

Family Bulletin – July 2019



Family Council

Monday, July 15, 2019
2:30 to 3:30 PM
Activity Room
Refreshments served

7th 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

What's Cooking? Kitchen Tour

For the June Family Council meeting, Kitchen Supervisor Hugh toured us through the kitchen and told us how meals and nourishments are made for the Pavilion residents. He noted that he and the Dietitian plan a four week menu rotation for every six month period, keeping an eye on the food budget.

While the menu is set, the meals and nourishments are individualized depending on each resident's needs including the texture (i.e. regular, finger-food, cut-up, minced, fine minced, puree); fluid thickness (i.e. thin, nectar-thick, honey-thick, pudding-thick); and portion size (i.e. extra-small to extra-large). Allergies are also accommodated and, when possible, food preferences. Over the course of a day, the small but mighty kitchen team includes four Food Services/Server staff and two cooks. Together they prepare and serve three meals and three nourishments to each of the 122 residents every day. They also collect all the dirty dishes from the ten units and wash them!

Kiwanis Pavilion Updates

Invitation: Family & Friends Garden Party

You are invited to a Hotdog BBQ in the Unit 2A garden on July 18 at 11:30 AM. There is no charge for this event, however, if you would like to donate a plant or planter to our garden we would be grateful. Please RSVP to the Activity Department by July 10 by phoning 250-598-2022 ext 236.



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) if you plan 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!



Friday Dance Parties: You're Invited



The Activity Room transforms into a dance hall on Friday mornings and all family members are welcome to join the fun. While primarily Unit 1 and 2 residents attend, families are welcome to bring Unit 3 residents as well. The party starts at 10:15. Come shake your booty and bust some moves!

Staff Education: Suicide-Safer Communities

In 2016 in the Island Health Authority, there were 120 deaths by suicide. In any two week period, about five percent of people have thoughts of suicide. Three Pavilion staff, Shannon (Director Resident Services), Michelle (Registered Nurse) and Suzanne (Social Worker), recently participated in workshops through Living Works and Island Health to learn the “safeTALK” (Suicide Alertness for Everybody) and “Asist” (Applied Suicide Intervention Skills Training). Both of these intervention models are suicide first aid to help people be safer from suicide.

Request for Sunshine Gear



With the sunnier weather, this is a friendly reminder to please provide sunhats, sunscreen, and sunglasses for residents who will be out in the gardens. Please bring these items to staff for labelling. Fans are also welcomed for warm rooms.

News from the Annual General Report

Here are some statistics from the Pavilion population over the fiscal year 2018 to 2019:

- The average age of residents was 84.5 years
- 71% of residents were over age 81
- 70% of residents were female
- 58 new residents moved in
- 52 residents passed away at the Pavilion
- 6 were discharged to hospital or moved to a different facility
- the average length of stay for residents discharged in the past year was 1.9 years

- the shortest stay was 8 days and the longest was 8.9 years

On the building side of things, the Pavilion replaced some of our aging infrastructure this year through our Capital replacement reserve as we repaired plumbing and roofing. The Board also approved the installation of Wi-Fi throughout the building to enhance staff safety and efficiencies. We are currently replacing several computers and updating our network protection in house.

Swing Safety

Summer is in full swing and visitors may like to enjoy the swing in the Unit 2A garden with their family member. The swing has seats and space for a wheelchair. If you wish to use the Unit 2A garden swing, please first contact either Debbie (Activity Worker, ext 808) or Krista (Coordinator of Volunteers, ext 256) for an operation and safety session.

Quotable from the Dementia Roadmap



“At all stages of the journey we can focus on providing comfort and improving quality of life, working with what we are still able to do and things we can still enjoy together. Please be gentle with yourself ... Loving someone with dementia is a bittersweet journey that asks a great deal of us as caregivers. All of us will feel guilty; about not giving enough, or losing our patience, or dealing with the inevitable feelings of anger and frustration. We need to give ourselves time and permission to grieve, and adjust to all the losses and changes. We need to acknowledge all the things we are doing, and give ourselves permission to care for ourselves too. Your loved one knows at some level the toll their illness is taking on you, and doesn't want to be a burden on you. More than anything else, they want you to be happy, and care for yourself, both now and when they're gone. Please give them the gift of being kind to yourself.” – Dr. Trevor Janz, Residential Care Medical Director, Interior Health East