

Family Bulletin – June 2019



Family Council

Tuesday, June 25, 2019
2:30 PM to 3:45PM
Activity Room
Refreshments served

Presentation

What's Cooking?

Come see the inner workings of the Pavilion kitchen! Join Hugh (Kitchen Supervisor) and Sophie (Dietitian) for a kitchen tour followed by a conversation about how meals and snacks are planned and prepared for the Pavilion residents.

Everyone welcome!

Family Council Updates

Pavilion Piggy Bank

Barb (Director of Administrative and Support Services) and Shannon (Director of Resident Services) attended the May Family Council

meeting to provide an overview of the Pavilion's annual budget and operational plans. Barb explained that the Pavilion is owned by the Kiwanis Club of Oak Bay and operated by the Oak Bay Kiwanis Health Care Society (also known as the Pavilion Board of Directors). Barb and Shannon report to the Board of Directors. The BC Ministry of Health funds the Island Health Authority which in turn funds 116 subsidized beds at the Pavilion (an additional six beds are private pay). The Pavilion is a non-profit society and operates in a "union environment" with three unions represented: BCGEU, BCNU, and HSA. The Pavilion's total revenue for the fiscal year from April 1, 2018 to March 31, 2019 was \$10,058,546 and \$8,439,891 went to wages and benefits, while \$1,472,165 went to operational expenses (i.e. utilities, food, taxes, supplies) and \$146,490 went to "other" expenses (i.e. insurance, activities, etc.). At present, the Pavilion provides 3.39 hours of care per resident per day which is above the provincial minimum of 3.26 hours.

Kiwanis Pavilion Updates

More Cats: This Time in Tuxedos!



We are pleased to announce the arrival of ten new robotic black "tuxedo" cats thanks to the support of the Pavilion Foundation. The cats are out in the units looking for love and affection from residents.

Swing Safety

With the summer in full swing, visitors may like to enjoy the swing in the Unit 2A garden with their family member. The swing has seats and also 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.

Father's Day Party



On Thursday, June 13 at 11:45, we will host a Father and Friends Garden Hotdog BBQ in the Rose Garden. There's no charge for this event, however, if you would like to donate a plant or planter to our garden,

we would be very grateful. Please RSVP to the Activity Department (ext. 236) by Thursday, June 6.

Concerts in Care: You're Invited

Thanks to a generous donation from a 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, June 18 at 1:30 PM. Jessica Wagner (soprano), Tasha Meisami-Farivar (mezzo soprano), and Csinszka Redai (piano) from the *Coloratura* programme of the Pacific Opera will perform in the Activity Room. Mark your calendars!

From Choosing Wisely: Antibiotics for Urinary Tract Infections in Older People

Antibiotics are medicines that can kill bacteria. Health care providers often use antibiotics to treat urinary tract infections (UTIs). The main symptoms of UTIs are a burning feeling when you urinate and a strong urge to urinate often.

However, many older people get UTI treatment even though they do not have these symptoms. This can do more harm than good because antibiotics usually don't help when there are no UTI symptoms. Older people often have some bacteria in their urine. This does not mean they have a UTI. But health care providers may find the bacteria in a routine test and give antibiotics anyway. The antibiotic does not help these patients. It does not prevent UTIs, does not help bladder control, and does not help memory problems or balance.

Most older people should not be tested or treated for a UTI unless they have UTI symptoms. And if you do have a UTI and get treated, you usually don't need another test to find out if you are cured. You should only get tested or treated if UTI symptoms come back.

Antibiotics can have side effects, such as fever, rash, diarrhea, nausea, vomiting, headache, tendon ruptures, and nerve damage. Antibiotics can cause future problems. Antibiotics can kill "friendly" germs in the body. This can lead to vaginal yeast infections. It can also lead to other infections, and severe diarrhea, hospitalization, and even death.

Also, antibiotics may help "drug resistant" bacteria grow. These bacteria are harder to kill. They cause illnesses that are harder to cure. Your health care provider may have to try several antibiotics. This increases the risk of complications. The resistant bacteria can also be passed on to others. If you get an infection from resistant bacteria, you may need more visits and medicines that cost more.

So when should older people take antibiotics for a UTI? If you have UTI symptoms, antibiotics can help. The most common UTI symptoms are a painful, burning feeling when you urinate and a strong urge to "go" often. Other UTI symptoms in older people may include fever, chills, or confusion. Along with these symptoms, there is usually pain on one side of the back below the ribs or discomfort in the lower abdomen. There may be a change in the way the urine looks or smells. Source: <https://choosingwiselycanada.org/antibiotics-urinary-tract-infections/>

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. Thank you!