

## FOCUS ON RECREATION

### Strawberry Social

**Thursday, July 9 at 2:00pm**

COVID-19 has forced us to look outside of the box when bringing recreation programs to the community of Dawson Heights. At this time of year, we are preparing for our annual Strawberry Social. The Strawberry Social traditionally had been a way for us to come together as a community with family and friends to celebrate summer. This year's Strawberry Social will look different. We have to limit guests to campus residents only. We ask that all residents whose balconies overlook the grassy area between The Cedars and The Dawson join us from the comfort of their balcony. There is additional space on The Cedars' patio for Cedar's residents. For the rest of our campus residents, we invite you to bring a chair and join us on the grass. Seating will be on a first-come basis to ensure our numbers on the grass are below 50 people. Those attending will be asked to follow the golden rule of staying two meters apart. As in past years, Debra and Ian will perform. In this month's ECHO, we included a package of Strawberry Lemonade so that everyone on campus can share in this event whether you can attend or not.



The Strawberry Social remains a way for us to come together, enjoy music and share in a social event with our neighbours. At no time

has friendship, family and community had more meaning to us than during this time. Knowing we are not alone and that we are all in this together. So put on your favourite garden party attire, wave to your neighbours, share a smile, raise a glass of Strawberry Lemonade and toast the celebration of summer, friendship and community.

### Outdoor Concert Series (weather permitting)

- ◆ **Saturdays** –with Pat, Phil and Anton **12:10 - 12:30pm**. This lunch time serenade given by our hymn sing volunteers often includes a few favorite hymns with other popular songs from yesteryear.
- ◆ **Thursday, July 23 with Debra and Ian at 3:15pm**. This afternoon concert includes Debra on fiddle and Ian on guitar. Sit back and enjoy the music on your patio or come out to the grassy area between The Cedars and The Dawson.



I also have some exciting news to share. Recently Saanich Parks and Recreation contacted me about **Saanich Concerts in The Park** which many of you are familiar with. As they are not able to do their usual concerts in the park they are offering them to communities in Saanich like Dawson Heights. This summer, Dawson Heights will be the recipient of some of these concerts. On **Thursday, July 17**, we welcome **Brandy Moore at 3:15pm**. Brandy has over 25 years of performing experience as a singer/songwriter and song interpreter.

## **KAREN'S KORNER**



Happy Canada Day! Our celebrations will be different this year. Quieter no doubt but still, for many us, a time when we might stop, and with gratitude, reflect on the many strengths that our communities - local, provincial and national, have demonstrated in order for us to stay safe through these past months.

I know that some of us have balked at the constraints imposed by the varied and oft evolving protocols that were, and in some instances, continue to be in place but they have served us well. One significant note, particularly in The Cedars over these many weeks, is that we have recorded virtually none of the usual seasonal colds and respiratory viruses amongst residents and staff alike. We must have been doing something right! We will need to remember this when cold and flu season returns.

“Essential Visitors Only” policy remains in place at The Cedars, for the time being. While BC moved into Phase 3 of its Covid restart program on June 24, assisted living (and long term care) residences were not included. While the essential part of “visitors” was somewhat refined, the parameters remain narrow. Exceptions are, and have been made in certain circumstances. I address the need for exception on an individual basis. As soon as this restriction is lifted or modified I will send an update direct to residents.

As we move into Phase 3 and some of the policies and protocols ease, I want to take this opportunity to express my gratitude to staff who have worked with great care, concern and commitment to balance what was needed to keep

everyone safe and well, with the ongoing need for mental, emotional and physical well-being.

In The Cedars we made the decision not to “lockdown” unless it became absolutely necessary. This meant continuing to serve meals in newly created dining areas; it meant distancing and supervising coffee mornings and afternoon tea; it meant restructuring recreation programming on a weekly basis, and continuing to find ways to support and include our wider DH community; it meant monitoring entrance to our building, with at times not the most pleasant of responses from entrants; it meant sanitizing everything that moved and didn't move, regularly throughout the day and night; it meant that staff had to be disciplined, vigilant and assume extra duties, in their own departments as well as helping out wherever they were needed. We are all in this together, right!

Staff needed to ensure that they stayed safe, not simply for themselves and their families but to ensure, that everyday they came into “The Cedars bubble” any risk to residents was as low as could be. Throughout all this time they too have had to manage their own fears, anxieties and concerns.

It is with the greatest of respect, admiration and appreciation that I say “Thank

you” to each and every one of our staff at Dawson Heights.



## Books!

‘Reading gives us someplace to go when we have to stay where we are.’ Mason Cooley

What a lovely quote and so appropriate right now. At a time when we are being encouraged to stay at home as much as possible, we can always pick up a book to pass the time and take us “away”.

I’m sure many of our regular public library users are missing their visits to local libraries. You will be happy to know that several of the

local libraries including

James Bay, Saanich

Centennial, Central

Saanich, Juan de

Fuca, Oak Bay

and Bruce

Hutchison will

open albeit with

limited hours and

services in July. While you might not be able to peruse the aisles of books at

your leisure, you can place holds on

books and then pick them up. In addition,

they will have a small selection of

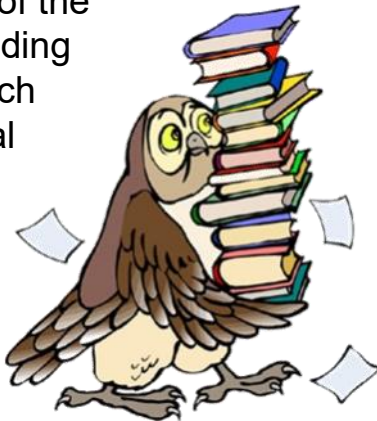
favourite books that can be borrowed on the spot. All digital services at the library

(those accessed through your computer, smartphone or tablet) are always up and running. Through the library digital platform

you can access e-books and audiobooks. If you would like some help getting set up on the library website, you

can do so at [www.gvpl.ca](http://www.gvpl.ca). If you run

into any problems, Trish is very familiar with the digital site so you can ask her for assistance. You need a valid library



card to access digital services.

In the meantime, we have pulled together some titles for you to consider. All of these are available through the Greater Victoria Public Library, formats available are noted.

Where the Crawdads Sing by Delia Owens (Hard copy, CD, e-book, Audiobook). Note there are holds on this book, it is very popular!

The Boys in the Boat: Nine Americans and their Epic Quest for Gold at the 1936 Berlin Olympics by Daniel James Brown (Hard copy, CD, e-book, Audiobook)

The Curious Charms of Arthur Pepper by Phaedra Patrick (Hard copy, CD, Audiobook)

Driving Miss Norma: One Family’s Journey Saying Yes to Living. (Hard copy, e-book, CD)

All My Patients Have Tales – Favourite Stories from a Vet’s Practice by Jeff Wells, DVM. (Hard copy, Audiobook)







**BRAIN TEASER**

What does man love more than life,

Hates more than death and moral strife?

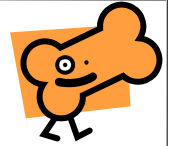
The poor have, the rich require?

The miser spends, the spendthrift saves?

And all men carry to their graves?



**FUNNY BONE**



**Canada Day Humour:**

Whoever said, "Do the job right the first time and you'll never have to do it again" never shovelled snow off a Canadian driveway.

Driving is better in the winter because the potholes are filled with snow.

There are really only two seasons in Canada, winter and the construction season.

Two guys go ice fishing. They get their small axes out of their backpacks and begin furiously striking at the ice. A few minutes later they hear a deep voice from above: " There's no fish under that ice."

The two guys are surprised; they look around and when they see no one nearby, they continue their



work with the axe. A few minutes later they again hear the deep voice from above: "There's no fish under the ice!" Now the two are bewildered because when they look around, there's no one in sight.

So they resume axing the ice at an even more furious pace. And once again they hear the deep voice from above:

"There's no fish under the ice!"

Now totally frustrated and scared, one of the guys shouts back: "Who is there? Who is talking to us...?"

And the deep voice from above said: "This is the Arena Manager speaking.....!"

**Around Victoria...Virtually!**

Usually, at this time of year, I share what is happening in and around Victoria. Things look different this year, with many festivals and outdoor happenings being cancelled or done online. I know most campus residents are using caution and sticking close to home. Here is a computer link that I found that has a couple of noteworthy happenings virtually <https://downtownvictoria.ca/events/#?date=2020-07-01>. [The Teeny Tiny Garden](#) series is a virtual series, where people in Victoria give you a tour of their beautiful backyard gardens. I encourage you to copy and paste the above link in your browser and check out some of the interesting virtual happenings in Victoria!



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