

**HAPPY
NEW
YEAR**



January 2022
Willow Leaf

**From the desk of
Janine...**

THANK YOU TEAM WILLOW

THANK YOU for coming to work every day, even when the world stayed home. THANK YOU for your ongoing dedication and compassion that you have given to our residents and their loved ones. THANK YOU for working through the challenges as we navigate and learn new ways of doing things. THANK YOU for comforting families when they could not visit with their loved ones. THANK YOU for going above and beyond your job description and doing things out of kindness. THANK YOU for always remembering those less fortunate in our community. THANK YOU for the treats that boost us up when we are down. THANK YOU for always wanting the best for those whose care has been entrusted to us. THANK YOU for making the best out of situations that seem to have no resolve. THANK YOU for your resilience and strength. THANK YOU for working through the uncertainty, chaos and fear. THANK YOU for being kind to each other. THANK YOU for hanging in the past 21 months. THANK YOU for the sacrifices made. THANK YOU for stepping up and remembering why we are all here. THANK YOU FAMILIES for your trust in allowing us to care for your loved ones through a time when we were all unsure what this world wide pandemic had in store.

“It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair.” ~ Charles Dickens

An age old classic that continues to have relevance for us and can sum up our year of 2021. My very best wishes to each and every one as we look forward to 2022.

Stay well, Stay safe
Janine Jaconelli
Executive Director



In Loving Memory

Burns MacDonald

June 20, 1932 to November 30, 2021

Doreen Langille

January 19, 1923 to December 7, 2021

Mary MacLeod

July 27, 1941 to December 26, 2021

Sheila Morrison

November 12, 1940 to January 3, 2022



“In life we loved you dearly, in death we love you still. In our hearts you hold a place, no one else will ever fill” - Unknown

Care Partners

- Andrea Taylor - January 5
- Cathy Rushton - January 9
- Kristen Horst - January 20
- Deborah Dean - January 20
- Jolene Mardian - January 20
- Michele Tattrie - January 24
- Margie Tureman - January 28

To all our Residents, Care Partners, Families and Friends.....

Wishing you.....



12 months of **HOPE**

52 weeks of **JOY**



365 days of **LOVE**

8760 hours of **HAPPINESS**

525600 minutes of **GOOD**

FORTUNE

And 31536000 seconds of

PEACE

- Willow Lodge

Tax Time!

From the Finance Office

Income tax time for 2021 is just around the corner. If you require a letter for tax purposes from Willow Lodge, please contact Peggy.

Nurses Nook

We are pleased to welcome Jill Peterson RN to the position of Director of Care. Jill has 42 years experience as a Registered Nurse in Acute, Long Term Care and more Recently Sunset Community. Jill began on December 20, 2021- Welcome Jill!





Operations Corner



Happy New Year! It's hard to believe that 2021 is over, hopefully in 2022 we will see the end of the global pandemic we have been living in for the last 2 years, and things can go back to some type of normal.

Willow Lodge was quite fortunate in 2021 to have some major equipment and infrastructure upgrades. I did some quick math looking back, and we were able to fund over \$500,000 in upgrades this past year. These projects were mostly funded through the Federal and Provincial Governments, and some were funded through Willow Lodge as well. Some of the upgrades we were able to complete in 2021 include: new bathing system in Barrachois, new laundry equipment downstairs, courtyard area roofing, 10 new beds and 20 mattresses, new exterior doors, a new steam oven in the kitchen, 3 new heat pumps, 10 new lift motors, fire panel upgrade, elevator interior upgrade, and a new storage shed to name a few. The Nurse Call System upgrade is still in process, and we hope to have that project completed by the end of February.

We are currently working on funding requests for projects we hope to undertake in 2022, and will give you more information on these if/when the funding is approved.

All the best in 2022!
- Kent MacDonald
Director of Operations



Eat Well, Be Well



Happy new year everyone! Here is one of my favorite easy comfort foods. A winter staple of mine to cozy up with on a storm day. I hope you enjoy!

Butternut Squash Mac and Cheese

Ingredients:

2 cups butternut squash, peeled
¼ cup milk of choice
(dairy or a non-dairy alternative)
½ tsp onion powder
½ tsp garlic powder
1 tsp Dijon mustard
4 tbsp nutritional yeast
1 tbsp lemon juice
8 oz pasta of choice
- Abby Chisholm
Dietitian



Instructions:

1. Preheat oven to 350 degrees. Half your butternut squash and place on a baking sheet. Drizzle with oil, salt, and pepper. Roast for 45-50 minutes.
2. Cook pasta until al dente.
3. While pasta is cooking, place the cooked squash in a blender or food processor with the remaining ingredients. Blend until consistency is smooth.
4. Pour sauce over cooked pasta. You can enjoy like this, or sprinkle with grated cheese and breadcrumbs and bake until top is golden.



Willow Lodge News



All of us at Willow Lodge would like to wish you a happy, healthy and safe new year. This past year came with its challenges and triumphs, but it was a wonderful year none the less. We were able to spend it together creating memories with all those who call Willow Lodge home.

We miss all visitors and can't wait until we are able to welcome you back to visit in person. Until then we are here to help you stay connected to your loved ones, through phone calls, video calls or maybe you prefer to send a hand written letter or card through the mail. We know it is not the same as being here, but it is the next best thing during these hard times.

Some of the highlights throughout 2021 were, we welcomed back non-designated visitors, volunteers, live entertainment and church services while restrictions were lifted. We were able to gather all residents together, it was so nice to be reunited with our friends and we celebrated every occasion imaginable, making the best of the time we had together. We also had hardships, having to close the doors to our designated caregivers and our non-designated visitors, which meant being separated from many of our extended family and friends, having to cancel some larger events where we were to gather together as a whole community, but it was for the safety and well being of all. We want to thank you for understanding and caring for us so deeply, we know too just how hard this past year has been.



Care Partner News



All of us at Willow Lodge are sending condolences to two of our care partners, Juanita Forbes, clerk and Lori Ann MacNutt, CCA on the recent loss of their beloved mother. Juanita and Lori Ann, a mother's love is alive forever. In the lessons she taught, the patience she gave, and in the hearts of the children she raised. Our prayers go out to you and your families in this time of great sadness.

We are also sending our sympathy and prayers to Trish Landry, RN who also lost her mother recently. Trish, cherish the memories of her warmth, her gentle hands, her kind heart, and her wise words. A mother lives forever within your heart. Thinking of you and your family.

We are all thinking of care partner Marlene Tattrie, CCA and her family at this time. Marlene also just recently lost her mother. Marlene, your mother will be with you always, first in her lifetime, then forever in your memory.