

## Family Bulletin – January 2017



### *Family Council*

**Monday, January 9, 2017  
3:15 to 4:30 PM  
Activity Room  
Refreshments served**

#### **End of Life Planning ... and a Toast**

Nav Parhar is a Barrister and Solicitor who will attend the January Family Council to share a legal perspective on end of life and Estate planning. This will include information about writing a Will, assigning Powers of Attorney and Health Representatives, preparing Advance Directives, and more. There will be time for questions and answers.

We will also toast Sheila Bridgman to thank her for her four years of service as Co-Chair of the Kiwanis Pavilion Family Council and wish her well on her next adventures.

*Everyone welcome!*

### *Happy New Year*



Happy 2017 to all of the Kiwanis Pavilion residents and their friends and family on behalf of the staff. We wish you the comfort and joy of simple blessings as you live the ups and downs of frailty and dementia. May you find ways to nourish your spirits with tenderness, love, purpose and fun, too. We look forward to collaborating with you in this world of forgetfulness through the New Year.

### *Kiwanis Pavilion Updates*

#### **Foundation Fundraiser: THANK YOU!**

We are very pleased to report the results of the annual Christmas Appeal. Over \$20,000 were raised! The funds go to furniture, equipment and supplies for resident comfort. Our deepest thanks to all the donors.

#### **Food and Coat Drive: THANK YOU!**

Thank you to everyone in the Kiwanis Pavilion community for contributing so generously to the December Food and Coat Drive. Together we donated non-perishable food to the Mustard Seed and warm clothes to Our Place to support those in need in Victoria. Thank you for your generosity and kindness.

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

Just a heads-up that the 2016 tax receipts for residential care will be enclosed with the February 2017 Kiwanis Pavilion billing statement. If you have any questions or concerns, please call Reception at 221.

## Visiting in Flu Season

The Island Health Authority requires that all visitors who have not received a flu shot please wear a mask from December 1 to March 31. Masks are available in the front lobby.

## Hand Hygiene Program: Year in Review



Hand washing is the single most important thing health care workers can do to prevent illness and infections. Hand hygiene at the Kiwanis Pavilion is monitored

throughout the year by Joanne – one of our Registered Nurses who serves as the Infection Control Nurse. Hand hygiene audits are done quarterly with a focus on Health Care Workers. A total of 69 staff members were audited in 2016 for hand hygiene compliance. The audit shows at which hand hygiene moment the wash was performed, whether proper technique was used, the type of hygiene (hand wash or alcohol-based hand rub) and whether staff wore rings. To note is that staff who wear rings tend to wear bands without stones which is considered acceptable. Staff are encouraged not to wear artificial nails as they are shown to transmit germs.

We also had a “Glo Germ Campaign” in November to show the efficacy of individual hand washing efforts. The Glo Germ™ Kit contains a bottle of gel and an ultra-violet lamp. The gel contains simulated germs and the lamp illuminates them to test the effectiveness of the person’s hand hygiene practices. In all, 58 individuals participated including mostly Health Care Workers, as well as Nurses, Volunteers and support staff. When it comes to hands, fingernails and the surrounding areas harbor the most microorganisms. Our staff have very good technique in their hand washing; it was noted that the cuticle area around fingernails was the most common spot to have Glo Germ remaining.

In May, the Pavilion participated in the “Stop Clean Your Hands Day.” Hand hygiene

education was provided throughout the units in terms of an information sheet and a follow up quiz was held in September which emphasized the efficacy of alcohol-based hand rubs and the five moments of hand hygiene. Reminder education regarding Personal Protective Equipment to prepare for outbreaks was also offered this year.

Key recommendations for improvement in hand hygiene were continued promotion of hand hygiene awareness; a supply of skin creams available for staff to prevent dryness associated with hand washing; and the promotion of alcohol-based hand rubs as an effective and efficient means of hand hygiene.

All visitors to the Kiwanis Pavilion are encouraged to wash their hands and to use the alcohol-based sanitizers which are available in all resident rooms and at the entries and exits to all units. Thank you for your ongoing help with infection control!

## Sunday Breakfast for a Good Cause



From January 8 to April 9, 2017 the Oak Bay Pavilion Foundation is once again serving breakfast at the Willows

Beach Tea Room on Sundays from 9:00 to noon for only \$10. Funds raised go directly towards the residents at the Kiwanis Pavilion. Come enjoy a hearty meal and a beautiful view!

## Dementia Podcast

Listen to an interview from CBC radio with Naomi Feil about “how to reach the person inside the dementia.” Naomi developed the validation technique. Its basis is a deep empathy with the person who has dementia and the idea that the person is trying to resolve an issue from their past. Here is the link: <http://www.cbc.ca/radio/whitecoat/how-to-reach-the-person-inside-the-dementia-1.3786034/how-to-reach-the-person-inside-the-dementia-1.3786038>