



October 2022

Willow Leaf



Residents

Olive Pastor - October 1st
Fran Crichton - October 3rd
Guy Moore - October 16th
Molly Smith - October 22nd
Bertha Langille - October 28th

Care Partners

Megan Keatley - October 3
Helen Weatherbie - October 5
Juanita Forbes - October 12
Jennifer Tattrie - October 24
Sonya Tattrie - October 25

Welcome New Residents

Grace Wall
Dolly MacKenzie
Peggy Langille
Robert Winsor
Basil Tattrie
Joy Bernier



From the Desk of Janine

As we welcome October, many of us are still dealing with FIONA and the challenges that have been put in our path!

We have experienced some damage to the Lodge exterior, all repairs have begun and we can be thankful that we all remained safe during the hurricane.

We still have a number of our families who are living without power. If there is anything we can assist you with, please do not hesitate to reach out. We are all here to help one another.

Our phone service is currently intermittent here at Willow Lodge. If you are trying to reach us and are not able to get through please try again later as we work through this interruption in our phone service.

October 10-14 is CCA Week, this is a time where we acknowledge the dedicated work of our Continuing Care Assistants in the province of Nova Scotia. My sincere appreciation to our Care Partners, some who remain without power for pushing forward and doing your part in caring for our residents. Your commitment and dedication does not go unnoticed.

"Take time to enjoy the beauty of the fall colors"



With appreciation

Janine Jaconelli, Executive Director

In Memory

Billy Whidden October 13, 1934 to September 12, 2022

Willow Lodge News

This year has seen a return of events, including that of the Tatamagouche Labor Day parade. The Willow Lodge joined in on the fun with the MacKay Bus decorated for the event. Executive Director Janine Jaconelli and resident Donna Johnson waved at the crowds during the parade, including some fellow residents and their families that came out for the event.



While we unfortunately had to cancel our Family Day event at the last minute, a number of families did not let that slow them down as they came in for visits that filled the hallways and rooms with laughter and smiles. We hope to bring this important event back next summer.

With the cold weather sneaking up on us, sooner than we had hoped, the baseball season has come to an end for this summer with plans to return again with the warmer weather next year.



The final scores are as follows:

	July	August	September	Total
Barrachois	39	42	41	122
Balmoral	31	56	50	137
Lynwood	26	45	46	117

Congratulations to Balmoral on winning the Willow Lodge Baseball Tournament this year!

At the start of their final game the Balmoral team agreed that they would dedicate the game to their friend Billy Whidden, who passed away the week prior. A member of their team since the tournament was created in 2020, it seemed a fitting way to pay tribute to Billy, a friend that will be missed. Keep an eye out for a little surprise that will be put together for Balmoral in the coming weeks to celebrate this years tournament win.

A huge thank you to Phillip Law from the Recreation Team and Residents for the donation of lawn darts to the recreation department for our lawn games program. Tested by the residents for the first time this month, it has quickly become a group favorite for the residents here at the lodge with teams organized to compete to the 21 point goal.

As some of you may have noticed there is a raffle fundraiser set up by the main entrance to raise funds to help purchase items for recreation programs here at the Willow Lodge. Tickets are \$2.00 each or 3 for \$5.00, winner will get to take home a hand quilted blanket donated by a member of the community. The Quilt is 55"x60" pictured below is located in the main entrance for those that would like a closer look. Tickets can be purchased from Daphne or Sue at the front desk.

The draw will take place on October 31st, the winner will be contacted and listed in the next Willow Leaf. Thank you for your support!



Operations Corner

Hurricane Fiona is one for the record books! We didn't fare too badly here at Willow Lodge, there were a few problems, however. A small section of the roof on the back side of Lynwood blew off, plywood, shingles and all. Big thanks to local carpenters Barry McKay and Paul Cook for doing an emergency repair out there after the storm ended that Saturday afternoon. We lost a section of chimney pipe as well above the kitchen area. Northumberland Masonry came to repair that very quickly in the days following the storm. We lost a few trees and such as well, but not a bad outcome at all. We were on generator power for approximately 80 hours straight following the storm from early Saturday morning to Tuesday around 9 AM. The generator doesn't produce enough juice to power everything in this building, namely the laundry equipment, so things were backed up quite a bit in that area. Special thanks to Environmental Services staff Colleen M, Jolene, Janet, Bonnie and Colleen J, who worked extra hours and extra shifts as well to clean all of the laundry after the power was restored.

Thanks to all staff in all departments who worked extra hard before, during and after the storm in difficult conditions to see that things here at Willow Lodge went as well as they could for everyone. Some were working around the clock and your efforts did not go unnoticed.

I'm sure we all have similar messes to deal with at home and will be busy in the days and weeks to come.

Kent MacDonald
Director of Operations



Care Partner News

Juanita's granddaughter, Kaylee, who has been dancing for almost 10 years, has been given 3 parts in the upcoming Cobequid Dance Academy production of "The Nutcracker". Taking place in Truro in the beginning of December, she will be a Rat, Spearmint, and Frieda and Fran's Friend. Juanita is beyond excited for her granddaughter.



Finance Office

A reminder to Families that on November 1, 2022 accommodation rates may change per the Department of Seniors in Long Term Care. POA's will be notified as soon as the Department notifies us.

-Peggy Weatherby



Some One

Some one came knocking
At my wee, small door;
Some one came knocking,
I'm sure—sure—sure;
I listened, I opened,
I looked to left and right,
But nought there was a-stirring
In the still dark night;
Only the busy beetle
Tap-tapping on the wall,
Only from the forest
The screech-owl's call,
Only the cricket whistling
While the dewdrops fall,
So I know not who came knocking,
At all, at all, at all.
—Walter de la Mare

Eat Well, Be Well

Apple Pie Trail Mix

Happy fall everyone! This is one of my favourite snacks to have on hand this time of year. Perfect for when you're on the go and need to grab something- I've been bringing bags of it with me on weekend hikes and it is a crowd favourite. I hope you enjoy!



INGREDIENTS

- 1 cup old-fashioned oats
- 1/2 cup all-purpose flour
- 1/3 cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon fine sea salt
- 1/2 cup cold butter, cut into pieces
- 2 teaspoons water
- 4 cups Apple Cinnamon Chex™ cereal
- 1 bag of white chocolate chips

PREPARATION

Heat oven to 350°F. Line a pan with parchment paper.

In medium bowl, add oats, flour, brown sugar, cinnamon and sea salt; mix well. Cut in butter, until mixture looks like coarse crumbs. Stir in water until mixture comes together. Spread out evenly in pan; press down slightly on mixture to hold together.

Bake 10 minutes; stir gently. Continue baking 10 to 13 minutes or until mixture is light golden brown. Cool completely on parchment in pan, about 1 hour. Carefully break into small clusters.

In large serving bowl, mix cereal, white chocolate chips and almonds; stir in clusters. Store in covered container at room temperature.

-Abbey Chisholm, Dietitian

Nurses Nook

Fall has happened ...again!

We are preparing for our annual Flu shot clinics for our residents. All of the residents over the age of 65 will be receiving the high dose vaccine, which offers better protection for that age group. The few residents under the age of 65 will receive the regular dose, as indicated by Public Health. We will be encouraging all Care Partners and families to get theirs as well.

COVID is still circulating around our community, so please be mindful when in large crowds to wear your mask, even though it is no longer mandatory. Influenza was non-existent the past couple of years due to the mandatory mask rule. It is resurging in bounds this year!

Fall is a beautiful and bountiful time of the year. Get out those warm sweaters and head out to enjoy some nice weather, and don't forget the pumpkin pie!

Stay well!

Jill Peterson, RN
Director of Care.



Willow Lodge Thanksgiving Meal Monday, October 10th

Dinner
Turkey
Stuffing
Mashed Potatoes
Carrots/Peas
Cranberry Sauce
Roll

Dessert
Pumpkin Pie or Apple Pie

Remembering the Queen at Willow Lodge

The news of Queen Elizabeth II's passing came just as resident council was about to begin here at the Willow Lodge. Shocked was the main feeling in the room as the news sank in. Little by little stories were shared of memories connected to the Queen and the royal family.

Stories going as far back when Queen Elizabeth was still a Princess were part of the mix. One such story was shared by a resident that remembers seeing Princess Elizabeth at the Train Station in Pictou during a Train Tour across Canada. Others remember seeing the Queen Elizabeth during some of the many visits to Canada that she had made over the years. A few even mention seeing the Queen

and her sister Princess Margaret together. Other stories of watching Queen Elizabeth II coronation on TV, and remembering the excitement as this ceremony was televised for first time for all of the common wealth to see, were also mentioned.



Many a TV were tuned in as the Queen was brought back to London and laid to rest. Providing time for all of us to reflect on the legacy that Queen Elizabeth II made during her lifetime and as reigning monarch for the last 70 years.

As we welcome King Charles III as the new monarch, memories of his many visits to Canada as a Prince in place of the Queen have also been shared as we remember Queen Elizabeth at the Willow Lodge.

Thanksgiving is...

Thanksgiving is anticipation...
the excitement of wonderful aromas,
golden, harvest-themed décor,
the best linens, china and silver.

Thanksgiving is...
platters of special Thanksgiving foods
prepared only once a year,
mmn...mmn... mouths watering,
ecstatic taste buds quivering with joy.

Thanksgiving is...
the family all around the table,
clean, dressed, smiles all around,
recitation of what we are thankful for,
the saying of grace,
our special Thanksgiving prayer.

And now, finally, dig in!
We are thinking of you
at Thanksgiving, and hoping
your Thanksgiving experience
will be surrounded
by a special glow in your memory.

By Joanna Fuchs

Thank you to All the Staff

A huge thank you to all the staff that worked through Hurricane Fiona, and to those that worked through the power outage to keeping things going as smoothly as possible. A huge thank you to all the staff that continued to come in each day bringing smiles to residents, even when they did and in some cases still do not have power at their own homes. You are appreciated for all that you do.

We are lucky to have such a wonderful team here at the Willow Lodge.



Halloween Word Search

S	C	J	F	R	A	N	K	E	N	S	T	E	I	N	Y	P
W	Z	O	T	A	E	R	T	R	O	K	C	I	R	T	W	U
O	V	W	S	J	C	T	G	E	T	Q	T	S	O	H	G	M
M	C	E	V	T	Z	L	W	S	S	O	H	B	D	X	Z	P
D	L	Z	F	D	U	J	I	U	V	A	M	P	I	R	E	K
Z	W	J	V	X	W	M	K	O	C	Y	T	J	Q	P	G	I
L	O	A	J	R	V	C	E	H	A	W	M	X	H	G	J	N
M	K	M	E	L	A	Y	G	D	N	O	T	E	L	E	K	S
E	F	U	B	N	K	Y	Y	E	D	A	Z	O	E	W	N	A
D	I	S	D	I	Q	R	E	T	Y	J	W	W	H	T	M	S
X	K	Y	P	V	E	K	Y	N	C	R	R	A	L	J	F	C
D	S	Q	J	O	R	J	X	U	O	N	E	V	D	R	L	A
X	C	W	S	S	O	X	A	A	R	I	I	B	D	Y	A	R
E	X	W	K	J	W	K	G	H	N	O	O	R	O	N	L	Y
T	Q	E	U	T	A	F	Y	B	L	O	T	D	A	T	F	T
A	N	E	E	W	O	L	L	A	H	R	S	X	C	C	C	J
I	N	R	E	N	A	L	O	K	C	A	J	S	Q	J	U	O

scary

candy corn

candy

jack-o-lantern

October

zombie

spooky

ghost

vampire

trick or treat

costume

pumpkin

frankenstein

haunted house

skeleton

Halloween