



# BACK TO SCHOOL

September 2023

# Willow Leaf

**HAPPY BIRTHDAY**

## From the Desk of Janine...

### Residents

Bessie MacMeekin - September 7

Jean Patterson - September 22

### Care Partners

Marilyn Lane - September 4

Daniel Angus - September 5

Jane Terry - September 6

Gayle Langille - September 11

Wilma Tattrie - September 17

IN LOVING  
*Memory*

### **Dorothy Landsberg**

May 29, 1936 to August 7, 2023

### **Fran Crichton**

October 3, 1938 to August 14, 2023

### **John McKenzie**

April 13, 1937 to August 17, 2023

### **Margaret Beeler**

July 27, 1931 to August 25, 2023

### **Hazel Ponte**

August 16, 1937 to August 29,

It has been a fun filled summer enjoyed by many here at the lodge. Outdoor activities with water was one such event that brought laughter to both Residents and Care Partners.  
**(Photo Below taken after our Water Ballon Fight)**



As we enter the month of September, we look forward to having our friends visit from Tatamagouche Regional Academy. We have missed their presence over the last two months. Once the students have settle in, we know it won't belong before their visits return.

We'll be hosting our Memorial Service this month on Thursday, September 28, 2023 at 3:00p.m. in Lynwood House. This is a time to gather together and remember the special people we have lost in the past year and to reconnect with family and friends. May your September be filled with love, blessing, and healing.

**Janine Jaconelli**

**Executive Director**



# Operations Corner



It's hard to believe we're into September, where did the summer go? Hopefully we will have a nice fall with a lot less rain than we've seen recently. The leaves are beginning to change colour, and that is always a great part of the season.

The Family Dining area has reopened, finally, and all of the feedback has been positive so far. If you haven't been in for a look, make sure you stop in. The room is completely redone from floor to ceiling and is ready for your guests!

Work on the flooring in the Main Lounge and Café has just begun. This and the flooring outside the hair salon and elevator area will also be replaced. Then some trim and painting and the upstairs will be back to normal.

We will need to do a power shut-down in the building in the next few weeks to allow the electricians to change a main breaker in the electrical room. This will take place mid-afternoon someday soon, we will give everyone lots of notice beforehand. This is necessary to provide the increased electrical load for the elevator upgrade that will also be happening in the coming weeks.

We have recently received another shipment of nightstands and dressers to replace the rest of the sets in the main section of the building, as well as some over-bed tables.

Cassie Crowe, our Dietitian, has left us as of the end of August. She's accepted another position closer to her home in Antigonish, and we wish her well. Sarah Wilson has accepted the position and will be making the rounds in the next few weeks to meet you all.

Daniel Angus, of our Maintenance department, and his partner Rosie Drummond will be married over the Labour Day weekend. He and Rosie will be taking some time off to travel to Newfoundland to celebrate their marriage. Congratulations to Daniel and Rosie, and their daughter, Aubree.

**Kent MacDonald**

**Director of Operations**



## *Willow Lodge Thanksgiving Dinner*

*October 9, 2023*

### *Menu*

*Roasted Turkey & Gravy*

*Mashed Potatoes*

*Dressing*

*Carrots & Peas*

*Cranberry Sauce*

*Pumpkin Pie*





# Nurses Nook

Not much new in the nursing department, except one of our recently hired LPN staff – Anna Ripley, has a new baby girl! She was born Aug.25/23.

**(Pictured Right:** Elizabeth Ann Elliott “Betty” born August 25, 2023 at 1:01p.m. weighing 5lbs 11oz)



We are still awaiting vaccine instructions from Public Health, probably mid – September.

We will be starting the fall COVID campaign as well as Influenza as soon as we are able.

We have been very fortunate this summer with very little illness in our Residents and Staff. With school starting in the next 10 days, we will be on “high alert” for any respiratory illness, which tends to circulate after school starts every year! We continue to request that you do not visit if you have any symptoms of any illness, as our Elders are vulnerable.

Enjoy the last days of summer! Fall can be a beautiful time of year to go out and enjoy the nice days and cool evenings. Don’t forget, your pets like the cooler weather too, so take them out for a walk!

Stay well!

Jill Peterson, RN  
Director of Care



*Candle Light*

*Memorial Service*

*“A Time of Reflection”*

*to remember the special people we have lost in the past year and to reconnect with family and friends.*



*On Thursday,*

*September 28, 2023*

*Willow Lodge invites you to a special*

*Candlelight Service*

*of Remembrance*

*3:00p.m. in Lynwood House*

*Please share this invitation with your family and friends who might like to attend.*

*Refreshments Following Service*

To the families who received an invitation to our Memorial Service, there was an error with the date printed. The **correct date** for the service is **Thursday, September 28, 2023, at 3:00p.m.** We ask that families **RSVP** by, **September 25, 2023**, so we can ensure that someone will be present to light the candle of remembrance for your loved one. Phone - **902-657-3101**.

*Your Wings*  
**WERE READY**  
**BUT**  
*Our Hearts*  
**WERE NOT**



# Eat Well, Be Well



Happy September! For a lot of us this is a time of getting back to routine and needing easy meal ideas. This recipe is great comfort food without being too complicated (and sneaks in some veggies)!

## Ground Beef Orzo with Tomato Cream Sauce

### Ingredients:

1lb ground beef  
½ medium onion (chopped)  
3-4 gloves garlic (minced)  
½ tsp red pepper flakes (if you like spice!)  
½ tsp Italian seasoning  
1 cup uncooked orzo  
1 can (~14oz) tomato sauce  
¾ cup beef or vegetable broth  
1 cup heavy whipping cream or half & half  
1 tsp Worcestershire sauce  
½ cup parmesan cheese  
2 cups (packed) baby spinach



### Directions:

1. Add ground beef to a large pot or Dutch oven over medium-high heat. Halfway through cooking, add onion. Drain off any excess fat from the beef.
2. Stir in garlic, red pepper flakes, Italian seasoning, and orzo. Cook for about one minute.
3. Stir in tomato sauce, beef broth, cream, and Worcestershire sauce. Once it starts bubbling, continue cooking (uncovered) for about 10 minutes (you may have to turn the heat down). Stir frequently so nothing sticks to the bottom.
4. Once orzo is tender, remove from heat and stir in parmesan and spinach. Cover pot for 3-5 minutes until everything has thickened to your liking.
5. Serve and enjoy!

Recipe from: <https://www.saltandlavender.com/ground-beef-orzo/>





On **September 22, 2023**, 2:30p.m.– 3:30p.m. we will be hosting our annual Oktoberfest at Willow Lodge. There will be music, yummy treat (soft pretzels, sauerkraut & bacon, Oktoberfest sausage, fried pepperoni, party mix) and cold beverages for all to delight in. It will take place in our Main Lounge area, which will be decorated in true Oktoberfest fashion. It's sure to be an afternoon of fun!

### Dinner

#### **"Sailors Sweetheart"**

**Haddock with Dill Mustard Sauce**

**Mashed Potatoes**

**Carrots & Green Beans**

**Chocolate Pound Cake**

### Supper

**Smoked Meat Sandwiches**

**Cucumber Salad**

**Pfeffernusse Cookies**

**"German Spice Cookies"**



# Eden Corner

## **"A Family Affair"**

As we were planning our family day last month, we could not have expected the wonderful offer that one family was going to make. An offer that would make our family day a true "family affair." Resident Marjorie MacDonald's son, Nelson MacDonald received his invitation to our family day in the mail and had seen that we were going to be having live entertainment, which ignited a flame that later warmed everyone's hearts.

On Nelson's next visit to Willow Lodge to see his mother, he approached our Director of Recreation, Julianne Tattrie, to see if he, his wife, and son could share their talent and love for music. He offered to play a few songs for us and be a part of our family day. Without hesitation his request was excepted. Having family be an active part of our day is what the day is all about. Gathering together to make memories. Well, they did not disappoint! Nelson and his family played a set of tunes for us as our main entertainment took a break and got a bite to eat. The joy they had on their faces as they sang, knowing Majorie was in the crowd listening was heart warming and beautiful. How did we not know they had this hidden talent?

Majorie was surrounded by all her children at our event and even had a few grandchildren stop in to visit. Nelson, we can not thank you enough for making our day a real "family affair." Now that your secret talent is found, we hope you will play again for us sometime.



# Family Day!!



Wow! What an amazing Family Day. Thank you to everyone who made our family day run smoothly, from the planning, to set up, to take down and everything in between, it couldn't have been done without you all. The smiles, laughter, dancing, the memories made are what today was all about. It was so great to welcome families back for a day of celebration. Thank you to all the volunteers who played music, sold tickets and more. HRM Mascots & Inflatables your face paintings and balloon art were amazing. To our Willow Lodge Care Partners the team work shown on family day was incredible. Well done everyone, well done! We are already planning and looking forward to next year.



# Volunteer Appreciation

August 31st, was a day of celebration at Willow Lodge. We held our volunteer appreciation, and it was so nice to be able to gather in person. We're fortunate to have such dedicated, generous, kind, compassionate volunteers who are committed to creating positive change in their community. The impact our volunteers have on our residents of Willow Lodge and the greater community of Tatamagouche is immeasurable. Our volunteers continually give their time and share their talents freely. It could be sharing their love of music, delivering meals to members of our community, playing cards, or BINGO or sitting on the Board of Directors. No matter what role our volunteers play, each of them help improve the lives of all those they encounter. Thank you for all that you do. A volunteer is one of life's most valuable natural resources.

