

HAPPY  
CANADA DAY

JULY  
WILLOW LEAF 2019



July 1



July 6

Tatamagouche Mountain Horse Pull  
@ 12:00p.m. 196 Kavanaugh Mill Rd.  
(Ivan MacNutt's) \$5 admission, 12 and  
under free. Canteen on site, bring  
chairs.

July 11

Open Mic Night at the Grace Jolly-  
more Joyce Arts Center @ 7:30p.m.  
Free will offering.

July 10

Organizers of the third Tatamagouche  
giant fabric and yarn sale, are seeking  
donations of yarn and fabric for the  
upcoming sale. Donations will be ac-  
cepted until July 10. For more infor-  
mation, contact Barb Harris at  
barbharris48@gmail.com or 902-351-  
2490.

July 13

Shannon Quinn at the Grace Jolly-  
more Joyce Arts Center @ 7:30p.m.  
Tickets \$20.

July 14

The Saint John String Quartet at  
the Grace Jollymore Joyce Arts  
Center @ 3:00p.m. Tickets \$20.

July 17

The LFMH Auxiliary will be hold-  
ing their annual Strawberry  
Fest on Wednesday, July 17th at  
the Fire Hall, 202 Main Street,  
Tatamagouche from 11:30 am – 2  
pm. Adults \$7 and \$4 for children  
under 12. Sandwiches \$3. For  
Take Out and Delivery call 902-  
657-2321. There will be a New To  
You Table, 50/50 Draw and a  
Bake Table.

July 19

Maxim Cormier at the Grace Jolly-  
more Joyce Arts Center  
@7:30p.m. Tickets \$20.

July 20

The third giant fabric and yarn sale  
will be held at the Sedgwick Me-  
morial Church, 310 Hwy 6, Main  
St. Tatamagouche, 9:30am–  
12:30pm

July 25

### WILLOW LODGE FAMILY DAY!

Come join in the fun from  
12:00p.m. – 2:00p.m., located in  
Willow Lodges very own park.



Happy Birthday

### Residents

Cassie Cameron - July 11  
Dorothy Cameron - July 27  
Vaughan Dickie - July 27

### Care Partner

Patty Jamieson - July 12  
Tiffany Derby - July 14  
Kara Weatherbie - July 18  
Michelle McCallum - July 19  
Karen MacNeill - July 19  
Erin Emslie - July 26  
Carolyn Burns - July 29  
Carol Tattrie - July 31

### Pets

Marilyn (Rabbit) - July 10

WELCOME

### New Residents

Lewis Morrison  
Don Pryor



## EAT WELL, BE WELL

### NOVA SCOTIA RHUBARB LOAF

Rhubarb is full of vitamins and minerals, such as vitamin C, vitamin K, potassium, manganese, and calcium! Enjoy this hearty loaf full of the sour-tartness.

#### INGREDIENTS:

- 1½ cups whole wheat flour
  - 1 heaping Tbsp ground flax seed
  - 1 tsp baking powder
  - ½ tsp baking soda
  - ½ tsp salt
  - 1½ tsp cinnamon
  - ¼ tsp all spice
  - 2 eggs beaten
  - 1½ tsp pure vanilla extract
  - 1 large banana mashed and 2/3 cup natural Greek yogurt (mixture should be over 1 cup)
  - ½ cup Nova Scotia maple syrup
  - 1 cup finely chopped rhubarb
- Optional (and recommended) add ⅓ finely chopped walnuts or pecans

#### INSTRUCTIONS:

1. Heat oven to 350 degrees.
2. Combine and mix dry ingredients in one large bowl.
3. In second bowl, beat eggs and add vanilla, banana and yogurt mixture and maple syrup. Add these wet ingredients into first bowl of dry ingredients.
4. Stir together but do not over mix.
5. Fold in rhubarb.
6. Pour into greased 8.5 by 4.5 loaf pan.
7. Cook for 50-55 mins until top is golden (check with a toothpick).
8. Let sit for 10 mins before cutting into slices, dabbling with a touch of butter and enjoying!

Recipe from the Dietitians Network of Nova Scotia

- Tiffany Derby; Dietitian



## KEEP ON TRUCKIN

Everyone knows how important exercise is to maintaining good health, but now more than ever, we realize the relationship between the body and the mind. Movement and exercise can improve balance by helping to maintain muscle strength. Exercise can help to ease stress which improves sleeping and ability to cope with change.

Most importantly exercise improves blood flow to the brain. This has a positive effect on cognition and functional ability. Any movement is great for mind and body. Come have fun at the Willow Lodge's group exercise program Tuesday and Thursday at 10 and 11. Besides the exercise program, you might enjoy a walk around the park or shake, rattle and rollin to your favorite song. Be sure to do something you enjoy and keep on truckin. Ten four good buddy!

- Cathy Rafter; OTA/PTA



**Pictured Above:** Care Partner Cathy Rafter; OTA/PTA and a group of residents participating in our exercise program.

**HATS, HATS, HATS!! DO YOU HAVE EXTRA SUMMER HATS AT HOME? WOULD LIKE TO GIVE THEM A NEW HOME!** If so, would you consider Willow Lodge to be their new home? It would be beneficial to so many residents. As the hot summer sun starts to stick around we have more and more activities take place outdoors and we are in need of more summer hats. (particularly big brimmed hats) So, if you would like to give life back to some hats you have sitting around home, we would greatly appreciate them here at Willow Lodge. You can drop them off at the main office and we will distribute them around to all our hat bins which will be located at each door leading to our park and decks.





## OPERATIONS CORNER

We've been extremely busy the past couple of months, so you haven't heard from the operations corner in a while, but here we are to update you on what we have been up to.

We now have a brand-new deck off of our Bayview dining room. The project is complete and the deck is open for business. A big thank you goes out to Adrian and Achim, you both did a great job, the deck is absolutely beautiful.



**Pictured Left:** Our new deck, located off the Bayview dining room.

**Pictured Right:** Another view of the new deck that was built off the Bayview dining room.



We have a couple of additions to our park, that were planted in memory of two very special women, who were devoted to making Willow Lodge the best home to every Resident who has ever lived here. They both also knew how to bring smiles and laughter to each of their fellow Care Partners. Near the bridge you can now find a lovely red maple tree, planted in memory of Carol White as well as a burning bush, planted in memory of Janice Weatherbie. We also are still working on having a memorial plaque made and trying to decide what should be written on it. We will let you all know when it has been completed.

Our sun shades are now all up and around Willow Lodge, so that Residents and their families can enjoy sitting outdoors on nice sunny days.



**Pictured Above:** Our memorial tree and burning bush, planted in memory of our Care Partners, Co-workers and friends.

Last, but certainly not least. We continue to work on the hot water problem, we now have a contractor to work on this for us, hopefully by the time the Aug. Willow Leaf comes out it will be complete.

- John Sellers; Operations Manager

## NURSES NOOK

We are all glad to have summer time upon us!

Here in the nursing department, we are also glad to welcome some new care partners.

Tanya Langille, CCA, comes with years of experience and has jumped right in to our WL family. Welcome Tanya!

We also welcome 2 students:

Megan Waugh is entering the CCA program at NSCC this fall and Alyssa McKay is entering her second year at St.F.X. in the Nursing program.

Welcome to Willow Lodge and we hope you enjoy your experience with us.

I would be remiss to not mention some self-care this summer.

The sun is nice and bright, but it is also HOT (and burns).

Please remember hats and sunscreen each day before enjoying time outside.

If any resident needs these items, we have lots to share – please ask a care partner.

Popsicles, ice cream, and cold drinks are also available to enjoy and help 'beat the heat'.

- Lisa Hodder; Director



## RESIDENT NEWS

Resident Hilda Swan was in her pure glory as she went around the lodge showing off the newest addition to her ever growing family. Hilda had a visit from her great - great grandson, his sister Gracie and their grandmother Heather, who is the granddaughter of Hilda. Hilda never stopped smiling after their visit. Congratulation Hilda and to the while family on you gorgeous new addition. What a blessing!



**Pictured Left:** Hilda Swan holding her newest great - great grandson, great - great granddaughter Gracie and granddaughter Heather.

Resident is Lynwood were busy this month as they were baking up a storm with the help of Care Partner Colleen Mattatall; CCA. What did they make? Only the most delicious, totally scrumptious doughnuts ever! There wasn't a crumb left to share as they were gobbled up as fast as they were made. Yummy!



**Pictured Above:** Residents; Kay Mattatall, Sheila Morrison and Doris Creighton busy making doughnuts.

Residents Eva Munro and Helen Gunn each had some friends and family visit last month as they helped celebrate their birthdays.

Resident Cassie Cameron also had a visit from one of her daughters, who travelled all the way from BC. Cassie was so happy to see you, come again soon!

## FROM THE DESK OF... *Janine*

As we welcome July, it is hard to believe that we are more than half way through 2019.

On Wednesday June 26, The Tatamagouche Regional Academy had their annual graduation. On behalf of Willow Lodge, we wish to congratulate all graduates, however in particular George Buchanan-Gibb & Megan Flanagan who are the two recipients of the Willow Lodge Bursary!

Working in long term care, nursing or specialized services for our ageing populations, is one of the most rewarding and fulfilling occupations!

Willow Lodge exemplifies what Long Term Care Can and should be- We live our philosophy of care by striving to eliminate **loneliness, helplessness and boredom** by honouring resident directed care.

This means choice- which can be as simple as sleeping in or making some biscuits from your own homemade recipe, or realizing a dream that requires some extra help to fulfill.

Changing the culture of Long Term Care is what we do and we constantly need to challenge our own assumptions and beliefs knowing that culture change is possible!

What are your simple pleasures?

As WALT DISNEY himself said.....If you can dream it, You can do it!

A very Happy Canada Day to All our Families and Friends!



**- Janine Jaconelli;  
Executive Director**

**Pictured Right:** George Buchanan-Gibb and Megan Flanagan, graduating students from Tatamagouche Regional Academy, both were a recipient of our Willow Lodge Bursary.







## EDEN CORNER

2019 Carousel Nursery School last Graduating class. We had 21 grads and 14 undergrads! And a full house to help us celebrate!

Words can't express how grateful I am for 22yrs of amazing support from the Church, families, children, local business, organizations and countless thoughtful people.

We are very lucky to live in this wonderful caring village.

I can't believe we won't ever be doing this celebration again.

- Ms. Christie MacDonald; Nursery School



**Pictured Above:** The final graduating class from the Carousel Nursery School. Ms. Christie, Ms. Jamie, Ms. Meg and Kim.

We at Willow Lodge would like to thank Ms. Christie and the Carousel Nursery School for coming and visiting our Residents for many, many years. Your visits were always looked forward to and will truly be missed. To all the students who have come through our doors over the years, thank you for helping make our residents' days brighter. The laughter, smiles and memories you have made will be remembered always.

As one door closes another is open, so Ms. Christie we wish you all the best as you enter a new chapter and adventure in life. We hope that your new position is everything that you ever could have dreamed, they are so lucky to have you as part of their team in the new Pre-Primary program right in the heart of Tatamagouche.

News just in, we won't have to miss the children's visits! It won't be the Carousel Nursery School, but the Pre-Primary students will continue the tradition of coming to visit at Willow Lodge. Here's to new adventures!

## WILLOW LODGE NEWS

Join us on July 25, 2019 from 12:00p.m. - 2:00p.m. for our annual Willow Lodge Family Day. There will be fun for the whole family, BBQ and cold summer treats. We hope to see you all here, our Residents really look forward to this day every year. Fingers crossed for a nice sunny day!

Last month a group of Residents along with Care Partners and Volunteers filled a bus, our MacKay bus and many others meet us at LORDA Park for our annual fishing trip. It was an awesome day! We brought 24 lovely trout home to share with everyone. Residents are already talking about next year's fishing trip and wanting to get the biggest catch count yet. Come on fishing season 2020!



**Pictured Above Left:** Resident Eddie Benere with his two great catches of the day.



**Pictured Above Right:** Resident Vaughan Dickie and Brooklyn; daughter of Care Partner Jennifer Tattre; LPN

**Pictured Below Left:** Resident Frankie Muir, with the help of Care Partner Adrian MacCallum; Maintenance showing off his wicked little fish.

**Pictured Below Right:** Resident Fran Crichton waiting for the fish to bite on our annual fishing trip at LORDA Park.







## CARE PARTNER NEWS

We missed two graduation announcement last month, Cameron Tatttrie, who is the grandson of Care Partner, Carol Tatttrie; Environmental Services graduated from CEC and plans of attending NSCC in the fall. Also one of our new Care Partners Tanya Langille; CCA has a son Mitchell Langille who graduated from Tatamagouche Regional Academy. Congratulations to all the graduated from everyone at Willow Lodge.

We also have a number of Care Partners who children graduated from Nursery School and will be heading into grade primary at the new BIG school in Tatamagouche, Tatamagouche Regional Academy. We hope you all have a fun, safe summer and good luck as you embark on a wonderful journey, gaining knowledge and friendships that will last forever.

