

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

March 17, 2020

## Dear Families and Friends of Residents,

We are so grateful for your resilience and understanding during this time and want to help you feel connected even when you cannot visit. Thank you for staying home to help reduce the risk of spreading influenza or COVID-19. We are hoping to send you little updates as often as possible to reassure you that life is chugging along with love and care at the Pavilion. Please also send us any tips on what's helping you cope in this world of social distancing. We can continue to support each other through a virtual web of hope and encouragement.



Take excellent care,  
The Pavilion Team

## What's Cooking?

Today the Kitchen crew served up cabbage casserole (our take on cabbage rolls) with sour cream which is always a crowd pleaser. For dinner we're dishing up comfort soup (potato leek) along with a chicken salad sandwich and Caesar salad. A group of 12 residents also participated in a St. Patrick's Day ham and eggs breakfast listening to Irish jigs – a jovial start to the day!

## Skype Visiting: Booking Appointments Now

Today we hosted our first family and resident Skype visit. A lovely virtual connection was had between Grandma and her daughter and grandchildren. The Activity Team will be facilitating more of these Skype/ FaceTime

visits between families and residents. Please contact Krista (Activity Worker and Volunteer Coordinator) at 250-598-2022 ext. 256 to book an appointment to chat with your loved one.

## Taking Care of Staff

Today at our daily infection control update staff meetings, 12 staff won gift cards and two won a paid day off (when the timing is right)! Thank you to the whole team for all their professional and loving work in trying times.

## A Lively Green Afternoon

This afternoon there was a St. Patrick's Day party on each of the units. Residents enjoyed all green snacks – green cupcakes, spinach biscuits, spinach and cheese balls, green Sprite, Green near-beer and Stout – and live music from our very own Patience (Activity Worker). Everyone sang and toasted St. Patrick. Here are the party trollies (and their drivers) ready to go!



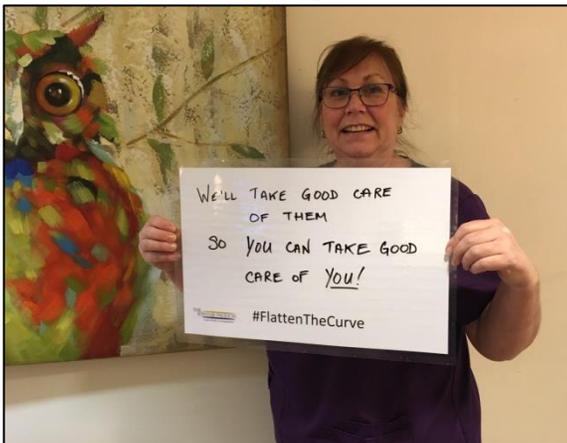
### COVID-19 Update from the Directors

We would like to take this time to thank everyone for their support and understanding as we navigate together through these difficult times. Currently the Pavilion is outbreak-free and this is because of the team work of everyone involved. We know that this is a time of transition and we will continue to communicate any new protocols as they arise. Currently, we have nothing new to report from the March 16, 2020 update. It has been wonderful to see all the kind messages thanking the staff. If you have any questions or concerns please contact me, Shannon Johnson Director of Resident Services at [sjohnson@obkp.org](mailto:sjohnson@obkp.org) or 250 598-2022 ext. 222.

### Gaelic Blessing

Deep peace of the running wave to you.  
Deep peace of the flowing air to you.  
Deep peace of the quiet earth to you.  
Deep peace of the shining stars to you.  
Deep peace of the gentle night to you.  
Moon and stars pour their healing light on you.  
Deep peace to you.  
Deep peace to you.

### Families, We're Thinking of You



Thank you for helping to #flattenthecurve. "The curve" refers to the projected number of people that researchers say will contract COVID-19 over a period of time. In order to "flatten" the curve, everyone is asked to self-isolate whenever possible, so thank you for not visiting at this time.