

Family Bulletin – October 2018



Family Council

Monday, October 15, 2018
3:15 to 4:30 PM
Activity Room
Refreshments served

Palliative Approach in Dementia Care

The Kiwanis Pavilion is a dementia hospice. Join us for a conversation about the palliative care approach to support comfort and quality of life when living and dying with dementia.

Everyone is welcome!

Family Council Updates

Volunteers at the Pavilion

At the September Family Council meeting, the Pavilion's Coordinator of Volunteers, Tara, spoke about the ways volunteers support residents. At present there are 60 volunteers at the Pavilion and they range in age from 15 to 92! Volunteers contribute in a wide range of activities. For example, they visit one-to-one

with residents, bring their therapy dogs to visit, assist with activity programs (from portering residents to dancing with residents), and meet with residents to develop personalized playlists for the Music and Memory program. All volunteers must go through a screening and training process which includes a Criminal Record Check, an orientation program with buddy shifts, and ongoing supervision by staff. Tara is developing some "activity bins" for volunteers to use during visits with residents to support meaningful activity. Families are welcome to use these during visits as well. You will find bins of baby clothes for folding, books, etc. on the Volunteer counter in the front hall. As well, Tara is hoping to supplement the volunteer program with some new activities in the near future with goat and cat visits, toddler and resident dance parties, palliative companionship, and more. She is also hoping to recruit volunteers to assist with garden weeding and sewing seat covers.

Workshop on Caregiver Guilt: Please RSVP



Caregivers of people with dementia often talk about feeling guilty. It is a common response to the overwhelming challenges associated with caregiving, but it should not be regarded as inevitable. Conflicting emotions towards the person you care for, such as feeling love and anger all at once, often exacerbate the feeling of guilt. Guilt drains you of the mental and physical energy that you need to care for the person with dementia and to care for yourself. Feeling guilty also makes you more vulnerable to depression. However, guilt can be controlled, if you acknowledge it and address your feelings.

At our Family Council meeting on Monday, November 19 at 3:15 PM, the Alzheimer Society will provide a workshop about the experience of caregiver guilt. We need ten participants for the workshop to run, so please mark your calendars and RSVP to Suzanne the Social Worker (email smacleod@obkp.org or phone extension 223).

Family Council Meeting Time: Input Please
Some family members at the September Family Council Meeting suggested that an earlier start time around 2:30 PM (on the third Monday of the month) would work better for them. Let's discuss this idea more at the October meeting. If you aren't able to attend, please email or phone Suzanne the Social Worker with input.

Kiwanis Pavilion Updates

Concerts in Care: You're Invited

Thanks to a generous donation from a Kiwanis Pavilion resident and several corporate donors, the Health Arts Society of BC will be providing another series of Concerts in Care at the Pavilion. The next concert will be on Tuesday, October 23 at 1:30 PM when 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.

Municipal Elections and Pavilion Residents

Some residents have received Voter Information Cards in the mail for the upcoming municipal election on October 20. The City of Victoria has advised that there are plans to provide a mobile poll at the Pavilion for residents to vote; we are awaiting further details about the date and time. If you wish to assist your family member to vote in the community instead, please check with Reception to see if a voter card is available, and refer to the City of Victoria website for information about voting locations and times.

Upstairs Activities

Activity programming is designed to meet the needs of the residents living on a particular unit, so each of the three units has its own schedule, with some overlap. When time permits and residents would benefit, the Activity Workers do their best to bring Unit 3 residents to programs in the downstairs Activity Room, but this is not always possible. Families are always welcome to bring Unit 3 residents to programs in the downstairs Activity Room. Please stay with the resident and return them to their unit when the program is finished. Thank you!

Violence Prevention Training

Michelle (Registered Nurse) and Glen (Health Care Worker) have become trainers in the Provincial Violence Prevention Curriculum, an education program for health care workers in a range of care settings. Our "dynamic duo" have already offered two training sessions to 20 Pavilion staff, with more workshops planned.

Hand Hygiene Tips for Visitors



Going into the Flu and Norwalk Season, hand hygiene is one of the most important ways to stop the spread of "superbugs" and other infectious organisms.

Visitors can spread infections to residents without knowing. Since the "bugs" that cause illness can live on many surfaces, it is very important that anyone visiting a resident clean their hands before and after touching them. Many infectious organisms are spread by hand to mouth contact (when people swallow them), so everyone should clean their hands regularly, especially after using the washroom, before eating, and after touching things that many other people have touched. Alcohol-based hand rub is available throughout the Pavilion and is effective for cleaning your hands (unless there are norovirus or C. difficile outbreaks). Staying in a single room will also decrease your infection risk. Please remember to cough into your elbow and do not visit if you are feeling unwell. For more information on hand hygiene go to: www.handhygiene.ca