

Family Bulletin – February 2019



Family Council

**Monday, February 25, 2019
2:30 PM to 3:45 PM
Library**

Workshop

**Financial and Tax Planning
Throughout the Dementia Journey**

At the February Family Council meeting, Catherine Laird, a Certified Financial Planning Professional, will facilitate a 60-minute workshop. She will touch on a number of financial and tax planning strategies to ensure that the financial part of your life is functioning as it should, allowing you to focus on health, family and relationships. Everyone welcome!

And ... looking ahead, please mark your calendars for Monday, March 18, when Lynette, Music Therapy Intern, will present. Also, on May 27, the Directors will give an overview of the Pavilion's annual budget and operational plans, and look forward to family input in these areas.

Family Council Updates

Activities for Families

At the January meeting, we had a workshop to experience what it is like to live with disabilities like those familiar to Pavilion residents. Our thanks to Krista (Coordinator of Volunteers), Debbie and Mike (Activity Workers), and Laura (Rehab Assistant) who modified our vision with assorted glasses imitating glaucoma and cataracts, our hearing with iPods playing background noise, and our manual dexterity by taping together our fingers. They also put corn kernels in our shoes to imitate foot pain. Ouch! The Activity Team then led us through balloon games and an ice-cream social. While a good time was had by all, we learned that residents may feel exhausted and frustrated as they negotiate their days. We also learned the ways the Activity Team supports meaningful activity modified to residents' abilities and energy levels to nurture a sense of connection, fun, and community.

Reminder on New Time



At the request of families, we are going to hold monthly Family Council meetings at a slightly earlier time. Instead of gathering at 3:15 PM, we will now meet at 2:30 PM.

Kiwanis Pavilion Updates

The Scoop on Tax Receipts

The 2018 tax receipts for residential care are enclosed with the February 2019 Kiwanis Pavilion billing statement. If you have any questions, please call Reception at ext. 221.

Tax Time Reminder

This is a friendly reminder that it is very important to ensure that a 2018 tax return is submitted for your resident. If it is not submitted to the Canada Revenue Agency, Island Health will automatically increase the person's residential care rate to the highest rate the following December. To avoid any stressful surprises, please ensure your family member's tax return is completed. Thanks!

Ways Families Can Provide Input

Feedback is an important tool for improving services, and families bring unique perspectives. We actively seek out family feedback through satisfaction surveys, discussions at Family Council, and by listening and responding to day-to-day comments and concerns. Family input helps us identify potential new programs and services, learning needs of staff, and areas for improvement in how the team communicates with families.

Long term care homes have many policies and procedures that must be periodically reviewed and updated. Family perspectives can inform policy and procedure updating by reviewing documents and providing feedback on how the procedure works from the resident and family perspective.

Our Board of Directors is also 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 in any of these ways, please contact Fiona (Director) at extension 222.

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. Please do not visit if you are feeling unwell or, if you do, 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! We hope everyone is able to stay healthy during flu season.

February 6 - The Great Kiwanis Bake Off!



Everyone is invited to participate in the Bake Off by donating a cake, judging, and taste-testing. If you want to enter, call Krista (ext 256) or Debbie (ext 808). Please join us February 6 at 1:30 PM in the Activity Room to taste and judge some delicious desserts!

Concerts in Care: You're Invited

Thanks to a generous donation from a Kiwanis 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 either Feb 25 or 26, please watch for posters shortly.

Sunday Breakfasts for a Very Good Cause

Until April 7, the Kiwanis Pavilion Foundation is once again serving breakfasts 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. Come enjoy a hearty meal and a beautiful view!



In Praise of Crazy, of a Certain Kind By Mary Oliver

On cold evenings
my grandmother,
with ownership of half her mind—
the other half having flown back to Bohemia—

spread newspapers over the porch floor
so, she said, the garden ants could crawl beneath,
as under a blanket, and keep warm,

and what shall I wish for, for myself,
but, being so struck by the lightning of years,
to be like her with what is left, that loving.