

February 2020

Happy Valentine's Day

Willow Leaf



Residents

Eudora Tupper - February 8
Marion Foote - February 12
Lorraine Stevens - February 12

Care Partners

Jay Mitton - February 19
Carol Benjamin - February 23
Darlene Holt - February 24
Barb Marchbank - February 27

Volunteer

Kim Dort - February 28

Memoriam

Gerry Langille

November 5, 1933
to January 18, 2020

Florence Daurie

September 14, 1932
to January 25, 2020

Welcome

New Resident

Jackie MacLeod

UPCOMING EVENTS

February 1

Saturday Afternoon with The
Strange Valentines @ the Ta-
tamagouche Brewing Co.
1:00p.m. - 4:00p.m.

February 2



February 2

Climate Coffee Meeting @ the
Tipperary Bakery Café,
1:00p.m. - 2:00p.m.

February 6

Valentine's Chef Night with
Creig Flinn @ Sugar Moon
Farms, 6:00p.m. - 9:00p.m.

February 6

The Ice House Presents: Jen-
nah Barry and Michael Feu-
erstack @ the Grace Jollymore
Joyce Arts Centre, 7:00p.m. -
10:00p.m.

February 7

Valentine's Chef Night with
Creig Flinn @ Sugar Moon
Farms, 6:00p.m. - 9:00p.m.

February 8

Jonny Bartlett and Jamie Foote
@ the Tatamagouche Brewing
Co. 2:00p.m. - 5:00p.m.

February 13

Willow Lodges Valentine's Party
with The Strange Valentines @
Willow Lodge, 2:30p.m.

February 14

Willow Lodge's Valentine's Sup-
per for Residents & Guests

February 14



February 19

An Evening of Script Reading @
the Grace Jollymore Joyce Arts
Centre, 6:30p.m. - 8:30p.m.

February 26

Debut Atlantic Presents: Proteus
@ the Grace Jollymore Joyce
Arts Center, 1:00p.m. - 4:00p.m.

February 26

Roast Pork Community Dinner
@ the Salem United Church,
River John, 4:30p.m. **Book in
advance for both eat in and
take out.** Contact Lynn MacLeod
351-2640 or Della Jefferson 351-
2068.

February 28

Winter Games Retreat @ the
Tatamagouche Centre, 5:30p.m.



Nurses Nook

We are now well into FLU season and a new virus has been in the news lately.

The Coronavirus has been all the buzz in various media sources.

What we know so far is, as of January 24th, there has been 1 confirmed case in Canada.

The symptoms are mild to severe respiratory illness with fever, cough, and shortness of breath.

As is the case with influenza, the best way to protect yourself (and others) is to avoid exposure with those who are ill, wash your hands frequently, and stay home to rest if you are sick.

We will be tracking this virus, along with the seasonal flu, in our area.

If we feel the residents of Willow Lodge are at risk, we may close our doors to visitors in an effort to protect those living here from contracting the virus.

Those most at risk are the immunocompromised and elderly.

What happens if we DO close our doors?

Each resident's next of kin will be notified and can pass the word along to other family members or friends who are likely to visit.

Please take care of yourselves and stay well.

- Lisa Hodder; Director of Care



Volunteer Scoop

IT'S BACK!

DONATE WITHOUT DONATING
TOWARDS OUR
PALLIATIVE CARE ROOM

How it Works.

Instead of buying your groceries at Foodland, or gas at Irving/Shell with cash or credit/debit cards – buy gift cards from Willow Lodge and pay for your groceries/gas with a gift card instead.

It won't cost you a cent, but because you paid with a gift card – **the business will donate** towards the Willow Lodge palliative care room.

And it's not just gas and grocery cards we have available – Take a look at the attached order form for all the different stores, both local and national that are participating!

We all buy groceries and gas, so why not switch to gift cards from Willow Lodge and the businesses will donate towards Willow Lodge.

And That's How You

Donate Without Donating!

Please return orders to Michael Ashton or Daphne Mertin (On reception) with cheques made payable to

Willow Lodge Auxiliary

by FEBRUARY 21ST

and your gift cards will be delivered during the first week of March (Weather permitting).

Questions?

Call Michael Ashton

- 902-324-3429

- Michael Ashton; Volunteer Coordinator



Eden Corner

We're very fortunate to have such wonderful Care Partners at Willow Lodge. As a team we thrive at working together to eliminate the 3 plagues of loneliness, helplessness and boredom. One challenge that we deal with is how weekends can be long, Sunday being a day most noted.

There is always a church/worship service held every Sunday, but we all know that with our maritime winter weather cancellations happen, making for a long day. Sunday seems to be the "storm day" this winter.

However, with Willow Lodges great Care Partners, who are always thinking on their feet and thinking ahead, we have had some terrific programs and events over the last couple of Sundays.

One stormy Sunday the residents all gathered in the Bayview dining room and enjoyed home-made cinnamon rolls made by Care Partners and then movies in the main lounge. The cinnamon rolls must have been good because there was none left for anyone to try on Monday. As someone said, "storm food is always the best." Then we had "Super Sunday" at Willow Lodge to celebrate Super Bowl Sunday. We all know you can't have a Super Bowl Party without food, well what a spread of food there was. The Care Partners in the Kitchen did an amazing job. There was also a sports contest which the resident really enjoyed, the winners were, Barrachois Neighborhood.

It's events like this that make Willow Lodge the awesome home it is. Making it stand out from others, but none of this would be possible without having Care Partners who go the extra mile to make a difference and a perfect touchdown. To all of you, you rock and keep doing what you are doing, because it makes all the difference in the lives of those who call Willow Lodge Home.



Pictured Left: Super Sundays delicious treats which were enjoyed by all.

Pictured Right: Storm Cinnamon Rolls made by Care Partners and devoured by all.



Operations Corner

First of all, I would like to take this opportunity to thank all of the residents and staff here at Willow Lodge for the welcome I have received since beginning my employment here. Best wishes to John also in his retirement, I am sure he will be dropping in from time to time to see how we are doing.

The siding replacement project on Lynwood house is nearing completion, and that is nice to see.

We are still waiting on the drawing from the contractor to move the Palliative Care room project forward, and hope to have that soon.

We are purchasing a new auto-scrubber for the Housekeeping staff. It is an important piece of equipment for them as it is used to keep the floors clean. The one they have been using up to now was in need of some repairs, and needed to be replaced.

Until next time....

- Kent MacDonald; Director of Operations



Eat well, Be well

Soul Soothing African Peanut Stew

Ingredients

- 1 tsp extra virgin olive oil
- 1 medium sweet onion
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 jalapeño, seeded, if desired, and diced (optional)
- 1 medium sweet potato, peeled and chopped into ½-inch pieces
- 1 (28-ounce) can diced tomatoes, with their juices
- Fine-grain sea salt and freshly ground black pepper
- ⅓ cup natural peanut butter
- 4 cups vegetable broth, plus more as needed
- 1½ tsp chili powder
- ¼ tsp cayenne pepper (optional)
- 1 (15-ounce) can chickpeas, drained and rinsed
- 2 handfuls baby spinach or destemmed, torn kale leaves
- Fresh cilantro or parsley leaves, for serving
- Roasted peanuts, for serving

Preparation

1. In a large saucepan, heat the oil over medium heat. Add the onion and garlic and sauté for about 5 minutes, or until the onion is translucent.
2. Add the bell pepper, jalapeño (if using), sweet potato, and tomatoes with their juices. Raise the heat to medium-high and simmer for 5 minutes more. Season the vegetables with salt and black pepper.
3. In a medium bowl, whisk together the peanut butter and 1 cup of the vegetable broth until no clumps remain. Stir the mixture into the vegetables along with the remaining 3 cups broth, chili powder, and the cayenne (if using).
4. Cover the pan with a lid and reduce the heat to medium-low. Simmer for 10 to 20 minutes, or until the sweet potato is fork-tender.
5. Stir in the chickpeas and spinach and cook until the spinach is wilted. Season with salt and black pepper to taste.
6. Ladle the stew into bowls and garnish with cilantro and roasted peanuts.

Tip:

Have some leftover cooked rice? This soup is fabulous with some stirred in.



Recipe sourced from Oh She Glows

I hope you enjoy! This is one of my new favorite recipes on a chilly day.

- Amanda Rees; Dietitian

From the Desk of...

Janine

May all your days in this new month, be filled with love.

Remember to take care of yourself, so you are better equipped to take care of those around you.

- Janine Jaconelli,



Willow Lodge News



As we all know the flu and cold season are in full swing. We ask that you please phone prior to visiting Willow Lodge during this time. Also please continue to practice

diligence in postponing visits if you have any symptoms. We are just a phone call away if you would like to check in with a resident. Thank you from everyone at Willow Lodge.

We celebrated Chinese New Year on January 28th, with a yummy Chinese Dinner and learning all about the year of the Rat. It was an interesting day with not too many residents thrilled about the rat, but we learned they are not all that bad.

We'll be having our Valentine's Party on February 13th with music from special guest The Strange Valentines. The party will take place in the Bayview Dining Room at 2:30p.m. as well as our crowning of the 2020 Valentines King and Queen. Everyone is welcome to attend. There will be a ballot box located in the main lounge on Monday, February 10th - February 13th for those who would like to vote. You can vote for one female and one male resident of your choice.

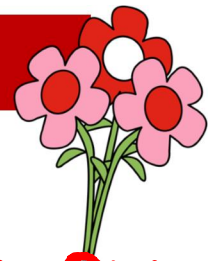
Our Valentine's Supper will be held on February 14th this year. We have sent invitations out on behalf of the Residents and ask that you please RSVP by February 7th. Residents were able to invite two guests, as space is limited. We hope everyone has a wonderful day full of love and laughter. From everyone at Willow Lodge, Happy Valentine's Day!

On January 24th we celebrated Robbie Burns day, with a lovely afternoon. There was music from Dan Wesley (on bag pipes), who is the husband of Care Partner, Sandra Wesley, LPN as well as Lorna Kennedy (on keyboard) Hugh (on bag pipes) and Phil Black (on guitar). Phil also did an authentic reciting of the "address to the haggis," which is a poem written by Robbie Burns. The residents really enjoyed it. You can't have a Robbie Burns celebration without Haggis, which for those of you who don't know is considered a delicacy in Scotland. We also can't have haggis without having a cheers to honour it or Robbie Burns for that matter, which means you need to have a little shot of the "good stuff," also known as Caldera Whiskey, which is distilled locally in River John. There was also ginger ale for the Care Partners and those resident and guests who may not like whiskey. Care Partner, Katelyn, CCA did the highland fling a traditional dance from Scotland for us and Care Partner, Julie Tattie, Director of Recreation did some Cape Breton step dancing and sang a couple of Gaelic songs. It was an amazing time! We had some family members and guests attend that were truly touched by such a special afternoon.

Pictured Right: Care Partner Katelyn, CCA getting ready to highland dance.

Pictured Below: Phil Black reciting the address to the haggis and all of the talented musicians who played all afternoon.





Resident News

Resident Helen Gunn, Lynwood, had lots of family come and treat all the residents of Willow Lodge to an afternoon of music on a Saturday. There was many different instruments played as well as some beautiful singing. It was all arranged by, Helen's nephew Evan's granddaughter Danielle. To Danielle and all those you shared their talent of music, thank you, the Bayview dining room was packed and the residents and care partners all talked about your performance for days afterwards. We hope that you will come again to visit soon. A picture was taken, but was not available at the time of printing, stay tuned for this picture in next months edition of the Willow Leaf.

As we have the topic of music on our mind, what a treat we had at our monthly birthday party. One of our very own residents Jackie MacLeod shared his musical ability with us as he joined Curtis and Winnie MacKinnon for a couple of tunes. Jackie loves to play the guitar and fiddle, although he says he's a little rusty, he sure fooled us as he never missed a beat or chord. Thank you Jackie and we hope to hear you again soon!



Pictured Above: Resident Jackie MacLeod playing a few tunes on the guitar at our monthly Birthday Party.

A Message From Our Director of Finance

Re. Filing Income Tax 2019

Any Residents requiring a letter for CRA Taxation Center **please** let Peggy know.

Please note:

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, 2020.



- PJW in Finance Office

