

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

April 8, 2020 Edition #17

Dear Families and Friends of Residents,

What a beautiful full moon last night and what a glorious sunny day today! We hope there are moonbeams and sunbeams shining on you in your new world too and that you are finding your way to calm and steadiness. We know stress levels are high and so Tristie (Dietary) and Suzanne (Social Worker) compiled a resource list of “Well-Being Supports” which we will include with this newsletter for your consideration. Please do reach out for support if you need it. Sooner is always better than later. Thank you for your ongoing resilience and kind-heartedness. We care about you and your well-being dearly. We hold you in our hearts.



Sending lots of TLC and hugs,
The Pavilion Team

What's Cooking?

Lunch today was a hint of Asia with butter chicken, rice, mixed veggies and lemon pudding. For dinner, we started with something a little fancy – Shrimp Bisque – and then an old standard – egg salad sandwiches. The salad was beet and feta and the meal was topped off with pears.

Quotable: Resident on Love and Family

While visiting virtually with her family today, a Unit 3B resident said: “Is it ever nice to have you family together. ... Isn't it nice to have love in your family? ... I've always loved having my family around. ... I love having my family, it is something you never give up.”

Quotable: Resident on the Ball

Yesterday evening, Unit 3D Nurse Maggie was placing some things in a resident's room. The resident said from her bed: “Now come back here and let me get a look at you.”

Update from the Director of Resident Services

As the sun shines and everyone plans for the upcoming holiday celebrations, we understand how difficult it is for many of you not being able to physically hug or visit your loved ones. We want you all to know that you are in our thoughts and we appreciate your understanding during this time. We know that celebrations and traditions may look a little different this year as we all continue to maintain our vigilance regarding physical distancing. Our team at the Pavilion have all pledged to keep doing what we need to on the “inside” and when we are “outside” to ensure that we all remain as safe as possible. This is and will continue to make a difference in the safety of our home. It is truly a privilege to be able to serve our residents and we are honoured that you have entrusted your most precious people to us. We ask for your continued patience with our team if we do not answer our phones immediately as that means we are usually engaged with the residents. We are ensuring that all residents get the care they need. We are balancing our video chats with families to ensure that all of our residents have contact with their loved ones. I ask that you are all kind and patient with our team members as they take on this monumental task. I also wish to remind everyone that the staff cannot agree

to have items dropped off or accept items at the front door. Please contact myself or our Social Worker Suzanne (Phone 250-598-2022 ext. 223 or email smacleod@obkp.org) to discuss or make arrangements. Happy Wednesday. Please feel free to contact me anytime at sjohnson@obkp.org or 250-598-2022 ext. 222. Until Next Time.....Take Care and Stay Safe, Shannon.

Sunshiny and Singing Spring with Residents



This morning Unit 3 residents enjoyed one to one walks in the Pavilion gardens and ball and balloon games this afternoon. Unit 2 residents made pumpkin chocolate chip cookies that became muffins. They also were singing and shaking shakers in the garden. Unit 1 residents sang about spring with songs like “Spring Time in the Rockies” and they also rang the hand-chimes in small groups.

Talking About COVID-19 with Residents

“As we continue to strive to evoke a sense of safety and connection in those living with Alzheimer’s, we must be mindful of how we communicate. A lack of awareness and sensitivity in our choice of words, allowing them to be inaccurate or fear-causing, creates a negative connotation and feeds the fear. By shifting our language to be accurate, sensitive and positive, we can instill a sense of well-being.” Here are some tips about choosing

words wisely when talking about the pandemic with people with dementia:

<https://www.beingpatient.com/choose-words-wisely-covid19-alzheimers/>

Thanks for all the Chips!



Our crunchy gratitude to Old Dutch and Lays for supporting our salty fix. And thank you to Debbie (Recreation) for rustling up all this saltiness on our behalf!

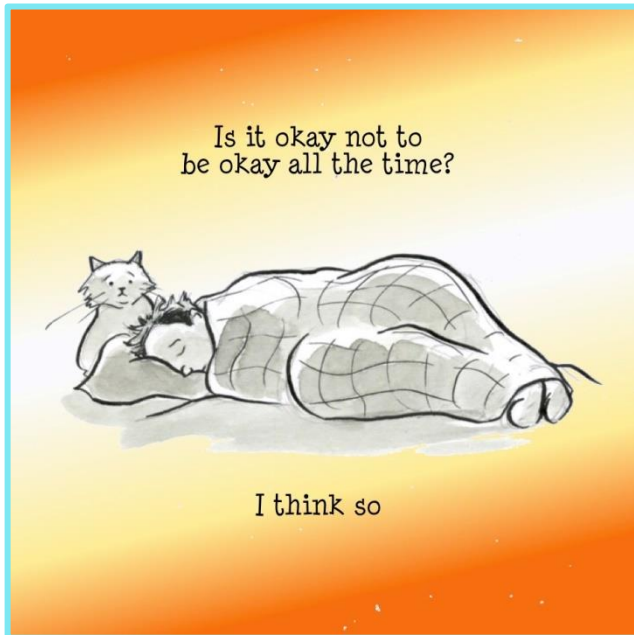
Virtual Visits: Please Book in Advance

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’ll get back to you as soon as possible. Please try to book one week in advance.

Meditation Circle: Sit “With” Us at 12:30

Today we had our first meditation circle for staff. We met at 12:30 and sat far apart for a short mindfulness meditation focused on the breath. We savoured this pause for quiet, inner calm, and grounding. Everyone is welcome and we plan to meet again tomorrow. Same time, same place. Perhaps you would like to do the same at your homes ... to sit in peace together.

It is Okay



Art Credit: Lisa Maas (Victoria Illustrator)

Tune into Your Heart

“As Ralph Waldo Emerson noted, ‘Only to the degree that people are unsettled is there any hope for them.’ To find freedom amid challenging times, we have to start where we are. Start just here. Tune into your heart. That is where love, wisdom, grace, and compassion reside. Take time to quiet the mind and tend to the heart. Go out and look at the sky. Breathe in and open yourself to the vastness of space. Breathe out and dwell in loving awareness. Practice equanimity and steadiness. Learn from the trees. Become the still point in the center of it all. Then step toward difficulty with courage and love, and touch pain with healing rather than fear.” ~ Jack Kornfield