



February

♥ 2023 ♥

From the Desk of Janine

LOVE

All you need is love...the famous words to a famous song. But this is true!

It has been almost 3 years that we have had COVID at the forefront of our thoughts. Here at Willow Lodge we have had two outbreaks with the most recent one declared over January 30, 2023

During these challenging times we have all pulled together as residents, colleagues, community and friends to share the care and express the love and concern for each other.

The symbol of love, my **GLOWING HEART** is beaming bright and remains glowing in my office window as a symbol that encompasses the love that surrounds our residents, care partners, and those within our larger community. It is also a symbol for the month of February, when we take time to let those special people in our lives know how much they mean to us. I am hoping and would even suggest challenging each one of us to send a note, a card with the symbol of a heart to those who are in need of a boost or just to say hello.



Happy Valentines!

Our Glowing Hearts is a company that was founded in the summer of 2020 during the pandemic. The heart symbol is an international symbol of love and joy and by making a neon LED in this shape it is a perfect way to communicate Our Glowing Hearts message; that we are thinking of you and wish all people nothing but love and joy and that brighter days will be ahead. It is also a thank you to healthcare heroes, frontline workers, family, neighbours, strangers those out of work and those who are struggling in this new world we find ourselves in.

Stay Well, Stay Safe!

Janine Jaconelli, Executive Director

Black History Month– The No. 2 Construction Battalion

The month of February focuses on Black History and Culture, so let's look at the WW 1, No. 2 Construction Battalion, also known as the Black Battalion, which was based here in Nova Scotia. The First World War began in 1914, Black men wanted to join in the Canadian war effort, but almost all recruiting officers turned them away. These men and their supporters protested to the Canadian government over this rejection and apparent discrimination. The Canadian military and government solution was to form, in July 1916, a segregated Battalion which Black men could join. The Officers were all white, except for the Chaplain Rev W. A. White. This was a Construction Battalion, not a fighting one. These men wanted to fight, but instead they served in another valuable role. They built roads and railway lines to get men and supplies to the front lines. Timber was cut and prepared for railway ties, props for underground tunnels and wooden props for sides of the trenches. They built and maintained water systems for the camps. These were among their work contributions to the war effort. At times they worked at night to reduce their chance of being shot by the enemy while working to maintain the roads needed by the Allied forces.



Their Headquarters started in Pictou, then transferred to Truro where there was more space and accommodations available to them. Recruiting was from Nova Scotia through to British Columbia, with some from the United States and Caribbean. The highest percentage were from Nova Scotia, which had the largest Black population at the time. Of special interest to our area, the Commanding Officer was Lt. Col. Daniel H. Sutherland of River John, grandfather of Mary Beth Sutherland RN. The medical doctor was Dr. Dan Murray of Tatamagouche, grandfather of singer Anne Murray. These men served their country well and broke the race barrier for future men and women to serve in the Canadian Armed Forces.

By Mary Beth Sutherland



Pictured on the left is Lt. Col. Daniel H. Sutherland and on the right is Dr. Dan Murray



Happy Birthday

Residents

Eudora Tupper - February 8
Marion Foote - February 12
Arnie Mertin - February 12
Dolly MacKenzie - February 16
Peggy Langille - February 18
Ted Curry - February 20

Staff

Carol Lavoie-Benjamin - February 3
Jay Mitton - February 19
Cassie Crowe – February 21
Jessie Brophy – February 24
Barb Marchbank - February 27

In Memory

Scott Tupper- February 23, 1938 to
January 23, 2023
Ardith Tatttrie- January 26, 1929 to
January 26, 2023
Stewart Hoare- March 15, 1936 to
January 30, 2023

February is Therapeutic Recreation Month!

In Nova Scotia there are over 300 recreation therapy professionals found serving our communities through health care, community, and non-profit settings. For more information check out the Nova Scotia Therapeutic Recreation Association website at www.nstra.info/.



NOVA SCOTIA
THERAPEUTIC RECREATION
ASSOCIATION

Operations Corner

February should see some significant upgrades here at Willow Lodge. As mentioned last month, we are awaiting delivery of 10 new lounge chairs as well as some new dressers and nightstands, all of that should be here before the end of February. Also, we will be doing some electrical panel upgrades throughout the building in February. The existing electrical panels are full and outdated, making the addition of electrical circuits in many areas of the building challenging. The new panels will have the capacity to add whatever may be required for renovations and equipment upgrades as we move forward.

The new bathing system for Lynwood will also be delivered in February and we will have it installed as soon as we can. The sterilizer unit is also expected to be delivered soon.

We just experienced record-breaking cold weather this past weekend, and we made it through without any major catastrophes. We did have some heating issues to deal with, not enough heat mostly. This was caused by intermittent power failures not allowing the boilers to reach their set points and circulating pumps that were cycling off and on and not circulating enough hot water to meet the demand. Once we switched to emergency power and got everything working properly we managed to get most of the building up to temperature. We also had some frozen pipes to deal with on the Balmoral side. Luckily that was noticed before any damage was done and we were able to thaw the pipes without any leaks! Thanks to Residents and Care Partners for your patience as we worked through the day. With any luck we won't have a cold snap like that again any

Kent MacDonald, Director of Operations

Welcome New Residents

Ted Curry and Martha Hoeg

Finance Office

Residents POA's or Financial person please keep an eye out by email or letter for **your letter for Revenue Canada Taxation 2021.** Please be sure to **file your Resident's income tax by April 30th.**

Thanks Peggy Weatherby

Nurses Nook

February is Heart Month!

It's a time to bring attention to "caring for the heart" and how we can reduce the risk of heart disease in ourselves and our loved ones. Heart disease affects 2.4 million Canadians, of all age groups. We can all reduce the risk by quitting smoking, eating a healthy diet, regular exercise and sleep, healthy lifestyle choices and monitoring blood pressure and cholesterol levels.

As you are all aware, we have recently gone through another COVID outbreak here at Willow Lodge. It affected many of our Elders and Care Partners, and prompted us to close our home to family and friends. A huge thank you to all of the Care Partners who worked extra shifts for their recovering coworkers, while continuing to give high quality care to our Elders. A big thank you as well to all of our family members for understanding once again the importance of the closure. Cases of influenza and RSV seem to be decreasing in the province now, but COVID remains active in all zones. Masking, hand washing and staying home while you are ill are still the best preventative measures.

Stay healthy!

Jill Peterson, RN/ Director of Care

Eat Well, Be Well

Hello everyone! I especially love February because of all the yummy Valentine's Day food. This is a simple mug brownie recipe that can be enjoyed any time of year, but also makes a great Valentine's Day treat when topped with fruit, ice cream, or your other favourite toppings. Enjoy!

Fudgy Mug Brownies (makes 4 servings)

Ingredients:

$\frac{3}{4}$ cup of sugar

$\frac{3}{4}$ cup of cocoa powder

$\frac{1}{2}$ cup of butter

2 eggs

1 tablespoon of vanilla extract

$\frac{3}{4}$ cup of flour

Directions:

Melt butter in a medium-sized pot on the stove, then remove pot from the heat.

Add sugar to the pot and whisk to combine with the butter.

Add cocoa powder to the butter and sugar mixture.

Mix in vanilla and eggs and whisk to combine.

Fold in the flour until just combined, try not to overmix.

Divide the batter into 4 mugs.

Microwave each mug for 30 seconds, one at a time.

Top with your favourite toppings (strawberries, raspberries, or bananas are great for Valentine's Day!)

Enjoy with your loved ones!

Cassie Crowe, Dietitian

Recipe from: <https://abbylangernutrition.com/soft-and-fudgy-30-second-mug-brownies/>

Love Note Valentines

Choose a Heart and Share Some Love

Share a poem!

Share a message!

Share a thought, a word, or a phrase!

Write a message of love or express a feeling!

Let's fill our Valentines Tree with lots of love, kindness, appreciation and feel good wishes for everyone to enjoy.

Happy Valentines Day!

For Valentine's Day, I thought I would share with everyone two little poems written as a pair, that remind us of how the little things can mean so much.

-Alicia Williamson, Director of Recreation/
Certified Therapeutic Recreation Specialist
(CTRS)

Valentines

I gave a hundred Valentines.

A hundred, did I say?

I gave a thousand Valentines

One cold and wintry day.



I didn't put my name on them

Or any other words,

Because my valentines were seeds

For February birds.

- Aileen Fisher

Valentines

I didn't get any Valentines.

No Valentines at all.

My Pockets are empty.

I'm feeling very small.



Then a snowflake hits my nose.

A cardinal flutters by.

Can it still be called a Valentine

When it comes from the sky?

-Irene Latham



**Willow Lodge
Valentine's Dinner Menu
Tuesday February 14, 2023**

Surf and Turf