





*A Mother*

A *Mother* seems to understand the things that can't be said; a Mother goes beyond our words and read our *Hearts* instead.

A Mother shows the love she knows with *tenderness* so true; when God gave me a mother *I'm glad God gave me you.*

— *Anne Peterson*

**Happy Mother's Day!**

**Happy Birthday**



**Care Partners**

*Willow Lodge*  
*Mother's Day Menu*  
*Sunday May 14, 2023*  
Lobster or Ham  
Potato salad  
Cucumbers and tomatoes  
Roll  
*Dessert*  
Cheesecake

- Megan Waugh - May 10**
- Charlee Heighton - May 10**
- Charlene Hayman - May 18**
- Kathy Dunlop - May 22**



*In Loving Memory*

- Arthur Law**  
December 2, 1947- April 10, 2023
- Margaret Bates**  
July 8, 1921 - April 21, 2023
- Clara Barron**  
September 7, 1931 - April 26, 2023

# Willow Lodge News

Wow.. April has just flown by as we stayed busy here at the Willow Lodge. We were able to welcome new friends, the Pre-primary class from Tatamagouche Regional Academy has started visiting us every second week, It's great to have our intergenerational program back. From working on art together to having a dance party, the residents and Pre-primaries alike have been excited to see each other. We even had a surprise visit for Easter when the Pre-primaries delivered hand-made cards dressed as Easter Bunnies!



Speaking of the Easter Bunny... while our easter treats arrived on time the Easter Bunny was running fashionable late for a visit at Willow Lodge. Arriving April 18th, he surprised everyone as he came dancing down the hallway, poking his head around each door to wave hello and give hug.



We are excited to announce that our MacKay Bus will be hitting the road starting May 3rd. Alicia, Recreation Assistant, will be taking residents for drives in and around Tatamagouche to explore as the weather improves.

Due to limited space in the bus, we can only take a few people each day. Residents interested in going for drives, please let Alicia know and she will add you to her drive rotation. Alicia notify you and your care partners the day before if you will be going. The time posted on the calendar is when Alicia will be starting gathering the group who will be part of that day's adventure.

It's that time of year again! We will be having our annual BBQ fundraiser for the Walk for Alzheimer's on Tuesday May 23rd and Friday May 26th. We will be posting sign-up sheets for anyone who would like to support this fundraiser and enjoy the BBQ. This year it will be \$7.00 for a hamburger, pop and bag of chips. All proceeds will be going to the Nova Scotia Alzheimer's Society.

## Operations Corner

April showers bring May flowers, as the saying goes. Things are beginning to pop up here and there and that sure is nice to see after the cold winter. The grass is getting greener by the day, soon we will be swatting mosquitoes!

The dressers and nightstands that were delivered have now been put in place throughout the building. We tried to change the worst of what we had, some of them were in quite poor condition.

The new lounge chairs have also been delivered and are now in use. There are six of these in the Main Lounge area, two in the Bayview and two in Lynwood for everyone to enjoy.

The new sterilizer unit has been installed in Lynwood. The old unit has been donated to Lillian Fraser Hospital, next door to us, as it is the same model as the one they use. Hopefully they can make theirs last a bit longer with some extra parts. Parts for that particular unit are very expensive and hard to source, so it's great that some of it can be recycled.

A new ramp has been constructed from the Bayview deck to the garden area. This will allow easier access for Residents to enjoy the garden area. Thanks to Daniel for completing this much-needed upgrade.

The Park and other outside spaces will be open soon for you to enjoy during the warmer months, once an inspection and any necessary repairs have been completed.

*- Kent MacDonald,  
Director of Operations*



## Nurses Nook

We have continued to remain free of respiratory illness this past month. Our Elders are getting excited about getting out on the decks soon to enjoy some long-awaited sunshine. We all definitely need it!

Please remember to apply your sunscreen before going outside – pay attention to the UV index!

We are coming up to graduation time, and hoping we will be able to recruit some new Care Partners. We have openings for CCAs, LPNs and RNs, so if you have any friends or family members graduating from these programs, please send them in to talk to us and arrange for an interview! We are advertising locally, nationally, and internationally. We continue to have the agency nurses working as part of our team and are ever grateful for their presence.

COVID is reducing in our province, and the number of test sites are decreasing as well. There are no changes yet regarding mask usage etc. for continuing care, but hopefully something will be announced in the coming weeks. Public Health is still encouraging those who have not had a bivalent COVID vaccine to get one.

Enjoy May! The peepers are out, and the birds are busy building nests!

Be healthy!

*- Jill Peterson,  
Director of Care*



# Resident News

A message from the residents of Willow Lodge. We want to send out a BIG thank you to all who answered the call on April 25, 2023, when we had our small electrical fire. It was an alarming way to be woken, but you all worked quickly and efficiently to care for us and keep us safe. We were only displaced from our home for a short time and we know it's all because of how hard and well you worked together. It was a very eventful day for us, a memorable one at that. It was the first time in a long time that some of us went for a drive and got to visit another home or place. To all those who offered us shelter, thank you for your hospitality. To all the community organizations that came to help or offer help, we are proud to be a part of your community. To the Willow Lodge Care Partners and Leadership Team, you are our heroes, you jumped into action without hesitation all while giving us the best care and keeping us calm. We can not say thank you enough, everyone of you deserve a pat on the back for a job well done. There are truly no words great enough to show our appreciation. Thank you, Thank you, Thank you!!

Our Residents would also like to send a thank you to the Willow Lodge Auxiliary, who donated a large number of new games, costumes and a cotton candy machine to us. We have been having a wonderful time trying out the new games and the cotton candy tasted delicious. It was better then Christmas the day our recreation team received the first large delivery. We were filled with tears of joy as we were overcome with emotion that you thought of us and wanted to do this for us. You have all made a huge difference in our lives and we look forward to the beautiful weather, so we can get outside and try even more games. Thank you for all the fundraising you did to make this possible. From each and everyone of us thank you!



# Eat well, be well

Happy Spring! This s'mores baked oatmeal is perfect for when we're in between seasons, where you might be craving some summertime snacks but the weather isn't quite right just yet. Enjoy!

## S'mores Baked Oatmeal

### Ingredients:

- 2 overripe bananas
- ¼ cup unsweetened applesauce
- 2 tbsp brown sugar
- 1 tbsp cocoa powder
- 1 tsp vanilla extract
- ½ tsp baking powder
- ¼ tsp salt
- 1 cup milk (dairy, almond, oat, whatever is your favourite!)
- 1 ½ cups old fashioned oats
- Handful mini marshmallows
- Small handful mini chocolate chips
- 1 tsp graham cracker crumbs

### Directions:

1. Preheat your oven to 375 degrees.
2. Spray a small baking or casserole dish with nonstick spray.
3. Mash bananas in a mixing bowl.
4. Add applesauce, brown sugar, cocoa powder, baking powder, salt, and vanilla to the bananas and stir to combine.
5. Add the milk and whisk.
6. Fold the oats into your other ingredients.
7. Pour this mixture into your baking dish, making sure it's in an even layer.
8. Sprinkle the marshmallows, chocolate chips, and graham cracker crumbs over the top, pressing the marshmallows down into the oats slightly.
9. Bake for 35 minutes.

Recipe from: <https://sweetsavoryandsteph.com/smoes-baked-oatmeal/>



- Cassie Crowe, Dietitian

