

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

April 6, 2020 Edition #15

Dear Families and Friends of Residents,

On this exquisite sunny blue sky day, we are getting in our groove for the week ahead. We continue to marvel at the little Pavilion community that could. We honour you as key members. We are grateful for the web of understanding, love, and support from all of you. This little newsletter is a testament to the Pavilion collective rising together to keep connected and honour the strength, resilience, skill, creativity, beauty, and silliness in each other. We love the flow of submissions from you and staff alike. We are grateful for your contributions of feedback, tips, links, activities, poems, inspiration, wee vignettes, photos, art, and more. Please do keep sending them in!

Today we reminded ourselves about keeping our hands washed, clothes and shoes washable, and all hair back off the face. Hair and bangs hanging down can be real germ highways leading to the eyes. Admittedly, there's some angst around here about what to do with treasured bangs and other preferred hairstyles. We might need to have a headband decorating contest. We're so proud of the team adapting on so many levels! We truly miss you and hold you in our hearts.

❤ Lots of love,
The Pavilion Team

What's Cooking?

Today the mighty kitchen crew served up pork and mushroom stew, roast potatoes, and green

beans for lunch. Then it was food for the soul for dinner: grilled cheese and salad. Yum. Yum.

Singing, Visiting, and Walking on Sunshine

Dalton (Recreation) accompanied Unit 3 residents on walks in the sunny Pavilion gardens today. Patience (Recreation) hosted one to one singalongs and exercising, and Krista (Recreation) kept the virtual visits going between residents and families.



House Warming!

A hummingbird has now been spotted keeping cozy in the nest we told you about in the Unit 1B garden. Imagine if you had to be your own roof! Last year a hummingbird family took up residence in the Unit 1C garden and we all delighted in witnessing the mama sitting on her eggs, the babies growing, and eventually flying on their way. It was hard to see the little sweeties go so we are thrilled to have another hummingbird home in our neighbourhood nestled in the passion vine.

Update from the Director of Resident Services

Happy Sunny Monday!! I hope everyone had a restful weekend and is enjoying all the signs of spring. I always find spring a time of renewal and new beginnings. During this period of uncertainty, it is so wonderful to hear the birds chirping and see flowers blooming. We have some resident hummingbirds in our gardens which have a special place in my heart. We are seeing the residents enjoy 1:1 time out in our gardens with the staff and the sun always seems to lift everyone's spirits. We continue to be vigilant regarding our quest for minimizing the risk of any infection outbreaks in order to protect our residents and team. We truly appreciate all of you staying home and being our "frontline offence" so that hopefully we don't have to be the "goalie" at the end of the game and try to make any big saves. We feel loved and cared for by our community and are ensuring that our residents feel equally as loved and cared for. Please contact me anytime at sjohnson@obkp.org or 250 598-2022 ext. 222. Until Next Time...Take Care and Stay Safe, Shannon.

Thank You for the Treats: Spicy and Sweet!



Our heartfelt gratitude to Usha (Health Care Worker) for the pakoras (which disappeared

before we could get a photo) and to Claire (Health Care Worker) for the beautiful Easter cookies. Divine deliciousness!

Virtual Visits: Please Book in Advance

The happy virtual visiting continues around here. Please phone Krista (Recreation/ Volunteers) at 250-598-2022 ext. 256 or email at kcampbell@obkp.org to make a booking. She will get back to you as soon as she possibly can to make a plan. Please try to book one week in advance. Thank you!

Be the Calm

"I am thinking of you all in this time of the Coronavirus and hoping you are able to remain healthy and well. My advice at this time is to let love and compassion be your main practice as well as training in remaining calm when all around you are panicking." ~ Pema Chodron

Silence of the Heart

"It takes a sensitive ear to tune in to the silence of the heart, but it is there in each one of us. ... We can bring our awareness into our hearts by simply breathing into the general area of our heart. The first thing we may notice is feelings like joy or sadness and physical sensations like tightness or tenderness. We acknowledge these as we continue to breathe and focus, listening attentively. We surround these feelings and sensations with breath and recognize that they are contained and held in an immeasurable substance like water or air, intangible, ineffable, but utterly real. This is the silence of the heart, and the more we listen for it, return to it, and accept it, the more we bathe and purify ourselves in the soundless center of our being. ~ Madisyn Taylor

Home Activity: Skiing in the Living Room

“Just before the current health situation locked us in, I was about to go Freeriding with my family. It was supposed to be the big adventure of the year, the one I had been eagerly awaiting for a year. Therefore, the lockdown had me thinking about skiing the whole time, so I started to think how I could ski without leaving my living room.” By Philipp Klein Herrero

<https://www.youtube.com/watch?v=HrIVWzjJ0Y>

Home Activity: Share with Local Gallery

“Creative expression heals. And sharing it with others connects. Draw, paint, doodle, sculpt or write a poem at home about what you are experiencing because of COVID-19. You don't need to be an artist - everybody's contribution is welcome. Take a photo of your creation and send it to us.” For more information about the Gage Gallery's project to Challenge Crisis with Creativity, click the link:

<https://www.gagegallery.ca/challenge-crisis-with-creativity>