

FOCUS ON RECREATION

We want to thank everyone who participated in the COVID-19 Time Capsule. If you haven't had a chance to participate, we will leave the envelopes out until June 12, 2020. We would also like to thank those who participated in Move for Health Week. You will find some pictures of people moving during Move for Health week on page 3. We have also included some other pictures of Spring at The Cedars during COVID-19. We are happy to report 31 people participated in Move for Health Week. People walked, did stairs, worked out on the stationary bike, biked to and from work, ran, hiked, and participated in Stretch and Strength Class. Several people did more than one activity per day!

We are now moving into June and will continue with outdoor concerts on the back lawn between The Cedars and The Dawson. Each Saturday at noon,



we enjoy the music of Anton and Phil. This month Debra and Ian will play an afternoon concert at 3:15 on Thursday, June 4 and 18. Of course, all outdoor performances are weather dependent.

We have a very special performance coming your way in June. Stages Dance Company will be performing for you.



STAGES Dance Company

founded in the fall of 1980 under the artistic direction of Kim Breiland, has grown to become one of Victoria's largest and most active youth dance companies in Victoria for children ranging in age from 9 -18. STAGES has represented Victoria internationally as Ambassadors for Cultural Understanding and Peace having toured abroad to Cuba, the former Soviet Union, China, New York, two National Defense tours, Japan, Israel and more.

Getting to know you

We know lots of people are checking in with friends, neighbours and family over the phone. We thought we would put out some questions that will allow you to connect differently. Here are some fun discussion topics and questions you can ask.



- The advice you didn't take but wish you had
- The title you would give to your memoir
- Your favourite period in your life
- A distant place you've visited
- A movie you never get tired of watching
- Which object(s) you would save if your house were on fire
- A person you'd like to spend a day with (past or present)
- One place you have always wanted to see

KAREN'S KORNER



Isolation fatigue. News fatigue. Zoom fatigue. Cooking fatigue. Uncertainty fatigue. Bad hair fatigue and likely other kinds of fatigue that I have not listed. We all want to see an end to this way of life that has become our norm. In that desire, coupled with the early stages of easing of restrictions, we risk becoming too relaxed. Living on the Island, with the low numbers of infection and death due to Covid-19 we may make assumptions that we are safer than we are in the "bubble" that we inhabit here on the Island. Let us not make that mistake. We have worked hard over these past 12 weeks, personally and professionally, to make the adjustments recommended to us by our Provincial Health Minister, to keep us all safe. Let us not waste the many sacrifices that have been made to bring us safely this far.

Seniors remain the most vulnerable population and no matter how young we might feel, most of us here at Dawson Heights fall into that population. Even if you think that you are invulnerable, please consider those around you. If you must get out and about, please follow the protocols and precautions recommended. If you are travelling in a car with a friend or family member, please ask them to wear a mask. For residents of The Dawson and The Cottages – please keep visitors to a minimum. If you have visitors, out of respect for your neighbours, ensure that your visitors wear a mask when entering the building, sanitize, and remain in your suite/cottage once here. Common areas will not open yet nor will staff be undertaking non-emergency repairs. The Cedars remains open to "essential

visitors only". Physical distancing is still recommended. We are blessed with beautiful grounds so please make use of this outdoor space if you wish to spend time with each other as we move into summer days.

For Cedars residents – We are offering the opportunity for you to book time and space on our patio to entertain visitors. By limiting time and space, we can support you to see people you love (apart from all of us!) while helping to ensure appropriate distance and sanitizing. If this interests you, please see Jonathan or one of our front desk staff to book the time.

Before we know it summer will be over (sorry) and we will be moving into flu season and an anticipated resurgence of Covid-19. In preparation let us all build up our health for the fall and winter months. There are many ways we can do this, good diet, exercise, getting enough sleep (I wish!) and nutritional supplements. I will be asking Andrea Silver, our Heart Pharmacy presenter on all things health, to contribute her knowledge and expertise to our August newsletter with tips on building strong immune systems.

We have been fortunate, vigilant, kind, calm and together, we have stayed safe. Let us continue to do and be so.





POET'S CORNER

What is a Dad?

A dad is someone who
wants to catch you before you fall
but instead picks you up
brushes you off,
and lets you try again.

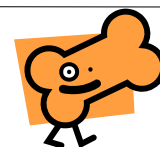


A dad is someone who
wants to keep you from making mistakes
but instead lets you find your own way,
even though his heart breaks in silence
when you get hurt.

A dad is someone who
holds you when you cry,
scolds you when you break the rules,
shines with pride when you succeed,
and has faith in you even when you fail.
Anonymous

FUNNY BONE

Things a Dad will never say



Well, how 'bout that?... I'm lost!
Looks like we'll have to stop and ask for
directions.

Here's a credit card and the keys to my
new car -- GO CRAZY.

Your Mother and I are going
away for the weekend ... you
might want to consider
throwing a party.



Well, I don't know what's wrong with your
car. Probably one of those doo-hickey
thingies -- you know -- that makes it run or
something. Just have it towed to a
mechanic and pay whatever he asks.

Why do you want to get a job? I make
plenty of money for you to spend!

FOCUS ON RECREATION cont.

Happy Father's Day to all the Dads on Campus. Unfortunately, this year we have had to cancel our annual Father's Day Brunch put on by the Recreation Department. For the Dads living at The Cedars, I am sure our Food Services Department will cook you up something tasty for your special day! For the rest of you on campus Trish and I decided to share an easy breakfast recipe that you can cook up at home.



Breakfast Burrito

Ingredients:

- 1 egg
- 1 Tbsp chopped green pepper (optional)
- salt and pepper to taste
- 1 Tbsp chopped spinach (optional)
- 1 small tortilla (flour or corn)
- 1 Tbsp salsa (optional)
- 1 Tbsp shredded cheese
- 1 Tbsp chopped avocado (optional)
- 1 Tbsp chopped tomato (optional)
- 1 Tbsp chopped green onion (optional)

Instructions: Whisk the egg, salt and pepper in a microwavable container and put in microwave for approximately 1 minute or until cooked. (Note: for easier clean up you may wish to spray the inside of the container with cooking spray or wipe with some oil or melted butter.) Lay tortilla flat on a plate. Put cooked egg and any of the optional toppings in the center of the tortilla. Microwave for an additional 10 seconds to melt the cheese. Fold up the bottom of the tortilla and then roll to create a burrito.



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