

Family Bulletin – September 2018



Family Council

Monday, September 17, 2018
3:15 to 4:30 PM
Activity Room
Refreshments served

We look forward to seeing you at the September meeting when Tara Shanks, Coordinator of Volunteers, will tell us all about the Volunteer program at the Pavilion. Bring your questions. Everyone is welcome!

Family Council Updates

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).

Kiwanis Pavilion Updates

Pavilion Foundation Fundraising Update



The second Salmon Fest held Saturday August 26th at Willows Beach by the Oak Bay Kiwanis Pavilion Foundation was a success and well supported by the local community. \$1,700 was raised for the Pavilion's music programs. Good job!

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 six Concerts in Care at the Pavilion between September 2018 and April 2018. We hope you can come and enjoy them!

For the first concert, Soile Stratkauskas (wooden flute) and Alasdair Money (cello) will perform on Tuesday, September 25 at 1:30 PM in the Activity Room. Let us introduce the musicians ...



Soile Stratkauskas found her passion in the pure and eloquent sound of the wooden flute. She completed her education in the UK, first at the Royal Northern College of Music in Manchester and then at the Royal Academy of Music, where she gained her Master of Music degree with distinction. 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. Soile has recently moved to Canada and is now based in Victoria, where she lives with her husband David, director of music at the church of St. John the Divine.



Alasdair grew up in Victoria where he began his studies, and went on to take advanced studies in cello performance at the Guildhall School of Music in London. He has attended such festivals as Banff and Orford in Canada and the Dartington, Evian and Verbier music festivals in England and in Europe. While back in Canada, Alasdair works with the Victoria and Vancouver Island Symphonies, the Emily Carr String Quartet, Galiano and Aventa ensembles and has played with the Vancouver Symphony Orchestra.

David Whyte on Gratitude and Solace

“Gratitude is the understanding that many millions of things come together and live together and mesh together and breathe together in order for us to take even one more breath of air, that the underlying gift of life and

incarnation as a living, participating human being is privilege, that we are part of something, rather than nothing. Even if that something is temporarily pain or despair, we inhabit a living world, with real faces, real voices, laughter, the color blue, the green of the fields, the freshness of a cold wind, or the tawny hue of a winter landscape.”

. . .

“Solace is the art of asking the beautiful question, of ourselves, of our world or of one another, in fiercely difficult and un-beautiful moments. Solace is what we must look for when the mind cannot bear the pain, the loss or the suffering that eventually touches every life and every endeavor; when longing does not come to fruition in a form we can recognize, when people we know and love disappear, when hope must take a different form than the one we have shaped for it.

Solace is the beautiful, imaginative home we make where disappointment can go to be rehabilitated. . . . Solace is found in allowing the body’s innate wisdom to come to the fore, the part of us that already knows it is mortal and must take its leave like everything else, and leading us, when the mind cannot bear what it is seeing or hearing, to the birdsong in the tree above our heads, even as we are being told of death, each note an essence of morning and mourning; of the current of a life moving on, but somehow, also, and most beautifully, carrying, bearing, and even celebrating the life we have just lost. A life we could not see or appreciate until it was taken from us. To be consoled is to be invited onto the terrible ground of beauty upon which our inevitable disappearance stands, to a voice that does not soothe falsely, but touches the epicenter of our pain or articulates the essence of our loss, and then emancipates us into both life and death as an equal birthright.”

– by David Whyte from *Consolations: The Solace, Nourishment and Underlying Meaning of Everyday Words*