

# Willow Leaf



## Residents Birthdays

Doris Langille– September 6

Joyce Dean– September 12

Pearl MacKay– September 12

Kay Mattatall– September 21

Lillian Sutherland– Sept. 22



## Care Partners Birthdays

Marilyn Lane– September 4

Daniel Angus– September 5

Jane Terry– September 6

Gayle Langille– September 11

Wilma Tattrie– September 17

Deb Sprague– September 22

Martha Goossen– September 22



## *Remembering*



### Eileen Langille

August 12, 1936— August 1st, 2020

### Cora Langille

October 26, 1926– August 6, 2020



### Cornelius Havenga

March 8, 1945- August 7, 2020

## From the Desk of Janine

Friends and Family;

As we come to the end of August, I am pleased to report that we are all keeping well.

Since the closing of our home on March 15, 2020, we have missed so many family, friends, volunteers and students from Tatamagouche Academy visiting and sharing good cheer.

On a positive note, we were able to continue with the hiring and summer employment of a student Alicia Williamson to compliment our recreation department. Alicia who initially began as a student from our local Academy started with us as a Student volunteer over 5 years ago. Once she graduated from high School she began her studies at Dalhousie where she is going into her final year. We have been fortunate to have Alicia as part of our team here at the Lodge this summer. She brings great passion and dedication to our residents and delivers various programs to meet the needs of all. Our visitation scheduling has taken a lot of her time along with Karli as they ensure that all families have an opportunity to visit with their loved ones. Friday, August 28th, we say thank you and goodbye to Alisha as she returns to university to complete her program!

To all our community children and teachers, as you prepare for your return to school, we wish you all the best in your studies and lesson plans.

Stay Well, Stay Safe!

Janine Jaconelli,

Executive Director



(Left) Marion Foote, Alicia Williamson, Eunice Sutherland

# Nursing Nook

It is hard to think we are approaching the end of another summer!

It has certainly been a summer like no other, that is for certain.

The care partners have been doing an exceptional job at caring for residents in these hot and humid temperatures.

As you have probably heard, there are now cases of Covid-19 in our provincial zone, the Northern Zone. It stands as a good reminder to us to stay vigilant as we enter this fall season and a potential second wave of this virus.

Thank you all for your understanding and patience as we continue to follow the Provincial Public Health Directives and Infection Control Guidelines.

We are glad to welcome back Shauna Laurie, CCA, after her year of maternity leave. We are glad to have you back with us Shauna and hoping you have a smooth transition!

Best of luck to Caitlyn Taylor as she returns to her studies at ST.FX for her 3rd year of nursing, thanks for all your help here at Willow Lodge!

Lisa Hodder,  
Director of Care



# Operations Corner

It's nice that the heat wave appears to be over, it lasted longer than expected. We added some fans and dehumidifiers to the common areas over the summer and I think these helped a bit with the humidity. I'm certainly looking forward to the fall colours and cooler temperatures.

We recently had our annual inspections of the Fire Alarm and the Sprinkler systems completed, and I'm happy to say that all is as it should be with both systems.

Repairs to the roof are slated to begin in early September, weather permitting.

I'm pleased to announce that Devin Wilson has begun her new position in Laundry Services. Carol Tattrie and Patsy Waugh have given up a few days in each of their positions, which created a new 50% position in Laundry. Devin had previously worked in Laundry on a Casual basis, and it's nice to have her on a permanent basis!

Until next time .....

Kent MacDonald,  
Director of Operations



# A Helping Hand

Sometimes in our life we all need something to help us get by. If you decide you might need a bit more stability in your life it might be time to consider a rollator or walker. A walker or, gait aid with 2 wheels, gives great stability; but, because you need to make a wide turn it is a little harder to steer around corners. A rollator or gait aid with 4 wheels and a braking system is suitable for people that want a more fluid walk and better stability.

Before choosing a rollator you have to consider body type, hand strength and weight distribution. Rollators come in many different forms. If you are a person of above average height you might want to consider a rollator with extensions for height. If you are of a smaller stature a small rollator would have to be considered. A larger statured person might want to test drive a bariatric rollator. When a correct size is chosen, the person's weight distribution should be considered. Rollators come in "A" style frames and "H" style frames depending on the style of handles and position of brakes. If leg strength is the issue an "A" style might be considered with rounded handles and brakes in the middle of the handles. This allows for weight to be carried through the handles and evenly distributed to the base.

If balance is the issue the "H" style frame should be considered with straight handles and brakes positioned towards the end of the handles allows for correct posture and stability.

Once the frame is chosen you might consider the wheels size. A 6' wheel will give more rotation and are good for Sunday drivers. The 8' wheels have less rotation and therefore less vibrations and are a comfortable ride for the movers and shakers. Some rollators have special slow down brakes on the wheels which can be adjusted and are good for people who cannot control their speed and always wanting to "race to the finish line." Proper selection and use of rollators should bring symmetry back into your walk. If you do need the extra stability of a rollator be sure to roll with pride.

"Lean on me, when you're not strong and I'll be your friend, I'll help you carry on, swallow your pride, we all need something to lean on."

Cathy Rafters  
OTA/PTA





# Volunteer Scoop

Well this year has certainly been a quiet one for the Volunteer department, but while we can't have volunteers on the premises that doesn't mean we haven't been working hard behind the scenes! Michael has submitted several grant applications and had success with 3 of them!

The first application for \$1000 has paid for new music and art equipment including boom whackers and tambourines! Karli in the recreation department is hot on the case ordering some additional art equipment to keep you all busy! After the application was submitted the karaoke machine broke down. Although I couldn't get it added to the grant, after speaking to The Willow Lodge Auxiliary they have agreed to pay for a new machine so you'll soon be able to listen to some of your fellow residents banging out the tunes while you join in with your boom whackers and tambourines! The second application was for our Meals on Wheels program - helping to keep those in need within our community well fed during the pandemic!



To keep the program running during the peak of lockdown we cut down on the amount of interaction with recipients of the meals - leaving meals outside where possible and instead of accepting payment, keeping a running tab here at the lodge - but after it became apparent this wasn't going to be a short lived issue, some of our meal recipients were concerned they would be running up a large bill. After a mountain of forms and toing and froing with the provincial government, we had success when they awarded us \$5,500 to cover the cost of the meals until the end of September!

The final grant I applied for is to have our garden improved and once again success! We have been awarded via the Willow lodge Auxiliary another \$1000 for sensory pieces for our garden - So far I have bought a giant lighthouse, numerous whirligigs and other garden ornaments that are bright, colorful and fun to watch as they twirl in the breeze! The lighthouse is already in the garden and Kent and his team will soon be installing the other pieces for you to enjoy before the year is out!

**Continued on next page....**



I'm also happy to report that the equipment for the theatre has arrived and I believe about to be installed also by Kent and his team - So you'll soon be able to watch some Golden oldies on the big screen without worrying about disturbing your roommate!

The trials of 2020 did put a dampener on our palliative care room fundraising efforts, but after receiving the money raised via our gift card fundraisers through the Willow lodge Auxiliary, we are pleased to announce that with over \$40,000 raised we believe we have enough money on hand to start the work on making this dream of both our care partners and residents a reality. Although work will not be possible until a future date - once it has been started, we can begin applying for grants to pay for the equipment needed to furnish this room, and we have already received support from our local community including the local quilters guild who have kindly offered to make a piece for the wall!

I am also very proud to tell you that during the height of the lockdown the Tatamagouche Meals on Wheels program was the only one still operating in the province - I'm so proud of our volunteers and the many new ones that came forward and offered their help so that we could keep this service running!

Cheers,  
Michael,  
Volunteer Coordinator

Lighthouse added  
to the Park - - - - - >



# Eden Corner

Our friends here at Willow Lodge have been BUSY BEES!! We ended our Baseball tournament for the summer. The Balmoral Jetsons came 1st, The Lynwood Yogi Bears 2nd, and with one point difference coming 3rd was The Barrachois Bam Bams. The winning team got to enjoy their prize, a delicious cake! Thank you to all 3 neighborhoods for participating, it was a fun activity for the summer!



On August 20th, our residents enjoyed an "End of the Summer Party & BBQ!" We listened to some music outside on our patios, enjoyed a delicious BBQ our Kitchen staff provided, and had many laughs and smiles in the sunshine with our friends. Goodbye August...Hello September!....

A new game that we played is called "Name that Smell!". We gathered a variety of Ingredients that we put into different containers. We then go around to our residents, ask them to close their eyes, and "Name that smell!" Smells varied from, coffee beans, vanilla, lemon, mint, garlic, molasses and even bubblegum!! Amazing how scents can bring back memories to baking in the kitchen, blowing bubblegum bubbles, and a delicious morning cup of coffee! The residents repeatedly expressed their joy of playing that game; it will be a fun activity to continue. Any suggestions on new smells to try!? Take a peak at the calendar for what is planned for September activities!



# WILLOW LODGE NEWS

Our Dietician , Amanda Rees and our Summer Student Alicia Williamson, along with our Recreational Assistant, Jane Terry were busy this month with our residents canning and pickling! All neighborhoods had the chance to make blueberry jam, and mustard pickles! The residents had a lot of fun with this activity, and made some delicious canned goods to share throughout the fall season! Below is a picture of Lynwood residents having fun making mustard pickles!



Unfortunately, as we all know, our community will be unable to entertain an Oktoberfest for Tatamagouche this year. Karli in the Recreation department thought it would still be fun to organize this event in some way for our residents to enjoy at Willow Lodge. She has planned to have an "Oktoberfest Themed" end of the month Birthday Party! This is where we celebrate our September birthdays, and we will partake in some Oktoberfest festivities!

# Care Partner News

Here at Willow Lodge, our Summer student, Alicia Williamson finished her program as our Recreational assistant. She is off to finish her last year of schooling this month at Dalhousie University! Congratulations Alicia, and thank you for all of your amazing, hard work.



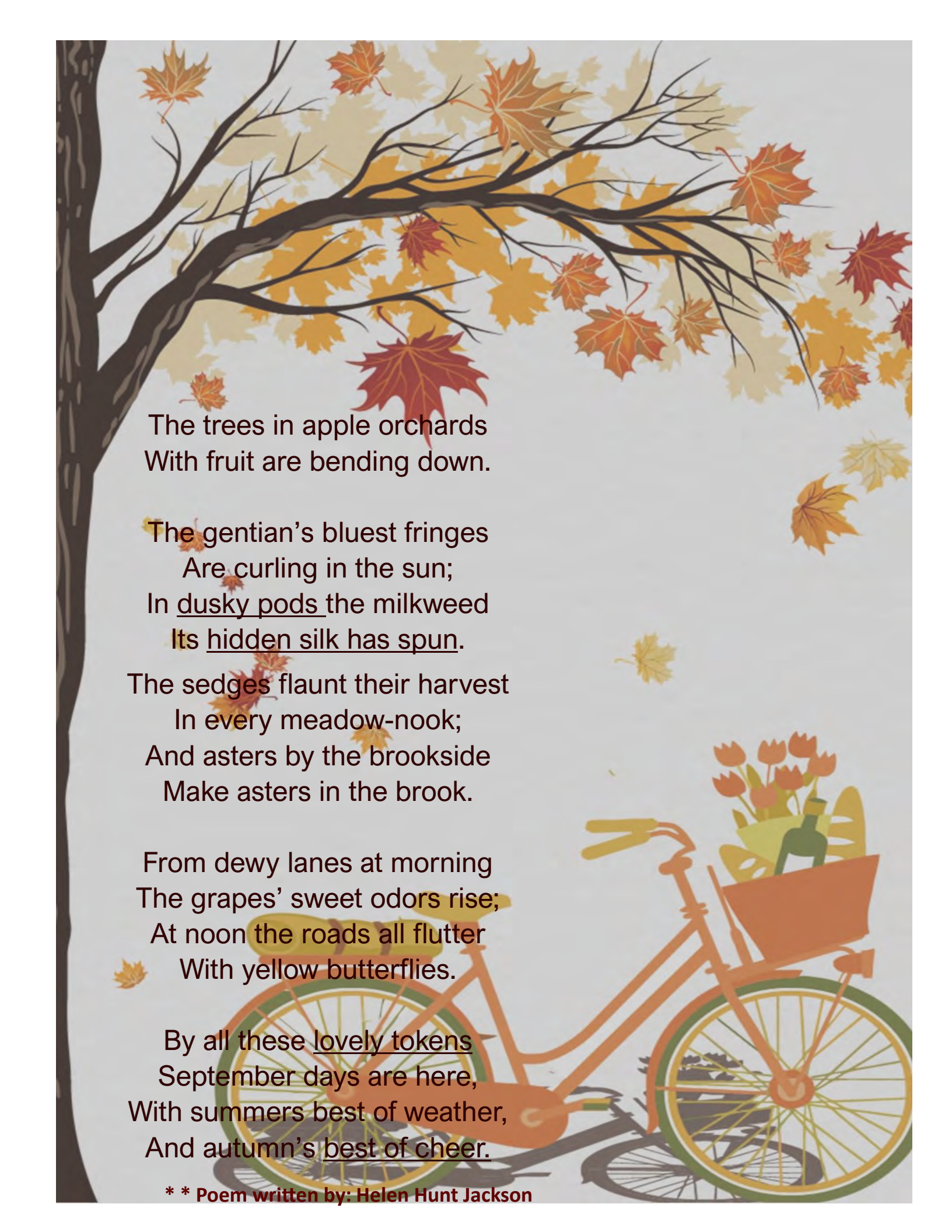
Also, one of our LPN's, Tammy Fraser, brought in 3 goats to stay out in the Park! Twix, Beau & Izzy will be playing out in the Park at Willow Lodge until around Thanksgiving. The Residents have enjoyed watching the goats jump around and being silly out in the sunshine :) Fall is in the air everyone. It is the season for wearing layers, and watching the geese migrate, seeing the leaves on the trees change their colors, and of course enjoying a nice warm cup of your desired beverage!

Take good care,

Karli Boyd

Director of Recreation



The background of the page is a light gray. On the left, a dark brown tree trunk and its branches extend upwards, adorned with numerous autumn leaves in shades of orange, yellow, and red. Some leaves are falling through the air. In the bottom right corner, there is a stylized illustration of an orange bicycle with green tires. A basket on the back of the bicycle is filled with a bouquet of orange and yellow flowers. The text of the poem is overlaid on the left side of the image.

The trees in apple orchards  
With fruit are bending down.

The gentian's bluest fringes  
Are curling in the sun;  
In dusky pods the milkweed  
Its hidden silk has spun.

The sedges flaunt their harvest  
In every meadow-nook;  
And asters by the brookside  
Make asters in the brook.

From dewy lanes at morning  
The grapes' sweet odors rise;  
At noon the roads all flutter  
With yellow butterflies.

By all these lovely tokens  
September days are here,  
With summers best of weather,  
And autumn's best of cheer.

\* \* Poem written by: Helen Hunt Jackson