

February 2019 Willow Leaf



Residents

Henry James - Feb 7
Thomas Lynch—Feb 7
Eudora Tupper - Feb 8
Marion Foote - Feb 12
Lorraine Stevens - Feb 12

Care Partners

John Sellers - Feb 7
Jay Mitton - Feb 19
Carol Lavoie Benjamin - Feb 23
Darlene Holt - Feb 24
Barb Marchbank - Feb 27

Volunteers

Kim Dort - Feb 28

Welcome

New Resident

Thomas Lynch

Memoriam

Lillian Estabrooks
June 15, 1919
to
January 26, 2019

Upcoming Events

February 2
Groundhog Day

February 13
Valentine's Supper for
Residents & Guests

February 14
Valentine's Day

February 18
Nova Scotia Heritage Day

Valentine's Day

*I do not need a fancy heart
With Cupid's dart and bow,
To tell me in a flowery verse
What I already know.*

*I do not need a costly gift
Presented as a sign,
That though the years have
come and gone
I'm still your valentine.*

*I only need your loving smile
Each time I look your way...
For this to be from start to end
A perfect Valentine's Day.*

- Author Unknown



Important Reminders

Income Tax Time

Please note that Residents and their families are responsible for filing Residents income tax each year. It is of crucial importance that they be completed by April 30, 2019.

Dental Hygienist

Our Dental Hygienist will be visiting Willow Lodge, March 14, 2019. Please contact Lisa Hodder or Audrey Weatherby to book appointments, get forms and arrange payment.

Lost & Found

Attention all Resident family members. If your loved ones are missing any items of clothing please check our lost & found. It is located in our tranquility room.



Willow Lodge News

On the day of the Tree of Love, Verna Baillie's daughter – in – law Rose Baillie arrived here for the celebration with her sister Wanda Langille. Wanda had a special gift to present to Lynwood House in memory of Verna. She donated 44 mealtime aprons in various patterns, 22 with a Christmas Theme and 22 with all different assorted patterns for everyday use, to suit the ladies and gents who live in Lynwood House. Willow Lodge would like to send a huge thank you to the ladies who made these beautiful and most generous gift. The Residents in Lynwood absolutely love them.

Pictured Right:
Rose Baillie, her sister Wanda Langille & Janine Jaconelli; Executive Director accepting the beautiful mealtime aprons on behalf of Willow Lodge.



Our Valentine's Supper will be held on February 13th this year. We have sent invitations out on behalf of the Residents and ask that you please RSVP by February 8th. Residents were able to invite two guests, as space is limited. We hope everyone has a wonderful day full of love and laughter. From everyone at Willow Lodge, Happy Valentine's Day!

Valentine's Supper Menu

Roast Pork Supper

Roast Pork
Twice Baked Potatoes
Apple Cranberry Dressing
Green Beans with Sautéed Red Peppers
Baby Carrots

Dessert
Cupid's Delight

Coffee/Tea

Willow Lodge will be celebrating Chinese New Year on February 5th. 2019 is the Year of the Pig. If you were born in any of the following years: 1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019 then this year is the year of your Chinese Zodiac Animal.

Here is a little something to know about those born in the year of the Pig; People born in the year of the pig think logically and are able to fix whatever problem they're in. They aren't good communicators, but they're kind and able to provide for the family. Most of them are wealthy. Their only obvious fault is that they lose their temper easily.

The wonderful Care Partners in the Kitchen have a delicious menu planned for dinner on February 5th. We can't wait to eat, celebrate and learn more fun interesting facts about the Year of the Pig and Chinese New Year traditions.

Chinese New Year Dinner Menu

Beef & Broccoli
Sweet & Sour Chicken Balls
Egg Rolls
Fried Rice
Fortune Cookies

Dessert

Mandarin Oranges
Or
Almond Cookies

Coffee/Tea

"Gong hei fat choy"

Translation

"wishing you great happiness and prosperity"



Eat Well, Be Well

Last month Health Canada released an updated version of Canada's Food Guide. The new guide is supported by unbiased scientific research and is quite different from the previous edition. In an attempt to make the guide easier for all Canadians to follow, Health Canada has narrowed its advice down to a few key points:

Eat a variety of healthy foods each day

Have plenty of vegetables and fruits
Choose whole grains
Eat protein foods
Make water your drink of choice
Limit foods high in sodium, sugar, or saturated fat

Healthy eating is more than the foods you eat

Be mindful of your eating habits
Cook more often
Enjoy your food
Eat meals with others
Use food labels
Be aware of food marketing

You can access the new Canada's Food Guide and other helpful resources at canada.ca/foodguide

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice

Choose
whole grain
foods



- Tiffany Derby; Dietitian

Nurses Nook

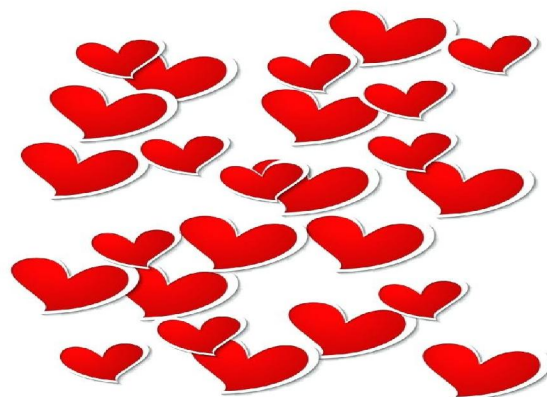
We are hiring in the nursing department and hope to build on our team at Willow Lodge with casual CCAs, LPNs, RN, and general caregivers.

We are also looking for summer students who are starting, already enrolled, or recently completed post-secondary education.

Willow Lodge is a great place to work so please spread the word!

With that in mind, I would like to welcome Angie Gullens, LPN to our team. Angie was here as a student some years ago and brings great experience with her. Welcome Angie.

- Lisa Hodder; Director of Care



Operations Corner

We have a couple things to update you on from our operations team:

- We have installed protective covers on our fire pull stations to prevent the alarms being pulled causing false alarms.
- We had our fire inspection on Friday, January 25, 2019. Our building is up to code, however the fire marshal wanted to remind everyone; when we decorate for the various seasons and holidays our doors cannot be covered in paper or plastic, as this is a strict fire code violation.

- John Sellers; Operations Manager



Pictured Left: A look at the new protective covers that were installed on our fire pull stations throughout the building.



The Volunteer Scoop

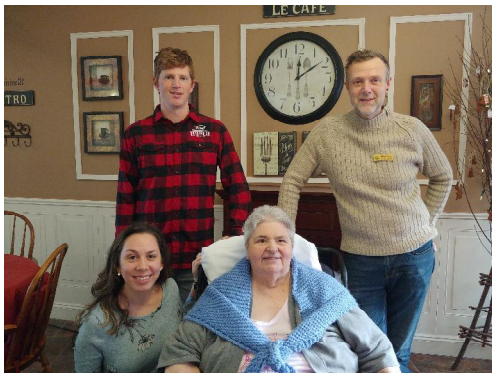
Friends Program

Loneliness and isolation are 2 of the most common challenges we all must face as we grow older, but most people will experience one or the other at some point in their life. So, February sees the launch of our new Friends Program.

The program has been set up to pair Volunteers with residents, with the goal of long-term friendships being formed. James and Kristelle Campbell who joined our Volunteering ranks recently (welcome to you!) moved to the area from Dartmouth. With 2 young children and grandparents so far away, they wanted their children to have a grandparent figure in their lives. So, we introduced them to Resident Florence Daurie, where they hit it off immediately. At the same time as meeting they did an interview with Peter Martyn from The Light, for a feature article on the program and how it can benefit not just residents but also the wider community – So watch out for the February issue of The Light! We would also like to welcome Bronwen Hook and her canine companion who also joined us in January and who will also be soon paired up with a resident under the Friends program.

If you are interested in getting involved or you know someone who would benefit from this program please contact Michael on 902-657-3101 or email:

Michael.ashton@willowlodge.ca



Pictured Left: Volunteer Coordinator; Michael Ashton introducing volunteers, James and Kristelle Campbell to Resident; Florence Daurie.

Men's Coffee Group

Peter Martyn has also returned to join our amazing team of volunteers at the Lodge (Welcome back Peter!) and will be taking over the running of our Men's Coffee morning. As part of this we have started to plan some trips out and our first will be to Truro, where we plan to buy the equipment needed for making some home brew! Watch this space!

- Michael Ashton; Volunteer Coordinator

Eden Corner

On January 21st we were delighted to have Paul Randy Mingo come and entertain our Residents. Paul is the youngest son of Resident Floyd Mingo. Wow, did he ever put on a show. Paul's partner Wanette Tanner came with Paul and she was blown away by the Residents reaction to the music Paul was playing, so much that she wrote a little story about how it moved her. Her story is a perfect depiction of the event that day, the only thing that would have made it better was if you were here and saw it yourself.

Today started out with my alarm clock going off at 7:00am. Paul was playing at Willow Lodge in his hometown of Tatamagouche, which is where his dad now resides at. My thoughts were to stay home, the weather was crappy, the roads were bad, but I got my butt out of bed and away we went. I am more the grateful I did so.

They say that music touches the soul, well after today I am a true believer for sure. I seen Residents tapping their toes, clapping their hands, dancing in their wheelchairs, wiping away tears because they were having the best day and mouthing words to sing along. These are individuals who don't hardly move at all, some can't remember their own families, some can't recall what happened a few minutes ago. To watch these folks come alive today, to the sound of music touched me dearly. To hear Paul's Dad say, "see that star up there playing that music, that's my son." This coming from a man that doesn't know us some days. What an amazing day!

Turn up the music folks, dance like no one is watching, enjoy everyday while you can. Life is a beautiful gift.

- Wanetta Tanner



Pictured Above: Paul Randy Mingo entertaining the Residents at a concert he played for us on January 21, 2019 held in the Main Lounge.



Resident News

Residents celebrated Robbie Burns Day on January 25th, which we came to find out is Robbie Burns actual birthday. At 2:30pm everyone gathered in the Bayview Dining Room, the anticipation built as no one knew just exactly what was going to happen. Then out of nowhere in the distance came the sound of the bagpipes. They were loud and caught the attention of all those in earshot and beyond. Dan Wesley, husband to Care Partner Sandra Wesley; LPN played the pipes to lead us in our parade of the haggis. Haggis is a Scottish delicacy and widely considered a national culinary treasure of Scotland.

As the pipes echoed through the halls, the parade followed with special guests, our guest of honor and the haggis of course. Once the haggis and guests crossed the threshold, Philip Black recited Robbie Burns "Address to a Haggis." It was such an authentic performance it was as if Robbie Burns himself was in the room. Residents and guest were then offered to try haggis and a shot of Caldera Whiskey, which is made at a local distillery in River John.

The afternoon was action-packed, filled with lively music from Dan Wesley on pipes, Lorna Kennedy on keyboard and Philip Black on guitar. There was dancing and a beautiful acknowledgement to one of our very own Residents, Merle Chisholm.

Merle was a past president of the Colchester Scottish Society and Secretary of the Canadian Association of Clan Sutherland. Merle also won Scott of the Year in 2013, which he was nominated for.

Merle was selected as our guest of honor, so he along with his wife; Ruth Sutherland, brother; Frank Chisholm, nephew; Andrew Chisholm and brother-in-law; Alwyn Sutherland all took part in our parade to the haggis. We want Merle and his family to know that we were thrilled to have them all come and make our event as special as it was. Also present were Merle's daughter; Susan Chisholm and sister-in-law; Barbra Chisholm.

There were a number of people dressed in kilts and kilted skirts at our event and Merle's sister-in-law Marjorie Rose (Sutherland) made most of them. They said over the years she made more the 300 kilts. Once again we would like to thank the Chisholm/Sutherland family for coming and taking part in our event. To all the musicians and Philip Black for his wonderful rendition of the address to a haggis. Our Residents appreciated all the detail that went into making it such a pleasurable afternoon. Another guest that was present that day said, "it's so nice to see this kind of event happening, I don't even think the community is having such a celebration."



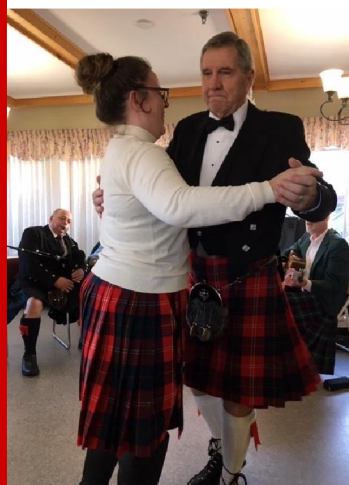
Pictured Left: Special guest Philip Black reciting the Robbie Burns poem, "Address to a Haggis"

Pictured Right: Resident Merle Chisholm with his brother Frank Chisholm and nephew; Andrew Chisholm.



Pictured Left: On bagpipes; Dan Wesley, on keyboard; Loran Kennedy and on gutiar ; Philip Black.

Pictured Right: Our guest of honor; Resident Merle Chisholm and his wife; Ruth Chisholm.



Pictured Left: Julie Tattrie; Director of Recreation and Frank Chisholm entertained resident with a dance to a lovely waltz.



Resident News Continued...

Throughout the month of January Residents have been enjoying a number of programs on our event calendar. They wanted to share a taste of what they have been up to. We'll start with baking. A number of the ladies and gentlemen have been busy in the kitchen making yummy treats, with help from our Director of Recreation; Julie Tattrie and our Dietitian; Tiffany Derby. Every Thursday afternoon everyone would gather in the Bayview Dining Room to find out what scrumptious concoction we would be attempting to master, whether it was oatcakes, biscuits or long john cookies, it never failed to be an entertaining time. We heard of "too many hens in the kitchen" before, well when it comes to this program that is true, but with many hens and at time a rooster or two there comes years of experience. Julie and Tiffany have come to find that when following a recipe, the recipe is not always right, if something sounds like too many tea-spoons of one thing or not enough of another, the ladies don't hesitate to speak up and the gentlemen don't argue. The residents have come to a decision that the program should not be called just baking, but because Julie and Tiffany are just "young'uns" and have a lot to learn about how things are done when baking, that the program should be called "Babies in the Kitchen," so that is just what it will be called. We can't wait for our next lesson, not to mention indulge in the finished products, so far they have not failed to impress the residents, visitors or care partners.

The Residents have been relishing over this next program, so here is a little segment on what you have missed out on. It's as if they all went on a trip to Cape Breton and dove head first into the Gaelic culture. The program is called Kitchen Party. For those of you who may not know what a kitchen party is, just imagine your kitchen, ok now try to envision how many people and instruments you could squeeze in there, now add stories, laughter, dance, singing and music so lively that your feet start tapping along even when you thought you couldn't keep time. Sounds pretty good doesn't it! Residents learned a few Gaelic words from our Director of Recreation; Julie Tattrie, she also sang some Gaelic songs and did some step dancing which included jigs, reels and strathspeys. The residents learned about a number of world renowned musicians; Buddy MacMaster, Natalie MacMaster, John Allan Cameron, Mac Morin, Rodney MacDonald, Andrea Beaton and that's just to name a few. The residents got to know a bit about each of the musicians backgrounds, where their love of music came from and a video of each of them playing. They said it was the best trip to Cape Breton they had without having to leave the comfort of their own home.

Care Partner News

We have some very exciting Care Partner News, there is a new momma and grandma at Willow Lodge. Care Partner Kara Weatherbie; LPN and her partner Andrew Langille had a beautiful baby boy, Cale Emery Langille on January 23, 2019 weighing in at 9lbs 10oz and 22in. Cale is Kara and Andrew's first baby and is Care Partner Janice Weatherbie's; Dietary first grandbaby. Congratulations to everyone on the new bundle of joy, we can't wait to meet him.



Pictured Left: Cale Emery Langille son born, Jan 23, 2019.

Pictured Right: Care Partner Kara Weatherbie; LPN and Andrew Langille with their new baby boy Cale Emery0 Langille.



In other Care Partner news, Martha Gossen; Dietary just returned from a trip with her mother from, Belize formally know as British Honduras. We are glad that Martha and her mother had a safe trip, memories were made for sure.

Care Partner Barb MacCullum; Dietary just left at the end of January on a trip to Florida. Barb also had a few other stops planned while she was away and we can't wait to hear all about it. Make sure to take pictures!