



Willow Leaf May 2019

Happy Birthday

Residents

Gerry Hamilton - May 16

Peggy Bardeau - May 18

Care Partners

Adrian MacCallum - May 8

Charlee Heighton - May 10

Charlene Hayman - May 18

Carol Millett - May 21

Geneva Wiebe - May 24

Brenda Laurie - May 26

Robert Cameron - May 29

Welcome New Residents

Fran Crichton

Gerry Hamilton

Memoriam

Aubrey Cochrane

January 27, 1935

to

April 25, 2019

Upcoming Events

May 2-7

North Shore Players and the Creamery Square Art Society are holding auditions for a production of the popular musical "Oliver!" The production is scheduled for October. Auditions for TRA students will be held May 2 and May 6 at Tatamagouche Regional Academy. Auditions for the general public (adults and youth) will be May 5 at 2:00pm and May 7 at 7:00pm at the Grace Jollymore Arts Center at Creamery Square. Auditioners will be asked to sing "Oh, Canada" and read a scene from the script. Any questions, call 902-257-2444 or email kathleen-hicks@hotmail.com

May 10

Willow Lodges bi-annual family council meeting will be held May 10th, 2019 @ 1:30pm. There will be a Mother's Day Tea Party to follow at 2:30pm.



May 12



For Mother's Everywhere

*She is clothed with strength and
dignity. She can laugh at the
days to come. She speaks with
wisdom and faithful instruc-
tion is on her tongue.*

-Proverbs 31:25-26

May 16

Dance, Dance, Dance - Wallace,
Year End Recital @ The Grace Jol-
lymore Arts Center, Tatamagouche,
6:00pm - 7:00pm, Donations @
Door.

May 26

Caledonian Orchestra @ The Grace
Jollymore Arts Center, Tatama-
gouche, 3:00pm - 5:00pm, tickets
\$15.

May 31

Richard Wood with Gordon Belsher
@ The Grace Jollymore Arts Cen-
ter, 7:30pm - 10:00pm, tickets \$2

Eat Well, Be Well...

Red Lentil Bolognese

Red lentils are one of the easiest legumes to cook. They cook in about 20 minutes (no soaking required) and are a "must have" pantry staple – inexpensive, healthy, and easy to prepare! Use over pasta, rice, or as a thick soup. This sauce freezes well too, so make a big batch of this delicious source of plant protein!

Ingredients:

A glug of olive oil
1 onion, chopped
2 stalks celery, diced
3 cloves of garlic, finely chopped
other chopped veggies welcome
1 cup red lentils, rinsed well
1 14oz can of diced or crushed tomatoes or fresh tomatoes, diced
1½ cups of water (add more if you want it less thick)
2 tablespoons chopped fresh herbs such as oregano, basil or 1 teaspoon of dried herbs
splash of red wine vinegar
freshly ground salt and pepper

Method:

1. In a saucepan, sauté the onion in the olive oil for a couple of minutes. Add the garlic, celery, and other veggies. Sauté for a couple of minutes.

2. Add the lentils, tomatoes, and water. If using dried herbs and vinegar, add them now. Season with a pinch of salt and pepper.

3. Bring to a boil and simmer gently for about 15 minutes until the lentils are cooked. Stir regularly to stop the lentils from sticking. Simmer to let flavours deepen. If you are using fresh herbs, stir them in at the last minute.

4. Serve over rice, pasta, or enjoy as a thick soup!

Recipe from Dietitians Network of Nova Scotia

- Tiffany Derby; Dietitian



Student Point of View

My name is Dylan MacKay, I'm a student from NSCC finishing up what I would consider an amazing experience at this facility. However, I would be doing a dis-service if I didn't give credit to the Eden philosophy integrated within the home. The Eden philosophy eliminates boredom, loneliness and helplessness while still providing optimal client-care. Not a day has gone by where there isn't some form of activity going on within the building. A lot of smiles in willow lodge stem from the wonderful, caring staff. The staff at willow lodge work as one to turn each day into a good one for the residents and will stop at nothing to achieve that goal.

From day one I was welcomed with open arms into the team. In willow lodge, everybody collaborates. Nursing, Rehab, cooks, and maintenance work together to ensure the residents are receiving the best care possible. Each week, I was given countless opportunities by all our staff, & the support shown for my progress as a student couldn't be appreciated enough.

By week 3, I was given the opportunity to run exercise classes. However, I put my own spin on it. I played a few songs on the guitar, which elevated the overall mood of the room, then proceeded with the exercises. Together, the residents and I shared lots of enthusiasm and a positive attitude to life.

Overall, this experience is one I will never forget as I progress into an entry level assistant. As much as it was a great learning experience it was also a ton of fun. I want to personally thank the staff and the residents for making my time here vividly memorable. I look forward to visiting The Willow Lodge very soon.



Pictured Above: NSCC Student Dylan MacKay playing the guitar as residents gather for their exercise program.



Mother's Day Dinner

May 12, 2019

Lobster

Potato Salad

Cucumber/Tomato Slices

Strawberry Shortcake

Tea/Coffee

Limited to 2 Guests /Resident

\$15/per Guest

need special meal ticket

RSVP by 4:00pm on May 10th

Phone: 902-657-3101

Willow Lodge News

Willow Lodge would like to extend a very Happy Mother's Day to all the Great-Grandmothers, Grand Mothers, Mothers and Mother figure out there reading our Willow Leaf. You're all wonderful people and we appreciate everything you have done and continue to do for us. For the mother's are no longer with us in this present life, we will cherish our memories and keep you close to our hearts, today and always. "The most precious jewels you'll have around your neck are the arms of your children."

-Unknown

Willow Lodge News

We fought off Winter this past month which was trying its best to stick around with the occasional snow and cold winds, but we had enough and decided it was time to bring a bit of Spring inside. How did we do this? We made crafts and a special art piece that will be displayed in the Youth Art Show that will be held at a later date. Our art piece is a sun that was created through melted crayon art. These were no ordinary crafts, they were bright, colorful and so enjoyable to make that they brought life into our home. We could not have done this without the help of the grade five class from the Tatamagouche Regional Academy. We can't wait for your next visit!



Pictured Above: Our intergenerational art project, which included butterflies and a special art piece created with melted crayon art.

Willow Lodge would like to welcome the family members of Residents to our bi-annual family council meeting which will be held on May 10, 2019 at 1:30pm. Following the family council meeting, we will be celebrating our many moms with a special sweet treats and tea. We hope to see you all there!

In May we at Willow Lodge take the time to show great appreciation for the Care Partners who work diligently to make Willow Lodge the best home possible for each resident and their families. With that being said we will be celebrating our Care Partners through the week of May 6 - 10. We will have a special treats, BBQ, prize draws and much more throughout the week. We truly are lucky to have such amazing, caring Care Partners here at Willow Lodge. We thank you for being who you are and for what you do, from everyone at Willow Lodge. Keep up the awesome team work!



Willow Lodge News

We at Willow Lodge had front row seats during the demolition of the North Colchester High School which was located in the heart of Tatamagouche. As the building was being knocked down there were mixed emotions from Care Partners and Residents as many had attending school there, had children and grand children graduate from there or spent many years teaching within those walls, which seem to tumble with ease with each blow of the excavator. We heard some residents say with a little shake in their voice, "there goes my classroom," as they watched it disappear and become a memory and now a part of history. We heard Care Partners share stories of the good old days with residents and amongst themselves as the building started to shrink in size and reminisce of what once was, fall to the ground.

We also had some residents that found it so fascinating to see a structure that stood in one place for so many years. It became an icon in the ever growing town of Tatamagouche. They just couldn't take their eyes off the process and watched from the first smashing of a window to what now remains, small bundles of rubble and an outline of concrete walls that once acted as a foundation of both the building and helping develop strong young men and women, who now are making a difference big and small in their home, Tatamagouche.

It's kind of ironic to think that so many people could have mixed emotions about a building right? It's just a bunch of concrete, wood, nails and other building material right? Well, to some yes, that might be all that they see, but to others it's where they might of met their best friend, who they still see on a daily bases. It might be where they met their significant other who they have now built a family with. It might be the place where they felt part of a team through sports or its where they were when they decided what it was they wanted to do with their future. The list of possibilities is endless, so maybe it wasn't just a building, but a building block that has help lead the way, starting the path for so many. With that being said, we know not everyone has fond memories of school, but it's just a structure that once stood. Yes it is gone, but the memories, the friendships, the destination afterward is ours and we will continue to live on as will the North Shore High School. Maybe not as a physical building, but through us that attended there as we go on and use what we learned there to make our own history. To an end of an era and a start of another!



Top Picture: Residents watch on as the demolition of the NCHS begins.

Pictured Above: Look closely and you can see the same Residents as pictured in the previous picture, watch on as the rubble that once was a school is being trucked away.

Willow Lodge would like to welcome Dan MacKenzie, who is a student from Okanagan College, completing his Recreation Therapist Assistant practicum with us. Dan will be working along side our Director of Recreation; Julie Tattrie for three weeks. Dan we're very excited to have you with us and we hope you enjoy your time here at Willow Lodge.

Dan is also the grandson of resident Lorraine Stevens.



Pictured Above: Student Dan MacKenzie painting nails at nail care.



Resident News

Edie Larsen, who was President of the Lady's Auxiliary of the Royal Canadian Legion Branch 64, Tatamagouche and Bev Mingo who was 1st Vice President, made a visit to Willow Lodge to see resident Kay Mattatall, to present her with her 65 year pin as a member of the Royal Canadian Legion. Kay has been a member of the Royal Canadian Legion for 66 going on 67 years. Kay stated that she joined the Royal Canadian Legion on August 3, 1953 and was officially initiated into the Legion in September of 1953. The Ladies Auxiliary charter for Branch 64, Tatamagouche has been suspended as of December 31, 2018. Congratulations Kay on your many years of dedication.

Pictured Right: Resident Kay Mattatall being presented her 65 year pin for her service and dedication to the Royal Canadian Legion, Branch 64, Tatamagouche. Presenting the pin is Edie Larsen and Bev Mingo.

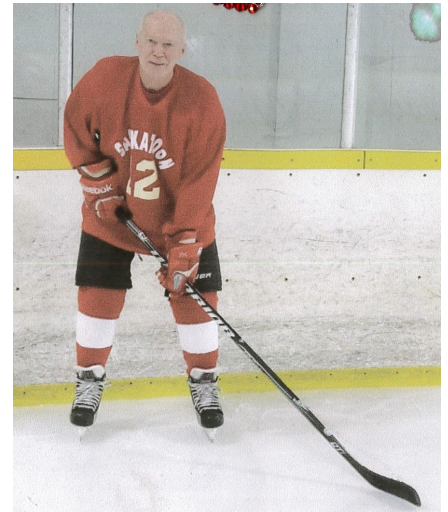


Resident Eunice Sutherland had a wonderful surprise visit from her younger brother, Jack Langille, who travelled all the way from Saskatchewan with his wife Marjorie. She also had a wonderful visit from her sister, Myrna MacKay and her son John Mackay, who both reside in Tony River, NS. Eunice's brother, Jack "Rabbit" Langille was just recently inducted to the Canadian 80-plus Hockey Hall of Fame for his contribution to hockey. Jack still skates twice a week and enjoys it as much as he did when he first hit the ice at age 5. Eunice really enjoyed your visits and she loves sharing the fame of her wonderful brother Jack. We wish you safe travels home.



Pictured Above: Marjorie Langille, Jack Langille, Myrna MacKay and her son John MacKay.

Pictured Right: Jack "Rabbit" Langille found on skates. Jack is a Brother to Resident Eunice Sutherland and was inducted to the Canadian 80-plus Hockey Hall of Fame.



Pictured Below: Logan Dickie and his new 4H calf.



Resident Vaughan Dickie just returned from a short trip to PEI with his son Wade and grandson Logan where they attended the National Holsten Convention that was held in Charlottetown. While at the Convention Vaughan purchased half interest in a two month old Holsten calf which his grandson will get to bring home at a later date. Logan will be training this calf for 4H this summer and if he wins he may get a chance to compete in the Royal Winter Fair which takes place in Toronto, Ontario. Logan everyone at Willow Lodge wishes you the best of luck.



Resident News

Lillian Sutherland had one of her former primary students, Adele Veno come to visit. Adele is the daughter of volunteers Laurie and Allen Treen. Laurie had Lillian as a teacher, as well as both her children, Adele and Matthew.

Pictured Right:
Resident Lillian Sutherland and her former student Adele Veno.



Care Partner News

We all know "T" who comes visits us all while mom Lisa Hodder; Director of Care is at work. Well, "T" has been having a sleep over with Laurie and Allen while mom, Lisa is away at a conference. "T" Laurie and Allen will miss you when he returns home. Thank you for taking him to visit the resident while Lisa is away.



Pictured Left: "T" pictured waiting at the table while staying at Laurie and Allen's thinking, "where is my breakfast?"

Care Partner Lori Anne MacNutt; CCA will be heading to Quebec on the long weekend in May to support her two granddaughters Emma and Amber who have been selected to represent team Nova Scotia in the under 12 and over 13 divisions. They're representing the Eastern Division in trampolining. Emma and Amber we wish you the best of luck in your competition. We know you will have a very proud supporter in your corner.

Care Partner Cathy Rafter; OTA/PTA will be attending her son Patrick's graduation from UNB later this month. Patrick will be graduating with a BBA. Congratulations Patrick we wish you the best of luck in all your future endeavors.

Eden Corner

When it comes to the Eden philosophy we often think of our Residents, we want to eliminate helplessness, boredom and loneliness for them, but sometimes it is our Care Partners who need that support as well. In lieu of our staff appreciation week we thought it was fitting to share the following story with you all.

Care Partner Kelly Yantzi; CCA/Horticulture is always coming up with new ideas, especially when it comes to our horticulture program. Kelly is always making beautiful center pieces for most, if not all special occasions. This past month Kelly took on the daunting task of making center pieces for our annual volunteer supper, a task that was realistically a lot larger than it seemed. This is where we get to see that the Eden philosophy goes beyond just our residents and that our Care Partners here at Willow Lodge just have a natural way of eliminating those dreaded three plagues. Care Partners took turns switching out on their breaks to help Kelly, so that she could complete the center pieces on time. They spent time chatting, sharing stories keeping Kelly company while working together to get a task done. How lucky are we to work with such amazing coworkers, that when they see a fellow Care Partner in a time of need there is no need to ask, the help just arrives and what project once seemed almost impossible was now possible and looked stunning. Thank you Kelly for all that you do, you are a wonderful inspiration. To the Care Partners who helped and stepped in during the time of need, give yourselves a big pat on the back. We should be proud to have fellow Care Partners who care so much for one another. We hope you all have a wonderful Staff Appreciation Week!