

FAMILY NEWSLETTER

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Welcome to Sonia Cinti

We are happy to announce a new addition to the Louis Brier family. Please welcome Sonia Cinti to the role of Human Resources Manager. Sonia will be working closely with Diane Pearce (Director of Human Resources) to better service Louis Brier employees, residents, and other consumers. Sonia is expected to start mid February.

Welcome to Emma Brennan

In January 2017, Emma Brennan joined the Louis Brier team in the role of Executive Assistant. Emma brings a wealth of experience and knowledge to this role and we welcome her to the Louis Brier family.

Welcome to Jeannie Dhaliwal

We are excited to welcome Jeannie Dhaliwal, our new Project Director for the Louis Brier & Weinberg Redevelopment Project. The Redevelopment Project is entering a new phase and Jeannie was recruited to help move this project forward. Jeannie brings a wealth of knowledge and experience and has been involved in a variety of redevelopment and renewal projects across the country.



Celebrating Tu B'Shevat

The 15th day of the month of Shevat marks the beginning of the 'New Year' for trees, or Jewish Arbor Day. This year the minor holiday begins at nightfall on Friday, February 10th and ends at nightfall on Saturday, February 11th.

Tu B'Shevat is considered the beginning of the year for trees because it is the midpoint of winter: the strength of the cold becomes less, the majority of the year's rains (in Israel) have fallen, and the sap of the trees start to rise. As a result, fruit begins to form.

On Tu B'Shevat it is customary to eat many different kinds of fruit and to explore the holiday through poetry, art, food and discussion groups (which will be happening at both the Louis Brier and the Weinberg) as we celebrate the New Year for trees.

Message from the CEO

With this note, I wanted to welcome everyone to this edition of the Louis Brier family newsletter. As I sit at my desk trying to figure out what to write about, I feel a sense of accomplishment for what has already been achieved. I also have an overwhelming feeling of the many opportunities still ahead of us. The last few months have brought forward many changes, some anticipated and some not so much. As we move forward and continue to stick to our commitment of delivering safe quality care, I am amazed and grateful for the wonderful residents, family members, and staff who continue to bring forward ideas for improvement, provide feedback, and have a heightened sense of commitment and advocacy.

At this time I wanted to briefly talk about Accreditation. Many of you have heard the members of the leadership team speak about Accreditation at any given opportunity. Partially this is to increase awareness, but mainly it is to spread the word and demonstrate Louis Briers' commitment for quality care. As we move along and get into the thick of the process, I will continue to provide additional information and of course invite everyone to ask questions and get involved as much as possible.

Accreditation is regarded as one of the key benchmarks for measuring the quality of an organization. Preparing for accreditation gives the organization an opportunity to acknowledge its strengths and identify opportunities for improvement. This process provides information for management to make decisions regarding operations in order to improve the effectiveness and efficiency of business performance.

The Louis Brier accreditation survey is planned for May 2018. There is a lot of work ahead of us. However, given our residents, families and staff, I have full confidence that we will be able to accomplish this considerable endeavour.

Dr. David Keselman, MN, DHA, CHE, RN
Chief Executive Officer

Alzheimer's and Exercise



Alzheimer's is progressive disease, the course of which cannot be stopped. A healthy lifestyle however can help maintain function, offer familiarity and enrich a resident's life overall.

Remaining physically active can provide an outlet for some of the boredom and frustrations a resident may experience. It can make visiting easier. Walking with your family member provides a time to chat about old memories and bring up pleasant stories and enjoy a change in scenery or some fresh air. A walk outside to a nearby bench, to a different area in the building or pushing a wheelchair around the block to look at the seasonal changes in nature is enjoyable to all.

Regular exercise can use up extra energy and may alleviate some behaviours and improve sleep. It maintains strong muscles and flexible joints, improves balance, and helps maintain some independence in activities of daily living. Regular exercise can provide opportunities for social interaction as our residents attend group exercise classes and leave their rooms to come to the gym.

There is no right amount of exercise in the later stages of dementia. Exercise can range from changing positions from sitting to standing a few times, to short walks, to riding a seated bike. As is common to all, the desire to exercise varies greatly in the Alzheimer's population. While a resident can be encouraged and invited to participate in activation, he or she cannot be forced. It should be an enjoyable exercise for all involved.

Improving the Quality of your Hearing Life with a Personal Sound Amplifier



Hearing loss can make communicating and understanding a frustrating experience for both the speaker and the listener. A Personal Sound Amplifier can help you or someone you love hear better, providing some excellent hearing support for people really struggling with their hearing. This includes the elderly who are suffering from mild, moderate and some even with severe hearing losses.

This system amplifies the sounds closest to you while reducing background noise, thus allowing you to enjoy conversations and social situations that previously were so challenging. Small groups, restaurants, one-on-one conversations, indoor-outdoor activities and TV/Radio listening now can be much more enjoyable. Simply plug in your earpiece or headphone, position the microphone near the preferred sound, adjust volume to your comfort – and start listening.

Here are some pros and cons of using a personal sound amplifier:

Pros: Portable, Affordable, Easy adjustable volume, can be used with or without hearing aids

Cons: Some people don't like wearing headphones, may not discriminate sounds as well as a hearing aid, heavier and bulkier than a hearing aid

It is strongly recommended that before buying any sound amplifier system that you first seek advice from a doctor or an audiologist. This device is usually not meant to replace or substitute the use of hearing aids, if you are already wearing one.

Looking Forward to a New & Prosperous Year

Dear Friends,

We hope everyone had a happy and peaceful winter holiday season.

We have exciting news to share. In early January, our new Executive Director, Stephen Shapiro joined the Foundation team. Stephen brings with him new and creative ways of connecting with our community of donors, along with many years of experience in the charitable sector. If you are visiting the Louis Brier stop by and welcome him.

On February 25, the Louis Brier will honour one of our longest and most dedicated supporters ... Chaim Kornfeld. Chaim is revered for his long standing contributions to the Louis Brier and the greater Vancouver Jewish community. For those who may not know Chaim, he is exemplar of a mentor, achiever and community leader. For more information contact the Foundation office.

Thank you to those who made the Louis Brier a priority in their 2016 personal giving. Your dedication to help make lives better for our seniors is very much appreciated.

We look forward to another successful year in 2017.

Louis Brier Jewish Aged Foundation

Call 604-261-5550, email
foundation@louisbrier.com or visit our
website: www.thelouisbrierfoundation.com



Ask the Doctor

Q: My parent has Alzheimer's, how likely is it that I will get it too?

A: Alzheimer's disease is the most common form of dementia. The cause is currently believed to be a mixture of nature and nurture. While some families have a rare single-gene mutation that greatly increases the risk of Alzheimer's (and presents at an early age as young as 30), these are very rare. The other good news is that many of the factors that may interact with "Alzheimer's" genes are related to lifestyle that you can control: eating fresh and colourful food, being physically active, protecting your head (such as wearing a helmet), controlling your blood pressure, avoiding smoking and excessive alcohol, and handling stress.

While there are some tests available, it is not recommended to routinely check for genetic susceptibility to Alzheimer's disease.

Dr. Eric Cadesky, Medical Coordinator

Nutrition and Alzheimer's Disease: *It's about more than just food*

Regular, nutritious meals may become a challenge for people with dementia. As a person's cognitive function declines, he or she may become overwhelmed with too many food choices, forget to eat, or have difficulty with eating utensils.

As the disease progresses, loss of appetite and weight loss may become concerns. In such cases, supplements may be suggested between meals to add calories.

Staying hydrated may be a problem as well. Encourage fluids by offering small cups of water or other liquids throughout the day or foods with high water content, such as soups.

Possible Causes of Poor Appetite:

Not recognizing food. The person may no longer recognize the foods on his or her plate.

Poor fitting dentures. Eating may be painful, but the person may not be able to tell you this.

Medications. Some medications may affect appetite.

Reduced physical activity: Lack of physical activity will decrease appetite and calorie needs.

Decreased sense of smell and taste. The person with dementia may not eat because food may not smell or taste as good as it once did before.



During the middle and late stages of Alzheimer's, distractions, too many choices, and changes in perception, taste and smell can make eating more difficult. The following tips can help:

- ***Limit distractions.***
Serve meals away from TV and other distractions.
- ***Keep the table setting simple.***
Avoid placing items on the table — such as table arrangements or plastic fruit — that might distract or confuse the person.
- ***Distinguish food from the plate.***
Changes in visual and spatial abilities may make it tough for someone with dementia to distinguish food from the plate or the plate from the table. Avoid patterned dishes, tablecloths and placemats.
- ***Serve only one or two foods at a time.***
Too many foods at once may be overwhelming. Simplify by serving one dish at a time.
- ***Be flexible to food preferences.***
Be aware that a person with dementia may suddenly develop new food preferences or reject foods that were liked in the past.
- ***Give the person plenty of time to eat.***
Remind him or her to chew and swallow carefully.
- ***Eat together.***
Research suggests that most people eat better when they are in the company of others.
- ***Keep in mind the person may not remember when or if he or she ate.***
If the person continues to ask about eating breakfast, consider serving it in several smaller meals :i.e juice, followed by toast, followed by cereal.

