



# October 2023 Willow Leaf

## *From the Desk of Janine...*

Family & Residents of Willow Lodge,

As fall is upon us, the evenings are getting cooler and nightfall comes sooner. There is beauty in the changing colours and crisp air.

October is CCA month, this is a time where we acknowledge the dedicated work of our Continuing Care Assistants in the province of Nova Scotia. My sincere appreciation to our Care Partners, your commitment and dedication does not go unnoticed.

Stay well, stay safe,  
Janine Jaconellie  
Executive Director

*I'm so glad  
I live in a world  
where there are  
Octobers!*

ANNE OF GREEN GABLES ♡ L.M. MONTGOMERY



## *Happy Birthday*

### **Residents**

Olive Pastor - October 1  
Pamela Genter - October 4  
Molly Smith - October 22  
Bertha Langille - October 28

### **Care Partners**

Megan Keatley - October 3  
Juanita Forbes - October 12  
Jennifer Tattrie - October 24  
Sonya Tattrie - October 25

## *Welcome*

### **New Residents**

Gayla Bonnyman  
Helen McDonald  
Joyce Marchbank  
Sybil Crawford  
Owen Fletcher



## *Resident News*

Resident Beverly Fahey has a new great granddaughter. We are unsure of her name, but she stopped in to visit and the love in Beverly's eyes as she held her close in her arms, will warm your heart.



Resident Peggy Langille had a visit from her brother, Jim O'Neil and her niece. Peggy and Jim spent the afternoon laughing and reminiscing together. Peggy can't wait for his next visit.



Residents Ruthie Reader and Beverley Fahey had a lovely visit from a group of friends. They planned a meal and brought them lovely lap quilts. Beverley and Ruthie talked about their visit with great enthusiasm for many days following and showed off their wonderful gifts. They are already looking forward to their next visit and lunch.



## *Willow Lodge News*

We would like to extend a thank you to all the families, friends, Care Partners and volunteers of Willow Lodge as we enter this month of thanksgiving. Whether you share your talent of music, come for a visit or share your gift of time, or you care for our residents you all play a major role in our team. We know the residents of Willow Lodge are forever grateful for each and every one of you. May you all have a wonderful Thanksgiving surrounded by those you love and hot meal to enjoy.

We held our annual memorial service on September 28th. Our Care Partners at Willow Lodge, feel privileged that you chose us to care for your loved ones. Each one of them and each one of you has left an imprint on all of us. We want to let you know that we are here to walk alongside you as you charter through the waters of loss and grief of losing someone you loved and cared for unconditionally. It doesn't matter how short or long your loved one's stay was at Willow Lodge, they will forever be a part of our family.

This year we are remembering twenty-six beautiful souls, who have passed on from this present life, to have eternal rest. Among those is a very special lady who dedicated thirty-five years to providing loving care for so many, at Willow Lodge. She worked in this very building from the day it opened its doors in 1980 until she retired in 2015. Sadie Tattie, you will be forever remembered by all those who had the honor of working with you and will be missed by all your family and friends who remain to carry on your love for life and all it has to offer.





## Willow Lodge News

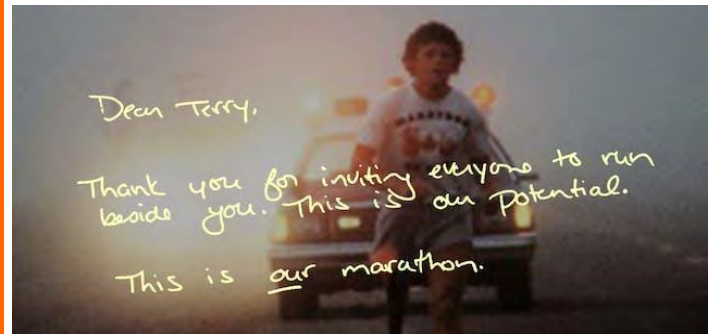
We celebrated Oktoberfest on September 22nd in true Oktoberfest fashion. Our main lounge was decorated beautifully thanks to many helping hands. The food exceeded our expectations and the drinks were cold and refreshing. Residents laughter and smiles could be heard and seen everywhere you went and the chicken dance will be remembered until next year. Thank you to all who help make this day so memorable. We are already looking forward next year and how we can make it even better.



We welcomed our furry, four legged friends to the lodge on September 8th, as we held our 1st doggy parade of the year. It may have been a little hectic at times, but the joy it brought to the residents faces was worth every bit of it. Thank you to the kitchen for making delicious homemade treats for our K9 friends. We will be having another doggy parade on, Friday, October 8th at 2:30p.m. and all are welcome.



We held our annual Terry Fox walk and BBQ Fundraiser on September 21st. We raised \$535.00 for the Terry Fox Foundation. Thank you to everyone, who participated and donated. We had a draw for two Terry Fox t-shirts and the winners were, resident Donna Howard and Joel Williamson from the Lillian Fraser Memorial Hospital.



We had a visit from a poetry group on Sunday, September 10th. Marjorie Thomson, who is good friends with resident Ruthie Reader contacted us to see if she and a group of avid poetry readers could come visit to do a poetry reading for the residents. Of course without any hesitation we said yes. It was so well loved that they are going to be returning on December 15th at 2:30p.m. to do another reading. We are told by residents it's an event you don't want to miss.

We will be hosting a fashion show this month for the residents. One of the residents suggested this event and with the help of our in house hairdresser Charlene Carruthers and Care Partners we know it will be a hit. Stay tuned next month for pictures.

We'll be hosting our Halloween party on Tuesday, October 31st at 2:30p.m. we will have some Halloween themed games and treats. Residents and Care Partners are invited to dress up. There will be prizes awarded for best costumes. Family are welcome to attend as well. Willow Lodge will have treats for trick or treaters who come to visit the lodge on Halloween night. If you have little or go trick or treating yourself we encourage you to stop by Willow Lodge as the residents love to see everyone dressed up in their costumes. Treats will be given out at the main entrance.



## Message from the Finance Office

Time is rushing by! **November 1st** is the date Department of Seniors and Long-Term Care re-assess resident's income based on the 2022 Notice of Assessment from Revenue Canada Agency.

**Please watch your emails or mail for the new accommodation charge for the coming year.** If the Department does not receive confirmation of income they will charge the max charge. We will notify you as soon as we receive the information. Thanks.

**PJW - Finance Officer**



We will be hosting and welcoming guest for our annual **Christmas Tea & Bazaar on November 17th, 2023**. The **Bazaar** will run from **2p.m.-4p.m.** and the **Christmas Tea** will run from **2p.m.-3:30p.m.** in our **main dining room**. We will have specialty cakes/cheesecakes with Tea or Coffee for **\$5.00**. All are welcome to attend. **Anyone who would like a table to sell art, crafts or goods can contact Julianne Tattrie our Director of Recreation at 902-657-3101 or julie.tattrie@willowlodge.ca**

Willow Lodge will have a table and is looking for donations of lightly used items or fresh baked goods. All fund made from the Willow Lodge table go toward resident programming.

Our Remembrance Day Service will be held on **November 10th at 10am** in the Bayview Dining room. Family are welcome to attend.



Our **Willow Lodge 26th Annual Tree of Love Campaign** is coming up quickly. This year our Tree of Love service will be held on **Thursday, December 14th at 2p.m.** in Lynwood House. The lighting of our outdoor Tree of Love will follow at 6:00p.m., and will remain lite for the holiday season. All are welcome to attend. Stay tuned next month for our gift form and more information.

Our **Willow Lodge Christmas Parade** will take place on **Thursday, December 21st at 2:30p.m.** This is a well loved event by both residents and care partners. This year we are extending our invitation our to family and friends who may like to participate. We are looking for more floats! This event takes place inside the lodge and goes throughout each neighborhood for all residents to enjoy. If you are interested in entering a small float or dressing up please email **julie.tattrie@willowlodge.ca or phone 902-657-3101 ext. 24**. Let's make this the best parade yet!



Last date to save on your calendars is our **New Years Eve Party**. Which will be held on **December 29th at 2:30p.m.** Stay tuned next month for more details and to find out who our live entertainment will be. It is always a well attended program and the food and drinks are delicious. Until next month, take care!



## Operations Corner

October is Fire Prevention Month. Just a reminder to all Residents and Care Partners to be mindful of fire safety at work and at home. We practice fire drills monthly here at Willow Lodge, but please take the time to develop a fire plan at home, discuss it and practice it with your families. Hopefully you'll never be in that situation, but you'll be thankful if you're prepared.

The flooring replacements due to the fire in April are nearly complete. We've added some more wall-protection sheeting on the walls in the main hallway, and new baseboards. Painting on the lower level is also nearing completion. Some more flooring to replace downstairs and we're as good as new!

We had some paving done in the parking lots recently. Some areas were repaired and repaved and we created some new paved parking near the garage. All of the spots between the main entrance and the garage have been designated as Accessible Parking for visitors.

We had a shutdown of power to the whole building on September 11. This was necessary to install a new breaker in the electrical room to provide the increased electrical load for the elevator upgrade that's scheduled to begin on October 10. So, beginning October 10, and for approximately 3 weeks, the elevator will be out of service to install some new power equipment for the elevator. This will create some extra work for many departments and we will have extra staff on duty to help with this.

A new stove was recently installed in the main kitchen, replacing one that has been used longer than anyone can remember. AS well new juice and coffee machines have been installed in the main and Bayview kitchens.

Finally, welcome to Haley Chapman-Veno who has joined us as a casual worker in Environmental and Dietary Services.

**Kent MacDonald**  
**Director of Operations**

## Nurses Nook

Fall has happened ...again!

By the time this is published, we will be preparing for our annual Flu shot clinics for our residents. All of the residents over the age of 65 will be receiving the high dose vaccine, which offers better protection for that age group. The few residents under the age of 65 will receive the regular dose, as indicated by Public Health. We will be encouraging all Care Partners and families to get theirs as well. The Flu vaccines were ordered in late September, and we are expecting the shipment to arrive shortly after Oct. 5/23.

COVID is still circulating, and along with it a new variant. The vaccine that we will be offering our residents will cover that strain. It has just been made available in Canada and will be ordered before the middle of October.

Fall is a beautiful and bountiful time of the year. Get out those warm sweaters and head out to enjoy some nice weather, and don't forget the pumpkin pie!

Stay well!



**Jill Peterson, RN**  
**Director of Care**

*Willow Lodge Thanksgiving Dinner*

*October 8, 2023*

*Menu*

*Roasted Turkey & Gravy*

*Mashed Potatoes*

*Dressing*

*Carrots & Peas*

*Cranberry Sauce*

*Pumpkin Pie*

# *Eat well, be well..*

Hi, my name is Sarah Wilson, and I am a Registered Dietitian. While I may be new to Willow Lodge, starting in early September, I have been a Dietitian for 13 years, with much of my experience in acute care. I look forward to getting to know all of the residents.

As we are entering the season of fall, one of my favorites is pumpkin muffins! These muffins are a huge hit in my household of five! I often get little helpers helping make them. They are a great grab and go snack and has lots of nutrients because of the pumpkin.

Pumpkin is a nice nutrient rich vegetable, as it is orange in color is contains beta-carotene (turning into vitamin A when eaten). Pumpkin is also a good source of fiber, and an excellent source of potassium. Potassium helps balance minerals in and out of the body, and maintains normal blood pressure. Pumpkin can be pureed and added to many recipes to boost the nutrient value!

## *Perfect Pumpkin Muffins*

### **INGREDIENTS**

1  $\frac{3}{4}$  cups of all purpose flour  
2 teaspoons baking powder  
1 teaspoon ground cinnamon  
 $\frac{1}{2}$  teaspoon ground ginger  
 $\frac{1}{4}$  teaspoon ground nutmeg  
 $\frac{1}{4}$  teaspoon ground cloves  
 $\frac{1}{2}$  teaspoon salt  
6 tablespoon unsalted butter (at room temperature)  
2 large eggs  
1  $\frac{1}{3}$  cups pumpkin puree

### **INSTRUCTIONS**

Preheat the oven to 350°F, and place muffin liners in the muffin tin. Place the flour, baking powder, cinnamon, ginger, nutmeg, cloves, and salt in a medium bowl and whisk to combine; set aside.

Cream the butter and sugar in the bowl of a stand mixer fitted with the paddle attachment. (Alternatively, use an electric hand mixer and large bowl.) Beat on medium speed until light and fluffy, 1 to 2 minutes.

Beat in the eggs one at a time.

Beat in the pumpkin purée and vanilla extract until well combined.

Add the flour mixture and beat on low speed until just combined. Do not overmix.

Transfer the batter to the muffin pan. Divide the batter evenly among the muffin wells (they will be about  $\frac{3}{4}$  full).

Bake the muffins for 18 to 22 minutes.

Cool the muffins. Let the muffins cool 10 minutes before removing from the pan.



Recipe adapted from: <https://www.thekitchn.com/how-to-make-perfect-pumpkin-muffins-224030>