

## Family Bulletin – July 2018



### *Family Council*

**Monday, July 16, 2018  
3:15 to 4:30 PM  
Activity Room  
Refreshments served**

### *6th 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 welcome!*

### *Family Council Updates*

#### **Funeral Planning and Memorial Rituals**



At the June Family Council we were joined by Funeral Planner Susan Benesch (from Earth's Option) and Reverend Deborah Redman who spoke about the logistics of funeral

home services and also the rituals of celebrating a life. Susan explained the role of a funeral service provider is “to look after people when someone dies.” She said she prefers to speak with families in advance, if possible, to encourage them to have conversations about what is wanted when the death happens and to start collecting the Vital Statistics details. Susan noted that after death, the person’s body is transferred from the Pavilion to the funeral home (this is a 24-hour service). The next day, the funeral service provider contacts the family to make the necessary arrangements. By law, cremation cannot occur less than 48 hours from the time of death, though burial can occur sooner. An alternative to flame-based cremation, called water cremation or alkaline hydrolysis, was discussed. Water cremation is a process for the disposal of human remains that uses water and potassium hydroxide to reduce the body to its basic element of bone ash. It produces less carbon dioxide and pollutants than flame cremation. Susan said water cremation has been approved in three Canadian provinces and an application is underway in BC. Susan shared that Victoria has the highest cremation rate in North America, and stated green burial is available locally.

Deborah then spoke about the possibilities for rituals following a death, in a time when fewer people are requesting memorial services. She advocated for celebrations of life, because “doing something” to honour the person who has died – be it a more formal event or a barbeque – helps families and friends start “the hard work of living life without their beloved.” Celebrations of life offer a chance to tell stories, celebrate, and “offer gratitude for the loved one’s life and legacy.” Deborah emphasized that gathering family and friends to

support each other is necessary because “grieving has to be done in community.” Finally, she explained that gathering in memory of a loved one helps “give voice to what gives meaning to people’s lives” and helps those left behind feel a sense of hope and “a greater appreciation for life, love and human connection.”

## *Kiwanis Pavilion Updates*

### **Going Away? Do Keep Us Posted**



With the summer months upon us, this is a gentle reminder to please advise the Receptionist (phone ext. 221 or email at [reception@obkp.org](mailto:reception@obkp.org)) if you have plans to be out of town so we know the dates

of your travel and the contact information for you or your substitute in your absence. Thank you and happy trails!

### **2nd Annual Salmon BBQ Coming in August**



On Saturday, August 18, the Oak Bay Kiwanis Foundation will host a fundraising Salmon BBQ at the Kiwanis Tea Room at Willows Beach. Please hold the date and stay tuned for further details.

### **News from the Annual General Report**

The Pavilion Board continues to develop plans to upgrade the facility. A committee has been working with Alan Lowe and Associates to build a business case for Island Health to fund the renovation project. In the meantime, during the last fiscal year, the Pavilion replaced some of our aging infrastructure through our Capital replacement reserve and with a \$227,000 grant from Island Health. The grant allowed us to install new washers and dryers, replace the emergency generator, and purchase new overhead lift equipment.

The Board is deeply grateful to the Kiwanis Pavilion Foundation which raised over \$92,000 in donations this fiscal year. These funds supported the Music Therapy program, the Music and Memory (iPod) program, the expansion of the Rose Terrace, new living and dining and outdoor furnishings, a good used piano for the Activity Room, replacement beds, pressure mattresses, lift equipment, shower chairs, bed cradles and over-bed tables as well as ten robotic companion cats and dogs and six classical “Concerts in Care.” We extend many heartfelt thanks to all of you for your generous donations to the Foundation over the year.

### **The Story of the Dignity Quilt**



You might have noticed the Dignity Quilt hanging in the front lobby of the Pavilion with the Vision, Mission and Values statements. The quilt project was facilitated by an art therapist in 2009 and

was designed to engage residents in an activity of creation to help open a sensitive dialogue with them about death and the dying process. Residents created the squares using a needle felting technique. Black wool fabric squares were mounted on protective backings with pieces of coloured fleece arranged in a pleasing design on top. They were then modified using specialized needles to incorporate the fleece into the cloth.

The squares were sewn together into two Dignity Quilts which symbolize the final journey at end of life. One quilt graces the front lobby, and one is used as a ritual covering for each individual as they travel for the last time



from their room to the front entrance and out of the building. Staff, and families too if they wish, walk alongside as a ritual to honour the person’s life and legacy and to say goodbye.