

Family Bulletin – August 2019



Family Council

Monday, September 16, 2019
2:30 to 3:45 PM
Activity Room
Refreshments served

We hope you are well and finding time to enjoy these summer days. Please note there will not be a Family Council meeting in August.

We look forward to seeing you at the September meeting. The discussion topic is still to be determined. Please mark your calendars and stay tuned!

Family Council Updates

Family Caregiver Workshop: Grieving Losses on the Dementia Journey



The dementia journey requires ongoing adjustment to many changes that occur throughout the early, middle and late stages of the disease. Grief is the

natural and necessary process to all of these changes that involve loss. Join us at the Family Council meeting on Tuesday, October 29 from 2:30 to 4:30 PM for a workshop facilitated by the Alzheimer Society. This workshop will be an opportunity to explore the loss and grief issues of the dementia caregiving experience. There will be time for participants to consider some suggestions for weathering these losses.

Please note that we need ten participants for the workshop to run so please mark your calendars and RSVP to Suzanne the Social Worker (email smacleod@obkp.org or phone extension 223).

Kiwanis Pavilion Updates

Resident Safety: Getting In and Out of Cars



Families are welcome to take residents on outings in the community. If you are hoping to travel in your

personal vehicle, we recommend that the resident's ability to transfer safely in and out of your car be assessed by the Physiotherapist. The Physiotherapist can assess and offer recommendations, but cannot assist with car transfers. Pavilion staff cannot assist residents getting in and out of your car. To request an assessment by the Physiotherapist, please contact the Rehab Assistant for your family member's unit. Please phone Laura for Units 1 and 2 (ext. 807) and Franciane for Unit 3 (ext. 809). If the time comes that the Physiotherapist makes the recommendation that the transfer is unsafe, there are other options including HandyDart and wheelchair taxi services for your consideration.

Maritime Museum Visiting the Pavilion



On Thursday, August 8 at 1:30 PM the Maritime Museum will be visiting with artifacts and a presentation about the Second World War and women on the home front.

Everyone welcome in the Activity Room!

Tie Dye Shirts: Come One Come All

The colours will be flying! Bring your own shirt and get creative. Please RSVP to the Activity Department by phoning 250-598-2022 ext. 236.

Time for Time Travel!



You are invited to join us for a week back in the 1950s and 60s from August 26 to 30. Watch the Activity calendars (available on the Pavilion website in early August) for specific times and dates.

There will be drive-in movies, sock hops, vintage cars and more. Have fun!

Your Input Welcome: Share With the Board

Our Board of Directors is interested in resident and family input. At the beginning of each Board meeting there is time set aside to hear from a resident or family member about their experiences at the Pavilion. If you are interested in providing feedback, please leave a request with the Receptionist at the front office.

Friday Dance Parties: You're Invited



The Activity Room transforms into a dance hall on Friday mornings and all family members are welcome to join the fun. While primarily Unit 1 and

2 residents attend, families are welcome to bring Unit 3 residents as well. The party starts at 10:15 to 11:30 AM. Come shake your booty and bust some moves!

Going Away? Do Keep Us Posted

With the summer months upon us, this is a gentle reminder to please advise the Receptionist (phone ext. 221 or email at reception@obkp.org) if you have plans to be out of town so we know the dates of your travel and the contact information for you or your substitute in your absence. Thank you!

Request for Sunshine Gear



With at least some sunnier weather these days, 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. Fans are also much appreciated for warm rooms. Kitchen staff will be providing ice cream and other cooling treats!

Quotable: Dementia Haiku

strawberries a little sour
still taste them
I'm a kid again

– written by people
living with dementia
(*Signs of Spring*, 2007)



When

When it's over, it's over, and we don't know
any of us, what happens then.

So I try not to miss anything.

I think, in my whole life, I have never missed
the full moon

or the slipper of its coming back.

Or, a kiss.

Well, yes, especially a kiss.

– by Mary Oliver