

## *Family Bulletin – March 2019*



### *Family Council*

**Monday, March 18, 2019  
2:30 PM to 3:45 PM  
Library**

### *Presentation* **Music Therapy**

At the March Family Council meeting, the Music Therapy Intern, Lynette, will be doing a presentation. We hope you can join in!

*Everyone welcome!*

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### *Family Council Updates*

**Financial Planning on the Dementia Journey**  
At the February Family Council meeting, we were joined by Catherine Laird, a Certified Financial Planning Professional who spoke about financial and tax planning both for the person with dementia and their family caregiver.

Catherine emphasized the importance of discussing and recording your wishes and keeping hard copies of all your financial and legal records in a binder in case of a computer crash, an illness or death. In terms of “asset succession planning,” Catherine noted four pillars: make decisions while you can; set up an Enduring Power of Attorney, Will, Trust, etc.; consider tax options; and protect your assets in case you lose your cognitive ability. When selecting a Power of Attorney, Catherine suggested choosing someone you trust, preferably who lives in Victoria or British Columbia, or at least Canada. She advised selecting an alternate POA as well and possibly an “auditor,” who could be another family member, to check the POA records annually.

Catherine discussed the process to apply for a Disability Tax Credit Certificate (T2201) and noted there is a section for the person’s physician to complete. Once approved by the Canada Revenue Agency, the Disability Tax Credit can be applied retroactively up to ten years (according to the date stated by the physician) and to future tax years. In order to communicate with the CRA on behalf of the person with dementia, the POA needs to complete the “Authorizing or Cancelling a Representative” form (T1013).

Some financial risk management strategies discussed included: protecting your assets against frauds and scams; lowering credit and debit limits, and chequing account balances (especially for a person in the early phase of dementia); and using a prepaid credit card for any purchases where you don’t trust the place you’re shopping. Finally, Catherine recommended speaking with an Accountant or Certified Financial Planner for advice particular to your own situation.

## *Kiwanis Pavilion Updates*

### **Get Shredding!**



The Oak Bay Kiwanis Pavilion Foundation invites you to the 5th Annual Shredding Fundraiser on Saturday, March 23 from 9:00 to 1:00 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 Pavilion. Thank you!

### **Volunteers at the Pavilion**

During 2018, the Pavilion volunteers collectively gave 1,806.5 hours of their valuable time to Pavilion programs and residents. That is just over 155 hours per month! These numbers do not include the many hours that our dedicated Board of Directors and Foundation Board members contribute each year. The Pavilion could not operate as it does without our volunteers; they are an integral part of our team and the community. Our sincere thanks to all volunteers for their time, energy and kindness to enrich the lives of Pavilion residents.

### **Transport Chairs in Front Lobby**

In the front lobby there are a number of foldable wheelchairs which are available to any resident to use for outings, whether across the street to the park or across town! They are light-weight, foldable, and can easily fit in the trunk of a car. The wheelchairs are also equipped with seatbelts.

### **Seat Belts for Handy-Dart**

If your family member is planning on using the Handy-Dart to travel and requires a wheelchair, it is Handy-Dart's policy that the wheelchair must have a seatbelt. Should your family member already have a personal wheelchair assigned to them, please inform the Nurse of the upcoming trip; the Rehab Assistants may be able to put a seat belt on their assigned chair. If a seatbelt cannot be provided, then please use one of the transport chairs in the front lobby. If you have any questions, please don't hesitate to ask Laura or Franciane (Rehab Assistants).

### **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. Please do not visit if you are feeling unwell or, if you do, please wash your hands often with soap and water or alcohol-based sanitizers.

### **Sunday Breakfasts for a Very Good Cause**



Until April 7, the Kiwanis Pavilion Foundation is serving breakfasts at the Willows Beach Tea Room on Sundays from 9:00 to noon, for only \$12 per person. All funds raised go directly towards supporting the needs of the Pavilion's residents. Enjoy!

### **Meditations from *Embers***

*My mother's physical death taught me that I didn't come here to master devastating situations, circumstances, changes, losses or even my own feelings. I came here to experience them. I came here for soul lessons and spirit teachings so that I could carry on in this wonderful spiritual journey we are all on, this teaching way, this blessing way. So that, in the end, I can, like my mother has done, return to the beauty that I was when I first arrived here. (p.74)*

*The beginning of wisdom is the same as its attainment: wonder. The truest statement in the world is "you never know." There is always something to evoke wonder, to wonder about, because this world, this life, this universe, this reality is far more than just the sum of its parts. Even the slightest detail contains much more. The overwhelming awe and wonder we feel teach us more than we can ever glean or come to know of things. In the presence of that wonder, the head has no answers and the heart has no questions. (p. 99)*

– Richard Wagamese from *Embers: One Ojibway's Meditations*