

# HAPPY NEW YEAR!

## JANUARY 2020

### WILLOW LEAF

## HAPPY BIRTHDAY!

### Residents

Josephine Holmes - January 15

Doreen Langille - January 19

### Care Partners

Donna Langille - January 6

Cathy Rushton - January 9

Kristen Horst - January 20

Deborah Dean - January 20

Michele Tattrie - January 24

Margie Trueman - January 28

### K9 Care Partner

Tequila Wells - January 23



## UPCOMING EVENTS

January 1

Happy New Year!

January 8

Theatre Games @ the Grace  
Jollimore Joyce Arts Center,  
6:30p.m. - 8:00p.m.

January 18

Local Rhythm and Brews with  
True Grit @ Tatamagouche  
Brewing Co, 1:00p.m. -  
4:00p.m.

January 21

Fraud, Scam and Online Safety  
Information Session @ the Ta-  
tamagouche Public Library,  
2:00p.m. - 3:00p.m.

January 24

Paint Night @ the North Shore  
Recreation Center, 7:00p.m. -  
9:00p.m.

## WELCOME

### **New Residents**

Colin Douglas

Bertha Douglas

Margaret Bates

Billy Whidden

Alice Bonnyman

Connie Langille

## MEMORIAM

**Sheila Sellers**

November 7, 1947

to

December 13, 2019

**Floyd Mingo**

April 23, 1936

to

December 29, 2019

**Helen Reid**

December 15, 1933

To

December 29, 2019

## FROM THE DESK OF JANINE...

*Very best wishes  
to you all for a  
Happy New  
Year!*

*- Janine Jaconelli*

## VOLUNTEER SCOOP

### 2020 Volunteer Awards

Our volunteers do so many different activities and play so many different roles at Willow lodge – even as the Volunteer Coordinator I sometime feel it's hard to keep up! I often hear stories of things our Volunteers have done – buying gifts for residents at Christmas – driving halfway across the province to take someone to see a family member, or simply coming in tirelessly week after week bringing endless joy to our residents.

The nominations for the Provincial and County Volunteer Awards of 2020 will soon be open, and I want to hear from anyone who feels a specific Volunteer deserves to be put forward for this prestigious award! If you believe someone should be nominated please contact Michael on 902-324-3429 or email [michael.ashton@willowlodge.ca](mailto:michael.ashton@willowlodge.ca)

### Palliative Care Room

Thank you to everyone who has been supporting our palliative Care Room Fundraiser. As of December 16th, less than 4 months after we announced our goal, we have already raised an astounding \$35,480 – that's over a third of the estimated cost of \$100,000.

There has been lots going on behind the scenes to as we work towards our goal which started with seeking permission to do the project with the Health Authority – Job Done! Then we needed an engineer's report to confirm it is possible – Job Done! We are now in the process of having the architectural plans drawn - Job almost done! And finally, once that has been completed, we'll then be needing the Fire Marshall to give the OK to those plans so we can start the physical work required!

We still have a long way to go, but with lots of other exciting events planned during the year, we have no doubt that with the help of our community, this vital end - of - life care facility can move from dream to reality.

Due to the success and number of requests received from family and our local community regarding our gift card fundraiser, we will be doing a monthly gift card order each month starting the beginning of February. Just order your grocery and gas cards from Willow Lodge and pay your bills using the cards. Then the businesses will donate towards our palliative care room. Contact Michael on 902-324-3429 for details.



### A Week of Silence

Ill health is something I wish on no one, but it can strike at anytime, be that young or old. Personally, I see myself as somewhere in the middle. Well, to be honest, somewhere between young and middle!

That said, the top draw of my bedside cabinet has (this past month) resembled the back room of Fultons Pharmacy! When you see more pills rattling around in your top drawer than smarties in a tube, you start to see time catching up on you! Fortunately, ill health woes of this past month are subsiding and I can finally fit my latest copy of Blueberry farmers weekly back in my top drawer again!



## VOLUNTEER SCOOP

### A Week of Silence...

### Continued

I know you're all wondering what I'm waffling on about! Well, since moving to Canada from the UK, I have often been asked about the differences between the 2 countries. Other than they speak funny and drive on the wrong side of the road, it's often hard to come up with a quick answer. But no more! For the past few months my asthma has been horrendous and it's all come down to some Canadian dust! Pollen to be specific! It is believed that my asthma woes (and the excess weight of medical products in my bedside cabinet) have sprung from a heavy pollen burst towards the end of last summer and I have met with a pollen that isn't present in the UK!

This worsening of asthma is, thankfully, coming under control again. At one point I was coughing so much I lost my voice – not just a little husky – COMPLETE SILENCE! Yes, I'm sure some of you were glad for the peace and quiet. Whilst this started as a novelty, it soon became an inconvenience and as I passed a week of complete silence, it became a little frightening. Communicating with written notes is a slow process and although I have an extensive repertoire of sign language (I'm sure you can all think of a few!) it wasn't always enough to get by and you find yourself withdrawing.

This got me thinking about the residents at Willow lodge, many of whom suffer from different stages of Alzheimer's or have hearing problems. Sometimes it just takes a little bit of patience to understand what someone is trying to say. So next time you're chatting with a resident and can't understand, just give them a minute. It may make a world of difference.

- Michael Ashton; Volunteer Coordinator

## COME SIT A WHILE

The holiday season is over and everyone is settling in for a warm winter's evening. Willow Lodge follows the Eden philosophy to eliminate the Three Plagues of loneliness, helplessness and boredom by building strong, caring relationships. If you are a Maritimer you know that the main spot we tend to gather to build these relationships is around the kitchen table.

A shared meal that creates a meaningful experience of companionship and conversation in a warm, cozy space is the goal of all three dining rooms at the Willow. An inviting place to gather for a convivium of shared meal is the goal of the dining enhancement committee that meets once a month at Willow. This committee works to take a proactive approach looking at noise levels, lighting and atmosphere during mealtime. The smell of fresh baking bread always makes the meal a pleasant gathering.

As well as appealing to the senses, the committee looks at ways to ensure that mealtime is physically convenient for everyone. Sometimes this might mean specialized utensils and cups for maintaining independence. Sometimes it means use of table extensions and tilt wheelchairs to allow for correct posture and positioning.

The three dining rooms at Willow are a gathering place for people to linger over a cup of tea and share a story or two. So, pass me the mashed potatoes and I will tell you how I got these so creamy.

- Cathy Rafter; OTA/PTA



## CARE PARTNER NEWS

On behalf of my family I, John Sellers, would like to extend the most heartfelt gratitude to all the Care Partners at Willow Lodge - especially to the Care Partners in Lynwood who cared for my best friend and wife of 51 years, mother to our beautiful children (Michelle, Julie and Martin) and grandmother to our grandchildren (Cale, Clint, Cassie and Cole) who were the apple of her eye, her pride and joy. The care Sheila received while at Willow Lodge was incredible, from the day she moved in to our last moments with her. If we needed anything, someone was always there. Whether it was kind words, a funny memory to make us laugh or making sure we had something to eat - they were there. Thank you for everything, from the condolences sent and the contributions of food, visits and more. As a family there is no way to repay you for your kindness. I can't find enough words of thanks to express to you all what each one of you meant through this difficult time. It really meant a lot to my family and myself the outpouring of support we received from everyone.

**- John Sellers**

Congratulations to Donna Peterson, Dietary, who got engaged over the holidays. Donna to you and your fiancée from everyone at Willow Lodge, may you both be blessed with lifelong happiness.

We also have another congratulations going out to Pat McLellan, CCA, who also got engaged. Pat, wishing you both the happily ever after you so very much deserve. Form all of us at Willow Lodge.



## NURSES NOOK

Happy New Year!

We are happy to welcome 2 new care partners to our Willow Lodge family.

Kaitlyn Crosby, CCA and Glenna Gallant, RN.

Kaitlyn is working through her studies to become a LPN.

Glenna is a familiar face around Willow Lodge already.

A huge welcome to both – we are glad to have you on board!

Our students have continued on with their practicing journeys.

We enjoyed having both CCA and LPN students in our midst for the month of December and wish them well as they continue through their respective studies.

The CCA students are now out completing the home care component of their course.

Just a reminder: we are still in the midst of cold and flu season so please continue to practice diligence in postponing visits if you have any symptoms.

As always, we are just a phone call away if you would like to check in with a resident.

**- Lisa Hodder; Director of Care**





## EAT WELL, BE WELL

### INSTANT POT EASY LASAGNA SOUP

PREP TIME - 20 MIN

COOK TIME - 15 MIN

#### Ingredients

- 1 1/2 lbs Lean Ground Beef or Sausage (or do 1/2 and 1/2)
- 1 Bay Leaf
- 1 4" sprig Fresh Rosemary
- 1 pinch Red Pepper Flakes
- 1 Onion, chopped
- 2 tsp Italian Seasoning
- 1 tsp Basil, dried
- 1 tsp Oregano, dried
- 1 tsp Salt
- 1/2 tsp Pepper
- 5 cloves Garlic, pressed or minced
- 4 oz Mushrooms, sliced
- 1 (28 oz) can Crushed Tomatoes, with juice
- 1 (14 oz) can Tomato Sauce
- 5 cups Chicken Broth (use 4 for a thicker soup)
- 9 Lasagna Noodles, broken in small pieces, about 1.5"

#### To Finish

- 1 cup Mozzarella Cheese, shredded
- 1 cup Parmesan Cheese, grated
- 1 cup Cottage Cheese\* (or Ricotta)
- 1 box Frozen Chopped Spinach, thawed (optional ingredient)

#### Garnish

- Fresh Basil or Parsley Leaves
- Parmesan Cheese



#### Instructions

1. Turn pot on to Sauté function. When the display reads Hot, add the meat, bay leaf, rosemary, and red pepper flakes. Cook until you can't see any pink in the meat, stirring occasionally. You shouldn't have to drain any fat if you used lean meat, but if there is too much, spoon some out.
2. Add the onion, Italian seasoning, basil, oregano, salt, and pepper. Cook for a couple of minutes, until onion starts to turn translucent, stirring occasionally.
3. Add the garlic and mushrooms, and cook for 1 minute, stirring frequently.
4. Add the tomatoes, tomato sauce, and broth. Stir well and let contents come to a simmer.
5. Add the pasta and stir well.
6. Put the lid on and turn the steam release knob to the Sealing position.
7. Turn off/cancel the Sauté function.
8. Press the Pressure Cook/Manual button (or dial) and then the + or - button (or dial) to choose 6 minutes.
9. When the cook time ends and the pot beeps, do a Quick Release of the pressure. Start slowly, to make sure no sauce comes out with the steam, then turn the steam release knob fully.
10. When the pin in the lid drops down, open the lid. Stir the soup and separate any noodles that stuck together (sometimes I get a few). Then add the Parmesan and the mozzarella cheeses. Stir well and let melt. Then add the spinach and cottage cheese.
11. Serve in bowls with fresh basil or parsley, and extra parmesan cheese.

- Recipe from [simplehappyfoodie.com](http://simplehappyfoodie.com) -

## EDEN CORNER

### The Ten Principles of The Eden Alternative:

1. The three plagues of loneliness, helplessness, and boredom account for the bulk of suffering among our Elders.
2. An Elder-centered community commits to creating a Human Habitat where life revolves around close and continuing contact with people of all ages and abilities, as well as plants and animals. It is these relationships that provide the young and old alike with a pathway to a life worth living.
3. Loving companionship is the antidote to loneliness. Elders deserve easy access to human and animal companionship.
4. An Elder-centered community creates opportunity to give as well as receive care. This is the antidote to helplessness.
5. An Elder-centered community imbues daily life with variety and spontaneity by creating an environment in which unexpected and unpredictable interactions and happenings can take place. This is the antidote to boredom.
6. Meaningless activity corrodes the human spirit. The opportunity to do things that we find meaningful is essential to human health.
7. Medical treatment should be the servant of genuine human caring, never its master.
8. An Elder-centered community honors its Elders by de-emphasizing top-down, bureaucratic authority, seeking instead to place the maximum possible decision-making authority into the hands of the Elders or into the hands of those closest to them.
9. Creating an Elder-centered community is a never-ending process. Human growth must never be separated from human life.
10. Wise leadership is the lifeblood of any struggle against the three plagues. For it, there can be no substitute.



## A MESSAGE FROM OUR FINANCE OFFICE

### 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, 2020.



Join us on January 24, 2020 as we celebrate Robbie Burns. Come enjoy some haggis as we toast to Robbie Burns and all his accomplishments. There will be live music from Dan Wesley and Friends. Phil Black will return again this year to recite Robbie Burns' very own address to the Haggis. Hope to see you here!

### A Red, Red Rose

O my Love's like a red, red rose  
That's newly sprung in June;  
O my Love's like the melody  
That's sweetly play'd in tune.

As fair art thou, my bonnie lass,  
So deep in love am I:  
And I will love thee still, my dear,  
Till a' the seas gang dry:

Till a' the seas gang dry, my dear,  
And the rocks melt wi' the sun:  
I will love thee still, my dear,  
While the sands o' life shall run.

And fare thee well, my only Love  
And fare thee well, a while!  
And I will come again, my Love,  
Tho' it were ten thousand mile.

Robert Burns