



# Willow Leaf March 2019



## Residents

Don Derry - March 1  
Helen MacIntosh - March 1  
Cornelius Havenga - March 8  
Ron Patriquin - March 8  
Betty Peterson - March 16

## Care Partners

Tammy Fraser - March 8  
Maureen Holmes - March 12  
Patsy Waugh - March 18  
Trish Ross - March 26  
Trish Manning - March 27



## In Memoriam

**Merle Chisholm**  
June 11, 1931  
to  
February 23, 2019

**Carol White**  
December 4, 2019  
To  
February 24, 2019

**Doris Langille**  
May 10, 1924  
to  
February 26, 2019

*"Those we love don't go away,  
they walk beside us every day...  
unseen, unheard, but always  
near, still loved, still missed  
and very dear."*

## upcoming EVENTS

### March 2

The Lillian Fraser Auxiliary's Annual Chowder Fest, 11:30am - 1:30pm at the Tatamagouche Legion. Adults - Fish Chowder \$8, Corn Chowder \$7 and Children 12 and under \$4 for either. Take-out and local delivery available by calling 902-657-3228.

### March 9

Pancake Supper 3:00pm - 6:30pm at the Wentworth Recreation Center \$8 per adult, \$5 for children up to 12 and free for children under age five.

### March 10



### March 11

**Pyjama Day at Willow Lodge**  
any day you get to wear your pyjamas all day is a good day.

### March 12

**Sports Day at Willow Lodge**  
show support for your favorite sports team.

### March 13

**Decade Day at Willow Lodge**  
outfits from the 50's, 60's, 70's, 80's or 90's, we're going back in time.

### March 14

**Beach Day at Willow Lodge**  
we're ready for warmer weather so we're heading to the beach early. Don't forget your sunscreen.

### March 15

**Green Day at Willow Lodge**  
come dressed in green, the more green the better!

### March 15

Willow Lodge's St. Patrick's Day Party, 2:30pm in the Bayview Dining Room.

### March 17



### March 20

**First Day of**



### March 25

Breakfast at St. John's Hall, River John, 7:30am - 10:00am.



## Willow Lodge News

What will you be doing on the last full week of winter? Nothing!? Well, if you're looking to kick those winter blues goodbye on a fun note, come join us as we'll be squeezing in our Winter Carnival Festivities the week of March 11-15. We'll have fun activities throughout the week for both Care Partners and Residents as well as prizes for best dressed and most participation. Each day throughout the week will have a theme and they are:

**Monday** - Pyjama Day

**Tuesday** - Sports Day

**Wednesday** - Decade Day

**Thursday** - Beach Day

**Friday** - Wear Green Day

If you have a chance stop by for a visit and dress up too, if you wish. It will be an awesome time and a great way to get ready for Spring. Winter Carnival 2019 here we come!

The Nursery School visited last month and were they ever excited when they found out they were going to participate in a scavenger hunt. There were hearts hidden all around the home and when they found them all they took them and delivered one to each of the Residents. The Nursery School also made their own Valentines to give to out to the Residents which was extra special. Thank you!

We can't forget the Grade Fives and our Residents intergenerational craft. On Feb 20th the grade fives delighted us with their time and what a visit it was. The craft that day was a cloud which read, "If I found a pot of gold and a leprechaun gave me six wishes, I would wish for a rainbow of things" and coming from that cloud was six different coloured strips of paper that read wishes of both the Grade Fives and Residents. It was so neat to see and hear the residents and grade fives share their wishes. What would you wish for?

On Wednesday Feb 27th we had a pop up sundae bar and what a treat it was. Residents enjoyed their choice of a butterscotch sundae or strawberry sundae with delicious stewed berries, whipped cream and a sprinkle of peanuts. We listen to the greatest hits of the 50's, 60's and 70's and enjoyed an afternoon of conversation. Stay tuned for our next pop up sundae bar!

## From the desk of 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. And 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!

## Irish Blessing

May the dreams  
you hold dearest  
be those which  
*come true*  
And the kindness  
you spread  
*keep returning*  
*to you*



## Eat Well, Be Well Chocolate Date Bites

**These are quick and easy to make, and  
require no cooking!**

### Ingredients

1 cup dates (soaked and pitted)  
1/4 cup almonds  
1/4 cup natural peanut butter  
1/4 cup mini chocolate chips  
1/4 quick cooking oats  
1 T ground flax seed  
1 t vanilla  
sprinkle cinnamon

### Instructions

1. Mix all ingredients in food processor at high speed for 2 mins (to ensure nuts are chopped up).
2. Roll into small balls. Coat with dried unsweetened coconut if desired.
3. Chill in a container for up to 10 days. Enjoy the sweet taste!

**Recipe from Dietitians Network of Nova Scotia**

**-Tiffany Derby; Dietitian**



## Slippery Slope

This has been a very trying winter both in temperature and in slippery walking. Looking out the windows you see many people doing, "the penguin walk," taking slow, small steps to avoid falling. In fact, falls are the leading cause of injury among older Canadians. The most common causes of falling among seniors are a combination of poor balance, muscle weakness, medication, low vision and environmental factors.

Maintaining strong balance and strength is one key factor in preventing falls. Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability which is so important in order to remain upright. Some examples of core strengthening exercises are seated tummy twists, knee extensions and use of theraband resistance. All of these and many more are practiced at the Willow on Tuesday and Thursday mornings at 10am and 11am as well as individual exercise programs that have been prescribed by the physiotherapist. All of which help to keep everyone strong.

With exercise, education and effort hopefully the risk of falling is reduced. Remember:

**F**=fitness. Keep fit for strength and balance and don't let fear of falling prevent social interaction

**A**=assistive devices. Grab bars, walkers and canes fitted and used properly are important

**L**=look for factors. Ex. Poor fitting shoes, rugs/matts, poor lighting, ice

**L**=let your support system know of any near falls or unsteadiness

**S**=schedule a yearly health check-up (including vision and hearing)

Physiotherapy is not all serious information. There is always a laugh or two during the exercise program. A gingerbread man walks into the clinic and complains that his knee hurts. The physical therapist says, "have you tried icing it."

Remember to stay strong and try to engage in some form of physical activity everyday while having fun.

**- Cathy Rafter; PTA/OTA**





## Nurses Nook

As most of you are aware from the media over the past several months, working in Long Term Care can come with stressful times.

This month we are hosting a workshop, for all care partners, on the topic of Stress and Resilience in the Workplace.

We hope this time will offer some helpful tools to care partners in managing stress and practicing self-care in being proactive against stress management.

We are building up our care team here at Willow Lodge! Welcome to April Jollimore and Sabrina Ross to support our care team.

Also, Nora Hurley-Dobson (CCA) is joining us, along with RN Sherri Muise.

We are glad to have you on board!

A reminder of the dental hygienist visit March 14<sup>th</sup>. Contact the lodge for forms and an appointment.

Holly Scott, Massage Therapist, will be here one day this month.

If any resident would like a half hour massage, the fee is \$45.

Please contact the lodge to make arrangements.

- Lisa Hodder; Director of Care

MAY YOUR troubles  
BE LESS &  
YOUR blessings  
BE MORE  
and  
NOTHING BUT  
happiness  
COME  
THROUGH YOUR DOOR.

-irish blessing

## Eden Corner

We've all heard the saying, "a dog is a man's best friend," well at Willow Lodge we've come to find out that a dog even though he may be small in size and sometimes gets mistaken as a cat, can be more than just a man's best friend. Our Director of Care; Lisa Hodder and her family adopted a dog from friends of the family, but that tiny guy didn't know he was entering a family a lot bigger than just the home of the Hodder's and that family included the Residents of Willow Lodge. Tequila, better known as "T" started coming to Willow Lodge with his "mom" Lisa and it didn't take long for him to get the attention of the Residents. Tequila has brought so many smiles to the residents since he arrived, Residents love to watch him chase his orange ball and he loves to cuddle. Many Residents enjoy sneaking him a treat or two as well, sometimes when they think no one is looking. We would like to welcome "T" as a member of the family and the Residents want him to know he will always have a home here. If you see "T" around when you're visiting make sure to say hello.





## Resident News

The Residents of Willow Lodge would like to extend a huge token of gratitude to all the Care Partners, especially the ladies in the kitchen for the wonderful Valentine's Supper. It was delicious! Even though the weather did not cooperate, there were still a fair number of guests that made the trip in for their special event. As for those that were not able to make it, we know you were all there in spirit and you were not forgotten. Hopefully next year the weather will decide to behave. The Residents want everyone to know you went above and beyond, you all know how to make each and everyone feel special and loved.



**Pictured Left:** Resident Marty Jollimore and her son, Sean Jollimore at our Valentine's Supper.

**Pictured Right:** Director of Care; Lisa Hodder served Resident Lorraine Stevens her meal as well as many other Residents at our Valentine's Supper.



**Pictured Left:** Resident Betty Peterson and her daughters, Jill and Patti were all looking lovely at our Valentine's Supper.

Residents would also like to thank the Care Partners for the awesome Chinese New Year meal. Everyone enjoyed learning about the year of the pig as well as finding out what each of their Chinese Zodiac Signs were. It was a great afternoon with lots of laughs. We're looking forward to find out what this year has in store for us. Cheers to the year of the pig!

On Feb 14th Residents had a Valentine's Day Party with live entertainment from Blaine Brown and friends, who all come from the River John area. Residents, Care Partners and Guests all gathered in the Bayview dining room and relished in the beautiful love songs that were sung as well as some old classics. Everyone indulged in sparkling juice and delightful flavors of cheesecake. Residents can't wait for Blaine and friends to return as some over heard they also play some old rock. Stay tuned!

Do you remember the 80's, 70's and 60's? Well if you were lucky enough to have visited on the right day last month you might have felt like you stepped in a time machine or were experiencing a blast from the past. Residents have appreciated the trip down memory lane, sharing stories of what they were doing in the different decades as well as listening to some of the old music they or their children used to dance to. Residents have enjoyed this program so much we're going to be making another stop this month to the 50's.







## The Volunteer Scoop

### Theatrical Goings On!

At the request of residents and following a vote at the resident council meeting, a motion was made to install an overhead projector and painting of one wall white in the tranquility room. The idea has been supported by the Auxiliary and thanks to Edie Leet benevolence we now have the funding to move this project forward. Several residents had expressed the need for a large viewing screen to watch old movies. With shared rooms, difficulty in hearing and small television screens, it became apparent that something simple like this isn't always easy as we age.

We are seeking help in 2 areas – If you have any old DVD movies that you would like to donate, they would be greatly appreciated. We are particularly seeking older movies from the 1940s to 1960s and musicals have always been popular with residents, but any donations that you can make would be greatly appreciated. You can drop them into the lodge anytime for Michael or Julie.

We are also looking for some who can make black out curtains for the room. If anyone could help us by making these, please call Michael on 902-324-3429. We will of course provide you with all the materials that you need.

- Michael Ashton; Volunteer Coordinator

*“you have all the tools to do this for a living someday, but your out of shape and you need a haircut.”*

- John Sellers

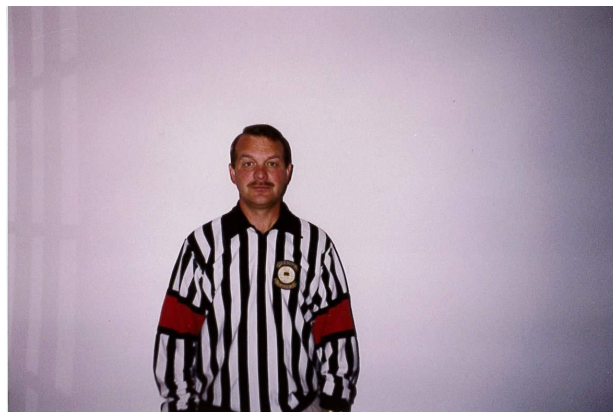
## Care Partner News

We would like to extend our condolences to Care Partner Charlene Hayman; CCA on the recent loss of her father. May care and love of those around you provide comfort and peace to get you through the days ahead.

We join our friends with thoughts of comfort in helping them get over the immense void left behind by the loss of their beloved friend and coworker Carol White. May the memories of Carol help you find peace.

Care Partners Lori Ann; CCA and Juanita Forbes; are getting ready to head out on a grand adventure, they along with 12 others are heading to Fort Lauderdale for a few nights and then they are heading out to sea on an eleven night cruise. They will be going as far south as Aruba. How close is that to the equator? Throughout their trip they will be going on a number of different excursions which include: driving dune buggies, a motorized tricycle tour around Aruba, beach hopping tour and a historical site seeing tour in Columbia. Pictures to come at a later date. Have a fun safe trip!

Our very own Operation Manager; John Sellers is being deservedly honored this Sunday, March 3rd at the Truro Sports Heritage Society annual sports dinner and awards night. He was nominated as one of three recipients of The Merit Award for his phenomenal career as a hockey official. John started to ref hockey in 1970 and took his skates off and retired in 1993. John has influenced many young referees throughout his career and some through listening to the wise words of John now are some of the top linesmen in the NHL. Way to go John, from everyone at Willow Lodge we're very proud of you!



**Pictured Above:** John Sellers back when his office was out on the ice.