

## Family Bulletin – January 2020



### Family Council

Tuesday, January 28, 2019 **REVISED**

2:30 PM to 3:30 PM

Library

Refreshments served

### Conversation on Gratitude

*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 a privilege; that we are miraculously 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. – David Whyte*

It's been suggested we begin the New Year with a conversation about what we're thankful for. Let's do it! Join in an informal dialogue exploring gratitude to start 2020 on a positive note. Everyone welcome!

### Happy New Year



Happy 2020 to all of the Kiwanis Pavilion residents and their friends and family on behalf of the staff, administration, and Board.

We wish you the comfort and joy of simple blessings as you live through the ups and downs of frailty and dementia. May you find ways to nourish your spirits with tenderness, playfulness, and love. We look forward to collaborating with you in this world of forgetfulness in 2020. Cheers!

### Family Council Updates

#### New Year, New Day

We've been experimenting with the timing of Family Council meetings. After discussion with families at recent meetings, we are going to try holding monthly Family Council meetings at 2:30 PM on the third Tuesday of each month (instead of the third Monday). **This month, however, we will meet on the fourth Tuesday, January 28, due to a scheduling conflict.** Thank you for your understanding!

### Kiwanis Pavilion Updates



#### Foundation Fundraiser: Thank You!

We are very pleased to report the results of the annual Christmas Appeal. So far \$27,000 has been raised! The funds go to furniture, equipment, and supplies for resident comfort and pleasure. Our deepest thanks to all the donors.

### 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 221.

### 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. Thank you! We hope everyone is able to stay healthy during flu season.

### Sunday Breakfast for a Good Cause



From January 5 to April 12, the Kiwanis Pavilion Foundation is once again serving breakfast at the Willows Beach Tea Room 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. If

you have any questions, please ask at reception. Thanks for your attention to this safety request.

### Client Safety Tip: Fire and Emergency Drills



We periodically hold safety drills to practice the procedures for fire, evacuation, earthquake, etc. If you are a visitor during one of these drills, we request you support this important emergency preparedness

learning opportunity by following staff directions and requests. If you are in the building when the bells ring, please stay where you are (whether or not you are with your family member) and await instructions. Please do not re-enter evacuated areas until the all-clear has been announced. Your cooperation and patience is greatly appreciated as it allows staff to focus on the exercise to maximise learning, while also supporting and comforting residents during what is an unsettling but necessary disruption. Thank you for your help.

### Support for Family Caregivers: A Podcast



In his book, *Be With: Letters to a Caregiver*, Mike Barnes writes, “I’m sending you the news I needed to hear myself. Needed and still need often, ransacking confusions to find a clear

way forward. You see, nine years ago, when my mother, Mary, was diagnosed with Alzheimer’s—and, really, for some years before that, when something wrong was obvious but hadn’t yet been named—I had need of the items, soft and hard, I aim to send here. Soft: fellowship, solace, understanding. Hard: facts, clarity, direction. You need accuracy, but you need kindness too.” To hear more about Mike’s book and his experiences caring for his mother, follow this link to a podcast of his interview on CBC radio:

<https://www.cbc.ca/radio/tapestry/lessons-for-caregivers-1.4907822/author-mike-barnes-has-a-message-for-caregivers-you-are-not-alone-1.4907871>