

October 2019 Willow Leaf

Happy Birthday

Residents

Fran Crichton - October 3
Evelyn Canning - October 9
Molly Smith - October 22
Cora Langille - October 26
Bertha Langille - October 28

Care Partners

Megan Keatley - October 3
Helen Weatherbie - October 6
Frances Sutherland - October 12
Juanita Forbes - October 12
Audrey Weatherby - October 18
Bev Turple - October 22
Jennifer Tatttrie - October 24
Sonya Tatttrie - October 25

Welcome

New Resident

Velda LeFrank



Upcoming Events

October 5

11th Annual Butter Trail Run 2019 @ the North Shore Recreation Center at 8:45a.m. Contact Kelly Tucker for more information @ 902-957-2097

October 10 - 13

Lionel Bart's Oliver! Presented by the North Shore Players and the Creamery Square Arts Society @ the Grace Jollymore Joyce Arts Center. 7:00p.m. - 9:00p.m. Tickets; Adults \$15, Students/Seniors \$10 and Children Under 12 \$5

October 12

Open House @ Sara Bonnyman Pottery, 11:00a.m. - 3:00p.m.

October 14



Happy Thanksgiving!

October 18

Wild Caraway at Sugar Moon, Sugar Moon Farms, 6:00p.m. - 9:30p.m. Dinner tickets \$75, wine pairing is \$25 (3 pairings)

October 18 - 19

Lionel Bart's Oliver! Presented by the North Shore Players and the Creamery Square Arts Society @ the Grace Jollymore Joyce Arts Center. 7:00p.m. - 9:00p.m. Tickets; Adults \$15, Students/Seniors \$10 and Children Under 12 \$5.

October 19

Open Brewery Day @ Tatamagouche Brewery, 10:00a.m. - 6:00p.m. Free guided brewery tours at 12 and 3 pm, live music from 1-4pm, free samples and more!

October 25

The Barra MacNeils in concert @ the Wentworth Recreation Center, 8:00p.m. Tickets in Advance \$35, Tickets at the Door \$40 and VIP Tickets \$45. For Tickets please call; 902-899-3634

October 30

Willow Lodge Halloween Party @ 2:00p.m. in the Bayview. Prizes for best costume.

October 31





Willow Leaf - October 2019 Edition



From the desk of... *Janine*

The harvest has begun at Willow Lodge. Our Eden community has come together to yield our own unique crop that makes Willow Lodge what it is. In this year's harvest we gathered our new Mission, Vision and Values and we want to share our delightful bounty with all of you.

Mission

To continuously maintain and enhance a community in which Residents and Care Partners grow and thrive while providing a safe and nurturing environment.

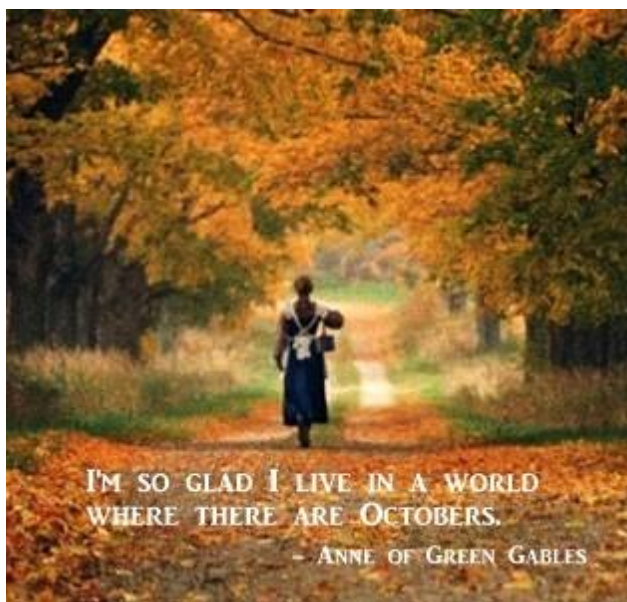
Vision

Working together to eliminate loneliness, helplessness and boredom.

Values

Respect, dignity, trust, compassion and inspiration.

Our next step will be to update all our posters, brochures, signage, etc. so that we can share this new and exciting information with everyone. We would also like to extend a thank you to everyone who shared ideas and feedback to help the Eden Core complete our harvest.



I'M SO GLAD I LIVE IN A WORLD
WHERE THERE ARE OCTOBERS.
- ANNE OF GREEN GABLES

- Janine Jaconelli; Executive Director

Willow Lodge

Thanksgiving Dinner

Sunday, October 13, 2019

Menu

Roast Turkey

Mashed Potatoes

Dressing

Cranberries

Baby Carrots

Peas & Turnip

Dessert

Pumpkin Pie

& Apple Pie

2 Guests/Resident

*Cost \$15 (Special Meal
Ticket Required)*

*Please RSVP by,
Thursday October 10, 2019*

Phone 902-657-3101



Volunteer Scoop

Fundraising Goal

We had some fun, interesting and inventive suggestions made for our next fundraising goal, and after bringing those suggestions to the residents they unanimously voted for a palliative care room.

One of the few things that unite us all is that one day we will die. At present, with shared rooms, that passing can be difficult. By having a palliative care room, we can offer residents a comfortable alternative where family can visit without feeling as though they are intruding on the other resident. In situations where they would feel happier remaining in their room, the palliative care room can be offered to the other resident.

Death isn't an easy subject to talk about, but it became apparent when talking to the residents that this wasn't a difficult subject for them. A palliative care room was strongly supported.

We have a couple of hurdles to overcome before we can proceed and Janine Jaconelli is currently talking to the Health department for approval. John Sellers is looking into getting an inspection by the fire marshal and we need both an architect and engineers report completed.

Fund raising has already begun, with a successful yard sale during TataFest, and bulb sales. But we have a long way to go just yet!

Want to help us raise funds without spending a cent?

We are looking into launching a gift card fund raising program – to put it simply – we are going to be selling gift cards. You buy the gift card from us and go and do your shopping as normal. You get exactly the same amount on the gift card as you give us, but when you spend it at the store, they give us a percentage back. Which means your shopping will cost the same as normal, but instead of the store getting all the money some of it will be coming back to the lodge!

If you're interested in supporting us without spending a penny, register your interest with Daphne at reception and we will contact you once the program is up and running.

- Michael Ashton; Volunteer Coordinator

Put Another Log On The Fire

Cold weather is coming soon which means cold hands and feet. As we age several things happen to cause us to have decreased circulation. The walls of our blood vessels lose their elasticity, the layer of fat under our skin thins and our metabolic rate decreases all resulting in making it more difficult for oxygen to reach our extremities. Thankfully, there are a couple of things we can do to improve circulation.

Exercises including stretching exercises, are a good way to get the blood flowing to the toes and fingers. The exercise classes at Willow Lodge are offered Tuesdays and Thursdays and help to get the heart rate to increase. Some stretching exercises are disguised as fun games and the class usually ends with some deep breathing. Toe and finger exercises are always a must in English, German, Italian and French.

As stylish as crossing legs might be, it is extremely hard on circulation in the legs. To increase the circulation both feet should be on the floor and arms uncrossed. When laying down for a rest the legs should be elevated above the level of the heart. If you don't have a positioning wedge the best way to do this is to prop a pillow under your legs being careful to have the heels suspended and not touching the pillow. Remember, the feet should always be higher than your heart so sometimes two pillows are needed.

Sometimes compression stockings are prescribed by the physician. Compression stockings help to reduce venous pressure and increase circulation in the legs. The compression helps to prevent blood from pooling causing varicose veins. Compression socks are very stylish these days and in fact some of the care partners can be seen sporting this designer look.

A massage helps in the circulation of blood flow and key areas can be targeted. Touching skin or applying pressure relaxes muscles, tendons and ligaments and increases blood flow. Willow Lodge is very fortunate to have a massage therapist come to offer her services. The massage therapist comes to Willow on Mondays and if anyone is interested in booking just tell a care partner.

Remember to increase circulation and stay warm -exercise, uncross legs, elevate legs, look into compression socks and massages; and if that doesn't work, Go fetch my slippers, boil me up another pot of tea, then put another log on the fire.

- Cathy Rafter; OTA/PTA



Eat Well, Be Well

Did you Know?

September 23rd-27th was **Canadian Malnutrition Awareness Week**. What you eat impacts your health. Food is just as important to your health as medicine. 1 in every 3 seniors is at risk of malnutrition. Some of the hidden impacts of a poor diet are:

- Unintentional weight loss
- Lack of energy
- Loss of balance
- Difficulty recovering from injury
- Risk of falls
- Loss of independence

Help yourself to food and help your health!

- Avoid weight loss, which is often muscle loss.
- Eat three meals a day and snacks.
- Include foods high in protein at meals and snacks, such as meat, fish, poultry, soy, yogurt, cheese, milk, eggs, legumes and nuts.
- Eat with others whenever possible.

Good nutrition is important at any age- seek the help of a dietitian to get the guidance you need.

For more information please visit: <http://nutritioncareinCanada.ca/canadian-malnutrition-awareness-week>

Tips for Saving Money at the Grocery Store:

1. Buy only what you need

- Plan a menu first then make a shopping list. Do not buy items that are not on the list.
- Keep a list in the kitchen to write down items that you will need to purchase to restock your pantry.
- Pay with cash if you can. Bring only the money you plan to spend.
- Avoid shopping on an empty stomach so that you do not purchase items you don't need.

2. Buy fewer convenience items

- It is best to shop at grocery stores. Corner stores are more expensive.
- Buy fewer prepared foods. These items cost more and in most cases are higher in sugar, salt and fat.

3. Look for sale items

- Check weekly store flyers and look online for coupons.
- Look at the top and bottom of the shelf for lower cost foods. Higher priced items are often placed at eye-level.
- Buy store "no name" brands.
- Check unit prices to help you compare similar foods of different sizes.
- Take a close look at the items at the end of the aisle displays. They may not always be the lowest price.

For more information on eating well on a budget visit <https://www.unlockfood.ca>

Hearty Homemade Chili

Serves 8

Ingredients:

- 1 lb ground beef
- 2 onions, chopped
- 1 green pepper, chopped
- ½ tsp garlic powder
- 1 28 oz (796 mL) can diced tomatoes
- 1 19 oz (540 mL) can kidney beans, drained and rinsed
- 1 19 oz (213 mL) can chickpeas, drained and rinsed
- 1 7 ½ oz (213 mL) can tomato sauce
- 1 7 ½ oz (213 mL) can mushrooms, drained
- 1 tbsp chili powder
- 1 tsp cumin

Instructions:

In a large saucepan, cook ground beef with onions, green pepper and garlic powder, about 5 minutes. Drain off fat. Stir in tomatoes, kidney beans, chickpeas, tomato sauce, mushrooms, chili powder and cumin. Bring to a boil, then cook on low heat, uncovered for about 20 minutes. Stir often.

Recipe from <https://www.unlockfood.ca>





Eden Corner

What a story we have this month for our Eden Corner. One that shows community going way beyond the walls of Willow Lodge. We were thrilled to have two young entrepreneurs from the community come and treat residents, care partners and visitors with a yummy cool treat.

Tucker Mattatall and Brooklyn Hayman, owners and operators of the T & B Ice Cream Shop located on Main Street, Tatamagouche, along with their mom, Jennifer Tattrie, LPN who is a care partner at Willow Lodge, surprised the residents with a mobile ice cream shop which they set up in our Center Court Yard.

Tucker and Brooklyn, had a few left over ice cream flavors from their ice cream shop. Two of those flavors were Maple Walnut and Orange Pineapple, favorites of many of the residents. Their mom Jennifer asked them if they would like to visit the residents at Willow Lodge and treat them to an ice cream cone and without hesitation Tucker and Brooklyn agreed. What a surprise it was and what a special treat!

Tucker, Brooklyn, and Jennifer: We want you to know that your noble deed of kindness meant the world to not only the residents at Willow Lodge, but the Care Partners and visitors who happened to be visiting and working that day.

We hope that you had a wonderful season Tucker and Brooklyn and wish you both all the best in your future endeavors.



Pictured Left: Tucker Mattatall and Brooklyn Hayman working hard scooping ice cream for the residents. It was enjoyed by all.

Pictured Right: Resident Eddie Benere enjoying his delicious orange pineapple ice cream cone, curtesy of T & B Ice Cream Shop who held a mobile ice cream stand at Willow Lodge last month.



Nurses Nook

October is the month we start preparing for **FLU** season!

There are several things we can do to prevent contracting and spreading the **FLU**.

The #1 way to prevent spreading the **FLU** is to **WASH YOUR HANDS**.

Especially before and after eating, using the washroom, sneezing or coughing.

That, combined with getting the **FLU** vaccine, will give the best chance of avoiding the **FLU**.

A few myths busted:

Myth: You can get the **FLU** from the **FLU** shot.

Truth: The **FLU** shot is made from inactivated virus, not a live virus, therefore it is not possible to contract the **FLU** from the vaccine.

The vaccine does take up to 2 weeks to get full effect so you could get the **FLU** up to weeks after getting the **FLU** vaccine.

Myth: I got the **FLU** even though I had my **FLU** shot, so the vaccine must not work.

Truth: There are several strains of the **FLU**. Experts predict which strains will be active in the next **FLU** season and make the vaccine to protect from those.

However, even if you do contract the **FLU**, the vaccine will still help you to have less severe symptoms and be sick for a shorter time than if you did not have the vaccine.

Myth: I got the **FLU** vaccine last year, so I don't need it again this year.

Truth: The strains of **FLU** circulating are different every year so getting a **FLU** vaccine gives you the best protection.

- Lisa Hodder; Director of Care





Care Partner News

Care Partner Shauna Laurie, CCA, her partner Eddie, along with big brother Jack welcomed a beautiful baby girl into their family last month. Lorrie Lynn Elizabeth Blaxland was born on September 11, 2019, she weighed 6lbs 14oz and was 20 inches long. Congratulations to you all, she is just precious. Big brother Jack is just over the moon and loves his little sister to pieces.

Pictured Right:

Big brother Jack and his new little sister, Laurie Lynn Elizabeth.



Care Partner Brenda Laurie, CCA had to say goodbye to her best and dear four legged, furry friend of 8 wonderful years. Some pets are friends. Others are family. The loss of an amazing dog can't be easy, and we're here if you need comforting in this time of grief. Brenda, Molly will forever be with you as the two of you shared a bond like no other. We know words do little to ease the pain you feel when such a lovely pet passes on. Keep the memories close to your heart and know that we're keeping you in ours.

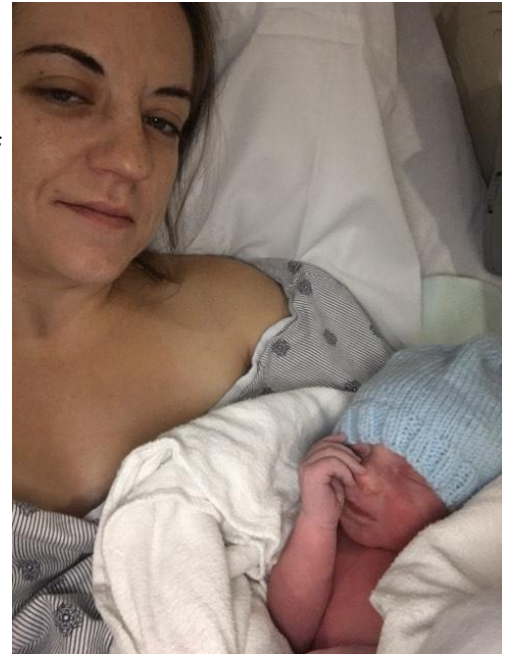


Pictured Above: Care Partner, Brenda Laurie, CCA and her beloved four legged friend Molly.

Care Partner Vicki Kendall, CCA and her family welcomed a new little bundle of love bright and early, 3:13a.m. to be exact, on September 27, 2019. Welcome to the world Elijah Adam Kendall! Elijah weighed in at 7lbs 15oz and 20 and a half inches long. Mommy and baby are doing great, but big brother Ambrose is adjusting to sharing. Congratulations to you all, he is perfect.

Pictured Right:

Care Partner, Vicki Kendall with her new bundle of love, Elijah Kendall.



Resident News

Residents would like to thank all the Care Partners who made Oktoberfest such a pleasing and successful event last month. From the decorating inside and outside to the awesome food and music, it really felt like we were at an actual Oktoberfest. You all went above and beyond and we are so lucky to have you all here to create such fun and exciting events for us. We can't wait to see what the next special event has in store.



Pictured Above: Resident Marion Foote and her baby Campbell Foote at our Oktoberfest.



Resident News

Resident Helen Gunn had her late husband's sister's, daughter, Rose Ritcey, came for a visit on her trip home from Ottawa, Ontario. Helen was delighted to see you and enjoys and looks forward to your phone calls. Until your next visit take care and God bless. Love Helen.

Resident Doris Langille has some exciting news to share with everyone. Doris has a new great grandson, Atticus Iain Langille who was born on September 11, 2019, weighing in at 7lbs 4oz. Atticus is a 4th generation in the Langille family. His proud parents are Cory Langille and Alisha Smith, grandparents Randi and Anne-Marie Langille, and most proud and ever loved by great grandparents Doris and Conrad Langille. Congrats to you all on your new addition to the family.

Willow Lodge News

Willow Lodge would like to thank all those who came out and participated in our Silver Fox walk and BBQ last month. We were able to raise over \$300 for the Terry Fox Foundation. A special thank you to those who help with the BBQ, it was delicious and enjoyed by all.

The grade five/six class from the Tatamagouche Regional Academy had their first visit of the year last month. The grade five/six class completed a fun scavenger hunt which included introducing themselves to the Residents of Willow Lodge and tracing the residents' and their own hands to create our lovely fall tree which is displayed on our intergenerational bulletin board in the main lounge. After the scavenger hunt was complete, the grade five/six class went outside to make huge bubbles; they were awesome. They also got to enjoy a yummy treat. Stay tuned for this month's adventure.

Willow Lodge would like to thank all the Care Partners who made this year's annual Memorial Celebration of Life Service extra special. To all the families who traveled near and far, we thank you all. We would also like to extend a special thanks to Reverend Penny Nelson, Gail Matheson (organist) and Dan Wesley (piper). It was a beautiful service which would not be made possible without all of you.

Pictured Right: The stunning memorial celebration of life candle light display, which represents those who have passed away over the last year at Willow Lodge.



We also acknowledged our beloved care partners who passed away this year which included, Carol White, Dietary, Janice Weatherbie, Dietary and Janet Rolfe, CCA. May you and your families all find peace and comfort. All of you will be forever missed at Willow Lodge.

A big thank you goes out to Care Partners Cathy Rafter, OTA/PTA and Audrey Weatherby, Resident Care Coordinator who, with the help of other care partners, planned a surprise Camp Fire for all of the Residents. The Residents loved it so much that they didn't want to come inside. They wanted to stay warm by the fire and listen to the music that was playing. Great team work everyone!

2019 Christmas Bazaar

We'll be having our annual Christmas Bazaar and Christmas Tea on November 29, 2019 this year from 2:00p.m. - 4:00p.m. If you or someone you know would like to book a table, please phone 902-657-3101. We know it is early, but November will be here before we know it.

