

Family Bulletin – September 2017



Family Council

Monday, September 18, 2017

3:15 to 4:30 PM

Library

Refreshments served

Presentation

**Grief, Loss and Dementia:
Caregivers Share their Journeys**

Join us at the next Family Council meeting to view a documentary about the unique experience of grief in the dementia context with a conversation to follow.

We will also express our gratitude and best wishes to our outgoing Family Council Co-Chairs, Diane and Lynn, and encourage two family members to consider stepping into this important role (see more details below).

Everyone is welcome!

Family Council Updates

Nominations Requested

At the September Family Council Meeting, there will be an election for the next two Co-Chairs of the Family Council. We welcome you to consider this opportunity to support Pavilion residents and family members through education, collaboration and advocacy. If you are interested in volunteering or making a nomination, please contact Suzanne, Social Worker, at extension 223. Thanks!

Kiwanis Pavilion Updates

Friday Dance Parties: You're Invited



The Activity Room transforms into a dance hall on Friday mornings and all family members are welcome to join the fun. While primarily Unit 1 and 2 residents attend, families are welcome to

bring Unit 3 residents as well. The party starts at 10:00 and goes until 11:30. Come shake your booty and bust some moves!

Concert in Care: You're Invited



The Emily Carr String Quartet will perform in the Activity Room on Tuesday, September 26 at 1:30 PM. Formed in 2006 by members of the Victoria Symphony, the Emily Carr String Quartet has performed in the US, Europe and Asia, been featured with the "Music in the Morning" concert series in Vancouver, and

participated in summer festivals at Stanford University and The Banff Centre. 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!

Salmon BBQ at the Beach: Thank you!

The Oak Bay Kiwanis Foundation hosted a fundraising Salmon Fest on Sunday, August 27th at Willows Beach. We are delighted to report that \$1,834.76 were raised to support the music programs at the Pavilion. Well done!

Quality Improvement News

The Pavilion was inspected by the annual Licensing Inspection on August 23rd. We have a couple of items to follow up on, but overall we “passed.” The report is posted in the Lobby.

Quotable from the Dementia Roadmap



“At all stages of the journey we can focus on providing comfort and improving quality of life, working with what we are still able to do and things we can still enjoy together.

Please be gentle with yourself ... Loving someone with dementia is a bittersweet journey that asks a great deal of us as caregivers. All of us will feel guilty; about not giving enough, or losing our patience, or dealing with the inevitable feelings of anger and frustration. We need to give ourselves time and permission to grieve, and adjust to all the losses and changes. We need to acknowledge all the things we are doing, and give ourselves permission to care for ourselves too. Your loved one knows at some level the toll their illness is taking on you, and doesn't want to be a burden on you. More than anything else, they want you to be happy, and care for yourself, both now and when they're gone. Please give them the gift of being kind to yourself.” – Dr. Trevor Janz, Residential Care Medical Director, Interior Health East

Diabetes Store: New Location

As of September 5th, Diabetes Canada will close its Victoria Medical Supply Store and relocate to the Heart Pharmacy at Shelbourne Plaza (3643 Shelbourne Street). Please note that store customers can continue to call 250-382-5454 or 1-877-556-2812 to contact the Diabetes Store at the Shelbourne Plaza Heart Pharmacy.

We All Fall Down

Mother has fallen four times these past two weeks
as if she's drawn to the final position.
Stretched out on the floor, she's as close to the ground

as she can get in this home for the aged,
but no one will grant her wish for a return
to the earth – each time she falls the nurses call

an ambulance. The friendly paramedics say, “Irene,
you can't go on like this,” and I think she hopes
it's true. Emergency room x-rays reveal

no fractures, but when she returns, I can see
that she's broken. Two weeks before she leaves us,
I manicure her fingernails, kneel to bathe

her blue-veined feet, hack at tough nails that belie
fragility; then towel and powder her toes
while she sits, and dozing answers, “Yes, that does

feel nice.” On the floor I stroke her swollen feet
and weep over years thickened with memory.
This image remains: myself at fifty-five

trying to show my mother how love is felt
through the flesh; as if by caressing her feet
I could demonstrate the way to love a child.

– Nancy Dahlberg

Hughes, Holly (Editor). (2009). *Beyond Forgetting: Poetry and Prose about Alzheimer's Disease*. Kent State University Press, p. 136.