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AND MORE

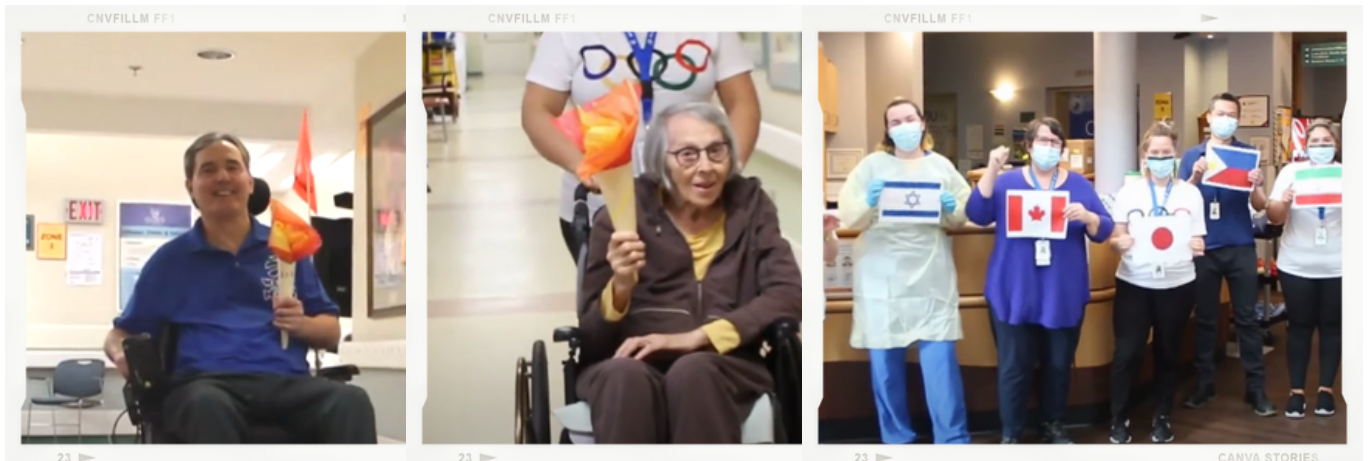
A MESSAGE FROM THE CEO

BY DR. DAVID KESELMAN, CEO

Welcome to this edition of the Snider Schmooze. While it is only March, it feels that we had our hand full to last for an entire year. It seems that (at least hoping) winter is behind us, and the weather is only getting better and better and we are seeing longer and brighter days. Along the brighter and longer days, I hope you had an opportunity to celebrate or at least acknowledge Purim, celebrated on March 16th, I know our team made it a very special day, for all of us.

The festival of Purim commemorates the salvation of the Jewish people in ancient Persia from Haman's plot "to destroy, kill and annihilate all the Jews, young and old, infants and women, in a single day." The Persian Empire of the 4th century BCE extended over 127 lands, and all the Jews were its subjects. When King Ahasuerus had his wife, Queen Vashti, executed for failing to follow his orders, he arranged a beauty pageant to find a new queen. A Jewish girl, Esther, found favor in his eyes and became the new queen, though she refused to divulge her nationality. It is because of her that Haman's plot failed and Jews throughout the Persian kingdom were saved. I know that I may be ahead of myself, however on the heels of Purim is Passover, first night celebrated on April 15th, Covid permitting, I am hoping that we will be able differently and better than the previous 2 years.

Despite lots of commotion in the last few months, outbreaks, Accreditation and just everyday operational activities, I am very proud and excited about the many activities that have been put forth to engage our residents and staff. I hope you had an opportunity to watch the **Olympics video** ([Click HERE](#)). This is also a good opportunity to thank all of you, residents, families, staff, and all other stakeholders for the relentless support and commitment you have showed the LBHH community to date.



A MESSAGE FROM THE CEO *continued*



I am also glad to report that we continue to charge ahead, integrating technology to provide quality care, keep our staff and residents safer, and set the standard for the industry in general. I have mentioned in the past that a significant goal is to update and revise our website, which was accomplished last year, as well as create a LBHH mobile/smart device APP. We are finally on our way to accomplish that. With the help of some generous donors and partners we have generated enough funds to hire industry experts and are working on developing the APP. Stay tuned for more information and opportunities to provide feedback.

Last but definitely not least, we decided to postpone our Accreditation survey, originally scheduled for May, to now scheduled for October 2022. Given all the activities and pressures, we thought it was wise to give us a bit more time to do the right job right. Many of you are involved in the process and I am thankful for your efforts, time, and commitment.



With that in mind, please be sure to visit our website for any new updates and if you have questions, comments, and/or feedback please feel free to contact us through our info line at info@louisbrier.com.

Let us know what you think and share your experience in using it. We are working hard to keep you informed and connected. With this note, I would like to wish you all a safe and healthy time ahead, thank you for your continued support and commitment to help us deliver the best care possible.



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

SPIRITUAL CARE CORNER

BY HAZZAN ROB MENES, CHAPLAIN

Purim will be celebrated this month, and at Louis Brier we will observe the four mitzvot (commandments) of the holiday: 1) to hear the reading of the Megillah, 2) to have a feast, 3) to give gifts of food to our friends and neighbors, and 4) to take care of the poor. The day is joyous, filled with singing, costumes, and hamentaschen. It is often viewed as a holiday for children, but this holiday is as important for adults as for children. It recounts events - real or imagined - in which our tradition is preserved. It recounts events in which we were targeted for being Jewish. It recounts events in which we stood our ground as Jews, refusing to bow to an external power. We face that challenge even today and even here in North America: refusing to acquiesce to misconceptions and stereotypes that denigrate who we are. We refuse to be the scapegoats of white supremacists and we refuse to assume the stereotype of the victim. It is an 'adult' holiday.

During the reading of the Megillah (the Book of Esther), we are told to 'blot out' the name of Haman, and we usually do this with groggers. The symbolism and meaning behind this act is significant. Note that, even as we try not to hear the name, we can only blot it out once we have actually heard it! Making noise is an attempt to mask it, but you can't "un-hear" it. The name recalls the evil, but we choose to hear it anyway and by doing, remember to act accordingly. We could easily remove the name from the Megillah - but we don't. We leave the history intact, to pass the full story on to future generations, including the good with the bad.

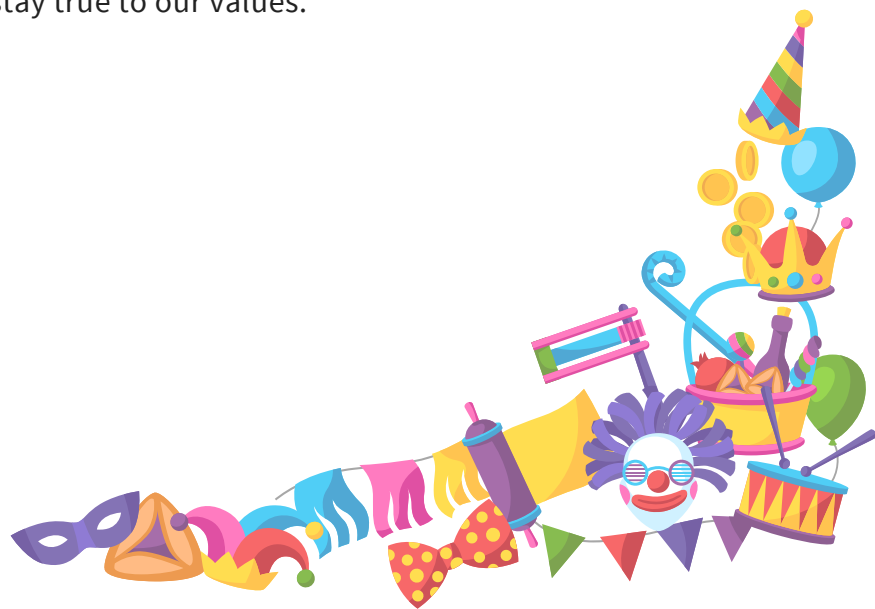
There is an honesty in the Jewish tradition. Rather than erase the past that we disdain, we find a way to deal with it, and explain it.

At Louis Brier, care includes our commitment to honesty, and transparency. Purim reminds us of the joy, the pain and the task necessary to stay true to our values.

Mishenichnas adar marbim b'simcha!
When Adar comes, our joy is increased!



HAZZAN ROB MENES
CHAPLAIN



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>

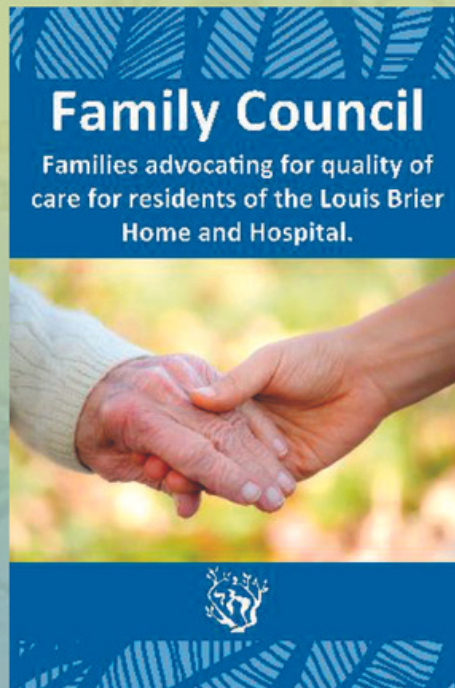
We welcome all families and hope that you will take the opportunity to get involved.

Family Council



FAMILY COUNCIL

The Family Council is an independent, self-led council of family and people of importance to residents at Louis Brier. We discuss concerns about care, brainstorm possible solutions, discuss suggestions for improvement with senior leadership and share our updates with all residents and their contacts.



We become members of Louis Brier Committees, we fundraise, we participate in Louis Brier events and so much more!

JOIN US...

Family Council's philosophy is to improve the quality of life and quality of care for all residents by endorsing an environment of respect, collaboration, sensitivity, caring and support among staff, residents and their family members, volunteers, companions and friends.



Become involved and make a difference in the lives of our Residents!

For information regarding Family Council and how you can get involved, contact:

lb.familycouncil@gmail.com

Learn more at our Family Council portal on the Louis Brier website:

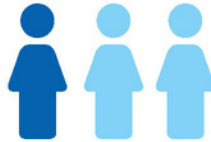
<https://louisbrier.com/family-portal>

5 Tips for Healthy Bones

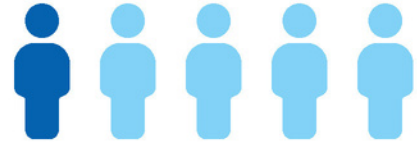
Osteoporosis is a condition that causes bones to become thin and porous, decreasing bone strength and increasing the risk of fracture.



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

A GIFT OF MUSIC FOR THE WEINBERG RESIDENCE



We are most excited to announce a unique series of musical performances that will debut this month at the Weinberg Residence. In honour of Multi-Level Care resident Basil Kallner's 80th birthday, residents can look forward to **"A Gift of Music"** on Sunday afternoons. Additionally, Multi-Level Care will enjoy **"Music in the Morning"** every Tuesday.

We are grateful to the Kallner family for providing us with this exceptional opportunity to enhance our monthly programming.



WEINBERG
RESIDENCE

Honouring your home, life and community



- Assisted Living & Multi-Level Care
- 24/7 nursing coverage
- Caring, professional staff
- Diverse, engaging programming & culture
- Bright, spacious suites up to 835 sq.ft.
- Chef prepared healthy meals

Your peace of mind is worth it!

Call 604.261.9622 for information

5650 Osler Street, Vancouver, BC V6M 2W9 • weinbergresidence.com

You need to:

- 1 Report your test result
- 2 Self-isolate
- 3 Manage your symptoms
- 4 Notify your close contacts

Report your test result

It is important for public health to know your health history, where you may have been during your infectious period, such as where you work or live. The information you provide will help public health prioritize people who may benefit from public health follow up, and/or treatment for COVID-19.

Report your results at: reportcovidresults.bccdc.ca

Self-isolate

Self-isolation means keeping away from others to help stop the spread of COVID-19. To learn more, visit: bccdc.ca/covid19selfisolation

People younger than 18 years and fully vaccinated people 18 years and older

5 days



- You have isolated for at least **5 days**
- Your fever is gone without medication
- Your symptoms have improved

People 18 years and older who are not fully vaccinated

10 days



- You have isolated for at least **10 days**
- Your fever is gone without medication
- Your symptoms have improved

Fully vaccinated means you received both doses of a 2-dose series (e.g. AstraZeneca, Pfizer-BioNTech, or Moderna vaccine) or it has been more than 14 days since you received a single dose of a 1-dose series (e.g. Janssen).

Continue to isolate for longer if you have a fever or are not feeling better. When you end isolation, you are unlikely to pass on COVID-19. However, it can take longer to recover from the illness. Most people feel better within two weeks. Some people with more severe symptoms can take 12 weeks or more to feel entirely better. If you are unsure or concerned, connect with your health care provider, call **8-1-1**, or go to an Urgent and Primary Care Centre to be assessed.

If you have returned from outside Canada and test positive for COVID-19, you need to follow the quarantine requirements set by the Federal government. For more information, visit travel.gc.ca/travel-covid.

Manage your symptoms

Most people can safely manage their symptoms at home by drinking plenty of fluids, resting, and using a humidifier (if you have access to one) or hot shower to ease a cough or sore throat. If you have a fever, you can use non-prescription medicine like acetaminophen (such as Tylenol) or ibuprofen (such as Advil) to help with some of the symptoms of COVID-19.

You can call 8-1-1 anytime to talk to a nurse at HealthLinkBC. This service is available in 130 languages. If your symptoms worsen, or if you do not improve after five or six days, call 8-1-1, your family doctor or an Urgent and Primary Care Centre (UPCC), so they can determine if you need to be assessed again.

Go to an emergency department or call 9-1-1 if you:

- Find it hard to breathe
- Have chest pain
- Can't drink anything
- Feel very sick
- Feel confused



Notify your close contacts

If you test positive for COVID-19, you may let your close contacts know so they can monitor for symptoms. Generally, you should notify:

You should notify:

- 1 People you live with
- 2 People you had intimate contact with

Everyone in the household should monitor symptoms consistent with COVID-19 and stay home if they develop symptoms. You can provide your close contacts with the handout, [Instructions for close contacts](#).



Vaccination after COVID-19

If you're not fully vaccinated or you have not received your booster, you should still get vaccinated after you have recovered and ended your self-isolation.

Vaccines boost your immunity and have shown to be highly effective in preventing serious illness and death, even after you have had a COVID-19 infection.

Learn more about vaccination:
bccdc.ca/covid19vaccine





RECREATION

BY THE LOUIS BRIER RECREATION TEAM

Olympics 2022 at Louis Brier

The Olympics were a great success! The Residents had a blast making Olympic torches that were featured in the Olympic Torch Relay video to launch the beginning of the games. The festivities continued with Olympic Active games, where the top three winners received hand-crafted medals made in house by the Residents. The celebrations wouldn't be complete without Olympic ring cookies and challah. Thank you to everyone for making the Beijing 2022 Olympics here at Louis Brier so memorable!





RECREATION *continued*

Purim – Evening of Wednesday, March 16th to nightfall of Thursday, March 17th

The Jewish Festival of Purim is celebrated on the 14th of the Hebrew month of Adar. Purim begins on the eve of Wednesday, March 16th and ends at nightfall on March 17th. The story of Purim is set in ancient Persia, where King Achashverosh executed his former wife and held a beauty pageant to find a new one. He chose Esther, a girl of Jewish decent, who hid her nationality from him. Esther is cousin to Mordechai, who is the leader of the Jews.

Meanwhile, Achashverosh appoints the Jew hating Haman as his prime minister. Mordechai refuses to bow down to Haman, which enrages Haman and leads him to plan to exterminate the Jews on a date chosen by a lottery of his design. At the request of Mordechai, Esther goes to the King and reveals her identity and pleads for him to spare her people. Haman is then hanged and Mordechai is appointed the new Prime Minister.

Purim in ancient Persian means “lots”, which refers to the lottery Haman used to determine when he planned to carry out his diabolical scheme. During this festival, it is traditional to have a Megillah Reading, which is the book of Esther. The Megillah Reading recounts the story of Purim. We will be having our own Megillah reading with Rabbi Gabay. Another custom is to dress-up in costume, which many believe, symbolizes Esther hiding her Jewish identity from the King. To celebrate this tradition we will be holding a costume contest for all Residents and staff. Other traditions include: Synagogue services, drinking celebratory beverages, fasting the day before Purim, sending gifts of food and/or money and eating hamantaschen (a three sided cookie meant to symbolize Haman’s ear).

We will also be celebrating this festive day by decorating, baking hamantaschen, making groggers, hosting a costume parade and a photo-booth!



RECREATION *continued*

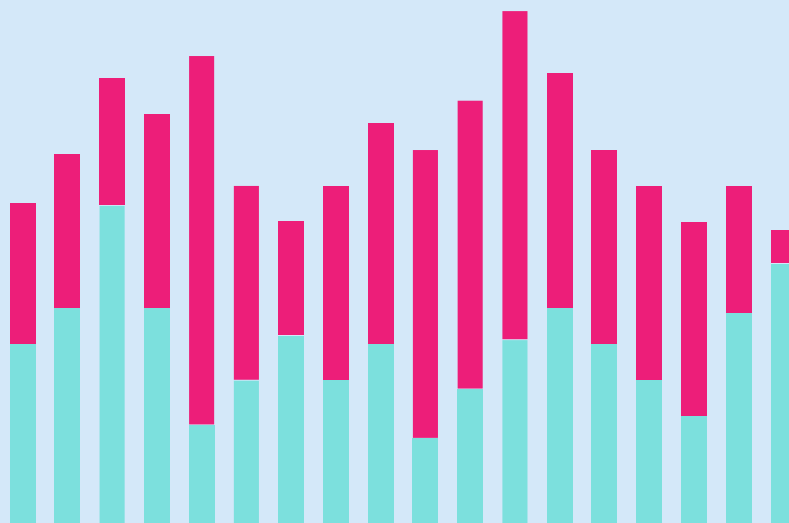


Music Therapy Month

March is Music Therapy Month! All across the nation, music therapists and their community will be coming together to advocate and raise awareness for music therapy.

Music therapy is a discipline in which Certified Music Therapists (MTAs) use music purposefully within therapeutic relationships to support development, health, and well-being. Music therapists use music safely and ethically to address human needs within cognitive, communicative, emotional, musical, physical, social, and spiritual domains. Music therapists work collaboratively with the interdisciplinary team and the Resident to conduct assessments, develop treatment plans, implement therapy processes, and evaluate progress. Focusing on the Resident's strengths and needs to lead them to success in increasing social connection and improving quality of life.

If you would like to know more please visit the Music Therapy Association of British Columbia website for more information! <https://www.mtabc.com/>



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

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

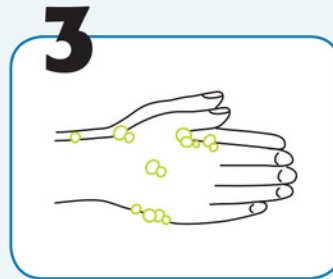
HOW TO HANDWASH



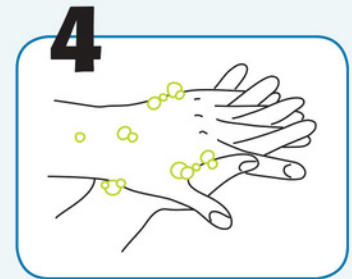
1
Wet hands with water



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



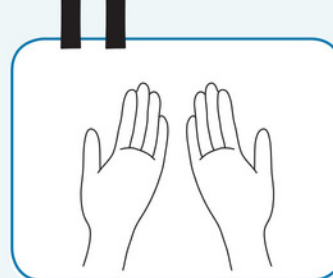
8
Rinse thoroughly



9
Pat hands dry with paper towel



10
Turn off water using paper towel



11
Your hands are now safe



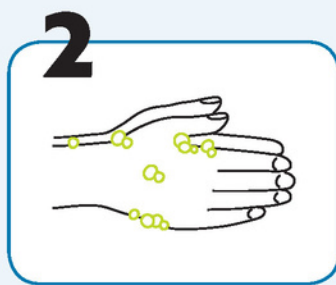
Adapted from:

Vancouver Coastal Health

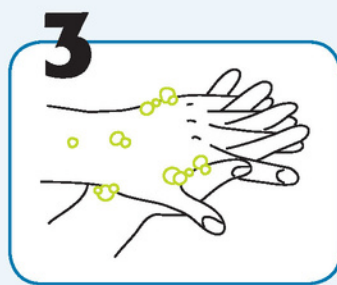
HOW TO HANDRUB



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



Rub hands together, palm to palm.



Rub in between and around fingers.



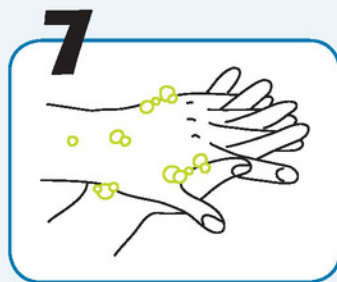
Rub back of each hand with palm of other hand.



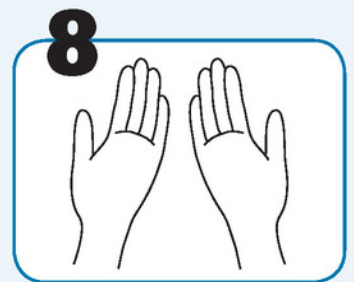
Rub fingertips of each hand in opposite palm.



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

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 patriciate in some fun activities to celebrate CHAI (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, CPHR
DIRECTOR, HUMAN RESOURCES

HUMAN RESOURCES continued

We are excited to start the new RN and LPN rotations effective March 18, 2022. The rotation is a combination of the “Proposed Employer Rotation” and the “Revised Rotation” created by our staff. A big change will be an increase in the part time FTE. There will be 3 FTEs for part time staff: 0.70, 0.93, 0.94.

Thank you to all our regular nurses for participating in the Line Selection and agreeing to waive the 6 week notice period to allow the rotation to commence on time without any delay!

Thank You!

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

Retirement Announcement

After years 10 years of dedicated service to Louis Brier Home and Hospital and Weinberg Residence, **Laurie Moore** is setting her sights on a well deserved retirement, and spending more time with family. Laurie has been an integral part of our LBHH/WR team and her contributions will always be valued and remembered. Hare work, commitment, and dedication are worthy of admiration, and will be greatly missed by colleagues, families and residents.

Laurie you've been nothing but diligent, dedicated and dependable. It's going to take a while for us to adapt to your leaving us, as your influence on the team was immense. We wish you well as you move on to the next adventure in your life.



Congratulations

RESIDENT NEWS

SUBMITTED BY LOUIS BRIER RESIDENTS & FAMILY MEMBERS

Congratulations!

To Shoshana Sandelson and her family!

Twins Matan and Ella

Born in Israel, January 16, 2022

Shoshana's 6th and 7th Great Grandchildren.

Born to her granddaughter Adi and husband Noam!



Captain Wu in the Local Media

To celebrate Captain Wu's 100th Birthday, his family reached out to the local media to feature his life story.

Much to the delight of his family, City News Vancouver and the Vancouver Sun came to Louis Brier to interview Captain Wu last February.





CHAG
PURIM
SAMEACH!



LOUIS BRIER JEWISH AGED
FOUNDATION

To make your contribution to the Louis Brier Jewish Aged Foundation,

Visit our website: thelouisbrierfoundation.com

Or call or email us at: (604) 261-5550 | foundation@louisbrier.com

WELCOME!

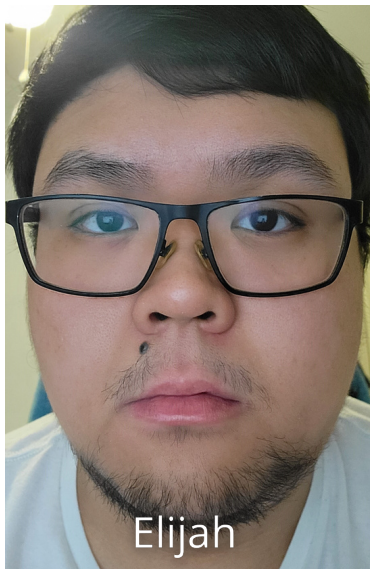
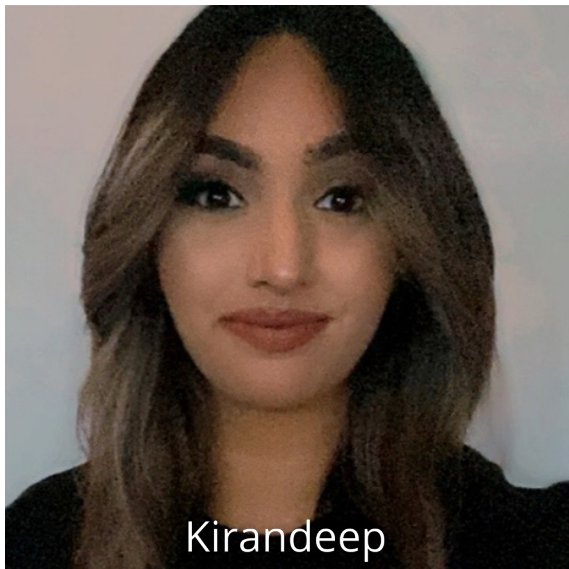
Elijah Tolentino - Food Service Worker

Kirandeep Dhaliwal - LPN

Roberta Winniandy - Care Aide

Pauleen Malobago - Care Aide

Janus Ediza - RN



HAPPY BIRTHDAY

March

HAPPY BIRTHDAY

		Department
Fedilyn	Abril	Nursing
Lucia	Africa	Nursing
Devan	Armour	Nursing
Freddie	Balubar	Housekeeping
Helen	Banares	Nursing
Rizza	Caluza	Nursing
Katrina	Capati	HCAP
Edna	Cardenas	Nursing
Eunice	Castillo	Nursing
Maryanne	Cataquiz	Nursing
Paula	Chin	Nursing
Dolores	Dagdag	Food Services
Crisanta	Del Valle	Nursing
Rebecca	Fernandez	Nursing
Adelina	Ferrer	Food Services
Flor	Gaona	HCAP
Adoub	Gar	Nursing
Gilbert	Gatchalian	Food Services
Denise	Go	Nursing
Angela	Gower	Nursing
Naomi	Gunster	Nursing
Rona	Hemaez	Nursing
Jasbir	Jassal	Nursing
Harvinder	Kharoth	Housekeeping
Ewa	Kukulka	Nursing
Ruby	Li	Nursing
Joyce	Llagas	Nursing
Kelly	Lopuch	Recreation
Nida	Mejico	Nursing
Mae Lani	Munar	Nursing
Vanessa	Parrenas	HCAP
Stephanie	Pinlac	Nursing
Asha	Pumbhak	Housekeeping
Marie	Robertson	Nursing
Kurk	San Mateo	Nursing
Ravinderjit	Sandhu	HCAP
Rajwinder	Sidhu	Housekeeping
Rakchanok	Toentian	Nursing
Vanessa	Trester	Manager, WR
Maria	Villamor	Recreation
Dianne	Villanueva	Nursing
Gemma	Vinson	Nursing
Roberta	Winniandy	Nursing



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**.*



FOLLOW US ON SOCIAL MEDIA

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



@LouisBrierBC



Louis Brier
Home and Hospital



@LouisBrierHome



@Louis_Brier