

## *Family Bulletin – April 2019*



### *Family Council*

**Monday, April 15, 2019**

**2:30 PM to 3:45 PM**

**Activity Room**

**Refreshments will be served**

### *Presentation*

#### **The Frailty Closet and Doing the Laundry**

Join us at the April Family Council for a conversation and fashion show about adaptive clothing with Laura (Rehab Assistant) and Michelle (Registered Nurse). Adaptive clothing (also known as comfort clothing) is clothing made especially to meet the needs of individuals living with frailty and limited mobility. Learn why adaptive clothing is needed, how it works with lifts and toileting, and how to order it. And ... as a special bonus, Alison (Laundry Worker) will also tour us through the Laundry Room to see how she works her magic labelling, washing, drying and sorting the clothing for 122 people!

***Everyone welcome!***

### *Family Council Updates*

#### **The Joy and Connection of Music**

At the March Family Council, Lynette (Music Therapy Intern) spoke about Music Therapy and welcomed us to join in singing, ringing the hand chimes, strumming the autoharp, playing percussion instruments, and even humming a sound meditation. She explained that Music Therapy is a discipline in which credentialed professionals use music purposefully within therapeutic relationships to support development, health and well-being. Lynette shared how she assesses residents, develops goals for a treatment plan, and then implements the music therapy sessions. She noted the primary goals when working with the Pavilion population are to reduce isolation, increase social interaction, maintain quality of life, and support a sense of purpose and connection. At the Pavilion, there is group music therapy, individual music therapy (for those who cannot physically go to the group, need more time to build trust, or need a quieter session), and the “Blue Bells” hand chime choir group on Unit 1. The musical intervention techniques are singing, playing, listening, improvising, songwriting, and movement. Lynette described the benefits, which include: stimulating many parts of the brain (i.e. the language, emotion, reward, and memory centers); shifting mood to help reduce stress, agitation, confusion, anxiety and depression; providing a distraction from pain; and offering structure and predictability, therefore creating a safe environment. As Lynette said, music therapy “is like a musical hug.” Many thanks to Lynette for the informative, joyful, tender and restorative music therapy session for families!

## *Kiwanis Pavilion Updates*

### **Gratitude and Retirement Fiesta**

As you know, Fiona will soon be retiring from her position as Director, Resident Services at the Pavilion. There will be a wee farewell party later in April to celebrate all things Fiona and wish her well on her next adventure. Stay tuned for details!

### **Warm Welcome**

On May 1, Shannon Johnson will be joining the Pavilion as Director, Resident Services. She brings over 14 years of long term care leadership experience, and is excited to be relocating to Victoria from the mainland. She has a passion for delivering high quality services using a holistic, person-centred approach. Shannon has initiated and participated in several innovative projects to improve the lives of seniors. She looks forward to introducing herself to residents, families, and the community, and working together to improve the lives of those we are serving. In her personal life, Shannon has a family she loves, which include two grandchildren she adores. She plays on a community women's soccer team and has been part of The Seaforth Highlanders of Canada's Regimental Family for over 12 years.

### **Concerts in Care: You're Invited**



Thanks to a generous donation from a Pavilion resident and several corporate donors, the Health Arts Society of BC is providing a series of Concerts in Care at the Pavilion. The next concert will be on Tuesday, April 23 at 1:30 PM. Karen Lee-Morlang will be performing. Karen is an award-winning piano performer, educator and producer, and is known for championing "art music for the masses." Mark your calendar!

### **More Help Always Welcome at Meals**



Meals are a busy time at the Pavilion with many residents requiring assistance with eating. If you are ever able to coordinate your visits with meals, we are always grateful when you can support your family member with their meal. Thanks!

### **Flu Season Continues: Your Help Is Needed**

Thank you for your help over the last few months keeping the Pavilion healthy through flu season. Unfortunately, due to an increase in Influenza cases in the community, the requirement for people who are not immunized to wear a mask has been extended until further notice. Please continue with diligent hand-washing, be sure to cough into your elbow, and of course, stay home if you are unwell.

### **Sunday Breakfast: Last Call for 2019**



Until April 7, the Kiwanis Pavilion Foundation is serving breakfast at the Willows Beach Tea Room on Sundays from 9:00 to noon, for only \$12 per person. All funds raised go directly towards supporting the needs of the Pavilion's residents.

### **Request for Sunshine Gear**



With the sunnier weather, this is a friendly reminder to please provide sunhats, sunscreen, and sunglasses for residents who will be out in the gardens. Please bring these items to staff for labelling. Thank you!

### **What Can I Say**

By Mary Oliver

What can I say that I have not said before?  
So I'll say it again.

The leaf has a song in it.

Stone is the face of patience.

Inside the river there is an unfinishable story  
and you are somewhere in it  
and it will never end until all ends.

Take your busy heart to the art museum and the  
chamber of commerce

but take it also to the forest.

The song you heard singing in the leaf when you  
were a child  
is singing still.

I am of years lived, so far, seventy-four,  
and the leaf is singing still.