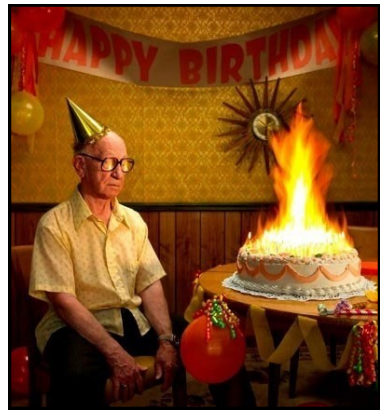


August Birthdays

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Mitch M.
Janet H.
Patrick H.
Anne S.
Louie K.
Charlotte L.
Chon I.
Josephine R.

August 1
August 8
August 12
August 16
August 21
August 24
August 25
August 28

Birthday Teas

August 12 - Wednesday
Willow at 2:30 pm

August 25 - Tuesday
Magnolia at 2:30 pm



RESPECT



Find out what it means to us

Stay tuned for suggestions in the Buzz
and on the reception TV from the staff
who attended our RESPECT
In-service, like...

*If you promise to do something later,
follow through with your promise,
even if only to find someone
else to help.*

SPIRITUAL HEALTH

Summer 2020 - August

TEAM COVERAGE:

Sunday - Ross
Monday - Jeanne
Tuesday - Jeanne
Wednesday - Jeanne & Ross alt.
Thursday - Darlene
Friday - Darlene
Saturday - Ross

PROGRAMS:

Mondays - SPIRITUAL REFLECTIONS
Magnolia at 10 am | Camelia at 11 am
Tuesdays - SPIRITUAL REFLECTIONS
Rose at 10 am | Willow at 11 am
Thursdays - **ARMCHAIR TRAVEL**
Magnolia at 10 am | Camelia at 11 am
Fridays - **ARMCHAIR TRAVEL**
Rose at 10 am | Willow at 11 am



ICE CREAM SOCIALS

Aug 5 - Willow & Rose
Aug 18 - Magnolia & Camelia

HOT DOG BBQ

Aug 14 - Willow (noon)
Aug 27 - Camelia (noon)



PATIO NIGHTS

August 6 - Willow
August 13 - Rose
August 20 - Camelia
August 27 - Magnolia
Join us by our campfire in
the courtyard for an evening
of roasted marshmallows,
samosas, music and trivia.



Courtyard Music with Alistair

Magnolia Aug. 1 and 15; Camelia Aug. 5, 12, 19, 26
Willow Aug. 8 and 29; Rose Aug. 15

BUCHANAN LODGE



Fun Facts about Beautiful B.C.

- ◆ B.C. was the sixth province added to Canada, in 1871.
- ◆ Mile 0 of the 7,699km Trans Canada Hwy is in Victoria.
- ◆ B.C.'s motto is "Splendour without Diminishment."
- ◆ The provincial flower of B.C. is the Dogwood.
- ◆ There are only 30 countries larger than B.C. (and one state: Alaska).
- ◆ British Columbia is 4 times the size of Great Britain.
- ◆ Osoyoos is the warmest freshwater lake in Canada.
- ◆ Ogopogo has been a protected species since 1989.
- ◆ Fairweather Mountain is the highest point in B.C. at 15,299 feet.
- ◆ B.C. Place was the first covered stadium in Canada.
- ◆ The world's largest hockey stick resides in Duncan.
- ◆ Although the Canucks have come up short three times, two B.C. teams have won the coveted Stanley Cup - 1915 Vancouver Millionaires & 1925 Victoria Cougars.
- ◆ Vancouver is 2nd only to Los Angeles in TV production and 3rd in movie production.

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Memorials	IP
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Buchanan Buzz

NEWS FROM 409 BLAIR AVE.

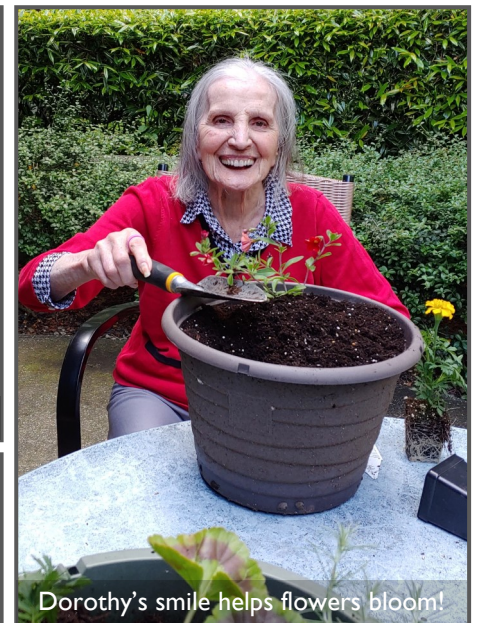
AUGUST 2020



Precious Memories



Geri, Geri (& Sydney) how does your garden grow?



Dorothy's smile helps flowers bloom!



Welcome back Alistair to regular courtyard music!



Shirley keeps Bertie whistling a happy tune.



Lorraine - "who needs gloves?"

Thought For August

We often long dreamily for days without difficulty, but God knows better. The easier our life, the weaker our spiritual fiber.



Eileen Egan worked with Mother Teresa and the Missionaries of Charity for 30 years. On one particular day they were experiencing a litany of problems. When Eileen complained to Mother Teresa, she suggested substituting the word “problem” with “gift.” So Eileen rephrased her complaint, “Mother, today we have been given a basketful of gifts!” The same could be said of the unusual summer of “gifts” we are going through right now!

“When troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow” (James 1:2,3). The Bible has it right, and so does our rehab team: “Get strong; stay stable!”

~ Chaplain Rob

The Path of Most Resistance

“Get strong; stay stable!” This is the motto of our Physiotherapy Team who work together to help our residents regain strength in their arms and legs, which in turn helps them to avoid falls. Their favourite techniques include isometrics, or resistance, exercises. We get stronger when our muscles push against other muscles or against something that does not move.

In the early days of the Russian space program, they learned this the hard way. When their first cosmonauts touched down after 211 days in space, they suffered from dizziness, high pulse rates and heart palpitations. They couldn't walk for a week, and after 30 days they were still undergoing therapy for atrophied muscles and weakened hearts. At zero gravity, the muscles of the body begin to waste away because there is no resistance. To counteract this, the Soviets began a vigorous exercise program for their cosmonauts. They invented the “penguin suit,” a running suit laced with elastic bands designed to resist every movement the cosmonauts made, forcing them to exert more strength. It worked!

This principle applies to our entire life, especially spiritually. We often long dreamily for days without difficulty, but God knows better. The easier our life, the weaker our spiritual fiber. Strength of any kind grows only by exertion, through resistance. The Bible reminds us that “no discipline is enjoyable while it is happening - it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way. So take a new grip with your tired hands and strengthen your weak knees” (Hebrews 12:11,12).

UPDATES FROM BLAKE ARMSTRONG

Buchanan Lodge E.D.



Dear Family and Friends,

Review of Recently Announced Social Visiting Policy

As reported to you last week, the new Fraser Health policy is designed to enable social visits to take place *inside* the courtyards and *inside* the building in designated areas (e.g. Lobby). These visits are not to take place in a resident's room - except in certain situations where the resident is not able to be safely transported out of their room to a designated meeting location.

Under this policy only a single “designated” visitor per family is permitted to visit. Families must decide who the designated visitor will be. To ensure that there is no physical contact and that a 2-meter distance is maintained - a staff member is required to monitor each visit.

Funding of up to 3-FTE's was also announced so that additional staff can be hired to facilitate the new policy. However, there has been no further communication to authorize the hiring of more staff.

Moving Forward

We will continue to provide opportunities in the form of open windows, courtyard gates, Zoom/ WhatsApp, and combinations thereof. Families have expressed a preference to this form of visit because there is no restriction on the number of family or friends being able to participate per visit.

Arrangements have been made for those residents, who are unable to leave their rooms, to also have visitors. Until we receive confirmation of increased funding these will be the only visitors who come into the building.

Changing Schedule and Staff

We welcome back Darlene Mollard, our former Chaplaincy Coordinator, for 2 days a week for 6 weeks at least, to provide some relief with the visitation schedule while our regular chaplains rotate off for vacation. Darlene will also bring her excellent Armchair Travel program to each house to replace Summer Lovin'. Her arrival will allow for us to add Sunday visits back for Magnolia and Willow, so if you want to move a week day visit to Sunday, let the Chaplains know at BuLoChaplains@gmail.com, first come first served!

We are happy to be Covid-19 free.....and doing our best to keep it that way!!!

Blessings,
Blake Armstrong
Executive Director

