

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

November 4, 2020 Edition #93

Dear Families and Friends of Residents,

The air and sky were gentle on my bike ride to the Pavilion this morning. A passing car had a heart drawn in the foggy window affirming the human impulse to shine love in the world. A student walked to school in socks and a facemask decorated with Count von Count from Sesame Street which seemed a timely nod to excellent counting and, of course, getting along with each other. Speaking of which, a crow and a seagull were landed peacefully on a street light sharing the view over a maple turning golden. May there be softness in your days and may you be blessed with the giving and receiving of kindnesses. Our deepest gratitude for your loyal and thoughtful support to the Pavilion community. We're grateful to be on this journey with such a lovely bunch of people. Thank you! Thank you!



With lots and lots of love,
The Pavilion Team

What's Cooking?

Here's an update from Hugh (Kitchen Supervisor): Sorry nothing fancy today! Lunch was meatloaf and gravy with au gratin potato and mixed veg and for dessert, German chocolate cake. Dinner was a cozy cream of carrot soup with turkey sandwiches (including cranberry mayo!) tossed salad and, for dessert, apricots.

Update from the Director of Resident Services

Happy Wednesday from the "inside" of The Pavilion to you all on the "outside." I hope you are all staying dry and warm on this wet

afternoon. We have completed the renovation of the Spa Room located on Unit 2 B/C. It also includes a new spa tub. We are pleased to offer a calm, relaxing atmosphere for our residents to enjoy a bath or shower. I would like to thank both our Health Care Board and our Foundation Board for their generous support which allowed us to accomplish this important goal. We are beginning to plan for some other updates to the home so stay tuned.

We had lots of fun around here for Halloween with one of the highlights being the 100th birthday celebration of one of our residents. Her smile has lit up the home for days now.

We celebrated the Health Care Workers and the rest of the team on Monday with catered individual meals, cake and lots of door prizes. We have an amazing team of health care professionals at the Pavilion and it is an honour to work with them every day. We are all in this together and need to remember it is a marathon not a race. I want to thank you all for the continued letters of support, cards, donations of goodies and words of encouragement that you share with us, it continues to give us the extra lift we need to see us through this second wave of the Pandemic. The Pandemic has added many new stressors to the lives of many of you and it is no different for our team. Every day we worry about whether we are doing enough to balance the needs of residents and families and whether we will have an outbreak of Covid or Influenza. We are continuing to do the best we

can and will keep working hard to deliver care with compassion.

I would like to welcome our newest RN to the team Denise. She brings with her a wealth of experience and knowledge regarding Long Term Care and the delivery of person centred care. We look forward to expanding her role within the home. I am currently working with our contracted dental hygienist Wendy to ensure that we have a very robust health and safety plan in place for oral care. The dental hygienist will be seeing our residents starting in the first two weeks of December 2020. She will not be doing any aerosol producing procedures. I would like to thank you all for your patience as we have developed plans to welcome some of these important health care professionals back into our building.

To lift your mood on this rainy Wednesday please find attached the latest concert from Health Arts Society / Concerts in Care. We hope you enjoy this week's concert with the Vancouver Guitar Duo (Louise Southwood & Stanton

Jack): <https://www.healtharts.org/british-columbia>. You may also watch on

YouTube: https://www.youtube.com/watch?v=eIKG_a4FAw4.

Please contact me anytime with any concerns, complaints or compliments for the team or to book any social visits at sjohnson@obkp.org or 250 598-2022 ext. 222. Until Next Time...Take Care and Stay Safe, Shannon.

Many Bows of Gratitude

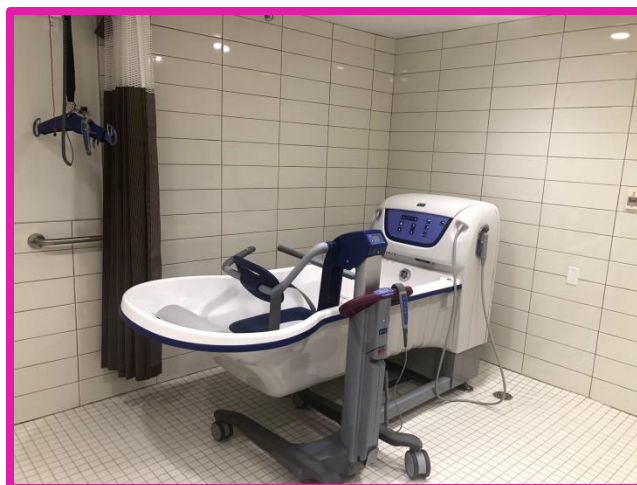
We would like to express our warmest thanks to family member Ken for the generous donation towards staff appreciation. We also thank family member Michelle for thinking of

us with her generous donation. We are deeply touched by your kindness.

Cheers! Cheers! Cheers!



Scrub a Dub Dub: All Fresh in the Tub (Room)



We're thrilled to report that the renovation of the Unit 2BC spa room is now complete for residents to enjoy some relaxing bathing!



Greetings from the Recreation Team

Well the rain is here, the nights are darker and our ghosts and garden goblins may have been deflated, but our team spirits are certainly not!

We know this time of year can be a challenge at the best of times, but with all of the changes in all of our lives, team fun is pledging to keep the energy up and the smiles coming.

On Saturday we celebrated a momentous 100th birthday with our birthday girl and all the staff. There was a parade, streamers, a bubble machine and lots and lots of cheesies (her favourite snack). We closed out the day with a pub party and some dancing.

This week has only just begun and we have traveled the coast of British Columbia with our Time Traveller's Reminisce Group, pressed autumn leaves, which we turned into beautiful glittery pieces of art, read stories and poetry with each other, exercised both our bodies and minds with Fun and Fitness and Brain Games, and we even made music with maracas.

In the kitchen Dalton and the crew baked up some classic Whacky Cake a la mode, and talked about what we used to bake for the family. It sounds like a lot of you had some pretty tasty treats growing up. For lunch today our Lunch Bunch made their own sandwiches and tomato soup....a perfect meal for a rainy November day.

To our extended Kiwanis family, we ask that you keep the world bright with your smiles, and know that we miss seeing them each and every day. We promise to keep your loved ones' hearts full, bodies moving, and bellies laughing. Be Well! ☺

~ Krista and the Recreation Team

More Connection and Fun from Halloween







Do Re Mi: The COVID19 Version!

Thank you to family members Tibor and Judit for sending along this ditty! Enjoy!

https://www.youtube.com/watch?v=MMBh-eo3tvE&ab_channel=Shirley%C8%98erban

A Plea from the Ducks: Break the Loops!



Please remember the wild critters when disposing of facemasks. To safely break the facemask loops, just give the loops a good tug after you've pulled them off your ears. This will disconnect the loops from the front of the mask. Thanks! And many happy quack, quacks!