



May
2022

Happy
Birthday

Happy Birthday

Residents

Peggy Bardeau - May 18

Care Partners

Megan Waugh - May 10

Charlee Heighton - May 10

Alanna Stevens - May 15

Charlene Hayman - May 18

Kathy Dunlop - May 22

From the Desk of Janine

April Showers bring May flowers.....

As we say goodbye to all the rain, it is our hope that we say goodbye to our outbreak and open our doors.

If all goes well, May 9th has been determined by the Health Department as the day we can begin to welcome back our DCG's. With this in mind, let's hope this can be our reality.

We are preparing for a special celebration that honours all our Care Partners starting May 9-13. This date aligns with Florence Nightingale's Birthday and is set aside to honour all nurses. Here at Willow Lodge we choose to appreciate all Care Partners who work as a team, delivering the best care possible to all our residents. A BIG shout out to all our amazing Care Partners for all you do.

Enjoy the beauty that May brings....stay well, stay safe!

Janine Jaconelli

Executive Director



In Memory

Sandy Capon

August 22, 1943 to April 15, 2022

Operations Corner

First of all, thanks to all Care Partners for your hard work over the last month or so. It was a long month of working short-handed due to absences caused by the Pandemic. The isolated areas we had throughout the facility created a lot more work for everyone, but we've gotten through it so far. Most were able to keep a positive attitude; that helped a lot and didn't go unnoticed.

The weather is finally starting to show some signs of improvement, the days are longer and brighter. Hopefully we can get more than 2 days of sunshine in a row sometime soon. The Park, Courtyard and other outdoor spaces are open and ready to be enjoyed by our Residents.

Jocelyn Langille has accepted the position of Housekeeper and we're happy to have her in that full-time role. Most will be familiar with Jocelyn as she has been working here at Willow Lodge as Casual in Environmental Services and Dietary for the past year. Kristen Horst left that position and will be attending Community College in the fall to become a CCA. She is currently still working here at Willow Lodge as a Casual CCA in-training and Housekeeping. Best of luck to you, Kristen, in your studies.

We are waiting for delivery of 18 new beds. When these are received, all of the beds in the main section of the facility will have been replaced within the last 3 years, and all of them will be the same model. This should cut down on repairs and as well as the number of spare parts we need to have on hand.

Kent MacDonald

Director of Operations

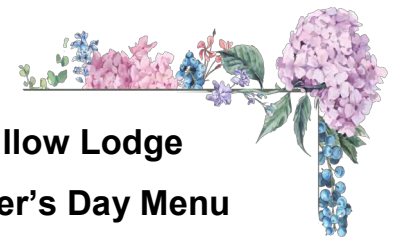
Nurses Nook

We continue to deal with COVID-19 pressures, but there has been great improvement in the numbers of both Care Partners and Elders who are ill, despite the prevalence of COVID-19 in our community. Our Care Partners are continuing the serial rapid testing twice weekly, and we are still following all Public Health's recommendations and remain closed to all visitors. Hopefully in the days to come, we can begin window visits and outside visits as the weather improves. Everyone looks forward to summer coming and the hopes of restrictions being eased. Safety of all remains the main priority.

Hoping to see you soon!

Jill Peterson, RN

Director of Care



Willow Lodge

Mother's Day Menu

Sunday May 8, 2022

Lobster or Cold cuts

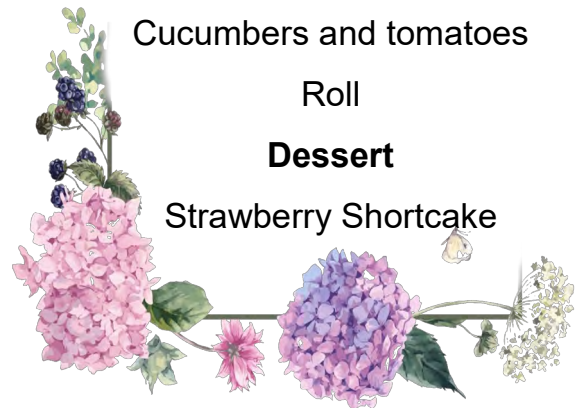
Potato salad

Cucumbers and tomatoes

Roll

Dessert

Strawberry Shortcake



Eat Well, Be Well

Happy spring everyone! This is one of my favorite recipes to make when the weather gets nice- I always take it with me when I go to a BBQ with friends. I use it on top of grilled chicken or fish, or as a dip with tortilla or pita chips. I hope you enjoy!

Mango Avocado Salsa

2 mangos, diced

2 avocados, diced

½ cup red onion, diced finely

1-2 jalapeno peppers, seeded and finely diced (based on your spice preference)

1 lime, juiced

Chopped fresh cilantro (optional)

Salt and pepper to taste

Combine all ingredients and chill for at least an hour before serving.



Recipe source: <https://www.evolvingtable.com/mango-avocado-salsa/#wprm-recipe-container-17043>

Willow Lodge News

This month is Alzheimer's Awareness Month and with it comes the annual IG Wealth Management Walk for Alzheimer's. We will be having a BBQ Fundraiser on Tuesday May 24th and Thursday May 26th for our Care Partners. BBQ \$5. We are hoping for some lovely weather so that we can walk outside in the park with the residents.

This year, we again challenge everyone to join us in walking 17,000 steps for the 17,000 Nova Scotians that are living with dementia, or walk 5km, have a living room dance party with your family, or any other fun ways to take part in the challenge.

Pledge forms have been attached to the Willow Leaf for anyone that would like to join in and support the Willow Lodge walk. All funds raised go to The Nova Scotia Alzheimer's Society. 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.



Happy Mother's Day

Happy Mother's Day to all of our Mothers at the Willow Lodge, this poem is for you.

How did you find the energy, Mom,
To do all the things you did,
To be teacher, nurse and counselor,
To me, when I was a kid.

How did you do it all, Mom,
Be a chauffeur, cook and friend,
Yet find time to be a playmate,
I just can't comprehend.

I see now it was love, Mom,
That made you come whenever I'd call,
Your inexhaustible love, Mom,
And I thank you for it all.

-Ladan



Care Partner Corner

To all Care Partners at the Willow Lodge, Thank you. It is just over two years since this pandemic started, and you have continued to bring smiles and laughter into the building each day. Many of the residents have noticed and want to extend a thank you for bringing with you a positive energy and laughter during this latest lockdown. You have helped and continue to brighten each day, no matter the challenges that a day may present.

To all of you, thank you for all that you do here at the Willow Lodge. It is the little things that can make someone's day, and you have all helped to make sure that the little things do not get forgotten. Happy Care Partner's Week to you all!



Lobster Tales

With lobster season upon us and the common Mother's Day tradition of a lobster dinner in our minds, the stories from the past involving lobster having been flooding the hallways and dinner tables of the Willow Lodge. Here are a few of the stories that have floated through the hallways of late...

"When I was a kid my father would work out on the boats during the fishing season. He would bring lobsters home with him and mom would make us lobster sandwiches on homemade bread to take to school. I always hated getting lobster sandwiches and would toss them into the river on my way to school so that I would not be teased by the other school kids. I would rather have had jam and bread than that. When I got older I tried having lobster again but I ended up with a bad lobster and have never had one since."

"When I was a kid Dad would boil lobster for the boarders that stayed at the house. I remember once one of the boarders asked why the lobster turned red when it was cooked. He responded 'You would be red too if I dunked you in boiling water!' He would boil so many lobster that I quickly got sick of the smell so instead for seafood my mother would make us fried scallops dipped in cream and breadcrumbs."

"I would go down with my boss sometimes to the lobster pound to do some work. Money never changed hands there, we would always leave with lobster as our payment!"

A few have said they have never had a lobster and others tried it once and were not a fan. The most common tale that was shared was how they eat lobster. So have some butter, garlic butter, or mayonnaise for sandwich handy this coming weekend and if you get a live one watch out for those claws.

