



JANUARY 2021

Snider Schmooze

A MESSAGE FROM DR. DAVID KESELMAN, CEO

Welcome to 2021, hard to imagine how the numbers keep changing and although I would have liked them to slow down just a bit, I am quite happy 2020 is behind us! I would like to take this opportunity and wish all of you a happy, healthy, cheerful, year. Filled with positivity, hope, and most of all no more viruses of any kind. I think we had enough.



Although 2020 was filled with unpredicted, unprecedented, and less than favourable events, we have nevertheless been able to accomplish some great things as well. We have continued to expand our reach to external stakeholders and forged new relationships. We have partnered and collaborated on a range of research projects, innovation and creative solutions such as the “LiveAssist” and “Agartee” to better help us keep our staff and residents safe and healthy. We have signed a number of academic contracts with new academic partners and will be seeing significantly more students in 2021 from all range of disciplines. We have worked hard to turn limitations, restrictions, and frustrations into creative solutions and made a concerted effort to bring about and highlight positivity and cheer. We connected with a range of Food Trucks to come to LBHH and offer our staff and residents a range of yummy cuisine. We celebrated staff achievements, and acknowledged staff longevity during our recognition and long service awards.

In The New Year, you will continue to see more exciting changes, as we continue to search for ways to enhance the experience of our residents, families and staff. We will continue our journey and quest to be recognized as a centre of excellence for Geriatric care, as well as, be recognized as an “Employer of Choice”. We continue to focus on redevelopment and doing our due diligence, through the gathering of relevant data, developing our Clinical Service Plan, and Functional Plan, which will be essential in working through the various challenges ahead.

Lastly, 2021 brings us that much closer to our next Accreditation survey, scheduled for May 2022. While that may feel as far away, time flies very fast and we will be gearing up starting January 2021. Megan and a team of leaders, front line staff, residents and family members will be finalizing the Accreditation road map, which will include a range of exciting activities and important information. There will be many opportunities to participate, help, and coordinate, so if you would like to contribute, please let Megan know.



Wishing everyone a happy healthy and safe New Year!

Dr. David Keselman CEO

TU B'SHEVAT – THE NEW YEAR FOR TREES

TU B'SHEVAT

ט"ו בשבט שמח



Tu B'Shevat (*too-beh-shvat'*), the "New Year for Trees" or the "birthday" of all fruit trees, is a minor festival and begins at sundown on Wednesday, January 27 and ends at sundown on Thursday, January 28, 2021. In ancient times, Tu B'Shevat was a method for calculating the age of trees and assisted Jewish farmers in establishing exactly when they should bring their fourth-year produce of fruit from recently planted trees to the Temple as first-fruit offerings.

A Little Background:

Tu B'Shevat is first referred to in the late Second Temple period (515 BCE to 20 CE) when it was the cut-off date for levying the tithe on the produce of fruit trees. When Jewish colonists returned to Palestine during the 1930s, they reclaimed the barren land by planting trees wherever they could and it became customary to plant a tree for every newborn child – a cedar for a boy and a cypress or pine for a girl. Each child is supposed to look after their own tree, and when there is a marriage, a branch is taken from each tree and they are bound together to form a huppa (the Jewish marriage canopy).

The Tu B'Shevat Seder

In the 16th century, the Kabbalists (mystics) of Tzfat (the city of Safed) in Israel created a new ritual to celebrate Tu B'Shevat called 'the Feast of Fruits'. Modeled on the Passover Seder, participants read selections from the Hebrew Bible and Rabbinic literature, and would eat fruits and nuts traditionally associated with the land of Israel.

The Kabbalists also gave a prominent place to almonds in the Tu B'Shevat seder, since the almond trees were believed to be the first of all trees in Israel to blossom. Carob, also known as bokser became another popular fruit to eat on Tu B'Shevat since it could survive the long trip from Israel to Jewish communities in Europe. At the Louis Brier, we have historically held a Seder on Tu B'Shevat and offered programming that involved fruits from the trees. Watch for more information in the January event calendar.

Customs

The Torah praises fruit, in particular grapes, figs, pomegranates, olives and dates so it is customary try to eat a new fruit, which can be any seasonal fruit. Some Jewish communities plant trees on Tu B'Shevat while others organize ecological activities and educational events, which provides a chance to express their dedication to protect the Earth.

Edy Govorchin

Manager Recreation, Culture and Music Therapy



Spiritual Care Corner with Chaplain Hazzan Rob Menes

Jewish values are the foundation of care at the Snider Campus. We value memory and we celebrate the good deeds that have been done in the past. However, we also celebrate the ability to renew, to begin again, and to rejuvenate. For that reason, this January represents a special month here. Of course, we begin the new secular year. For many of us, this means a chance for financial renewal. Some make career and family plans. It is a time for renewed commitment to make a difference in our lives.

This month holds the minor holiday Tu Bishvat, commonly known as the new year for the trees. While originally instituted as a way of identifying the age of the produce for sacrificial offerings, it has come to signify the responsibility that we have for the environment. Our responsibility as caretakers of the environment means that we must ensure the eternal renewal of our world and the ability of the land, water and air to sustain future generations.

Tu Bishvat has great meaning for the recognition of the Land of Israel. It has become a time of tree-planting, symbolizing bringing life to the desert. It is renewal and creation in its most physical sense. As the Zionist vision has become real, the holiday stands as a testament to the strength of the land and the interconnectedness of Eretz Yisrael and the Jewish people.

In a crowning moment of renewal, we rejoice this January in the distribution of the COVID19 vaccine, enabling us to renew our work, our meetings, and our communal religious services. It is truly a time of renewal of our spirit, a celebration of life again created! Let's all take a deep breath (through our masks) and appreciate the gift of another year.

Chaplain Rob Menes

Memorial Services SAVE THE DATES

Families and Friends,

Join with the staff and residents of Louis Brier Home and Hospital and the Weinberg Residence for Memorial Services honoring those who have passed away in the preceding year.

The services will take place on **January 25th** and **February 1st** at 11:00am by ZOOM.

More information will be sent out in the coming weeks.

INTERNATIONAL HOLOCAUST REMEMBRANCE DAY

International Holocaust Remembrance Day – January 27, 2021 is an international memorial day held in remembrance of all who perished in the Holocaust during the Second World War, and honours those that survived. Designated by the United Nations General Assembly on 1 November 2005, the resolution marked the 60th anniversary of the liberation of Auschwitz-Birkenau, the largest concentration and death camp on January 27, 1945 and the subsequent end of the Holocaust.

About the Holocaust – The Holocaust was the unprecedented genocide, perpetrated by Nazi Germany and its collaborators, with the aim of annihilating the Jewish people. The primary motivation was the Nazis' anti-Semitic racist ideology. Between 1933 and 1941 Nazi Germany pursued a policy that dispossessed the Jews of their rights and their property, followed by the branding and the concentration of the Jewish population. This policy gained broad support in Germany and much of occupied Europe. In 1941, following the invasion of the Soviet Union, the Nazis and their collaborators launched the systematic mass murder of the Jews. By 1945 nearly six million Jews and 11 million others, by the Nazi regime and its collaborators.

Antisemitism is on the rise in Canada – The International Holocaust Remembrance Alliance (IHRA) defines antisemitism as: *“Antisemitism is a certain perception of Jews, which may be expressed as hatred toward Jews. Rhetorical and physical manifestations of antisemitism are directed toward Jewish or non-Jewish individuals and/or their property, toward Jewish community institutions and religious facilities.”*

B'nai Brith, Canada, in their annual **Audit of Antisemitic Incidents 2019**, reports that there has been a disturbing upward trend in antisemitism across Canada, with 2019 being the fourth consecutive record-setting year. This represents a significant increase of 8.1% compared with 2018. (B'nai Brith Canada is a Jewish Human Rights organization whose mission is dedicated to eradicating racism, antisemitism and hatred in all its forms)

The 2,207 incidents that transpired in 2019 in Canada amounted to over 6 antisemitic incidents occurring every day and the second successive year in which the total number of incidents has exceeded the 2,000 range. *Regionally, BC was third highest in Canada for total incidents in both 2018 and 2019. While online hatred accounts for most of the antisemitic harassment in Canada, face-to-face harassment almost doubled in 2019 – growing from 8.6% to 16.8%. In Israel, national Holocaust memorial day is known as **Yom HaShoah**, and is held on the 27th of Nissan (usually in April), and is the date that LBHH also historically memorializes the Holocaust with a formal memorial service. This year, there will be a formal **Memorial Service on Wednesday, January 27** to commemorate **International Holocaust Remembrance Day**.

Recreation Team



ONEG SHABBAT

Oneg Shabbat - Live-Streaming Every Friday

At LBHH, the physical distancing requirements during COVID-19 has limited our ability to gather and share experiences and events as we once did, with large group gatherings now replaced with smaller, more intimate groups and programs.

While this change has been effective to help reduce the spread of the virus, groups that traditionally flourished with a larger attendance and participation of residents, such as our weekly and very popular Oneg Shabbat program on Friday afternoons, was impacted by the smaller attendance as many residents were unable to attend due to room capacity constraints.



The Oneg Shabbat (Hebrew for “Joy of Sabbath”) program provides a format where residents can communally express the happiness inherent in the Sabbath holiday and includes a program of songs, traditional music, ritual, home-baked challah and candle lighting to welcome the Sabbath. The program is led by a community cantor and other guest leaders, families and community members have historically been welcomed to join in and regularly participate.

In early spring, as COVID-19 persisted and became a pandemic, we persevered in bringing Oneg Shabbat to the residents by utilizing our in-house team to lead the program, with all the required personal protective equipment (PPE) and room capacity requirements in place to ensure resident safety.

In the late spring we became more familiar with how to navigate our leisure programming through the pandemic with greater confidence, we pivoted and re-created some of our activities as well as inviting musicians to perform outside under a canopy while we live-streamed their concerts to residents. (Technology is a wonderful thing!) Residents were able to watch and listen to the performance ‘live’ outside through the large bank of opened windows, or watch the live-streamed performance on our massive TV screen in the Homeside Lounge. As fall arrived and the weather cooled and the rain arrived, musicians were understandably less-inclined to perform outside, and the windows were frequently closed to keep folks warm, reducing the sound quality of performances. We returned to our team-led Oneg Shabbat program.

Now, with winter approaching, we are pleased to announce a new service for residents! We will be live-streaming Cantor Steve Levin’s Oneg Shabbat program on large screens on both floors via FaceTime every Friday afternoon at 2:30 PM. Cantor Steve has been a long-time friend of the Louis Brier and his warm and welcoming music program filled with ritual and tradition is an essential part of our Friday programming. Steve’s relationship with the residents is also a big part of the success of this program, and through FaceTime he is able to interact and engage with a much larger group of residents and continue the important ritual and tradition of Oneg Shabbat.

Recreation Team

Congratulations

TO ALL 2020 RECOGNITION AWARD RECIPIENTS



**Amandeep Kaur
Dinah Villanueva
Joanne Jeong
Madaleine Ydenberg
Manjit Malli
Noemi Ingeniero
Rowena del Rosario
Tabetu Werke
Tony de la Cruz
Valerie Ann Duaso**



**Cristy Mendoza
Doreen Fortuna
Fedilyn Abril
Ravneet Manger
Rebecca Webb
Rose Villesco**



**Roemilyn Tanaquin
Teresa Racal-Hill**



**Myla Carpio-Pelayo
David Keselman**



**Maricel "Mimi" de Luna
Lailanie Labanda**



**Bernadette Malinay
Emerlina Rodriguez
Imelda Cudo
Jeannette Aldaba
Leonisa Abilar
Leonora Calingasan
Lunadel Daclan
Michael Galope
Myla Carpio-Pelayo
Nicole Encarnacion
Venee Fuentes
Charmagne Ea**



**Jonna Gutierrez
Kristoffer Abad
Narinder Sandhar**

2020 RECOGNITION AWARDS GALLERY

A big THANK YOU to Compass Marquise for the food trucks & bubble tea!



LONG SERVICE AWARD RECIPIENTS



Violeta De Leon



Apolinaria Oglive
Esther Malka



Beresford Burrell



Rachel Worth



Sarita Narayan
Amrit Dhaliwal

Janka Held
Lisa Matyukov

Alina Oleksiak



Leanne Chan
Consuelo Chavez
Esperanza Capati
Teresita Rafol
Juvy Gogoescu
Lilia Carpina
Tazim Esmail

Rosalinda Llanes
Michaelita Lovendino
Mila Yabut
Tita Tocol
Cristina Dinulos
Leonisa Abilar
Leonora Calingasan

Roemilyn Tanaquin
Emilia Pejera
Rowena Ramirez
Alina Tevlin
Editha Zamuco
Jennifer Gutierrez
Remy Fraser



Elizabeth Mangornong
Ewa Kukulska
Graciela Viloso
Anita Lat-Somers
Justina Makalintal
Jasbir Jassal
Jheneyra Ortega
Madeleine Ydenberg
Emelita Basilan

Lolita Era
Flordeliza Quiocho
Tracy Brown
Vanmathy Thaha
Pricilla Yepes
Lena Gorbunova
Paramjit Johal
Mitra Bolouri
Maria Abaya

Marilou Antonio
Vilma Hervias
Merlita Flintoff
Fe Rizon
Janeth Santos
Adora Banta
Jerrie Kenny
Rosario Villesco



Rose Marie Pabello
Corazon Yamat
Monette Baltazar
Khushpal Kooner
Liza Divinagracia
Lorlyn Fontanilla
Erich Salazar
Cecilia Cleto

Gurpreet Jaswal
Jasbir Dhidwal
Olivia Edwards
Megan Goudreau
Carolie Abad
Arceli Cruz
Aileen Asuncion
Lydia Dela Cruz

Emmy Evangelista
Lailanie Labanda
Merlina Sasing
Maritess Cagandahan
Erlinda Pinto
Lavenia Dalura
Rochelle Robillos



Ai Rong Wang
Kuldip Dhillon
Manpreet Kaur Gill
Jing (Jane) Yu
Francis David
Tina Yin
Ginger Lerner
Amrat Pal Kaur
Cheryl Barbaza
Gagandeep Kaur

Joyce Yiu
Rebecca Siman
Sandeep Pahal
Domingo Sagabaen
Charlotte Spafford
Mei Jian (Nicole) Ou
Sun Mee Bae
Rebecca Gidal
Kurk San Mateo
Cody Gregg

Shari John
Junita Caslib
Roseller Chavez
Antonia Laggui
Bibiana Cahapisan
Maria Nalangan
Maricel De Luna
Lourdes Duaso
Catherina Santiago
Ludivina Robolledo

2020 LONG SERVICE RECOGNITION GALLERY

A big THANK YOU to Compass Marquise for the food trucks & bubble tea!



HUMAN RESOURCES

2020 Long Service Recognition & Recognition Awards Ceremonies

On December 8, 2020, the Employee Recognition and Social Event Committee hosted the 3rd annual Recognition Awards Ceremony to recognize staff and companions who have made outstanding contributions within our organization.

In addition to the Recognition Awards Ceremony, we also hosted the Long Service Awards to recognize employees, and this year Companions, who have reached a milestones in their years of service in both 2019 and 2020. Milestones include 5, 10, 15, 20, 25, 30, 35 and 40 years of service. The Long Service achievement is significant to everyone at LBHH&WR and marks a very special occasion in an employee and companion's career.

We had an amazing day of celebrations, while keeping everyone's health and safety as our priority. The event was broadcasted virtually, throughout the Snider Campus, and Internationally!!! This was a fantastic event, recognizing dedication and a commitment to excellence!

A big "Thank You!" to all the award recipients, Employees and Companions, those that could attend the event and those that could not. We appreciate everything that you do for our Residents and Family. Congratulations on your achievement!!!

Canadian Nonprofit Employer of Choice (NEOC) Award & 2020 NEOC Employee Survey

After much discussion, we feel that we are ready to embark on the road to be recognized as an official "Employer of Choice", one of our main Strategic Priorities. We are thrilled to inform you that we are participating in the **Canadian Nonprofit Employer of Choice (NEOC) Award**, an exciting annual award program. This is a national award recognizing the best nonprofit organizations to work for in Canada.

Despite the hardships and added complexities resulting from the COVID-19 Pandemic, we have been working tirelessly to continue to improve upon your experience as a LBHH&WR Employee. We genuinely want to improve your work-life experience!

We would like to sincerely thank all of the Employees that participated in the 2020 NEOC Employee Survey to provide their feedback to help make LBHH&WR a better Employer.

We look forward to receiving the result of our NEOC Application and 2020 NEOC Employee Survey in January 2021.

Health Careers Access Program

I am pleased to announce that **the Ministry of Health has provided LBHH&WR with an allocation of 20 Health Care Support Workers (HCSW)** through the brand new Health Careers Access Program (HCAP)!!!!

While many Employers have chosen not to participate in this (optional) Program, we recognize the need for employees to have as much support as possible, on the frontline, and so we put a significant amount of effort into the HCAP process and the application. I am happy to let you know that it will pay off with an **additional 20 employees that will be able to support you** in many areas. These "HCSWs" will be working towards obtaining their Health Care Aide Registration and will be working with you as they learn and develop.

HUMAN RESOURCES

LBHH&WR “CHAI Honours” Recognition Tree Program

Our latest Engagement and Recognition Initiative – The “CHAI Honours” - Recognition Tree Program officially launched in January 2021!!!!

The “CHAI Honours” Recognition Tree Program is a LBHH&WR Recognition Program for Everyone!!! The Recognition Program is intended for anyone who wishes to recognize any individual (Employee, Companion, Family Member, etc.) that embodies the LBHH&WR Values. “CHAI Honours” recognizes individuals who contribute to the Spirit of LBHH&WR’s “CHAI”, Hebrew word for LIFE, and this is represented through the placement of a Recognition Certificate on our Recognition Tree Mural.

How does it work?

There are up to 18 Recognition Certificates displayed monthly on our Recognition Tree Mural. Participants may pledge \$18 to purchase one Recognition Certificate for one month to honour any individual. The Recognition Certificate displays the individual receiving the “CHAI Honours”, the name of the Participant, and the reason(s) why the Participant made the recognition pledge.

Why 18?

Numerically, the Hebrew word “Chai” consists of the eighth (8th) and tenth (10th) letters of the Hebrew alphabet Chet (ח) and Yud (י), adding up to the number 18, which in part signifies a good omen for life.

Do you have any questions, comments, suggestions or concerns regarding the HR content above? If so, please email HR@louisbrier.com and tell us what you think.

Loren Tisdelle

Director, Human Resources

LOUIS BRIER IN THE MEDIA

Over the past month, media outlets have released good stories about Louis Brier.

Visit the following links to see for yourself!

CKNW 980: <https://omny.fm/shows/cknw/full-show-new-developments-on-the-covid-19-variant>

CityNews: <https://www.citynews1130.com/2020/12/17/ubc-ltc-study-covid-19/>

Courier: <https://www.vancourier.com/pre-lockdown-care-home-preparations-saved-lives-of-seniors-study-1.24257015>

Vancouver Sun: <https://vancouversun.com/news/covid-19-ubc-study-looks-at-what-one-long-term-care-home-did-right> and https://epaper.vancouversun.com/@RON_ROZEN/csb_iEFDTwPopq4_yff5KS0JH1ePB4fJJaROqqVaw1xPqOHvXsTh_vdyiNURSp29MBli

Times Colonist: <https://www.timescolonist.com/news/b-c/covid-19-study-looks-at-what-one-long-term-care-home-did-right-1.24257938>

EMPLOYEE REFERRAL

BONUS

P R O G R A M

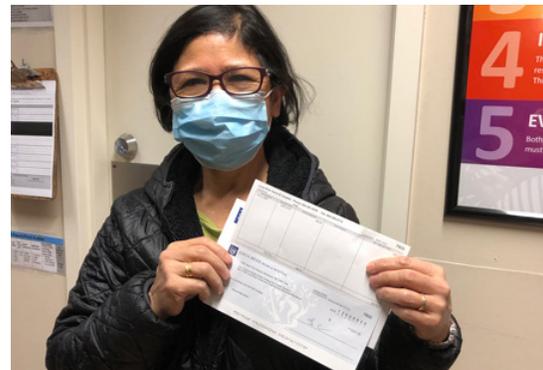
**Refer someone to be an employee
at LBHH/WR and you could receive \$200!**

HOUSEKEEPING/LAUNDRY • CARE AIDE • RN • LPN

***IF THIS PERSON IS HIRED AFTER 6 MONTHS OF EMPLOYMENT YOU WILL RECEIVE \$200.**



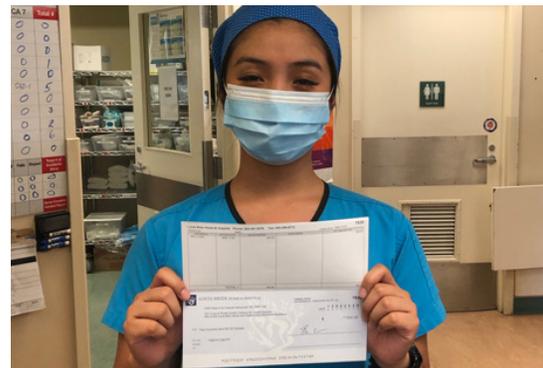
Yassah Sumo



Elena Marollano



Sam Lerner



Agatha Lagundi

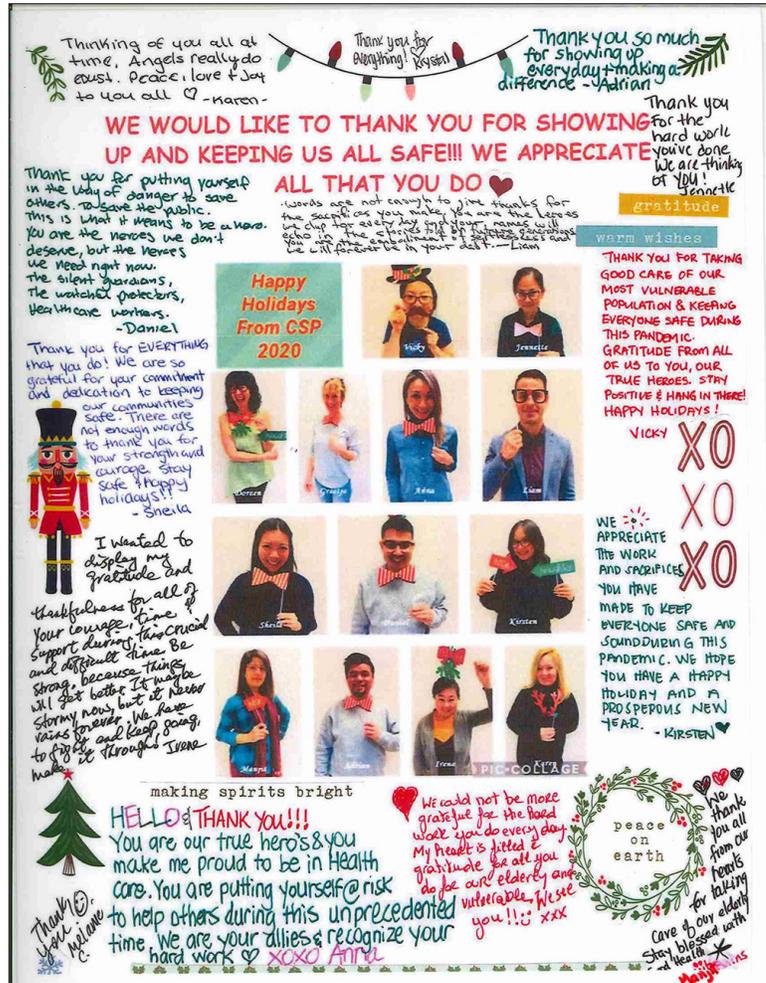
THANK YOU FOR THE KIND GESTURES

This very thoughtful holiday card was hand delivered to us from Vancouver Acute Services at VGH. They shared words of encouragement and well wishes to the staff of LBHH&WR for the holidays and to show their support and acknowledge all of the hard work being done.



SLT providing chocolates to staff

THANK YOU!



- Procedure Masks Donated by Jewish Federation of Greater Vancouver and Jewish Federations of Canada-UIA (JFC-UIA)



- Items donated by Lion of Judah's Hanukkah Helper Care



- PPE donated by Mr. Wang



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MEDICAL PHARMACIES DRUG NEWS

Using Flash Glucose Monitoring

Flash glucose monitoring provides diabetes management data by measuring glucose levels in interstitial fluid (the fluid around body cells). This differs from traditional blood glucose monitoring that uses finger prick blood collection to determine glucose levels in capillary

blood. Diabetes Canada suggests that it may be offered to decrease hypoglycemia in people with diabetes.¹ The table below reviews key points about how a flash glucose monitoring system (i.e., FreeStyle Libre) is used.

STEP	EXPLANATION
<p>Apply the sensor.</p> 	<ul style="list-style-type: none"> • Apply sensor to the back of the upper arm using the application device. A very small portion of the sensor is inserted under the skin and held in place by an adhesive. • The sensor will start to measure glucose levels after one hour. Glucose is measured from the interstitial fluid every minute. • Remove and replace every 14 days. It may be replaced earlier if the resident experiences skin irritation. • Rotate sensor application sites to reduce risk of discomfort or skin irritation.
<p>Scan the sensor with the reader.</p> 	<ul style="list-style-type: none"> • The reader is a small, handheld device (the size of a cell phone) that is held over the sensor to gather the glucose readings and information. • Scan the sensor at least every 8 hours to avoid data loss (optional, depending on treatment goals). • Stores 90 days of glucose data.
<p>Interpret the sensor results.</p> 	<ul style="list-style-type: none"> • Use the following information on the reader to interpret glucose results: <ul style="list-style-type: none"> • A. Current glucose reading • B. Glucose trend arrow shows which direction the glucose level is going • C. Glucose graph shows an 8-hour history of glucose level • D. Glucose message shows if the reading is in the target range

Reference for table: 2,3

References:

1. Berard LD, Siemens R, Woo V. Diabetes Canada 2018 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada: Monitoring glycemic control. Can J Diabetes 2018;42(Suppl 1):S47-S53.
2. FreeStyle Libre Flash Glucose Monitoring System – Quick Reference Guide (Canada) 2017.
3. FreeStyle Libre Flash Glucose Monitoring Healthcare Professional Guide 2017.



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Family Council 1st Annual Campaign:
Awning Project Complete



2020 Campaign Projects Complete!

Last one to be completed was the 2nd floor balcony awning, and new tables and chairs.



Thank you to all donors, The Foundation and LBHH!!!

FAMILY COUNCIL

LOCK DOWN LIFT UP

A nod to all the staff, in all departments, on all shifts at LBHH and WR. Families give thanks for the tremendous care our residents receive!



WELCOME LETTER

Welcome to Louis Brier,

On behalf of the Family Council, we would like to extend and offer support and help with making the transition to Louis Brier as positive and smooth as possible.

The family Council is a voluntary body comprised of family members whose primary focus is to advocate for the delivery of safe and quality care. The council meets regularly on a monthly basis and in collaboration with the Louis Brier's leadership, reviews and discusses relevant opportunities to enhance the residents' experience.

We welcome all families to join the council and hope that you will make the choice to get involved. If you are interested in joining the family council and/or have additional questions please email us at lb.familycouncil@gmail.com.

Family Council



LOUIS BRIER JEWISH AGED
FOUNDATION



Demonstrate your commitment to supporting seniors by donating.

Please contact the Louis Brier Jewish Aged Foundation

Phone: 604-261-5550 Email: foundation@louisbrier.com Web: thelouisbrierfoundation.com

Some Passing Phrases and Cumulous Thoughts...

*I do not know what day it is
Nor yet the calendar date.
I know we've celebrated Hanukah
And Christmas is never late!*

*We mark our days with Special Events
Gone by and yet to be.
With Covid 19 in our midst
Can wishes ring out fulsomely...*

Sans hugs, sans smiles, sans... proximity?

*Platitudes, like this, shall pass;
They ring out hollow as:
'the wind thru grass'
Yet I know – and so should we:
I Am! You Are! And...
We shall ever be!*

*Goodbye to 2020
And Covid Nineteen too!
Let's welcome 2021
Gute Yor to you and you!*

Seemah C. Berson

December 24, 2020



Flash Glucose Monitoring

Regular blood sugar testing is essential for better diabetes management, especially if you take insulin. Regular testing may be a challenge, as busy schedules (especially during the holidays) could make you forget to check your sugar, or you might not like having to prick yourself multiple times a day!

If you are struggling with regular blood sugar testing, Flash Glucose Monitoring (FGM) may be an option for you.



WHAT IS FLASH GLUCOSE MONITORING (FGM)?

FGM is a method of glucose testing that measures, displays, and continuously stores glucose readings that are recorded automatically. This is done without the need for a finger prick to collect a blood sample.

HOW DOES FGM HELP BLOOD SUGAR CONTROL?

- **Prevent hypoglycemia** (low blood sugar) by alerting you when your blood sugar is going down.
- **Provides early indication of hyperglycemia** (high blood sugar) over the course of the day and prompt adjustments to medications, activity, and food intake to help achieve blood sugar targets.
- **Eliminates painful finger pricking** and can provide an 8-hour history of glucose levels making it easier to remain in your recommended blood sugar range.

HOW DOES THE FGM SYSTEM WORK?

- 1 Apply**
A sensor is applied to the back of the arm using an applicator. The sensor stays in place for 14 days eliminating the need for a finger prick.
- 2 Scan**
This can be done using the reader supplied or your smartphone.
- 3 Get results**
View your first glucose reading in just one hour.

WHAT ELSE SHOULD I KNOW ABOUT FGM?



FGM system may give inaccurate results if the user is dehydrated



Sensor is waterproof (i.e. can be worn while bathing, swimming or exercising)



Use a traditional finger prick test to confirm hypoglycemia or if your symptoms are not matching the FGM reading

LEARN MORE about the FGM system

References:

Diabetes Canada – Flash Glucose Monitoring https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/Flash_Glucose_Monitoring.pdf (accessed Nov 17, 2020)

Freestyle – Helpful Resources for You and Your Patient <https://www.freestyle.abbott.ca/en/products/libre/hcp-resources.html> (accessed Nov 17, 2020)

PHARMACY QI

Flash Glucose Monitoring FAQ

1 CAN ANYONE USE A FLASH GLUCOSE MONITORING SYSTEM (I.E., FREESTYLE LIBRE)?

The FreeStyle Libre Flash Glucose Monitoring System is indicated for use in adults aged 18 years and older. It may **not** be appropriate for residents who:

- Are chronically **dehydrated** due to low fluid intake (may result in inaccurate results)
- Require **mechanical lift** with sling
- Have **pressure ulcers** (if they have to lie on their side for lengthy dressing changes)
- Have **skin conditions** or **poor skin integrity**
- Have frequent episodes of **incontinence**
- Take **Ascorbic Acid (Vitamin C) or ASA** (may falsely raise or lower the sensor readings)
- Would remove meters inappropriately (e.g., residents with dementia)



Note:

- The system has not been evaluated for use in persons on dialysis.
- Residents who have a medical appointment that includes strong magnetic or electro-magnetic radiation (MRI/X-ray/CT) should remove the sensor prior to the appointment and apply a new one after the appointment.

2 CAN USERS BATHE, SHOWER, SWIM, OR EXERCISE WHILE WEARING A SENSOR?

Yes. The sensor can be worn while bathing, showering, swimming, or exercising. The sensor should not be taken below 1 meter of water (3 feet) and should not be submerged in water for more than 30 minutes.

3 HOW DO YOU REMOVE THE SENSOR?

- Pull up the edge of adhesive. Slowly peel away from skin in one motion.
- Remove any remaining adhesive left on skin with warm, soapy water or isopropyl alcohol.
- Discard sensor in sharps container.

4 WHEN IS A TRADITIONAL BLOOD GLUCOSE METER CHECK (I.E., FINGER PRICK TEST) RECOMMENDED?

- **During times of rapidly changing glucose levels** (interstitial glucose levels reported by the sensor may not accurately reflect rapid changes in blood glucose levels)
- **To confirm hypoglycemia** or impending hypoglycemia as reported by the Flash Glucose Monitoring System's glucose messages
- **If symptoms do not match** the Flash Glucose Monitoring System reading. **Do not ignore symptoms that may be due to low or high blood glucose.**
- **If the person is dehydrated**

References:

1. Abbott - FreeStyle Libre Flash Glucose Monitoring System User's Manual: 2017 ART34011-301 Rev. B 06/17.
2. Government of Canada. Summary Basis of Decision - FreeStyle Libre Flash Glucose Monitoring System - Health Canada. 2020/09/17. <https://hpr-rps.hres.ca/reg-content/summary-basis-decision-medical-device-detailThree.php?linkID=SBD00477>. Accessed September 22, 2020.
3. FreeStyle Libre IN-SERVICE GUIDE v2.0 10/17.



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COMPANION PROGRAM

We are here for you! Did you know that Louis Brier Home & Hospital and Weinberg Residence offer an In-house Companion Program? We understand the needs of your family and loved-ones and we are here to assist in enhancing their personal and social well-being. Our in-house companion program provides added quality support at a reasonable rate. For more Information, please contact:

Myla Carpio-Pelayo, Companion Coordinator
Ph: 604-267-4688 E: mpelayo@louisbrier.com



VOLUNTEER PROGRAM

As you may know the Louis Brier Home & Hospital Volunteer Program has been on hiatus due to the pandemic. While we are looking forward to welcoming our amazing volunteers back someday, it will likely be on hold for quite a while. In the meantime, thank you for your understanding and patience.

Julie Cameron
Volunteer Coordinator



JANUARY BABIES



Chen Yue Guo
Eranda Hasani
Hasti Memaran
Shubhpreet Kaur
Rajpreet Gill
Eric Marollano
Nicole Sunu
Margaret Garcia
Violeta De leon
Teresita Rafol
Lilia Carpina
Cristina Dinulos

Leonora Calingasan
Roemilyn Tanaquin
Edy Govorchin
Jason Silvestre
Ewa Urbanska
Lolita Era
Flordeliza Quiocho
Tracy Brown
Sukhjinder Mann
Maria Orig
Liza Divinagracia
Carmen Bautista

Elizabeth Estupin
Laurie Moore
Tekeste Fanta
Tina Yin
Rebecca Gidal
Jennifer Rivera
Vanessa Catam
Merlyn Andes
Balpreet Nijjar
Daphne Ygbuhay



LOST & FOUND

Lost an item?

Over the last six months, Reception has received a variety of items that range from watches, gloves, eye glasses to wallets and keys. If you or your family member has lost an item, please provide a description of the item to Human Resources to claim.

Items not claimed by the 15th of the month will be donated to Jewish Family Services.

Sonia Cinti
Manager, Human Resources



**LOUIS
BRIER
WATER
BOTTLES**
\$9.50 each



Genesis Montero Care Aide
Alicia Nunez Human Resources
Ariane Tolosa Care Aide
Celia Estacio Care Aide
Anna Del Rosario Housekeeping
Mary Ann Dale Housekeeping
Tia Ainu'u Administrative Assistant
Rizza Caluza Care Aide
Lourence Panio Care Aide

GIFT SHOP (HOURS MAY BE AFFECTED)

SUNDAYS	12-4pm
MONDAYS	12-5pm
TUESDAYS	12-4pm
WEDNESDAYS	12-5pm
THURSDAYS	12-4pm
FRIDAYS	12-4pm
SATURDAYS	Gift Shop is closed (Shabbat/Sabbath)

FOLLOW US ON SOCIAL MEDIA



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Louis Brier
Home and Hospital



@louis_brier

Want to contribute to the newsletter?

Email mgalope@louisbrier.com for details.

ALL STAFF MUST BE SCREENED AT THE BEGINNING OF EACH SHIFT

(COMPANIONS, CONTRACTORS AND VISITORS INCLUDED)

1 Take temperature of each staff prior to entering the Long Term Care Facility

• If **37.9°C** or LESS, proceed to Question #2

▶ If **38.0°C** or ABOVE, send staff wearing a mask to a Covid-19 testing site immediately, or as soon as site opens.

- Provide list of site locations and hours.
- Ensure staff wear a mask when attending a staff testing site.
- Staff to **self-isolate** at home pending results.



2 Ask if staff is experiencing any of the following symptoms:

- Fever
- Cough
- Diarrhea

• If **NO** proceed to Question #3

▶ If **YES** to any of these symptoms, send staff with a mask to attend a staff testing site immediately, or as soon as site opens.

- Provide list of site locations and hours.
- Ensure staff wear a mask when attending a staff testing site.
- Staff to **self-isolate** at home pending results.



3 Ask if staff is experiencing any of the following milder symptoms:

- Runny Nose
- Sore throat
- Headache
- Muscle Ache
- Fatigue
- Other Cold Symptoms (e.g. congestion)

▶ If **NO**: Staff is able to **commence shift**

GO

▶ If **YES**:

- Staff **can work their shift** while wearing a mask. Remind staff to maintain appropriate hand hygiene throughout their shift.
- Staff to attend a testing site after their shift (provide list of site locations and hours).
- Staff may **continue to work wearing a mask** pending test results.

GO

- If screening at the start of subsequent shifts identifies fever, cough or diarrhea, exclude from work and ask staff to **self-isolate** at home pending test results.

STOP