

FAMILY NEWSLETTER

Your Faith | Your Values | Your Home

Lily Alert

Spring is in the air and the flowers are coming out. Although flower deliveries are a welcome sight, please refrain from bringing lilies into the building as we have residents who are scent sensitive and staff who are highly allergic. If you are sending bouquets to residents please request that the florist not use lilies. Many thanks!

Van Dusen Gardens

Did you know that the Louis Brier has purchased a number of complimentary admission passes to the Van Dusen Gardens for Louis Brier residents to enjoy? Each admission pass allows a resident and one escort (a family member, friend, or companion) to enjoy the gardens. The cards are available for residents on a sign-out basis at the reception desk. We require a \$20 deposit or a drivers license which will be returned once the cards are signed back in.



To a Joyous Pesach at Louis Brier!

This year, the Jewish holiday of Passover begins on Monday, April 10 (Erev) and ends on Tuesday, April 18, 2017.

For those who celebrate Passover, we would like to invite you and your family to join your loved one for the 1st and 2nd Seders during the evenings of April 10th and 11th at the Louis Brier.

The Seder programme will take place at 6:45pm in the Homeside Lounge of the Louis Brier *after* the evening holiday (Yontef) meal and a light snack will be served during the *Shulchan Aruch* portion of the Seder. There is no charge to attend the Seders.

Ask the Doctor



Q: Why isn't my loved one on a better medication for their dementia symptoms?

A: Dementia in its various forms and stages is often accompanied by problematic behaviours. Unfortunately, many of these do not simply respond to medication; examples include wandering, pacing, attempting to leave, locking doors, disruptive vocalizations, and inappropriate voiding. Fortunately, team-based behavioural treatments can be very effective. Louis Brier takes a multidisciplinary approach and our staff includes therapists and care aids that provide a stimulating environment and interventions such as music, art, physical activity, and companionship.

Eric Cadesky MDCM CCFP

Did you know?

As of March 2017, the Louis Brier Home & Hospital and Weinberg Residence has a security guard on site from 7pm to 7am every day.

We will also be offering the very popular mini-Seder program on Wednesday, April 12 at 1:30pm in the 2nd floor dining room. The mini-Seder program is for Louis Brier for residents who find the evening program too late in the day to attend.

Residents may invite a guest to join them for the special holiday Yontef meals. Guest Yontef meal tickets will be available to purchase from the Louis Brier Reception. Adult meal tickets are \$18 and children under 13 are \$9 . There is no charge for residents.



The Synagogue Service schedule as well as all holiday programming will be posted throughout the home so that you can plan appropriately. We hope that you will be able to join us in celebrating Passover this year.

For more information please feel free to contact Edy Govorchin Ext 4714 or egovorchin@louisbrier.com

Understanding Pesach

The holiday of Pesach, aka Passover, will be celebrated by Jews around the world in April. Louis Brier will be in "Passover-mode" preparing for and celebrating this important Jewish holiday. That means some things will be a bit different around Louis Brier for about 10 days.

Food

Most Jewish holidays have traditional foods associated with them; however, Pesach really stands alone in that it has both foods we enjoy, as well as foods which we take great pains to avoid.

The main thing you'll notice is the lack of bread. The bread will be replaced with matzah, a flat cracker of simple flour and water, which is baked quickly so that the grain does not have time to rise. This serves to recall the Jews' delivery from Egypt which happened in haste.

Any grain which has been allowed to rise is called Chometz (khu-mets), and cannot be eaten for the entire eight days of Passover. In fact, Jewish law requires that all Chometz be removed from one's possession during Pesach. Even utensils which have been used for Chometz must be put away and not used with Pesach food. As you can imagine, this is no easy task. At Louis Brier, preparations begin about two weeks before Passover to remove all products containing any amount of Chometz from our storerooms, and replace utensils with special "Kosher for Passover" utensils which are only used for Passover. The kitchen appliances will also be meticulously cleaned of any Chometz.

As with all kosher guidelines at Louis Brier, residents and families are welcome to bring any food into their rooms, but may not use our dishes except with Louis Brier prepared food. We thank you in advance for your cooperation.

Seders

The most important meal of the Jewish year, a Seder (say-dur) is held on each of the first two nights of Passover. Besides the actual meal, the seder consists of songs and prayers together with symbolic foods and wine. At Louis Brier, we have a specially designed seder which combines the tradition of the evening with the needs of our residents. In order to minimize disruption, the festive holiday (Yontef) meal is held at the usual meal time for each resident. The prayers, songs, and symbolic foods portion of the seder is held later in the evening in the homeside lounge.

Rabbi's Corner



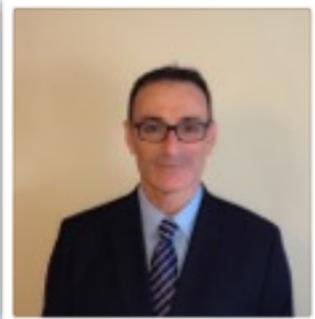
Celebrating the birth of the Jewish Nation, Passover is one of the most significant holidays on the Jewish calendar. It is rare to find a Jewish home which does not mark Passover with some form of *Seder*, a ceremonial and symbolism-laden meal. At the heart of every *Seder* is the concept of passing our tradition down to the next generation.

With its very heavily family-centred focus, Passover can be very difficult for the residents of any long term care facility. At Louis Brier we stress this to our staff with the following message, which is posted and repeated often:

"The resident in front of you, in years past, was likely the head of their family, and sat at the head of a seder table surrounded by children, grandchildren and great-grandchildren. Now, they are here. Please be extra sensitive."

We try to have this message be at the centre of all we do at Louis Brier, at Passover and all year round.

Message from the CEO



Hello and welcome to the April edition of the Louis Brier family newsletter. This newsletter is written in the spirit of Passover. We have welcomed spring and this season is, for many of us, a sign of renewal and regeneration. With this spirit in mind, I wanted to provide you with exciting news as to what is ahead of us. As you all may know, we have confirmed that our next Accreditation survey will be taking place May 2018 (an exact date will be confirmed soon). As part of the new Accreditation process, there is a heightened emphasis in exploring, understanding, and considering the residents' and families' needs, wishes, and experience in relation to the services we provide.

I am very proud to say that Louis Brier has been, and continues to be, at the forefront of providing safe and quality care to our residents. As part of our on-going commitment to the provision of excellent care, we have decided to formally embrace Resident and Family Centred Care as one of our guiding principles.

As part of this initiative, we will be collaborating with residents, family members, staff, and other community stakeholders. If you are passionate about safe and quality care and would like to participate in the Accreditation process, please let us know. We welcome your input!

Wishing you Kosher and Happy Passover!

Dr. David Keselman, CEO



**LOUIS BRIER JEWISH AGED
FOUNDATION**

Community Engagement

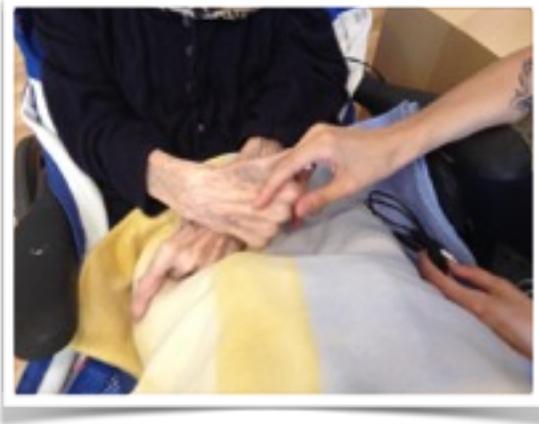
The Louis Brier Jewish Aged Foundation was invited into the Kindergarten class at Vancouver Talmud Torah to share about the work that we do to secure annual funding for the Home & Hospital. During our visit, we explained the importance of giving Tzedakah (charity) to the Louis Brier in order to maintain, sustain, and enhance the programs and services offered to the residents of the Home & Hospital. We were thrilled to learn that all of the children have visited the Louis Brier and that some visit on a regular basis to see family members and friends. Each child was sent home with a Tzedakah box for them to fill and return back to the Foundation.

This type of community engagement promotes an understanding of the needs in the community and hopefully a culture for the next generation of giving Tzedakah to the Louis Brier. Rabbi Jonathan Saks once said that Jews don't have history because history is "His-Story". Instead, he suggests that Jews have memories, and through those memories we are able to re-tell the stories of the Jewish people again and again. The Louis Brier is filled with memories. It is the mission of the Louis Brier Jewish Aged Foundation to provide and distribute funds for maintaining and fostering the well-being of Jewish seniors in our community.

The iPod Project

Louis Brier has an exciting music therapy program that can facilitate communication and connection between residents and families.

Based on the documentary “*Alive Inside*”, the iPod Project at Louis Brier is designed to benefit residents with a diagnosis of dementia, memory loss, compromised communication, depression and social isolation. Participants are assessed by the Music Therapist to participate. They then receive an iPod with music specifically chosen based on the resident’s likes and music interests.



Music is an effective way to connect with someone. It can revive memories and connect people like few other mediums can. Families who have used the iPods have remarked that the experience of listening to music with their loved one has been an incredibly moving experience for them. It has allowed for a shared experience – something that they have not been able to have due to the cognitive impairment or frailty of their loved one. If you would like to learn more about this program, please contact Music Therapist Megan Goudreau at extension 4241 or mgoudreau@louisbrier.com

Changes in Podiatry Services



We would like to thank Dr. Almas for his many years of support and service in providing foot care to our residents at Louis Brier. We are pleased

to announce that Dr. Ray Bolen has joined Louis Brier Home & Hospital to provide ongoing podiatric services for the residents. Dr Bolen visits every 6-7 weeks and charges a co-pay of approximately \$20-\$25 after MSP billing.

The foot is a complex structure made up of multiple bones joints, ligaments and muscles. When you have a problem with your feet, it can affect the health of your entire body and negatively impact your mobility.

Podiatrists are doctors who specialize in preventing, diagnosing and treating foot and ankle related pain and disorders. They provide a variety of foot care including problems related to diabetes, arthritis, circulatory problems and structural problems that can cause back and knee pain. They are also qualified to perform podiatric surgery.

Residents can also have their feet/nails attended to by our certified foot care specialists who visit monthly and charge \$40-\$45 each visit. (They are not able to bill MSP).

The foot care specialist and the podiatrist are able to provide assessments of feet and toes, perform toenail cutting, filing and buffing, treat ingrown toenails, corns , calluses and fungal infections.

If you wish to have a foot care consult with either of our specialists, let Laura Lee know of your preference at leirich@louisbrier.com

Walk for Alzheimer's - *Walk in the Box*

Louis Brier Home and Hospital and Weinberg Residence is proud to be a host site for the **Walk for Alzheimer's!** Residents, Families, Staff and Companions are invited to participate in our **Walk in the Box** from May 1- May 15, 2017.

Why Walk for Alzheimer's?

The Walk for Alzheimer's is Canada's biggest fundraiser for Alzheimer's disease and other dementias. Monies raised help support programs and services in our community that improve the quality of life for people living with dementia and their families, and support other activities including research, education and public awareness. Walks take place every year in 150 communities across Canada.

What is a Walk in the Box?

The Investor's Group Walk for Alzheimer's will be on May 7 at the Creekside Community Recreation Centre. We have been asked either to have a team at the walk or to host a Walk in the Box. We've chosen the Walk in the Box option and are excited to have you participate!

How does it Work?

The rehab team will plot a 2 km route in our beautiful neighbourhood. Residents, Families, Companions and Staff can walk the route at convenient times, in any combination of teams, as frequently as you desire and fits your schedule. There will also be an indoor route for staff walking during night or evening shifts, or for inclement weather.

How can you donate?

- ✦ Pledge sheets are available from Debbie Litvack in the Social Work office or at reception. Feel free to ask friends and families to sponsor you. Tax receipts are available for donations of \$15 or more
- ✦ You can donate a one time amount (any amount is welcome) at the beginning, at the end, or per walk. No donation is too little!

There will be an envelope for cheques or for cash also in Debbie Litvack's office or at the reception. Tax receipts available!

What do you get for walking and donating?

- ✦ An opportunity to be involved in making change for people living with dementia!
- ✦ A certificate and ...A PARTY! Goodies will be served to mark our accomplishment at 2pm the Homeside Lounge on Monday May 15!

