



December 2022



*Happy
Birthday*



Residents

- Arthur Law - December 2
- Donna Howard - December 6
- Joanna Bower-Derry December 8
- Velda LeFrank - December 12
- Darcy Bell - December 19
- Edward Benere - December 21
- Alfred Bond - December 31

Care Partners

- Jocelyn Langille - December 5
- Jennifer Frizzel - December 7
- Achim Hotten - December 9
- Mary Banda - December 16
- Alicia Williamson - December 28
- Randi Munro - December 29

Welcome New Residents



- Alfred Bond
- Glenna Shearer
- Ardith Tattrie

In Memory

Bill MacKay
July 31, 1940 to November 20, 2022

From the Desk of Janine

It is hard to believe that December is upon us- As we make preparations for the holiday season and festivities that accompany this time of year, I want to thank all Care Partners for their ongoing support and commitment to our residents. Willow Lodge can be proud of our staff and their dedication to those who call the lodge home- We continue to do our best to keep COVID away and additionally the influenza virus. At Willow Lodge we recognize the three plagues of aging; loneliness, helplessness and boredom and through our philosophy of care known as The Eden Alternative, everything we do, and the care we deliver is done in such a way that we are continually challenged to combat these obstacles. So many in the past 2½ years regardless of age and gender have experienced these similar challenges that everyone has faced and is continuing to struggle with, I am confident and thankful that we are able to continually build a community that brings joy, empowerment and recreation to those who call the Willow Lodge home and also to those who work in our resident's home.

My sincere wishes to each and every one for a joyous Christmas.

Janine Jaconelli
Executive Director



Foot Care

A reminder that there is a LPN from outside the facility coming in for resident foot care 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.



Willow Lodge News

Christmas is just around the corner and we know looking for that perfect gift can take some time. The Nursing Care Partners have been making a list of things that Residents could use. Please check with the Care Partner for these suggestions.

We like to have 1 gift under the tree for Christmas morning for each resident when we all gather to open presents.

New Clothes for Christmas – If family is buying clothes for Christmas, ask Daphne for a label with your loved ones name to pin to the clothes before you wrap them for the laundry staff to sew on after they open it Christmas Day. 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.

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.

Remember that **no** decorations can go on doors.



Nurses Nook

The last month of the year! December is a time for family visits and joyous events. There will no doubt be lots of both in the coming weeks!

Our Elders have come through fall with very little illness, which reflects on the Care partners' commitment to providing safe, quality care, and to our DCGs for keeping their own vaccinations up to date to protect their loved ones.

The Pneumonia vaccine will be given soon to all residents. In the new year, we will be looking at vaccinating eligible residents with a bivalent COVID -19 vaccine.

COVID is still very much in and around our community, as is RSV and seasonal influenza, which is early this year. Masks remain mandatory in Health Care facilities, as well as LTC facilities, and the Chief Medical Officer, Dr.Strang, is strongly encouraging people to continue with masking, social distancing and meticulous handwashing practices. He is also encouraging people to keep gatherings small in the upcoming weeks.

Please remember to keep your pets safe over the holidays as well, as extra treats and tinsel can be harmful to them!

Stay safe, be healthy!

Merry Christmas to all!

Jill Peterson, RN, Director of Care.



Operations Corner

The weather has turned colder, and once again it's time to close the outdoor spaces at Willow Lodge for the winter months. It's too cold to go out anyway, so stay inside where it is warm and dry. With Christmas on the way there will be lots to do in the coming weeks, probably will be lots of visitors too.

There is some new equipment coming for Lynwood, a new bathing system and a sterilizer unit. These will replace the originals in Lynwood, and we should have delivery of these in the New Year.

The new display fridge was recently installed in the main dining area. The other one was causing some problems and replacement parts were hard to find, so the decision was made to replace it. It was custom made to the space that was available, and I'm happy to say that it fit the space perfectly. That almost never happens!

Please join me in welcoming Cassie Crowe to the team at Willow Lodge. She has recently been hired as Dietitian and will be carrying on the work of Abbey Chisholm in that area.

Dale and Carol Downey have once again graciously offered a Christmas tree from their lot in Earltown for Willow Lodge to show some festive spirit. This will be erected outside the main entrance within the next week or so, so look for that.

Many have been busy decorating throughout the facility. It's beginning to look a lot like Christmas! I hope everyone has a great Christmas and is able to spend some time with family and friends.

Cheers!

Kent MacDonald

Director of Operations



Willow Lodges

25th Annual Tree

of Love Campaign

Thursday, December 15, 2022



*For more information
please see page attached
to back of this month's*

Willow Lodge Christmas Eve Dinner

December 25th

Seafood Chowder

Homemade Rolls

Dessert: White Fruit Cake

Willow Lodge Christmas Dinner

December 25th

Roast Turkey with Gravy

Mashed Potatoes

Dressing

Turnips/Peas/Carrots

Cranberry Sauce

Dessert: Pie

Recreation News

With the holiday season upon us, it has been a busy time here at Willow Lodge decorating and preparing for all the upcoming events. This years **25th annual Tree of Love ceremony** will be taking place on **Thursday December 15th at 2pm** in Lynwood. All are welcome to attend. We will also be continuing our recent tradition of lighting a Tree of Love outside our home at 6pm the same day, which will remain lit throughout the Holiday season.

There is still time to purchase a bulb for the Tree of love before the event. For those interested to purchase a bulb, detach the gift form and mail or drop it off at Willow Lodge along with your donation. Thank you everyone for your support. Your gifts are greatly appreciated.

Charitable Income Tax Receipts are Available, for further information contact us at Willow Lodge (902) 657-3101.

Another event to keep in mind this month is our **3rd Annual Willow Lodge Christmas Parade** which will take place **Friday December 16th at 2pm**. The parade will make its way through each neighbourhood, so sit back relax and wait for the festive cheer of this lively parade to make it to you. For anyone not able to make it in, photos of the event will be included in next months Willow Leaf.

On December 30th we will be having our annual New Years Eve Party. We will be having Strange Valentine's come in to visit and play some live music to ring in the new year. We will also have special drinks, snacks, noise makers and more.

Alicia Williamson, Interim Director of Recreation



Eat Well, Be Well

This months recipe is another favorite of our Willow Lodge baking group. **Snickerdoodles** are the kind of cookie you can have any time of the year, but they make an excellent addition to the Christmas baking list here at Willow Lodge.

Ingredients

3 cups all-purpose flour
2 tsp cream of tartar
1 tsp baking soda
1 1/2 tsp ground cinnamon
1/2 tsp salt
1 cup unsalted butter, room temperature
1 1/3 cup white sugar
1 large egg + 1 large egg yolk
2 tsp vanilla extract

Toppings

1/3 cup white sugar
1 tsp ground cinnamon

Steps

Preheat oven to 375F.

Next **make the topping**: combine sugar and cinnamon together in small bowl and set aside.

Then **make the cookies**: Combine 2 1/2 cups of flour, cream of tartar, baking soda, cinnamon, and salt together in medium bowl. In a large bowl using a mixer, beat the butter and sugar together at high speed till smooth and creamy. Add egg, egg yolk, and vanilla. Beat on medium speed until combined. Scrape down the sides and bottom of the bowl as needed. With the mixer on low speed, slowly add in dry ingredients into the wet ingredients. Add in the last 1/2 cup of flour as needed (Do not want dough too dry). Dough will be thick.

Scoop cookie dough and make into small balls. Roll the dough balls in cinnamon-sugar topping. Place 3 inches apart on baking sheets. Bake for 10-12 minutes, All cookies to cool on baking sheet for 10 minutes before transferring to a wire rack to cool completely. Makes about 40 cookies.

