

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

January 14, 2021 Edition #99c

Dear Families and Friends of Residents,

A still day today. Over the week there have been puddles of all shapes glistening along the way to the Pavilion. And moss islands floating on streets and sidewalks, having been flung from rooftops and tree branches in recent wind storms. This ancient plant is accustomed to starting anew again and again. A fluffy black and white cat sat observing the traffic while at the other end of its street a three-legged dog supervised through a window. A parent and child watched a giant machine dig a trench knee deep in mud. A woman opening the trunk of her van and ushering her big brown dog was heard saying "it's time to go to work." The dog was eyeing the park across the street. Meanwhile, seven seagulls took advantage of the empty dog park to strut about the muddy grass in their webbed and wrinkled gumboots. Snow drops are popping up like wee lamps of peace and hope. Raindrops between thorns on the limbs of blackberries and wild roses mark the liminal somewhere between holding on and letting go. May you feel rooted and sturdy in the wildness of these days. We're sending much love and gratitude.



Big hugs,
The Pavilion Team

P.S. 100th Issue Coming Soon (Really!!!)

Thanks for all the submissions so far. This is the last call for any contributions you'd still like to send in response to the questions:

1) What brought you joy in 2020 despite everything?

2) What are you inspired about for 2021?

Please contact Suzanne (Social Worker) at smacleod@obkp.org or 250-598-2022 ext. 223 with your submissions. Thank you!

Update from the Director of Resident Services

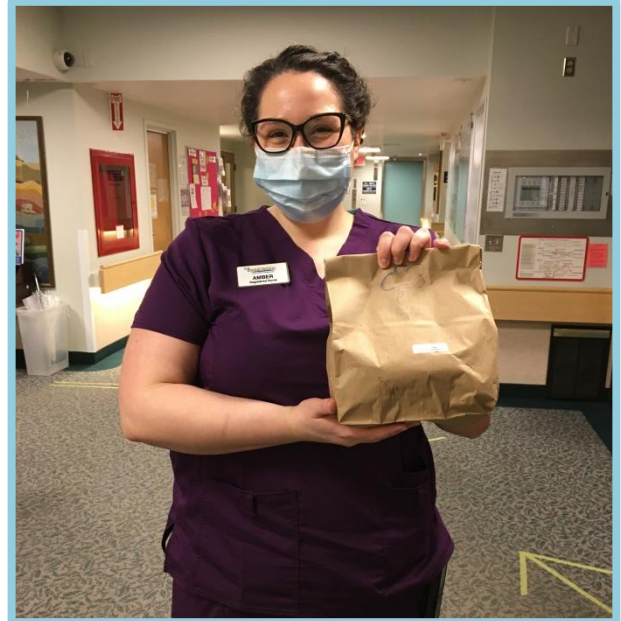
Happy 2021 from the "inside" to all of you on the "outside." 2021 has started off at a quick pace and we have exciting news! Our staff began booking their Covid-19 Immunization on December 25, 2020 and we currently have around 110 staff who have either had their first dose or have a scheduled date. The residents' immunization clinic will be happening at The Kiwanis Pavilion on Monday, January 18, 2021. Public Health will be administering the first doses of the Moderna Vaccine at our home. The Doctors have also carefully reviewed each resident's health record and given individual orders based on this information. The vaccine will only be given once we have both the Doctor's order and either the resident or substitute decision maker's consent. We will all still need to be careful and wear our masks, wash our hands and physically distance but it is a ray of hope. Please reach out to me, Shannon at sjohnson@obkp.org or 250-598-2022 ext. 222 to book visits or if you have any questions. Until Next Time...Take Care and Stay Safe, Shannon.

Happy 55th Anniversary!



family members Mike and Sue for the delicious donuts. And thanks to family member Graham for once again filling the Pavilion cookie jar! We are very touched by everyone's generosity.

Thank You for the Yummy Lunch



Sunday Take-Out for a Good Cause



The Kiwanis Club of Oak Bay is serving up breakfasts to go at the Willows Beach Tea Room on Sundays from 9:30-1:30 until the end of April. All funds raised support Kiwanis Pavilion residents. Enjoy!

Many Warm Thanks

We are grateful to family member Linda for the donation of face shields. Thank you as well to family member Andrew for the bountiful basket of chocolatey treats. Our deep gratitude to

All shifts were treated to beautiful bagged lunches from Food for Thought organized by the Pavilion leadership on Wednesday. We're grateful for the nourishing and delicious meal!



Smiling in the Sunshine



Greetings from the Recreation Team

It's a new year and we are back at it. The beginning of January has been busy. Our Recreation team has been hard at work providing programs to engage our residents. The usual suspects have been popular with News and Views, Fun and Fitness, Brain Games, and 1:1 personalized visits. Residents have also been baking up a storm, whacky cake and ice cream to be exact, along with Fish'n'Chip Lunch Bunch, Balloon Games, and Poetry readings. We have the beginnings of a Cribbage Club (full disclosure ... I have been offered lessons from a resident or two), and we are looking for new and creative ways to come together. Our Recreation team member Kelly has started a new arts and craft project where the residents

are helping to create a felt quilt, and it is already looking beautiful.

~ Krista (Recreation Lead)

Happy 91st Birthday!



January Family Council on Zoom

Mark your calendars! The Family Council is a friendly and informal chance to get together virtually with fellow family caregivers from the Pavilion. The next Family Council Zoom call will be on Tuesday, January 19, 2021 at 2:00 PM. Please send an email to Suzanne (Social Worker) at smacleod@obkp.org if you'd like to join the Zoom and she'll send you an invite closer to the time.

Family Caregivers of BC Supporting You

Caregivers Connect: Virtual Support Group

"This group brings people from across the province together around a mutual experience of caregiving for a family member or friend. This is a time for reassurance and connection, where caregivers can realize they are not alone." The group occurs on the 2nd and 4th

Thursday of every month from 2:00-3:30 PM.

For more information and to register:

[Caregivers Connect: BC's Virtual Support Group - Family Caregivers BC](#)

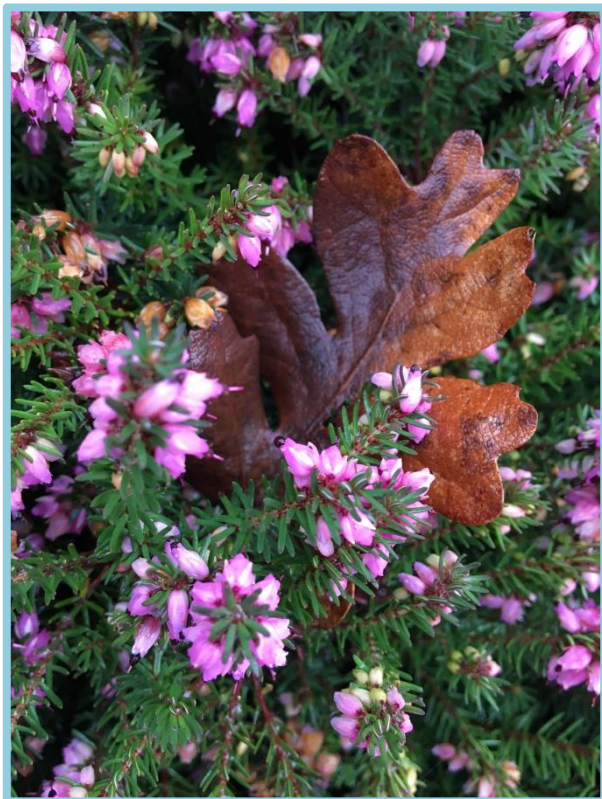
Victoria Virtual Caregiver Group

The next session for the Family Caregivers of BC's Victoria support group will be February 3 from 1:30-3:00 PM (first Wednesday of each month). For more information and to register: <https://us02web.zoom.us/meeting/register/tZYrcOihrT4rGtlP2nKmz9VUbpWvOXs6NLdN>

Happy New Year Prayer and Song

Thank you to family members Tibor and Judit for sending in this video with the message "The New Year lies before you, like a spotless tract of snow. Be careful how you tread on it, for every mark will show." <https://youtu.be/Rtajxo8d7js>

Winter in Victoria



Poetry Corner

Around Us

We need some pines to assuage the darkness
when it blankets the mind,
we need a silvery stream that banks as smoothly
as a plane's wing, and a worn bed of
needles to pad the rumble that fills the mind,
and a blur or two of a wild thing
that sees and is not seen. We need these things
between appointments, after work,
and, if we keep them, then someone someday,
lying down after a walk
and supper, with the fire hole wet down,
the whole night sky set at a particular
time, without numbers or hours, will cause
a little sound of thanks—a zipper or a snap—
to close round the moment and the thought
of whatever good we did.

By Marvin Bell

Inspiration

Thanks to family member Jennifer for sending in this gentle reminder: "Small joys, simple goodness, hope renewed."