

## *Family Bulletin – March 2020*



### *Family Council*

**Tuesday, March 17, 2020  
2:30 PM to 3:45 PM  
Library  
Refreshments served**

### *Presentation*

#### **Spring into Spring!**

Come celebrate the arrival of spring in the spirit of creativity and self-compassion. At the March Family Council gathering, we'll play with clay in bright colours (to make all things spring or whatever your heart desires) and discuss self-kindness as means to nurture you on this caregiving and life journey.

***Everyone welcome!***

### *Family Council Updates*

#### **New Developments in Recreation**

At the February Family Council, Krista (Volunteer Coordinator and Activity Worker) introduced families to the computer platform called "ActivityPro" which is going to be used to manage the activity programming. More specifically, there will be an online "Family Portal" for family members to access calendars, activity reports, and photos of their resident's participation in Recreation programming. Reports will be detailed by the number of times a resident attends programs, the types of programs they attend, 1:1 programs, and self-directed activities. Families will be able to use the portal as a window into the lives of their resident at the Pavilion. Both staff and family can upload pictures to the family portal. ActivityPro is going "live" on April 1<sup>st</sup> and we will be providing further information in due course. Thanks for staying tuned!

Patience (Activity Worker) also updated families on the new evening programming that she is hosting including Creative Arts on Tuesdays, Games Night on Wednesdays, and Sewing and Knitting on Thursdays from 5:00 to 6:00 PM. Families are welcome to attend with their resident. Patience also hosts ukulele sing-alongs on the units and led the family group in an uplifting "You Are My Sunshine."

Shannon (Director of Resident Services) explained that the Recreation Program is introducing a Montessori approach and thereby transitioning to fewer large group activities and a focus on more individualized and small group programs rooted in residents' personal interests and to support the five domains of cognitive,

spiritual, social, physical, and emotional well-being.

Krista also shared that there will be a Spring Fling fair for all residents and their families as well as volunteers and staff in the near future. More details about all the festivities to come in next month's newsletter.

## *Kiwanis Pavilion Updates*

### **Get Ready to Crumble!**



It's time for the third Pavilion Bake-Off! You're invited on March 11 at 1:30 PM in the Activity Room. Bring in your very best cookies and see if you have

what it takes to win the Golden Whisk. All residents, family members, friends, volunteers, and staff are welcome to participate. Please talk with the Recreation Department to get an entry form. Entry forms must be submitted by March 4. Enjoy!

### **Gentle Reminder about Unit Kitchen Areas**

We kindly remind visitors that access to the kitchenettes, equipment, and refrigerators is limited to employees only for regulatory, safety, and infection prevention and control reasons. If you need anything for your family member, please don't hesitate to request assistance from any of our employees. If you have any questions, concerns or comments, please feel free to speak with either of our Directors.

### **Heads-Up on Window Cleaning**

Please note that our exterior and skylight windows and also the Unit 3 patio will be cleaned March 11 to 13. Let the sun shine in!

### **Happy Embrace Aging Month!**

The Eldercare Foundation and Island Health are offering events and educational opportunities aimed to help people of all ages "Be Well, Be Secure, Be Connected and Be Enriched." For a full schedule of events, please check out the

Family and Friends bulletin board in the Pavilion lobby or go to:

<https://gvef.org/embrace-aging-month/>

### **New PAP Date Coming in May**

Just a gentle reminder that the Pre-Authorized Payment (PAP) will take place on the first day of each month as opposed to the 15<sup>th</sup> starting 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.

### **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 (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 stays healthy!

### **Sunday Breakfast for a Good Cause**



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

enrichment of care at Kiwanis. 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.