

## Family Bulletin – October 2017



### *Family Council*

**Monday, October 16, 2017  
3:15 to 4:30 PM  
Activity Room  
Refreshments served**

### *Conversation*

We are in a new season and we'll soon have new Family Council co-chairs. It seems like a natural time to look back at past seasons to identify the things that have been appreciated and to think about things we might need or want in the future. Are there ways to adjust our direction to offer more ways of supporting each other through the Family Council? We hope to hear from those who have not regularly attended meetings, as well as those who have. Please join us for a conversation and encourage other members of the Kiwanis Pavilion community to do so too. If you are unable to attend the meeting, please phone or email Suzanne (Social Worker) with your ideas (ext 223 or [smacleod@obkp.org](mailto:smacleod@obkp.org)). Thank you.

*Everyone is welcome!*

### *Kiwanis Pavilion Updates*

#### **October Festivities: Mark Your Calendar**

Join us for a kitchen party with Cookeilidh on Wednesday, October 11 at 2:30 PM and enjoy high energy, traditional and contemporary Celtic tunes. On Tuesday, October 31 at 1:30 PM, we'll be celebrating Halloween with a "Pub" Party. Remember to dress up!

#### **Concert in Care: You're Invited**



Elyssa  
Lefurgey-Smith  
(violin) and  
Soile  
Stratkauskas  
(wooden flute)

will perform in the Activity Room on Tuesday, October 24, 2017 at 1:30 PM. Elyssa is a founding member of the Elixir Baroque ensemble. She appears regularly with Tafelmusik Baroque Orchestra, Opera Atelier, Talisker players, Opera in Concert and the Hamilton Philharmonic. Her international tours have included performances in Russia, Australia, France, Ireland and Italy.

Soile Stratkauskas found her passion in the pure and eloquent sound of the wooden flute. Soile has performed with many prominent period instrument orchestras, including the Orchestra of the Age of Enlightenment and the Gabrieli Consort and Players. With her chamber ensemble 'The Four Temperaments' she has performed in various festivals including the London Handel Festival, Saintes Festival in France and Musica Antiqua in Barcelona. This concert is presented by the Health Arts Society of BC and is generously supported by the Weir Family Foundation and Odlum Brown. We hope to see you at the concert!

### **Bus Outings: On the Road Again**



The Pavilion has a small bus for group outings which is now back in operation with a new lift apparatus. Three staff members have the Class 4 license required to drive the bus: Debbie, Mike and Dalton of the Activation team. For safety, two staff are required for bus outings. The bus can carry up to 7 residents; usually 6 ambulatory residents and one in a wheelchair. Unit 1 and Unit 2 each plan to have about 3 bus outings per month, and Unit 3 has the occasional outing.

Outings are primarily scenic drives that do not involve getting off the bus. Occasionally, there are trips to restaurants or special activities. When selecting residents for bus outings, staff take into account factors such as residents' health status and interests, the support they may require, and whether they get out with family/friends. A list is kept and we try to make sure everyone gets a turn. The fee for bus outings is \$7.50 per resident and there is an additional charge if the outing includes a meal or other fee.

### **Biking for Brain Research**



Evan Dungate has family members living with Alzheimer's, Autism, and Addiction. He is riding his bicycle across North America to raise awareness for the

Brain Research Foundation which supports neuroscience research that leads to an advanced understanding of brain function in children and adults. To learn more about Evan's ride, go to: <https://bikingforbrainresearch.com/>

### **Choosing Wisely for Residential Care**

The Long Term Care Medical Directors Association of Canada has established its top 6 recommendations for frail elderly living in residential care. For example, the recommendations include the following:

“Don't send the frail resident of a nursing home to the hospital, unless their urgent comfort and medical needs cannot be met in their care home. Transfers to hospital for assessment and treatment of a change in condition have become customary. However, they are often of uncertain benefit, and may result in increased morbidity. In one Canadian study, 47% of hospitalizations were considered avoidable, while a recent US study found 39% to be 'potentially avoidable'. Transfer often results in long periods in an unfamiliar and stressful environment for the patient. Other hazards include delirium, hospital acquired infections, medication side effects, lack of sleep, and rapid loss of muscle strength while bedridden. Harms often outweigh benefits. Residents assessed and treated at their care home will receive more individualized care, better comfort and end of life care. If a transfer is unavoidable, give clear prior instructions to the hospital of the patient's needs. A clear understanding of the patient's goals must be established taking into account current health status, values and preferences. This will reduce the likelihood of inappropriate transfer. These goals should be discussed earlier and often with the patient and family, including whether comfort, function and quality of life are their most important goals.”

“Don't continue or add long-term medications unless there is an appropriate indication and a reasonable expectation of benefit in the individual patient. Long-term medications should be discontinued if they are no longer needed (e.g., heartburn drugs, antihypertensives) as they can reduce the resident's quality of life while having little value for a frail elder with limited life expectancy (e.g., statins, osteoporosis drugs). Prescribing medications to meet lab test “targets” that apply to adults living in the community (e.g., blood sugar, blood pressure) may instead have dangerous effects on mobility, function, mortality and quality of life when applied to a frail elder in care.”  
(Choosing Wisely Canada, January 18, 2017)