

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

December 3, 2020 Edition #96

Dear Families and Friends of Residents,

The waning moon has been radiant as it lingered in the morning sky like a celestial lemon this week. The frosty rooftops have been tempting canvases for artsy giants. A wee but plump wren hopped about on a pergola collecting snacks in amongst a withered vine. Two sunflower stalks persevere tall with rough wilted leaves, their exquisite geometry still visible in the husks of their once seedy flowerheads. A seagull had its head tucked back under the base of its wings as it sat next to a plastic owl on top of an apartment building. And a bare cherry tree was adorned with four robins and one sparrow. New signage appeared in a garden stating: "Bee Habitat" and on a car bumper stating: "Tailgating is NOT the answer." This afternoon, many V's of geese flew low over the Pavilion wistfully calling out for home. May you be cozy in your home places.



Big love,
The Pavilion Team

What's Cooking?

So much soft yummy goodness for lunch today! You know some people like their steak medium, some like it rare and some people even like it well done. Me, I like my steak ground and cooked in the shape of a loaf, add some gravy and creamy au gratin potatoes and that, in my mind, is close to paradise. ☺ Add some broccoli and well it's good for you and I'm okay with that. And guess what? Peanut butter cake for dessert. Oh YAY Baby!!!

For dinner there was Italian wedding soup. And just when you think this day can't get any better, croissants.....SHRIMP croissants no less with sweet and tangy beet and feta salad. And in the spirit of the upcoming season, mandarin orange slices for dessert.

~ Hugh (Kitchen Supervisor)

Update from the Director of Resident Services

Happy Thursday from the "inside" to you all on the "outside." It has been a busy time at The Pavilion as we continue to enhance and review our health and safety protocols that we use to keep residents, staff and visitors safe during the Pandemic. As we continue to "mask up," physically distance whenever possible, and perform frequent hand hygiene both with soap and water and hand sanitizer, our team would like to encourage you to continue the same for the greater good of us all. It is starting to look a lot like the holiday season around here and the team has some fun planned for The Pavilion. I know that this holiday season is going to look a lot different for a lot of us on the "inside" and for you all on the "outside." I want you to know that we are dedicated to ensuring that the residents are engaged during this time. On behalf of the team, I would like to thank the ladies of the Oak Bay Kiwanis Club for thinking of the staff and showing us so much love by sending all the hearts. I would also like to thank all of the families and friends of the Pavilion who have been so generous with your messages of support, treats and donations. It does not go unnoticed and it is truly valued especially as it can be very upsetting and

discouraging to our staff when they read some of the negative comments on social media written about Long Term Care.

The holiday season visits are booking up quickly and I appreciate everyone's flexibility as I do my best to meet all the wants and needs. Please reach out to me at sjohnson@obkp.org or 250 598-2022 ext.222 to book your social visits or with any questions, comments or suggestions for the home. I would just like to remind you all that we will not be having any visits on December 25, 2020 (Christmas Day) out of fairness to all residents and families. Keep watching for updates regarding the holiday seasons in our Short and Sweet newsletter.

A big thank you to those of you who have felt unwell and have cancelled or postponed visits; our residents and staff appreciate it. We want the home to be as safe as possible, so we continue to swab each and every resident with any change in condition and so far, knock on wood, we have been negative for Covid. All Covid tests also include testing for pneumonia, RSV and influenza. We have been truly blessed that so far since March 2020 we haven't had any of these respiratory illnesses in the home. By all of us working together both in the home and in the community, we will have a better chance of keeping our "firewall" strong around The Pavilion. Until Next Time...Take Care and Stay Safe, Shannon.

Greetings from the Recreation Team

2020 has been one heck of a year. Let's celebrate the holidays with festive cheer! We invite you to join in the fun from where you are and send in photos to share in the newsletter. All month long, there will be an Elf on the Shelf hidden at the Pavilion. Do you have an Elf on the Shelf too? Send us pictures!

December 4th: Silly Sock Day - Don your wildest socks, Christmas, coloured, mismatched or patterned.

December 10th: Crazy Holiday Hair Day - Let's see your crazy hair styles.

December 14th: Holiday Hat Day - Put on your Santa hats, elf hats, or any other holiday headwear.

December 15th: Mad About Plaid - Dress in as little or as much plaid print, every little bit counts.

December 22nd: Christmas Vacation - We can't travel, but we can certainly wear our best sunny vacation wear. Sunglasses and Hawaiian shirts in December...why not?!

December 23rd: Ugly Christmas Sweater Day - Sweaters, jackets, t-shirts, whatever you've got!

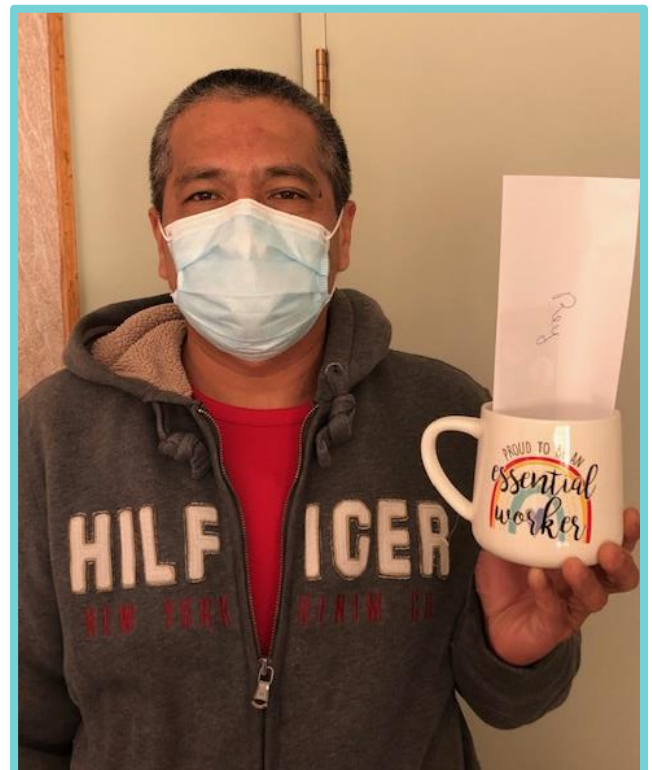
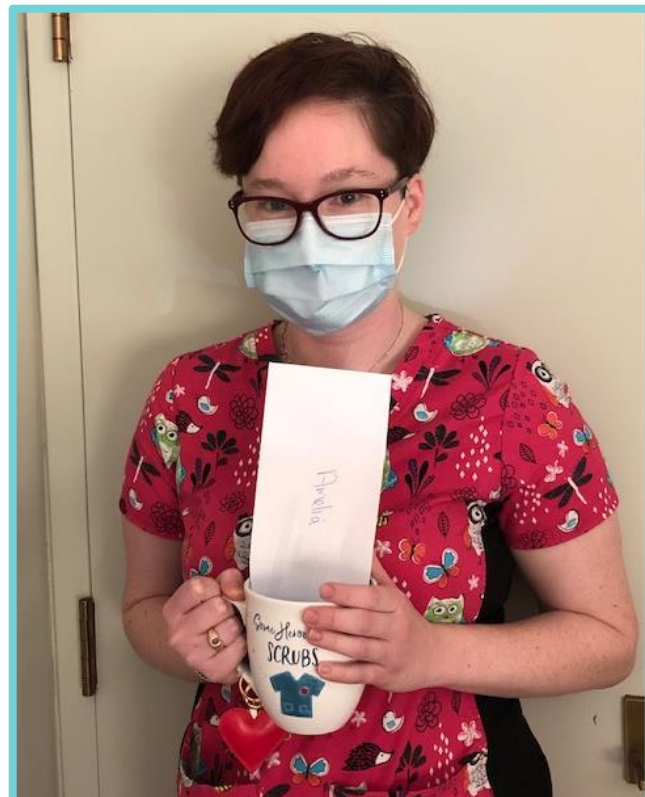
December 24th: Jingle Jammies - Christmas Eve is the perfect day to don your holiday pajamas.

Warm on a Chilly Day



Flu Shot Prize Winners

We had a great turnout by staff for flu vaccines this year! Each staff who received their flu vaccine was entered in a draw for mugs and Timmy's gift cards. Congratulations to the draw prize winners: Amelia (HCW), Anya (Dietary), Reymund (Housekeeping), Aman (LPN), Maria (LPN), Carol (HCW), Kelly (Recreation), Chad (HCW), Glen D (HCW), Claire (HCW), Cindy (Laundry) and Dennis (Dietary).



These Are My Stories



One More from the Turkey Shoot



And These Are My Stories

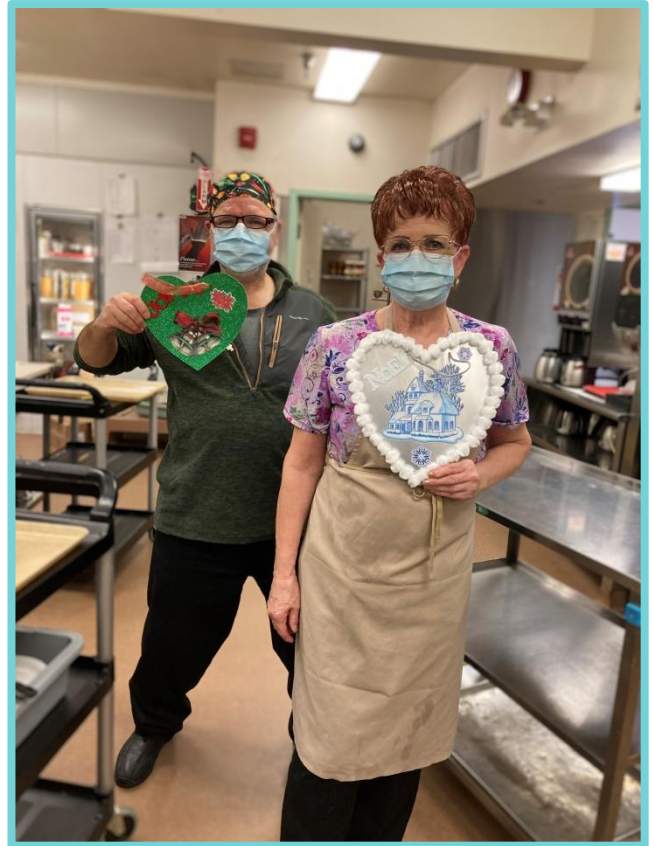


Pleased with New Purse



Lunch Bunch: Pizza, Eclairs and Music Bingo



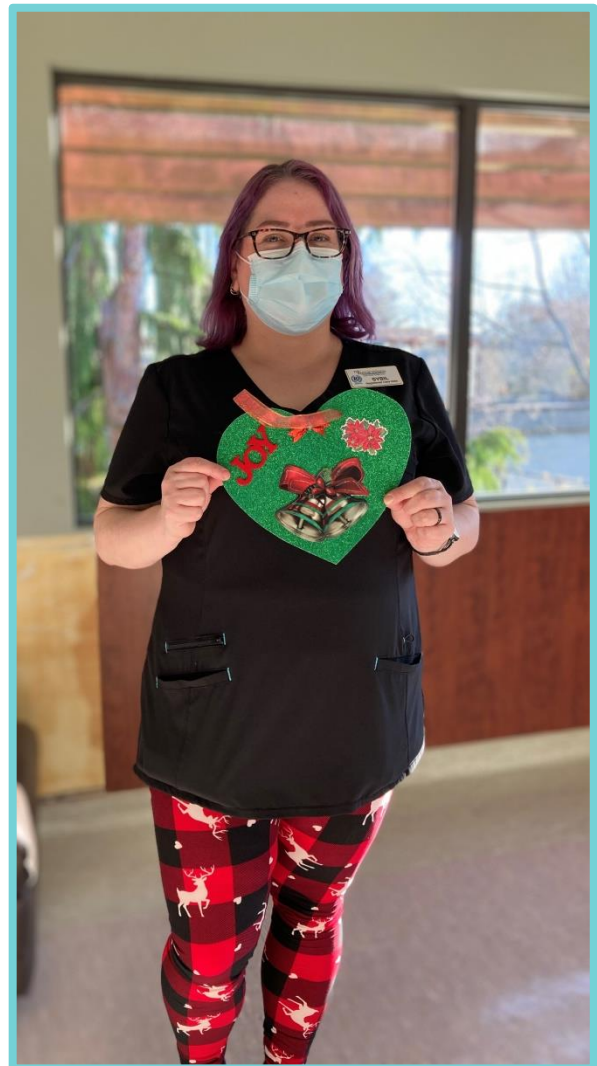
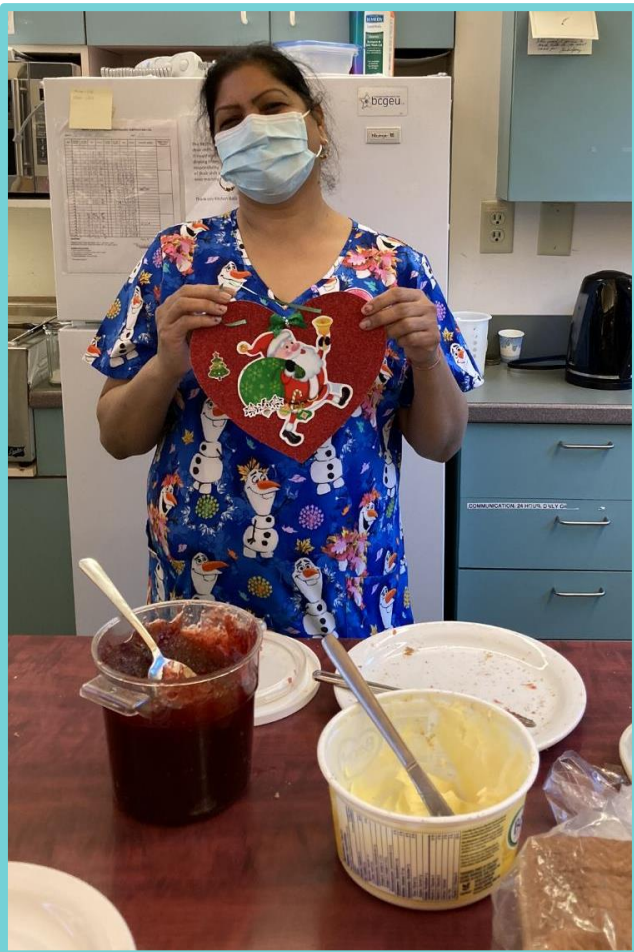


Love for Team Love

We would like to warmly thank the thoughtful ladies of the Oak Bay Kiwanis Club for so lovingly decorating 150 hearts honouring the Pavilion staff. We have them on garlands reminding us of who we are: our gentle strength and the love and care in this precious community.







Local Elves: Safety First



Comfort Food Recipes

Our gratitude to family member Darlene for sending along these two recipes: something savoury and something sweet!

Whipped Shortbread

Heat oven to 275° F

Ingredients

1 lb butter (unsalted), softened
1 cup icing sugar
1 cup corn starch
3 cups flour

Method

Beat butter hard until white. Add remaining ingredients and beat.

Use piping bag and pipe cookies into your preferred shape on cookie trays. You can add 1/3 cherry to garnish the centre if you wish. Cook 10 minutes. These are melt-in-your-mouth wonderful – Enjoy!

Red Lentil Soup with Coconut Milk

Ingredients

6 T unsalted butter, divided or olive oil
1 large onion, finely chopped
2-4 large cloves garlic, minced
4-5 T grated fresh ginger
1 tsp turmeric
6 cups vegetable or chicken stock
1½ cups red lentils, picked over for stones and chaff, rinsed
1 tsp ground cumin
½ tsp ground cardamom
½ tsp ground cinnamon
¼ tsp ground clove
¼ tsp nutmeg
2-3 bay leaves
½ tsp freshly ground black pepper
1¼ cups coconut milk – or use the entire can
Sea salt to taste

Method

Dry toast the cumin in the bottom of a large pot. Add butter to melt or use olive oil if you prefer. Add the onion and cook, stirring occasionally, until it is translucent. Turn the heat down to low-medium, and add the garlic and ginger. Cook, stirring frequently, until the onion is lightly browned and very soft. Stir in turmeric.

Add the stock and the lentils. Bring to a simmer and add bay leaves. Cook for 25-30 minutes, or until the lentils are soft and falling apart. Skim off any foam that rises to the surface. You may want to add 1-2 cups of water if you want more broth in your soup

Dry toast the cardamom, cinnamon, cloves, nutmeg, and pepper. Stir until they are fragrant, about a minute. Add into soup pot. Add the coconut milk and stir well. Cook for about 15 minutes to blend the flavours. Makes 4-6 servings. Freezes well for future eating.

Finding Balance



Thank you to family member Jennifer for sending in this photo. She writes: "To me it sweetly illustrates finding balance in life no matter who you are, how tiny you might be or your circumstances."

Seasonal Messaging at Local Church



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.

Ringling Bells for Hope: Amazing Grace

The video features a school teacher in the Town of Banff, Alberta who has been climbing the steeple of a local place of worship, St. George's-in-the-Pines Anglican Church, each day since the Coronavirus outbreak shut so much down and playing the bells for anyone within ear range to hear:

[The Bells of Banff - YouTube](#)