

# February Willow Leaf 2021



## Residents

**Eudora Tupper- Feb.8**

**Marion Foote- Feb. 12**

**Lorraine Stevens- Feb.12**

## Care Partners

**Carol Lovoie-Benjamin- Feb.3**

**Barb Newcomb- Feb.12**

**Jay Mitton- Feb.19**

**Barb Marchbank- Feb.27**

## From the Desk of Janine

Friends and Family of Willow Lodge,

It has been a long haul, and a full year since, the day that the first COVID 19 case was diagnosed in Canada on January 25, 2020.

We have learned so much- our lives have changed and what used to be the norm has been turned upside down. Our key phrases and new verbiage are... **"STAY THE BLAZES HOME", "PHYSICAL DISTANCING" "WEAR YOUR MASK" "WASH YOUR HANDS" and ..... "THANK YOU TO ALL ESSENTIAL WORKERS".**

Throughout this entire time, our volunteer drivers for our Meals on Wheels program here at Willow Lodge have gone over and above.

This necessary and **ESSENTIAL SERVICE** during a time period when we did not know what was on the horizon, and as we all watched the numbers of infected persons climb in our country and manifest into a full-fledged World Wide Pandemic, IS TO BE COMMENDED. We were one of the very few in Nova Scotia that continued with our MOW program throughout this Pandemic.

Continued on next page...



Happy Valentines Day

REMEMBERING

Alice Bonnyman

August 12, 1925-

January 21, 2021

## From the Desk of Janine

Continued..

I am overwhelmed by the commitment and dedication of those who deliver meals!

Hats off to *Bridget and Wayne Purcell, Brenda Richards, Carmen Marriott, Donna MacKinnon, Doris Cole, Dennis Tattrie, Gary Johnson and the crew from the River John Lions Club, Greg MacLeod, Henry Bailey and Frank Langille, John Sellers, Keith driver, Peter Mattatall, Angus Bonnymon, Shelley LeFresne, Wayne and Linda Mingo, Henry Baillie and Shelley MacLanders*. You are the Essential Workers that have kept this program going and for this we are thankful!

As we enter the month of February, let us all remember to share the **LOVE** of being “socially close” remaining “physically distanced”, “washing our hands” and “wearing our masks”.

Stay Well, Stay Safe,

**Janine Jaconelli**

Executive Director



## February "Special Dinner" Menus



**February 11**

### Chinese New Years Dinner

Rice/Mashed Potatoes

Chicken Balls

Beef & Broccoli

Egg Rolls

Mandarin Oranges



**February 14**

### Valentine's Dinner

Roast Turkey

Mashed Potatoes/Dressing

Turnip/Carrots

Cranberry Sauce

Strawberry Jell-o Squares



**February 14**



### Valentine's Sundaes

Donated by:

Carl & Malcom Mattatall  
(Hazel Ponte's Brothers)

**February 17**

### Ash Wednesday

Pancake & Sausage Supper

# NURSING NOOK

It was this time last year, I was writing about this 'new virus' - the coronavirus - being in the news. What a year it has been in learning and doing our best to avoid contracting the virus. Utilizing the information that we have learned, many changes have taken place in Long Term Care and we continue to improve as challenges arise. It is now a year later and we are planning for immunization clinics.

There have been lots of questions like when will we get it? Will my loved one get a vaccine? Do I need to complete paperwork? Can I get this vaccine here, too? Those are all good questions! Who, what, when, where, why, how? The plan is for all residents and designated caregivers to be offered the vaccine here at Willow Lodge, the focus being on residents first. There will also be a consent form required for any person being vaccinated. We will be in touch with Substitute Decision Makers on behalf of those residents who are unable to consent themselves. To avoid any wastage in vaccine, appointments will be necessary, keeping in mind the vaccine is given in 2 doses, 3-4 weeks apart. As of today, we are told to expect vaccine in April, but keep in mind the vaccine supply is fragile to our province overall. I hope that answers your questions. Thank you for being patient with us as we await this protection strategy to roll out.

On another note, we are happy to welcome Sierra Scott, LPN to our Willow Lodge Family. We are glad to have you join us Sierra!

As always, we are seeking staff to join our team in all departments, so if you know of anyone looking for a great place to work (and sometimes play!) please send them our way ☺

**Lisa Hodder** – Director Care

# Operations Corner

The new chairs for the Bayview Lounge have finally arrived. I hope everyone is enjoying them. We are still waiting for the table extensions but I have been assured that they will be delivered the first week of February. Once they are received, the Bayview Enhancement Project will be complete (except for a bit of paint!).

We applied for, and received some funding for Infection Control equipment. We have purchased some carts, surface disinfection and air-scrubbing equipment, and an ante-room kit in case we ever need to isolate a section of the building, we will be able to do it safely and properly. As well, we are required to have on-site 3 months' worth of Personal Protective Equipment (PPE), such as gloves, gowns, masks and face-shields.

There's not a lot of unused space left in this building for such an amount of PPE, we are running out of space, so we applied for and received funding to purchase an additional storage shed for some of these items. The shed is now being built and should be arriving in the weeks to come.

Until next time....

**Kent MacDonald**

Director of Operations





## Care Partner News

Our Care Partners are the backbone of Willow Lodge. Their hard work, kindness, thoughtfulness and Teamwork, go above and beyond on a daily basis.

It is with GREAT excitement to congratulate Meghan Waugh and Ashley Langille on officially obtaining their CCA certificates! I am sure they are looking forward to becoming a permanent teammate to the Willow Lodge Staff & family.



💙 Love, comfort and peace, are being sent to Trish Ross and her family and friends, as they said “goodbye for now” to a family member a few weeks ago. Trish, your Willow Lodge family is here for you, giving you peace, and friendship for the passing of your Aunt Rhonda.



## EDEN CORNER

The first month of Year 2021 FLEW by, wouldn't you say?! Many friends and family have been stopping by to spend quality time with the residents here at Willow Lodge. We started the New Year with replying to the Residents' Pen Pals from over at Tatamagouche Regional Academy! Hearing about the childrens' Christmas Break, and what they have been up to, really started the New Year off with high spirits! Because COVID-19 has made entertainment different this last year or so, with no musical entertainments, or visits from the elementary students, or even having volunteers. The activities planned have been focused more often on spending quality time with each individual resident or gathering with smaller groups. Here, we play board games, share a laugh watching hilarious shows together, music therapy, bake delicious treats, create Art, have Science Experiments, Bingo, reminisce on our Hometown Maps, watch movies in our home theatre, and even get outside on beautiful snowy days to enjoy a countryside drive. The February calendar of events is filled with more activities just the same. We can spend quality time with our residents, individually or socially, but nonetheless entertained with hearts filled with comfort and friendship.

Happy February everyone, may your hearts be filled with extra love this month, and your Valentines Day be extra special as well!

Take good Care, 💕

**Karli Boyd**— Director of Recreation

# Laughter Helps the Soul Sing

Laughter is a great form of stress relief and that is no joke. There is even such a thing as a university degree in humor and laugh yoga classes to help with your funny bone. Laughter has both short term and long-term effects on our bodies. Short bursts of laughter help to stimulate your heart rate, expand lungs and activate muscles. I laughed so hard my stomach hurts means your muscles are working hard when you laugh.

Over the long-term laughter improves your immune system. Laughter activates the release of hormones which cool down stress responses. Positive laughter is also being used to help distract for pain control. No matter what the problem, laughter helps you to forget for a few seconds.

Sharing a laugh also helps us to connect with people. Now, more than ever, we need to connect with each other without being in the same room. Put humor on your horizon. Find a simple thing that makes you happy and keep it close. Laughter might be the only contagious thing that you actually want to catch.

Why did the nurse need a pen at work?  
In case she needed to draw blood.

Two people meet on opposite sides of a river. One shouts to the other, "I need you to help me get to the other side!" The other person replies, "You're on the other side!"

- **Cathy Rafter** OTA/PTA

# Eat Well, Be Well

## CHICKEN TORTILLA SOUP



### Ingredients:

- 2 skinless, boneless chicken breasts, cut into cubes
- ½ teaspoon olive oil
- ½ teaspoon minced garlic
- ¼ teaspoon ground cumin
- 2 (14.5 ounce) cans chicken broth
- 1 cup frozen corn kernels
- 1 cup chopped onion
- ½ teaspoon chili powder
- 1 tablespoon lemon juice
- 1 cup chunky salsa
- 8 ounces corn tortilla chips
- ½ cup shredded Monterey Jack cheese (Optional)

### Directions

#### Step 1

In a large pot over medium heat, cook and stir chicken in the oil for 5 minutes. Add the garlic and cumin and mix well. Then add the broth, corn, onion, chili powder, lemon juice, and salsa. Reduce heat to low and simmer for about 20 to 30 minutes.

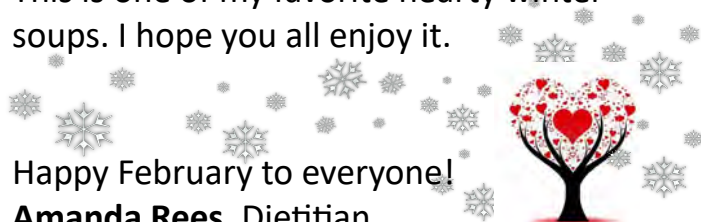
#### Step 2

Break up some tortilla chips into individual bowls and pour soup over chips. Top with the Monterey Jack cheese and a little sour cream.

This is one of my favorite hearty winter soups. I hope you all enjoy it.

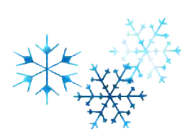
Happy February to everyone!

**Amanda Rees**, Dietitian



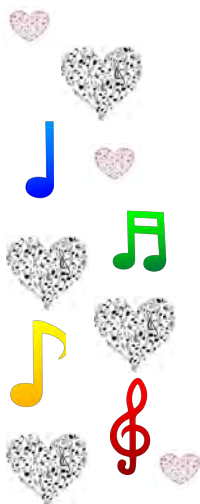


# WILLOW LODGE NEWS



Willow Lodge is sending a generous Thank You to Eedie Leet for donating a Karaoke Machine to the Lodge! This donation has brought laughter and is making good memories for our residents & Care Partners. We are looking forward to using this Karaoke machine as much as possible... it even has a fun disco light attached to it! Below is a Picture of Eunice Sutherland & Frankie Muir having fun with the Karaoke

Machine:



Valentines Day is just around the corner!

Here at Willow Lodge, the resident's will be enjoying a Tea Party in each neighborhood on February 11th. Along with a "Chinese New Year" supper! The kitchen staff will be providing a delicious Valentine's meal enjoyed on February 14th. Valentine sundaes will also be enjoyed on February 14th; thoughtfully donated by Carl & Malcom Mattatall, (Hazel Ponte's brothers). Willow Lodge, is very grateful for the generous donations from our community, friends and family during this pandemic period. Please know, your thoughtfulness means so much, and has helped brighten spirits the spirits of ALL. It looks like snow is in our future forecast, until Mr. Groundhog tells us other wise.. Enjoy your February and the winter wonderland around us!





# Fun Facts



According to legend, groundhogs can predict the beginning of Spring. On February 2<sup>nd</sup>, Groundhog Day, a famous groundhog named Punxsutawney Phil will wake up and come out of his den. If he sees his shadow, he will go back into his den for 6 more weeks. This will leave us with 6 more weeks of winter. If he does not see his shadow, spring will come early!