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Recreation Highlights:

Valentine's Day Sing-A-Grams:

We are very excited to be celebrating Valentine's Day this year by having our recreation team – along with our Music Therapist Stephanie delivering Sing-a-grams throughout the Kiwanis Village Campus!

The sing-a-grams will be delivered before 1pm on Valentine's Day!

Sing-a-grams are by donation (with donations supporting our Music Therapy program) and can be sent by speaking to anyone in the Lodge or Housing Recreation Department.

Sing-a-grams can be sent to residents, staff, coworkers or anyone that will be on site on Valentine's Day before 1pm!

Join our Bell Choir:

It's never too late to learn to play an instrument! Join our Music Therapist – Stephanie on alternating Fridays – in the Fireside Lounge!

Cupcake Sales – Heart + Stroke:

We will be selling Cupcakes to support The Heart and Stroke Society of Canada. Cupcakes can be purchased in the suites and house lobby on Thursday, February 13th from 1:30-2:30pm and at the Lodge on February 11th.

Book Club:

Look for details about our new book club! Open to all residents.

Please speak with Carmen – (250) 740-2879 to learn more

Resident Council Meetings:

Monday, February 10th we will hold individual building meetings in the House, Villa and Suites, Please check your monthly calendars for times and location.

The next all site meeting will be held on Monday, March 16th at 1:30pm.

Topic: Emergency Preparedness.

Presenter: Eric Smith

Music with Josi:

Just a reminder that Josi will be singing and playing the guitar on Monday evenings in the back of the fireside lounge!

Check the calendar for times and confirmation.

Questions about the Recreation Programming?

Call – (250) 740-2879

LIGHTS! CAMERA! ACTION!

This is a story about changing your life. About overcoming your fear, and everything that has held you down over the years, all your past failures, mistakes and regrets.

It was at the eastside of Toronto, on a Friday night. Eleanor is meditating in the back room, focusing and channeling her energy to fit her role. Focus, focus, focus. "Eleanor, you're about to go on!" A voice shouts from a distance. Slowly she gathers herself, walking past the makeup crew scrambling to finish on one of the actors, past the techie speaking into a two-way radio, past an actor who is frantically doing pushups to quell his anxiety.

Eleanor had a passion for performing from an early age. When she was a little girl she remembers holding clothesline concerts in the summer, charging the neighborhood kids a penny to watch her sing. Now her time has come on a real stage, time to prove herself to the world.

"You look terrible," the words still ring in her head. A minor actor had told her this earlier out of jealousy, but the makeup crew said she looked fine. However, she is still nervous. Nervous of performing, nervous of acting, especially nervous of public speaking, a fear that has followed her for her entire life.

Although they have been rehearsing the play for over three months, the rest of the cast is nervous too. Tonight is the last night they will perform "It Was a Dark and Stormy Night," and the stakes have never been higher. In the crowd are friends, coworkers, and people who have paid to watch a professional play. As the crowd slowly fills their seats, actors are dealing with their stress in different ways. Some are even stress eating, but not Eleanor. Eleanor has a different strategy, not just a strategy by a mindset, something she has opened herself to, and connected herself with.

Amidst the commotion, she is mediating, focusing, and becoming the spirit of the character she played, doing this so well she is able to perfectly improvise while playing this character. But the clock has run out. The stage is still. The audience is waiting. Lights, camera, action!

As Eleanor steps onto the stage, she does something she has never done before. Working through her nervousness, she pushes aside all her let downs, people who doubted her, people who did her wrong; like the actor who told her she looked terrible.

What happens next is a flow, a perfect rhythm of dialogue and actions, and suddenly the play is over. As thundering applause shakes the theatre, Eleanor is euphoric. She has had the play of her life, and the comments she will receive in the following days will be nothing but praise. Dozens of people would commend her work in the play, and the director Chris Bondy would later tell her "I couldn't have done it without you."

But none of this praise could have compared to the realizations that she experienced within herself. At fifty years of age, Eleanor had experienced a revelation. She had finally overcome her fear that had held her down for years. Ever since she could remember she had been afraid of pursuing the talents she possessed, but that night she had forgotten her fear, and put on an amazing performance that stunned the viewers. From that point on, she would act without fear, and live her life differently – for the better.

Unfortunately, Eleanor would later suffer from fibromyalgia, an illness that forced her to leave the acting industry. Nonetheless, the revelation she experienced during her performance changed her life, and she began to live differently from that point on, without doubting herself.

This story was written by Anders S, a tenth grade student from Aspengrove School. This story was written based on memories shared by Eleanor, a residents at Kiwanis Village.

At the end of 2019 we had twenty students from Aspengrove come to write memoirs of some of the Kiwanis Village residents. The students wish to express their gratitude to the residents who took the time to meet with them and allow them to practice their writing skills.

A special Thank-you to Eleanor who agreed to have her memories published in our newsletter.



Changes to Bus Route #30

Having the support of Kiwanis Village and the wider community has been integral in the success of our petition to reinstate bus route #30.

Thank-you to the 1000 people who signed our petition and to those who have written letters to BC Transit!

The next step we are taking is inviting representatives from BC Transit to Kiwanis Village on **Monday February, 10th at 12:30pm at the back of the Fireside Dining Room** to present our petition and discuss the impact of this bus stop removal has had on our community! Please spread the word and invite your family and friends to this meeting!

February is National Therapeutic Recreation Month

"Therapeutic Recreation is a health care profession that utilizes a therapeutic process, involving leisure, recreation and play as a primary tool for each individual to achieve their highest level of independence and quality of life" (CTRA, 2020).

As a recreation team, we work to positively impact all five realms of individual wellness: social, physical, emotional, cognitive and spiritual. We believe that in and through recreation is where individuals experience growth, find purpose, and thrive.

To help us celebrate National Therapeutic Recreation Month, we are going to play a Kiwanis-wide game (because after all, fun and games is a huge part of who we are)! Each person will receive a booklet with a grid on the back page. Each time you attend and participate in a recreation activity – either here at Kiwanis or within your community – let a recreation team member know and receive a sticker. Once you've attended an activity in each of the five realms, drop your booklet into the box you'll see in the lobby of each building for a chance to win a great prize!

A couple questions to kick off the competition (answers below):

True or False?

1. Therapeutic Recreation is all fun and games.
2. Therapeutic Recreation needs to be prescribed by a doctor.
3. Bingo is a form of a TR intervention.
4. Recreation Therapists can work in a variety of settings, some of which include community, day programs, acute care, rehab, long term care.

Getting to Know: Eric + Chris Smith "The Kiwanis Couple"

As many of you are probably aware by now - Chris and Eric Smith met working at Kiwanis Village and married a few years ago! As this newsletter is coming out so close to Valentine's Day we thought it might be nice for everyone to get to know this wonderful couple a little bit better!

Tell us about your work history at Kiwanis? Eric started in September 1990 in the Maintenance Department and now works as the Building Services Coordinator. Chris started in September 2007 as a server and housekeeper and then moved into the role of Production Supervisor where she managed the cooks, servers and housekeeper, and now Chris works as the Hospitality Services Coordinator.

How did Eric Propose? I proposed on Saturday, December 13th at table 13 in the Fox and Hound restaurant in Ladysmith. Everyone that knows Chris at Kiwanis would understand when I say that she is one of the most caring and compassionate humans on earth and it didn't take long for me to ask her to marry me!

Tell us a little something about your wedding day? We were married by our friend Jeff Smith who is a retired police officer from LA, Chris's wedding dress came from a 2nd hand store and cost less than a pizza, we catered our own wedding and fed about 125 people. We didn't tell our guests that it was a wedding, instead we told them it was a birthday/BBQ party for everyone that was turning an age with a "0"...40, 50 60. Some people thought that since it was just a BBQ they would either blow it off or come late... Bad mistake - we are feeling the repercussions from that still!

Where will you be celebrating Valentine's Day this year? On the beach in Mexico!

Something you might not know about us? We built a log house together in the forest that is heated strictly by wood! Our 4 cats and dog sleep underneath the same wood stove that we prepare our meals on and our water supply comes from rain that we catch and put in water tank.



Bonnie's Anecdote: Casey The Cat

KC, or Casey, was literally an alley cat, having been born under and overturned row boat in a back alley off Kennedy Street. Since his owner (slaves) were Cathy, Ken, Carissa and Kaylin, KC seemed a logical name. He was a beautiful cat with a very long body and a very long striped tail. I'm sure he had inherited some Egyptian genes. He would often sit up on his hind legs with his tail curled for extra balance and gaze around him like a curious meerkat. More than one visitor was startled to open the door and see an upright cat observing them!

KC was the only "retriever" cat I ever saw. One afternoon, Ken shot a crow in the neighbour's tree. Not wanting to go into the cranky neighbour's yard, Ken disturbed KC's nap and dropped him into the yard. KC dragged the crow, by one wing, home to his depository under the back stairs. He then went up the stairs, sat in front of the "treat cupboard", and received the treat he earned whenever he brought home a mouse or rat. He was a terrific mouser and kept the neighbourhood clean of rodents.

KC was not a particularly social cat, but he honoured me with his presence every Sunday. On a Sunday morning, he would come down to my basement suite, curl up on the velour chair by the fireplace and spend the day – only on a Sunday. If my phone rang, he would jump off his chair and whack the phone out of my hand – nothing should disturb His Majesty's slumber, obviously.

Belle, the family basset hound was his pal, and they were often curled up together on Belle's blanket. That was as far as tolerance for other family pets went, though. When two puppies were introduced, he immediately smacked them on the nose and let them know who was boss. He was, however, in cahoots with the older dog, Bear. Bear would bark at KC, who was dozing on the back of the couch. He would jump up onto the counter, knock down the puppy treat box onto the floor, jump down, share the treats and go back to his favourite perch.

Unfortunately, he was injured in some kind of neighbourhood escapade and although given much care, he could not be saved. He was much missed by family, friends, and the neighbourhood.



Happy News Stories

We are pleased to announce that we have received a \$5,000 grant from Music Heals to support our Music Therapy Program! This will allow our Music Therapist Stephanie the opportunity to be at Kiwanis Village one extra hour a week!

Over the holidays the Kiwanis Village Community was able to be "Christmas Angels" to two local families in need through a program put on through Volunteer Nanaimo. Thank-you to everyone who donated items – we are proud to say we were able to provide with almost everything on their wish lists!

Congratulations to Kiwanis Village for making it into the December 17, 2019 edition of the Nanaimo News Bulletin! The Village was awarded 1st Place for Christmas Decorations – candy canes and Christmas lights in the commercial division in the Greater Nanaimo Chamber of Commerce's Christmas light contest. Special thanks to Eric, Mike, Amadeus, Heidi, Carmen and so many more! Thank you so much for all the time spent on this production. It was thoroughly enjoyed by all residents and their families.

Well Done!



TR Month Quiz Answer Key

1. False – RT can be fun, however, there are psycho-educational aspects within therapy that may not be all fun – for example, journal homework!
2. False – referrals can come from other allied staff, not just doctors
3. False – Bingo is recreation participation – purely for enjoyment (and winning!)
4. True

Questions and Answers adapted from The Canadian Therapeutic Recreation Association