


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

March 25, 2020 Edition #7

Dear Families and Friends of Residents,

We hope you are settling into a new “normal” and finding routines and connections to sustain your spirits. Dr. Brian Goldman said on CBC radio yesterday morning that he feels safe and engaged these days when at work in the thick of things at the Emergency Department. This seems to be true for the trusty Pavilion team too. 😊 Thank you for your ongoing sweet notes of gratitude and encouragement. They mean the world to all of us. Take excellent care of yourselves and know that we miss you terribly.

 With love and fondness,
The Pavilion Team

What's Cooking?

It was a pork BBQ for lunch with turnips on the side and turkey salad sandwiches with beet slaw and cabbage soup for dinner. Hearty and healthy all round!

Update from the Director

Welcome to wonderful Wednesday! The sun is out and we all had our sense of smell come alive with the wonderful cinnamon bread that recreation made with a group of physically, but not socially, distanced residents. We are settling into life on the “inside” and are hoping you are all staying at home (if you are not an essential service worker) so that we can open our doors to all of you sooner rather than later. The team has prepared for our staff to only work at one health care facility and we have implemented this measure to promote a culture of safety and reassurance for our

employees and residents. The morale of staff is good because of these measures and our goal is to try and keep the team and residents as safe as possible. Skype has been such a success, though we have noticed that some of our connectivity has slowed down or been lost. We believe this is due to such a high volume of usage in Canada at this time. Our recreation team is looking at some other options such as Facetime, Zoom and Blue Jeans. Please feel free to send in any other options that we may not be aware of. It takes a village to keep communication flowing and you are all part of the Pavilion family; we welcome your input.

We are constantly adapting and changing as we learn more about the COVID-19, however the basic infection prevention strategies are the same in our home as we want to minimize the risk of having any type of infectious outbreak at the Pavilion. We have an effective plan in place with our Medical “TORCH” Doctors at the Pavilion to ensure that all of our residents receive the necessary consults, though this looks different than in the past as we want to minimize direct contact with the residents. We are currently holding strong and owe much of this to all of the love and support from all of you. Until next time.....Stay safe and know we will continue to advocate for your loved ones with compassionate care and safety! Please feel free to contact me with any comments, concerns or compliments anytime at sjohnson@obkp.org or 250 598-2022 ext. 222.....Take Care, Shannon

More Happy Deliveries



Our thanks to Scott from Purolator who delivered ten cases of hospital-grade disinfectant today with a smile and sunshine. With her office window overlooking the front driveway, our Social Worker Suzanne is doubling unofficially as “shipper and receiver.”

Nourishing Bellies and Warming Hearts



The Kiwanis Foundation Board donated two cases of Girl Guide Cookies which arrived today. Many,

many thanks for their thoughtfulness. We are also grateful to Alan for oranges and Graham for more cookies. Yum!

Bright Spirits by Unit 2 and 3 Resident Artists



Virtual Visiting: Still Booking Appointments

Please note there were some glitches with Skype today, probably because the whole world is chatting all at once! We'll be considering all options in the days ahead to keep these visits rolling.

Virtual Concert: Resident Joy

Today over Skype, one resident was delighted to hear her young granddaughters perform a full piano concert for her.

Hot from the Oven



We all enjoyed the homey and comforting scent of cinnamon flatbread baking ... and eating it too, of course. Thanks to the Activity Team for the abundance of this delicious bread.

Family Council Coming Soon by Zoom

We are excited to invite you to a virtual Family Council meeting in the near future. We will dance and sing and share “show and tell” of an item from home that helps you feel grounded. Stay tuned for timing and technical details. In the meantime, think about your show and tell. We look forward to some time together for connection and joy.

Opportunity for Donations ☺

With our FaceTime/ Skype visits being such a hit, we could use some extra iPads. If you would like to donate one, please let us know. Thank you!!!

Worry and Cabin-Fever Busters:

Mindfulness and Compassion Resources

“Dear Friends, During this global crisis we all need pathways to calm, clarity and openheartedness. While it’s natural to feel fear during times of great collective crisis, our challenge is that fear easily takes over our lives. Mindfulness and compassion practices can help us find an inner refuge, and deepen our loving connection with each other. This list of talks and guided meditations will support you through these difficult times.” – Tara Brach (psychologist, author and teacher of meditation). Check out these supports: <https://www.tarabrach.com/pandemic/>

Poem from an Irish Monk

Lockdown
Yes there is fear.
Yes there is isolation.
Yes there is panic buying.
Yes there is sickness.
Yes there is even death.
But,
They say that in Wuhan after so many years of noise
You can hear the birds again.
They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear.
They say that in the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them.
They say that a hotel in the West of Ireland
Is offering free meals and delivery to the housebound.
Today a young woman I know
is busy spreading fliers with her number
through the neighbourhood

So that the elders may have someone to call on.
Today Churches, Synagogues, Mosques and Temples
are preparing to welcome
and shelter the homeless, the sick, the weary
All over the world people are slowing down and reflecting
All over the world people are looking at their neighbours in a new way
All over the world people are waking up to a new reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love.
So we pray and we remember that
Yes there is fear.
But there does not have to be hate.
Yes there is isolation.
But there does not have to be loneliness.
Yes there is panic buying.
But there does not have to be meanness.
Yes there is sickness.
But there does not have to be disease of the soul
Yes there is even death.
But there can always be a rebirth of love.
Wake to the choices you make as to how to live now.
Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.
Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing.
By Richard Hendrick