

APRIL 11, 2022

# Family Information Update



## RESTRICTIONS CURRENTLY REMAIN IN PLACE

Pandemic safety measures currently remain the same for the Veterans Centre. We are closely monitoring the progression of wave six of the COVID-19 pandemic.

A reminder that all visitors must continue to mask at all times throughout the Veterans Centre, including Sunny's cafeteria. You may accompany a resident to Sunny's, however you cannot partake in a meal/drink.

We encourage family members who are 60 years of age and older to take advantage of the newly available 4th booster dose of vaccine by booking an appointment at a pharmacy or other community setting that is offering vaccines to the public. Sunnybrook is not currently operating a vaccine clinic in order to focus existing staff resources to care for our hospital patients.

## Update Topics:

**RESTRICTIONS CURRENTLY REMAIN IN PLACE**

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**K WING GARDEN: WORKING TOWARDS A DATE FOR RE-OPENING**

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**RECOGNIZING THE SKILL AND DEDICATION OF OUR STAFF**

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**PHYSICIAN CHOIR ON CANADA'S GOT TALENT**

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**THERAPEUTIC YOGA CLASSES FOR FAMILIES ON MONDAY MORNINGS**

## K WING GARDEN: WORKING TOWARDS A DATE FOR RE-OPENING

We have an annual process for opening the K wing garden that includes a general clean up, placing of any outdoor furniture, safety inspection, and fixing any safety items identified (e.g. if paving stones have shifted, cracked or heaved on walkways). We have started to work on the opening, but the unpredictable weather has limited progress so far. We have been closely monitoring weather conditions and making preparations to identify an opening date. We will keep you posted!

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## RECOGNIZING THE SKILL AND DEDICATION OF OUR STAFF

We have launched the first of a regular series of informative profiles of individuals and teams at the Veterans Centre that are posted on the [Sunnybrook Veterans Program webpage](#) and on the digital screen at Sunny's. Our [first profile](#) is of the physiotherapy team's work to creatively and safely help our Veterans remain active during the pandemic, featuring physiotherapist Rodrick MacKinnon with resident Philip Kommit!

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## PHYSICIAN CHOIR ON CANADA'S GOT TALENT

A choir of physicians appeared on [Canada's Got Talent](#) last Tuesday, including our very own Dr. Susan Deering!

## THERAPEUTIC YOGA CLASSES FOR FAMILIES ON MONDAY MORNINGS

A message from Ingrid Wirsig:

Dear Veteran Family Members:

Thank you very much for your responses to the survey about therapeutic yoga classes. Based on the survey feedback, I am pleased to let you know that I will be offering therapeutic yoga classes for family members on Monday mornings from 11 am to 12 pm beginning in mid to late April (date TBC). For the time being, the classes will be on the Zoom platform. However, since most of you indicated that you prefer in-person classes, I will aim to offer classes in person when it is safe and feasible to do so.

As selected by you, each class will include some combination of gentle movement, guided relaxation, restorative yoga, and meditation and mindfulness.

In April, I will also start to offer yoga therapy to residents of the Veterans Centre. Depending on the unit, I will see residents in small group classes and/or one-on-one. Some of you mentioned in the survey that you would like your family member to take advantage of this program. You are welcome to let me know and I also recommend that you connect with the Recreation Therapist on your family member's unit.

If you are interested in registering for classes, accessing the recordings and/or communicating with me about any aspect of the Vibrant Veterans project, [please provide your contact details here](#).

Thank you. I look forward to meeting you.

Ingrid Wirsig, MSc, CYA-YT, C-IAYT

[Ingrid.wirsig@sunnybrook.ca](mailto:Ingrid.wirsig@sunnybrook.ca)

*"Health is not just being disease-free. Health is when every cell in your body is bouncing with joy."*

*- Sadhguru*