

Family Bulletin – January 2018



Family Council

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

Conversation

Family Caregivers Envision Their Lives

At the December Family Council Meeting, families reflected on the shifts in routine and purpose that occur in their lives when their loved ones move to residential care and again when they later die. Do you wonder what is next in your life as you roll with the ongoing changes in your caregiving role? Start the New Year with guest speaker, Hazell Penn, who is a Life Coach, Registered Nurse, and College Instructor. Hazell will facilitate an interactive conversation to support family caregivers to reflect on their needs and envision their lives at key transitions in the caregiving journey.

Everyone welcome!

Happy New Year



Happy 2018 to all of the Kiwanis Pavilion residents and their friends and family on behalf of the staff, administration and Board. We wish you the comfort and joy of simple blessings as you live through the ups and downs of frailty and dementia. May you find ways to nourish your spirits with tenderness, love, purpose and fun. We look forward to collaborating with you in this world of forgetfulness through the New Year.

Family Council Updates

Family Council Co-Chairs Needed

The Family Council Co-Chairs work together and with the Social Worker to plan and facilitate the monthly meetings and also to welcome new family members to the Pavilion. The Co-Chair positions are open at present and we welcome you to consider this important role to support Pavilion residents and family members. If you are interested in volunteering or making a nomination, please contact Suzanne, Social Worker, at extension 223.

Kiwanis Pavilion Updates



Foundation Fundraiser: THANK YOU!

We are very pleased to report the results of the annual Christmas Appeal. So far \$24,370 has been raised! The funds go to furniture, equipment and supplies for resident comfort. Our deepest thanks to all the donors.

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.

Food and Coat Drive: THANK YOU!

Thank you to everyone in the Pavilion community who contributed 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. Thank you for your generosity and kindness.

Concert in Care: You're Invited



Enjoy a concert with cast members from Pacific Opera Victoria on Tuesday, January 23 at 1:30 PM in the Activity Room. Jessica Wagner (soprano), Tasha Farivar (mezzo-soprano), Taylor Fawcett (tenor) and Louis Dillon (baritone) will be performing. 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 calendar!

Friday Dance Parties: You're Invited



The Activity Room transforms into a dance hall on Friday mornings. The party starts at 10:00 and goes until 11:30. Everyone is welcome to join the fun. While primarily Unit 1 and 2 residents attend, families are welcome to bring Unit 3 residents as well. Come shake your booty and bust some moves!

Food Allergy Warning

Please do not offer food to residents other than your family member. There are a few people living at the Pavilion who have food allergies, but due to memory loss, may forget and ingest something that is not safe for them.

The Scoop on Tax Receipts

Just a heads-up that the 2017 tax receipts for residential care will be enclosed with the February 2018 Kiwanis Pavilion billing statement. If you have any questions or concerns, please call Reception at 221.

Sunday Breakfast for a Good Cause



From January 7 to April 15th, the Kiwanis Pavilion 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!

Grief Support Website

Because losing someone is hard, the Canadian Virtual Hospice has a website to help you understand and work through your grief. It is a confidential resource that's been developed by a team of national and international grief experts together with people who have experienced significant loss in their own lives. To learn more, please go to MyGrief.ca

Do not ask me to remember

Do not ask me to remember.
Do not try to make me understand.
Let me rest and know you're with me.
Kiss my cheek and hold my hand.
I'm confused beyond your concept.
I am sad and sick and lost.
All I know is that I need you to be with me
at all cost.
Do not lose your patience with me.
Do not scold or curse my cry.
I can't help the way I'm acting,
Can't be different though I try.
Just remember that I need you,
That the best of me is gone.
Please don't fail to stand beside me.
Love me 'till my life is done.
– Thanks to Gail for sharing this poem.