

## FOCUS ON RECREATION

The weather is warming up. We are looking forward to our first outdoor music performance with Debra and Ian on the back property. We are keeping numbers to a maximum of 10 people on the grassy area; we ask those who can to watch from your balcony. This is subject to any changes in current health orders.



We received an invitation to participate in a project called 'What do you carry in your heart.' You can read more on page three of the ECHO. We hope people will participate in this intergenerational project with James Bay Community School.



We want to take this opportunity to wish all the moms a very Happy Mother's Day! We included a short poem in celebration.

### **A Mother's Love**

Of all the special joys in life,  
The big ones and the small,  
A mother's love and tenderness  
Is the greatest of them all.

~ Anon.

Move for Health Day is an event we have participated in since 2005. Last year was the first year we did not have a big community gathering for Move for Health Day. It looks like this year will

be the same. We are asking all campus residents to participate by moving in some way on May 10th. Let the recreation department (Trish and Anita) know how you moved. Did you walk, bike, dance, climb stairs or carry groceries? We want to know. Here are a few pictures from past Move for Health Days.



**KAREN'S KORNER**



Thank you to all who attended this year's annual general meeting (AGM) either by Zoom from the comfort of your home or in the small, Covid-guided gathering in the Bob Watt's Room.

Once again our recreation team of Anita and Trish helped to make it a successful event with their technological skills and support of residents that wished to attend in person. The AGM was followed by our farewell to Julia, with everyone; residents, staff, and board members, playing some role in creating the best of send offs that we could manage in these restrictive Covid-times. (AGM report packages are available if you would like to read the reports. Simply enquire at the front desk in The Cedars.)



I have been speaking of change in recent newsletters. So, hang on to your hats as we extend welcomes to - **Tony** who replaces Julia as Manager of Environmental Services; **Griffin** who moves from his part-time night custodian role to replace Tony as part-time maintenance; **Nic** who replaces Griffin; **Peggy** who replaces Gina in the dining room and, **Marjorie** who has replaced Bobbie in the housekeeping department. We have been many years with little or no change. Time has a way of bringing about changes that we have little option but to accept and move forward with. It may take us a while to adjust but already our new colleagues are beginning to feel like they have been here forever...in a good way!

The Rezoning and Development Permit Application for 3700 Cedar Hill Road (The Cottages) will be considered by Saanich Council at a Public Hearing to be held on Tuesday, May 11, 2021, in Council Chambers, Saanich Municipal Hall, 770 Vernon Avenue, commencing at 7:00 p.m. Attendance is not allowed. If you wish to join the meeting you can so by phone, toll-free (833) 214-3122, ID# 811294747.

I hope to have news of the results of this meeting for the June newsletter.

**FOCUS ON RECREATION cont.**

**Did You Know?**

**Did you know that nutrition is important to brain health?**

Research done at Harvard University shows green vegetables such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. These foods could slow down cognitive decline. Berries and nuts can help



improve your memory. You can find out more about what foods improve brain health at: [health.harvard.edu/mind-and-mood/foods-linked-to-better-brainpower](https://health.harvard.edu/mind-and-mood/foods-linked-to-better-brainpower)

**Did you know that you can purchase healthy homemade soup prepared by our Chefs at The Cedars?**



If you are interested you can order soup from 2:00 to 4:00 p.m. Soups are sold for \$3 each or 2 for \$5. It is a great way to add something nutritious to your diet.

## What do you carry in your heart?

Early in the pandemic, a friend shared a 300+ year old quote and they are words I have returned to again and again through these many months of covid:

**In difficult times, carry something beautiful in your heart.** (Blaise Pascal, 17th century)

I recently shared this quote with a group of grade 5's at James Bay Community School and I was struck by their

responses

and by

where the

conversation led. First,

the word 'beautiful.' It was

effortless to move beyond our

society's definition of physical beauty to

the broader and deeper knowing of

beauty in the world. The beauty that

exists in nature, the beauty of the ocean

a block away from our school, the beauty

of loving and being loved, the beauty of

culture, of celebrations, of animals, of

happy memories, of kindness, of hope.

We talked about the difficult parts of the pandemic and the things that have been carried in our hearts through this past

year. Distance, missing loved ones, sticking to cohorts, navigating the scary

times has been eased through special times with family, being able to be at

school, having fun, remembering happy memories, looking forward, friendships.

The students were thoughtful about how the pandemic has had different effects

on different people, knowing that alt-

hough we are all in a pandemic together,



we are not all held in the same supportive net of connection and abundance.

As we talked about the pandemic and the quote above, our conversation led to wondering about Seniors in our community. We wondered about your many years of living and what you may have carried in your hearts through difficult times along the way.

We want to invite you to join us in a project.

We welcome your response to the question, **In difficult times, what beautiful thing have YOU carried in your heart?**

Your response might be one word. It might be a sentence or even a short paragraph. The students (kindergarten to grade 5) will read your words, your reflections, and put them into art. It is an unfolding project and we will discover what artistic creations emerge, inspired by the words you share. In the end, we will put everything together in a binder and share it back with you.

If you would like to participate, please simply respond to these 4 questions found in the insert of the ECHO:

1. Name
2. Year of birth
3. Place of birth
4. In difficult times, what have you carried in your heart?

**We are hoping to have all responses by Saturday, May 8. You can drop your responses off at The Cedars between the two doors during business hours.**

Laurie Bayly - School Counsellor, James Bay Community School

**BRAIN TEASERS**

How many words, three letters or more can you make from:



**QUEEN VICTORIA**

\*\*\*\*\*

In each case below, which three letter prefix will make three longer words?

- |            |              |
|------------|--------------|
| _____ DID  | _____ AGE    |
| _____ NOT  | _____ DATE   |
| _____ TEEN | _____ HOLE   |
| _____ AWAY | _____ TERN   |
| _____ PING | _____ RIOT   |
| _____ TON  | _____ ROLLED |



**WELCOME TO DAWSON HEIGHTS**

**The Cottages**

Christina W  
Grant L  
Margaret F

**QUOTES**



Horticulturally, the month of May is opening night, Homecoming, and Graduation Day all rolled into one."

Tam Mossman

It is now May . . . It is the month wherein Nature hath her fill of mirth, and the senses are filled with delights. I conclude, it is from the Heavens a grace, and to Earth a gladness."

Nicholas Breton

The month of May is the pleasant time; its face is beautiful; the blackbird sings his full song, the living wood is his holding, the cuckoos are singing and ever singing; there is a welcome before the brightness of the summer."



Lady Gregory

When April steps aside for May, like diamonds all the rain-drops glisten; fresh violets open every day; to some new bird each hour we listen."

Lucy Larcom



**Our purpose is to provide safe housing in a nurturing community for independent seniors on limited income.**

**DAWSON HEIGHTS HOUSING LTD.**

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