



As we enter the month of July, it is a time to celebrate new beginnings. The children are out of school and enjoying the freedom away from their lap tops and chrome books. Graduations are happening and marking the next step in student's education or the beginning of work careers. For us here at the lodge we trust that we will also have some new freedom as we enjoy the outdoor gardens and welcome family members travelling from afar while on vacation.

In conversation with residents, freedom is also a theme as we approach Canada Day, the celebration of Confederation on the 1st of this month. Some thoughts from our residents.....

"Celebrating the freedom of being Canadian and being treated well in my lifetime" Johanna Bower-Derry

"Freedom to live in a safe home" Robert Winsor

"I think how lucky we are to live in our beautiful Canada where people of all race and color are welcome. I look around the world and see turmoil in so many countries where there is hunger and death due to war which is unnecessary. What we really need is love and to be able to talk to one another and work things out. We go to bed and sleep sound with no fear- we have some hard times but we work them out. I think we live in 'Eden' especially in Nova Scotia" Donna Johnston

"We need to continue to show respect for Canada- hat's off, stand at attention when singing our national anthem, O Canada" Sandra Anderson

"I'm proud to be a Canadian" Gordon Hillier

As Nova Scotian's, we were instrumental in Confederation as one of the three original provinces; New Brunswick and the Canada province, which is now Ontario and Quebec uniting as one nation in 1867. The term for this celebration date was Dominion Day, however, over time we now refer to this day as Canada day.

Happy 162nd Birthday Canada!!!

Janine Jaconelli
Executive Director

Happy Canada Day!



Happy Birthday

TO YOU

Residents

Basil Tattrie - July 8

Margaret Beeler - July 27

Care Partners

Lithe Mortimer - July 8

Kent MacDonald - July 13

Karen MacNeil - July 19

Erin Emslie - July 26

WELCOME

New Residents

Gordon Donaldson

Laura Tattrie

Dorothy Landsberg

IN LOVING Memory

Guy Moore

October 16, 1947 - June 1, 2023

Glenna Shearer

September 13, 1936 - June 18, 2023

Phyllis MacLellan

August 2, 1930 - June 24, 2023

Faye Alcorn

July 29, 1930 - June 27, 2023

Happy



Canada

Day

to everyone.

from all of us at Willow Lodge

Willow Lodge News

We've all heard the saying, "time fly's when you're having fun!" And boy were they right! We're saying goodbye to June and welcoming in July, ready to embrace whatever it brings. Hopefully, some sunshine, along with a warm summer breeze!

June was a month full of music, laughter and saying hello to faces that we missed dearly. Being able to share smiles with our families, friends, care partners and communities was just what we needed to kick off a summer full of excitement and memory making.

Music has been echoing the halls of Willow Lodge once again and our residents are thrilled about it. Hearing live music fills our hearts and is good for our souls. We are fortunate to have such dedicated volunteers, who are so kind in sharing their talent and love for music with us.

Every Wednesday, Tully comes and shares a beautiful music program with our residents. She has been coming to our home for quite a few years now, and the residents look forward to her arrival each week. June was a month of testing our residents music knowledge with, "name that tune," "guess the musical" and "who made it famous?" Turns out there's no tricking our residents when it comes to music and we have quite a fabulous group of singers. We look forward to what Tully has planned for this month.

To say we are lucky is an understatement when it comes to the talent found on the Northshore and our surrounding communities. Last month we had the luxury of hosting live entertainment every Thursday afternoon. The musicians included, Blaine Brown and Friends, who are going to continue coming the first Thursday of every month. Our residents can't wait for your next visit. David Tattrie and Janice Little, delighted us with a gorgeous set of fiddle tunes and banjo accompaniment. The good old tunes help bring us back to the good old days.

Jim King has been coming the third Thursday of each month, sometimes he brings a friend or two, or he plays solo. Jim's name is looked for on our events/program calendar by many residents. Jim plays a wide rang of music and there is always a song for everybody, even the care partners.

David Palmer has been sharing his love and passion for music with the residents on a monthly bases. David is a soloist, who knows how to have a party and always makes sure anyone who has a birthday gets celebrated. David plays many songs our residents recognize and always gets them singing.

We had a first time visitor/musician to the lodge this month, Bruce Elliot and boy did he put on a show. He nearly brought residents to their feet, who if able would have been tearing a hole in the dance floor. He had residents and care partners singing up a storm and almost dancing out of their chairs. Will we have Bruce back again? To quote a resident when asked, "HECK YES!"

Thank you to all of you for coming to Willow Lodge and making a difference in the lives of all those who live and work at here. The smiles, laughter and memories you bring to each of our residents, their families and friends does not go unnoticed. July entertainment is located on our events/program calendar.



Willow Lodge News Continued...

We had our final visit from the pre-primary class from Tatamagouche Regional Academy last week. We are so lucky to have an intergenerational program that we run with the help and support of Ms. Christy and her pre-primary class. They visit every second week or sometimes more, if we are lucky enough that they are able. We create crafts, have scavenger hunts, play games and if weather co-operates have picnics out on our Willow Lodge park. Our residents always look forward to these visits, so we will miss them dearly while school is out for the summer, but we look forward to September and meeting a new group of children and creating lasting relationships. To this years pre-primary class we wish you all the best next year as you enter into grade primary, and remember you always have friends next door routing you on and your always welcome to come visit. You are part of our Willow Loge family now and forever. Our residents also presented the children with smile rewards and they were well deserved. Your visits never failed to make us smile. They were presented by our resident council president, Louise Reid.

We are sending out a reminder to families, friends and our community that our Willow Lodge home is a low sent environment. We have many residents and care partners who are sensitive to strong smelling scents (perfumes, colognes and some essential oils) We thank you for your cooperation in this matter.

We want to send a HUGE welcome/welcome back to our card volunteers you have come forward with help from Edie Leet. Our residents have been asking for quite some time and to say our prayers have been answered is no word of a lie. Edie, you worked your magic once again, bringing happiness and smiles to our small, but mighty group of card enthusiasts. Edie Leet, Carson Cameron and Judy Langille have made what we felt impossible, possibly once more. Cards are held every Tuesday afternoon. Thank you, Thank you, Thank you! If you would like to become a card volunteer, please reach out to our Director of Recreation at julie.tattie@willowlodge.ca or phone 902-657-3101 ext. 24.

We are going to having a Christmas in July! We will be celebrating for a week long July 17-21 enjoying all things Christmas with a summer twist. There will be a music program, "name that carol," winter themed art, "think snow," Christmas themed BINGO, visit from Santa and Mrs. Clause, a special cocktail hour, we are hoping for good weather, so we can enjoy our deck. Check out our calendar of events for more details.





Operations Corner



Is it just me, or is this year passing by quicker than usual? New Year's was 6 months ago and it seems like last week.

We're beginning to see some results from the repairs due to the fire at Willow Lodge back in April. The small kitchen has been gutted to the studs, new electrical and drywall installed, and the room has been repainted. This week the light fixtures were installed, and today the flooring is being installed. The cupboards still need to be reinstalled and there is some trim work left to do before the room is reopened. The Chapel is also receiving new paint, flooring and trim. The hair salon and Jill's office will get new flooring and trim as well.

We've recently received some funding through the Department of Seniors and Long-Term Care for capital upgrades. The chimney will be replaced from the furnace room through the roof. It was damaged during Hurricane Fiona last fall. We will also repair and repave some of the parking areas, and replace the sterilizer unit in Balmoral. I hope that this will all be taking place between now and September.

The remaining work to the elevator is scheduled to be completed in the coming weeks. This will mean that the elevator will be out of service for 3-4 weeks. We are being proactive in replacing the power unit, had we waited for the unit to fail it could have taken up to a year to get the parts as they have to be manufactured specifically for this building. The parts were ordered last August and they are to be delivered any day now. So please be patient while it is out of service, it will create more work for many of us, but it could have been shut down much longer. All of the laundry, trash, etc will have to be moved by other means over this period and there will be extra staff on to help with this.

The gardens around the building are looking nice these days. Thanks to Wendy Marshall for her work in the perennial beds and to Julie Tattie and Alicia Williamson for their work with the annuals and vegetable gardens.

A reminder to residents and staff that it is very important during this season of high humidity to keep the windows closed so that the air conditioning and dehumidification equipment can function properly. If not, humidity can build and set off the fire alarm in the middle of the night, as it did recently.



I would like to welcome Sheila Ives to the staff team as a Casual worker in Environmental and Dietary Services. She has many years' experience cleaning in many different settings including her own cleaning business in Alberta. So say hi to Sheila when you get a chance.

- Kent MacDonald
Director of Operations



Eat well, be well



Happy summer everyone! This recipe is a refreshing twist on a typical summer salad using some fresh fruit of the season.

Strawberry Watermelon Cucumber Salad

Ingredients:

- 4 cups watermelon, cubed
- 3 cups strawberries, sliced
- 1 English cucumber, chopped
- ¼ mint leaves, chopped
- ½ cup feta cheese (crumbled)
- 1 tablespoon olive oil
- Juice of 1 lime
- 1-2 teaspoons honey
- Pinch of salt (to taste)



Directions:

- Combine the watermelon, strawberries, cucumber, and mint in a large bowl.
- Whisk together olive oil, lime juice, and honey in a small bowl and drizzle over the salad.
- Top with feta and season with salt to taste.

Enjoy!



Recipe from <https://www.twopeasandtheirpod.com/strawberry-watermelon-cucumber-salad/#wprm-recipe-container-51855>

**- Cassie Crowe
Dietitian**