



December 2023 Willow Leaf

From the desk of Janine...



**Happy
Birthday**

Residents

- Donna Howard - December 6
- Joanna Bower-Derry - December 8
- Tip Smith - December 18
- Darcy Bell - December 19
- Alfred Bond - December 26
- Inez Daye - December 28
- Owen Fletcher - December 29

Care Partners

- Jocelyn Langille - December 5
- Jennifer Frizzel - December 7
- Achim Hotten - December 9
- Mary Banda - December 16
- Alicia Williamson - December 28

Welcome December 2023....

As we make preparations for the holiday/ Christmas season and festivities that accompany this time of year, I want to thank Care Partners, Friends and Families for their ongoing support and commitment to our residents. Willow Lodge can be proud of our entire community and care team for their dedication to those who call the lodge home-

At Willow Lodge we recognize the three plagues of aging; loneliness, helplessness and boredom. Through our philosophy of care, everything we do, and the care we deliver is done in such a way that we are continually challenged to combat these obstacles. I am confident and thankful that we are able to continually build a community that brings joy, empowerment and recreation to our residents and also to those who work in our resident's home.

My sincere wishes to each and every one for a happy and joyous Yuletide season.

Janine Jaconelli; Executive Director



Willow Lodge News

December is a month of saying goodbye, while looking forward to new beginnings. We have an action packed month planned and we can't wait to share it with you all.

We begin this week December 6th with making our annual doughnuts, YUMMY. We are welcoming back our wonderful volunteer Laurie Treen, who is going to help keep this long tradition of Willow Lodge alive. We will be pro doughnut makers before the end of the afternoon.

We will be having a Christmas Carol Karaoke on Thursday, December 7th as per our residents request. It will begin at 2:30pm. Family is welcome to attend and if you like to sing you are more than welcome to join us.

We are happy to announce we will be hosting our Pre-Christmas Dinner on December 12th at 11:30a.m. Residents are able to have (2) guests and tickets are \$15 each (special meal ticket) we ask that you please RSVP by December 8th by 3:00p.m.

Our 26th Annual Tree of Love Ceremony will take place on Thursday, December 14th at 2:00p.m. in Lynwood House. We are thrilled to be able to invite family, friends and the community of Tatamagouche and surrounding areas to join us in person for this event. We will also continue with our new tradition of the lighting of our outdoor Tree of Love, which looks beautiful at 6:00p.m. and it will remain lite for the Christmas/Holiday season. You will find more information on the last page of the Willow Leaf.

Willow Lodge is welcoming Marjorie Thompson and her poetry reading group back on Friday, December 15th. They are good friends to resident Ruthie Reader who is a poetry enthusiast. We look forward to hearing what poems you have to share with us.

On Saturday, December 16th, we are pleased to welcome resident, Dale Pratt's son and friends

who are will be playing some Christmas carols, hymns along with some of their favorites with us. We thank Dale's wife, Cindy for helping to make this possible. We can't wait for you all to share your time and talent with us.

Everyone likes a good Christmas party, so we are going to have one on December 18th, with yummy treats and specialty Christmas/Holiday cocktails. It is sure to be a fun afternoon full of laughs and reminiscing.

Our annual Christmas Parade is going to take place on Thursday, December 21st at 2:30p.m. this is the first year we are welcoming family to participate in the parade. We are looking for MORE float entries. If you have an old wagon at home, decorate it up in true Christmas fashion and join us in our parade. The more the merrier. We will even have a special visit from Santa and Mrs. Clause. All are welcome to come and watch and join in the festive festivities.

We are super excited to announce that we will be having a Christmas Eve Service for our residents on Christmas Eve at 2:30p.m. Family is welcome to attend. A HUGE thank you goes to our volunteer, Chaplin Denise Voth, Rev. Linton of the United Church and all those who helped plan this special event. The residents can't wait!

We welcome back our Christmas Dinner to Family and Friends. Residents are able to have (2) guests, \$15 per ticket (special meal ticket) and must RSVP by December 21st by 3:00p.m. The Christmas Dinner will take place at 11:30a.m. on Monday, December 25th.

Long time volunteers and grandsons of residents, Jamie and Betty MacKay, will be here on December 23rd and December 26th at 2:00p.m. to play a selection of Christmas music as well as some of the residents favorites. We know who will be sitting in the front row to see her boys play. Thank you for all you do, and sharing you love of music with the residents.

Our New Years Eve Party will take place on December 29th at 2:00p.m. ringing in the new year at 3:00p.m.

Willow Lodge

Pre-Christmas Dinner

December 12, 2023

11:30a.m.

Roast Beef

Mashed Potatoes

Peas

Turnip

Dessert

Santa's Coat Cake

Limited to 2 guests/resident

\$15/per guest

need special meal ticket

RSVP by 3:00pm on December 8th

phone 657-3101



Willow Lodge

Christmas Dinner

December 25, 2023

11:30a.m.

Roast Turkey

Mashed Potatoes

Peas

Carrots

Dressing

Cranberry

Dessert

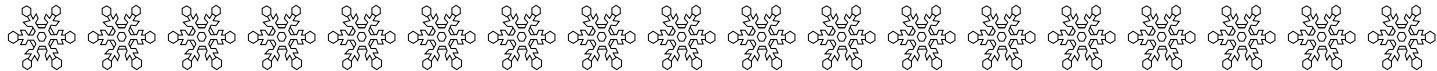
Minced Meat/Pumpkin Pie

Limited to 2 guests/resident

\$15/per guest

need special meal ticket

RSVP by 3:00pm on December 21st



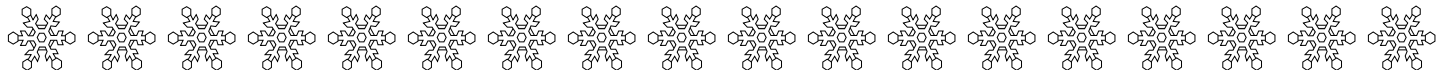
26th Annual Tree of Love Campaign

Thursday, December 14, 2023 at 2pm

in Lynwood House, Willow Lodge



For more information please see page attached to back of our Willow Leaf.



Nurses Nook

December is upon us! How quickly the year went by.

Unfortunately, we had an outbreak of COVID in October, but recovered well. We are choosing to keep wearing masks, and will continue for some time into December. We have consulted our Infection Control specialist for this region, and several homes are continuing with masking. It is felt to be the safest way to keep our Residents and Care Partners healthy. We will be monitoring this carefully. There is a lot of illness still in and around our community, and no one wants to be ill, especially at Christmas. We are pleased to be able to invite families back in to share Christmas festivities and dinners with their loved ones.

There will be another COVID vaccine clinic held in late Dec. or early in the New Year for those Residents who were not eligible the last time. There is a wait period of 168 days from the last vaccine or COVID infection.

Wishing you all a safe and Happy Holiday.

- Jill Peterson, RN
Director of Care



Finance Office

Willow Lodge's finance officer would like to wish the residents, care partners, families and friends of Willow Lodge as well as the community of Tatamagouche and surrounding areas a wonderful Christmas/Holiday season.



Operations Corner

December update

Reminder all electrical Holiday Ornaments **MUST** be **CSA** or **ULR** approved, due to safety standards. If such decorations do not show **CSA** or **ULR**, they will not be permitted within the building. If you are unsure, our Maintenance department will be able to identify these markings. Remember that **NO** decorations can go on doors and **NO** extension cords are to be used. Be mindful of fire safety over the holidays.

Our elevator controller upgrades are done, with minimal interruptions. Thank you to all the care partners for helping it go smoothly.

Our electrical panel upgrades are going well and close to completion. We will experience a few more short term interruptions as the upgrades complete.

We have **NEW** dining room tables and chairs for our main dining room. We will be sure to take pictures once the switch over is complete.

December brings cold weather, snow and ice conditions. Unfortunately that means our Willow Lodge Park is now **CLOSED** for the season. We have ice melt located at all entry ways. If anyone notices an icy/slippery area please let us know and we will make sure it is taken care of promptly. Salting of the driveway and parking areas have already begun and will continue over the winter season.

Our Willow Lodge, MacKay Bus, has had its winter tires installed.

Our operations team, would like to wish you all a happy and safe Christmas/Holiday season.

- Daniel Angus
Maintenance



Resident News

Resident Eunice Sutherland had a wonderful visit with her nephew last week. Eunice was thrilled to see him and reminisce about the good old days. She said her visit was wonderful and that he even brought some yummy treats.



We had a BIG birthday to celebrate last month. It was Resident Martha Hoeg's 103rd birthday. Martha celebrated by getting her hair done and enjoying a tea with her cake that her family brought in to share with everyone. Happy Birthday Martha!

Willow Lodge would like to welcome new residents; Inez Daye and Pearl Winsor. We hope you both are settling in well and we look forward to getting to know you both. From all the Residents and Care Partners at Willow Lodge. Welcome!

Residents would like to thank all the care partners who helped make their first pub day a success. The food, drinks and company were wonderful.

Care Partner News

Our Recreation Assistant, Alicia Williamson, CTRS has completed a PIECES Learning and Development Program at the end of November. PIECES is a resource guide for collaborative engagement, shared assessment, and supportive care for older persons at risk or living with complexity. Alicia and Julie Tattie our Director of Recreation are both now certified to lead a PIECES team at Willow Lodge. Julie completed her course earlier this year in June. Congratulations to Alicia on this accomplishment.

Willow Lodge would like to send condolences to Jennifer Tattie, LPN and her sons especially, Colson and Tucker Mattattall for the sudden and unexpected passing of their father. Colson and Tucker, the memories of your dad will remain in your hearts forever, may they bring you comfort during this difficult time. We are sending you and your family prayers.

Our deepest sympathy goes out to our Director of Operations, Kent MacDonald, on the passing of his beloved wife Jane. May the memories of the time you spent together bring you peace and comfort. We're deeply sorry for your loss. Jane was an amazing person, and her passing is a great loss to all who knew her.

Volunteer News

We are deeply sadden to have had to say goodbye to one of our volunteers, Winnie MacKinnon. Winnie was a long time Willow Lodge Auxiliary Member and Musical Entertainer at Willow Lodge, best know for singing and playing piano at our monthly birthday parties, with the love of her life, husband of 67 years, Curtis at her side on fiddle. Winnie will be missed tremendously by all our Residents and Care Partners. To Curtis and his family we are sending you our condolences and healing thoughts as your navigate through this difficult time. Heaven has gained an amazing musician to add to their choir.

Eat well, be well

Christmas time is a time where we often have “treats”. I know many traditions that we have at Christmas time are often related to food. Below is a family favorite recipe, however, it is not overly healthy. A small adjustment that could be made is to use onion powder instead of onion salt. Adding the word salt to seasonings such as onion salt, garlic salt or celery salt, means that there is sodium that is added to the spice. Sodium is known to retain fluid, which can lead to increased blood pressure, also known as hypertension. Making some small changes may be helpful. In this recipe I substitute onion salt for onion powder. It still has a nice flavor, but less sodium.

Nuts & Bolts

Ingredients

4 cups Cheerios
4 cups Shreddies
4 cups of gold fish
4 cups of pretzels (I use pretzel sticks)
4 cups of peanuts (600g bag)

Mix in pot:

1 cup butter (1/2 pound)
1 ½ cups of vegetable oil
1 tbsp Worcestershire Sauce
1 tbsp Onion salt
1 tbsp Seasoned salt



Heat until butter melts and let stand for 15 minutes (or dry mixture will become soggy). Pour liquid over dry ingredients (except peanuts). Mix well to coat “bolts”. Cook at 250 F for 3 hours, stirring every 20 to 30 minutes with a spatula.

Add peanuts at the beginning of the last hour mixing in with other ingredients to coat well.

The temperature of oven is imperative do not let it get too hot.

ENJOY!

*MERRY
Christmas
everyone*



Friends of Willow Lodge,

Our **'Tree of Love'** is an event that we host during the holiday season.

We will celebrate and remember those who have been and continue to be a part of our Willow Lodge Community, by lighting a bulb on the **Tree of Love**, in their memory, or honour.

Our **Tree of Love** lighting will take place on Thursday, December 14, 2023, at 2:00pm, in Lynwood House. In addition, for all to enjoy, a **Tree of Love** outside our home will be lit at 6:00pm, and shine bright throughout the Holiday Season.

To purchase a bulb, detach the gift form and mail or drop off at Willow Lodge along with your donation.

Thanking you everyone for your support. Your gifts are truly appreciated.

Charitable Income Tax Receipts Available

For further information contact us at Willow Lodge (902) 657-3101



Willow Lodge 26th Annual Tree of Love

Name:	
Address:	
Prov:	Postal Code:
Tel. #:	

<i>In Memory of</i>

<i>In Honour of</i>

Tree Bulb Gift Range		
<i>Silver</i>	\$ 5.00	
<i>Gold</i>	\$ 10.00	
<i>Green</i>	\$ 15.00	
<i>Red</i>	\$ 20.00	
<i>Violet</i>	\$ 30.00	
<i>Blue</i>	\$ 50.00	
<i>Tree Top</i>	SOLD	

Send Card:	
Name:	
Address:	
Prov:	Postal Code: