

MAY 2020

Willow Leaf



Happy Mother's Day!

HAPPY BIRTHDAY

Residents

Bertha Douglas- May 5

Peggy Bardeau -May 18

Care Partners

Adrian MacCallum -May 8th

Megan Waugh – May 10th

Charlee Heighton – May 10th

Alanna Stevens – May 15th

Charlene Hayman – May 18th

Carol Millett – May 21st

Kathy Dunlop – May 22nd

Geneva Wiebe – May 24th

From the Desk of Janine

Friends and Family;

The flags outside my office remain at half-mast and are a constant reminder of the tragedy we Nova Scotians have experienced **the weekend of April 18-19.**

Many of our residents and care partners have been personally affected by these events and struggle to understand why? We are a close knit community and we will continue to support each other.

To date, everyone at Willow Lodge remains well! We are taking all precautions necessary under the guidance of the Nova Scotia Health Authority, Department of Health and Wellness and Public Health. Here at the Lodge we strive to be proactive in all we do. As a precaution, with the weather getting warmer, **effective May 1, 2020**, we are asking for no visitors on the property as our residents begin to enjoy the warmer weather.

Our recreation department has been busy these past few weeks and has made 65 calls either by facetime or telephone. If you wish to arrange contacting a resident, please call Karli, the Director of Recreation, to set up an appointment 902-657-3101 Ext:24.....

Willow Lodge is an essential service and with our dedicated team of Volunteers, we have continued throughout this pandemic to ensure the delivery of hot, home cooked meals to those that receive Meals on Wheels. I want to express our sincere appreciation for our Meals on Wheels Drivers who so faithfully continue to deliver a hot meal to many within our community. In these times of isolation, they are one of the few people our recipients of meals would see and be able to speak with.

Volunteer Appreciation week began April 19th and ran until the 25th. As with many of our celebrations, we had hoped to acknowledge **ALL** of our volunteers **on the evening of April 24th**. They provide so much of their time and talent in so many ways- please know that we are sending each and every one of you a big THANK YOU **in appreciation for all you do!**

Stay safe, Stay well!

Janine Jaconelli,
Executive Director.

Welcome
New Resident

Jean Patterson



Nova Scotia
Strong

WILLOW NEWS

During the week of May 11-15th, we at Willow Lodge take the time to show great appreciation for our Care Partners who work diligently to make Willow Lodge the best home possible for each resident and their families. Throughout the week, we will have special treats, a BBQ, prize draws, etc. all in recognition of our care partners. We truly are lucky to have such amazing, caring, thoughtful Care Partners here at Willow Lodge. A doctor outside of our community once complimented the Willow Lodge, and stated that: "Willow Lodge is a hidden gem, in the center of Tatamagouche." Our Care Partners are one of the essential reasons for why this quote is very true. We thank you for being who you are and for what you do, from everyone at Willow Lodge. Keep up the amazing team work and dedication! ❤️

Willow Lodge Care Partners have been treated to a prize draw from CG Fulton Pharmacy, compliments of Wendy MacLean who over the years has been very generous in supporting our Care Partners. The winner of the draw that took place April 27 was Megan Keatley. Megan will be receiving a \$100.00 gift certificate. Thank you Wendy and the gang at CG Fulton Pharmacy for always being so good to Willow Lodge.



Willow Lodge would like to extend a very [Happy Mother's Day](#) to all the Great-Grandmothers, Grand Mothers, Mothers and Mother figures out there reading our Willow Leaf. You're all wonderful people and from the bottom of our hearts we appreciate everything you have done and continue to do for us. For the mothers who are no longer with us in this present life, we will cherish our memories and keep you close to our hearts, today and always.

On May 8th, there will be a Mother's day Tea and snack held in each neighbourhood at 2:00pm. On May 10th, there will be A Mother's Day Dinner in each neighbourhood at 11:30am.

The menu is as follows:

Mother's Day Dinner

May 10, 2020

*Roast Turkey &
Roll*

Potato Salad

*Cucumber/
Tomato Slices*

*Cherry Cheese-
cake*

Tea/Coffee



From Finance Office:

Even though the government has given until June 1st to have the income taxes complete, it is still important and beneficial to have your resident's Income Tax completed as soon as possible. The Department of Health will be starting to reassess accommodation charges by June for the upcoming year with the new rate effective Nov1.

Thank You.
PJW
Finance Office



How's it Going???

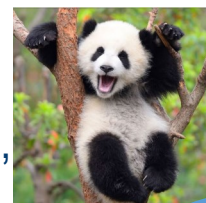
Just a little update as to how the rehabilitation side of Willow Lodge is moving along. As always the Lodge is so very fortunate to have constant contact with the Physiotherapist and Occupational Therapist. Both continue to be updated by e-mail and phone and if residents or family ever have an urgent question both therapists are available....

I continue to be available Monday to Friday but the delivery of service has changed slightly. To accommodate small, spaced out gatherings several groupings of exercise classes are offered in the mornings. Small gatherings according to neighborhoods also means drumming is offered several more times in the run of the day. Hand therapy has changed from a group gathering to an individualized program. Individual exercises and interventions continue as always.

The paperwork involved in equipment rental through the Red Cross continues as always with many individuals at Red Cross working from home and submitting requests to the warehouse in Burnside. Delivery of this equipment is continuing, although as with any items these days, delivery can run late. To follow safety protocols during this time, when an item is delivered it is stored for a period of 24 hours before being used.

Everyone has been very patient and understanding. While wearing a mask I have learned to be pretty expressive with my eyes. *Sometimes the eyes can say more than the mouth.*

I will give you a wink and say better days ahead.



Cathy Rafters,
OTA/PTA

Nursing Nook

April has been a month like no other.

Our thoughts prayers are with all those who lost loved ones in our community due to the horrible tragedy this month.

We also think of our comrades at Northwood in Halifax who have lost many from their home due to the Covid-19 infection.

The World Health Organization has designated 2020 as the year of the Nurse and Midwife – how fitting that turned out to be!

The second week of this month is Nurses' Week.

At Willow Lodge, we choose to celebrate all our care partners during that week.

Care Partner Appreciation Week will look a little different this year, but we certainly will be celebrating all the hard work that goes on at Willow Lodge!

I may be a wee bit biased, but we have the best care partners going!!!

We are pleased to welcome 3rd year nursing student, Julia Thibault, to our team.

Julia is studying at St. Francis Xavier University in Antigonish – Welcome Julia 😊

Lisa Hodder,
Director of Care



Operations Corner

The weather is getting nicer outside and we're all looking forward to spending some time outdoors. Achim and I recently did an inspection of the Courtyard, decks, sidewalks and other outdoor areas to make sure everything survived the winter months. Just a few things to look after out there before that can be opened up, but it will be soon.

Michael Ashton has been busy cleaning up the outdoor gardens and he's doing a great job. It's nice to see everything greening up again. Soon the grass will be growing too.

I would like to take this opportunity to say what a great job all of the Care Partners are doing in the midst of all that's been happening in the world, and in our communities. Let's all hope things can get back to normal, sooner than later.

Until next time.....

Kent MacDonald,
Director of Operations



Volunteer Scoop

With the absence of volunteers in the Willow Lodge – there has been a distinct lack of things to do as the Volunteer Coordinator! But with the onset of Spring (it is snowing as I type this!) I have taken on the gardens at the Lodge, and you'll most likely see me puttering about outside (When the snow has gone anyway!)

But what I did notice as I began clearing the weeds last week was that the Spring bulbs Kelly, Arlene, Kay and myself planted last year, following a fund raiser with the Willow lodge Auxiliary, have started to flower! I've included a few photos so you can see them:



I've also started off some vegetables – some of which are in the Lodge and sprouting already (cucumbers and cauliflower) and plan to plant a few other things as the season goes on – flowers included! I've almost finished clearing out the greenhouse, getting it ready for a seed planting marathon – and no doubt one of you reading this will be roped into doing some watering!

Auxiliary News...

Chris Thistle-English, one of newest Willow Lodge Auxiliary members, has been keeping busy whilst stuck at home - sewing face masks for family and friends (see the photo of Chris's own mask!). All proceeds are donated towards our palliative care room

– You can contact Chris at # 204-647-1993

Tooda-loo for now
Your friend,

Michael Ashton,
Volunteer Coordinator



Above: Chris Thistle-English
& mask he created

Delicious Turkey Burgers

Ingredients:

- 1 lb Ground Turkey
- 1 tbsp Garlic Powder
- 1-3 tsp Red Pepper Flakes
(depending how spicy you like your burger) *(Optional)
- 1 tsp Dried Minced Onion
- 1 Egg
- 2 ½ cup Crushed Cheese Flavoured Crackers



Directions:

Preheat a grill for high heat.

In a large bowl, mix together the ground turkey, garlic powder, red pepper flakes, minced onion, eggs and crackers using your hands. Form into four patties.

Place patties on the grill, and cook for about 5 minutes per side, until well done.

Homemade Hamburger Buns

Ingredients:

- 1 (.25 ounce) Package active dry yeast
- 1 lb All-purpose flour, or as needed- divided
- 1 cup Warm water (105 degrees F/41 degrees C)
- 1 Large egg
- 3 tbsp Butter, melted
- 3 tbsp White Sugar
- 1 ¼ tsp Salt
- 1 Egg Beaten
- 1 tbsp Milk
- 1 tsp Sesame seeds, or as needed



Directions:

Line a baking sheet with a silicone mat or parchment paper. Place yeast into bowl of a large stand mixer; whisk in 1/2 cup flour and warm water until smooth. Let stand until mixture is foamy, 10 to 15 minutes.

Whisk 1 egg, melted butter, sugar, and salt thoroughly into yeast mixture. Add remaining flour (about 3 cups).

Fit a dough hook onto stand mixer and knead the dough on low speed until soft and sticky, 5 to 6 minutes. Scrape sides if needed. Poke and prod the dough with a silicone spatula; if large amounts of dough stick to the spatula, add a little more flour.

Transfer dough onto a floured work surface; dough will be sticky and elastic but not stick to your fingers. Form the dough lightly into a smooth, round shape, gently tucking loose ends underneath.

Wipe out stand mixer bowl, drizzle olive oil into the bowl, and turn dough over in the bowl several times to coat surface thinly with oil. Cover bowl with aluminum foil.

Let dough rise in a warm place until doubled, about 2 hours.

Transfer dough to a floured work surface and pat to flatten bubbles and form into a slightly rounded rectangle of dough about 5x10 inches and about 1/2 inch thick. Dust dough lightly with flour if needed. Cut dough into 8 equal pieces. Form each piece into a round shape, gently tucking ends underneath as before.

Use your hands to gently pat and stretch the dough rounds into flat disc shapes about 1/2 inch thick. Arrange buns about 1/2 inch apart on prepared baking sheet. Dust buns *very lightly* with flour. Drape a piece of plastic wrap over the baking sheet (do not seal tightly).

Let buns rise until doubled, about 1 hour.

Preheat oven to 375 degrees F (190 degrees C).

Beat 1 egg with milk in a small bowl, using a fork, until mixture is thoroughly combined. Very gently and lightly brush tops of buns with egg wash without deflating the risen dough. Sprinkle each bun with sesame seeds.

Bake in the preheated oven until lightly browned on top, 15 to 17 minutes. Buns will stick together slightly where they touch. Let cool completely, tear the buns apart, and slice in half crosswise to serve.

If you are like me, you are ready for some nice BBQ weather! I hope you enjoy two of my favorite recipes: Delicious Turkey Burgers and Homemade Hamburger Buns. Enjoy and stay safe and healthy 😊

Amanda Rees,
Dietitian



My
Favorite
Recipes



Recipes sourced from Allrecipes.com.
Amy's Delicious Turkey Burgers. &
Homemade Hamburger Buns.

EDEN CORNER

Welcome to the Eden corner, here you will find out events and memories that took place Willow Lodge during the Month of April!

On April 23, **Emily Bain turned 100!** 😊

Emily along with her Willow friends, gathered “social distantly”, enjoyed cake, and sang songs together. Before her birthday celebration she was connected via computer with her family. Emily and her family enjoyed each others company; the family tested Emily with a tricky Spelling BEE (where she passed with flying colors), her granddaughter Megan played the fiddle, and Avery wrote & read a beautiful tribute to his mother. The Bain family wished Emily a great big Happy 100th Birthday, and sent over many loves & kisses. Emily Olive Bain now has her photograph added to the Willow Lodge’s wall of display for “Centenarians”!

A few projects took place here at the Willow Lodge. Charlene Hayman & a few other care partners in Barrachois created an “I Spy” wall. Here, the care partners can find a fun game to play with the residents throughout their days. Random pictures of objects are displayed across a wall. The person playing will be given a sheet of paper with the names of the objects, the player will then look to the wall of objects and find that “I Spy” object to match their word. The care partner will confirm & write down which objects were found on their paper, then the resident receives a prize! This game has been a great idea and fun memories have been made playing.

Another great & thoughtful project the care partners have created for our residents’ and their families have been, “I’m doing okay cards”. The care partners wanted the families to receive a beautiful card in the mail, made from their loved ones, letting them know they are doing okay, while sending along a picture of them waving hello. ❤️

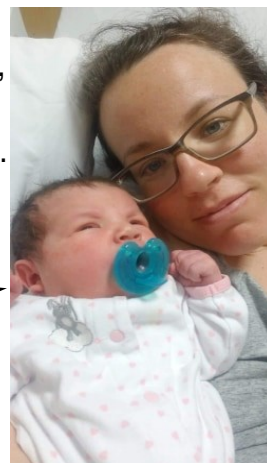


Care Partner News

Exciting news for Julie Tattie, our Director of Recreation who is out on maternity leave. The newest addition to their family arrived on April 21st!.. A baby girl named

Maddie Jane Tattie. ★

She is a happy, healthy & beautiful little girl, with big chubby cheeks & black hair, weighing at 9lbs 5oz!! Wonderful news and happy-happy memories to come. The Willow Lodge would like to send out a whole lot of love and congratulations to Julie & her family.. We are all looking forward to meeting little miss Maddie Jane !



HERE'S A LITTLE CHUCKLE.....

“Be careful because people are going crazy from being in lock down! Actually I've just been talking about this with the microwave and toaster while drinking coffee and we all agreed that things are getting bad. I didn't mention anything to the washing machine as she puts a different spin on everything. Certainly not to the fridge as he is acting cold and distant.. But, in the end the iron straightened me out as she said everything will be fine, no situation is too pressing. The vacuum was very unsympathetic...told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over! The toilet looked a bit flushed when I asked its opinion and didn't say anything but the door knob told me to get a grip. The front door said I was unhinged and so the curtains told me to...yes, you guessed it.. pull myself together.” --Author Unknown

& shared by Mary-Beth Sutherland

*Hang in there everyone, I know it feels like a heavy time, but the clouds will pass, the snow will melt...again... and we will see green grass & sunshine soon. Take good care

Karli. B
Director of Recreation

