

August 2023

Willow Leaf

HAPPY BIRTHDAY

FAMILY FUN DAY

Residents

John Chamber - Aug 1
Betty MacKay - Aug 2
Frankie Muir - Aug 5
Arlene Smith - Aug 9
Marty Jollimore - Aug 10
Elva Douglas - Aug 12
Hazel Ponte - Aug 16
Laura Tattrie - Aug 19
Russell Reid - Aug 24

Care Partners

Christa Brophy - Aug 6
Julianne Tattrie - Aug 12
Kelly Yantzi - Aug 22

IN LOVING
Memory

Velda LeFrank
December 12, 1942 - July 4, 2023

WELCOME

Ruthie Reader

Laura Tattrie

Dorothy Landsberg

From the Desk of Janine...

Friends and Families of Willow Lodge

It is with great excitement that we welcome August 2023!

We are all getting in the party mood as we gear up for our first Family Day since 2019!

On Thursday August 24, 2023 from 12-2pm, we will be welcoming family and friends to come and celebrate together in our park.

There will be lots of activities, 50/50 draw, and raffle tickets for a handmade quilt, food, treats, jumpy gym for the children along with entertainment!

We look forward to gathering together as one big happy family.

Stay cool, stay hydrated!

Janine Jaconelli

Executive Director

Operations Corner

Glad that that season of high humidity seems to be over, the last few days are much cooler and more comfortable.

We're still waiting for the work to be completed in the small kitchen, it is supposed to be done this week. All that is left to do is window trim and baseboards and a bit of painting. Fingers crossed!

The grand reopening of the Hair Salon and Care Director's office was last week. I was hoping King Charles could attend, but he had other duties to see to and sent his best wishes. Both rooms received new flooring, paint and trim and look great. Thanks to Achim for completing this project.

Work on the elevator has been postponed due to supply issues with some of the electrical components necessary to complete the job. It's better to wait until we have everything necessary to avoid extra delays in the end.

We have purchased a new dishwasher for the Main Kitchen and it should be installed in the next few weeks.

Check out our new pond in the Park if you haven't already. Wendy Marshall dug the pond deeper, installed a new pond liner and rebuilt the waterfall. It looks great and the goldfish seem to be enjoying it.

Kent MacDonald
Director of Operations



Nurses Corner

Summer is flying by! Our Elders are certainly enjoying the family visits from those close by and from far away!

Please remember to "self-screen" for any respiratory symptoms you may have, and please do not come in if you are ill. COVID is still all around us, we are just learning to live with it differently!

The Elders are "caught up" with their COVID vaccinations, and the next round won't be until late November or early December. The number of days between doses has changed from 120 to 168. All eligible residents have received at least one dose of the Bivalent COVID vaccine, which provides better coverage of some of the newer variants. We will soon be receiving information regarding the Influenza vaccine campaign, which will be starting up in mid-late October.

Enjoy the nice weather, stay hydrated and cool.

Please remember to check on elderly neighbors, and please don't leave your pets in the car.

Stay safe!

Jill Peterson, RN/ DOC



**Stay
Hydrated!**



We are **FINALLY** able to **WELCOME BACK**
our Willow Lodge, **FAMILY DAY!**

Resident and Care Partner families
are invited to join us.

There will be live entertainment, a BBQ,
Face Painting, Bouncy Castles, Games,
Cotton Candy and much more.

Willow Lodge Park
12:00p.m. - 2:00p.m

It's been a busy year and we maybe later than usual, but we have not forgotten our wonderful, dedicated volunteers. We'll be hosting our annual Volunteer Appreciation on August 31, 2023 from 2pm-4pm in our Willow Lodge Park (weather permitting). Our volunteers are welcome to come visit and be treated to an afternoon of food, drinks and have a chance to socialize. Willow Lodge is fortunate to have volunteers who dedicate so much of their time to our residents and our greater community of Tatamagouche. We'll have an award presentations and short speech to acknowledge the importance of our volunteers, and acknowledge their time they have given us over the last number of years. It will be so nice to finally be able to gather together as we have not been able to do so since 2019. From all of us at Willow Lodge, **THANK YOU** for everything you do, your work does not go unnoticed and it means the world to our residents and their families. We are blessed to live in such a loving and welcoming community. Again, we **THANK YOU!**

Willow Lodge News

We are excited to announce the return of our annual Family Day at Willow Lodge. It will take place on August 24, 2023 from 12pm-2pm in our Willow Lodge Park (weather permitting). Residents and Care Partners families are invited to come together for an afternoon of music, food and fun. HRM Mascots will be here with a bouncy castle, face painting, air brush tattoos and balloon animals. Live entertainment from the Geezers, (Blaine Brown, Jim White and Myrna Phillips) as well as resident Marjorie MacDonald's family who will be playing a few tunes for us. You can expect to see Cotton Candy, Snow Cones, Popcorn, Freezes and BBQ hot dogs & hamburgers. There will be a 50/50 at the door as well as raffle tickets for a handmade quilt that was donated by one of our very own residents. We can't wait to meet you all and see your smiling faces.

JOIN US FOR

Wine & Cheese

IN THE PARK

TO CELEBRATE OUR

WILLOW LODGE VOLUNTEERS

AUGUST 31, 2023

2:00p.m. - 4:00p.m.

Music by Elizabeth Spence



Willow Lodge News Continued...

We received a thank you from the Maritime Fiddle Festival. Willow Lodge Association sponsors the award /trophy for the Oldest Fiddler in the competition. The trophy was presented to Al McVicar, husband of Nancy McVicar, who visits some of our residents upon occasion. Congratulations to Al McVicar and all the award recipients. Next year they will be celebrating their 75th Maritime Fiddle Festival.

Willow Lodge would like to extend our congratulations to the recipients of the Willow Lodge Association bursaries from Tatamagouche Regional Academy, Jenna Heitkemper and Savannah Mattatall. We wish you all the best in your future endeavours.

We would like to welcome our Summer Student Cristen Mardian, who will be working with our Recreation Department for 6 weeks. Cristen is a familiar face and the residents are happy to have her back. Cristen will be entering into her final year at Jane Norman College in Truro in the fall. Welcome back Cristen!

Resident News

Pictured on their wedding day 66 years ago on August 2nd are Willow Lodge residents Betty and Jamie MacKay. Often found walking the halls with one of their daughters and other friends, these two bring a smile to many faces as they stop and visit with those they meet. A very happy wedding anniversary to the happy couple from all of us at Willow Lodge!



Eden Corner

Resident Basil Tattrie's brother, Blair Tattrie phoned us at the lodge last month and asked if it would be alright to bring up his "old truck" for the residents to look at and reminisce about. He thought many of them would remember ones just like it. All he asked for was a ride home in return, once he dropped it off.

Of course we agreed and we had the perfect place for him to park it, right in our Willow Lodge Park. Blair stopped in for a visit with his brother after he dropped off the truck and we treated him to a delicious strawberry shortcake. Basil was so excited to see him.

Blair let us keep the truck for the weekend, which allowed many residents and their families to visit the park and check it out. Residents talked about it at their tables and through the halls you could hear them reminisce of the "good old days," and "they don't make them like that anymore" or "I remember when.."

Basil's brother Blair (from Waughs River) and his sister Elaine (From Lakeville, New Brunswick) stopped in the next day together as it was Basil's birthday and they all went out to see the 1925 model FORD. They were later joined by resident Laura Tattrie and her daughter Betty McNutt who happen to be cousins of theirs. It was a wonderful little family reunion for them all.

Blair we would like to thank you for thinking of our residents and sharing a small piece of your family with us all.



Left to Right: Blair Tattrie, Elaine Eisener and Basil Tattrie

Eat Well, Be Well

Happy August! Blueberry season is here and that's definitely a reason to celebrate. This muffin recipe includes Greek yogurt and rolled oats, adding a little extra nutrition to a classic! I hope you enjoy.

Blueberry Yogurt Muffins

Ingredients:

- 1 cup plain Greek yogurt
- ¼ cup milk
- 1/3 cup honey or maple syrup
- 1 egg
- 2 Tbsp vegetable oil
- 1 tsp vanilla extract
- 1 cup rolled oats
- ¾ cup all-purpose flour
- 1 tsp baking powder
- 1 tsp cinnamon
- ½ tsp baking soda
- ¼ tsp salt
- 1 cup blueberries (fresh or frozen)



Directions:

- Preheat your oven to 375 degrees and grease your muffin tin or line with liners.
- In a large bowl, mix together Greek yogurt, milk, honey, oil, and vanilla. Set aside.
- In a small bowl, mix together oats, flour, baking powder, baking soda, cinnamon, and salt.
- Add the dry ingredients to the wet ingredients and mix.
- Fold in the blueberries until just combined.
- Fill your muffin tin using about ¼ cup of batter for each muffin.
- Bake for 18-20 minutes or until a toothpick poked into the centre of a muffin comes out clean.
- Let cool for 10 minutes and enjoy!

Recipe from: <https://andianne.com/blueberry-yogurt-oat-muffins/>

