



SNIDER SCHMOOZE

JANUARY 2022

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AND MORE



A MESSAGE FROM THE CEO

BY DR. DAVID KESELMAN, CEO

Welcome to 2022, hard to imagine how the numbers keep changing and although I would have liked them to slow down just a bit, I am looking forward to 2022! 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 2021 continued to be as unpredictable, unprecedented, and challenging, 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 have and will be seeing significantly more students in 2022 from all range of disciplines. We even reached across the ocean and engaged in a collaborative relationship with the Israel Alzheimer’s Centre, planning to roll out some very exciting projects. 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 have and continue to connect 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 2021 we have successfully uploaded our ‘Jerusalema’ dance challenge to YouTube, it was an amazing process and brought all of us that much closer.



Click to Watch!



A MESSAGE FROM THE CEO continued

We have received The Not-for-Profit Employer of Choice Award, as well as the Reader's Choice Award for Vancouver, all despite Covid and the many challenges it presented us with. How incredible is it! 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 center of excellence for Geriatric care, as well as, be recognized as an "Employer of Choice" yet again.

We are focusing on improving our reach to the community and stakeholders and always searching for ways to enhance what we do. As such, we have completely revised the LBHH website, and are now focusing on creating a functional and interactive Mobile App. Stay tuned.

We are anticipating to have our Accreditation Survey. It is planned for May 16-18. We are ready to prove, yet again, our hard work, desire and our commitment, to quality, safety, and excellence.

Our team of leaders, front line staff, residents and family members have finalized the Accreditation Road map, which includes a range of exciting activities and important information. There are still many opportunities to participate, help, and coordinate, so if you would like to contribute, please let Lunadel know (info@louisbrier.com).

Last but not least, 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. If you have any questions about the redevelopment project, please do not hesitate to reach out and send your questions through info@louisbrier.com.

We are always looking forward to hearing from you. Share with us your thoughts, concerns, and ideas

Wishing everyone a happy healthy and safe New Year!



DR. DAVID KESELMAN, MN, DHA, CHE, RN
CHIEF EXECUTIVE OFFICER



FAMILY COUNCIL

The Family Council at Louis Brier Home and Hospital

Established in 2016, Family Council is an independent and voluntary body of family members, caregiver friends, and legal representatives of residents. Our primary focus is to advocate for the delivery of quality resident and family centered care.

Family Council is governed by an elected Executive Council guided by its Terms of Reference. It provides family members leadership opportunities in several capacities. It works in collaboration with the Louis Brier senior leadership team to review and discuss relevant opportunities to enhance the residents' experience. Family Council meets monthly to provide updates from senior leadership, Louis Brier Home and Hospital committees, educational workshops, and works together as a solution-focussed advocacy group.

Connect with us: lb.familycouncil@gmail.com

Check out our Family Portal: <http://louisbrier.com/family-portal>

We welcome all families and hope that you will take the opportunity to get involved.

Family Council



FAMILY COUNCIL



Supporting residents means supporting your loved one

JOIN US!

WAYS TO STAY INFORMED & PARTICIPATE

- Attend our monthly Family Council meetings
- Connect with Family Council: lb.familycouncil@gmail.com
- Volunteer an hour at our Family Council Information Desk
- Support our annual campaign coming soon: Fall/Winter 2021
- Attend our monthly Resident Advocacy Sub Committee (RASC) Meetings
- Connect with RASC: residentadvocacygroup@gmail.com
- Take a seat on the Companion Advisory Committee (CAC)
- Take part in one of the many Louis Brier Committees (from Food Advisory Committee to Spiritual Committee)
- Be on the Executive Committee – this Fall 2021
- Volunteer on the Garden Committee

Enrich your life by enriching the lives of others.

Contact Family Council:

lb.familycouncil@gmail.com

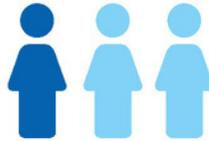


5 Tips for Healthy Bones

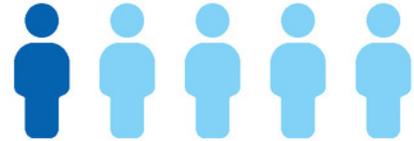
Osteoporosis is a condition that causes bones to become thin and porous, decreasing bone strength and increasing the risk of fracture.



2 million Canadians are affected by Osteoporosis



At least **1 in 3 women** and **1 in 5 men** will suffer from an Osteoporosis fracture during their lifetime



KEEP YOUR BONES STRONG

1. Eat calcium-rich foods:

- It is recommended to take 1200 mg of calcium daily through your diet. Some examples of calcium-rich foods include: dairy products, dark, leafy greens like spinach or kale, turnips, calcium-fortified soy, almond and rice beverages, calcium-fortified orange juice and canned salmon or sardines.

2. Take Calcium and Vitamin D supplements:

- Calcium: it is recommended to take up to 500 mg daily as a supplement if a dietary minimum of 1200 mg is not met
- Vitamin D: 800-2000 units daily is recommended.

3. Stay active:

- Weight-bearing exercises such as walking, dancing, yoga, swimming and weightlifting exercises improve balance and bone strength.
- Check with your doctor before starting any new exercise program.

4. Avoid smoking and excessive alcohol consumption:

- Smoking increases bone loss. Consider quitting if you smoke.
- If you consume alcohol, try limiting to one drink a day.

5. Get medical advice:

- Some medications or medical conditions are associated with a higher risk of osteoporosis and potentially increased risk of falls and fractures.
- Consult with your pharmacist or family doctor regarding your need for osteoporosis medications.

Reference:

1. What is Osteoporosis, The Silent Thief- Osteoporosis.ca, accessed November 16, 2021



RECREATION

BY THE LOUIS BRIER RECREATION TEAM

What a Chanukah Celebration!

This year Chanukah, the Festival of Lights was a great success here at Louis Brier with fun events happening daily. Rabbi Rosenfeld was here for a special menorah lighting of an 8 foot menorah in the Homeside Lounge with fresh made Sufganiyots and latkes.

There were musical performances throughout the week with Jewish world music group Sulam, the Tzimmes Trio, Cantor Shanie Cohen from Temple Shalom, and a collaborative performance by Steve Levin and Shay Rok.



RECREATION continued



RECREATION continued

The Recreation Department partnered with the Jewish Seniors Alliance to co-host their Virtual Empowerment Series: Inspired by Story and Song which brought Chanukah songs and storytelling to the Residents.

We wanted to give a shout out to each nursing unit for participating in the Chanukah decorating contest, judged by members of the Resident Council. Congratulations to MLC Nursing Station in first place, Hospital West in second, and Home West in third place!

Finally the Recreation Department would like to give a heartfelt thank you to everyone who joined us to celebrate Chanukah and made it a special, fun-filled week event! From the decorations, traditional food, games, and musical performances, it was a wonderful and festive celebration!



1st Place: MLC



2nd Place: Hospital West



3rd Place: Home West

RECREATION continued

Tu B'Shevat – The New Year of the Trees – January 17, 2022

The 15th of Shevat, in the Jewish calendar marks Tu B'Shevat - The New Year of the Trees, and takes place on Monday, January 17th. This day marks the end of the winter rains and the beginning of growth and renewal in the Land of Israel.

It is customary to honour Tu B'Shevat by sampling the species of the Holy Land, which include grapes, olives, figs, dates and pomegranates. During this time themes of growth and renewal are interwoven into programs with Residents as we reflect on the importance of trees to our very existence.

We will be hosting a Tu B'Shevat Seder with prayers related to the holiday and goodies containing ingredients from all of the species of Israel.



International Holocaust Remembrance Day – January 27, 2022

In 2005, the United Nations General Assembly designated January 27th as the “International Day of Commemoration in memory of the victims of the Holocaust”. This day of remembrance is to honor those effected by and to create awareness about the atrocities of the Holocaust.



For the latest Recreation Calendar, visit <https://louisbrier.com/recreational-activities/>

For questions and concerns, contact us:
recreationleaders@louisbrier.com

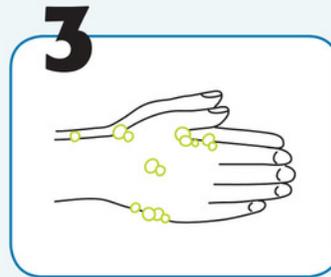
HOW TO HANDWASH



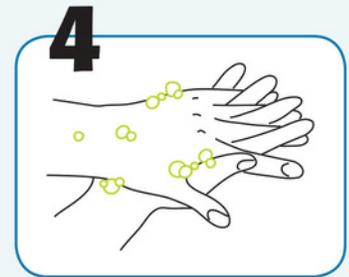
1
Wet hands with water



2
Apply soap

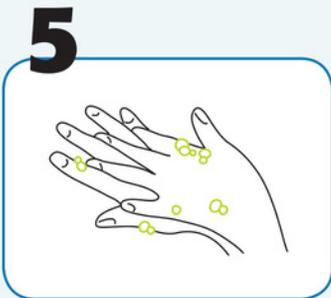


3
Lather soap and rub palm to palm



4
Rub in between and around fingers

Lather hands for a total of 30 seconds



5
Rub back of each hand with palm



6
Rub fingertips of each hand



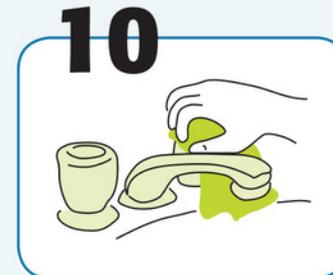
7
Rub each thumb



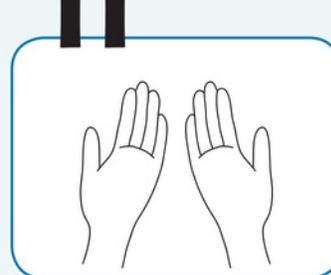
8
Rinse thoroughly



9
Pat hands dry with paper towel



10
Turn off water using paper towel



11
Your hands are now safe



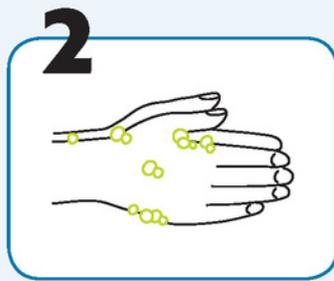
Adapted from:

Vancouver Coastal Health

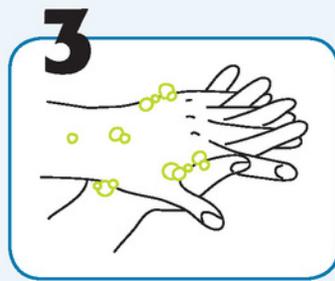
HOW TO HANDRUB



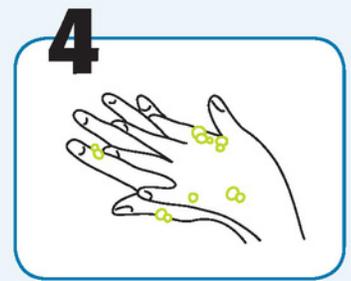
Apply 1 to 2 pumps of product to palms of dry hands.



Rub hands together, palm to palm.



Rub in between and around fingers.



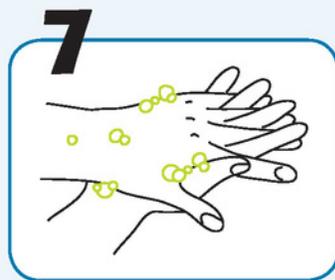
Rub back of each hand with palm of other hand.



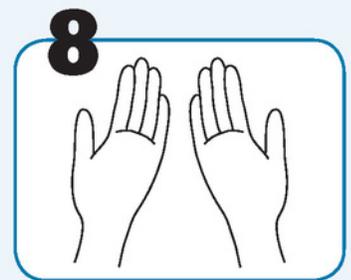
Rub fingertips of each hand in opposite palm.



Rub each thumb clasped in opposite hand.



Rub hands until product is dry. Do not use paper towels.



Once dry, your hands are safe.

4 Moments of Hand Hygiene for Residential Care



Some examples may be:

- shaking hands
- helping a resident to move around, get washed, giving a massage
- taking pulse, blood pressure, chest auscultation, abdominal palpation



Some examples may be:

- oral/dental care, giving eye drops, secretion aspiration
- skin lesion care, wound dressing, subcutaneous injection
- catheter insertion, opening a vascular access system or a draining system
- preparation of medication, dressing sets



Some examples may be:

- oral/dental care, giving eye drops, secretion aspiration
- skin lesion care, wound dressing, subcutaneous injection
- drawing and manipulating any fluid sample, opening a draining system, endotracheal tube insertion and removal
- clearing up urine, faeces, vomit, handling waste (bandages, napkin, incontinence pads), cleaning of contaminated and visibly soiled material or areas (bathroom, medical instruments)



Some examples may be:

- shaking hands
- helping a resident to move around, get washed, giving a massage
- taking pulse, blood pressure, chest auscultation, abdominal palpation
- changing bed linen
- monitoring alarm
- holding a bed rail
- clearing the bedside table





Give back where it matters the most.



Reconnect with your heart.

VOLUNTEER NOW!

We are recruiting volunteers to support our programs at Louis Brier Home & Hospital and Weinberg Residence

VOLUNTEER



FEW PROGRAMS AVAILABLE

- Jewish Culture
- Letter from a Friend
- Recreation
- Rehabilitation
- Tell me a Story
- Friendly Visitor
- Baking Day

and many more...

Join us today!

volunteers@louisbrier.com

604-267-9376 - Extension 4736

HUMAN RESOURCES

LBHH&WR "CHAI Honours - Recognition Tree Program

The "CHAI Honours" Recognition Tree Program is a Recognition Program intended for anyone who wishes to recognize any individual (Employee, Companion, Family Member, etc.) that embodies the LBHH&WR "CHAI" Values.

"CHAI" is the Hebrew word for **LIFE**. Individuals who contribute to the spirit of LBHH & WR's "CHAI" are represented through the placement of a Recognition Certificate on our Recognition Tree Mural.

How does it work?

- 18 Recognition Certificates are displayed monthly on our Recognition Tree Mural.
- Participants may pledge a minimum donation of \$18/month to purchase one Recognition Certificate to honour any individual.
- The Recognition Certificate displays the individual receiving the "CHAI Honours", the *name of the Participant* and a *message from the Participant*.
- The certificate will be taken down at the end of the term and can be given to the participant or the recipient.
- A wooden frame for the certificate is included with a 3 month term or can be purchased separately for \$25 each.



Term	Minimum Donation	Includes Frame
1 Month	\$18	No
2 Months	\$36	No
3 Months	\$54	Yes
6 months	\$108	Yes
1 Year	\$216	Yes

Frames can be purchased separately for \$25 each.

Please contact HR@louisbrier.com to participate.

HUMAN RESOURCES

Louis Brier LIFE Day - The 18th of EVERY Month

The “**Louis Brier LIFE Day**” is intended for everyone to demonstrate their pride in Louis Brier Home and Hospital & Weinberg Residence and everything that we stand for - our Mission, Vision and Values – and to celebrate CHAI (LIFE)!

We will be celebrating “**Louis Brier LIFE Day**” on the 18th of every month!

We encourage everyone wear their new **LBHH Royal Blue Outfit** and/or blue clothing/accessories to demonstrate their pride in the exemplary care we provide to our Residents and participate in some fun activities to celebrate CHAI (LIFE)!



HUMAN RESOURCES

2021 Year-End Staff Appreciation Event, including Long Service Recognition & Recognition Awards Ceremonies

On December 17, 2020, the Employee Recognition and Social Event Committee hosted the 4th 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 companions who have reached milestones in their years of service in 2021.

Milestones include 5, 10, 15, 20, 25, and 30 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 food trucks, raffles, and other celebrations while keeping everyone's health and safety as our priority. The event was broadcasted virtually, throughout the Snider Campus! 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!



HUMAN RESOURCES

Canadian Non-Profit Employer of Choice (NEOC) Award & 2021 NEOC Employee Survey

We are thrilled to inform you that we are participating in the Canadian Nonprofit Employer of Choice (NEOC) Award, an exciting annual award program, again for 2021.

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 2021 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 2021 NEOC Employee Survey in early 2022.

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, CPHR
DIRECTOR, HUMAN RESOURCES



Pension education

Getting to Know Your Pension

15-minute online course for new or potential plan members



Making the Most of Your Pension

45-minute online course or 75-minute instructor-led webinar for members establishing their career or several years away from retirement



Approaching Retirement

45-minute online course or 75-minute instructor-led webinar for members planning for or within 5 years of retirement



Take pension education to get the information you need to prepare for your future pension. Start learning!

Visit mpp.pensionsbc.ca › [Learning resources](#)

THE LOUIS BRIER JEWISH AGED
FOUNDATION

Wishes you a

*Healthy
and
Peaceful
2022*



LOUIS BRIER JEWISH AGED
FOUNDATION

WELCOME!

Harpreet Sidhu - Food Services

Mandeep Sahota- Housekeeping

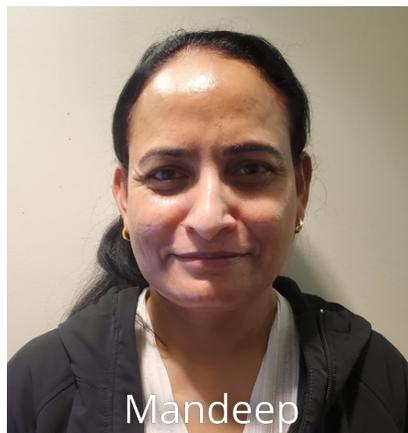
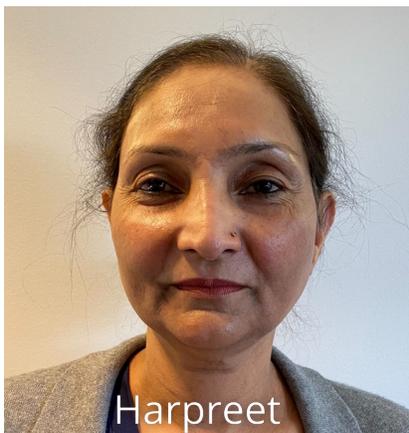
Christian Arechita - Care Aide

Hailey Reid - LPN

Tracy Lowe - Care Aide

Marjean Barrett - HCSW

June Balogh - Executive Assistant



HAPPY BIRTHDAY

January

HAPPY BIRTHDAY

Department

Carmen	Bautista	Nursing
Sudipta	Biswas	Nursing
Leonora	Calingasan	Nursing
Cristina	Dinulos	Nursing
Liza	Divinagracia	Nursing
Lolita	Era	Nursing
Elizabeth	Estupin	Nursing
Tekeste	Fanta	Nursing
Margaret	Garcia	Nursing
Rebecca	Gidal	Laundry
Rajpreet	Gill	Nursing
Kamalpreet	Kaur	Nursing
Shubhpreet	Kaur	Nursing
Munawara	Mahboobi	Nursing
Eric	Marollano	Nursing
Balpreet	Nijjar	Nursing
María	Orig	Nursing
Flordeliza	Quiocho	Nursing
Teresita	Rafol	Nursing
Jason	Silvestre	Nursing
Roemilyn	Tanaquin	Nursing
Ewa	Urbanska	Nursing
Daphne	Ygbuhay	Nursing
Tina	Yin	Administration
Tracy	Brown	Administration
Helen	Israel	Housekeeping
Merlyn	Andes	Housekeeping
Sukhjinder	Mann	Food Services
Hasti	Memaran	HR
Maricar	Mina	HCAP
Jennifer	Rivera	HCAP



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

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**.*



Want to contribute to the newsletter?
Email communications@louisbrier.com for details.

FOLLOW US ON SOCIAL MEDIA



@LouisBrierBC



Louis Brier
Home and Hospital



@LouisBrierHome



@Louis_Brier