

## **Internal Greetings - Messages of Hope and Love**

"Hi from Wayne - thinking of all of you. Hang in there, be safe."  
~ Wayne 304

"Dear fellow isolates here,  
While I am waiting for my first cup of coffee, I am feeling very appreciative of all the care workers who are keeping us in touch with life, if only the sun would shine, I would be happy"  
~ Christine 106

"Hi Everyone, hope you're all Okay and staying safe and healthy. If you get bored and want to talk, call me 604-485-2824"  
~ Glen 207

"I'm fairly new here and have not met many of the tenants. I would like to say here - what a friendly group of people live at Kiwanis. Keep your spirits up during this time of isolation."  
~ Elaine 104

"Hi Christine, Monty, Katy, Roberta, Martha, Shirley, Norma, Beryl and all I usually greet but now miss a lot."  
~ Bruce 101

"Hello to everyone at Kiwanis" ~ Celine the hairdresser

### **Daily Snacks**

Our morning and afternoon snack trolley will be going room to room Monday through Friday. The snacks are not going to be available on weekends.

If the morning or afternoon snacks do not currently stop at your suite and you would like them to, please let the staff know and you will be added to our list.

## **The Manor Weekly** **March 30 to April 5, 2020**

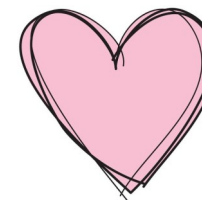


### **Coronavirus Update**

We have made it through week 1 of Self Isolating and Room Service! With all things considered both tenants and staff have done very well. We thank everyone for their patience and understanding as this way of operating is new for most everyone.

There is no word on how long this will last so we just need to keep going and find pleasure in small things. Tenants are still encouraged to come out of their suites and go for a walk every day. You can walk in the hallway or go down into the courtyard. The flowers are blooming and its beautiful out there! Keeping your body moving every day is very important! Please try to do what you can.

**We will get  
through this  
together!**



### **Groceries and Supplies**

If you are in need of groceries or supplies, family members can drop them off to our office. If you do not have anyone in the community to get you supplies, please talk to Jenni our Activity Coordinator and she can assist you.

Unfortunately tenants are no longer able to go out to grocery stores. Outings must be for medical reasons only.

### **Internal Greetings**

We think it is important to keep communicating with each other. The back side of the newsletter will now feature hellos and contributions from your fellow tenants.

Jenni, our Activity Coordinator, will be collecting notes and quotes or jokes from tenants and publishing them each week on the back of the Newsletter.