

2020 OCTOBER WILLOW LEAF



FROM THE DESK OF JANINE

Happy **October** Everyone!

In response to the new provincial COVID directives, we have established our in-house protocols and guidelines. We are now welcoming two designated family care givers, however, only one at a time, from Monday-Sunday 9am-4pm. **No appointment needed.** Upon arrival & departure, please use the main reception entrance, where screening will take place. In addition, a family member plus one other family/friend, can take a resident for a drive (**Appointment needed to confirm the time**), there are **no home visits just yet**. Masks **MUST** be worn at all times in the presence of residents and staff. All protocols will be in place (including those going out for a drive.) When entering the building to visit, or picking up your loved one, symptom & temperature check will be done along with proper hand hygiene.

By appointment only: The Recreation Department will still be offering outdoor visits with the maximum people being 5, and indoor visits in the designated room for family & friends: 1 at a time for the duration of 45 minutes. Call/Email Karli for these appointments only: Karli.boyd@willowlodge.ca OR 902-657-3101 Ext: 24

I wish to thank everyone for their patience as we move forward, doing our best to keep everyone safe in these uncharted waters.

Happy
Thanksgiving!

Stay Well, Stay Safe!
Janine Jaconelli
Executive Director
of Willow Lodge



Resident's Birthdays

Fran Crichton– Oct. 3
Billy Whidden– Oct. 13
Molly Smith– Oct. 22
Bertha Langille–Oct.28

Care Partner's Birthdays

Megan Keatley- October 3
Helen Weatherbie October 5
Frances Sutherland- Oct. 12
Juanita Forbes- October 12
Audrey Weatherby– Oct 18
Beverly Swantee- October 22
Sonja Tatttrie -October 25
Jennifer Tatttrie- October 24



Nursing Nook



I find it hard to believe we are preparing for the regular seasonal 'FLU season' already!

We have been in outbreak mode since March when the provincial state of emergency was declared and we will continue to follow guidelines from Public Health on Infection Prevention and Control, along with directives from the Department of Health.

We continue our frequent cleaning of high touch surfaces, screening every person who enters Willow Lodge with their temperature and covid screening questions, all who enter are required to wear a medical mask and practice 6 foot distancing.

All these measures, along with frequent hand-washing and cough/sneeze etiquette, are all proven to prevent the spread of infection.

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 facts we find ourselves battling every year:

- You **CANNOT** get the FLU from the FLU shot. It 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.
- 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.

The strains of FLU circulating are different every year, so it is important to be vaccinated every year.

There is evidence that suggests those people who receive a yearly flu vaccine carry the immunity over year to year, even if in small amounts which may give an immunity boost.

Also, some recent studies have shown that getting the flu vaccine may lower the risk of getting Alzheimer's disease.

October is Continuing Care Month, though it seems 2020 has been Continuing Care Year! This year's Continuing Care Month theme is **Continuing Care: Your Home, Our Passion**. The theme reflects the underlying message that every day in Nova Scotia, the people who work and volunteer in continuing care are making a remarkable difference in the lives of people of all ages who need care and support in their homes and communities. We also want to highlight that continuing care providers consistently go above and beyond to meet the unique needs of their clients and ensure the highest quality of care.

We are glad to welcome two CCA students joining us to complete their hours in the Continuing Care Assistant program. They will be with us for the month of October as they wrap up their practice hours.

I hope everyone is staying well and enjoying some fall weather.



Lisa Hodder
Director of Care

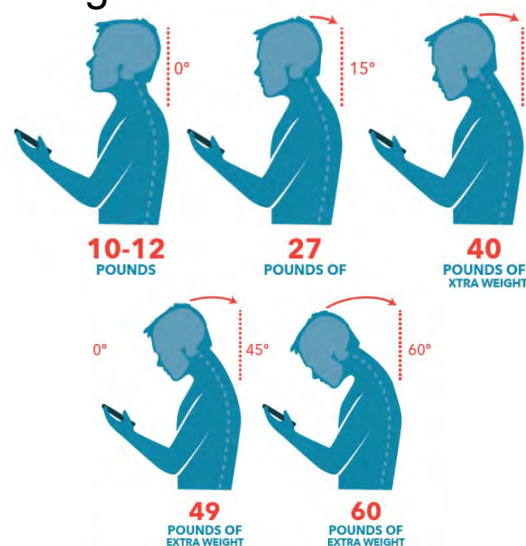
Does Your Head Hang Low?

With the use of iPads for visiting relatives and friends there will be an increase in the use of technology in everyone's lives. Incorrect use of digital devices can affect your eyes, your heart, your mood and most importantly your posture. Constantly looking down at a device shifts your head's center of gravity leading to "tech neck" not "turkey neck-teck neck."

Muscles in the back of your neck contract to hold up your head which weighs 10-12 pounds in neutral position. When you look downward you tend to tuck your head down over your chin and hunch your shoulders. The more you look down the harder the muscles must work to support your head. A 45 angle is like lifting 50lbs of potatoes, a 60 angle is like lifting 65 pounds. This increase in head flexion or tech-neck and increase in rounded shoulders, leads to kyphosis, which leads to postural imbalance which can all lead to an increase in falls later in life. Devices are not going away, if anything they are increasing so it is important to be mindful when using.

Screens should always be at eye level. If the device cannot be held at eye level, we should concentrate on looking down with our eyes and not with our head. You should take a 3 min break for every 20 minutes of use. Try to increase the number of shoulder and neck exercises to keep your neck muscles strong and maintain range of motion. Always be aware of your posture.

Technology is being used more and more in life so be mindful of tech neck. Don't even get me started on DeQuervain's tenosynovitis or "texting thumb".



HOW MUCH EXTRA PRESSURE ARE YOU PUTTING ON YOUR SPINE?

See you on the journeys,
Cathy Rafter, OT/PTA



Eat Well, Be Well!

Stuffed Pepper Soup

Servings: 6

Ingredients:

1 lb. Lean ground beef
2 Tbsp Olive oil, divided
** Salt and freshly ground black pepper **
1 small Yellow onion chopped (1 cup)
1 cup Chopped red bell pepper
— (a little over half a medium bell pepper)
1 cup Chopped green bell pepper
2 cloves Garlic minced
2 (14.5oz) Cans of petite diced tomatoes
1 (15oz) Can of tomato sauce
1 (14.5oz) Can low-sodium beef broth
2.5 Tbsp Chopped fresh parsley
½ tsp Dried Basil
½ tsp Dried oregano
1 cup Uncooked long grain white or brown rice
Cheddar or mozzarella cheese, for serving (Optional)



Instructions:

In a large pot heat 1 Tbsp olive oil over medium heat, once hot add beef to pot and season with salt and pepper. Cook, stirring occasionally while breaking up beef, until browned. Drain beef and pour onto a plate lined with paper towels, set aside.

Heat remaining 1 Tbsp olive oil in pot then add onions, red bell pepper, green bell pepper and sauté 30 seconds longer.

Pour in diced tomatoes, tomato sauce, beef broth and add parsley, basil, oregano and cooked beef, then season with salt and pepper to taste.

Bring just to a light boil, then reduce heat to low, cover and simmer, stirring occasionally, 30 minutes.

While soup simmers, prepare rice according to directions listed on package, then once soup is done simmering stir in desired amount of cooked rice into soup.

Serve warm topped with optional cheese and garnish with fresh parsley.

Enjoy!!

This soup is filling and flavorful. A great meal for chilly fall evenings.

Amanda Rees,
Dietitian

Recipe sourced from Cooking Classy

◇ EDEN CORNER

Goodbye September...Hello October!

October's calendar has many fun events lined up for our residents here at Willow Lodge. Drives in the afternoon to see the colorful leaves and the fall decorations throughout the village, baking Autumn treats to fill the halls with delicious smells. A Pumpkin decorating contest with friends & care partners, and of course Thanksgiving Dinner! We also can't forget about HALLOWEEN..

"All Hallow's Eve". On October 29th, we plan to have a great big Halloween Costume Party. Halloween themed treats, music, costumes and more! For the designated visitors, if you are here visiting your loved ones that day, be sure to join in on our festivities, costume and all! Oh what a fun filled month it shall be!

Below is the Thanksgiving Dinner menu:

- ◇ Roast Turkey
- ◇ Mashed Potatoes
- ◇ Dressing
- ◇ Turnip & Peas
- ◇ Cranberry Sauce
- ◇ Minced meat or Pumpkin Pie!



Care Partner News

We have a great big congratulations to send to Audrey Weatherby, an RN here at Willow Lodge. She has a new grandson! **Colton Weatherby- "Colt"** was born on September 11th, weighing 8lbs 4oz!!

Another RN here at Willow Lodge, Lynn Carruthers and her husband Glen Carruthers are also excited to announce the birth of their **10th grand-child**. **Shay Dorothy Gail McKearney** was born September 3, 2020 in Calgary Alberta . Parents are Kristopher and Heidi , and proud brother Ayden . The little girl arrived early weighing 4lbs and 6 ounces . Willow their chocolate Lab is also in love and staying very close to Shay! Amazing news Audrey & Lynn's families, sending lots of love, happiness and good health your way!

Our friendly goats here at Willow Lodge Park are getting ready to hibernate back at their own farm for the winter months! I know the residents loved going out to the park and watching them play around. See you next year Izzy, Beau and Hershey!!



Operations Corner

Fall is here and the cooler temperatures are making the trees show their colours, lots of red, yellow and orange.

Finally the humid weather seems to have passed.

October is Fire Safety Month, so I hope everyone will take a moment to think about fire safety here at Willow Lodge. We conduct fire drills monthly throughout the facility to practice our evacuation procedures and routes to ensure we all know what to do in the case of an emergency. Our fire alarm and sprinkler systems are tested regularly also to ensure everything is working properly, just in case.

We recently received our new blanket and towel warmer. It is in the Utility Room in Barrachois and will be a great addition as the weather turns cooler.

We're still awaiting roof repairs, the extreme hot weather over the last few months has put our contractor a bit behind, but he's assured me it will begin very soon.

Until next time....

Kent MacDonald

Director of Operations



Willow Lodge News

New protocols have been set in place for our "In-person visits"! Please re-visit Janine's write up on the first page to revise these new protocols or see last page of the Willow Leaf! In addition to these new rules, please keep in mind your inside/outside visiting appointments are still being scheduled for the remaining family & friends who would like to visit their loved ones. These appointments will continue to be made through Karli in the Recreation Department. Please never hesitate to call Karli, or the Main Office, for **any questions** you may have.

Karli: 902-657-3101 EXT: 24

Main Office: 902-657-3101

Ext: 21,22,23



New "In-Person Visit" Protocols:

As stated previously under Janine's Willow Leaf article...but just another reminder!

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"Designated Visitors" please remember when visiting:

- * 1 designated person inside the building at a time
- * Visits are from 9-4 Monday through Sunday
- * Screen testing upon arrival
- * Proper hand hygiene- Please sanitize whenever you touch or fiddle with your mask
- * Enter & exit at main office entrance ONLY
- * Use bathroom by main office ONLY
- * No eating or drinking inside the building (You are welcome to leave for lunch and come back BUT...You are allowed, to sit with your loved one during their lunch
- * Please visit your loved one in their room, the neighborhood dining area, and the resident's designated neighborhood.



Happy Fall



• Hope you enjoyed
• the Willow Leaf!
• Take good care,
• Karli Boyd
• Director of Recreation