

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

April 14, 2020 Edition #19

Dear Families and Friends of Residents,

We hope you found comfort in the radiant sunshine over the long weekend. With much of human life now in a slowed down pace, many of us have been noticing the busyness, and even drama, unfolding in the bird world. Crows are seeking out nesting materials with both remarkable calculation and clumsiness. Hummingbirds are darting with great speed, noise, and agility at crows to protect their nests. Sparrows are ruckus-ing in hedges. Just what are they up to?!! Juncos, chickadees, bushtits and wrens are all singing their spring songs enthusiastically from atop the highest trees. And then in the din, there is also a silence and settling. The wee Pavilion hummingbird sits peacefully on her nest. Many birds are likely doing the same, sitting patiently, day in day out. They leave only for essentials and seem necessarily hopeful for their future. May we all embrace this hope and quiet patience modelled by the natural world outside our windows. May all be healthy and resilient. Thank you for your perseverance and kind hearts.



Sending love and hugs,
The Pavilion Team

What's Cooking?

Here's a big shout out to all the farmers working hard to produce this bounty. For lunch today, it was roast pork and gravy with mashed potato and baby cabbages (better known as Brussel Sprouts). For dinner ... a little something to warm your heart: potato leek soup, chicken salad sandwich, and the Emperor of salads, "All

hale The Caesar Salad!" And then something a little tart, a Cherry Tart to be exact.

Quotable: Resident Makes a Deal

Today during one of our many virtual visits, a resident was transfixed by the image on the computer screen. Mid-conversation with her daughter, the resident looked towards Krista (Recreation) and said: "How much?" Krista asked: "For the picture?" and the resident said "Yes. 50 cents?" Krista said: "Deal!" Several minutes later, the resident said, out of nowhere: "49 cents?" Krista said: "You drive a hard bargain. You are working me down!" The resident said, "Is it worth it?" Krista, "I think so." Resident, "40 cents! I know it is not much, but it is all I have right now." Krista: "Sold to the woman in blue!"

Quotable: Resident Sharing

A small group of residents sat on the patio in the sunshine this afternoon. They played Eye Spy and sang songs and chatted. They went around the circle sharing their stories about working outside the home. One resident piped up: "I spent my life looking for a man!" Another resident said: "I really like that we're spending time out here getting to know more about each other."

Update from the Director of Resident Services

Welcome back everyone. I hope you had a wonderful long weekend. I know that physically distancing was much harder this past weekend, however we would like to thank you all for

doing what must be done to keep us all safe. Currently, we are doing well on the “inside,” not even a sniffle. As you all know, we are monitoring all residents and staff closely for signs and symptoms of respiratory changes and temperatures, however we are also aware that some neurological or gastro-intestinal changes (atypical signs) may also indicate possible COVID-19. With this in mind, we are monitoring any and all changes in health status with everyone. We have enough swabs to swab anyone who presents with even a slight symptom. With COVID-19 we have a very low threshold for testing in our home. We would rather not take any chances. Even one symptom in one person would be classified as an outbreak. We know that you may be concerned when watching the news regarding stories from across Canada indicating that some Long Term Care Homes have not treated residents appropriately. This may cause you to be afraid for your loved one. I give you my word that we are taking care of your loved one as if they were members of our own families. Our staff dedicated themselves to working only at our home a few weeks ago and have pledged to physically distance and self-isolate as much as possible when away from the Pavilion. Anyone entering the home at any time is assessed and then must wash hands for longer than 20 seconds with soap and water prior to going anywhere in the building. This is monitored by the “greeter” at the front door. We are fully staffed which ensures that all residents receive the personal care and grooming they require. We have added extra staff to provide 1:1 visits. We also have Skype and Zoom visits and music, lots of music. Many of us walk around the building to assess and monitor to see if any of our residents or staff need assistance. Our Kiwanis Pavilion community is full of love, care and happiness, and we are so blessed to have you all be a part of it. Please feel free to contact

me anytime at sjohnson@obkp.org or 250 598-2022 ext. 222. Today our staff had their first of many facilitated, live sessions on well-being and mindfulness during this difficult time. Look to tomorrow’s Short and Sweet for more about this new Kiwanis Pavilion initiative for staff wellness. Until Next Time...Take Care and Stay Safe, Shannon.

Naptime: Five New Bed Frames Arrived Today



Outdoor Singalong with Fresh Muffins



Resident Gifts and Supplies: Do NOT Deliver

In the old days and ways, many of you brought your family members toiletry supplies, food treats, gifts, etc. For everyone’s safety, including yours and that of your family member, please do NOT deliver any items to

the Pavilion at this time. Many of these items can be provided by our pharmacy. Please contact the nurse on your family member's unit if you wish to give your consent to the nurse to order any particular items through the pharmacy. For any other questions or concerns regarding deliveries, please contact Shannon (Director, Resident Services) at ext. 222 or Suzanne (Social Worker) at ext. 223.

PLEASE, PLEASE, PLEASE do not arrive at the front door to deliver anything to the Pavilion unless pre-approved by either Shannon or Suzanne. Thank you for your understanding on this important protocol for health.

2A Residents Spotted A Critter Visitor



Photo Credit: Lawney (2A HCW)

Caregivers OUT LOUD

Family Caregivers of BC is proud to present the release of their inaugural podcast season entitled "Caregivers Out Loud!" Each episode discusses themes of caregiver wellness, including support networks, communication, relationships and self-care. The host, Jodie McDonald, a therapist specializing in boundary-setting, self-care and education for caregivers, has insightful and authentic conversations with

caregivers about their joys, trials and self-discoveries. For more information, go to: <https://www.familycaregiversbc.ca/podcast/>

Meditation Circle: Sit "With" Us

We had our third mindfulness meditation circle for staff. We once again sat in the garden in the sunshine. We take turns providing a guided meditation from a favourite App or YouTube Channel. Today we did a guided visualization meditation. When we were reflecting silently on our peaceful nature, a child playing a few houses over hollered "ROAR!" Later a truck dumped something that sounded like a heap of gravel at the village next door. The birds also sang. There was a crisp, gentle breeze. It was perfect in the wholeness of life. Perhaps you too would like to sit quietly with us at your homes tomorrow at 12:30.

Poetry Corner

In the Time of Quiet

No one's told the daffodils about the pause to Spring
And no one's told the birds to roost and asked them not to sing
No one's asked the lazy bee to cease his bumbling round
And no one's stopped the bright green shoots emerging through the ground
No one's told the sap to rest, deep within the wood
And stop the sleepy trees from waking, wreathed about in bud
No one's told the sky to douse its brightest shades of blue
And stop the scudding clouds from puffing headlong into view
No one's asked the lambs to still the springs beneath their feet,
To stop their rapid rush and quell each joyful bleat

No one's told the stream to halt its gurgle or its
flow

And warned the playful breezes, not to gust
and blow

No one's asked the raindrops not to fall upon
the earth

And fail to quench the soil in the season of
rebirth

No one's locked the sun down, or dimmed the
shimmer of the moon

And even in the darkest night, the stars are still
immune

Remember what you value, remember who is
dear

Close the doors to danger and keep your family
near

In the quiet all around us take the time to sit
and stare

And wonder at the glory unfurling everywhere

Look towards the future, after the ordeal

And keep faith in Mother Nature's power and
will to heal

By Philippa Atkin