

<b>Family Council Meeting Minutes</b>	<b>Date:</b> January 28, 2020
<b>In Attendance</b> <b>Family Members:</b> Tom, Lynne, Gerri, Trudy, Mary Ann, Hyesoon, Francine, Cathy <b>Staff:</b> Suzanne <b>Other:</b>	
<b>Presentation: Conversation on Gratitude</b>	
<b>Presentation Notes</b>	<b>Input/ Action</b>
<p>“Wear gratitude like a cloak and it will feed every corner of your life.” ~ Rumi</p> <p>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).</p> <p>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.</p> <p>Handouts were distributed: <i>40 Simple Ways to Make Gratitude a Part of Every Day</i> and a collection of gratitude poetry. 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</p>	<p>Handouts available at Social Work office for those who were not able to attend.</p>

<b>General Discussion</b>	
<b>General Discussion Notes</b>	<b>Input/ Action</b>
Reminder re: Sunday Breakfasts (Kiwanis Pavilion Foundation fundraiser) and also Flu Season visiting protocols.	
<b>Topics for Upcoming Family Council Meetings</b>	
<b>Next Family Council Meeting Date and Topic</b>	Tuesday, February 18, 2020 New Developments in Recreation