

Family Bulletin – April 2017



Family Council

**Monday, April 24, 2017
3:15 to 4:30 PM
Activity Room
Refreshments served**

Presentation

Animal Assisted Therapy and Advocacy

Lisa Markin, a Registered Nurse from Inspire Animal Assisted Therapy, will explain her experiences integrating animal assisted therapy into various healthcare settings. Together with her certified therapy dog, Cajun, she supports individuals with structured therapy goals to improve motivation, range of motion, strength, balance, mental stimulation, speech and more while having fun!

At the suggestion of families, there will also be time to discuss an advocacy issue related to funding for residential care and share a recent report from the BC Ministry of Health to boost funding to improve care for seniors.

Everyone welcome!

Family Council Updates

Adaptive (Comfort) Clothing

At our March Family Council meeting, Michelle Porter (RN) and Laura Henry (Rehab Assistant) gave a presentation and fashion show about adaptive clothing (also known as comfort or geri-clothing). This clothing is made especially to meet the needs of individuals with limited mobility and/ or impairments that can make dressing uncomfortable and challenging. Adaptive clothing has features like openings in the back, snap or Velcro fasteners, and other adaptations to help make the dressing process easier.

As dementia progresses, muscles become thick and tight and range of motion decreases. Skin thins and becomes more susceptible to bruising and tears. As well, residents may not understand what caregivers are trying to do for them and may resist their attempts to assist them with dressing and undressing. Because of these challenges, dressing in regular clothing becomes increasingly difficult and creates risks for both the person with dementia and their caregivers. Our staff will let you know when your resident needs to start using adaptive clothing. For your convenience, we keep a number of adaptive clothing catalogues in the Library (including Silvert's) or you can arrange to alter the resident's personal clothing if you sew or know someone who does.

The Unit Health Care Workers can recommend the most suitable adaptive clothing styles, sizes and number of items needed. The order can be placed through the Receptionist. Please note that shipping is free from Silvert's when the order is over \$100. Additionally, for each order

placed for a resident living at the Pavilion, Silvert's donates points for the Pavilion to purchase adaptive clothing items to benefit residents with limited funds.

Invitation to VIAFC AGM

The Vancouver Island Association of Family Councils invites you to the Annual General Meeting on Saturday, April 22 from 11:00 AM to 2:00 PM in Nanaimo. The guest speaker, Jennifer Whiteside, will share her research for the Hospital Employees Union about staffing stability and quality of care. If you would like to attend, please RSVP to Kim Slater before April 8 (Email: kcslater@shaw.ca or phone 250-390-2311). Carpooling is also available.

Kiwanis Pavilion Updates

Accreditation Update with Gratitude

The Pavilion underwent our once-every-four-years accreditation survey on March 22 to 24. Over the three days, we were evaluated against 519 national standards. While we await our final report and accreditation decision from Accreditation Canada, we wanted to warmly thank all families and friends of residents for supporting the Pavilion community and also those families who made themselves available to speak to the surveyors. We are grateful for your contributions and partnership.

Influenza Policy Ends March 31

Influenza activity has declined in BC, and the Provincial Health Officer has announced the end of the flu policy application period. This means that visitors to the Pavilion who have not received the influenza vaccine are no longer expected to wear masks in resident care areas.

Bladder Scanner

We are grateful for the generous donation from Dr. Bob Sollars and family that has allowed the Kiwanis Pavilion to purchase a bladder scanner, an ultrasound monitor that is used to assess the volume of urine in the bladder in a safe and painless way. Thank you!

Jazz at the Pavilion

The Victoria Jazz Orchestra will be practicing in the Activity Room on three Sundays in April (the 2nd, 9th and 16th) from 3:00 to 5:00 PM as they prepare for their Jazzfest performances. Visitors and residents are welcome to watch the rehearsals. An ensemble from the orchestra will give a concert in June, date to be announced.

Volunteer Appreciation



April 23-29 is National Volunteer week. The Pavilion currently has 67 volunteers. After Easter, there will be a display on the activity room bulletin board of all the areas

volunteers contribute their skills at the Pavilion to support residents. Join us in thanking the volunteers when you see them. Thank you!

Invitation to Join the Memory Joggers

The annual Walk for Alzheimer's will be on Sunday, May 7 starting at the Harbour Towers Hotel. The walk will raise funds and awareness for Alzheimer's disease and other dementias. Join the Kiwanis Club team called "THE KIWANIS MEMORY JOGGERS." You can check out the Alzheimer Society website at alzheimers.ca for more information about joining the team or making a donation.

Please No Lilies

With Easter fast approaching, this is a gentle reminder that the Pavilion has a "Scent-Free" policy so we ask that floral arrangements not contain any heavily scented flowers. For everyone's comfort, please do not include lilies in bouquets for residents. Thanks!

Last Sunday Breakfast for a Good Cause

Until April 9 only, the Oak Bay Pavilion Foundation is serving breakfast at the Willows Beach Tea Room on Sundays from 9:00 to noon for only \$10. Funds raised go directly towards the residents at the Kiwanis Pavilion. Come enjoy a hearty meal and a beautiful view!