

Family Bulletin – August 2017



Family Council

Monday, September 18, 2017
3:15 to 4:30 PM
Activity Room
Refreshments served

We hope you are well and finding time to enjoy these sunny days. Please note there will not be a Family Council meeting in August. See you at the September meeting. Everyone is welcome!

Family Council Updates

Gratitude and Best Wishes to Co-Chairs



We would like to express our deepest gratitude to Lynn and Diane for their service as Family Council Co-Chairs at the Pavilion since April 2016.

Lynn and Diane will be retiring from their roles in September. We are thankful for their compassion, kindness, humour and hard work to support and advocate for Pavilion residents and families. We are also grateful for their generosity in providing delicious snacks!

We are going to miss both Lynn and Diane dearly and wish them all the best on their next journeys.

Nominations Requested

At the September Family Council Meeting, there will be an election for the next two Co-Chairs of the Family Council. We welcome you to consider this opportunity to support Pavilion residents and family members through education, collaboration and advocacy. If you are interested in volunteering or making a nomination, please contact Suzanne MacLeod, Social Worker, at extension 223. Thanks!

Kiwanis Pavilion Updates

Welcome to the Pavilion



We are very pleased to introduce our new Coordinator of Volunteers, Judith, who started on July 24. Judith recently relocated to Victoria from Vancouver.

She brings more than 25 years' experience working in non-profit organizations and volunteer management, including residential care and other services for seniors. Judith is very much looking forward to meeting everyone at the Pavilion.

Salmon BBQ at the Beach: You're Invited



The Oak Bay Kiwanis Foundation is hosting a fundraising Salmon Fest on Sunday, August 27 from 11:00 to 3:00 at Willows Beach Park behind the Kiwanis Tea Room. The cost

is \$15 for adults and \$10 for kids under 12.

Proceeds will go to enhancing the music programs at the Pavilion. We hope to see you and your friends and family at the BBQ! Enjoy!

Building Improvements Input: Thank you!

The Kiwanis Pavilion is 35 years old. As noted in previous bulletins, we are planning for renewal through renovations and upgrades to the existing building interior, exterior and mechanical systems. Thank you to everyone who participated in the Building Improvement Family Council meeting in June and the Fun Day in July. We appreciate your input to help identify areas of the building that most urgently need attention. We are thrilled that over 60 residents, family members, staff, and Board and Foundation members have contributed their suggestions. We'll keep you posted on the key themes and suggestions once the data is tallied.

More Concerts in Care: You're Invited



Through a generous donation, the Pavilion will be hosting more concerts by professional musicians during the fall. Please stay tuned for the details!

Quotable on Truth and Lying in Dementia

The UK Mental Health Foundation completed an inquiry about truth-telling in dementia care. The inquiry report notes that “the experience of perceiving different realities becomes more frequent and persistent as dementia progresses. It can cause considerable distress to the person themselves and to those around them, especially family and friends (even if not distressing to the person themselves). The challenge when caring for someone living or reporting a reality different to our own is often summarised in the questions: ‘How should I respond; what do I say; do I agree; do I contradict?’” (p. 1)? The full inquiry report is available online (see title below).

Here is an excerpt exploring the ways people with dementia might construct reality to help themselves cope with their situation: “Self-management strategies for health conditions

require memory, knowledge, skill and application, all of which become increasingly compromised by dementia. Different realities and beliefs may sometimes represent (subconscious) coping strategies or creative solutions to the situations people find themselves in. This may be to cope with the effects of the dementia, whether or not the person knows they have the condition, and/or to find explanations of reality that maintain autonomy, self-esteem and identity. The significant aspect of this explanation is the emphasis it places on the person’s agency: they may be actively seeking ways to manage in often confusing situations, even though their cognitive ability to do this may be impaired.



One example the inquiry heard about was a man required to give up his driving licence some time after his dementia diagnosis. His own explanation involved being stopped by the police, who had removed it from him for no good reason. There is the possibility that this story was for him a more positive explanation than having the license removed because of the dementia: a form of coping strategy used to maintain self-esteem and personhood. There are many different types of coping strategies, such as avoidance, confrontation, or reappraisal of a problem. It may be that a person with dementia is attempting to use these but with limited or confused information. The brain can compensate in some way for the loss of information by ‘filling in the gaps.’

‘Editing’ autobiographical memory, and having exaggerated self-confidence or optimism, are behaviours most people use at times to maintain self-esteem or deal with challenging situations. Like anyone else, a person with dementia desires a sense of wellbeing and self. Time-shifting to important memories may be an important way of achieving this and trying to retain information about themselves – even if to others these memories appear ‘false’ or ‘distorted.’” – *What is Truth? An Inquiry about Truth and Lying in Dementia Care* by Alise Kirtley and Toby Williamson (2016) p. 13