

## Family Bulletin – December 2018



### *Family Council*

**Monday, December 17, 2018**

**3:15 to 4:30 PM**

**Activity Room**

**Refreshments served**

### *December Social*

All families and friends of residents are invited to a seasonal social to enjoy good company, tasty goodies and stories from the year.

***Everyone welcome!***

### *Season's Greetings*



From all of the staff at the Pavilion, we wish all of the residents and their families and friends ease and coziness

during the holiday season. May you find much comfort, peace, and fun too, as you journey with dementia into the New Year. Thank you for all you do to bring love and warmth to the Pavilion community. Happy 2019!

### *Family Council Updates*

#### **Grief, Guilt and Letting Go**

At our November Family Council, Staci Hunter Noble facilitated a session about the experiences of family caregiver guilt and grief. She noted that the decision to place someone in residential care is one of the top stressors for families and can leave them feeling a sense of guilt. Staci encourages family caregivers to notice the difference between grief and guilt noting that the guilt they feel is often connected to the grief they are feeling from the ongoing losses associated with dementia.

When a family caregiver feels guilt, it's important to look at the underlying grief because "investigating your loss reduces your stress." Staci noted that while grief is a natural response to loss, guilt is a stress response: "We create guilt." Guilt is fueled by families' sense of responsibility to care for the person with dementia, but some things family caregivers worry about are quite insignificant to the person living with dementia. Staci encouraged families to "let go" and focus on being present. She explained that people feel guilt when they've done something wrong, so family caregivers need to ask themselves, "Have I really done something wrong or committed a crime?" Caregivers often think that they need to make everything "right," but it's not possible. To manage stress, families can ask themselves, "Do I really own this responsibility? What can I let go of to reduce my stress?"

Family caregivers must keep working through their grief. Staci acknowledged that it's natural to want to avoid grief because it's so painful but we need to do something to "honour our

grief and feel it. We need to walk towards our grief.” She called the process “grief work” and noted that avoiding it will only make stress worse, saying, “when we work on our grief, we feel less guilt”. Staci encouraged family caregivers to be gentle on themselves and to seek grief support through counselling, support groups and other community resources.

## *Kiwanis Pavilion Updates*

### **Retirement News**



Our much beloved Fiona has announced she will be retiring from her position as Director, Resident Services on April 5, 2019. She said “It’s been a difficult decision for me, because I’ve loved

this job and the warm relationships that I have with the staff and all the people that make up the Pavilion community. But I’m turning 65 in March, and I think it is in my best interests to slow down and smell the flowers a bit more.”

The Pavilion Board will start advertising the position in early December, so Fiona realized it was time to “let the cat out of the bag.” In Fiona’s words, “I’m so glad I’ve had the opportunity to work at the Pavilion. I’ve enjoyed working here a great deal. It has been a pleasure and a privilege to work with people living and dying with dementia, their families, and the staff.” We will be sure to celebrate Fiona lots before she goes. Stay tuned for the festivities!

### **Residential Care and Influenza**

From December through March, all visitors, staff and volunteers are asked to wear a mask in our facility if they have not had an annual flu shot. Masks are available at the main entrance sign-in desk. Please do not visit if you are feeling unwell. When you do visit the Pavilion, please wash your hands often with soap and water or alcohol-based sanitizers. Do not cough or sneeze into your hands – use your upper arm

or a tissue. Thank you, and we hope everyone is able to stay healthy during flu season.

### **Seasonal Festivities ... You’re Invited!**

🌲 **Candlelight Service & Tea** on Friday, Dec. 21, 1:30 PM Activity Room

🌲 **New Year’s Eve Party** on Monday, Dec. 31 at 1:30 PM Activity Room.

### **2019 Rates Update**

New rates for 2019 are in! Enclosed with this month’s invoice will be an Island Health letter detailing your resident’s new Residential Care Rate. Please note that some residents new to the Kiwanis Pavilion may receive their letters from their previous facility. If you have any questions or concerns about your new rate, please call the number noted in the letter.

### **Safety Tip: Christmas Decorating**

If you wish to decorate your family member’s room for Christmas, please be mindful of the following tips to prevent falls and fires:

- 1) Trees should be very small and artificial;
- 2) Decorations should be flame-retardant, non-combustible, non-conductive, and not be placed near a heat source;
- 3) Decorations should not block doors or windows;
- 4) No angel hair, spray-on snow, light strings and no candles.

### **The Gifts of Simple Pleasures**



- 1) A hug;
- 2) Sun shining;
- 3) Freshly laundered sheets;
- 4) Hearing someone say they love you;
- 5) Reading a good book;
- 6) Getting a compliment;
- 7) Listening to uplifting music;
- 8) Solving a problem;
- 9) Being under a blanket when it’s cold and wet outside;
- 10) Seeing a close friend after a long while;
- 11) A smiling baby;
- 12) Your favourite song coming on the radio;
- 13) Having someone supportive to talk to;
- 14) A hot shower;
- 15) A cup of tea;
- 16) Watching your favourite TV show or film with someone;
- 17) A proper cup of coffee;
- 18) Starting a new series of your favourite TV show;
- 19) Eating chocolate;
- 20) A haircut