

# Willow Leaf June 2019 Happy Birthday

## Residents

Eva Munro - June 5

Helen Gunn - June 20

## Care Partners

Colleen Tulloch - June 15

Lisa Hodder - June 15

Pat McLellan - June 21

Amy Patriquin - June 30



## Memoriam

Care Partner

## Janice Weatherbie

September 8, 1965 to May 16, 2019

## Up Coming Events

### June 1

You are cordially invited to attend an Open House to honour **Rev Morley Bentley**. We wish to thank Morley for his years of dedication and faithful service to the community. The event will be held Sunday, June 2, from 1:30pm - 3:30pm at the Tatamagouche Legion (80 Queen St.) A Tribute will be held at 2:00pm as part of the afternoon celebration. Light refreshments will be offered.

### June 1

Honoring Ron Joyce, @ the Creamery Square, Tatamagouche, 1:00pm - 2:30pm.

### June 1

Colchester Bike Week; tips and tune ups at Tatamagouche Farmer's Market 8:00am - 1:00pm.

### June 2

Warwick Mtn. Rec. Club. Open Mic, 50/50 and door prize, 2:00pm - 5:00pm.

### June 2

Dave Gunning/Garnet Rogers Fundraiser @ Sharon United Church, Tatamagouche, 2:00pm. Tickets at door, suggested donation of \$20. Half of the funds raised will go to the Breaking the Silence Human Rights Solidarity Network. Half will go to support the Rabinal New Hope High School-Tatamagouche School/Community Project.

### June 3 - 7

Clean up week for Zone 3 (Tatamagouche & Area) Clean up material **MUST** be placed at the curb by 7am on the **MONDAY** of your collection week. Garbage **MUST** be placed in clear bags for clean up collection. Any garbage placed in black, blue or solid coloured bags will not be collected.

HAPPY

Father's  
Day



### June 8

Doris Mason @ the Grace Jollymore Center, Tatamagouche, 7:30pm, tickets \$20.

### June 13

L.O.R.D.A. Park Annual Fishing Trip

### June 14

Coffee Break with James and Samuel @ Willow Lodge, 2:30pm in the main lounge, all donations go to the Nova Scotia Alzheimer's Society.

### June 16



### June 20

Alzheimer's Walk @ 3:00pm in Willow Lodge's Park, donations at the door, with BBQ to follow. All funds go to the Nova Scotia Alzheimer's Society. Everyone is welcome to attend!

### June 21





## Eat Well, Be Well

BBQ season is upon us! Asparagus fries make a tasty side dish that is rich in folate, vitamin K, and fibre. Keep the recipe below handy for the next time you fire up the grill!

### Baked Asparagus Fries

5 to 10 servings  
Total time: 15 mins

#### Ingredients

- 1 pound asparagus, trimmed
- 1/2 cup flour
- 2 eggs, lightly beaten
- 3/4 cup panko breadcrumbs
- 1/4 cup grated Parmesan
- Salt and pepper to taste

#### Instructions

- Preheat your oven to 425°F. Dredge the asparagus in the flour.
- Dip the dredged asparagus in the beaten egg.
- Coat the asparagus with a mixture of the panko breadcrumbs, Parmesan, salt, and pepper.
- Transfer to a wire rack set on a baking sheet.
- Bake until golden brown, about 7 to 13 minutes. Serve immediately.



## Student Point of View

My name is Daniel Mackenzie, I am a student from Okanagan College in Kelowna, B.C., but I grew up here in Tatamagouche. Through my school's program and the cooperation of the Willow Lodge, I have been doing my recreational therapy practicum at the Willow Lodge for 3 weeks. My time here has been very special. The care partners I work with have been pleasant and helpful. All of them treat the residents here with respect and kindness. The Willow Lodge embraces the Eden model of care, and strives to eliminate boredom, loneliness and helplessness. These principles are apparent everywhere and create a happy and positive atmosphere.

Everyone who lives here at the Willow Lodge has given me the special privilege of getting to know them. As a student recreational therapist assistant, my job, under the supervision of Julie Tattie; Director of Recreation, is to bring enjoyment and opportunity for the residents. To enrich the lives of the people that live here by letting them explore their interests and spend time among friends and family. With Julie's expert guidance I've learned a lot about therapeutic recreation. We've enjoyed planting seeds together, baking cinnamon rolls, making music, exercising and learning about history. I've learned how to paint nails and give a proper manicure, much to the chagrin of the residents. I've shared stories about the past and present, and learned about the interesting lives people have lived. I've met radio announcers, miners, farmers, homemakers, and teachers. I've laughed a lot, and danced a little, and the people I've met have done as much or more to enrich my own life as I've tried to do for them. We've enjoyed many more things together, and the memories made here will last a long time to come.

As my practicum here comes to an end, I begin a 5-week placement in Eastern Passage and continue my education until 2020. I thank the Willow Lodge for this opportunity, you have all been wonderful to me. I'll miss the friends I've made here. I hope to see you all again soon.

- Dan MacKenzie;  
RTA Student





Father's Day

Father's Day

## Nurses Nook

It's been a busy time in the nursing department at Willow Lodge this past while.

We kicked off May with Nurses' Week when, at Willow Lodge, we celebrate the contributions of ALL care partners. We all enjoyed treats, steak BBQ, mini massages, exercise workshop, health checks, and ended the week with ice cream socials. There were daily prize draws throughout the week, as well. During this time, we also recognize the commitment of employees at Willow Lodge. This year, we presented 5, 10, 15, and 20 year pins! We are blessed at Willow Lodge to have such dedicated care partners.

I was fortunate to be able to attend the Canadian Gerontological Nurses Association Biannual Conference in Calgary last month. It was wonderful to hear of what is happening across the country and great validation that Willow Lodge is far advanced in culture change more so than much of the country! Nurses across the country are also leading exciting research projects that will impact LTC. One interesting item of note is that there are more nurses certified in gerontological nursing than all other disciplines of nursing practice. We have 2 of them working here at Willow Lodge.

This month, we've had 10 more care partners trained in the Gentle Persuasive Approach (GPA). GPA focuses on respecting the person with dementia as an individual, understanding the disease process, and utilizing supportive care strategies that are compassionate and effective. This will give more tools in the toolbox, so to speak, for interacting with all residents. Care partners attended from across departments (nursing, dietary, recreation, and housekeeping).

You may see some new faces at Willow Lodge – we have 3 CCA students here gaining practice hours for their course. Each neighborhood is lucky to have a student over the next couple of weeks.

Please join us in welcoming them to Willow Lodge.

- Lisa Hodder; Director of Care

## Happy Father's Day

Willow Lodge would like to extend a Happy Father's Day to all the lovely hardworking Dads out there and for those who have left us from this present life, we will forever cherish our memories of you all. Willow Lodge will be having their annual Father's Day Dinner on Sunday, June 16th during our normal dinner hours.



### Father's Day Dinner

June 16, 2019

Roast Beef

Mashed Potatoes

Turnip

Baby Carrots/Peas

Homemade Roll

Dessert

Pie

Tea/Coffee

Limited to 2 Guests/Resident

\$15/per Guest

\*Special Meal Ticket Required\*

RSVP by 4:00p.m. on June 14th

Phone: 902-657-3101





Father's Day

# Willow Leaf - June 2019 Edition



Father's Day

## Willow Lodge News

Well everyone summer is on its way! Now bring on the sunshine and warmer weather. It's been a long cold winter and a rainy spring and were ready to get outside and enjoy nature. We have lots of fun activities planned this month and we can't wait to share our excitement with all of you.

First off, we have a couple of new programs on our calendar of events. One is Painting in the Park, which will be weather dependant, but we will not let weather put a damper on our fun; if it rains we'll just move inside. This painting program will allow residents to express themselves through art, introducing them to a number of different abstract art techniques. We're eager to start this program, as when we complete all our master pieces, we hope to have an art show to show off our talents. Stay tuned as it will be an art show you won't want to miss!

Now the other program we have on the go this month is our Pace Race program. As the weather gets nicer we all long and want to get outside and get active. Well, this program will allow us to do just that. Pace Race was created to be a challenge between neighbourhoods to see who could reach the goal of 100 laps around our outdoor park. Last month was a bit cold and wet so a number of residents along with family members, volunteers and care partners still took part in the Pace Race and walked indoors around our "loop." It has been such a success that we have had to up our goal so were aiming for a whooping 1000 laps with all three neighbourhoods combined and extended the program to run all summer long. We'll have a display chart up soon to track our progress, keep your eyes peeled. Let's get outside and get active!

We're thrilled to announce that our annual fishing trip to L.O.R.D.A. Park will be taking place on Thursday, June 13th. We are hoping for nice weather and a bountiful catch to bring back and share with everyone. Family members are welcome to attend, but must have their own transportation to and from the park. We're selling tickets on 10lbs of lobster and 8lbs of frozen local ground beef. Tickets are \$2.00 each or 3 for \$5.00 all proceeds go towards our fishing trip, to ensure that we will always have a place to fish from year to year. It really is a lovely day that our residents really look forward to. Stay tuned for pictures in our July edition of the Willow Leaf.

## Auxiliary Fund-Raising Drive

The Willow Lodge Auxiliary wants your ideas on what we can do for our next Fund Raising Project. And we want you to think BIG!

Across the home in all the neighbourhoods, the staff area and by the sign in book you will find a suggestions sheet – please add your ideas before August 1<sup>st</sup>.

Ideas so far have included a palliative care room, swimming pool, Bigger vehicle for accommodating larger wheelchairs and a conservatory/indoor garden extension.

## Things to think about!

If you are a resident what would enrich your life, what would make your stay here more comfortable.

As a Family member – What would you like to see? What would enrich your loved one's life?

As a care partner – What would make life easier for you? What would help you to do your job? Does equipment need updating?

If Willow Lodge was your home – what would you like to see here? Have here?

## \*Family Day 2019\*

We would like everyone to mark their calendars and save the date for this year's Willow Lodge Family Day. It will take place on July 25, 2019. We usually celebrate in August, but due to some overlapping dates of other events out in the community and beyond we had to push it ahead a month. We will put another reminder in next month's Willow Leaf as we don't want anyone to miss out on this amazing, action packed day, full of fun for the whole family.

Every family has a story to tell and we are delighted to have all of you be a part of ours here at Willow Lodge.



Father's Day

Father's Day

## Resident News

Hilda Swan had her youngest son, Brian Swan home to visit from out west for a whole week last month. Hilda loved seeing you and can't wait for your next visit. The only thing she said when I asked was, "I hope they don't stay away too long." We hope you had a wonderful time here on the east coast.

We had a big birthday celebration this past month! Resident Gerry Hamilton filled his room full of family with four generations to celebrate. His pride and joy, his great granddaughter was the best gift of all. Gerry we hope that you had a wonderful day and we wish you all the best, from everyone at Willow Lodge.

Residents would like to thank our Care Partners in the Kitchen for the lovely Mother's Day Dinner they prepared last month. They can't wait for the next big celebration, Father's Day. You ladies really do go above and beyond.

This past month residents and their families were welcome to come to a Mother's Day tea party, where everyone enjoyed sweet treats and tea or coffee. It was a wonderful afternoon and the entertainment was splendid. Thank you Philip Black for sharing your wonderful gift of music.

Residents would like to also thank the Nursery School, Tatamagouche Regional Academy Grade 5's and Grade 6's for all their wonderful visits and special events they planned and shared with us over this past year. Residents truly love and can't wait to see you all when they read our event calendar and see that you are going to visit. They're thrilled to share stories and life experiences and well as hear what all of you are up to. We hope that you all have an awesome summer break and wish you all the best in your future endeavors. You're always welcome to come and visit, we hope you won't be strangers.



## Care Partner News

We have a number of Care Partners' children graduating this year;

Josh Halverson, son of Deborah Dean; CCA is graduating from Tatamagouche Regional Academy. Josh we hope that you had a wonderful school year and wish you all the best in your future.

Jenny Mingo, daughter of Linda Mingo; LPN is graduating from Pugwash District High School. Jenny plans on attending McGill University in Montreal, Québec in the fall for a Bachelor of Arts with a concentration in Psychology. Good Luck Jenny from everyone at Willow Lodge.

Michael Trueman, son of Marg Trueman; CCA is graduating from Tatamagouche Regional Academy. Michael plans on attending NSCC in Pictou in the fall for Welding. Michael we wish you success as you continue on with your education.

Jacolby Mattatall, son of Colleen Mattatall; CCA is also graduating from Tatamagouche Regional High School. Jacolby we wish you all the best in your future endeavors.

Congratulations to you all! Graduating is a huge accomplishment and we at Willow Lodge hope that whatever the future has in store for you all, brings you great happiness and joy. Whether you are continuing on with your education, entering the work force or taking time to decide what it is you would like to do we know that great things lie ahead for you all. Congratulations to all the graduates of 2019 from Tatamagouche and beyond.

Care Partner Marlene Tattrie; CCA has some exciting news to share! Marlene's son Brandon will be getting married this month, on Saturday, June 22 in Bayer's Lake, Halifax. The lovely couple are planning to have their honeymoon later in the fall. Congratulations and we hope your big day is all that you wanted and more!

Emma Treen; grand daughter of volunteers; Laurie and Alan Treen is also graduating from Moncton High. Emma plans on attending Oulton College in Moncton for Vet Tech. Good Luck Emma!



# Willow Leaf - June 2019 Edition



## Alzheimer's Walk

This month is Alzheimer's Month and there will be an Alzheimer's Walk right here at Willow Lodge in our outdoor park on June 20th, at 3:00p.m. which is being hosted by the local Alzheimer's Support Group. We are encouraging Care Partners, Residents, Family, Friend and Volunteers to attend, everyone is welcome. Donations will be accepted at the door with a BBQ to follow. All the proceeds go directly to the Nova Scotia Alzheimer's Society. Let's get out there and make a difference!

*Société Alzheimer Society*  
NOVA SCOTIA

## Coffee Break!

Can't make it out on June 20th for our Alzheimer's Walk? Not to worry we will also be hosting a Coffee Break this month on June 14th at 2:30p.m. where we will have sweet treats and tea or coffee. It's by donation only and all proceeds go towards the Nova Scotia Alzheimer's Society. This year we are super excited to have one of our residents; Betty MacKay's grandsons entertain us with live music and dancing during our coffee break. James and Samuel are practicing away for this event. We all can't wait to hear what you have prepared! Come take a break with family and enjoy a treat!



## Alzheimer's Poem

Do not ask me to remember  
Do not try to make me understand  
Let me rest and know you're with me  
Kiss my cheek and hold my hand  
I'm confused beyond your concept  
I am sad and sick and lost  
All I know is that I need you to be  
With me at all cost  
Do not lose your patience with me  
Do not scold or curse my cry  
I can't help the way I'm acting  
Can't be different though I try  
Just remember that I need you  
That the best of me is gone  
Please don't fail to stand beside me  
Love me till my life is done

## Our Friend our Co-worker

Last month was a difficult one for everyone here at Willow Lodge as we had to said good bye to a dear friend and co-worker who passed suddenly and much too soon. Janice you will be forever missed, your contagious laugh, your beautiful smile, but most of all your love for life itself. We know you are still with us in spirit and the stories and memories that continue on are a true testament to you and the impression you left on us all. Our thoughts and prayers go out to Janice's family and close friends. A person that departs from this earth never truly leaves, for they are still alive in our hearts, through us, they live on. Our condolences, from everyone at Willow Lodge.

