

Family Bulletin – January 2019



Family Council

**Monday, January 21, 2018
2:30 PM to 3:45PM (new time!)
Library
Refreshments served**

Conversation Activities at the Pavilion

Join us for some fun with our Activity Team to learn more about activity programming and the approaches used to support residents' needs. We hope you will also share your feedback about our holiday festivities.

And ... please mark your calendars for the Family Council meeting on February 25. We will be joined by two certified financial planning professionals to discuss taxes and financial planning throughout the dementia journey.

Everyone welcome!

Happy New Year



Happy 2019 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, purpose, and fun. We look forward to collaborating with you in this world of forgetfulness in 2019. Cheers!

Family Council Updates

New Year, 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

Foundation Fundraiser: Thank You!



We are very pleased to report the results of the annual Christmas Appeal. So far \$26,000 has been raised! The funds go to furniture, equipment and supplies for resident comfort. Our deepest thanks to all the donors.

The Scoop on Tax Receipts

Just a heads-up that the 2018 tax receipts for residential care will be enclosed with the February 2019 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 until March 31. Masks are available in the front lobby.

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! We hope everyone is able to stay healthy during flu season.

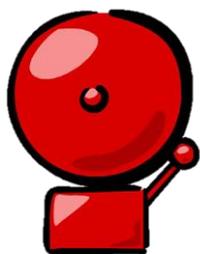
Sunday Breakfast for a Good Cause



From January 6 to April 7, the Kiwanis Pavilion Foundation is once again serving breakfast at the Willows Beach Tea Room on Sundays from 9 am to noon, for only \$12 per person. Funds raised will go

directly towards the residents at the Kiwanis Pavilion. Come enjoy a hearty meal and a beautiful view!

Client Safety Tip: Fire and Emergency Drills



We periodically hold safety drills to practice the procedures for fire, evacuation, earthquake, etc. If you are a visitor during one of these drills, we request you support this important emergency preparedness

learning opportunity by following staff directions and requests. If you are in the building when the bells ring, please stay where you are (whether or not you are with your family member) and await instructions. Please

do not re-enter evacuated areas until the all-clear has been announced. Your cooperation and patience is greatly appreciated as it allows staff to focus on the exercise to maximise learning, while also supporting and comforting residents during what is an unsettling but necessary disruption. Thank you for your help.

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 on Tuesday, January 22, 2019 at 1:30 PM when cellist Brian Yoon, violinist Philip Manning, and pianist Tzenka Dianova will be performing. We hope you can make it!

Support for Family Caregivers: A Podcast



In his new book, *Be With: Letters to a Caregiver*, Mike Barnes writes, "I'm sending you the news I needed to hear myself. Needed and still need often, ransacking confusions to find a clear

way forward. You see, nine years ago, when my mother, Mary, was diagnosed with Alzheimer's—and, really, for some years before that, when something wrong was obvious but hadn't yet been named—I had need of the items, soft and hard, I aim to send here. Soft: fellowship, solace, understanding. Hard: facts, clarity, direction. You need accuracy, but you need kindness too." To hear more about Mike's book and his experiences caring for his mother, follow this link to a podcast of his interview on CBC radio:

<https://www.cbc.ca/radio/tapestry/lessons-for-caregivers-1.4907822/author-mike-barnes-has-a-message-for-caregivers-you-are-not-alone-1.4907871>