

# Short and Sweet: Greetings from all of us on the inside at the Kiwanis Pavilion

April 1, 2020 Edition #12

## Dear Families and Friends of Residents,

This community believes in making moments of joy. Lots of them! There was sunshine outside and within today with dancing bananas on the units, hand chime music in the library, and your continued love notes and generosity pouring in over the phones and email. Let us all choose joy when we can. Let us find a little silliness in our hearts and let it shine. Thank for your tremendous love and support. We are shining ours out at you too!



Giant hugs,  
The Pavilion Team

## What's Cooking?

Buongiorno from the kitchen crew! Lunch was lasagne, garlic bread, and Caesar salad. Dinner was salmon salad sandwiches, cucumber salad, and beef veggie soup with peaches for dessert.

## Quotable: Resident Humour

The Rehab Assistant Franciane was checking on a resident on Unit 3 and delivering some hip protectors for him to trial. He turned to her with a twinkle in his eye and said: "You take such good care of me here that my wife will never collect her insurance."

## Quotable: Resident Happiness

During a Skype call today, a resident's friend said: "You look great." The resident replied: "I am happy."

## Resident and Nurse Singing Sunshine

The Unit 3C nurse Maggie said she was thinking "I'm like the lucky old sun" when she arrived at

work. She sang the song as she was administering medications and one of the residents joined in singing right along, her face lit up like sunshine: "That lucky old sun has nothin' to do/ But roll around heaven all day."

## Blue Bells Chiming



Music Therapist Julie, and Recreation Worker Patience hosted the Blue Bell Hand Chimes Choir today making beautiful, gentle harmony!

## Update from the Director of Resident Services

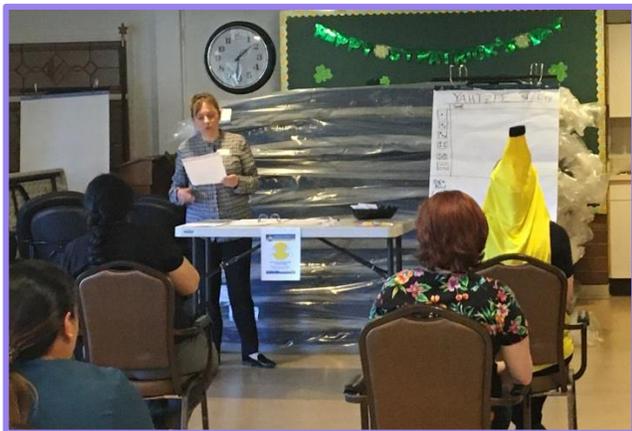


Well today was April Fool's and although we did not have any pranks played on us, other than perhaps the

hail this morning, we did have three bananas (Krista, Nik and Patience) and a wackily dressed Social Worker (Suzanne) dancing up a storm as "The Twist" was played throughout the building to loosen up staff and residents.

I meet with the entire team every day during each shift (6:30 am, 1:15 pm and 3:30 pm) to review the newest information on COVID-19, infection prevention best practices and other hot topics, but most of all for a team and morale check-in. It is important to remember that even though we are in a world-wide pandemic, the focus of our team here at the Pavilion is to ensure that your loved ones have quality of life while you are on the “outside.” We are offering engagement through the following: Concerts in Care remotely, music therapy, 1:1 visits, Blue Bells hand chimes, spontaneous dancing, walking program, OT, Music and Memory, Yahtzee, movies, and the ever so popular “cat videos” to name a few. We are monitoring for smiles, calmness and laughter, lots of laughter. We are checking in with each resident as often as possible and this is made possible by having 100 percent of our staff here and dedicated to the home. As I stated in one of our first Short and Sweets, we are in a marathon, not a sprint and our team knows that this is difficult for all of you and our residents, so from the bottom of my heart I say “THANK YOU” to you all. Until next time.....Take care and stay safe....Please feel free to reach out to me anytime at [sjohnson@obkp.org](mailto:sjohnson@obkp.org) or 250 598-2022 ext. 222 ..... Shannon

### Day Shift Update: There’s One in Every Crowd



### Wacky Wednesday



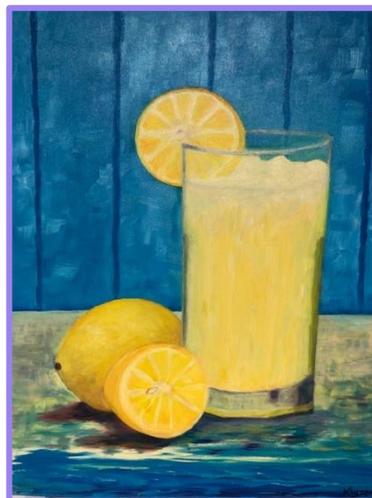
### Breakfast Special



Important old news update! Yesterday, residents on Unit 1 enjoyed chocolate chip pancakes cooked in

their dining rooms and served with LOTS of strawberry puree, maple syrup, and whipped cream. Can you say sugar rush?!!!

### Life and Lemons: Dreaming of Spring Fling



Back before the pandemic hit, we were planning a Spring Fling which has been put on hold for now. Here is a sneak peak of an original painting by family member

Francine which she has generously donated to the festivities and fundraiser. You can be sure there will be BIG festivities when we are on the other side of this!

## Hiking Around the House



Hazel Braithwaite (Kiwaniis Pavilion Health Board Member) is doing the right thing and staying home in self-isolation rather than going on a longed-planned hiking vacation.

## Gratitude for All the Love from All of You



Our deepest thanks to Alan for the delicious and nutritious Bubby Rose's Bakery muffins, Francine for the scrumptious supply of Swiss chocolates, and Graham for keeping us supplied with even more cookies. We are so touched by everyone's generosity in gifts and kind words. You are nourishing our bellies and spirits!

## Thanks from Families

"We so very, very much appreciate all that you do to keep our family members safe and well... always, but so much more now... Moving into our third week, not ever leaving our home, I am

so amazed that you all make the sacrifice each day to go in and look after our loved ones! You have all been a part of our extended family since December 1, 2017 and it is so very hard not to see all those always friendly amazing staff greeting us as we visit! You have all been so amazing long before our new reality... thank you all! Please feel free to share my heart felt sentiments in your newsletter." Thank you to Gary and all families. We love your love notes and continue to decorate the front lobby with them.

## In Praise of Fun

"During our journey, we can become very serious - it's important to remember to have fun along the way. Often when we talk about fun, or doing things just for fun, we talk about it in a dismissive way as if fun isn't important. We tend to value hard work and seriousness, and we forget to pay our respects to the equally important, light side of silliness and laughter. This is ironic because we all know the feeling of euphoria that follows a good burst of laughter, and how it leaves us less stressed, more open-hearted, and more ready to reach out to people. ... .. Laughter is good medicine, and we all have this medicine available to us whenever we recall a funny story or act in a silly way. We magnify the effects of this medicine when we share it with the people in our lives. If we are lucky, they will have something funny to share with us as well, and the life-loving sound of laughter will continue to roll out of our mouths and into the world. Of course, it is also important to allow ourselves to be serious and to honor that side of ourselves so that we stay balanced. After a great deal of merriment, it can actually be a pleasure to settle down and focus on work, or take some time for introspection until our next round of fun begins." By Madisyn Taylor