

# NOVEMBER 2020

## WILLOW LEAF

LEST WE  
FORGET



### The Act of Remembrance

*They shall grow not old,  
as we that are left grow old;  
Age shall not weary them,  
nor the years condemn.  
At the going down of the  
sun and in the morning  
We will remember them.  
We will remember them.*



### Residents

**Connie Langille– Nov.1**  
**Irving Kitson– Nov.11**  
**Sheila Morrison– Nov.12**  
**Ruth Weatherby– Nov.13**  
**Gordon Evans– Nov.16**  
**Jackie MacLeod– Nov.16**  
**Frances Fraser– Nov.20**  
**Willow the Cat- Nov. 1**

## From The Desk of Janine

As we turn our clocks back on the 1<sup>st</sup> of November, we sometimes wish we could turn back the past 7 months. But as we are all reminded **"WE WILL GET THROUGH THIS"**!

I want to express my sincere appreciation to family and friends for your continued understanding and patience as we continually maneuver these uncharted waters with changes and updates.

There have been so many ways and challenges in delivering our messages and annual events. Our Memorial Service took on a new approach last month and can be viewed on our webpage [www.willowlodge.ca](http://www.willowlodge.ca). We have been able to share this with our residents in each of their neighbourhoods.

We also have been able to resume with the installation of our theatre, a project that was undertaken by our auxiliary with a key member who gives financially back to the Lodge through her previous employer, through a grant, while in her retirement. A big thank you!

Michael Ashton, our Volunteer Coordinator has resigned to pursue his own business **ASHTON's GARDEN CENTRE**. I wish to thank Michael for his time, dedication and facilitation with our fundraising efforts for our Palliative Care Room, organization and recruitment of volunteers, and Grant application along with Meals on Wheels. In light of this World Wide Pandemic, we are still not able to welcome volunteers, so this endeavour of Michael's is timely and we do wish him well.

My best wishes for health and happiness as we enter November....



**Stay Well, Stay Safe**  
**Janine Jaconelli**  
**Executive Director**

# Nursing Nook

Our FLU clinics are well underway here at Willow Lodge! 98% of residents have been vaccinated against the FLU. 74% of care partners have been vaccinated so far, as well. If you have not yet had your FLU shot this year, 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 and throughout the hallways. Please make use of these as you enter and leave the building to help us prevent illness in our home. Thank you all for doing your part!

**Lisa Hodder,**  
Director of Care



# OPERATIONS CORNER

The roofers are here, as promised!! The front sections of the roof from the main kitchen to Bayview are being re-shingled (as I write this update.) It will likely be a little noisy for a while, but it will be worth it in the end!

The Willow Lodge Foundation has approved a proposal that we've called "Bayview Enhancement". We're going to spruce the place up with some new chairs and window blinds. More table extensions are also being purchased so that Residents using wheelchairs can get closer to the table when eating. Ten new beds have been ordered to replace some of the older ones in the building. This is year two, of a five-year plan, to replace all of the beds in Barrachois and Balmoral.

We, and other Homes for Special Care, have received additional funding from the Provincial Government specifically to prevent spread of infections during the second wave of Covid-19. Here at Willow Lodge this funding is being used to create an additional 50% position in Environmental Services for a one-year term. Jolene Mardian has accepted the position and will soon be seen deep cleaning throughout the building in Residents' rooms, common areas and kitchen areas, to complement our regular daily cleaning.

Until next time.....

**Kent MacDonald**  
Director of Operations



# October was Occupational Therapy Month

Occupational therapists help people develop, recover, improve and maintain the skills needed for daily living and working. The eight areas of occupational therapy are: 1. Activities of daily life (ADL) 2. Instrumental activities of daily life (IADL) 3. Sleep/rest 4. Work 5. Education 6. Play 7. Leisure 8. Social participation. The occupational therapist helps the well-being of people by creating a person-centered solution. This might mean learning a new way to perform a task, maintain a task, use equipment to make a task easier or adapt the environment. In short, an occupational therapist is a person that reimages doing.

Occupational therapy is seen everyday at Willow. Adapting a leisure activity such as bowling to make it easier to use the balls while in a wheelchair. The use of grab bars in bathroom and tub areas so people can be as independent as possible. The input on mattress selection to ensure that the best therapeutic surface is selected. The input on table and chair selection during dining to ensure that people have the correct height and access to enable independence during mealtime. Making sure that a person has a tilt wheelchair so they can have a correct line of vision to be socially active.

A big area of occupational therapy at Willow is pressure relief. Whether it be with the seating assessment of a wheelchair, recommendation of special mattress, positioning strategies during sleep, special footwear, even down to the recommendation of wearing socks inside out-no seams to hurt toes and they look stylish.

Oct. 27<sup>th</sup> was World Occupation Day! Everyone was encouraged to “pay it forward” by doing a small act of kindness to help our fellow neighbour. If you missed the chance to acknowledge World Occupation Day, maybe 1 month later on Nov. 27<sup>th</sup> think of a nice gesture, or smile and think just like the phoenix; we will adapt and reinvent.

**Cathy Rafters,**  
OTA/PTA





# Care Partner News

On October 19th 2020, Lithe Mortimer, a care partner here at Willow Lodge received her Canadian Citizenship! When she returned to work a few days later, we surprised Lithe with a great big congratulations... and cake! Your friends here at Willow Lodge are all extremely happy for you Lithe. Welcome aboard to our beautiful country!



The staff and residents here at Willow Lodge also want to send our deepest condolences to our friend and co-worker, Enid Pierce, with the passing of her brother. We are sending bundles of **love** and **comfort** to you and your family during this time.

Take good care.



# Eden Corner

Bertha Langille, a resident here at Willow Lodge is a Great-Grandmother! Her Grand-son's name is Carson Avery. He was born October 15, 2020, weighing 8 pounds!! Bertha is a very proud great-grandmother. Congratulations to Bertha and her family. A new grandchild is exciting news and your friends here at Willow Lodge are very happy for you!

Louise Reid, another resident here at Willow Lodge, is doing a fundraiser for the MS association. Louise is selling delicious cakes for her fundraiser. If interested, there are forms to sign in each nurses' station and Lousie's room. **Final sale is November 15th.** Jane Terry, is partnering with Louise for this fundraiser, see Jane for payment and pick up! The cakes will be arriving before Christmas, and payment for cakes is upon arrival! Goodluck to Louise. Delicious cakes for a great cause, how can you resist!!! Below is a list of options to chose from:

- ♦ Light & Dark Fruit Cake
- ♦ Short bread with chocolate chunks
- ♦ Chocolate truffles
- ♦ Butter Walnut Fudge



# Eat Well, Be Well

## Creamy White Chicken Chili

### Ingredients:

- 1 lb. Boneless, skinless chicken breasts, cut into ½" cubes
- 1 Medium Onion
- 1 ½ tsp. Garlic powder
- 1 tbsp. Canola oil
- 2 cans (15 ½ oz) great northern (white) beans, rinsed and drained
- 1 can (14 ½ oz) chicken broth
- 2 cans (4 oz) chopped green chiles
- 1 tsp. Salt
- 1 tsp. Ground cumin
- 1 tsp. Dried oregano
- ½ tsp. Pepper
- ¼ tsp. Cayenne pepper
- 1 cup Sour cream
- ½ cup Heavy whipping cream
- Tortilla chips, **optional**
- Shredded cheddar cheese, **optional**
- Sliced seeded jalapeno pepper, **optional**



### Directions:

In a large saucepan, sauté the chicken, onion and garlic powder in oil until chicken is no longer pink. Add the beans, broth, chilies and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes. Remove from the heat; stir in the sour cream and cream. If desired, top with tortilla chips, cheese and

Enjoy!

**Amanda Rees,**

**Dietitian**



*Recipe sourced from "Taste of Home"*

# Willow Lodge News

October came and went in a flash! It was a busy month, filled with family visits, facetimes, scheduled activities and drives for each neighborhood and pumpkin decorating! Speaking of getting festive, Halloween was Spooktacular here at Willow Lodge! We had our Halloween Costume Birthday Party on October 29th, having a costume designed for every resident here if they were interested in partaking! There was music, delicious Halloween cupcakes, a fun “toilet paper mummy” game, and of course a happy birthday wish to all the October birthdays! A few designated visitors were also able to make it to celebrate with their loved ones! Below is a picture of Lorraine Stevens and her daughter Cindy, and the cupcakes that Melody Latta created:



On another fun note, our care partners have set up their annual Christmas Index Auction in the board room. Many beautiful treasures are up for bidding until 12:00pm on November 9th!

November is upon us, capture as many memories as you can make on your November adventures, time goes by fast!

Take good care,  
**Karli Boyd,**  
Director of Recreation

CAPTURING THE  
EVERYDAY STORIES  
WILL LEAD TO A  
LIFETIME OF  
*memories.* 