

Willow Leaf May 2021



Happy Mother's Day

**Welcome
New Residents**

**Donna Durrant, Kathleen Nelson,
Bob Douglas and Clara Barron**

From the Desk of Janine

Happy Birthday Resident Birthdays

Peggy Bardeau - May 18

Care Partners Birthdays

Megan Waugh - May 10

Charlee Highton - May 10

Alanna Stevens - May 15

Charlene Hayman - May 18

Kathy Dunlop - May 22

THE VALUE OF ONE, THE POWER OF MANY

National Volunteer Week: April 18-24, 2021.

This year's theme reflects on the generosity and kindness of many individuals, groups, businesses and magic that happens when we all work together.

It is with great appreciation that we honour and thank all our volunteers who have supported Willow Lodge in the past and those drivers who continue to provide our community with meals on wheels, especially in these difficult times. Without your dedication and commitment this program could not continue.

Willow Lodge's 2021 Volunteer of the year award, sponsored by Bonnyman's Wild Blueberries is awarded to Linda and Wayne Mingo and John Sellers who dedicate their time to our meals on wheels program. The willingness and dedication of these volunteers goes above and beyond. Thank you for always being there, ready and willing.

As many of us begin receiving our vaccines, it is important to continue taking precautions.

- **WASH YOUR HANDS OFTEN**
- **WEAR A MASK IN PUBLIC SPACES**
- **KEEP A DISTANCE OF 2 METRES (6FEET) FROM OTHERS.**

**LET US ALL BE A PART OF OUR WAY FORWARD
FOR NOVA SCOTIA!**

Remembering

"Little by little, we let go of loss,
but never of love."



**Bertha Douglas
May 5, 1928 - April 8, 2021**

Stay Well, Stay Safe
Janine Jaconelli
Executive Director
Willow Lodge

***Corporate/Small Business
Volunteer Award
Dexter Rundle-Woolcock
{Dexter's Butcher Block}***

Dexter's Butchers Block is a butcher shop in Tatamagouche, and since its opening has always worked hard to help strengthen the community. Dexter's consistently supports of many community groups and organizations in the area; investing in your community is a great way to give back to those who have helped support your business. As small businesses go you could not ask for more.

There are too many to list, but to name a few, Dexter's supports the Willow Lodge Auxiliary fundraising efforts and is one of the biggest donors during their Palliative Care Room Gift Card Fundraiser. Dexter's also supports the Oddfellows yearly roast beef dinner, providing the meat, with funds raised going to the Oddfellow's and anyone in need of help across Tatamagouche and has been know to work with local families to help with their fundraising projects.

Dexter has supported numerous fundraisers in any way he can and always makes sure to volunteer his time to help at BBQ's. Dexter's Butcher Block deserves recognition for the support they have given the village and continues to do so.

Thank you Dexter, from the Village of Tatamagouche.



***Corporate/Small Business
Volunteer Award
Chris & Wendy MacLean
{Foltons Pharmacy-Tatamagouche}***

Fulton's Pharmacy and its owners Chris and Wendy Maclean have been wonderful local supporters of many organizations within the Village of Tatamagouche, and deserve recognition for what they do. The Willow Lodge Home for Special Care is a regular recipient of donations, and they have been one of the largest donors towards the Willow Lodge Auxiliary Palliative Care Room.

Chris and Wendy are also avid supporters of Tatamagouche Minor Hockey. They have supported the Association financially and have also donated their time to help, by organizing a community BBQ and fireworks display with all proceeds going to minor hockey.

They have been supporters of the local fire station for many years, ensuring that there is water on every firetruck, for the fire crews.

Thank You Chris & Wendy of Fultons Pharmacy!



Family Voluntter Award

James, Kristelle, Dawson & Ayla Campbell

James and Kristelle Campbell began volunteering with Willow Lodge Home for Special Care, soon after moving to the Village of Tatamagouche, by adopting a lady called Florence as a Grandmother for their two children, Dawson, and Ayla, under the Lodge Friends for Friends' program.

The family visited Florence faithfully, which was a real joy for both the family and Florence. Their son Dawson often sings for his adoptive grandmother and she always looked forward to seeing them and regaling the tale of their visit once they had gone.

The Campbell's are a hard-working family and finding time to volunteer with a busy life and young family is not easy. Willow Lodge has nominated this lovely family to show that even if you only have an hour to spare each week, that hour can make so much difference to someone who may otherwise not receive regular visitors.

Sadly, Florence passed away earlier this year, but it was her request the Campbell's be recognized for the difference they made in her life.

Thank you so much Campbell Family, words cannot express our gratitude!



Family Volunteer Award

Allen & Laurie Treen

Allen and Laurie Treen have been volunteering with Willow Lodge Home for Special Care for several years, and together are their most dedicated volunteers, volunteering with them multiple times a week.

They play cards every Wednesday, perform music for a packed crowd on Monday's, and every Friday they can be found helping with the Nail Care Program. They visit multiple residents, support their bazaars and community events, and have an enormous impact on the residents that call Willow Lodge home. They also volunteer, and are instrumental, in the running of the Willow Lodge Auxiliary, where they support fundraising efforts, and volunteer for additional events that arise at the Willow Lodge.

Allen and Laurie are a very special couple that without the help of, Willow Lodge would not be able to run such well-orchestrated programs. They are very deserving of recognition and the Residents and Care Partners of Willow Lodge would like to thank them for everything they do.



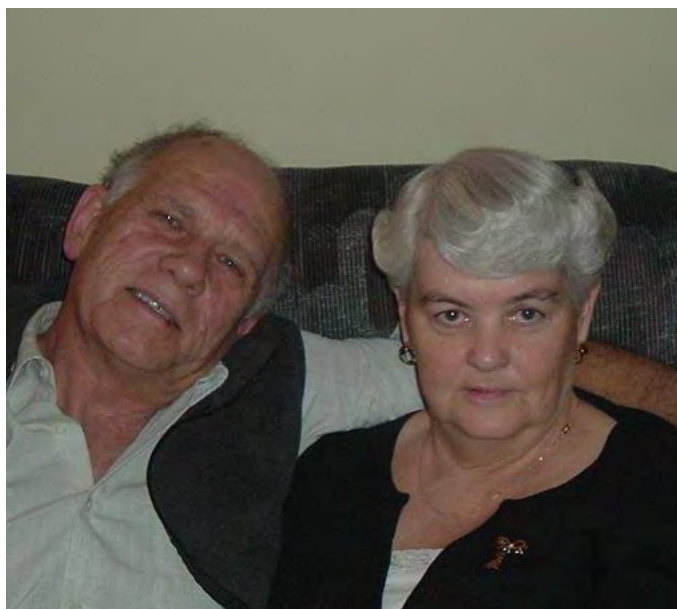
Family Voluntter Award

Wayne & Linda Mingo

Wayne and Linda Mingo are an exceptional couple that have delivered thousands of meals to the elderly across the Village of Tatamagouche for over a decade. They are among the most reliable delivery drivers in the Meals on Wheels Program, and are never too busy to help. They are also members of the Tatamagouche Royal Canadian Legion Branch 64. They have been members for close to 40 years; Linda as the secretary and Wayne as both President and Vice President.

They have been instrumental in organizing crib tournaments, darts contests, the poppy campaign, Remembrance Day Ceremonies, Christmas Dinners for those who live alone, the Legion's Christmas Index Program and numerous other fundraisers that have taken place over the years. They are a lovely couple, of ten working in the background to support people who are less fortunate within the Village.

Thank you, Wayne, and Linda. Thank you from so many people!



Individual Volunteer Award

Betty Byers

Betty Byers is a formidable woman, who is highly respected in the communities of Tatamagouche and New Annan. She has been volunteering for multiple organizations for many decades including: local Cub and Scout groups, the Canadian Cancer Society, the United Church Women's Group, the Women's Institute, the Tatamagouche School Reading program, the Bell Gift Cemetery.

Betty also finds time to volunteer as the United Church Treasurer, the West New Annan Church Hall Treasurer, the North Shore Archives (30 years), Willow Lodge Auxiliary (23 Years) and she also sat on the Willow Lodge Home for Special Care board.

Some of the word's people have used to describe Betty include outstanding, exemplary, above and beyond, role model, unstoppable, and quite simply amazing.

Betty Byers, has dedicated her life to volunteering, she really is a Volunteer to be recognized.

Thank you Betty!



Youth Volunteer Award Delani Underwood

Delani is one of those people that everyone looks forward to seeing, when she volunteers at the Willow Lodge Home for Special Care. She started volunteering in the laundry five years ago and you can guarantee it is always with a smile on her face. In the laundry she helps with loading and unloading the machines, folding clean linens, and restocking the linen carts with clean supplies.

Delani's enthusiasm and commitment to work is clearly evident in what she does, and the compassion she has for the residents brings a smile to many faces. She is often described as the hugger - and the happiness and closeness that a hug can bring is clearly visible when the residents see her.

Thank you Delani from the staff and residents of Willow Lodge Home for Special Care - you are a true star!



Community Group Volunteer Award Willow Lodge BINGO Volunteers

It is often laughed about when people say "if bingo gets cancelled at Willow Lodge a riot will ensue". But all jokes aside, there is a visible disappointment when they have to cancel bingo due to a storm! The Willow Lodge Bingo volunteers have come in faithfully for years - twice a week, every week, to what is one of their most popular evening events.

Together, Edie Leet, Catherine Bennett, George Smith, Thelma Hayman, and Edie Perkins have over 20 years of combined volunteering between them - just at bingo! They do it because they enjoy it, and they enjoy the company of the people they help. You have to have something special to be a volunteer at bingo - keeping residents focused on the game when they forget what they are doing is often a challenge - and without the help of these dedicated volunteers many of the Willow Lodge residents wouldn't be able to participate.

Senior living communities rely strongly on volunteers to create meaningful activities and programs for their residents and volunteers are a vital part that. They offer their time, talent, and skills to every dimension of life often without recognition. Your dedication is unmatched and Willow Lodge could not do what they do without you.

Thank you!



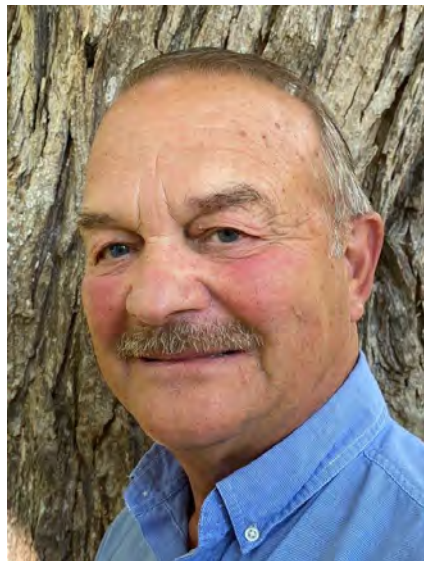
Willow Lodge News

Willow Lodge's 2021 Volunteers of the Year are: Wayne and Linda Mingo and John Sellers. Their names will be added to our Willow Lodge Volunteer of the Year plaque, sponsored by Bonnyman's Wild Blueberries.

Congratulations! We, the Residents, Care Partners and community are forever grateful for your selflessness. You will have read about the many years Wayne and Linda have committed not only to our Meals on Wheels program, but to the community at large.

John Sellers, who is no stranger to Willow Lodge, has been dedicated to not only the Meals on Wheels Program, but also delivered, without hesitation, Emergency Kits to community members of Tatamagouche and surrounding area. The Colchester Aging Well Together Coalition, supported by Community Links, advocates for the establishment of age-friendly, inclusive communities by linking with other community organizations to promote needed change. During these unprecedented times, to support the vulnerable older adults in our communities, Colchester Aging Well Together Coalition has assembled a Limited number of Emergency

Kits to be distributed, at no cost to the recipients. John, thank you and congratulations.



We're thrilled to see the nice weather and we've been taking full advantage of it. Residents have been making frequent visits to our Willow Lodge Park for walks, to see the beautiful flowers bloom and to count the fish in the pond. How many are there? It's amazing what a little sunshine can do to raise one's spirits. It truly is good for the soul.

Willow Lodge will be conducting a Mock Exercise on **May 27th**. A mock exercise takes place every three years and is part of our All Hazards Plan and is required for our Provincial Licensing. During this exercise there will be participation from the RCMP and Local Tatamagouche Fire Department. We wanted to inform Willow Lodge families and the community members of Tatamagouche, **PLEASE** do not be alarmed, this is a planned exercises which has been organized by Willow Lodge in coordination with the mentioned organizations above. Our mock exercise will take place at **1:30p.m.**

Staff Appreciation week takes place in the month of May and we want all the Care Partners of Willow Lodge to know that you are **ALL** appreciated, each and every one of you, no matter what department you work in.

CHEERS, to all those who are graduating from Universities, throughout Nova Scotia and beyond, this month. May you all find success in your careers.

From everyone at Willow Lodge, Congratulations! Willow Lodge is sending a **BIG** Happy Mother's day to all the Moms out there. Especially to our Residents and Care Partners who are Mothers, Grandmothers and soon to be mothers. We also remember those who lost children and pray that they find the comfort they need. May you all have a splendid day, as each of you deserve.

Lastly, but certainly not least, we recognize all our volunteers who were recipients of a number of volunteer awards from the Town of Truro and Colchester County. Congratulations! For those who are able to continue volunteering, we thank you and to those who are unable, we miss you. Care Partner Jane Terry, recreation assistant, accepted the Willow Lodge **BINGO** volunteer reward on their behalf.





Lobster or Ham

Potato Salad & Roll

Cucumber and Tomato Slices

Strawberry Mellow Bars

Tea or Coffee



Finance Office

Peggy W. here from the Finance Office

Please make sure that the person responsible for each resident's financial affairs has filed the tax form **ASAP**. It is of the utmost importance that income taxes be filed.

Thank you!

Mom,

I'm **assured** of your **love**
even though we're **apart**
'cause so **much** we've shared
is **written** on my **heart**.

To all our Mother's at Willow Lodge
from your family and friends,
both near and far.
We Love you and Miss you!



Operations Corner

We are required to plan and carry out a Mock Exercise every 3 years as a requirement of provincial licensing. This year the mock event will take place on May 27, and will be a Code White drill. Preparations for this event are underway. So far, Colchester RCMP and Tatamagouche Fire Department have agreed to take part. More information about this will be made available over the next month.

The new shed has been delivered, and thanks to Achim, it has been levelled and blocked on the gravel pad that was put in place by Floyd Tattie Trucking. The shed is extra storage for Personal Protective Equipment (PPE) that we are required to have on-site, and some other medical equipment that we didn't have room for.

We are awaiting delivery on a new auto-scrubber for the Housekeeping staff. The new one is smaller and will be used for tighter spaces like Resident rooms and bathroom areas.

I would like to welcome Jocelyn Langille to the team at Willow Lodge. She will be working on a casual basis in Housekeeping and Dietary Services, beginning mid-May.

- Kent MacDonald

Director of Operations



Nurses Nook

Well, here we are riding our 3rd wave in this global pandemic!

It is tiresome, but we are maintaining positive spirits in our day to day.

I am so very thankful that residents, staff, and designated caregivers have been vaccinated.

That being said, it continues to be imperative for all of us to do our part in practicing safety measures.

Frequent washing of hands, maintaining physical distance, and wearing a mask covering **BOTH** nose AND mouth.

We will get through this safely as we are vigilant at maintaining these measures.

I would like to welcome 2 new care partners to our Willow Lodge family.

Marley Howe, CCA and Tammy Langille have joined us this month.

Welcome to you both – we are glad to have you!

The second week of May is National Nurses Week.

Here at Willow Lodge, we like to recognize ALL of our care partners during that week. We will be celebrating with special treats and lunches, some prize draws, and tokens of appreciation.

Thank-you, to each and every one of you, for the contributions you give in the daily lives of those living here.

For sharing your talents, giving your time, and persevering through these trying times.

Your contributions are noticed and appreciated. Cheers to you!



Stay well and stay safe,
- Lisa Hodder
Director of Care

Resident News

Our condolences are sent to, Colin Douglas and his family. Last month they said goodbye to their wife, mother and best friend, Bertha Douglas. Bertha and Colin were married for more than 70 years. They truly were best friends. Colin will miss you dearly, but will cherish the memories made, holding them close to his heart. Losing someone we love is nothing easy, we can realize that we are blessed to have been able to share in her life. Thoughts and prayers to you all.

Cassie Cameron and her husband Carson Cameron celebrated their 69th wedding anniversary on April 23rd. Cassie and Carson, your love and friendship is an inspiration to us all. Congratulations and cheers to many more years together.

Begin the Day with Friendliness

Begin the day with friendliness
And only friends you'll find.
Yes, greet the dawn with happiness;
Keep happy thoughts in mind.
Salute the day with peaceful thoughts,
And peace will fill your heart;
Begin the day with joyful soul,
And joy will be your part.

Begin the day with friendliness ,
Keep friendly all day long,
Keep in your soul a friendly thought,
Your heart a friendly song.
Have in your mind a word of cheer
For all who come your way,
And they will bless you too, in turn,
An wish you "Happy Day!"

Begin each day with friendly thoughts,
And as the day goes on,
Keep friendly, loving, good and kind,
Just as you were at dawn.
The day will be a friendly one,
And then at night you'll find
That you were happy all day long
Through friendly thoughts in mind.
- Frank B. Whitney

This poem was submitted to us. It is a favorite of resident Ruth Weatherby's and she wanted to share it with you all. We hope you enjoy!

Eat Well, Be Well

Moist Lemon Blueberry Loaf

Ingredients:

For Loaf

- 1 ½ cups all-purpose flour
- 2 tsp baking powder
- ½ tsp salt
- 1 cup sour cream (or Greek or plain yogurt for less calories)
- 1 cup sugar
- 3 large eggs
- 1-2tbsp lemon zest (I use two from two large lemons)
- ½ tsp vanilla
- ½ cup vegetable or canola oil
- 1 ½ cups fresh or frozen blueberries, tossed in 1 tbsp flour

For Optional Lemon Syrup: (I recommend using this)

- Juice of 1 lemon mixed with 2-3 tsp sugar

For Lemon Glaze:

- ½ cup of icing sugar
- Juice from ½ lemon
- Dash of pure vanilla extract
- Optional: lemon zest to sprinkle on top



Recipe sourced from All Recipes
*I hope everyone enjoys this recipe as
much as the residents and staff at
Willow Lodge.*

- Amanda Rees, Dietitian

Instructions:

1. Preheat oven to 350F. Spray 8.5 x 4.5 x 2.5 inch loaf pan with cooking oil (or grease with butter) and dust with flour. Zest two lemons and set aside.
2. Combine dry ingredients (except sugar). Wisk together flour, baking powder and salt in large bowl.
3. Combine wet ingredients and sugar in a separate medium bowl, mix together sour cream, eggs, sugar, lemon zest, vanilla and oil.
4. Combine ingredients from both bowls, adding wet ingredients to dry ingredients and combine with whisk. Gently fold in the blueberries mixed with flour.
5. Pour batter into greased/floured pan. Bake on middle oven rack for 50-70 minutes. Start checking at 50 minutes. If toothpick comes out clean then loaf is done. Rest loaf for 10 minutes on rack, then remove loaf from the pan and place it on rack over a pan to catch any drips.
6. Make and add lemon syrup: For an even moister, more lemony loaf, poke holes in the top of the loaf with toothpick. Pour on lemon Syrup to soak in. Let loaf cool.
7. Make and add glaze: Mix together icing sugar and lemon juice in a small bowl. Drizzle glaze over cake. Sprinkler with lemon zest if desired. Slice and serve.

Care Partner News

A person that departs from this earth never truly leaves, for they are still alive in your heart and through you, they live on. Julia, we were saddened to hear of the passing of your grandfather. We know you will hold and cherish your memories of him. Everyone at Willow Lodge is sending our condolences to you and your family. Julia Thibault has been working with us as a Student Nurse throughout the year.

Robert Cameron, from our Dietary team has some exciting news to share with everyone. Robert along with his team members, Eden MacDonald, Ted Graham and Alice MacNeil, won the North Shore Recreation Centre's Curling Club Championship for 2021. The victory was sweet as they defeated long time curling rival and former Willow Lodge Care Partner, John Sellers and his teammates, Jimmy Forbes, Jimmy Russell and Bobby Cameron. When we interviewed Robert, on how they overtook their opposition, he said, "It was my skill, precise shooting and ability to steal that brought us victory." Congratulations Robert, may you take advantage of your "bragging rights," until next season.

Care Partner Audrey Weatherby, Resident Care Coordinator has a lot to be proud of. Her daughter in law, who is also a former Care Partner, Santina Weatherby, was published in the Canadian Nurse, which is a national professional publication. Santina's article is titled "Even nurses need nursing: what I didn't expect when expecting during COVID-19" Congratulations on your publication and all your accomplishments throughout this past year. If you would like to read Santina's article it can be found online at, <https://canadian-nurse.com/en/articles/issues/2021/march-2021/even-nurses-need-nursing-what-i-didnt-expect-when-expecting-during-covid-19>

A congratulations goes to Care Partner Mary Beth Sutherland's, RN daughter, Emily Sutherland, who is graduating with a Bachelor of Nursing from the University of New Brunswick, this fall. Emily is continuing her family's nursing legacy. Upon her completion it'll make her a third generation nurse.

Emily is going to be taking a position at the CEHHC in Truro. Emily, everyone at Willow Lodge wishes you the best of luck as you start your nursing journey. We have no doubt you will be an incredible nurse.



A congratulations goes out to Care Partner Erin Em-slie's, LPN daughter Miriam MacEwan who graduates this month from the School of Nursing with a Bachelor of Nursing at St. FX in Antigonish. Miriam, with your contagious smile, kindness and caring personality, we know where ever you end up working you will be successful. Willow Lodge wishes you all the best in your future endeavors.

Wow, it's so wonderful to see the amount of nurses graduating this year! We're not done yet we have one more young lady to congratulate and we've been extremely fortunate to have her working as a Care



Partner with us. Julia Thibault, Student Nurse will, be graduating this month from the School of Nursing at St. FX in Antigonish with a Bachelor of Nursing. Julia has been an outstanding asset to our team, with her bright, bubbly personality and caring bedside manner, you are sure to go far. Julia plans to stay within Nova Scotia, hopefully close to home, but would love to find a position within an ER. Julia, we're all very proud of you and wish you nothing, but success in your future.

Eden Corner

United We Stand

It has been just over a year since COVID-19 made its unwanted appearance in Nova Scotia. It has changed the lives of so many, especially those who are working the frontlines. Let's be honest, COVID-19 has impacted us ALL one way or another. To the Care Partners of Willow Lodge, we are proud of all the sacrifices you have made and continue to make to keep our Residents safe, cared for and loved. No matter what restrictions were placed upon us, anxieties or fear of what was or is to come, you all soldiered on, with smiles, (even though hidden behind masks) positivity and joy. Each one of you is a true testament to what we stand for as an Eden community. Each of you using your strengths, talents and skills to enrich the lives of not only our Residents, who call Willow Lodge home, but also each other, the Care Partners of Willow Lodge. You all should stand proud together, for all that you have overcome through this past year which was full of uncertainty. To all of you, thank you, thank you for what you have done and continue to do as we continue to navigate through the world in which COVID-19 has shaped. Willow Lodge Care Partners, you are an amazing team, one of which anyone would be lucky to be part of.



May is...

**IG WEALTH
MANAGEMENT**
**WALK FOR
ALZHEIMER'S**

This month, Willow Lodge is challenging everyone to get up and walk 5km, have a family (those whom live in the same household) living room dance party or walk 17,000 steps for the 17,000 Nova Scotians living with dementia.

We'll have a walk later this month with our residents and care partners. We are hoping for nice weather so that we can walk outside in our beautiful park. We'll also be having a BBQ fundraiser on Friday, May 21st and Friday, May 28th for our Care Partners. BBQ \$5.

Our Director of Recreation is going to make a challenge of her own. Julie is originally from Cape Breton. A talent that she brings from home is Cape Breton step dancing and the residents of Willow Lodge LOVE watching her and listening to her stories of each Cape Breton musician she dances along to. Julie is going to dance everyday in the month of May, that is 31 days of good 'ol Cape Breton "steps" for all the past, present and future Residents of Willow Lodge that live with Alzheimer's. Surely she will reach the goal of 17,000 steps by the end of May!

We'll have pledge forms attached to the Willow Leaf for anyone who would like to support our Willow Lodge walk and Julie's Step Dancing Challenge. All funds raised go to The Nova Scotia Alzheimer's Society. Due to COVID we can't go door to door, so if you wish to donate, please fill out the pledge sheet and return to Willow Lodge. Please make cheques out to Nova Scotia Alzheimer's Society.



Please **PRINT** the name and address of each donor clearly.

DONOR'S NAME	ADDRESS	CITY	POSTAL CODE	EMAIL	TELEPHONE	AMOUNT	RECEIPT?
Jane Sample	123 Sample St.	Sampleton	A1B 2C3	jsample@email.com	613 555 1234	\$20	YES
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THANK YOU for your generous support!				TOTAL:			

TAX RECEIPTS: Those who contribute a minimum donation amount will automatically receive an official tax receipt provided contact information is both legible and complete.

PF-WFA-01E 2019

walkforalzheimers.ca

Alzheimer Society