



# HAPPY HALLOWEEN

# October 2021

# WILLOW LEAF



## Happy Birthday

### Residents

Fran Crichton - October 3

Billy Whidden - October 13

Guy Moore - October 16

Molly Smith - October 22

Bertha Langille - October 28

### Care Partners

Megan Keatley - October 3

Helen Weatherbie - October 5

Frances Sutherland - October 12

Juanita Forbes - October 12

Audrey Weatherby - October 18

Beverly Swantee - October 22

Jennifer Tattrie - October 24

Sonja Tattrie - October 25

### Welcome

New Resident

**Donna Johnson**



## From the DESK of Janine

Family & Residents of Willow Lodge,

As fall is upon us, the evenings are getting cooler and nightfall comes sooner. There is beauty in the changing colours and crisp air. Unfortunately we are still challenged with issues surrounding COVID-19.

Vaccination protects residents, care partners, families, volunteers and visitors from COVID-19. Vaccinations will help prevent the introduction and transmission of COVID-19 and decrease the risk of outbreaks at Willow Lodge.

Dr. Robert Strang, the Chief Medical Officer of Health for Nova Scotia, announced on September 29, 2021 there will be mandatory COVID-19 vaccination requirements for various sectors in Nova Scotia, this includes all Willow Lodge's residents, care partners, volunteers, designated caregivers, visitors, contractors, hairdressers and delivery and repair workers. The expectation is to be fully vaccinated (first and second dose of COVID-19) by November 30, 2021. you can check <http://www.nshealth.ca/drop-in-vaccine-clinics> to find the nearest upcoming vaccine clinics.

In addition medical masks will continue to be mandatory for all care partners, designated caregivers, volunteers and visitors of Willow Lodge. Residents are permitted to leave Willow Lodge and stay overnight at home, however, residents residing in the Northern Zone (Willow Lodge) may not visit or stay overnight in the Central Zone as of Monday, October 4, 2021.

As always, your ongoing support and understanding is appreciated.

Stay Well, Stay Safe  
Janine Jaconelli Executive Director

# Thanksgiving Menu

Roast Turkey

Mashed Potatoes

Turnip

Peas & Carrots

Dressing

Cranberries

Dessert

Pumpkin Pie

Tea/Coffee

October 10, 2021



## Willow Lodge News

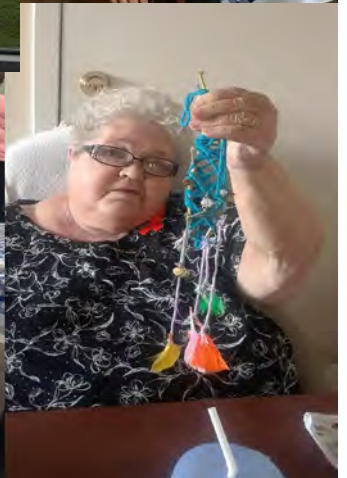
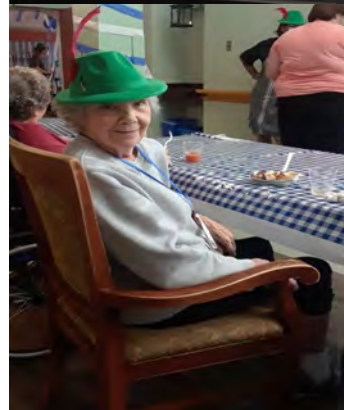
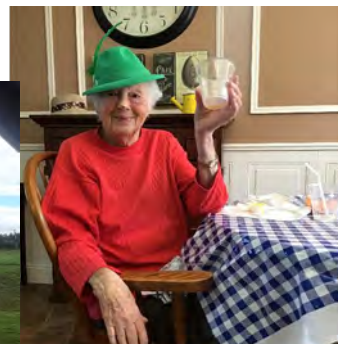
On September 21st we held our Terry Fox Walk. We walked outside in the park and held a BBQ fundraiser. We were able to raise \$245 for the Terry Fox Foundation. Thank you to everyone who donated and participated.

We held a memorial celebration of life service for the residents who passed away over the last year on September 22nd. The service was held in Lynwood and was recorded, so that we will be able to send it to the loved ones of those who have passed. Thank you to everyone who helped make this such a beautiful event.

We celebrated everything Oktoberfest on September 23rd. Residents gathered in the main lounge and dining area to listen to some music from Germany while they devoured their Oktoberfest treats. There was fried pepperoni, Oktoberfest sausage, warm soft pretzels, sauerkraut with bacon, honey mustard dipping sauce, beer, wine, punch along with party mix and cheezies. It was a fun filled afternoon and we are looking forward to next year already.

On September 30th Willow Lodge Residents and Care Partners observed the first National Day of Truth and Reconciliation. Residents and Care Partners wore orange to show their love and support to the Indigenous children who never returned home from the residential schools, the survivors, their families and their communities. Residents created Dream Catchers, had a drumming circle and read a Prayer. It was an emotional day for all.

Coming up this month we will be having a delicious thanksgiving meal, Fall Harvest Festival, Pumpkin Carving and a Halloween Party. Stay tuned next month to hear about Octobers festivities and what fun activities we will be up to in November.



# Operations Corner

Fall has arrived, the days are getting considerably shorter and the unbearable heat and humidity has hopefully passed as well.

Speaking of heat and humidity, Winmill Electric's crew is currently working at installing the heat pumps mentioned last month. There will be one in the Main Lounge and one at each end of the back hallway. These should help create a more favorable environment for everyone the next time we get hit with that type of weather. They will also be an additional source of heat as we head into the colder season, not that anyone is looking forward to winter!!

The new laundry equipment has been delivered, and is now operational. We have received 3 new industrial-grade washing machines and 1 new dryer to replace the older equipment in the downstairs laundry area. The used equipment has been donated to the Tim Horton's Children's Camp in Bayhead, and we hope they get a few good years' of use out of it. Thanks to Devin and Jolene for their extra work while the changes were being made, and to Achim and Daniel for putting in some extra hours to help with the installation.

**Pictured Right:** The New Laundry Equipment.



The crew from Verge Technologies was here for a week running new communications cabling for the nurse call system that is being upgraded. Once the cables have been run, they will begin installing new devices throughout the facility later in the month. We hope to have the new system operational by the end of October.

The new bathing system for Balmoral has been delivered and will be installed within the next 2 weeks.

Roofing repairs in the Courtyard area are set to begin the first week of October. Unfortunately this means that the Courtyard will be closed to Residents while this work is being completed.

It's been a rather busy month, but it's nice to see these upgrades happening. I hope it hasn't inconvenienced anyone too much.

- Kent MacDonald  
Director of Operations

# Message from the Finance Office

As you are all probably aware the Department of Health and Wellness reassess the accommodation charge Nov 1st every year for our residents. As soon as the Department advises Willow Lodge of the new rates we will be in touch either by email or mail for the next 12 month of postdated cheques.

- PJW  
Finance Office



# 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!

October 4th-8th is Canadian Malnutrition Awareness Week, and I thought this was a great opportunity to highlight one of my roles here at Willow Lodge. Malnutrition is caused when the body does not get enough of the vitamins, minerals, and other nutrients it needs to function properly. It can be a common occurrence in our aging population due to the decline in food intake and appetite that some people experience. Many things influence our appetite and intake, including poor dentition, decline in sense of taste or smell, and certain medications. Malnutrition can slow the healing process, decrease strength and the body's functional ability, and puts overall health at risk. This is why early detection of malnutrition is so important!

# Eat Well, BE Well!

As the dietitian, it is my job to assess the nutrition status of all residents on admission and every six months after. If someone is suspected to be malnourished, it is my role to implement nutrition interventions. As part of my efforts to prevent malnutrition and to detect it early, I use the malnutrition screening tool called the Nutrition and Hydration Risk Identifying Tool to assess each resident's nutrition status semi annually. This awareness week is a great opportunity for me to attend online events to increase my knowledge on detecting and treating malnutrition.

Stay healthy and nourished everyone!

- **Abbey Chisholm**  
Dietitian

## Pumpkin Spice Cookies

½ cup butter, softened  
1 cup sugar  
1 cup pure pumpkin  
2 eggs  
4 tsp baking powder  
1tsp salt  
3 tsp cinnamon  
½ tsp nutmeg  
¼ tsp ginger  
2 cups flour



Method:

Preheat oven to 350 degrees.

Using a mixer, cream together butter and sugar.

Add pumpkin and eggs and mix until a batter is formed.

In a separate bowl, mix flour, baking powder, salt, and spices.

Fold dry ingredients into the batter and mix until well blended.

Drop a spoonful of cookie batter onto a baking sheet.

Bake for 12 minutes or until golden.

I love everything pumpkin, so naturally fall is my favorite time of year. These cookies are a staple in my family and are something my mom has made every year since I can remember. They are great on their own, but even better with cream cheese frosting and cinnamon sprinkled on top. I hope you enjoy!

# Nurses Nook

It's hard to believe we are preparing for the regular seasonal 'FLU season' already!

We are awaiting the arrival of our FLU vaccines they are to arrive mid to late October. Our FLU vaccination clinics will start as soon as the vaccinations arrive. Our residents will receive the high dose FLU vaccine.

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.

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!

-**Audrey Weatherby**

**Resident Care Coordinator**