

Family Bulletin – July 2017



Family Council

**Monday, July 17, 2017
3:15 to 4:30 PM
Activity Room
Refreshments served**

5th Annual Summer Berry Social

For our next Family Council Meeting, you are cordially invited to join us for shortcake, local berries, tea and good company to celebrate the summer season.

Everyone is welcome!

Kiwanis Pavilion Updates

Invite: Building Improvements Fun Day



The Kiwanis Pavilion is doing preliminary planning for future renovations. Originally opened in 1982, the Pavilion has undergone assorted upgrades over

the last 35 years to adapt to the needs of the resident population. For example, in the 1990s renovations were done to make the three large units into ten smaller, homey neighbourhoods. The current renovation wishlist includes the replacement of the exterior cladding and windows as well as a number of updates to the existing building, primarily on Unit 3 and Unit 2, funding permitting! At the June Family Council meeting, family members shared suggestions which included sound-proofing the Activity Room ceiling, improving air flow on Unit 3B, adding outdoor spaces upstairs, replacing worn-out closet doors, and adding covered places to walk outside on rainy days.

To further honour our commitment to work in collaborative partnership with residents, their families and staff, we invite you to a Pavilion-style “fun day” to share your ideas to improve and update the built environment. Please drop in anytime between 11:00 and 5:00 on Wednesday, July 19 for conversation, fun, stretching, and summery snacks in the Library.

Parking Near Oswald Park: Okay Again



The City of Victoria has advised that the signage recently posted near Oswald Park was “installed in error.” The City confirmed “this area is still unrestricted parking” and that both residents and visitors of the area, including park users, are permitted to park there. The Pavilion still recommends that staff find alternate parking for full shifts, to ensure that these spaces remain available for Pavilion and neighborhood visitors. We thank all family members who called the City to express their concerns! Thank you!

Congratulations and Gratitude



Each year the Kiwanis Pavilion Board holds a Recognition Event to honour the staff. This year 20 staff were recognized for reaching 10, 20, 25 and 35 years of service milestones. Three recent retirees were also honoured. As well, three staff received the Margaret Fear Best Friends Approach Award which was developed in 2009 in loving memory of a much respected Health Care Worker on Unit 2C. The recipients of this award are nominated by their colleagues in recognition of their friendly and compassionate approach, creative problem-solving, and sense of fun in supporting residents. We are pleased to announce that the 2017 Margaret Fear Award recipients are Erick (HCW), Tess (HCW) and Eric (Cook) and we are grateful for their outstanding work.

Retirement and Thanks



Our much adored Coordinator of Volunteers, Lynne, will be retiring at the end of July. In her five years at the Pavilion, Lynne worked first as the Activity Worker for Unit 1 and later as the Coordinator of Volunteers. We are going to miss Lynne's warm spirit, her hearty laugh, and her dedication to finding creative ways to bring meaning and joy to the lives of the residents. Join us for a goodbye potluck lunch on July 25 at 11:30.

Keeping Cool in Warm Weather



With the hotter weather, please remember that resident rooms are not air conditioned. During hot weather, keep curtains closed in resident rooms (especially those that are south-facing). If possible, provide light clothing and bring a fan that is safe for resident use (non-bladed and not easily tipped over). For those residents who are still going outside, please provide sunhats and sunscreen and feel free to walk in the Pavilion gardens

and use the wheelchair swing on Unit 2A. To help keep everyone cool, we are serving lots of fluids, popsicles and ice cream!

Please Feed the Birds (Not the Rats!)



We would like to remind everyone that birdseed is not permitted in residents' window feeders and advise that we have removed suet feeders for now as well. Unfortunately, vermin are attracted by the seed and suet, and this can create a rat problem in our gardens. We welcome hummingbird feeders. Thank you for your understanding and happy birdwatching!

Staff Education in Dementia Care

In June, eight Pavilion staff attended a lively, hands-on workshop with Teepa Snow entitled "Positive Approaches in Dementia: Relationships for Comfort and Safety." We learned about ways to support residents to feel safe by understanding how to engage with their changing sensory abilities (e.g. as dementia progresses, the person's visual field shrinks to tunnel vision). We learned ways to help trigger the procedural memories of people with dementia so they can better understand what's going on and participate in their care. We learned how important it is that the environment be "friendly, familiar, functional and forgiving" so people with dementia can feel trust and thrive. Learn more at Teepa Snow's website: <http://teepasnow.com/>

Dementia Haiku

strawberries a little sour
still taste them
I'm a kid again

– Soul Sessions Poets, Rideaucrest Home

Salmon BBQ Coming in August



On Sunday, August 27, the Oak Bay Kiwanis Foundation will host a fundraising Salmon BBQ at Willows Beach. Please hold the date and stay tuned for further details. Thanks!