

## *Family Bulletin – February 2018*



### *Family Council*

**Monday, February 19, 2017  
3:15 to 4:30 PM  
Activity Room  
Refreshments served**

### *Continued Conversation*

#### **Reflections on the Caregiving Journey**

Many at the January meeting felt the conversation just got started! Join us for more informal conversation at February's meeting to continue reflecting on the needs of family members on the dementia caregiving journey.

*Everyone welcome!*

### *Family Council Updates*

#### **Deep Listening**

At January's Family Council Meeting, guest speaker, Hazell Penn, who is a Life Coach, Registered Nurse, and College Instructor

facilitated an interactive workshop to support family caregivers to reflect on the different aspects of their lives (e.g. family and friends, significant others, fun and recreation, health, money, personal growth, etc.) using a "wheel of life" tool and the deep listening technique. Hazell explained the goal of life coaching to be working with people to encourage their strengths through the gift of listening, noting that "we are all naturally creative, resourceful and whole." Listening can be understood at three levels with the most common level being focused on ourselves and the second getting to know more about the person we are listening to, but still thinking ahead. The third level, deep listening, means we are listening with our complete focus on the other person and that we do not interrupt them or try to problem solve for them. We allow silence and give our attention to the person's words and body language and gently provide prompts such as:

- Can you tell me more?
- What does your intuition tell you?
- What do you think is best?

Family members used the deep listening technique to explore their wheels of life and reflect on areas of challenge and fulfillment.

#### **Warm Welcome to Co-Chair Trio**



We are delighted to announce that three family members have volunteered to co-chair the Pavilion Family Council. We thank Francine, Georgia, and Heather for stepping into this role to contribute time and energy to supporting residents and their family members at the Pavilion.

## *Kiwanis Pavilion Updates*

### **Maintenance and Housekeeping News**

Jason, who took care of Maintenance for the Pavilion over the past year (while also charming the residents), has gone on to his next career adventure. We wish him well.

Rainer, who has worked at the Pavilion for many years, most recently as the Lead Hand for Housekeeping, is stepping into the Maintenance Worker role. Dorothy, another long serving employee who has worked in the kitchen and housekeeping, will step into the Lead for Housekeeping role. We are very, very grateful to these two dedicated staff members (47 years of service between them!!) for their commitment to working in friendly collaboration with staff and families, while keeping the building functional and clean!

### **Raining Cats and Dogs**



You've probably noticed the new four-legged friends, of the robotic nature, in the Pavilion

neighbourhoods. With support from the Oak Bay Kiwanis Foundation, we were able to purchase ten of these pets. For about \$190 to \$225, the cats and dogs can bring a lot of pleasure to residents. If you are interested in purchasing one as a gift for your family member, check out the website at this link: <https://joyforall.hasbro.com>

### **The Scoop on Tax Receipts**

The 2017 tax receipts for residential care are enclosed with the February 2018 Pavilion billing statement. If you have any questions or concerns, please call Reception at 221.

### **Tax Time Reminder**

While talking taxes, this is a friendly reminder that it is very important to complete the 2017 income taxes on behalf of your family member. If tax returns are not submitted to the Canada Revenue Agency in a timely manner, the Island

Health Authority automatically increases the person's residential care fee to the highest rate the following December. Eeek! Thank you for taking care of your family member's tax returns to avoid any stressful surprises.

### **Visiting in Flu Season**



The Island Health Authority requires that all visitors who have not received a flu shot please wear a mask until March 31. Masks are available in the front lobby.

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

Enjoy an afternoon of jazz on Tuesday, February 27 at 1:30 PM in the Activity Room. Let us introduce the musicians ... Bassist Bruce Meikle is a member of the Victoria Symphony, and the Victoria Jazz Orchestra. Monik Nordine is a freelance saxophonist and composer who has been working as a musician for 30 years. Anthony (Tony) Genge is a composer and pianist who performs jazz and rhythm and blues. His music is performed by a variety of musical ensembles, and has been featured in dance and film. 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. Mark your calendars!

### **Sunday Breakfast for a Good Cause**



From January 7 to April 15<sup>th</sup>, the Oak Bay Kiwanis Foundation is once again serving breakfast at the Willows Beach Tea Room on Sundays from 9:00 to noon, for only \$10 per person. Funds raised will go directly towards the residents at the Kiwanis Pavilion. Come enjoy a hearty meal and a beautiful view!