

## Family Bulletin – May 2019



### *Family Council*

**Monday, May 27, 2019  
2:30 PM to 3:45PM  
Activity Room  
Refreshments served**

### *Presentation*

#### **The Pavilion Piggy Bank**

The Directors of the Pavilion, Barb and Shannon, will give an overview of the Pavilion's annual budget and operational plans, and look forward to family input in these areas.

*Everyone welcome!*

### *Family Council Updates*

#### **Gratitude: Family Caregiver Week**



It's Family Caregiver Week in British Columbia from May 5<sup>th</sup> to 11<sup>th</sup> and we extend our heartfelt gratitude to each of you for your partnership, help,

warmth, and presence. Thank you for your collaboration and the joy, life, and love you bring to the Pavilion community. We wish you time for rest and replenishment and honour your resilience.

#### **The Frailty Closet and Doing the Laundry**



At our April Family Council meeting, Alison (Laundry Worker) toured families through the Laundry Room. We learned how she washes up to 350 pounds of laundry daily and then dries and folds it all! Hot tips from Alison include avoiding fibers that suffer when washed and dried at hot temperatures (i.e. fur, wool, silk, Velcro, etc.), and instead choosing cotton and poly-cotton blends. She also hinted that supplying residents with “uniquely patterned socks” makes her job that much easier.

Laura (Rehab Assistant) then gave a presentation and fashion show about adaptive clothing (also known as comfort- or geri-clothing). This clothing is made especially to meet the needs of individuals with limited mobility and/or impairments that can make dressing uncomfortable and challenging. Adaptive clothing has features like openings in the back, snap fasteners, and other adaptations to help make the dressing process easier.

As dementia progresses, muscles become thick and tight and range of motion decreases. Skin thins and becomes more susceptible to bruising and tears. As well, residents may not understand what caregivers are trying to do for them and may resist their attempts to assist them with dressing and undressing. Because of these challenges, dressing in regular clothing becomes increasingly difficult and creates risks

for both the person with dementia and their caregivers. Our staff will let you know if and when your resident needs to start using adaptive clothing. For your convenience, we keep a number of adaptive clothing catalogues in the Library (including Silvert's) or you can arrange to alter the resident's personal clothing if you sew or know someone who does.

The Unit Health Care Workers can recommend the most suitable adaptive clothing styles, sizes, and number of items needed. The order can be placed through the Receptionist. Please note that shipping is free from Silvert's when the order is over \$100. Additionally, for each order placed for a resident living at the Pavilion, Silvert's donates points for the Pavilion to purchase adaptive clothing items to benefit residents with limited funds.

## *Kiwanis Pavilion Updates*

### **Message of Gratitude from Fiona**

I will be fully retired by the middle of May! I have been overwhelmed in the most positive way by the many wonderful cards, emails, gifts and flowers I have received from staff, families, friends, and the Pavilion Board. Thank you, everyone, for making this important life transition so special for me! I will miss being a part of Pavilion life very much. Please give a very warm welcome to Shannon, our new Director Resident Services. I am very confident that Shannon will be a great addition to the staff and management team.

### **Quality Improvement: Polypharmacy**



The Pavilion has received funding from the Division of Family Practice to participate in a quality improvement project over

the next year. The project will focus on reducing inappropriate polypharmacy (i.e. we will focus on residents with 11 or more medications ordered) and improving quality of life. The quality improvement team will be

seeking input from family members in the months to come. Please stay tuned!

### **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, May 21 at 1:30pm. Diane Pancel and Morry Stearns will perform in the Activity Room. Diane is a vocalist who has been nominated for two international Portuguese Music Awards and has worked with artists including David Foster and Nelly Furtado. Morry is a pianist, recording artist, and songwriter who has appeared in concert with Kenny Loggins, Bryan Adams, Celine Dion, and Julio Iglesias.

### **Your Input Welcome: Share With the Board**

Our Board of Directors is interested in resident and family input. At the beginning of each Board meeting there is time set aside to hear from a resident or family member about their experiences at the Pavilion. If you are interested in providing feedback, please leave a request with the Receptionist at the front office.

### **Through Flu Season: Thanks for Your Help**



Thank you for your help over the last several months keeping the Pavilion healthy through flu season. Island Health has now lifted the requirement for people who are not immunized to wear a mask. Please continue with diligent hand-washing, be sure to cough into your elbow, and of course, stay home if you are unwell.

### **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!