

July 2024 Willow Leaf



Happy Canada Day

From the desk of Janine...

Willow Lodge has a rich history in our community of Tatamagouche. In 1969 with the determination of Margaret Colburn, volunteers along with ten people from the community who each posted a \$1000.00 bond first opened a residential boarding home that was housed in the former Lillian Fraser Hospital Building on Main Street, now known as The Fraser.

In 1974 Willow Lodge became incorporated under the Societies Act and was legally registered as 'Willow Lodge Association'. A volunteer 18-member Board of Directors was created from community volunteers to provide a Boarding Home for Senior Citizens who did not require nursing home care, on a non-profit basis.

The Board of Directors started working on plans to build a new building in 1977 which was realized in July 1980 when the first ten residents were welcomed to the 51-bed nursing home in our current location. It was then that Willow Lodge Association's objectives were changed to read "to establish, conduct, maintain, operate and administer a Home for Special care and associated activities related to special care, on a non-profit basis. In 2010 Lynwood House opened a ten-room household as well as a new main entrance and administration offices.

Today, Willow Lodge Association is governed by a volunteer 10 member Board of Directors elected from the community.

For the past 31 years, Linda Rees has provided leadership as our Board Chair.

Linda has had a genuine belief in the mission of Willow Lodge and a desire to make a positive impact. Her willingness to dedicate time, energy and effort to her responsibilities is evident in her documented highlights:

One thing was when we became part of the Eden Alternative program. It was a very exciting concept, and I was privileged to be part of the team when it first began. It changed the way of Long-Term Care making the needs of our residents our top priority. Another highlight was the new addition of Lynwood. I remember the deck off the Bayview when we had a car out there. The centre deck where residents and families could gather for barbecues or just sit in the sunshine. I remember when we renovated the apartments and added the new boardroom, family room and a breakroom for the care partners. There were so many changes over the years, difficult to remember them all. All these changes were made to improve our home and better serve our residents.

At our Annual General Meeting held on June 20, 2024, Linda submitted her resignation as the Board Chair, however, will remain as an active member.

On behalf of all of us at Willow Lodge, we thank you, Linda, for your endless time, commitment, passion and action to advance

Willow Lodges mission... "To continuously maintain and enhance a community in which Residents and Care Partners grow and thrive while providing a safe and nurturing environment".

We look forward to welcoming Spurgeon Stewart in the position of chair effective September 12, 2024

Janine Jaconelli

Executive Director

Willow Lodge Association



Willow Lodge News

Congratulations goes out to one of our youth volunteers, Caius MacDonald who was the recipient of the Lieutenant Governor's Award, representing Tatamagouche Regional Academy. Caius has been volunteering at Willow Lodge for two years and plans on returning in the fall. Way to go Caius, we are all proud of you.



All of us at Willow Lodge would like to send out a congratulations to Maddy Lepper, who is the daughter of Randi Munro, CCA. Maddy graduated from NSCC in Truro with a diploma in Business Administration and was successful in finding employment upon graduation. Maddy we know you will succeed where ever the future takes you.

We are so fortunate to live in a community that is focused on giving back to those who paved the way before them. One group Willow Lodge would like to send a thank you to is TASK. Steve, a member of TASK reached out offering us a donation of twelve beautiful raised accessible flower beds for our residents. They also donated ten lovely flower towers which will be distributed throughout different locations of our home. Our residents and our recreation care partners have been extremely busy placing, adding soil and planting. TASK provided us with everything we needed to have a big beautiful garden. We also had one family donate some flowers to add as well. Next time your in to visit make sure to check them out.

The 2024 recipients of the Willow Lodge Bursaries from Tatamagouche Regional Academy were, Hailey Purdy, who is going on to NSCC for nursing, LPN and Sarah Patriquin, who is going on to study registered health message therapy. Congratulations to all the TRA graduates.

Introducing our Willow Lodge Board of Directors

Effective September 2024

Spurgeon Stewart – **Chair**, Dave Speakman - **Treasurer**,
Gail Matheson - **Secretary**, Robert Mingo, Ross Bonnyman,
Brenda Richards, Susan Baker, Peter Mattatall,
Lorelei Langille and Linda Rees



Happy Birthday

Care Partners

Lithe Mortimer - July 8

Janet Wall - July 9

Kent MacDonald - July 13

Karen MacNeil - July 19

Erin Emslie - July 26

Cristen Mardian - July 27

*in loving
memory*

Margaret Harris

July 15, 1916 - June 20, 2024

Welcome

Terry Leier

Iola Swantee

On June 13th, we gathered to celebrate all that we are, **LONG TERM CARE PROUD**. We celebrate the achievements we have made over the years as well as all the obstacles we were able to overcome. Here at Willow Lodge, we are lucky to have Care Partners that put the residents' needs first, making our residents home the BEST it can be. Our Care Partners welcome every new resident and their families as they make the BIG transition to long-term care. A decision that is never easy but is needed to ensure their loved ones are safe and receiving the best care possible.

On this day we acknowledge the importance of all departments that help make our home run as efficiently as possible, to our Nurses RN'S and LPN's, our CCA's, our office administrator, our cooks, our dietary aids, our pastry chef, our dietitian, our house keepers, our laundry attendants, our maintenance crew, our recreation assistants, our physiotherapist, our occupational therapist, our OTA/PTA, our doctors, our nurse practitioners, our summer students, our leadership team, our hairdresser, our wonderful volunteers, our board of directors and lastly our entire community.

Thank you to everyone that was able to join us, also to those who were unable to be with us and those that came before us to create all that Willow Lodge stands for. Without your dedication, passion, enthusiasm and MOST importantly your kindness, Willow Lodge would not be what it is today.

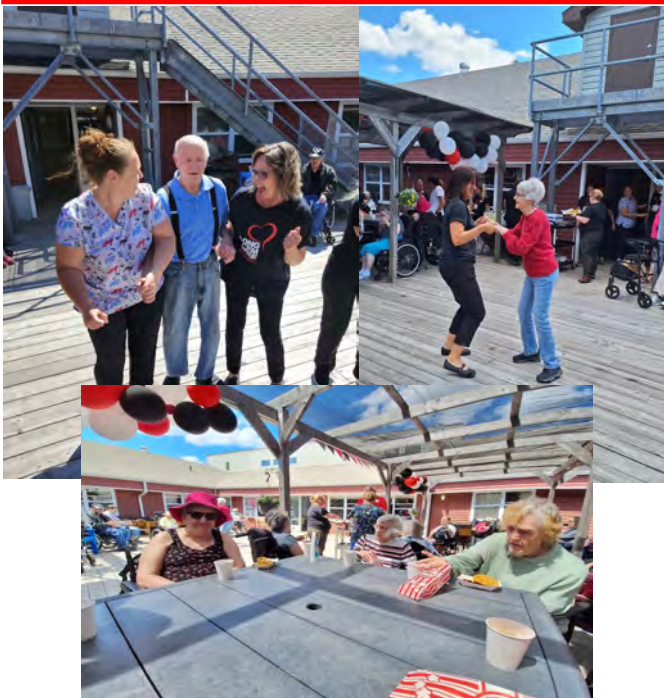
A HUGE thank you and recognition goes out to all our residents who call Willow Lodge home. Every one has left an imprint on the hearts of those that had the good fortune of caring for you. We celebrated the moments of joy and love delivered within YOUR home. Without all of you, we would not be here, gathered to celebrate.

So, let us take this moment to celebrate the memories we have made together already and those that are still to come.

Cheers!

Julianne Tattrie

Director of Recreation



Operations Corner

Only 6 more months to Christmas! Isn't that hard to believe? The year is slipping away on us.

I'm happy to report that nearly 2 years after Hurricane Fiona blew the chimney off Willow Lodge, it has been replaced. A portable heating system had to be installed to provide hot water to the facility during the installation of the new chimney, things went reasonably well during that process, there were a few minor problems as expected of course. Thanks to JC Mechanical, Seacrest Electric and Ridgemark Construction for their great work to get this major project completed.

We have recently received provincial funding to do some equipment upgrades in the current year. These upgrades include replacement of the Balmoral bathing system, replacement of the oil burners that fire the heating system, 5 new overhead lift motors and 2 adjustable/extendable beds.

The Fire Alarm System was also recently inspected and was found to be fully operational.

Kent MacDonald

Director of Operations



Nurses Nook

Hopefully everyone is enjoying the warm weather!

Early in June, the Deputy Chief Medical Officer of Health, along with the Department of Seniors and Long Term Care, released a statement regarding pertussis (whooping cough), a vaccine-preventable disease, which has been reported in Newfoundland and several other provinces, as well as the United States and Europe. To date, there are no reported cases in Nova Scotia.

Nova Scotia recommends every adult 18 years old and older receive one dose of pertussis containing vaccine. The recommendation is that residents without documentation of a prior adult dose be considered to receive it. The physicians have agreed to vaccinate our residents, as we do not have early vaccination records. All residents will receive it when available, most likely by mid-July. If you have any questions about this, or know if your family member here has had an adult dose of the vaccine, please let me know.

Congratulations to Marsha Croft, CCA on passing her certification exam.

Remember to keep hydrated and keep your sunscreen handy when outdoors. Don't forget your furry friends, they need protection from heat and sun as well.

Be safe!

Jill Peterson, RN

Director of Care





Eat well, be well



Strawberry Sour Cream Muffins - Makes 12 muffins

Equipment:

- Muffin tin
- Stand mixer (optional)

Streusel Ingredients:

- 2 TBS. salted butter, melted
- 2 TBS. sugar
- 1 tsp. brown sugar
- 1/4 cup + 2 TBS. all-purpose flour

Muffin Ingredients:

- 1 1/3 cups all-purpose flour
- 3/4 tsp. baking powder
- 1/2 tsp. kosher salt
- Zest of 1 lemon
- 1 stick (8TBS.) salted butter, softened
- 1 cup sugar
- 2 large eggs
- 1 tsp. vanilla extract
- 1/2 cup sour cream
- 1 cup fresh strawberries, diced into pea-sized cubes (+ 2-3 extra diced strawberries for topping - optional)

Method:

1. Preheat the oven to 350°F, and line the muffin tin with 12 liners. I use convection bake and set the rack in the middle of the oven.
2. Make the streusel. Combine all the streusel ingredients in a small bowl and mix until evenly incorporated and little balls form. Place the streusel in the refrigerator while you make the muffin batter.
3. Make the batter. Sift the flour, baking powder, salt, and lemon zest together in a medium bowl. Set aside.
4. Cream together the sugar and the softened butter using the paddle attachment fitted into the stand mixer. Mix until the sugar is dissolved and the butter is nice and fluffy. Then add the eggs one at a time, mixing thoroughly in between each addition. Once the eggs are fully mixed in, add the vanilla extract and mix again.
5. Add half the flour mixture to the batter, and mix on medium low until it's fully incorporated. Then add half the sour cream, and mix again until the sour cream is incorporated. Then add the remaining flour and mix to incorporate. Finally add the remaining sour cream and mix fully. You may need to scrape down the sides and bottom of the bowl to get all the flour mixed in.
6. Remove the bowl of the stand mixer, and add the strawberries to the batter. Using a rubber spatula, gently fold the strawberries into the batter by hand. Mix only until the berries are evenly incorporated.
7. Scoop 1/4 cup of the batter into each prepared muffin liner. Add a few of the additional diced strawberries on top of each muffin. This is optional, but results in those pretty, juicy berry gems in the muffin top. Then top each muffin evenly with the prepared streusel. Bake the muffins in the oven for 30-35 minutes, or until the tops are lightly golden and a toothpick inserted into the center of the muffins comes out clean. Allow the muffins to cool for at least 5 minutes before enjoying. Store covered at room temperature for up to three days.

