

Happy New Year 2024

January 2024

Willow Leaf

Happy Birthday

Resident

Donna Waugh - January 2

Mavis Thwaites - January 15

Care Partner

Cathy Rushton - January 9

Kristen Horst - January 20

Deborah Dean - January 20

Jolene Mardian - January 20

Megan Joudrie - January 23

Michele Tattrie - January 24



Welcome New Residents



Mervyn Creighton

Jean Creighton

In Memory

Gordon Hillier

June 3, 1926 - December 6, 2023

Colin Douglas

June 6, 1922 - December 21, 2023

Joanna Bower-Derry

December 8, 1941 - January 4, 2024



Willow Lodge News

Thank you to musicians that made time to make the holidays extra special

- Thank you Denise and all those who worked alongside her to make Christmas magical with a Christmas eve service. The resident really enjoyed it.
- Special thanks to our youth volunteers James, Samuel and Ciaus who graciously dedicate their time to our residents. We thank you for sharing your talent of music, playing a fun game of checkers or just taking time to sit and visit with the residents.
- Thank you to all volunteers who have made this past year programs possible. You have a HUGE impact on the lives of all those who call Willow Lodge home. We are lucky to have such, loving and dedicated volunteers.
- Thank you to all our care partners and families who helped create lasting memories for our residents over the year of 2023.

Coming up this month we will have a Robbie Burns celebration. It will take place on January 25th, with special Scottish treats, drinks and music. Family and friends are welcome to attend.



Peggy Langille & Great Grand-daughter Sutton



Waylon John McLearn

Resident News

Peggy Langille and Family welcomed a new great-grandbaby during the Christmas holidays.

Care Partner News

CCA, Megan McLearn and her husband, Daniel welcomed a beautiful baby boy to the world on December 6, 2023. His name is Waylon John McLearn and he weighed 7lbs, 8oz. Congratulations to the whole family, from all of us at Willow Lodge.

Nurses Nook

Happy New Year to Everyone! Hopefully 2024 will bring world peace and health!

It is hard to believe we have been living with COVID for almost four years. There are several variants out there which keep the virus circulating. With the addition of Influenza and RSV, all our Care Partners have been working diligently to keep our Residents safe and free of respiratory infections. We continue to follow the Guide to Respiratory Virus Infection and Outbreak Management in Long Term Care Facilities as per Public Health.

I would like to acknowledge the ongoing support of our DCGs and other family members and friends in assisting us with this. Unfortunately, masks will continue to be necessary in the upcoming months.

In January, we will be looking at further COVID immunizations for those residents who are now eligible for their next dose of vaccine. This will be the Moderna Spikevax Monovalent vaccine. We are following Public Health direction in keeping these all current for our Residents.

Hopefully the rest of the winter will be mild with not too many snowstorms! Please consider getting your next COVID vaccine!

Stay warm and healthy! Get those dogs outside for a walk!

Jill Peterson, RN/ Director of Care

Operations Corner

Christmas is over for another year. I hope all Residents and Care Partners had the chance to spend time with family. It's hard to believe that another year has passed. 2023 certainly had its moments.

Who could forget the events of early morning April 25? We are finally *almost finished* the repairs that the fire and water damage necessitated. All that is left to do is replace the flooring in the downstairs entry area and we're complete! There was a strange smell in the small kitchen, where the fire originated, but we think we found the cause of this and it has been repaired.

The new chairs have made their way to the Main Dining Room, from all accounts they seem fine, and are well built so they should last a while,

We had some good news early in December, the announcement of a replacement facility for Willow Lodge. The details are few at this point, but it is part of the Nova Scotia government's infrastructure plan and is supposed to be completed by 2032. This is great news for the community of Tatamagouche and surrounding areas. As this is a ways off we will still have the task of maintaining the current building the best we can in the meantime.

Finally, congratulations to Bonnie Bryant who has accepted a 50% position in Laundry Services. Bonnie has been working at Willow Lodge as a casual since July of 2022, and will be a familiar face to most everyone.

Kent MacDonald
Director of Operations.

Finance Office

Happy New Year! Reminder to all POA's that you will be receiving an income tax receipt in your email/mail for the 2023 year. PJW

Willow Lodge Robbie Burns Day Menu January 25, 2024

Dinner:

Robbie's Stew
Neeps & Tatties
(Turnips and Mashed Potatoes)
Tipsy Laird

Robbie Burns Birthday Celebration:
Haggis and Crackers

Supper:

Scotch Broth
Biscuits
Raspberries
Oatcakes



Eat Well, Be Well

As the Holidays are coming to an end, it's time to get back on track. A balanced meal consists of 3 to 4 food groups, with half of your meal being vegetables or fruit. I always start my day with a yogurt parfait. I thaw out frozen wild blueberries, add Greek vanilla yogurt, and top of granola. I use Greek yogurt to increase the protein content in a meal, as it will help keep me full. I make my homemade granola, in the recipe below. With this yogurt parfait, I always start my day with a balanced meal.

The granola recipe can easily be modified to match your taste buds. Other options could be coconut, raisins, raisins or dried apricots, just to name a few. You don't need to have nuts in it either, it can be removed for allergy reasons, or you can change it to pecans, walnut chunks or whole almonds.

Easy Granola

$\frac{3}{4}$ cup of sliced almonds
3 cups of uncooked oats
1 $\frac{1}{2}$ cup of bran buds
 $\frac{1}{2}$ cup of honey
 $\frac{1}{3}$ cup of vegetable oil
2 tsp of vanilla
1 $\frac{1}{2}$ tsp of cinnamon

1. Toast sliced almonds on medium heat until lightly browned – this helps bring out the nutty flavor.
2. Combine oats, bran buds, and cinnamon in a medium bowl. Add toasted almonds to bowl.
3. Whisk together honey, oil and vanilla. Pour over dry ingredients. Stir until dry ingredients are evenly coated.
4. Spread granola on a lined cookie sheet, and place in preheated oven of 300°F for 15 to 20 minutes. Remove from oven, stir, and place back in oven for another 15 to 20 minutes.
5. Remove from oven and let set until cool.
6. Keep in an air tight container for up to 2 weeks.



Sarah Wilson - Dietitian

