

## Family Bulletin – March 2018



### *Family Council*

Monday, March 19, 2017  
3:15 to 4:30 PM  
Activity Room  
Refreshments served

### *Presentation*

#### **Downsizing and De-cluttering**

Whether you are moving a family member into residential care, are moving yourself, or just want to de-clutter your home, the process of downsizing can be overwhelming. With spring in the air, we've invited Carol Anne Forsgren from Home to Home to share tips on getting organized to declutter and downsize. Carol Anne is a certified Relocation and Transition Specialist and welcomes your questions. Join us for an inspiring conversation!

*Everyone welcome!*

### *Family Council Updates*

#### **Planning Ahead: Mark Your Calendars**

The Co-Chairs have been busy organizing guest speakers for the upcoming Family Council meetings. We hope you can join in!

- Monday, April 16 – Staci from the Alzheimer Society will speak about taking care of the family caregiver
- Monday, May 14 – to be determined
- Monday, June 18 – Reverend Deb Redman and Funeral Planner Susan Benesch (Earth's Option) will present on ritual and memorials
- Monday, July 16 – 6<sup>th</sup> Annual Berry Shortcake Social

### *Kiwanis Pavilion Updates*

#### **Foods and Fluids at End of Life**

Dysphagia is the medical term for the swallowing difficulties which can occur in advanced dementia. Signs of swallowing or chewing problems may include:

- Coughing during or after eating food or drinking fluids
- Frequent clearing of the throat usually after consuming food or fluids
- Grimacing when swallowing
- Exaggerated movement of jaw, lip or tongue
- Holding food in mouth without swallowing
- Refusing to swallow or spitting out un-chewed food
- Cramming too much food in the mouth or eating very fast
- Excessive or prolonged chewing

Eating is a complex process which people with dementia can find increasingly difficult as their illness progresses. Swallowing and chewing problems often occur in the later stages of dementia, and can be very worrying for caregivers. Weight loss is common. Sometimes, in end-stage dementia, eating can be painful. Constant coughing and chest congestion is exhausting. The person may aspirate or inhale food, stomach acid or saliva into the lungs and a pneumonia infection can set in. In fact, the most common cause of death in advanced dementia is aspiration pneumonia.

In order to safely feed a person with dementia, we modify the diet to make it easier for the person to chew and swallow. Diet texture is modified from cut-up to minced to pureed, and fluids are modified from thin to thickened. Mealtime assistance is provided by staff, and some family members visit at mealtime to help their resident eat.



Towards the end of life, there usually comes a time when we must withhold food and fluids entirely because the person can no longer swallow at all. This often feels

counter-intuitive as we know that “food is life.” Sometimes families will ask about using feeding tubes and/or IV fluids. Research suggests however that artificial nutrition by these means does not lengthen life or improve quality of life, nor does it prevent aspiration pneumonia. When a person stops being able to swallow, this becomes a time to nurture – nourish – without food. Families can provide comfort in other ways, for example, by being present, cuddling, massaging hands and feet, listening to music and singing, reading poetry, sharing stories, etc. If you have any questions about dysphagia, please do not hesitate to ask the nurse or Dietitian.

## Concert in Care: You're Invited



Enjoy an afternoon of music with pianist Graeme Fullerton on Tuesday, April 24 at 1:30 PM in the Activity Room. Graeme began playing piano at age ten, a year after starting on the baritone horn. In university he left the business program for the school of music and eventually completed a diploma in piano performance and a doctorate in music in history. He continues to play in community bands and teaches music history and piano. This concert is presented by the Health Arts Society of BC and is generously supported by the Weir Family Foundation, Azrieli Foundation, and Odlum Brown. See you there!

## Sunday Breakfast for a Good Cause



Until April 15<sup>th</sup>, the Oak Bay Kiwanis Pavilion Foundation is once again serving breakfast at the Willows Beach Tea Room on Sundays from 9:00 to noon, for only \$10 per person. Funds raised will go directly towards the residents at the Kiwanis Pavilion. Come enjoy a hearty meal and a beautiful view!

## Get Shredding!



The Oak Bay Kiwanis Pavilion Foundation invites you to the 4th Annual Shredding Fundraiser on Saturday, March 10 from 9:00 until noon at the Willows Beach Tea Room parking lot (2740 Dalhousie Street). Bring your documents and have them shredded securely onsite. The event is by donation and all proceeds will support the Kiwanis Pavilion.

## 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.