

Family Bulletin – February 2020



Family Council

Tuesday, February 18, 2019
2:30 PM to 3:45 PM
Library
Refreshments served

Presentation

New Developments in Recreation

The Recreation team invites you to join us during February's Family Council meeting as we discuss the new software program we will be implementing into the activity programming. We will discuss and demonstrate how family members can access the family portal portion of the program to gain immediate digital content such as personal resident photos, calendars, and recreation participation levels.

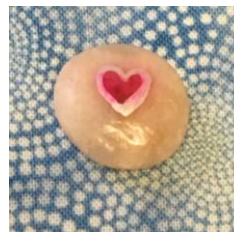
Everyone welcome!

Family Council Updates

Gratitude Corner

“Wear gratitude like a cloak and it will feed every corner of your life.” ~ Rumi

At the wise advice of a family member, the first Family Council meeting of 2020 was all about gratitude. We viewed a short film by Louie Schwartzberg called “Gratitude” (available by Moving Art on YouTube) and explored the role of thankfulness in our lives. Gratitude has two key components. Firstly, “it’s an affirmation of goodness. We affirm that there are good things in the world, gifts and benefits we’ve received,” and secondly, “we recognize that the sources of this goodness are outside of ourselves. ... We acknowledge that other people—or even higher powers, if you’re of a spiritual mindset—give us many gifts, big and small, to help us achieve the goodness in our lives” (Emmons 2010). Gratitude is seen as a “relationship-strengthening emotion ... because it requires us to see how we’ve been supported and affirmed by other people” (Emmons 2010).



Research has suggested that “people who practice gratitude consistently report a host of benefits” from stronger immune systems to better sleep quality, to feeling more joy and optimism, to feeling less lonely and more compassionate (Emmons 2010). The group shared possible ways to develop a “daily gratitude practice” (Russell 2019), for example, by keeping a gratitude journal, smiling more often, avoiding gossip and negative movies, focusing on one’s strengths, and noticing

beauty in nature every day (Conlon 2019). We made gratitude stones with personally meaningful and inspiring words and images to help highlight the blessings in life even through the challenges of the dementia journey.



For a copy of the list *40 Simple Ways to Make Gratitude a Part of Every Day* and a collection of gratitude poetry, or if you too would like to make a gratitude stone, please

contact Suzanne the Social Worker (drop by her office or email smacleod@obkp.org or phone ext 223). Also, gratitude quotes will be posted on the Social Work office door each day if you would like to pause to reflect on those as part of your practice. "It is not happiness that makes us grateful, but gratefulness that makes us happy." ~ Brother David Steindl-Rast

Kiwanis Pavilion Updates

With Gratitude and Best Wishes

We would like to thank four long-term health care workers Angela, Chris, Kevin, and Alma for their dedication and service. Happy retirement! We will miss you dearly!

The Scoop on Tax Receipts

Just a heads-up that the 2019 tax receipts for long-term care will be enclosed with the February 2020 Kiwanis Pavilion billing statement. If you have any questions or concerns, please call Reception at ext 221.

New PAP Date Coming in May

We are honoured to care for the residents who live here and are committed to enhancing their quality of life. In order to continue to deliver our high quality services, we need to make changes to our billing cycle.

This change means that the Pre-Authorized Payment (PAP) will take place on the first day of each month as opposed to the 15th. In compliance with all policy and procedures, we

are providing you with three months advance notice. This change will align us with other long-term care homes in BC.

This change will take effect on May 1, 2020. We will require all cheques and payments to be made payable on May 1, 2020 and the first day of each subsequent month. Electronic Funds Transfers will also occur on May 1, 2020 and the first of each subsequent month. Please let us know if you have any questions and thank you for your understanding.

Visiting in Flu Season



The Island Health Authority requires that all visitors who have not received a flu shot please wear a mask until March 31 (and possibly longer depending on the length of the flu season). Masks are available in the front lobby. Please do not visit if you are feeling unwell. When you do visit the Pavilion, please wash your hands often with soap and water or alcohol-based sanitizers. Do not cough or sneeze into your hands – use your upper arm or a tissue. We hope everyone is able to stay healthy during flu season.

Sunday Breakfast for a Good Cause



The Kiwanis Pavilion Foundation is once again serving breakfast at the Willows Beach Tea Room until April 12 on Sundays from 9:00 to noon, for only \$12 per person. Funds raised will go directly towards the residents at the Kiwanis Pavilion. Come enjoy a hearty meal and a beautiful view!

Parking Lot Etiquette

This is a friendly reminder to please keep any parking in the short-term parking areas, at the front entrance, short (e.g. five minutes). We need to keep this area as clear as possible for the access of emergency vehicles and transport buses to come and go safely. Also, please no parking in the back lane. Many thanks!