

Willow Leaf March 2023

Happy
St. Patrick's
Day

Hello March



New Life, New Beginning

happy
birthday
you are
special.

Residents

March 1—Don Derry
March 10—Mike Cameron
March 16—Beverly Fahey
March 26—Joy Bernier

Care Partners

March 8—Tammy Fraser
March 11—Angela Benjamim
March 18—Patsy Waugh
March 26—Jason Jollimore
March 26—Trish Ross
March 27—Trish Manning

A Message from Janine

March is the month that brings us a little closer to spring....Our clocks move forward and we are afforded more daylight....The children are given a week off for families and friends to rejuvenate. If we are lucky, the hope is that March will come in like a lion and leave like a lamb.

March is also the month that we prepare for our inspection and licensing visit for our annual renewal. What this means is that at any time we can welcome an inspector who will ensure that we are in compliance with all the regulations and expectations required for the safe and secure operation of a Home for Special Care.

A big thank you to all who work so hard to make Willow Lodge the desired home for those in need of special care!

Janine Jaconelli, Executive Director

Welcome
to our home

IN LOVING
Memory

FINANCE

New Residents

Mavis Thwaites
Muriel Beck
Mike Cameron

Peggy Bardeau
May 18, 1943 to
February 13, 2023

Lewis Morrison
March 19, 1944 to
February 12, 2023

As a Matter of Finance!
Residents POA's or those Financially responsible, please be sure to file your loved ones Income Tax by April 30th.



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Willow Lodge News



Care Partners
You can always
count on our Care
Partners to
decorate for the
occasion.
St. Patrick's Day
is a favorite.
Thank you to
Care Partners!



WE ARE LOOKING FOR

VOLUNTEERS

PUT YOUR HAND UP. VOLUNTEER.
MAKE THE DIFFERENCE

Volunteers to come to Willow Lodge to share hobbies, talents and any interests you may have.

We need volunteers for:

- Play cards
- Nail care
- Bingo and board games

If you have some spare time and are interested in volunteering at Willow Lodge, please give us a call 902-657-3101.

May **LOVE**
and LAUGHTER *light your days*
and warm your heart and home
MAY GOOD AND FAITHFUL
FRIENDS
BE *wherever*
YOU *YOU MAY ROAM*
May peace and plenty bless your world
with THAT LONG
JOY *endures*
May all life's passing
bring the best **passing**
to you and yours **seasons**

Willow Leaf - March 2023

DIRECTOR OF OPERATIONS

Operations Corner

The new bathing system and lift chair for Lynwood has been delivered and will be installed the second week of March. The new sterilizer unit should arrive before the end of March and will be installed as soon as possible after delivery.

We're still waiting on the new lounge chairs and the dressers and nightstands. The electrical work has begun to accommodate the new power and control unit for the elevator. This will make our elevator project complete, having already replaced the hydraulics and the interior of the elevator in past years.

The phone system replacement is now complete, and other than a few glitches, the installation went very smoothly. We are upgrading our internet service as well in order to have service during power outages.

I would like to welcome Lisa Williamson to Willow Lodge in the position of Cook. Lisa lives in Brule with her family and is also Alicia Williamson's mother. Alicia is our Director of Recreation and will soon be leaving us with the return of Julie Tattrie from maternity leave. Thanks to Melody and Karen and the rest of the Dietary staff who picked up extra work and extra shifts during the months we were short a Cook.

March is here, hopefully warmer weather will return soon. We shouldn't complain too much about the winter we've had though, it could have been much worse.

Kent MacDonald
Director of Operations

Nurses Nook

Another month is over, and we are definitely looking forward to spring, which officially begins on March 20/23! Daylight savings begins on March 12/23, which should help to improve our emotional well-being!

We administered the Bivalent COVID booster to all of the residents eligible in February, and the remaining residents (those who had COVID in January/23) will receive theirs as soon as they are eligible.

We welcomed a couple of new Care Partners since the last letter! Jason Carrier, LPN, Elizabeth Wright, CCA and Kaitlyn Crosby, CCA (also enrolled in LPN program). We wish them the best in their new careers and are so fortunate to have them join us. We remain thankful to our agency staff who have worked with us since last summer. Influenza and RSV seem to be declining in case numbers, thankfully. COVID is still present in the local area, and we ask that you all continue to support our efforts to keep our residents and staff safe. Wearing your mask, hand washing and staying home when you are sick are still the best preventative measures. (I know I sound repetitive!)

Be well!

Jill Peterson, RN/ Director of Care.

JUST A LITTLE
Reminder

Almost Spring—Time to Declutter

Residents rooms are often cluttered with items that are not currently in use, so we are asking family members when you visit, take some time with your loved one to go through their closet, and remove anything that is not being worn or used. Take home occasion decorations that won't be needed for the next year. Health and Safety is our first priority for residents. Removing trip hazards and clutter is a great step you can make to help us keep residents safe.

Thank you,
Occupational Health & Safety Committee

Eat Well, Be Well...



Once a year, a special day is dedicated to dietitians across Canada. It celebrates dietitians as regulated health care professionals, committed to using their specialized knowledge and skills to translate the science of nutrition into terms everyone can understand to unlock food's potential and support healthy living for all Canadians.

March 15, 2023 will mark this year's celebration of Dietitians Day in Canada, which is always held the third Wednesday in March. It will shine the spotlight on the profession and remind us that dietitians are the trusted choice for reliable life-changing food and nutrition advice.

Although Cassie Crowe our Dietitian is fairly new to Willow Lodge, she has jumped in to this role with ease and is enjoying assessing each of our residents nutritional needs.

Happy Dietitian's Day Cassie on
March 15, 2023

HEALTHY SNACK IDEAS

Here are 10 great snack ideas that are excellent sources of protein and fibre, which will leave you feeling energized between meals:

1. Carrots and peppers with hummus
2. Almond butter on banana slices
3. Greek yogurt topped with berries
4. Whole grain toast with peanut butter
5. Cheddar cheese and apple slices
6. Small handful of trail mix made with nuts, seeds and raisins
7. Whole grain cereal with milk
8. Sliced vegetables with yogurt dip
9. Tuna on crackers
10. Whole grain toast with avocado and sesame seeds

Daphne's Favorites

When you are short on time and need something quick for breakfast, this is will keep you on track.

Avocado Toast

- 2 slices whole grain or whole wheat bread
- 1 avocado, ripe enough to mash
- A little bit of butter for the toast
- Salt & Pepper

Mash the avocado with a fork in a shallow bowl until chunky. Season with fine salt and black pepper.



Toast the bread until browned and crisp. Lightly brush the toasts with a little bit of butter. Divide the mashed avocado evenly over toast, and top with salt and pepper.

Less salt and more pepper is what I love.
Hope you try it!

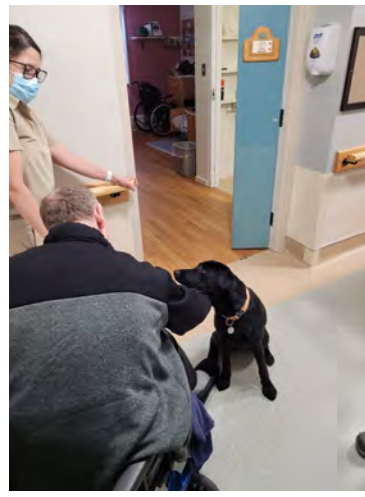


Eden Corner



OUR PHILOSOPHY focuses on enabling resident-centred and quality care encouraging residents to make decisions about their care. This includes the choice of when to wake to begin their day and retire at night, what they like to wear, food choices, activities etc. The Eden culture focuses on giving care in a vibrant habitat full of life[1]enriching opportunities rather than providing “treatment” in an institutional setting. This is done by incorporating plants, animals, and children into daily life. These changes did not happen without the support from our care partners, families, and community. Education and support are key factors in our success. Our guiding principles include being caring, compassionate, confidential, fair, honest, respectful; providing a happy and safe atmosphere for all, where everyone is treated as individuals and valued for their contribution; honoring our community’s roll in keeping us strong and vibrant; actively engaged in lifelong learning; taking pride in being leaders in innovative programs/ services; being committed to supporting our partners in sharing information and believing anything can be achieved

Recently we welcomed pets back into our home after a three year hiatus due to the pandemic. It is encouraging to witness the response from our residents’ as their eyes light up as each loving pet passes, or maybe stops to visit or shares a cuddle.



Thank You

. for your support .

Thank you to Sharon United Church for the gift of music. On February 23rd we were entertained by Jim King, Linton Worrell and Willett Stevenson. Not only did our residents enjoy their visit, Care Partners were so delighted too as it has been many years since we have had a crowd together to enjoy some musical entertainment. Mark March 17th (St. Paddy’s day) to the calendar for our next musical singalong!! Everyone is Welcome!!!