

Left We Forget

November 2019 Willow Leaf

Happy Birthday

Residents

Gerry Langille - November 5th
Sheila Sellers - November 7th
Sheila Morrison - November 12th
Ruth Weatherby - November 13th
Gordan Evans - November 16th
Frances Fraser - November 20th
Edith Retson - November 22nd

Care Partners

Cathy Rafter - November 4th
Lynn Curruthers - November 5th
Colleen Mattatall - November 9th
Lori Anne MacNutt - November 13th
Chrissy Bezanson - November 19th
Enid Pierce - November 21st
Mary Beth Sutherland - November 24th
Chelsey Waugh - November 24th
Brittany Chapman-Veno - November 30th

Pets

Willow (The Cat) - November 1st



Memoriam

Beverly Ross
November 21, 1937
to
October 11, 2019



Welcome

New Resident

Theresa Dickie

Upcoming Events Important Notices

November 1

Christmas at the Grain @ 44 Creamery Road, Tatamagouche 4:00p.m. - 7:00p.m. Free admission and Great Christmas Shopping Event!

November 2

Christmas at the Grain @ 44 Creamery Road, Tatamagouche 10:00a.m. - 2:00p.m. Free admission and Great Christmas Shopping Event!

November 8

Willow Lodge Remembrance Day Service @ 11:00a.m. Family and Friends are welcome to attend.

November 11



REMEMBRANCE DAY
Left We Forget

November 29

Our Willow Lodge Annual Christmas Tea & Bazaar @ Willow Lodge, 2:00p.m. - 4:00p.m. Dessert with Tea/ Coffee \$5.00. Everyone is Welcome!

Message from Finance Office

Reminder to all Residents POA's, please check your mail and email for updated Accommodation charges, effective November 1, 2019 set by the Department of Health and Wellness.

- Finance Office

Dental Hygienist

Our Dental Hygienist will be visiting Willow Lodge, November 14, 2019. Please contact Lisa Hodder or Audrey Weatherby to book appointments, get forms and arrange payment.

- Lisa Hodder; Director of Care

Lost & Found

Attention all Resident family members. If your loved ones are missing any items of clothing please check our lost & found. It's located in our Barrachois Neighborhood.





Lest We Forget...

Please Wear A Poppy

By: Don Crawford

"Please wear a poppy," the lady said
And held one forth, but I shook my head.
The I stopped and watched as she offered them there,
And her face was old and lined with care;
But beneath the scars the years had made
There remained a smile that refuses to fade.

A boy came whistling down the street,
Bouncing along on care-free feet.
His smile was full of joy and fun,
"Lady," said he, "may I have one?"
When she'd pinned it on he turned to say,
"Why do we wear a poppy today?"

The lady smiled in her wistful way
And answered, "This is Remembrance Day,
And the poppy there is the symbol for
The gallant, men who died in war.
And because they did, you and I are free
That's why we wear a poppy, you see."

"I had a boy about your size,
With golden hair and big blue eyes.
He loved to play and jump and shout,
Free as a bird he would race about.
As the years went by he leaned and grew
And became a man - as you will, too."

"He was fine and strong, with a boyish smile,
But he seemed with us such a short while
When war broke out and he went away.
I still remember his face that day
When he smiled at me and said, Goodbye,
I'll be back soon, Mom, so please don't cry."

"But the war went on and he had to stay,
And all I could do was wait and pray.
His letters told of the awful fright,
(I can see it still in my dreams at night),
With the tanks and guns and cruel barbed wire,
And the mines and bullets, the bombs and fire."

"Till at last, at last, the war was won-
And that's why we wear a poppy son."
The small boy turned as if to go,
The said, "Thanks, lady, I'm glad I know.
That sure did sound like an awful fight,
But your son - did he come back alright?"

A tear rolled down each faded cheek;
She shook her head, but didn't speak.
I slunk away in a sort of shame,
And if you were me you'd have done the same;
For our thanks, in giving, if oft delayed,
Thought our freedom was bought - and thousands paid!

And so when we see a poppy worn,
Let us reflect on the burden borne,
By those who gave their very all
When asked to answer their country's call
That we at home in peace might live.
Then wear a poppy! Remember - and give!

In Flanders Fields

By: Lieutenant Colonel John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place, and in the sky,
The larks, still bravely singing, fly,
Scarce heard amid the guns below.

We are the dead; short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe!
To you from failing hands we throw
The torch; be yours to hold it high!
If ye breaks faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.





From the Desk of Janine...



As we enter a time of reflection, we remember all those who served, especially those who gave the ultimate sacrifice.

Willow Lodge will be hosting a Remembrance Day Service on Friday, November 8th, at 11:00a.m. which was prepared by the Tatamagouche Regional Academy grade six class and their teacher Mrs. Mackeen. We would like to extend an invitation to family, friends and volunteers to attend.

I will also be attending the Remembrance Day Service being held in Tatamagouche, on November 11th at 11:00a.m. at the Cenotaph located in front of the Sharon United Church, where I will be laying a wreath on behalf of Willow Lodge.

For all those who served, past, present and those who are in training...



Volunteer Scoop

DONATE WITHOUT DONATING

TOWARDS OUR PALLIATIVE CARE ROOM

How it Works.

Instead of buying your groceries at Foodland, or gas at Irving/Shell with cash or credit/debit cards – buy gift cards from Willow Lodge and pay for your purchase with a gift card instead.

It won't cost you a cent, but because you paid with a gift card – **the business will donate** towards the Willow Lodge palliative care room.

And it's not just gas and grocery cards we have available – Take a look at the attached order form for all the different stores, both local and national that are participating!

We all buy groceries and gas, so why not switch to gift cards from Willow Lodge and the businesses will donate towards Willow Lodge palliative care room.

And That's How You Donate Without Donating!

Please return orders to Michael Ashton or Daphne Martin (On reception) with cheques made payable to **Willow Lodge Auxiliary** by **NOVEMBER 21ST** and your gift cards will be delivered during the first week of December.

Questions?

Call Michael Ashton – 902-324-3429





Willow Lodge News

We'll be hosting a Remembrance Day Service at Willow Lodge on November 8th at 11:00a.m. We would like to thank Mrs. Mackeen and her grade 6 class from the Tatamagouche Regional Academy who work so hard to plan this Remembrance Day Service; our Residents look forward to it every year. We would also like to extend the invitation to attend our Remembrance Day Service to Family, Friends and Volunteers.

Notice for Resident Family members our biannual Family Council Meeting will be held on November 29th from 1:00p.m. - 2:00p.m. at Willow Lodge in our Family Kitchen. We hope you will be able to attend!

Save the Date! Willow Lodge's 22nd Annual Tree of Love Ceremony, will take place on December 11th at 3:00p.m. in Lynwood House. To purchase a bulb, detach the gift form which is attached to the back of this month's Willow Leaf and mail or drop off at Willow Lodge along with your donation. Thank you everyone for your support. Your gifts are truly appreciated.

Willow Lodge would like to thank all the Care Partners, Family, Friends and Volunteers who made our Halloween Party extra special for the Residents. From the planning, costumes and laughs it was WICKED, SPOOKTACULAR afternoon.

Willow Lodge would also like to thank all the Care Partners who help with Election Day on October 21st, so that all Residents who wished to vote had the opportunity. Great teamwork from everyone. You all ROCK!

Thanksgiving was on October 14th last month, but our Residents and Care Partners had their turkey dinner on Sunday October 13th. Big shout out to the Care Partners in the Kitchen for a job well done. The meal was delicious!

Willow Lodge's Christmas Index Committee, Randi Munro; CCA and Jennifer Tattre; LPN would like to thank everyone who participated in the silent auction. With everyone's help they were able to raise \$968.00. Stay tuned for their next fundraiser, coming soon.

Willow Lodge would like to send our deepest condolences to one of our volunteers; Edie Leet and her family on the passing of her brother, Eldon Forbes. Edie, may fond memories of your brother bring you comfort during this difficult time. Our hearts and prayers go out to you and your family.

Operations Corner

Finally our hot water issues have been fixed, we added a new 130 Gallon hot water tank, all seems to be well. Our laundry shift is now back on schedule 630am-230pm. We have happy care partners in Laundry.

We installed a new hot table in the kitchen, the old one was the original and served us well, it became unsafe to work on the electrical and had to be removed.

We have 2 more major projects to complete before year end:

- Replace the siding on Lynwood house and administration building.
- Replace the drain system along the front of the building.

Stay tuned for updates as we move forward!

- John Sellers; Operations Manager



Pictured Above: A group shot of Care Partners who dressed up for our annual Halloween Party. Looking great everyone!



Care Partner News

Care Partner Frances Sutherland; Environmental Services was out to Winnipeg to see her daughter Alexa and two granddaughters Reena and Elizabeth. After her visit in Winnipeg Frances went on to Edmonton to visit her daughter Kim (Her Baby) and granddaughter Ella. Frances, we hope you had a great visit with your family.

We would like to send out thoughts and prayers to Care Partner Trish Landry; RN. Our hearts are filled with sorrow upon hearing the news about your father's passing. Our most sincere condolences to you and your family. From everyone at Willow Lodge.

We're awaiting patiently to hear the arrival of Care Partner Brittany Marchbank's; CCA baby. Baby is due any day now and we're anxious to hear if big sister Harley will have a new little baby brother or sister. We wish Brittany the best of luck for an easy labor and speedy recovery. We are sure grandma, Care Partner Barb Marchbank; CCA will let us know when you arrive.



Christmas is fast approaching and we know looking for that perfect gift can take some time. We had a little elf leave some suggestions for you. Gift ideas for your loved ones:

- Warm Socks
- Unscented Toiletries
- Comforters & Fleece Throws & Fleece Sheets
- Gift Certificates for Hairdressers, Massage
- Therapy & Foot Care
- 2020 Calendar with Special family dates pre-marked
- New Clothing for Christmas

Of course the best gift of all is having family visit over the holidays.

Keep an eye out in next month's edition of the Willow Leaf for special dates of up coming events.

Nurses Nook

Our **FLU** clinics are well underway!

95% of residents have been vaccinated against the **FLU** so far this season.

50% of care partners have been vaccinated, as well.

The latest update from infection prevention experts have announced the **FLU** vaccine is a very good match this year.

If you have not yet had your **FLU** shot, get it soon...the best part – it's **FREE!!!**

One of the most high risk groups for complications (i.e. pneumonia/hospitalization and death) from the flu are those over 65 living in long term care.

That covers the majority of people living here.

Remember: if you have any cold/flu symptoms, please do not visit until your symptoms subside.

When you do visit, there are hand sanitizers for your use at every entrance.

Please do your part and make use of these as you enter and leave the building to help us prevent illness in our home.

- Lisa Hodder; Director of Care





Resident News



Pictured Left: Kay Mattatall, Lynwood with Grandson Captain Brad Busby and wife Brittany.

Captain Busby is posted at CFB Kingston Ontario and is a 2015 graduate of the Royal Military College. Brad and Brittany were married on September 21st (Kay's Birthday).

Thanks to Willow Lodge and computer "Sheldon" Kay was able to enjoy watching a live feed video of the wedding in progress which provided her with many smiles.

Family members wish to applaud Willow Lodge staff for all the extras they do for Residents and this is just one example.

- Gwen Busby; Kay Mattatall's Daughter

Kay Mattatall was thrilled to see her grandson Brad and his beautiful wife Brittany (the newlyweds) who stopped by for a visit before they headed back to Ontario after their Nova Scotia honeymoon. Kay's only wish was that they could have stayed longer. Kay hopes you had a safe trip back home and can't wait to see you both again...hopefully soon.

- Kay Mattatall

Resident Florence Daurie had two lovely phone calls this past month from loved ones. One was from her son Glenn who lives overseas in England and the other was from her dear sister Marion who lives all the way in Toronto, Ontario. Florence wants all her family to know she loves hearing from you all and is hoping maybe for some visits in the future.

- Florence Daurie

Resident Molly Smith went out last month for an awesome birthday supper at Big Al's with her close friends, Andrea and Ruth. Molly said she had lobster bake, with LOTS of lobster and it was delicious. Molly said she wouldn't mind having more. Molly would like to thank Andrea and Ruth for making her birthday extra special, she really appreciated all that you do. It was a lovely evening, full of good times and laughter.

- Molly Smith

Resident Lillian Sutherland has a new great grandson, Henry Alexander Sutherland. Henry was born on September 1, 2019 weighing in at 7lbs 4oz. Henry is the grandson of Douglas (Lillian's son) and Paulette Sutherland and his proud parents are Allan (Lillian's grandson) and Trish Sutherland of Halifax. Congrats to the whole family on your little bundle of love.

Lillian also had a visit last month from her granddaughter Dr. Dale Sutherland. Dale is a Dr. of Computer Science and Mathematics in British Columbia. Dale stopped in to visit Lillian with her dad (Douglas) before she headed back to BC. Lillian said it had been 13 years since she last seen Dale and she was thrilled she came to see her.

Lillian also had a wonderful post card sent to her all the way from British Columbia from granddaughter Lynda Sutherland, daughter of Eric (Lillian's son) and Bonny Sutherland. There is a cute story behind this post card, it came in the mail written to "GRANDMA" and from "LYNDA" no last names were used. This created some excitement as the investigation was on to find out who GRANDMA was. We had it narrowed down to about 10 residents it might be. After asking about 2 or 3 residents if they had a granddaughter Lynda, from BC we were still no further ahead as they all said "no, I don't have a L-Y-N-D-A" With help from Care Partner Mary Beth Sutherland; RN, we were able to find "GRANDMA" which turned out to be Lillian Sutherland and the post card got to its rightful owner. When we told Lillian the story of making sure the post card got to the right "GRANDMA" she was not surprised in the least, she just chuckled and said "all my grandchildren just write to grandma, no last name just grandma, I don't know why they do that," as she continued to laugh. Well Lillian we think it may be you're just such an awesome grandmother that your grandchildren see you as the best "GRANDMA" and you need no other name, but that, it's an honor and privilege. We are glad we found you GRANDMA and hope they continue to write to you the same way they always have.

-Lillian Sutherland



Eat Well, Be Well

Brown Sugar War Cake

Prep Time 20 minutes
Cook Time 45 minutes
Servings 16

Ingredients:

1 Cup Brown Sugar
1 ¼ Cups Water
1/3 Cup Shortening
2 Cups Raisins
2 tsp Cinnamon
½ tsp Ground Cloves
½ tsp ground nutmeg
1 tsp Baking Soda
1 tsp Baking Powder
2 Cups Flour

Instructions:

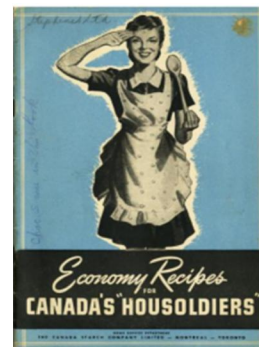
1. In large pot combine sugar, water, shortening, raisins cinnamon, cloves and nutmeg.
2. Boil for 3 minutes.
3. Remove from heat and cool to room temperature.
4. Preheat oven to 350 degrees.
5. Sift together flour, baking soda and baking powder.
6. Mix flour with raisin mixture.
7. Pour into a greased and floured 8-inch square pan (batter will be stiff).
8. Bake 45 minutes.

Recipe from: www.gettystewart.com



DID YOU KNOW??

- Canadians were subjected to periodic rationing of sugar, coffee, tea, butter and meat between 1942 and 1945. During this time Canadian housewives were referred to as “Canadian Housesoldiers” and were encouraged to “Cook to Win” and prepare “appetizing and nourishing meals that protect and preserve the health of their families”. There were also calls to plant victory gardens, preserve produce, collect fat and bones for munition production and to eliminate any food waste.



- In 1942 Canada's Official Food Rules were created. The Canadian Government believed that “Canada at war cannot afford to ignore the power that is obtainable by eating the right foods”. Canada's Official Food Rules were intended to be a focal point for a wartime nutrition program to improve the health of Canadians by maximizing nutrition during times of food rationing and poverty.

CANADA'S OFFICIAL FOOD RULES

These are the Health-Protective Foods

Be sure you eat them every day in at least these amounts.
(Use more if you can)

MILK—Adults—½ pint. Children—more than 1 pint. And some CHEESE, as available.

FRUITS—One serving of tomatoes daily, or of a citrus fruit, or of tomato or citrus fruit juices, and one serving of other fruits, fresh, canned or dried.

VEGETABLES (In addition to potatoes of which you need one serving daily)—Two servings daily of vegetables, preferably leafy green, or yellow, and frequently raw.

CEREALS AND BREAD—One serving of a whole-grain cereal and 4 to 6 slices of Canada Approved Bread, brown or white.

MEAT, FISH, etc.—One serving a day of meat, fish, or meat substitutes. Liver, heart or kidney once a week.

EGGS—At least 3 or 4 eggs weekly.

Eat these foods first, then add these and other foods you wish.

Some source of Vitamin D such as fish liver oils, is essential for children, and may be advisable for adults.



*22nd Annual Tree
of Love Campaign*

Wednesday, December 11, 2019

At 3:00p.m.

Cynwood House, Willow Lodge



*For more information
please see page attached
to back of this months
Willow Leaf!*

Everyone is Welcome!

Willow Lodge 2019

Christmas Tea & Bazaar

*Come join us on November 29, 2019 from
2:00p.m. - 4:00p.m. for our annual Christmas Tea
and Bazaar.*

*If you are interested in booking a table, please
contact Julie Tattrie at 902-657-3101.*

*Willow Lodge also will be putting in a table and
looking for donations of baked goods and crafts.*

Specialty Desserts with Tea/Coffee \$5.00

Everyone Welcome!





Friends of Willow Lodge; our 'Tree of Love' is an event we host during the holiday season, and over the past 22 years we have celebrated many who have and continue to be a part of our Willow Lodge Community by lighting a **Tree of Love**, in their memory, or in their honour.

This years lighting of the tree will take place on Wednesday, December 11th at 3:00pm in Lynwood House, with refreshments to follow.

To purchase a bulb, detach the gift form and mail or drop off at Willow Lodge along with your donation.

Thank you everyone for your support. Your gifts are truly appreciated.

Charitable Income Tax Receipts Available

For further information contact us at Willow Lodge (902) 657-3101



100 Blair Avenue, P.O. Box 249,
Tatamagouche NS
B0K 1V0

Willow Lodge 22nd Annual Tree of Love Campaign

Name:

Address:

Prov:

Postal Code:

Tel. #:

In Memory of

In Honour of

Tree Bulb Gift Range

Silver	\$ 5.00	
Gold	\$ 10.00	
Green	\$ 15.00	
Red	\$ 20.00	
Violet	\$ 30.00	
Blue	\$ 50.00	
Tree Top	\$300.00	

Send Card:

Name:

Address:

Prov:

Postal Code:

Gift Card Order Form

NAME	TELEPHONE				CHEQUES PAYABLE TO			
					Willow Lodge Auxiliary			
RETAILER								
LOCAL STORES	\$	QTY	\$	QTY	\$	QTY	TOTAL	
Dexters Butcher Block	\$25		\$50					
Foodland (Order Sobeys cards)								
Fultons Pharmacy	\$25		\$50					
Home Hardware	\$25		\$100		\$500			
Irving Oil	\$50							
Needs (Order Sobeys cards)								
Shell	\$50		\$100					
Tatamagouche Brewery	\$50		\$100					
Tipperary Café	\$25		\$50					
Yarn & Company	\$25		\$50					
GROCERY STORE	\$	QTY	\$	QTY	\$	QTY	TOTAL	
Atlantic Superstore	\$25		\$50		\$100			
M&M Food Market	\$25		\$50					
Sobeys, Needs, Lawtons & Fast Fuel	\$25		\$50		\$100			
GAS	\$	QTY	\$	QTY			TOTAL	
Esso, Mobil	\$50		\$100					
Petro-Canada	\$50		\$100					
Ultramar	\$50		\$100					
Restaurants & Coffee	\$	QTY	\$	QTY			TOTAL	
A&W	\$25							
Boston Pizza	\$25		\$50					
KFC, Pizza Hut, Taco Bell	\$25		\$50					
McDonalds	\$25		\$50					
Moxies Grill & Bar	\$25		\$50					
Starbucks	\$25							
Subway	\$25							
The Keg Steakhouse & Bar	\$25		\$50					
Tim Hortons	\$25		\$50					
Wendys	\$10							
Apparel	\$	QTY	\$	QTY	\$	QTY	TOTAL	
American Eagle	\$50		\$100					
Claire's	\$20							
Gap, Banana Republic, Old Navy	\$25		\$50					
La Senza	\$25							
La Vie En Rose	\$25		\$50					
Marks	\$25		\$50		\$100			
Roots, Roots Kids	\$25							
Warehouse One	\$50							

IMPORTANT: Retailers and card denominations subject to change without notice

Gift Card Order Form

RETAILER								
Business & Office	\$	QTY	\$	QTY	\$	QTY	TOTAL	
Staples	\$25		\$50		\$100			
Children & Toys	\$	QTY	\$	QTY			TOTAL	
Build A Bear Workshop	\$25							
Toys R Us & Babies R Us	\$25		\$100					
Department Stores	\$	QTY	\$	QTY	\$	QTY	TOTAL	
Amazon.ca	\$25		\$50		\$100			
Dollarama	\$10		\$25		\$50			
Giant Tiger	\$25		\$100					
Walmart	\$25		\$50		\$100			
Winners, Home Sense & Marshalls	\$25		\$50					
Electronics	\$	QTY	\$	QTY	\$	QTY	TOTAL	
Best Buy	\$25		\$50		100			
The Source	\$50		\$100					
Entertainment	\$	QTY	\$	QTY	\$	QTY	TOTAL	
Cineplex	\$10		\$25		\$100			
Health & Beauty	\$	QTY	\$	QTY	\$	QTY	TOTAL	
Bath and Body Works	\$25		\$50					
Sally Beauty	\$25							
Sephora	\$25		\$50		\$100			
Shopper Drug Mart	\$25		\$100					
Home & Garden	\$	QTY	\$	QTY	\$	QTY	TOTAL	
Canadian Tire	\$25		\$50		\$100			
Home Depot	\$25		\$50		\$100			
Kent	\$25		\$50					
Pier 1	\$25							
RONA	\$50		\$100		\$500			
Stokes/Think Kitchen	\$25							
Speciality Stores	\$	QTY	\$	QTY	\$	QTY	TOTAL	
Chapters/Indigo	\$10		\$25		\$100			
Davids Tea	\$25		\$50					
Groupon	\$25		\$50					
iTunes	\$25							
Mic Mac Mall	\$100							
Laura Secord	\$25							
PetSmart	\$25		\$50					

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Gift Card Order Form

RETAILER								
Sports & Leisure	\$	QTY	\$	QTY	\$	QTY	TOTAL	
Bass Pro Shops	\$25		\$50					
Cabelas	\$25		\$50		\$100			
Foot Locker	\$25		\$50					
Running Room	\$25		\$50					
Sport Chek, Atmosphere	\$25							
Travel/Hotels	\$	QTY	\$	QTY			TOTAL	
Best Western	\$50							
Fairmont Hotels & Resorts	\$100		\$250					
			GRAND TOTAL					

IMPORTANT: Retailers and card denominations subject to change without notice