

September 2019 Oktoberfest Willow Leaf

Happy Birthday

Residents

Joyce Dean - September 12
Pearl MacKay - September 12
Florence Daurie - September 14
Doris Creighton - September 14
Lillian Sutherland - September 20
Kay Mattatall - September 21

Care Partners

Marilyn Lane - September 4
Jane Terry - September 6
Gayle Langille - September 11
Wilma Tattrie - September 17
Deb Sprague - September 22
Martha Goossen - September 22

Upcoming Events

September 12

Open Mic Night @ the Grace Jollymore
Joyce Arts Center, Tatamagouche,
7:00p.m. - 9:00p.m.

September 14

"Murder on Ice" @ the Wentworth Rec-
reation Center, Doors open @ 6:00p.m.,
Show starts @ 7:00p.m. Tickets are \$30
in advance or \$35 at the door.

September 14

2019 Jost Maritime Stomp Music Festi-
val @ Jost Vineyards, Mala-
gash, 1:00p.m. - 7:00p.m.

September 15

Open Farm 2019 @ Sullivans Family
Farm, Sullivan Rd, Nuttby, 11:00a.m. -
4:00p.m.

September 20

Renée Lavallée @ Sugar Moon Farm,
6:00p.m. - 9:00p.m.

September 21

Dan Doiron @ the Grace Jollymore
Joyce Arts Center, Tatamagouche,
7:30p.m. - 9:30p.m. Tickets \$20

September 24

Willow Lodge's Memorial Celebration of
Life Service @ Willow Lodge in Lyn-
wood House, 6:30p.m. - 7:30p.m.

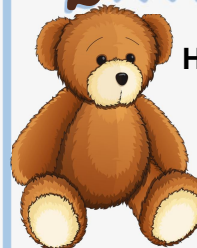
September 27

Willow Lodge's Oktoberfest @ Willow
Lodge in the Main Lounge, 2:30p.m.

September 27 - 28

The North Shore Bavarian Society
Oktoberfest 2019 @ the North Shore
Recreation Center, Tatamagouche

Memoriam



Helen MacIntosh

March 1, 1925

to

August 12, 2019

Ruth Gammon

January 23, 1922

to

August 25, 2019



Welcome

New Resident

Doris Langille



Willow Lodge News

What a wonderful month August was. It was a jam packed month where many memories were made. It started off with welcoming the Summer Day camp, who joined us every Wednesday morning in our park. There were close to 18 children who visited each time along with 3 to 4 councillors. Each visit was different, some days we completed a craft or completed an art project and other days we had relay races and more. The best days, as most of the children would agree, were the "free time" days that the children would visit with our residents and our animals in the park. It brought so much joy to the residents faces to see all the young children running around having fun. The residents' who could see the children in the park from their rooms said it was so nice to hear the laughter carry through the windows and echo into the halls. As sad as we are to see the summer coming to a close, we're also excited as we will have many more visit from the Tatamagouche Regional Academy Grade 5 students as well as the new Pre-Primary students starting in September. Good luck to all the students who are returning to school this fall, may your school year be full of successes and memories.

We will be hosting a Silver Fox Run, (Terry Fox Run) at Willow Lodge on Friday, September 6th at 10:00a.m. in our park, weather permitting. If raining we will move our walk indoors. We'll also be holding a BBQ where you can purchase a hotdog and hamburger for \$5. All funds raised will be donated to the Terry Fox Foundation. Hope to see you here!

Willow Lodge would like to welcome everyone to our annual Memorial Celebration of Life Service which will take place on Tuesday, September 24th at 6:30p.m. in Lynwood House. There will be sweets and light refreshment to follow.

Everyone in the Tatamagouche and surrounding area know that September means...Oktoberfest! Well all of us here at Willow Lodge make sure we don't miss out on the fun festivities. On Friday, September 27th at 2:30, Residents and Care Partners will gather together in the Main Lounge to celebrate our very own Oktoberfest and we would like to welcome you to join in the fun. There will be fried pepperoni, sauerkraut with bacon and cold drinks. Oh we can't forget the music too! If you have a chance stop on by we would love to see you.

From the Desk of... Janine

On behalf of everyone at Willow Lodge, I would like to thank you all for your support and dedication to Willow Lodge. Especially for everything everyone did to help make our 50th Anniversary a memorable event. Without your dedication we would not be where we are today.

We hope that you all had a chance to see the MacKay Van in the Labour Day Parade. A big thank you goes out to all the Care Partners who helped decorate the van and get it all shined up. A special thank you to Care Partner; Juanita Forbes for driving the MacKay van and to her co-pilot Resident Frankie Muir who had a blast seeing you all, as well as Michael Ashton; Volunteer Coordinator who assisted me in passing out Mr. Freezies.

Resident News

Resident Cassie Cameron had two of her daughters visit from across the country this summer, they both travelled all the way from BC to visit their mom. Cassie was even able to go on an outing home to enjoy a delicious Chinese Dinner. Cassie's daughters visited at different times, but both said it was very hard to leave and hope to visit their mom again soon.

Two residents has a wonderful surprise visit from a cousin and friend. Carole (Baxter) King who's mother was Jean Baxter and a first cousin to Eudora Tupper was into visit on a trip home from Oshawa, Ontario. Carole was also a bridesmaid at resident Edith Retson's wedding in the fall of 1964. Carole was accompanied by her sister - in - law Pat Baxter. Eudora and Edith loved your visit.

Finance Office

Please watch your mail for the new accommodation rates from the Department of Health. Effective November 1st, 2019. Also please ensure the last notice of assessment for Revenue Canada has been sent to the Department of Health.

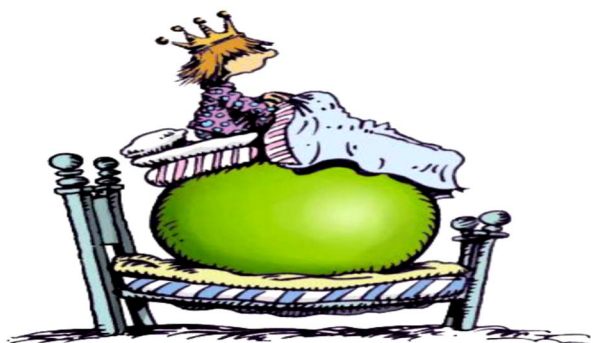
Once Upon a Mattress' Best-Ever Apple Berry Crisp

Comfort and functionality are important factors in choosing a mattress at the Willow Lodge. Every individual has preference as to firmness and softness when selecting a mattress. We are all unique and just like the princess who could feel the pea placed under 20 mattresses and 20 featherbeds we all want to feel comfortable when sleeping. The Willow was very fortunate to have the Occupational Therapist consult as to the best options for mattress selection during purchasing.

Most of the individuals at the Willow have a TheraRest mattress manufactured by ARJOHUNTLEIGH. This mattress provides pressure reduction and a heel slope support. Compression channels in the mattress help protect against pressure and shearing. Some of the individuals at the Willow have an Integriderm mattress manufactured by MIP. This mattress offers heel slope support with a firmer approach to support. Some of the individuals have a V4 Roho mattress manufactured by Permobil. This mattress is a non-powered, air-filled, adjustable surface that provides protection for skin and soft tissue. Individual cells offer even distribution of weight. Some of the individuals have a Low-Air-Loss mattress or LAL. This type of mattress is motorized and offers advanced alternating pressure redistribution for pain management. All the individuals with a V4 or LAL mattress have been assessed by the Occupational Therapist for selection of appropriate surface.

Princess Winnifred the Woebegone would be able to tell if any peas were placed under a Willow Lodge mattress. Hopefully, no peas are under our mattresses and everyone has the best slleeeppp...ZZZZZZZ

- Cathy Rafter;OTA/PTA



Makes 8 servings

Ingredients:

| | |
|---------|---|
| 4 | Apples, cored and chopped |
| 2 cups | Frozen or fresh blueberries |
| 1/4 cup | Packed brown sugar |
| 2 tbsp | All-purpose flour |
| 1 tsp | Vanilla extract |
| 1 cup | Large flake oats |
| 1/2 cup | All-purpose flour |
| 1/3 cup | Wheat bran |
| 3 tbsp | Packed brown sugar |
| 1/2 tsp | Ground cinnamon |
| 3 tbsp | Soft non-hydrogenated margarine, melted |

Instructions:

Step 1

In a large bowl, combine apples, blueberries, sugar, flour and vanilla until coated. Spread into a 8 inch (20 cm) square baking dish; set aside.

Step 2

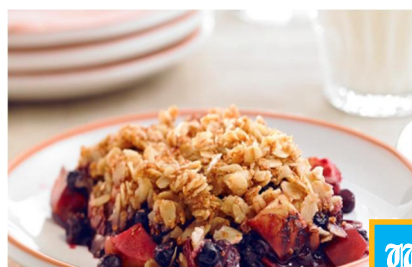
Topping: in another bowl, combine oats, flour, wheat bran, sugar and cinnamon. Drizzle with melted margarine and using a fork, toss to coat oat mixture. Sprinkle over top of fruit mixture.

Step 3

Bake in preheated 350°F (180°C) oven for about 50 minutes or until apples are tender and top is golden. Let cool slightly before serving.

Recipe from <http://www.cookspiration.com>

Great recipe for fresh local Nova Scotia apples and blueberries!!
Enjoy



- Amanda Rees, Dietitian

50th Anniversary Garden Party

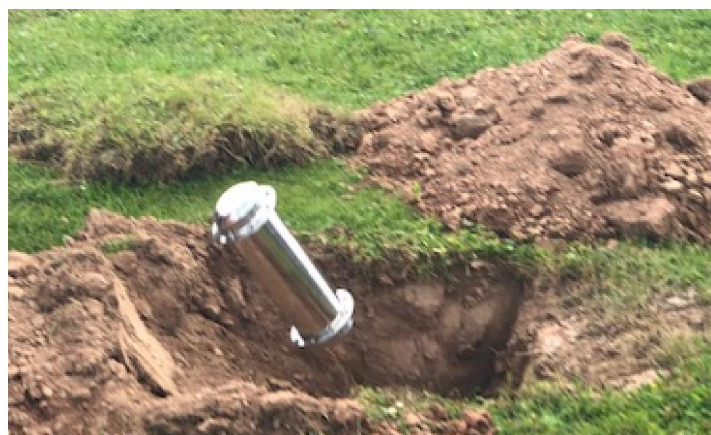


Pictured Left: Volunteer Coordinator; Michael Ashton who was the MC at our 50th Anniversary Garden Party. Michael was also one of the many Care Partners who helped plan our 50th Anniversary. Thank you Michael for all that you did.



Pictured Left: Operations Manager; John Sellers and Allan Lockerby who was one of the people who put up a \$1000 bond so that Willow Lodge could become what it is today, planting the magnolia tree in celebration of our 50th Anniversary. The tree was donated by Alan Bonnyman.

Pictured Right: Willow Lodge's Board Chair; Linda Reese who said a few words to the crowd that gathered together for our 50th Anniversary Garden Party.



Pictured Above: The time capsule falling into what will be it home for the next 50 years. The time capsule was thrown into the hole by resident Doris Langille who was a past employee of Willow Lodge.

Nursing Nook

We are excited to welcome 10 CCA students to Willow Lodge this month! They will be utilizing our boardroom for classes over the next several months. Please join us in welcoming these learners.

We also get to welcome 2 new care partners to the nursing team. Jennifer Frizzell, CCA and Trish Landry, RN.

We're glad to have you join us!

- Lisa Hodder; Director of Care



Pictured Left: Willow Lodge's 50th Anniversary Cake and Golden Cupcakes which were enjoyed by all who attended our Garden Party.