



June 2020 Willow Leaf



Happy Birthday!



Residents

Eva Munro - June 5

Colin Douglas- June 6

Terry Jefferson- June 10

Burns MacDonald-June 20

Helen Gunn - June 20

Mary Beckett- June 30

Care Partners

Cathy Darragh- June 10

Marlene Tattrie- June 14

Colleen Tulloch - June 15

Lisa Hodder - June 15

Pat McMillan - June 21

Amy Patriquin - June 30



My Dad

He never looks for praises,
He's never one to boast,
He just goes on quietly working
For those he loves the most.
His dreams are seldom spoken,
His wants are very few,
And most of the time his
worries will go unspoken too.
He's there... A Firm foundation
Through all our storms of life,
A sturdy hand to hold to
In times of stress and strife.
A true friend we can turn to,
When times are good or bad,
One of our greatest blessings,
The man that we call DAD.



Happy Father's Day!



From the Desk of Janine

Friends and Family of Willow Lodge,

It has been another busy week here at Willow Lodge! Residents along with our care partners have begun to enjoy the many accessible outdoor spaces, activities and patios that surround our home.

The greenhouse is filled with potted seedlings as we prepare to plant our vegetable gardens. Buoys and lobster traps have been restored with fresh paint and now decorate our enclosed park area.

With the beginning of warmer weather our residents are able to enjoy all the outdoor activities that come with the ending of spring and beginning of summer.

Our new iPads have been well used. Calls, facetime and video messenger appointments are booked daily to connect our residents with their loved ones. Please contact us to set up an appointment.

Happy June everyone,
Stay Well...Stay Safe!

Janine Jaconelli,
Executive Director



EAT WELL BE WELL

Strawberry Rhubarb Crisp

Ingredients

Strawberry-Rhubarb Filling:

- 1 pound strawberries, hulled and sliced into small bite-sized pieces
- 1 pound rhubarb (about 4 stalks), cut into 1/4 by 1/2-inch pieces (slice larger stalks in half lengthwise before slicing them into 1/4-inch wide pieces)

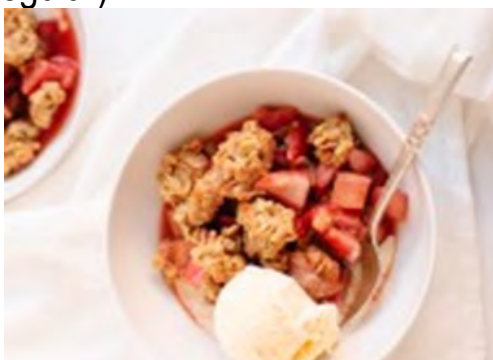
- 1/3 to 1/2 cup honey

*(depending on preferred sweetness level)

- 2 tablespoons arrowroot starch or 3 tablespoons cornstarch
- 1 teaspoon vanilla extract

Topping:

- 3/4 cup old-fashioned oats
- 3/4 cup white whole wheat flour or regular whole wheat flour or flour of choice
- 1/3 cup lightly packed brown sugar
- 1/4 teaspoon fine grain sea salt
- 4 tablespoons butter, melted
- 3 tablespoons plain yogurt (Greek or regular)



Instructions

1. Preheat the oven to 350 degrees Fahrenheit. In a 9 by 9-inch baking dish, mix together the strawberries, rhubarb, honey, arrowroot or corn starch and vanilla extract.
2. In a medium mixing bowl, stir together the oats, flour, brown sugar and salt. Mix in the Greek yogurt and melted butter. Stir until all the flour is incorporated and the mixture is moistened throughout.
3. Dollop spoonful's of the oat mixture over the strawberry-rhubarb filling and use your fingers to break up the mixture until it is evenly distributed (no need to pack it down).
4. Bake for 50 to 55 minutes, or until the filling is bubbling around the edges and the top is turning lightly golden.
5. Let the crisp rest for 5 to 10 minutes before serving.
6. Top with frozen vanilla yogurt or ice cream and enjoy 😊

I hope everyone is healthy,
happy and eating well!

Amanda Rees, Dietitian



Recipe sourced from: <https://cookieandkate.com>

Nursing Nook



Last month was National Nurses Week where we celebrated all care partners. Service Award Pins were given during that week to the following:

- ◇ Kara Weatherbie, Charlee Heighton, & Lisa Hodder **(5 years)**
- ◇ Charlene Hayman **(10 years)**
- ◇ Michelle Tattrie **(15 years)**
- ◇ Deborah Dean, Tammy Fraser **(20 years)**
- ◇ Lori Anne McNutt **(25 years)**
- ◇ Gayle Langille **(30 years)**

We also welcome a new staff member, Lithe Mortimer. Welcome to the team Lithe, we are happy to have you join us!

I would also like to thank everyone who has sent cards, well wishes, treats, meals and messages to the care partners here at Willow Lodge, over the past couple of months. I can assure you they were all enjoyed and well deserved for all the hard work & dedication that our staff gives daily.

Take good care & enjoy the Spring weather!

Lisa Hodder,
Director of Care



OPERATIONS CORNER

Some more staff changes to update you all about.

Justin Thibeault has joined our Maintenance Department, and will be responsible for grounds maintenance over the next few months.

I'm happy to Welcome, Daniel Angus, as our new Maintenance Worker. He comes to us after having worked in a similar position at East Cumberland Lodge in Pugwash. He lives in Malagash with his wife and daughter.

Our new sterilizer unit for the Barrachois neighborhood has arrived and has been installed.

Finally, the front section of the roof over the main dining and lounge area is going to be re-shingled soon, so if you hear noise on the roof it's not Santa Claus...yet!

Until next time.....

Kent MacDonald
Director of Operations



From Finance Office

Just a reminder to resident's POA. Once their income tax notice of assessment returns, the **Department of Health & Wellness** also needs a copy; just in case they have not set up with Revenue Canada to share that information with them.

Thanks,
PJW
Finance Office



Helpful tip:

Below is a website describing a new “Virtual Clinic” to help those who need to complete their tax returns, but are unable to due to COVID-19 circumstances. Many community organizations had to close, postpone, or scale back their in-person free tax clinics. This website is designed from a community organization in Quebec. They will be hosting free virtual tax clinics in the coming weeks. How? Trained volunteers help others do their taxes for free, by videoconference or phone, through the Community Volunteer Income Tax Program (CVITP) and the Income Tax Assistance. These virtual clinics will be held on an interim basis to help complete tax returns while still following physical distancing guidelines.

<https://www.canada.ca/en/revenue-agency/campaigns/covid-19-update/covid-19-outreach-liaison-officer-services/virtual-clinics.html>



Mother Earth Will Make You Stronger

The gardening season is finally here! Everything is coming alive and growing at a great rate. Willow Lodge is very fortunate to have a therapeutic horticulturalist during the day one week, and for two days the next week; who knows, you might be called upon for your gardening knowledge! Before you get out in the gardens, some suggestions from physiotherapy might come in handy! Try some light stretches to warm up the muscles. For example: Shoulder circles, trunk rotations, and heel/toe stands. Once you feel a stretch try holding the position for 10-15 seconds. Repeat stretch 2-3 times.. but Do Not jerk or bounce. Find a comfortable posture for working and try to “keep in the zone”. This requires all the needed tools to be within reach. Also try to get as close to your work as possible to avoid strains and twists. Try sitting on a low stool to take the strain off hips and knees. Remember to pace yourself when gardening and try to alternate jobs so the same muscle groups are not overused.

Happy Gardening!

..& Just remember “in the winter, far beneath the bitter snow, lies the seed, that with the sun’s love, in the spring, becomes the rose”.



Cathy Rafter

OTA/PTA

Care Partner News

A few fun and interesting "tid-bits" about our Care partners here at Willow Lodge!

Karen McNeil, a care partner here at Willow Lodge has been very generous and hard at work on her days off at home. She is making supper for any senior living in the village & will deliver! She wanted to voice her memo through the Willow Leaf about what she has been up to, and hopefully this message can be reached to those who are interested in what she is offering! You can reach her by calling or texting #902-957-0284. She will be providing this service throughout 4 days each week, from Tuesday to Friday, one meal a week for each interested senior. She will not be taking donations from seniors that she cooks for, but is taking donations from others. If interested you can e-transfer money via email: k.jmbear35@outlook.com or you can send money/cheque/cards or gift-certificates (for local food shops and gas stations) via mailing address:

#2736, Hwy. 246,
Tatamagouche, NS
B0K 1V0. Many
great feedbacks
have been given
about Karen's
delicious meals.



She sure is full of goodness, and wants to give a helping hand whenever she sees possible!

More exciting news! Willow Lodge has two more babies added to the Care Partner Families. Chelsea Feix and her family have another addition: A little girl named Maisie Lydia Jane. She was born on May 5th, 2020 @ 10:28pm. Weighing 6lbs 7oz. Welcome to the world Maisie, we all are looking forward to meeting you and seeing mama again!! Jay Mitton also is another Care Partner who had a baby in May. Another little girl, named Harper Lily Langille. She was born at 6:30pm and weighed 6lbs 13oz. Congratulations to both families. Very wonderful news and wishing you all happiness and good health. ❤️



Even though this school year and graduation time was a bit strange for our graduates, we still want to acknowledge our Care Partners' family members for their hard work and dedication for graduating High School. To those stated below, and your fellow classmates, we wish you all the best in your up coming endeavors. Take good care & enjoy your journey. Below are the list of our Care Partners and their loved ones who are graduating from Highschool, and where they might be attending for next year's education:

<u>Graduate</u>	<u>Family Member</u>	<u>Attending</u>
Klane Murray	Karen Murray's Son	UNB
Phoebe Waugh	Peggy Weatherby & Patsy Waugh's Grand-daughter	St. Mary's University
Matthew Ross	Karen Ross's Son	St. Mary's University
Brinson Hodder	Lisa Hodder's Son	St.FX University
Devin Tatttrie	Sonya Tatttrie's Son	
Hayden Mathe-son	Tammy Matheson's Son	
Cody McNutt	Colleen Mattatall's grandson	



One more final Congratulations for our Care Partner News: Exciting news, for Lori Anne MacNutt and her husband. They have moved closer to Tatamagouche village, and have also sold their home to another care partner of Willow Lodge! Talk about keeping it in the Willow Lodge family! Congratulations, Megan Waugh and her partner Daniel, to your new and cozy home in Tatamagouche Mountain. Wishing you all many happy memories to be made with a house full of love & laughter.



Willow Lodge News

Another month has come and gone...

Wow, with busy days time sure flies! The month of May was filled with setting up Facetime for our residents and their loved ones. It has been different not seeing familiar faces in person for our residents, and vice versa.

However, thanks to technology, Facetime has been brightening spirits and bringing laughter and smiles between families and their loved ones here at Willow Lodge! The Nova Scotia Healthy Authority has generously donated iPads to homes around the province, and here at Willow Lodge we received 7!!! Very grateful, and extremely helpful.

Father's Day is just around the corner!

A few of the nurses decided to create a Father's day board in each Neighborhood. If anyone would like to send in a picture of their fathers or husbands, etc. we would love to add them to our collection!

You can send the pictures to: Karli.boyd@willowlodge.ca
We are planning to organize a Father's day gathering on Friday, June 19th. Hoping that the weather will be nice, we plan to spend time outside with each other enjoying some snacks, a refreshing beverage, and possibly some music! Sunday, June 21st the Willow Lodge will be having a delicious Father's Day Dinner for our residents.

Check out the menu !

Sending love to all fathers, grand-fathers, and great-grandfathers, who are here on Earth or no longer with us. You are loved beyond words and you will forever be cherished & appreciated.

Happy Father's Day ♥

Take good care,

[Karli Boyd](#),

Director of Recreation

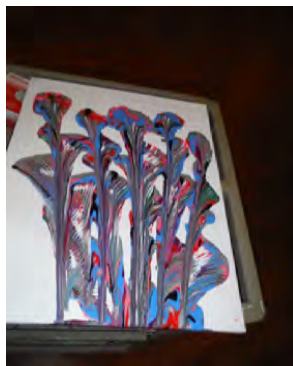


EDEN CORNER

SPRING is in the air! What a wonderful feeling it has been to get outside and enjoy fresh air, sunshine and the birds chirping near by. Quite a few of our friends here at the Willow Lodge have had the opportunity to enjoy a few walks in the park, friendly gatherings on the back porch, and a few moments on the swing. The residents have also gotten the chance to do a bit of gardening and weeding; helping the gardens look clean and beautiful.

As a side note, if any family members, friends etc. had missed the memo in last month's Willow Leaf, warmer weather is upon us and our residents will be outside more often. Therefore, we are no longer accepting visitors on the premises. Unfortunately this is due to the COVID-19 pandemic protocols. We very much apologize for this inconvenience; however, it is of most importance to seek ways in helping keep our friends here at Willow Lodge as safe & healthy as possible. ♥

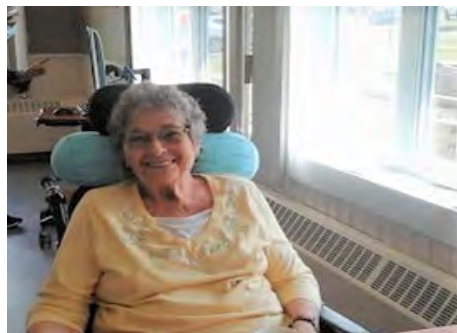
Below are a few photographs taken over the month of May.



Painting created by the Lynnwood resident's for Peggy Bardeau's Birthday.



Mary Beckett enjoying the sunshine



Velda LeFrank having a Mother's day Tea

Volunteer Scoop

Hiya Everyone,

I am pleased to say that the flower beds are coming to life this Spring! You have probably seen me puttering around outside in the garden beds and park over the last few weeks. I have been putting my green thumb to the test and I am planting lots of veggies around the Bayview and Lynwood gardens. And with the help of some of you residents, our cucumbers and cauliflower are starting to take over the green house and will soon be ready to plant! I wanted to share with you a few photographs of the beautiful flowers that have begun to bloom!

Toodle-loo for now,
Happy Spring!

Michael Ashton
Volunteer Coordinator



White Violets

Tulips

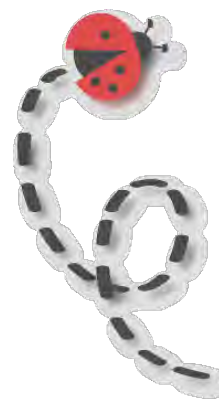


Mystery flower..
Any Suggestions?



Wild Pansy

Solomon's Seal



Magnolia



Daffodil

