

HAPPY VALENTINE'S day February 2024 Willow Leaf



Income Tax Time

Please note that Residents and their families are responsible for filing Residents income tax each year.

It is of the utmost importance that residents of Willow Lodge file their **Income Tax for 2023 by April 30th.**

Tax receipts for the accommodation charges will be sent out this week.

Thank you in advance!
PJW
 Finance Office



Sending LOVE and WELL WISHES to all our FAMILIES, FRIENDS, CARE PARTNERS and VOLUNTEERS.

FROM the RESIDENTS of WILLOW LODGE

From the Desk of Janine...

Love is in the air at Willow Lodge...February can be a dull and dreary month, however, at Willow Lodge the halls become transformed with hearts, roses and romantic ballads filling the air.

We are all eagerly awaiting to celebrate the special day of love known as St. Valentine's Day and to do this we are hosting a special supper for our residents. This day can be a lonely day for those who have lost their spouses or dear companions. Our Care Partners have been working on the organization of this event and we know it will be an enjoyable one for all. This is our mission and philosophy as we endeavor to eliminate loneliness, boredom and helplessness.

If you know of someone in your community who may find the days challenging, especially Valentine's, a little hello or a smile goes a long way!!



Happy Valentine's Day!

*Janine Jaconelli
 Executive Director*



Welcome

Residents

- Eudora Tupper - February 8
- Marion Foote - February 12
- Arnold Mertin - February 12
- Lila Tucker - February 15
- Dolly MacKenzie - February 16
- Peggy Langille - February 18
- Sybil Crawford - February 19
- Ted Curry - February 20
- Don Derry - February 28

Care Partners

- Jay Mitton - February 19
- Jessie Brophy - February 24



Arlene Smith

August 9, 1943 - January 12, 2024

Jean Patterson

September 22, 1925 - January 14, 2024

Joy Bernier

March 26, 1936 - January 19, 2024

Mervyn Creighton

April 16, 1937 - January 20, 2024

New Residents



- June Richardson
- Helen Sandeson
- Lois Nickerson
- Lila Tucker
- Waneta Morton



Chinese New Year Menu

February 8, 2024

Sweet & Sour Chicken Balls Fried Rice

Vegetable Stir Fry

Egg Roll

Dessert

Mandarin Squares + Fortune Cookies



Willow Lodge News

Wow, February is here already! We all know that a new month means new adventures await. We thought we would share some fun facts about February with you to kick things off.

For all you dark chocolate loves out there, make sure you get a little treat on February 1st as it is National Dark Chocolate Day.

On February 1st and February 8th right here at Willow Lodge, residents and Care Partners will be treated to a yummy Sundaes curtesy of Carl Mattatall and family. Mattatall Sundae's started when Brian and Carl Mattatall wanted to do something special for our residents and Care Partners when their sister Hazel resided here. Now even after Hazel and Brian's passing Carl still continues the tradition. Thank you, Carl and family.

Groundhog Day is February 2nd and we will be watching Shubenacadie Sam closely to see if winter will last six more weeks or call it quits early.

If you are struggling with what to make for supper on February 2nd, maybe a Tater Tot casserole could be on the menu as it's National Tater Tot day.

We know there are LOTS of dog lovers out there and who doesn't enjoy spoiling their furry four legged friends. Well, February 3rd is National Golden Retrievers Day, so if you have a special K9 friend, why not take this chance to spend a little extra time with them, maybe get outside to play a good old game of fetch and take in some crisp fresh air.

February 5th is World Nutella Day, some are fans of this hazelnut spreadable treat, others are not, but have you tried Nutella brownies? If you haven't they are super simple to make and DELISHIOUS.

We will be celebrating the year of the Dragon on February 8th. Residents will have a Chinese Themed Dinner, which of course will include a fortune cookie.

Dragon: (1940, 1952, 1964, 1976, 1988, 2000, 2012, 2024)



What is a Dragon personality?

The personality traits of people born in the year of the dragon are: charismatic, intelligent, confident, powerful and they are naturally lucky and gifted. In everything that they do, they tend to do it to the best of their ability with high standards.

If you are an American football fan you won't want to miss the LVIII Super Bowl on February 11th. The San Francisco 49ers vs Kansas City Chiefs

Don't forget to have some pancakes on February 13th as it is Shrove Tuesday. Residents will have a wonderful pancake fest to delight in at supper time.

We have mentioned LOVE and CHOCOLATE above, so that must mean St. Valentine's Day is near. On **February 14th** we will be celebrating with a special Valentine's Supper. **This event is invitation only, and we are reminding those who received invitation to please RSVP by February 5th.** Willow Lodge residents are super excited to be hosting this special meal for their spouses, loved ones and dear friends.

Introduced by the provincial government in 2013, Nova Scotia Heritage Day celebrates the unique people, heritage, and history of Nova Scotia. This year it will be observed on February 19th. This year Nova Scotia will pay special tribute to William Hall as this year marks the 165th anniversary of Hall being awarded the Victoria Cross. He was the first person of African descent and 3rd Canadian to be presented this distinguished award.

AFRICAN HERITAGE MONTH 2024

OUR SMILES OUR JOY OUR RESILIENCE



Willow Lodge News

February is African Heritage Month! During this month residents of Willow Lodge will participate programs and events that honour African Nova Scotians and their heritage.

The 2024 African Heritage Month theme is **Our Smiles, Our Joy, Our Resilience as African Nova Scotians**. The theme aligns with the final year of the United Nations' **International Decade for People of African Descent (DPAD) 2015-2024**.

February is Therapeutic Recreation Month!

We would like to take this time to thank our Recreation Department, Julie Tattrie, Director of Recreation, TR, Alicia Williamson, Recreation Assistant, CTRS and Jane Terry, Recreation Assistant. We are lucky to have such a strong recreation team here at Willow Lodge. We look forward to seeing what they have planned each month for our residents. All three are members on the **Nova Scotia Therapeutic Recreation Association** representing the Northeastern Zone. Alicia is also a member of the **National Council of Therapeutic Recreation Certification** as a Certified Therapeutic Recreation Specialist.

FEBRUARY IS

THERAPEUTIC RECREATION MONTH!

Therapeutic Recreation is a profession which recognizes leisure, recreation and play as integral components of quality of life. Service is provided to individuals who have physical, intellectual, social or emotional limitations which impact their ability to engage in meaningful leisure experiences.

DID YOU KNOW?...

There are over 300 Therapeutic Recreation professionals in Nova Scotia

OUR VISION....

Therapeutic Recreation is vital to the health and well-being of Nova Scotians and is accessible to all.

WE WORK IN....

- ✓ Hospitals
- ✓ Long Term Care Facilities
- ✓ Adult Day Programs
- ✓ Mental Health and Addictions
- ✓ Not For Profit Organizations
- ✓ Community Settings ...and more!

DID YOU KNOW?...

Nova Scotia has the most Therapeutic Recreation professionals per capita in Canada

**LEARN MORE OR
FOLLOW US**

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NOVA SCOTIA
THERAPEUTIC RECREATION
ASSOCIATION



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Nurses Nook

February is Heart Month! A good time to practice heart health, so I am adding the same information as last year! A friendly reminder!

It's a time to bring attention to "caring for the heart" and how we can reduce the risk of heart disease in ourselves and our loved ones. Heart disease affects 2.4 million Canadians, of all age groups. We can all reduce the risk by quitting smoking, eating a healthy diet, regular exercise and sleep, healthy lifestyle choices and monitoring blood pressure and cholesterol levels.

As you are all aware, we have recently gone through an outbreak of RSV at Willow Lodge. It affected some of our residents and Care Partners and prompted us to tighten up some restrictions to family and friends. A huge thank you to all the Care Partners who worked extra shifts to cover for their recovering coworkers, while continuing to give best practice, high quality care to our residents. A big thank you as well to all of our family members for understanding once again the importance of the restrictions. Cases of influenza, RSV and COVID are still present in the Northern Zone and continue to cause serious illnesses and deaths in the vulnerable populations. Masking, hand washing and staying home while you are ill are still the best preventative measures.

Stay healthy!

Jill Peterson, RN/ Director of Care



Operations Corner

Looks like winter has found us, February always seems to be the worst of the winter weather. Even with the Leap Year this year, February is still the shortest month of the year. Let's hope Shubenacadie Sam gives us an early spring this year.

Willow Lodge has ordered a replacement for our current MacKay Van, the wheelchair-accessible van that is used to take residents to medical appointments and for drives around the area. The new van is also a Ford Transit Connect, same as the current one, but it is a 2023 model year. The van is being prepared for us by Malley Industries of Dieppe, New Brunswick, and we expect it to be delivered sometime in March. The old van is a 2011 model year, and though the mileage is not that high, because of its age it has become less dependable than we would like. The Willow Lodge Foundation will be funding this new purchase.

We purchased a few bed extension kits to give some of our residents a little more space in their beds. These will be installed where necessary in the next week or so. These can be installed on our current bed frames and give a little extra length as well as width.

Carmichael Engineering has been working in the boiler room on some hot water and heating issues that have surfaced in recent months. One of our hot water tanks sprung a leak and a heating coil needed to be replaced. As well, the Department of Labour was recently on site to perform an inspection on the heating equipment, and all is up to code in that area.

Kent MacDonald
Director of Operations

