped
- 3 cups Sifted all-purpose flour

### Directions:

Chop pineapple, raisins, and cherries. Combine chopped fruit with currants, orange peel, and citron, soak overnight in orange juice.

Preheat oven to 275 degrees F (135 degrees C). Place a small pan of water in the oven. Line one 5x9 and two 3x8 inch loaf pans with parchment.

In a large bowl, cream butter and confectioners' sugar. Stir in beaten egg yolks. Stir in fruit, juice, and pecans. Mix in sifted flour. In a clean bowl, beat the egg whites to peaks. Fold into batter. Fill pans 2/3 full.

**Bake for 2 to 2 ½ hours** until golden brown, or until a toothpick comes out clean when inserted.

Recipe sourced from **allrecipes.com**

# Eat Well, Be Well

## Sugar Plums



### Ingredients:

- 1 cup Vanilla wafer crumbs or graham cracker crumbs.
- 1 ½ cups Fine coconut
- 1 (6oz) Package red Jell-O, any flavor
- 1 (3oz) Package red Jell-O, same flavor as above
- 1 (14oz) Can sweetened condensed milk

### Directions:

Mix crumbs, coconut, large package of Jell-O (dry mix) and milk together well. Shape into 1-inch balls.

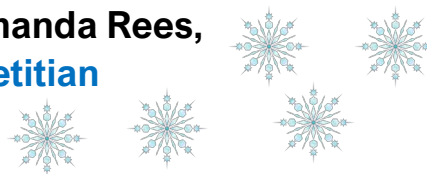
Roll balls in remaining package of Jell-O. Reshape as necessary (you can shape them like plums if you want and add a whole clove for the stem).

Chill. (preferably overnight)

Keep them in fridge or freezer as they taste better cold.

*I would like to wish everyone a wonderful Christmas and a Happy New Year!!*

**Amanda Rees,**  
**Dietitian**



Recipe sourced from **food.com**





# Nursing Nook

It's difficult to believe we are nearing the end of 2020. What a whirlwind of a year it has been! We are welcoming Shelly MacDonald, CCA and Patsy Bezanson, LPN back with us!

Reflecting back on this unusual season in the nursing department at Willow Lodge, I can't help but be grateful. I've witnessed amazing dedication, care, teamwork, and compassion at Willow Lodge in the midst of this worldwide pandemic. Not only from care partners to residents, but for one another; and residents caring for their care partners, as well. Resilience has been a word used many times this year. Mirriam Webster defines resilience as: "an ability to recover from or adjust easily to misfortune or change" The adjustments have not always been easy, but they did it! And, continue to do so. At a time where self-care is more important than ever, there have still been so many times of care partners going above and beyond.

It reminds me of what makes Willow Lodge such a special place to live and work. ❤️

On a side note, 80% of our care partners have been vaccinated against the seasonal flu!

Also, I would be remiss to not mention those **3 most important actions in preventing, contracting and passing on COVID:**

- 1-Clean your hands.
- 2-Wear a mask.
- 3-Keep a 6 ft. distance (even when wearing a mask).

I hope each one of you will find joy in this Christmas season. We will continue to ride this wave together,

**Lisa Hodder,**  
Director of Care



# Care Partner News

A great big congratulations goes out to Ashley Langille and Meghan Waugh, two of our CCA students. On November 27th, they graduated their CCA course through Futureworx! We are very proud and excited for these two on their new journeys of becoming a CCA here at Willow Lodge!



Ashley Waugh & Daughter



(Left) Roxanna Johnson-CCA Instructor  
(Right) Meghan Waugh

Trish Ross, a care partner here at Willow Lodge, wanted to say thank you to everyone who bought tickets on the Scentsy basket fundraiser for her Aunt Rhonda. Congratulations, to Lithe Mortimer for winning the basket!



# Eden Corner

Velda Lefrank, a resident here at Willow Lodge is a proud Great-grandmother to a little girl! Her great-granddaughter's name is Aubrey Anne, and she was born on November 28th at 11:34am. Weighing 6lbs 10oz, 49cm long! Your friends here at Willow Lodge are happy for you and your family Velda, we are sending you love and many great memories ahead!

Our condolences reach out to The L.O.R.D.A Park staff, family & friends, in Pictou NS. The Founder of LORDA Park, Dave Leese, has passed away. Our residents spent many summers fishing at this park with their loved ones, sharing laughter and many cherished memories there. We were sorry to hear of this sad news. Please know we are thinking of you, and sending our love.



# Willow Lodge News

Our Christmas Index Auction has come to an end here at Willow Lodge between our staff. We have raised over \$1000!! Randi Munro & Jennifer Tattrie want to thank everyone who has donated to this fundraiser. You have brightened spirits, helping a special family with providing supplies for a Christmas dinner this holiday season! Great work everyone, looking forward to next year!

A Merry Christmas, and a Happy Holiday to all! Wishing everyone peace, comfort, good health, and cherished memories with family and friends, for the new year ahead!

Take good care,  
Karli Boyd,  
Director of Recreation



Tree of Love 2020



Friends of Willow Lodge,

Our '**Tree of Love**' has been an event that we traditionally host during the holiday season.

Due to our current reality with COVID-19, we are unable to host this gathering inside our home. We will however, celebrate and remember those who have been a part of our Willow Lodge Community and the many who continue to be a part of our Community by lighting a **Tree of Love**, in their memory, or in their honour.

This year we will light a special Christmas **Tree of Love** outside our home where everyone can enjoy, remember and appreciate.

The lighting of our tree will take place on December 16th, 2020, at 2:00pm and will be uploaded to social media soon afterward.

To purchase a bulb, detach the gift form and mail or drop off at Willow Lodge along with your donation, with proper protocols in place.

Thank you everyone for your support. Your gifts are truly appreciated.

Charitable Income Tax Receipts Available

For further information contact us at Willow Lodge (902) 657-3101



100 Blair Avenue, P.O. Box 249,  
Tatamagouche NS  
B0K 1V0

## Willow Lodge 23rd Annual Tree of Love Campaign

Name:

Address:

Prov:

Postal Code:

Tel. #:

In Memory of

In Honour of

### Tree Bulb Gift Range

|          |          |  |
|----------|----------|--|
| Silver   | \$ 5.00  |  |
| Gold     | \$ 10.00 |  |
| Green    | \$ 15.00 |  |
| Red      | \$ 20.00 |  |
| Violet   | \$ 30.00 |  |
| Blue     | \$ 50.00 |  |
| Tree Top | \$300.00 |  |

Send Card:

Name:

Address:

Prov:

Postal Code:



- \* Gift Certificates for Hair Salon  
“Willow Clip n’ Curl”
- \* Charlene Carruthers (Hairdresser)  
# 902-890-0299
- \* Cable Certificate—Administration Office—Daphne
- \* Photo Album or Scrapbook
- \* Dry Erase Board (for notes & special messages)
- \* Pre-addressed & stamped envelopes with note cards & pen
- \* Sun catcher for window
- \* Warm socks
- \* Slippers
- \* Guest Book – lets family know who visited
- \* 2021 Calendar with Special family dates pre-marked or Electronic Calendars
- \* Comforters & Fleece Throws & Fleece Sheets
- \* Lipstick & cheek blush for those who wear lipstick or like a little colour for cheeks.
- \* Special nail polish so Residents can use when they get their nails done.
- \* Stay up stockings for the ladies
- \* DVD of old TV Shows
- \* Movies to play at our Theatre
- \* Washable slippers, available at Mon Repos Day Spa (257-2065).
- \* Biotemefootwear.com - Velcro closures
- \* Cozy Shoulder Shawls



**New Clothes for Christmas** – If family is buying clothes for Christmas, you might want to ask for name tags to sew on before you wrap, and remember to put, Mom MacDonald, or Grampy Lloyd as we do have many moms, Grandmas, Aunts and Dad’s & Granddad’s. Without a name it is a guessing game.

The Nursing Care Partners have been making a list of things that Residents could use. Please check with the Care Partner for these suggestions.

### **Things to keep in mind**

All electrical Holiday Ornaments must be CSA or ULR approved, due to safety standards. If such decorations do not show CSA or ULR, they are not permitted within the building. If you are unsure, our Maintenance department will be able to identify these marking.

On Christmas morning the gifts will be handed out by Santa Claus at 10:15am. In normal circumstances, families would be welcome to come join in; however, this year, it is unlikely that Willow Lodge will be open to full visitation. We will do our best to ensure that your loved ones enjoy this special holiday!