



# Snider Schmooze

## MESSAGE FROM THE CEO



As many of you may know, I have a knack for gardening and I have been overseeing Weinberg Residence's vegetable gardens. Here's a photo of myself and Executive Chef Steven Boudreau with a bumper crop from the garden.

Sincerely,

**Dr. David Keselman, CEO**



## THE LOUIS BRIER GIFT SHOP – THE HEART OF THE HOME



### The Gift Shop is Currently Recruiting Volunteers!

The Louis Brier Gift Shop is a volunteer run operation with all proceeds from sales donated to the Louis Brier Home and Hospital to purchase much needed equipment for the residents' comfort and safety. Founded in 1982, the gift shop offers an outstanding selection of gift items including: beautiful shawls, handbags and jewelry, an elegant selection of Judaica gifts, greeting cards, delicious snacks and a wide variety of items designed to make everyday living easier for residents. We are currently recruiting volunteers to assist in the gift shop. If you enjoy working in sales, have a flair for fashion, like meeting and schmoozing with people, and have a free afternoon a week; we would like to hear from you! Volunteer shifts are from 12:30 - 4:00 pm weekdays and Sundays.

For more information please contact:

**Nomi Fenson** Coordinator Volunteer Services

Phone: (604) 267-4736 Email: [nfenson@louisbrier.com](mailto:nfenson@louisbrier.com)

## MESSAGE FROM THE RABBI



In July, I had the opportunity to offer the Culture of Caring Workshop

to over 100 of our staff. Culture of Caring incorporates several important aspects of working at Louis Brier, including our vision, mission and values, cultural understanding, and resident- and family-centered care.

The first century rabbi, Hillel the Elder, was once approached by a man who made the rather ridiculous request that Hillel teach him the entirety of Jewish law and thought while he stood on one foot. Hillel, who was known for his endless patience, responded, "That which is hateful to you, do not do to your fellow. That is all of Judaism. Everything else is commentary."

The same can be said for our culture at Louis Brier. If we are ever mindful of the other's needs, and behave towards them accordingly, the rest is details. Just like in Judaism itself, those details are important; but the core is everything. This is the ideal which I am privileged to be teaching to our staff, and it is one which we would all do well to absorb and live by at all times.

**Rabbi Hillel Brody**

## SCHWARTZMAN GARDEN

Many of you may know that we have a beautiful garden as part of our Special Care Unit. This area has taken on a somewhat 'secret garden' quality, with a wild charm! However, we felt (as did many of you) that it was overdue for a review and 'makeover'. We sent out a survey and were thrilled to get responses from residents, family members, companions, and staff members who use the space and they responded with truly inspired ideas for the garden. Those ideas have been compiled and an action plan is now underway. A big thank you to those who contributed their suggestions and inspiring ideas!

If you have questions or would like to be included regarding future updates, please contact **Ginger** at [glerner@louisbrier.com](mailto:glerner@louisbrier.com) or ext. 4735.

## TECH SAVVY SENIORS

Are you tech savvy? Do you email, browse "the net" or play solitaire? Is it something you are interested in doing? The Louis Brier Recreation Team would love to help you increase your technical literacy. We have multiple programs that utilize some of the latest advances, including the Wii, iPads, and the Apple TV. We believe that using technology and participating in programs that use it are good ways to stay current and connected to your community.

If group activities aren't really your thing, we have weekly computer tutoring that provides one to one support with whatever computer activities you would like to do. Want to send an email to your sister? We can help with that. Want to video chat with your grandson? We're available. Talk to our recreation staff for more information.

If you are one of those already savvy people who have a personal iPad, here are a few new apps that have been recommended for seniors:

- **Elevate:** A brain training app that uses fun cognitive games to help you stay sharp.
- **Skype:** Phone or video call anyone in the world for free or very inexpensively. All they need on the other end is access to a computer or iPad/smart phone with the Skype app installed.
- **Rain Rain:** Sleep is important to maintaining your health. Choose from an impressive library of sounds to help you snooze.

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## QUESTIONS TO ASK ABOUT YOUR MEDICATIONS

when you see your doctor, nurse, or pharmacist.

### 1. CHANGES?

Have any medications been added, stopped or changed, and why?

### 2. CONTINUE?

What medications do I need to keep taking, and why?

### 3. PROPER USE?

How do I take my medications, and for how long?

### 4. MONITOR?

How will I know if my medication is working, and what side effects do I watch for?

### 5. FOLLOW-UP?

Do I need any tests and when do I book my next visit?



**Keep your medication record up to date.**

Remember to include:

- ✓ drug allergies
- ✓ vitamins and minerals
- ✓ herbal/natural products
- ✓ all medications including non-prescription products

Ask your doctor, nurse or pharmacist to review all your medications to see if any can be stopped or reduced.

## WHAT DOES MUSIC DO FOR YOU?

At the Louis Brier music can be heard on a daily basis. From ukulele in the hallways, to concerts throughout the building, to drums, guitar and chimes ringing out, music is a big part of the culture here at LB. I asked a couple of our residents this question: “what does music do for you?”

### RON LEVITT

Music makes me happy. When I’m not feeling well or feeling sad music lifts my mood and makes my day better. At Louis Brier we have music groups that I really like being part of. A lot of the music played in the group makes me go back in time and allows me to reminisce about the past. Music was so important to my wife and I. We would go to the symphony regularly. I love thinking of that time. Music is a great way to connect with people. Sometimes I don’t understand the language of the song but the music still touches me. When I listen to a more modern song I feel connected to the younger generation. It forms a link between the generations. Music can also help you through hard times. When my wife passed away last year the music groups really helped me get through that sad time. The groups are full of supportive people and provided me a positive place to be during that really hard time. Music can help you express the sadness and get you to the other side where life feels ok again. Today, people are so busy. Everyone is always rushing around. If more people took time out of their day to listen to music, they would be happier and calmer. Quite simply without music, life would be a big void.

### BILL ORNSTEIN

Music plays a role in most cultures including Jewish culture. Whether it’s singing or beating a drum, music is something that brings people together. I would say music was something that joined my wife and I together. She loved music so much and I felt so fortunate to have someone I could share my love of music with. We spent a lot of time going to concerts together. It was something we could do together that we both enjoyed. In life, we need food to feed our body and music to feed our soul. It’s an oral tranquilizer. You can go into a concert in a lousy mood and leave feeling wonderful. Music is magical in that way. I don’t know of any other drug that has those same effects. It can transform you in a way that nothing else can. My whole body lights up when I hear good music.

## ARTIST IN OUR MIDST

**I had the pleasure this month of attending an art show by my colleague Charlotte Spafford**

### Precious Things: Collected & Kept

Charlotte is an accomplished artist and Art Therapist and was recently awarded a grant to create her most recent show, and has been recognized by a number of people and organizations including Stories/ Art/Design Magazine, and CBC in a recent interview. Charlotte could better speak about her inspiration and motivation for her art, but is unlikely to do so here due to her modesty! Charlotte is very careful with her creations: Those of you who know her as a Program Coordinator will recognize this gentle touch, and inquisitive eye. Charlotte takes objects and abstracts them with playful attention. The resultant work reveals her process as well as her concepts. Small pieces with appealing shapes and colors, it is easy to enjoy this work. I am inspired to work with Charlotte, not because she finds the extra energy and focus to be an artist (energy is as much a talent as anything else), and not because of her acclaim, but because she finds ways to create with her life experience. Having the opportunity to visit her gallery exhibit this month helped me to look for other creations with a loving gaze, and certainly Louis Brier is blessed with many incredible people who find ways to transform not only objects but moments, into previous things.

**Ginger Lerner**, Recreation Therapist

## KALEY THE DOG



Kaley was a regular and familiar face at the Louis Brier, coming every week for the past 9 years. Kaley's playful presence brought much happiness to residents, families, and staff at the Louis Brier. Kaley recently passed away...and we wanted to let you know. She will be greatly missed by all of her friends here.



## ART AND TRIVIA PROGRAM

Over the past few months, Ginger (our lovely Recreation Therapist) and I have launched a new collaborative program – Art and Trivia Mixer! This program is a fun introduction to art history and poetry analysis, with a bit of trivia thrown in for good measure. We explore poets such as Robert Frost, Margaret Atwood, and Emily Dickinson; and artists such as Pablo Picasso, Emily Carr, and Claude Monet – and aim to ignite lively discussions about their work, their lives, and their unique perspectives on the world.

Each week, we choose a different theme, and explore different artists who have created work under that theme. Some of the topics we've explored so far include: the ocean, spring flowers, Canadian artists, and depression/mental health. If you'd like to suggest a theme, an artist, or a poem that you'd like to discuss, please get in touch with one of us and let us know. We would be happy to receive your request!

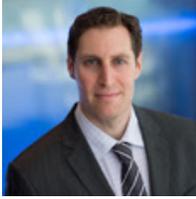
Art and Trivia Mixer runs twice a month – on Wednesdays at 2:15pm, upstairs in the Bistro. Check the latest calendar to see when it will be happening this month.

**Charlotte Spafford**, Program Coordinator

## THE MESSENGER – MARY OLIVER

My work is loving the world.  
Here the sunflowers, there the hummingbird  
— equal seekers of sweetness.  
Here the quickening yeast; there the blue plums.  
Here the clam deep in the speckled sand.  
Are my boots old? Is my coat torn?  
Am I no longer young, and still not half-perfect?  
Let me keep my mind on what matters, which is my work,  
which is mostly standing still and learning to be astonished.  
The phoebe, the delphinium.  
The sheep in the pasture, and the pasture.  
Which is mostly rejoicing, since all ingredients are here,  
which is gratitude, to be given a mind and a heart  
and these body-clothes,  
a mouth with which to give shouts of joy to the moth  
and the wren, to the sleepy dug-up clam, telling them all,  
over and over, how it is that we live forever.

## ASK THE DOCTOR



**Q:** How do we know how well Louis Brier is doing?

**A:** The most important information we get about the quality of care at Louis Brier Home and Hospital and the Weinberg Residence is the feedback from our residents and their families. But we also have active quality improvement and quality assurance processes with dedicated staff. Further, most of our residents are cared for by doctors that are part of the Vancouver Division of Family Practice Residential Care Initiative (RCI.) The most recent data from the RCI shows that on many measures Louis Brier is performing above the average for Vancouver residential care facilities. These are results that all of us in the Louis Brier community can be proud of.

### **Dr. Eric Cadesky**

Medical Coordinator

Louis Brier Home & Hospital

## DONATIONS

Please visit **The Louis Brier Jewish Aged Foundation website** to make a one-step donation. Information on the services and programs supported by your generosity is also available.

***thelouisbrierfoundation.com***

## THE VANDUSEN BOTANICAL GARDENS



This spectacular garden in the heart of Vancouver has matured into a botanical garden of international stature since opening to the public in 1975. The mild Vancouver climate allows the cultivation of an outstanding plant collection which is a delight any time of the year. There are over 7,500 different kinds of plants assembled from six continents.

The Louis Brier has purchased a number of complimentary admission passes to the VanDusen Gardens for Louis Brier and Weinberg residents to enjoy.

Each admission pass allows a resident and one escort (a family member, companion, or a friend) to enjoy the Gardens anytime aside from some special event days. The admission cards are available for residents on a sign out basis at the Louis Brier and Weinberg. We require \$20.00 or a driver's license as a deposit which will be returned to you once the cards are returned after use.

There are many wheelchair accessible routes in the garden, and Cart Tours for those with limited walking ability, are offered daily. Advance booking is suggested. Call **604.257.8666** for more information and to book a tour.

The Gardens are located at West 37th and Osler, just down the block from the Snider Campus. Please visit the Gardens and Enjoy!



**FREE**