

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

April 27, 2020 Edition #28

### Dear Families and Friends of Residents,

As the paper hearts in the windows start to fade and curl after all these weeks, new hearts are going up to join them ... cheering everyone on with love as we chug through this global marathon together. Riding my bike to the Pavilion this windy morning, last year's kale, now in full bloom the colour of lemons, was also waving with good cheer. A three-legged dog was all-a-wiggle enjoying the gusty start to the day. Three purple finches with their raspberry red heads and breasts were pecking the ground in a patch of dandelions. (Why are they called "purple" finches?) The hot pink azalea at the top of the Pavilion drive is bursting with blossoms like a carpet of hope and encouragement. We are cheering for all of you too and so grateful for your support and understanding and resilience.



With fondness and hugs,  
The Pavilion Team

### What's Cooking?

In a nutshell, lunch today was seafood stew with rice and green beans and a dessert of pineapple upside down cake. Dinner was curried lentil soup with mixed pasta and broccoli stew and banana for dessert. Just like Mom said, fruit IS a dessert (sometimes).

### Update from the Director of Resident Services

Happy Monday! I hope you all had a wonderful weekend. It looks like BC is doing well on "flattening" the curve, however we need to keep up this good work by ensuring the firewall

is kept around The Kiwanis Pavilion. Please maintain physical distancing and practice good hand hygiene. For many of you Mother's Day is a significant day in long term care and we know how important it is to visit. Unfortunately there will not be any visits this year, however we would like to let you know that flowers and cards will be allowed, please no lilies. As per our pandemic process, if you would like to have Mother's Day flowers or cards delivered please contact myself at [sjohnson@obkp.org](mailto:sjohnson@obkp.org) or 250 598-2022 ext. 222 or Suzanne at [smacleod@obkp.org](mailto:smacleod@obkp.org) or 250 598-2022 ext. 223 to organize. Please do not just show up at the Pavilion as we want you all to "stay home so we stay safe." Once again, I would like to thank you all for your amazing dedication to keeping the residents, the staff and yourselves safe, and for the unwavering support you have shown to the home. We are indebted to you all and look forward to when we can all visit again. Until Next Time....Take Care and Stay Safe, Shannon

### Quotable: Resident News Reporter

After a walk with Dalton (Recreation), a Unit 3 resident reported that they had been to see the hummingbird who was feeding her two babies. She said "I always have a nice time with him."

### Needed: Home-Sewn Face Masks

We have been blessed with donations of many cloth masks already but could use more. If you would like to sew masks for staff to wear when off work and in the community, we would be

most grateful. Please contact Suzanne or Shannon to discuss arrangements.

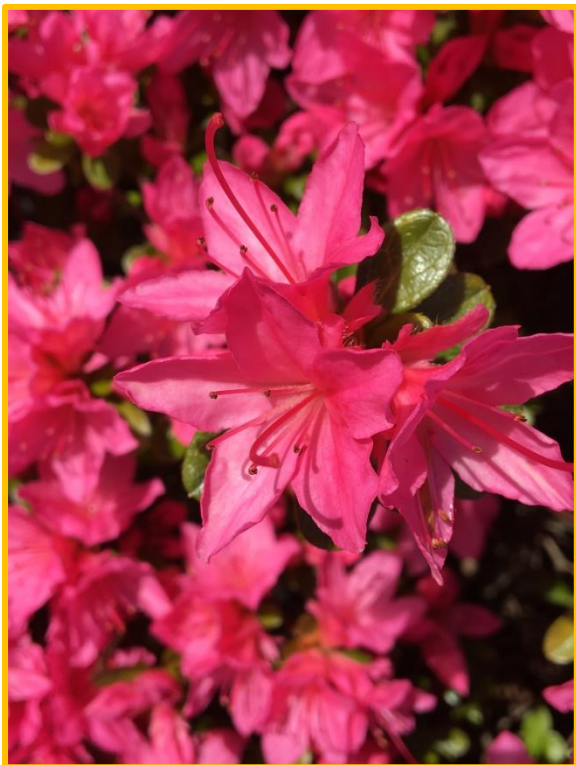
### **Helping Seniors Stay Safe**

Are you a senior who needs help? Are you a volunteer who wants to help seniors? Help could include: grocery and prescription pick up and drop off; meal management; and friendly phone calls and virtual visits. If you can help, or if you need help, visit [bc211.ca](http://bc211.ca) or call 2-1-1.

### **Meditation Circle: Sit “With” Us**

We had our twelfth mindfulness meditation circle for staff today. The rain lifted and we sat in the garden in the wind and sunshine. The 13-minute guided meditation by Andrew Johnson led us on a body scan “to steady and settle the nerves.” We felt we’d had a deep rest in just a short time. It didn’t matter that around us there was an orchestra of crows, small birds, sirens and a clunky garden cart in the distance. Perhaps you would like to take a mindfulness pause with us from your homes tomorrow at 12:30.

### **Pavilion Azalea: Bright Extravaganza**



### **Bird Watching from the Couch**

Watch this Dark Eyed Junco care for her nest of four on the Uplands Park Bird Nest Cam:

[https://www.facebook.com/pg/uplandsparkbirdnestcam/posts/?ref=page\\_internal](https://www.facebook.com/pg/uplandsparkbirdnestcam/posts/?ref=page_internal)

### **Nature Out and About in the City**

Have you been seeing more wildlife in your neighbourhood? “Lesley Neilson, communications manager for Nature Conservancy of Canada in B.C., said there are several reasons why there seem to be more animal sightings lately. Animals could be taking advantage of empty spaces while people spend most of their time in their homes. ‘Animals that avoided people by mostly coming out at night may be extending the hours that they are active,’ she said. But there’s another reason: Stuck at home, more people might be tuning more into nature. ‘We might be noticing the birds and other creatures that live around us more because we are less distracted by the busy-ness of our former routines,’ Neilson said. The time of year is also a factor — spring is when many animals start to get busy with growth and reproduction, she said.

‘Migratory birds start returning or passing through our neighbourhoods. Animals of all sorts are moving about more looking for a mate or building a nest or den. So, this slowdown of human society is happening right when the rest of nature is waking up and getting active.’ Neilson said the sightings don’t necessarily mean there’s been an increase in animals in cities and neighbourhoods. ‘Most of the wildlife has been there all along, waiting for us to notice and discover it.’” Read more of the *Times Colonist* article by Roxanne Egan-Elliott at:

<https://www.timescolonist.com/news/local/as-urbanites-hunker-down-wildlife-comes-into-view-1.24123534>

## The Appliances Weigh In

“People are going crazy from being in lock down! I was just discussing this with the microwave and toaster over coffee this morning, and all of us agreed that things are getting bad. I didn't mention anything to the washing machine as she puts a different spin on everything. Certainly not to the fridge, as he is acting cold and distant. In the end the iron straightened me out as she said everything will be fine, no situation is too pressing. The Hoover was very unsympathetic... told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over! The toilet looked a bit flushed when I asked its opinion and didn't say anything, but the door knob told me to get a grip! The front door said I was unhinged and so the curtains told me to .... yes, you guessed it .... pull myself together!”

By Anonymous

## Take a Journey Into a Book



Our gratitude to local illustrator Lisa Maas for sharing her artwork.

## Good News Stories

In case you missed it, Friday's episode of the *The Current* on CBC radio was dedicated to “good news — stories about hope, and finding joy in these difficult times.”

<https://www.cbc.ca/radio/thecurrent/the-current-for-april-24-2020-1.5544114>

## Poetry Corner

*Hope is the Thing with Feathers*

Hope is the thing with feathers  
That perches in the soul,  
And sings the tune without the words,  
And never stops at all,

And sweetest in the gale is heard;  
And sore must be the storm  
That could abash the little bird  
That kept so many warm.

I've heard it in the chilliest land,  
And on the strangest sea;  
Yet, never, in extremity,  
It asked a crumb of me.

By Emily Dickinson