

# January 2021 Willow Leaf



## Happy Birthday

### Resident Birthdays

Josephine Holmes– January 15

Doreen Langille– January 19

### Pet Birds

Fred & Hans Finch– January 20

### Care Partners Birthdays

Andrea Taylor – Jan 5

Cathy Rushton – Jan 9

Kristin Horst – Jan 20

Jolene Mardian – Jan 20

Deborah Dean – Jan 20

Michele Tattrie – Jan 24

Margie Trueman – Jan 28

## Remembering

Mrs. Helena Pearl

Mackay

September 12, 1913-

January 5, 2021

Teacher # 3260

## From The Desk of Janine

2020 was certainly a year that we all looked forward to saying goodbye to. Our whole way of living life to the fullest was cut off. Our ways of being together in community, with friends and family were changed and as we approached so many of our festivities; Easter, Thanksgiving and the Christmas season, our celebrations were re-vamped.

2020 was also a year that will always be embedded in our hearts and memory. I cannot say enough about the love and care shown to our residents and Care Partners from our Tatamagouche community, both individuals and business'. There were many days that were bleak, there were many days of fear not knowing what was on the horizon and through it all, we persevered with a vision of Staying Well and Staying Safe.

As we enter 2021 let us take our knowledge and wisdom of keeping all of us safe. Wear our masks, wash our hands and respect physical distance.

**Here's to 2021. Cheers!!!**

Janine Jaconelli  
Executive Director



# *Nursing Nook*

## Happy New Year!

As we embark on yet another year (2020 seemed to fly by!), we begin with hope.

Hope that we are heading in a good direction against this fight against COVID-19.

Two vaccines have been approved for use and clinics have already begun in our province to prevent contracting COVID-19.

These vaccines are proven to be highly effective and we expect to have the vaccine here at Willow Lodge soon!

We will be offering vaccines to residents, staff, and possibly designated caregivers.

More information will come about these clinics as we receive direction from public health.

We strongly encourage all residents, staff, and visitors to get vaccinated against this virus. Even though this vaccine is now in our midst, it is still as important as ever to practice infection control measures.



At the risk of sounding like a broken record...

Wash your hands, wear a mask, and keep 6 feet apart.

Thank you for helping us through these times!

 **Lisa Hodder**— Director of Care

# *Operations Corner*

I hope everyone had a great Christmas and New Year.

The decorations are coming down and are being put away until next year. To all of you who were involved in decorating, you did a great job, the place looked very festive and I'm sure everyone enjoyed them!

We received ten new beds just before Christmas, they are now in the building and in use. We're still waiting for the new chairs for the Bayview Lounge; I've been told they will be delivered before the end of January. The Pandemic has caused delays in just about everything, including production of these chairs.

Karli, recently had an adventure in the Willow Lodge Bus. The bus had to be towed to the repair shop where some new parts, including a new battery, were installed. It is now back in service, ready to hit the road again!

Until next time .....

**Kent MacDonald,**  
Director of Operations



# Eat Well, Be Well



## Chicken Bacon Corn Chowder

(Slow Cooker or Instant Pot)

### Ingredients

- 1 pound (500 g) chicken thighs, diced into 1-inch pieces
- 1 large yellow onion, diced
- 2 carrots, peeled, and diced
- 1 red pepper, diced
- 30 ounces (840 g) fresh, frozen or canned corn kernels
- 15 ounces (420 g) can creamed corn
- 24 ounces (800 g) red potatoes, chopped into 1 1/2 inch pieces
- 2 cups chicken broth
- 3 teaspoons garlic powder
- 1 1/3 cup light / reduced fat cream, (or heavy whipping cream)
- 2 cups milk, (2% or full fat)
- 1/4 cup cornstarch (or corn flour)
- Salt to season, (I use about 3-4 teaspoons -- adjust to your tastes)
- 1/2 cup shredded cheddar cheese
- 1/2 cup shredded mozzarella,
- 1/2 cup diced bacon, trimmed of fat
- Cracked black pepper, to taste



### Instructions

#### For Slow Cooker:

Sear chicken in a skillet or pan over medium heat to brown all over, then transfer chicken to a 6qt slow cooker bowl.

Add the diced onion, carrots, red peppers (capsicum), corn, creamed corn, potatoes, chicken broth and garlic powder. Stir and cover with lid; cook on slow cooker high setting for 3-4 hours or low setting 6-8 hours.

When potatoes are fork tender and chicken is falling apart (45 minutes before the end of cooking time), stir in the cream. Whisk together the cornstarch and milk and mix it into the soup. Cover and allow to thicken on high heat setting.

Use a potato masher to further thicken the chowder. Stir in salt and pepper to taste; add in the cheese; top with the bacon; garnish with fresh chives or sliced green onions and serve.

#### For Instant Pot:

Cook bacon on high sauté setting until golden (about 6 minutes). Use a slotted spoon to transfer to paper towel-lined plate. Cook the chicken in the bacon fat on the same setting.

Add the diced onion, carrots, red peppers, corn, creamed corn, potatoes, chicken broth, garlic powder and half of the bacon. Stir well.

Close the lid, turn the valve to seal. Adjust pressure to high on manual setting for 10 minutes.

Once cooked, quick-release pressure according to manufacturer's instructions. Remove lid. |

ENJOY!!

Amanda Rees— Dietician



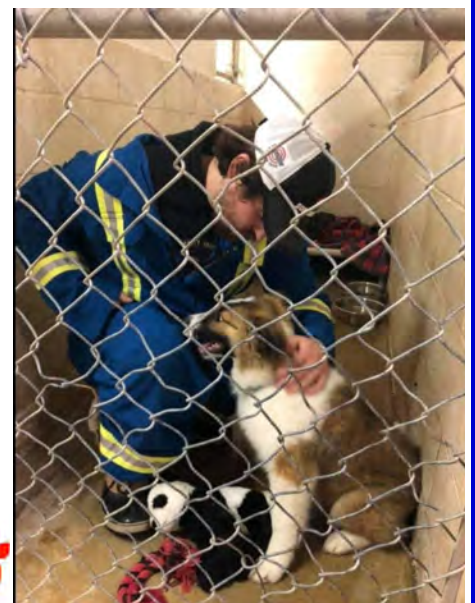
# Care Partner News

Beverly Swantee, a care partner here at Willow Lodge, wanted to share with everyone her exciting news! She won **3rd place** for the River John Lights festival, over the holidays! Congratulations to Bev, this is very fun news!! Below are photographs of her **3rd Prize** Christmas Lights:



Kelly Yantzi, a care partner here at Willow Lodge, is excited to announce the arrival of the newest addition to her family. Kelly has a new grandson!! His name is Liam Glen. He was born January 7, 2021 at 8:17 pm. Weighing 10lbs 3oz and 21 inches long, with beautiful with red hair. Mom, baby and family are doing great, and his little sister Olivia is very excited! Your friends here at Willow Lodge are so excited for you Kelly. Please pass on our love to your grandson and family. Wishing you many cherished memories ahead.❤

Juanita Forbes wanted to share something as well with everyone. Her son, Frankie Forbes & his girlfriend Danika, did something unique and very special for Christmas this year. Because they were unable to travel home to see family over the holidays, they decided to volunteer! Frankie & Danika volunteered together to look after all the animals at the Saskatchewan Lloydminster SPCA!! Juanita is so proud of her son and Danika, she wanted to share this special news with everyone in hopes to spread a heartfelt smile. Here is a picture of her son Frankie with one of the dogs at the shelter:



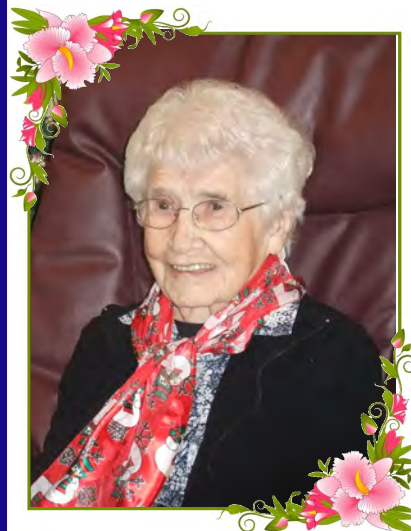
# Remembering

Aged 107, Mrs. Helena Pearl MacKay, of Central New Annan, NS, passed away peacefully at Willow Lodge, Tatamagouche, NS, on January 5, 2021. "Pearl was born in Central New Annan on September 12, 1913. She was the daughter of the late Malcolm and Annie Jane (Bailey) Thompson. Pearl attended the Provincial Normal School, Truro, NS, and Mount Allison University, Sackville NB. She began her teaching career in rural one room schools in Central New Annan, West New Annan, Wentworth and Cape John. In 1959, she joined the staff of Tatamagouche Rural High School, which later became North Colchester High School. She retired from teaching in 1973. She was a small but mighty teacher who gained the respect of both her students and peers. Pearl attended Salem United Church, Tatamagouche Mtn. and West New Annan United Church. She was a member of the New Annan Community Club and Freedom Rebekah Lodge #62 from which she received her 80-year Jewel." These were just a few kind words from her Obituary.

Pearl lived to be the oldest resident ever residing here at Willow Lodge! The staff and friends here at Willow Lodge believe it was with great honor to have met, become friends with, and have taken care of Mrs. Pearl MacKay. She was a remarkable woman who left an imprint on many lives. Pearl will forever be missed here at Willow Lodge. We are sending love and comfort to Pearl's family and friends, near and far.

*"Make your life a prayer to God,  
Make each day His to own  
Let him be your guide and strength,  
Your rock and cornerstone.  
Make your life a prayer to God-  
Give Him priority,  
Let him work the Love in you  
He showed at Calvary."*

A prayer that Pearl had kept tucked away  
in her wallet. ❤️



**Mrs. Helena Pearl  
MacKay**

September 12, 1913-  
January 5, 2021

**Teacher # 3260**



# Willow Lodge News

A special thank you goes out to everyone who sent a Christmas card or gift basket, etc. to the residents and staff here at Willow Lodge. Your thoughtfulness meant so much to us all. It even brought a few tears to our resident's eyes! Knowing how much it meant to everyone we wanted to say thank you and send our love and well wishes for the New Year!

Before Christmas our former Director of Recreation, Julie Tattrie, who is nearing the end of her Maternity leave, was able to come in contact with the newest Christmas Concert Video of the well-known, Canadian Fiddler, Nathalie McMaster along side her family! The family was performing a Christmas concert in their own home. This amazing talented family was very generous enough to allow Willow Lodge to show this incredible concert with our residents! From Willow Lodge to Nathalie McMaster and her family, we send a VERY generous thank you for sharing your musical talents with us, we all were amazed with how gifted and talented your whole family is, and the incredible bond you all share.

From our home to yours, we wish you good health, laughter, love and peace for the New Year!

Christmas time at Willow Lodge may have been a bit different than previous years, but the spirits remained high, and the warmth and love that was felt from everyone was cherished.

Take good care,

**Karli Boyd**— Director of Recreation



# Eden Corner

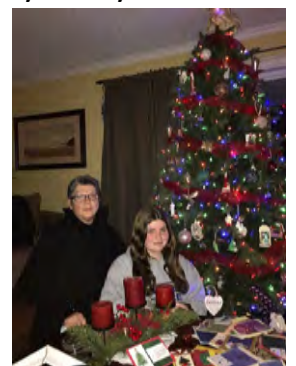


Sara MacKenzie has been visiting the Lodge since 2018 when her Great Grandmother, Doris (Byers) Creighton, moved into Lynwood House. Sara would always arrive with a little craft project in hand or a seasonal wreath for her grandmother's door.

Unfortunately, Doris passed away in February 2020 and Willow Lodge, along with all other Nova Scotian Long Term Care Homes, closed its doors to all visitors the following month, due to COVID-19.

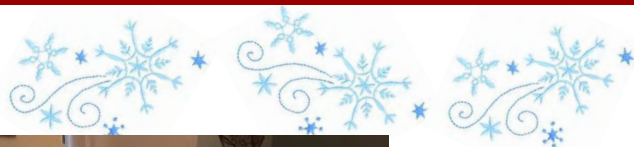
Sara, remembering the joy and smiles that her artwork and craft projects brought, not only to her grandmother, but all her friends in Lynwood, she wanted to do something special for them during this pandemic.

When Sara approached the Lodge about making cards to send greetings to her great grandmother's friends, I had assumed it was for the 10 residents in Lynwood House. Imagine the surprise when 61 cards were delivered, each hand made and delicately created with a special message for each and every one of our residents. Smiles and a few tears of joy were shared by many!





# Eden Corner...continued



What a whirlwind of fun we had in December, and over the holidays here at Willow Lodge! The residents were busy elves before Christmas, creating decorations for the Christmas trees, their rooms and even their dining table centerpieces. A beautiful job they did! Willow Lodge sure felt like Winter Wonderland! This year due to COVID changes, Willow Lodge decided to create their very **1st Annual** Christmas Parade...in the hallways!! Anyone working this day had a trolley, or themselves, dressed up with a Christmas theme/winter theme. Christmas music flowed through the hallways over the intercom, and residents sat in their doorways awaiting the exciting parade! The Christmas Parade filled the residents' spirits with love and excitement for the holidays.

Between the residents and the participants in the parade and the visitors who came to watch with their loved ones, together we shared a heartfelt memory with, smiles, laughter, happy tears, singing, dancing & treats! This event created a magical memory that I hope will continue every year. Here are a few pictures of the residents enjoying the Christmas parade, Christmas Day, along with photographs of the residents and care partners ringing in the New Year together! Your loved ones here at Willow Lodge want to wish everyone a safe, healthy, happy, and peaceful New Year. They are sending you all their love, and big hugs. ❤️



## Family and friends of Willow Lodge,

The Willow Lodge Board of Directors would like to offer our condolences to the family of the late William (Billy) Cameron. We were fortunate to have Billy on our Board. We would like to express our sincere gratitude for his many, many years of service. Billy took on his Board duties with enthusiasm.

He served on our Property and Maintenance Committee as well as our Nominating Committee. When speaking with other Board members about Billy the one word that kept being repeated was **“DEDICATED”**. Billy volunteered on many organizations in our community over many years and will be truly missed. Someone once said, “Wisdom is knowing what to do next; virtue is doing it”. Billy you were both wise and virtuous and we are grateful you shared these qualities with Willow Lodge as a board member. On Behalf of the Willow Lodge Board of Directors.

Lisa Rees,  
Chair



**William (Billy) Cameron**

May 14, 1933-

January 4, 2021