

# MARCH 2022 WILLOW LEAF



Happy  
St. Patrick's  
Day

## Happy Birthday

### Residents

Don Derry - March 1  
Gloria Martin - March 10  
Stewart Hoare - March 15  
Beverly Fahey - March 16  
Lewis Morrison - March 19

### Care Partners

Tammy Fraser - March 8  
Trish Ross - March 26  
Trish Manning - March 27

### Welcome

#### New Residents

Margaret Beeler  
Stewart Hoare  
Ross MacDonald

### In Memory

Joyce Irene Dean  
September 12, 1933 to February 26,  
2022

## From the Desk of Janine

As we move closer to Spring and the relaxing of COVID-19 restrictions in the province, we are all filled with hope for our Willow Lodge community.

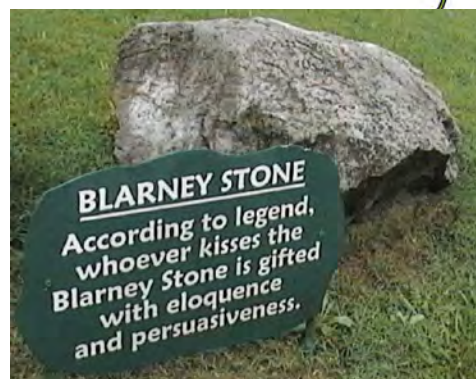
March 15, 2022 will mark 2 years that we have been living with the unknown from restrictions, guidelines, to opening one week and then closing the next. What will our future hold?

I would like to extend a warm welcome to Alicia Williamson as our interim Director of Recreation as Julie Tattie will be leaving us to begin her maternity leave. We wish Julie and her family well as they prepare for their new arrival.

March 17<sup>th</sup> is another day to celebrate... our one wish is that we can all KISS the **BLARNEY STONE** for some good luck!

**Stay Well, Stay Safe!**

Janine



## From the Finance Office

Income tax time for 2021 has arrived. Please file Resident's tax returns as soon as possible. If you require a letter for tax purposes from Willow Lodge, please contact Peggy.



## Willow Lodge News

Its time again for our Winter Carinal fun! Winter Carnival will run from March 14<sup>th</sup>-18<sup>th</sup>. The themes for each day are as follows:

Monday 14<sup>th</sup> – Multi-Colour Day

Tuesday 15<sup>th</sup> – Hawaiian Day

Wednesday 16<sup>th</sup> – Wacky Hair Day

Thursday 17<sup>th</sup> – St. Patrick Day, wear **green**

Friday 18<sup>th</sup> – Pajama Day

Dress your best with each theme and join in on the carnival fun! Keep an eye on the activities for the week as there will be special activities taking place in the neighbourhoods each day. Don't put your mittens away just yet, as there will be some snow fun!

In addition to the scheduled activity there will be a little mini game each day for staff and residents to take part in. So come on out and join in the fun.

Don't forget to vote for the King and Queen of the Winter Carnival. Jane will be coming around on the evening of the 16th to collect everyone's votes. The King and Queen will be crowned in their respective neighbourhoods and the winners will be announced in each neighbourhood.



### Willow Lodge

#### Hawaiian Day Dinner Menu

Tuesday, March 15, 2022

Hawaiian Pineapple Pork Roast

Mashed Potatoes/Rice

Carrots+ Coconut Corn

#### Dessert

Pineapple Coconut Tart

### Willow Lodge

#### St. Patrick's Dinner Menu

Thursday, March 17, 2022

Irish Stew

Dumpling

#### Dessert

Chocolate Mint Cake

# Eat Well, Be Well

Happy nutrition month! Every March Dietitians of Canada hosts an education campaign to inform Canadians on the changing science of nutrition, and this year the theme is *Unlock the Potential of Food: Ingredients for a Healthier Tomorrow*. This year's theme focuses on how dietitians are using their skills and expertise to create change that not only impacts the health of individuals, but our communities and planet as a whole. There are many aspects of a sustainable food system that dietitians play a role in, including food security, food literacy, food sovereignty and sustainable food choices.

Food is an important component of our community at the Willow Lodge, bringing us together daily as well as during many celebrations that take place throughout the year. We offer a variety of food on our menu that takes into consideration residents food culture and traditions. We are also lucky to grow some of our own produce in the summer that residents are able to enjoy.

I am trying to be more conscious of my environmental impact, and one way that I am doing this is through sustainable food and nutrition choices. Here are some examples of what I will be doing to help change our food system, and hopefully it inspires you to make some changes too!

Reduce food waste. Some ways I am working to reduce my food waste include:

1. Freezing fruit that is nearing the end of its shelf life to use in smoothies
2. Saving my vegetable scraps to make homemade veggie broth
3. Repurposing or freezing leftovers to make sure nothing is wasted when I make too much
4. Planning my meals before I grocery shop so I don't buy more than I need and end up throwing things out

Supporting local. Some ways that I currently support my local food community include:

1. Taking advantage of the farmer's market. When in season I buy the majority of my produce from my local market. It not only supports members of my community, but I know I am always getting the freshest products possible!
2. Last year I purchased seedlings from a local farmer and planted my own small garden. This is something I plan on doing again this year and encourage anyone who is interested to do as well. One of my favorite memories from this summer was eating cherry tomatoes right from the vine!

Incorporating plant-based proteins. I am not vegetarian and love meat, however plant-based proteins offer a ton of nutrients and they are something I include in my diet. Here are some plant proteins that I enjoy incorporating in my diet:

1. Chickpeas, lentils, and beans
2. Tofu
3. Nutritional yeast
4. Edamame
5. Nuts and seeds, including almonds, peanuts, cashews, and pumpkin seeds

If anyone is curious about nutrition month and looking for more details about the campaign, you can go to <https://www.unlockfood.ca/en/nutritionmonth> for resources, including an electronic recipe book that has been developed by several dietitians in Canada.



## Nurses Nook

The remaining COVID-19 boosters have been completed for our Elders. We were able to invite our 2 Designated Care Givers back to Willow Lodge, and hope that we can continue to have them support their loved ones.

We had a Nova Scotia Community College student CCA complete her Long Term Care clinical practice here at Willow Lodge and she will be continuing on as casual. Congratulations and welcome Kenzie Forbes!

Good news for our CCA care partners this month when the Premier announced an increase in their wages, very long overdue, congratulations to all of you and thank you for everything you do!

COVID continues to be very prevalent in our community and we encourage everyone to continue to wear your mask, social distance and wash your hands! Hopefully we will be able to get back to some “normal and enjoyable activities” for our Elders in the near future. Stay safe!

Jill Peterson, RN  
Director of Care.



## Operations Corner

The weather is beginning to show some signs of improvement, at least we've had some warmer temperatures during the past month and the snow banks are getting smaller. Let's hope this continues and spring will arrive sooner than later.

We've had our share of snow and wind-storms lately, and we lost power during the last storm for about 12 hours. The generator performed well during the outage as it should, most wouldn't have noticed a difference. Just a reminder that during power outages the Main Laundry downstairs does not run on generator power, so try to reduce what is sent downstairs and be patient with the laundry staff during a power outage.

The Nurse Call System upgrade is nearing completion and we hope to have that completed in the next two weeks or so. This has been a complete replacement of all communications cabling throughout the facility as well as all of the fixtures and related computer hardware and software.

Willow Lodge and Victor Mingo Quality Construction have agreed on design and pricing of the Palliative Care Room project, and we hope to have that underway in this calendar year.

Kent MacDonald  
Director of Operations



# Eden Corner

This past month we had the pleasure of having the local RCMP detachment come in to celebrate Valentine's Day with the residents. Arriving in their Red Serge uniforms, the Officers went around to all the residents handing out chocolate, flowers, cookies, pins and other goodies. There were smiles all throughout the building as they came through.

They also brought along a friendly reminder to keep an eye out for scammers. Lately scammers have been phoning people looking for personal information and it is best to hang-up without providing them any information. Contact the police or the organization by their listed phone number and inform them about the scam. Stay safe everyone.





# Saint Patrick's Day

March 17

J	Q	Y	E	S	H	A	M	R	O	C	K	G	B	I
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M	E	B	M	D	Y	B	I	X	J	D	I	U	Q	A
B	P	B	E	K	A	P	N	R	U	U	L	R	E	I
B	R	H	R	G	U	N	N	V	E	B	T	L	G	N
Y	E	A	I	E	O	C	C	Y	K	L	S	S	L	B
Q	C	Y	C	D	Z	L	P	E	H	I	A	U	V	O
G	H	Q	K	A	Z	C	D	E	B	N	C	N	L	W
H	A	I	A	R	X	V	M	Y	L	K	E	C	D	B
F	U	B	B	A	X	E	Z	F	A	E	B	H	J	H
V	N	E	K	P	R	M	L	B	R	P	R	A	C	E
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BLARNEY  
CHARM  
CLOVER  
DANCE  
DUBLIN  
EMERALD

GOLD  
GREEN  
IRELAND  
ISLE  
LEPRECHAUN  
LIMERICK

LUCK  
MARCH  
PARADE  
RAINBOW  
SHAMROCK

