

Family Bulletin – April 2018



Family Council

Monday, April 16, 2018
3:15 to 4:30 PM
Activity Room
Refreshments served

Presentation

Family Caregiver Support

Join us at the next Family Council meeting for a conversation with Staci from the Alzheimer Society of BC. This will be a discussion to answer questions about the Alzheimer Society, its programs and also your role and experiences as a caregiver on the dementia journey. Please bring your questions!

Everyone welcome!

Family Council Updates

Spring Decluttering and Downsizing

With spring in the air, Carol Anne Forsgren from Home2Home spoke at the March Family Council Meeting to share tips on how to plan and organize your home for safety and comfort as well as pack and move to a smaller space. She emphasized the importance of “beginning with the end in mind” to help strategize necessary timelines throughout the process. To help, she suggested identifying the move, list, staging and final pack dates; assessing what will fit in the new home (e.g. draw your furniture on the floor plan); and removing clutter and unwanted items. Carol Anne advised that your timeline will also depend on how much clutter you have! She discussed how to dispose of unwanted items through donation, recycling or tossing and suggested a sticky dot system to streamline the process. That is, red means keep, green means donate, yellow means give to family or friends, and blue means sell (e.g. for valuable items that are not needed). Overall Carol Anne’s main message was “get started and focus on one thing at a time.” Copies of handouts from the presentation are available from the Social Work office.

Planning Ahead: Mark Your Calendars

The Co-Chairs have been busy organizing guest speakers for the upcoming Family Council meetings. We hope you can join in!

- Monday, June 18 – Reverend Deb Redman and Funeral Planner Susan Benesch (Earth’s Option) will present on ritual and memorials
- Monday, July 16 – 6th Annual Berry Shortcake Social

Kiwanis Pavilion Updates

New Funding

In late January, an announcement came from the Ministry of Health indicating that they were committed to providing additional care aide hours in subsidized residential care facilities, in order to move to a health authority average of 3.36 hours of care per resident per day (HPRD). This includes all care aide (Health Care Worker), nursing (LPN, RN) and Allied Health (activities, rehab) positions.

During the past fiscal year (April 1, 2017 to March 31, 2018), the Kiwanis Pavilion's average HPRD has been running between 3.28 and 3.35 hours. We were unsure if we would get any additional funding, but we submitted a request. We received funding to increase total HCW hours by 10 hours per day. These hours were used to primarily lengthen some of the "short-shift" HCW positions. Information about the changes are posted on the bulletin board in the front hallway.

Concert in Care: You're Invited



Enjoy an afternoon of music with pianist Graeme Fullerton on Tuesday, April 24 at 1:30 PM in the Activity Room.

Graeme began playing piano at age ten and in university left the business program for the

school of music to complete a diploma in piano performance and also a doctorate in music in history. This concert is presented by the Health Arts Society of BC and is generously supported by the Weir Family Foundation, Azrieli Foundation, and Odlum Brown. See you there!

Flu Season Continues: Your Help Is Needed



Flu activity is still high in BC. The Island Health Authority requires that all visitors who have not received a flu shot please wear a mask throughout

April. Masks are available in the front lobby.

Sunday Breakfasts: Last Call

Until April 15, the Oak Bay Kiwanis Pavilion Foundation is serving breakfast at the Willows Beach Tea Room on Sundays from 9:00 to noon, for only \$10 per person. Enjoy!

Time to Say Goodbye

When I am alone I sit and dream
And when I dream the words are missing
Yes I know that in a room so full of light
That all the light is missing
But I don't see you with me, with me
Close up the windows, bring the sun to my room
Through the door you've opened
Close inside of me the light you see
That you met in the darkness
Time to say goodbye
Horizons are never far
Would I have to find them alone
Without true light of my own with you
I will go on ships over seas
That I now know
No, they don't exist anymore
It's time to say goodbye
When you were so far away
I sit alone and dream of the horizon
Then I know that you are here with me,
Building bridges over land and sea
Shine a blinding light for you and me
To see, for us to be
Time to say goodbye
Horizons are never far
Would I have to find them alone
Without true light of my own with you
I will go on ships over seas
That I now know
No, they don't exist anymore
It's time to say goodbye
So with you I will go
On ships over seas
That I now know
No, they don't exist anymore
It's time to say goodbye
So with you I will go...
I love you

Lyrics by Sartori, Peterson & Quarantotto. Thanks to Ken for sharing this song. He recommends watching the version online by Gregorian in Riga!