



DECEMBER 2018

# Snider Schmooze

## A MESSAGE FROM DR. DAVID KESELMAN, CEO

Hello and welcome to this edition of the Snider Schmooze. I am hoping that you are finding the newsletter valuable and the content interesting and meaningful, the contributors do their best to provide value added information, considering everyone's time is precious. We are hoping to increase our reach to both internal and external stakeholders and while we hope to share, we also look forward to hearing from you, our reader. Share your ideas as to what you would like to see in the next editions of our Snider Schmooze and let us know what would be relevant.

The holidays are upon us and as we welcome the month of December, we will be celebrating Chanukah which begins the evening of December 2nd. Chanukah is celebrated over a span of 8 days and is meant to commemorate the miracle of lights occurred after the Greeks entered the Sanctuary (Temple) in Jerusalem, they defiled all the oils that were in the Sanctuary. As the Chashmonean monarchy (the Maccabees) overcame them and emerged victorious, they searched and found only one cruse of oil that remained with the seal of the High Priest. Although there was sufficient oil there to light the candelabrum for only one day. A miracle occurred, and they lit the candelabrum from it for eight days. The Chanukiya is represented by 8 candles and a Shamash (an auxiliary candle for lighting the other candles) and is exclusively used for Chanukah, and a Menorah is represented by 7 candles without a Shamash and is the official symbol of the Israel and the Jewish state (Seven represents all that is found within this world. There are seven days of the week, seven classical planets and seven musical notes. In fact, the world itself was created in seven days). Please join the various celebrations and festivities with our staff and residents throughout the holiday.

We continue our transformation journey and rolling out various Lean initiatives to try and improve our work environment and enhance the delivery and quality of care to our residents and their significant others. We have also been successful in striking collaborative relationships with the School of Nursing at UBC, and looking forward to exciting placement, educational, and research opportunities on the coming year, stay tuned.

Keeping this at the forefront, we are well into our winter months, and as we face the rain, darkness, and cold please take extra care to dress warm, and protect yourself from the range of colds and viruses and stay healthy and safe. We always welcome your feedback, thoughts, ideas, and suggestions. If you have any please take the time and let us know.



**Dr. David Keselman**  
CEO



# THE ANNUAL CAMPUS-WIDE CHANUKAH PARTY

Sunday, December 2, 2018

2:15 to 3:15pm – Homeside Lounge

Live Music By TZIMMES



## CHANUKAH – THE JEWISH FESTIVAL OF LIGHTS

**Every year** between the end of November and the end of December Jewish people around the world celebrate the holiday of Chanukah, the Festival of Lights. The word Chanukah means 'rededication'.

The 8 day festival of Chanukah begins on the 25th day of the Hebrew month of Kislev, but the starting date on the western calendar varies from year to year. This year Chanukah begins at nightfall on Sunday, December 2, 2018 and ends on Monday, December 10 at nightfall.



Chanukah commemorates events which took place over 2300 years ago in the land of Judea, which is now Israel. The Syrian king Antiochus ordered the Jewish people to reject their G-d, their religion, their customs and their beliefs and to worship Greek gods. There were some who did as they were told but many refused. One who refused was Judah Maccabee.

Judah and his four brothers formed an army and chose as their name for the army the name 'Maccabee,' which means hammer in Hebrew. After three years of fighting, the Maccabees were successful in driving the Syrians out of Israel and reclaimed the Temple in Jerusalem.

The Maccabees wanted to clean the temple and remove the symbols and statues that were not representative of Judaism. On the 25th day of the month of Kislev, their job was finished and the temple was rededicated. They wanted to re-light the Eternal Light known as the Ner Tamid which is present in every Jewish house of worship. Once lit, the oil lamp should never be extinguished. However, they noticed that only a tiny jug of oil was found which they estimated was only enough to light the lamp for a single day. What happened next was truly considered a miracle as the small amount of oil kept the Eternal Light lit for eight full days.

Every year, Jews around the world celebrate the Festival of Lights and the miracle that occurred on the 25th day of the month of Kislev.

In North America, families celebrate the festival of Chanukah and give and receive gifts, decorate their homes, entertain friends and family and eat special holiday foods that remind them of miraculously small amount of oil that was used to illuminate the temple. At the Louis Brier and Weinberg residents will be enjoying latkes (delicious potato pancakes that are fried in oil) as well as other tasty treats! At the Louis Brier and the Weinberg Residence we will be lighting the candles on the holiday menorah at nightfall throughout the holiday.

Wishing you and your loved ones a happy Chanukah!

**Recreation Team**



## WEINBERG RESIDENCE

### It's Time for the Jewish Festival of Lights

We are kicking off the month of December with 'Chag- HaChanukah', the joyous holiday of Chanukah. On Chanukah, we are celebrating the miracle of oil: the small quantity of oil that burned beyond its one-day lifespan and miraculously lasted eight days. Central to the holiday is the lighting of the Chanukiah or Menorah, an nine-branched, candelabrum to which one candle is added on each night of the holiday until it is ablaze with light on the eighth night. In commemoration of the legendary cruse of oil, it is traditional to eat foods fried in oil. The lights of Chanukah (Festival of Lights) will shine brightly throughout the Weinberg Residence from Sunday, December 2nd to the 9th. For eight nights, residents will gather and celebrate by lighting their Menorahs and singing their favourite Chanukah songs. The Weinberg Residents can look forward to a variety of festive activities including: Sufganiot (Donuts) baking, A Happy Hour Chanukah Toast, Chanukah Tea with Manager, Vanessa Trester and last but not least, a celebratory Chanukah Party with Steve Levin in performance. Wishing you a joyous and happy Chanukah! Chag Sameach!

#### POTATO LATKES (make them at home)

- 4 medium potatoes, peeled or scrubbed (keep in water to prevent browning)
- 1 medium onion, chopped finely
- 2 eggs, slightly beaten
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 to 3 tablespoons matzo meal
- Oil for frying (cooking spray for low-fat latkes)
- Applesauce or sour cream (optional)



#### Instructions

1. Place 1/4 of the potatoes, onion, matzo meal, eggs, salt and pepper (start with about 1 1/2 tsp salt and 1/4 tsp pepper) in a food processor. Mix until the vegetables are finely chopped. Add the rest of the potatoes, and pulse again until all the potatoes are finely chopped and the mixture is thoroughly combined.
2. Heat oil in a skillet over medium heat. Scoop up about 1/3 cup of the potato mixture per latke, and place into the hot oil. Fry the patty until brown and crisp on the bottom, flip it, and cook the other side until brown, 2 to 3 minutes per side. If the potato mixture doesn't hold together, stir in more matzo meal by the tablespoonful till the mixture holds.
3. Make patties with the rest of the potato mixture, adding oil as needed. Place fried latkes on paper towels to drain off excess oil. Sprinkle with more salt to taste, if desired. Serve with applesauce or sour cream.

PS. Go easy on those latkes...

For information about the Weinberg Residence, contact:

**Regina Lvovski**, Sales & Marketing Coordinator at 604-267-4756

or **Vanessa Trester**, Manager at 604.267.4722

[www.weinbergresidence.com](http://www.weinbergresidence.com)



Check us out on Facebook at <https://www.facebook.com/weinbergresidence/>



## FAMILY COUNCIL

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](mailto:lb.familycouncil@gmail.com).

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Family Council has launched an awareness campaign of who we are and our role at Louis Brier. Once a month, we will set up an information desk in the lobby to share information about our council and how family and friends may share in its benefits and/or participate for themselves and their loved one(s).

We have accomplished so much since we started two years ago, thanks to all the caring family members and friends who have participated. This message has been sent with the hope it encourages you to stop by our desk, meet our volunteers and learn about "who we are" and "what we do". We look forward to seeing you! You may always send your questions or concerns to [lb.familycouncil@gmail.com](mailto:lb.familycouncil@gmail.com).

**Family Council Mission Statement:** *To improve the quality of life and quality of care for all residents of LBHH by promoting an atmosphere of respect, collaboration, sensitivity, caring and support among staff, residents and their family.*

## FSEAP SERVICE UPDATE

We have recently received feedback that some clients who have called our 1-800 Care Centre client access line have experienced longer than usual wait times to speak to a counsellor. We acknowledge that this is a significant concern, as our goal is to connect callers to a counsellor for support or intake as quickly as possible. The longer wait times have been caused by a few concurrent factors which have now been, and are being, addressed. We have been experiencing higher than usual call volume, and have now increased our staffing in our Care Centre and Administrative teams to address this. We also recently launched a new phone system that initially led to delayed responding to calls, but this issue has now been resolved. Additionally, we have updated our Phone Tree to streamline calls to get to the right resource more quickly.

FSEAP prides ourselves on our outstanding client care, and recently became re-accredited by the Council of Accreditation, receiving commendations for our quality of work, meeting or exceeding all required certification standards, and our professionalism. We offer our most sincere apologies and assurances that we are addressing these concerns. We welcome your feedback, please don't hesitate to contact us at 1.800.667.0993.

## HUMAN RESOURCES

### Dear LBHH/WR Employee,

Louis Brier Home & Hospital values the accomplishments of its employees in providing an outstanding level of health care to our residents. The Wellness & Attendance Promotion Program has been developed to positively address the issue of employee absences from work. As you may have heard, we've updated our Sick Leave Policy to be more inline with our Wellness & Attendance Promotion Program and industry standards.

#### Highlights of the revisions include:

##### Sick Call Guidelines

Below are general timeframes that we request all employees to follow in order to limit the impact of the absence on operations. These guidelines have no implications to sick leave claims.

Call By:	Shifts Starts On or After
Day Prior, 2pm	7am
9am	3pm
4pm	11pm

##### Changes to Procedures

- In order to make a claim for sick leave pay, all employees must complete an Application for Sick Leave Form (Parts A and B) and submit it to the Attendance Management Coordinator in Human Resources, in advance of the absence if possible.
- Employees may be required to submit a medical certificate/documentation, in a number of circumstances. These include, but are not limited to:
  - long-term absences
  - frequent absences,
  - excessive absences,
  - absences that appear to follow a pattern,
  - where there are reasonable grounds for suspecting the legitimacy of a sick leave claim; or
  - where a Graduated Return to Work and/or modified duties may be appropriate.
- A valid medical certificate/documentation must contain the following information:
  - The general nature of the illness / how the illness affects the employee's ability to perform their duties.
  - The dates of absence.
  - The date(s) medical attention was sought.
  - The expected date of return to work, if known.
- LBHH may withhold payment of paid sick leave credits if the medical certificates/documentation provided does not state the general nature of the illness. For instance, documentation that only indicates that an employee had a "medical problem" or required an absence from work "due to illness" or "due to medical reasons" will likely fail to meet this requirement.

## HUMAN RESOURCES – *continued*

Louis Brier Home & Hospital is committed to caring for its employees and promoting healthy lifestyles for staff. Louis Brier Home & Hospital recognizes that many absences are unavoidable, but it is also recognized that proactive, early and on-going intervention with employees can assist greatly in improving attendance.

### **Loren Tisdelle**

Director, Human Resources

## Sick Leave Policy Revised to Industry Standards

Louis Brier is committed to supporting its employees to ensure regular attendance, health and well-being.

*\*Effective Friday, November 16, 2018*

### ▶ **Follow these steps if you are unable to attend work as scheduled:**

- 1** Call LBHH's Absence Notification Illness Injury "ANII" immediately at **1-588-999-ANII (2644)**.
- 2** Notify your Supervisor with the general nature of your sickness and the anticipated duration of your absence.
- 3** Complete an Application for Sick Leave Form and submit it to the Attendance Management Coordinator in Human Resource in order to claim sick leave credits.

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- The designated form submission cut-off date is 12pm on the Wednesday before each payroll end date.
  - Application for Sick Leave Forms to be submitted in person or online via intranet or email: [Absence-Notice@louisbrier.com](mailto:Absence-Notice@louisbrier.com)
  - **Questions?** Contact the HR Department



*The Employee Recognition and Social Committee is honoured to host*

## **The Staff Appreciation Event**

# **Peer Recognition Awards**

**Tuesday, December 11 at 2pm, Homeside Lounge**

*Who will be the 2018 Award Recipients?*



**Be Our Guest**  
**FUN, FOOD & RAFFLES\***

*\*All employees that RSVP and/or register at the Event will be entered for a chance to WIN!*

## LEGISLATION OF CANNABIS

### Side Effects of Cannabis



**DROWSINESS AND INCREASED RISK OF FALLS**



**IMPAIRED MEMORY**



**IMPAIRED DRIVING ABILITY**



**IMPAIRED SPEECH**



**ANXIETY AND MOOD SWINGS**



**SMOKING CANNABIS MAY RESULT IN HEART AND LUNG DISEASE**



### What You Need To Know

On *October 17, 2018*, the Cannabis Act came into force. The act provides a strict framework for the production, distribution, sale and possession of cannabis in Canada.

### Who can possess recreational cannabis?\*

Adults who are 18 years or older (*depending on province or territory*) are able to:

- possess up to 30 grams of legal cannabis, dried or equivalent in non-dried form in public
- share up to 30 grams with other adults
- purchase cannabis products from a provincial or territorial retailer
- grow up to 4 plants per residence (not per person) for personal use from licensed seeds or seedlings

*\*Each province and territory also has its own rules for cannabis. Be aware of your local provincial and municipal regulations.*

### How does this affect access to medical cannabis?

Cannabis for medical purposes will continue to be legal if you are:

- authorized by a health care provider
- registered with a licensed producer or with Health Canada

### What are some safety tips for use?

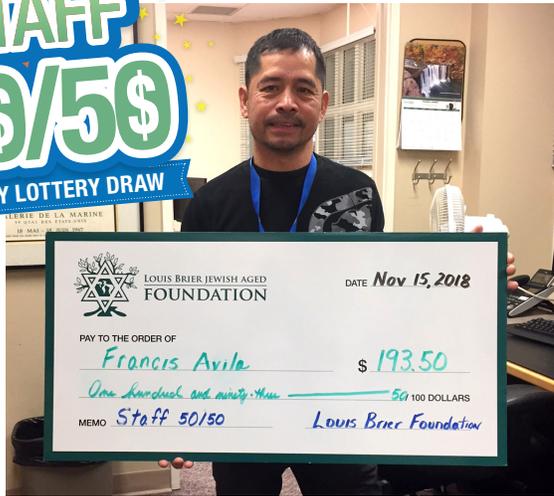
- Limit your use of cannabis
- Use products with low THC (*tetrahydrocannabinol- the substance that makes you high*)
- Avoid combining cannabis with alcohol, tobacco or other drugs
- Don't use cannabis and drive. Cannabis impairs your attention and ability to drive
- Cannabis might interact with some medications. Consult your pharmacist before using recreational cannabis.

Thank you,  
**Resident Care Team**

Source: Medical Pharmacies Group Limited, Nov 18, Issue 11 – Newsletter  
References: Cannabis in Canada, <https://www.canada.ca/en/services/health/campaigns/cannabis.html>

## LOUIS BRIER JEWISH AGED FOUNDATION

**STAFF**  
**50/50**  
PAY DAY LOTTERY DRAW



THE WINNER IS...

**Francis Avila**  
**\$193.50**

Staff 50/50  
Pay Day Lottery Draw Winner  
November 15, 2018



The 50/50 is open to all staff of the Louis Brier and Weinberg. Tickets are \$3 each, and only available via payroll deduction. Please come see Kim in the Foundation office to register.

Last week's winner was **Francis Avila**. He takes home \$193.50. Congratulations Francis!

**Kim Jampole**

Louis Brier Jewish Aged Foundation [www.thelouisbrierfoundation.com](http://www.thelouisbrierfoundation.com)

## DANCERS OF DAMELAHAMID

November 22, residents were delighted to attend a noon dance concert at the Scotia Bank Theatre – 'Dancers of Damelahamid'. This wonderful group of dancers had travelled far, from the northwest of the province (just below Alaska!). They danced on stage with their children, with great skill and gentleness. Residents enjoyed the masks (many of which had animated/moving parts) and costumes. For more information about our 'Discover Dance' outings, please contact the Recreation Department.

**Ginger Lerner**

Recreation Therapist

[glerner@louisbrier.com](mailto:glerner@louisbrier.com), x 4735



Image Source: [https://www.thedancecentre.ca/events/discover\\_dance\\_2018\\_2019](https://www.thedancecentre.ca/events/discover_dance_2018_2019)

## UPCOMING SESSIONS WITH ALZHEIMER SOCIETY OF BC

### **DEMENTIA DIALOGUE: GRIEVING LOSSES DURING THE DEMENTIA JOURNEY**

The dementia journey requires ongoing adjustment to many changes that occur throughout the early, middle and late stages of the disease. Grief is the natural and necessary process to all of these changes that involve loss. This workshop is an opportunity to explore the loss and grief issues of the dementia caregiving experience. There will be time for participants to consider some suggestions for weathering these losses.

[Wednesday, Nov 14, 6-8pm, Alzheimer Society Resource Centre, 300-2425 Quebec Street, Vancouver](#)

### **TRANSITION TO RESIDENTIAL CARE AND LIFE IN RESIDENTIAL CARE**

**12-2pm. Transition to Residential Care** - For family caregivers who are considering residential care options for a person living with dementia or who recently moved a person living with dementia into care. Information will be provided on how to access residential care in the community, explore the challenges families face when making decisions about residential care, and review some strategies for preparing for the transition.

**2:15-4:30pm. Life in Residential Care** - Learn about the changes to your role as a caregiver after a person living with dementia has moved into residential care, and how to enhance your visits. The session will also review strategies for working effectively with a care team and offers tips for acting as an advocate within a residential care setting.

[Saturday, Dec 1, 12-4:30pm, Vancouver General Hospital, Jim Pattison Pavilion, 899 West 12th Ave., Paetzold Centre, Multipurpose Room, Vancouver](#)

### **GETTING TO KNOW DEMENTIA**

This introductory session is for people who are experiencing early symptoms of dementia, as well as family members or friends who are supporting a person with a recent diagnosis. We will review basic information about Alzheimer's disease and other dementias and the impact of receiving a diagnosis. Participants will also learn about different types of support available including services offered by the Alzheimer Society of BC

[Monday, Dec 3, 1:30-3:30pm, Alzheimer Society Resource Centre, 300-2425 Quebec Street, Vancouver](#)

### **DEMENTIA DIALOGUE: VISITING OVER THE HOLIDAYS**

This session is applicable for family caregivers who visit someone in Residential Care or at home.

In this session we will discuss:

How to Enhance Your Visits

- What are some of the things that make visiting a challenge?
- What makes a "good" visit?
- What do you hope to get out of your visits with the person with dementia?

[Tuesday, Dec 11, 6-8pm, Alzheimer Society Resource Centre, 300-2425 Quebec Street, Vancouver](#)

*\*Please register early as workshops with insufficient registrants are at risk of being cancelled.\**

Contact: 604-675-5150 or [info.vancouver@alzheimercbc.org](mailto:info.vancouver@alzheimercbc.org) for more information. Registration required.

**Kristina Zoë**, Social Worker



JCC Adults 55+

# Chanukah Luncheon

**Wed December 5, 2018**

**11:30am - 1:00pm**

**JCC WOSK AUDITORIUM**

**Catered by Nava's**

LIVE ENTERTAINMENT  
BY THE ENGLISH BAY  
MUSIC BAND:  
accordion, guitar, fiddle  
and vocalists.

Cost: \$16 +gst

Please buy tickets at Member &  
Guest Services by 11am Friday  
November 30  
NO TICKETS SOLD AT THE DOOR.



**Buy your tickets early at the JCC Front Desk!**



VANCOUVER  
HOLOCAUST  
EDUCATION CENTRE



United Way  
of the Lower Mainland



Jewish Community Centre of Greater Vancouver  
950 West 41<sup>st</sup> Avenue, Vancouver BC | 604.257.5111 | [www.jccgv.com](http://www.jccgv.com)

## LIGHT A CANDLE FOR THE LOUIS BRIER



As the days grow short and darkness replaces light, our Jewish experience brings us to the Festival of Lights.

Picture this: a dark and rainy night in early December. The evening is cold as you drive across the intersection at Forty First and Oak. You notice a warm light shining through the darkness. The light comes from Chanukah candles burning in the window of the Louis Brier.

These candles signify the light of our Jewish values and observances. At times life can be dark and gloomy. Lighting one candle will dissipate darkness and overcome the gloom of any dark and rainy night.

In the darkness of winter, help bring the light of Jewish life into our home. Light a candle for the Louis Brier. It will bring warmth and brightness into your home and to someone who may be struggling with the dark.

ברוך אתה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל חֲנוּכָּה.



LOUIS BRIER JEWISH AGED  
FOUNDATION

Phone: (604) 261-5550

Email: [foundation@louisbrier.com](mailto:foundation@louisbrier.com)

**YOUR CHANCE TO WIN!**

# STAFF 50\$/50\$ PAY DAY LOTTERY DRAW

## HOW TO PLAY

Submit a **Staff Payroll Deduction Lottery Form** to the Louis Brier Jewish Aged Foundation office.  
– JOIN ANYTIME!

## TICKET SALES

Start Wednesday, August 8

## FIRST DRAW

Thursday, September 20

## DRAW DATES

Thursday AFTER Pay Day



Actual odds depend on number of staff participating.  
BC Gaming Event Licence #107682.

**Know your limit, play within it.**  
Problem Gambling Help Line 1-888-795-6111  
www.bcresponsiblegambling.ca 19+



LOUIS BRIER JEWISH AGED  
FOUNDATION

## HISTORY OVER LUNCH – FIRST DATE IS DEC 10<sup>TH</sup>

If you are interested in attending a community ‘lunch and learn’ outing to the JCC, talk to **Ginger in Recreation**. Residents and families are invited to join, have a sandwich, and listen to a lecture at the JCC on local Jewish history.

Upcoming topics include:

**Titans of Commerce, East End and West End, and Picturing BC.**

**Ginger Lerner**

Recreation Therapist

[glerner@louisbrier.com](mailto:glerner@louisbrier.com), x 4735



**Jewish Community Centre  
of Greater Vancouver**

## HOLIDAY TEA INVITATION

If you love the holidays – You won’t want to miss this!

# *Resident Holiday Tea*

**Thursday, December 13th at 2:00pm**  
In the Homeside Lounge floor

An Afternoon of Holiday Sweets, Savoury treats and festive holiday music awaits you.

**Doors open for seating – 1:15pm**

**Ty Lowe – 2:00pm**

Please RSVP to Reception on or before December 8th.



## CHAG SAMEACH

**This week is Chanukah** – it starts on Sunday night December 2nd. It's all about the energy of control over the planet Jupiter. Jupiter is in charge of miracles and wonders. It's an effect of Jupiter, not a cause. The biggest miracle was that 8-people won in a battle over the entire Greek empire. What did they do?

There are only two ways to deal with life. Only two options:

- 1) **Negatively.** This is where you think about what you don't have, what you want, and what you want that others have.
- 2) **Positively.** This is where you think that no matter what you have, you have nothing compared to what you COULD have. It's very spiritual. Some people never say they're rich because they only think of the potential. Don't settle for less. Want it all.

When Sarah became pregnant, all the women became pregnant. Why? Because she asked for it to be that way – she didn't limit. On Chanukah, realize you have nothing, and whatever you do have can disappear in a minute. Realize if you don't have, you can create it. Feel the lack! If you already have or already know, you don't need the Light's help. So, the Light will only come for those who feel a lack! The more you know, the less you know. In Kabbalah, if you think you don't know, you get it. If you think you know, God leaves, the light leaves your assistance. How do you do it? Meditate? No. Light candles. It creates miracles. Why? What do you have in mind when you light the candles? Remember that candles don't diminish when they Light other candles. They stay whole when they share. They don't lose. And you can illuminate a whole stadium with one candle. Nor does our love diminish by loving more people. Chanukah is about choosing a consciousness to illuminate it all. Do you want to stay in the details? Jump above! Change!! Use negative opportunities to rise – create the self. You don't have to worry about esteem because there will be enough Light in your life.

**THE STORY:** In the narrative of the Maccabees, after Antiochus issued his decrees forbidding Jewish religious practice, a rural Jewish priest from Modin, Mattathias the Hasmonean, sparked the revolt against the Seleucid Empire by refusing to worship the Greek gods. It was at first a battle of the Hellenistic Jews and the Hashmonayim Jews. The Assyrian Greeks allowed the Jews to live in total freedom and study the Torah but only from an intellectual perspective and give up their belief in one God. The Hellenistic Jews said fine and joined the Greeks. The Assyrian Greeks were not the same as the Greeks/Greece of our time.

The Hashmonayim: dedicated to the idea that it is not the physical that governs. This is Like an individual who loses arm an accident. He still speaks about the phantom arm. True arm exists. If you train a child with the real values, those that remain forever, they won't be lost. The battle between the Greeks and the Jews was not a battle in the physical sense a lone, it dealt with the metaphysical realm first. Even the exodus from Egypt was not a physical freedom: the Egyptians ruled Ra, their god. They could establish mummification, preserving physical energy intelligences, because they were involved in the material realm. The battle between them and the Jews was that between physical and metaphysical; to control one needs a connection with the metaphysical realm. Chanukah is the holiday of lights. It is a lesson for the Jew and non-Jew as well. The victory was mind over mind not physical.

Blessings on the candles: power of the aleph bet (the Hebrew alphabet) permits us to reach another level of consciousness where, like the Hashmonayim, we can create a security shield, one vial of oil to last 8 days. This is a miracle. The reason it is a miracle, a vial that is to last only 1 day should only last that time.

## CHAG SAMEACH – continued

We're hung up on the physical. But the oil lasted for 8 days, a victory of our minds. Chanukah is the manifestation of the power for the whole world. We must tap the energy of the force-light of God. What is light? If you observe the flame of the candles there are 4 colors: upper section is white. It is only connected to another colour in the light and not to the wick. What creates the white part (which is large compared to the other three)? The Zohar says that the reality realm is white which indicates force. There is an energy intelligence in that flame. We want to connect to the light that became expressed many years ago, nothing is lost in the world of atoms/energy. The light is really of a metaphysical nature. Like the Talmud about rededication being unnecessary, or the ARI who says we will be given information on re-growing arms that were lost in the physical sense.

Chanukat habayit (the house) – dedicating; dedication means when you believe in something you stand up for the cause. We are here to tap the energy of Chanukah – the dedication of the few Hashmonayim who understood that the battle with the Greeks was not one of emerging as free people on a physical level. Freedom doesn't come when there is no dictator. Most people are imprisoned in their own environment. Freedom is rare. The Hashmonayim were unconcerned about what others would think. On Chanukah it was only a few who took on the empire. Immediately following the battle of the minds, the Greek empire vanished and became the country of Greece. The power they had was Lost. The Hashmonayim knew what the power of Chanukah was, they believed in the metaphysical force which dictates what happens. The force will become part of the direction to instill in your own home. Dedication of a new business must be dealt with on a metaphysical level. Positive energy must be involved. But you must access into the force – as we do with the rededication of the principles of Chanukah for Jew and non-Jew alike. We can take control of our own lives. **There are many battles today, do not be afraid to be one of the few. Now a days it is less likely you will remain the few for very long.** In the portion of the week, Joseph promises to feed the world if the non-Jew removes the foreskin. Why? B/C the foreskin is the epitome of the most negative energy intelligence that exists in the world, a total desire for one self alone and where evil can stem from. From Joseph on there was peace because of the removal of the foreskin of negative energy. He realized the power of metaphysical negative energy. With the force we can remove the negative metaphysical energy. Meditation before lighting on Curing and Healing.

Mediations on NER CHANUKAH, in addition to all other meditations:

— 6 names that are channels for light, 6 names of God, total of which = 345.

NER:	Nun=50 + resh=200	Total: 250
CHANUKAH		Total: 89

+ 6 (for 6 names of G—d within ner) 345

Significance of 345: HEALING & CURING. It is a channel for curing. One of the 72 names of God is MAHASH (mem, hem shin) The numerical value of the three letters is 345 a

While meditating on NER CHANUKAH, meditate on MAHASH—curing and healing. Think to bring the light: of curing and healing and directing the energy to them. Also, now we are opening a channel that will be with us during the year until the next Rosh Hashana New Year. All the best and happy holiday (Chag Sameach).

Neil Simces, [neil2@telus.net](mailto:neil2@telus.net)

DISCLAIMER: The views expressed by Neil Simces are neither endorsed nor represents the views of the Louis Brier Home and Hospital.

## PHOTO GALLERY



1



2



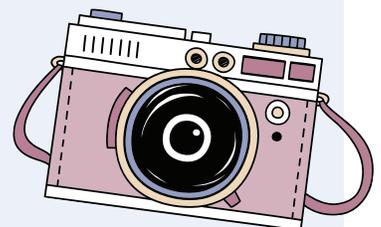
3



4

1. VCH Dementia Care Initiative
2. Kara Choir
3. King David Band
4. Violence Prevention Purple Day – Hospital West

# CHEESE



## HANUKKAH – OAKRIDGE CENTRE

### Happy Hanukkah:

**December 2-10, 2018**

Hanukkah is celebrated for eight days to mark the eight days the oil burned. People celebrate Hanukkah by lighting candles on a menorah and each night one more candle is lit. The Shamash is the first candle lit and it is used to light all of the other candles. To recognize the importance of this holiday to the Jewish community surrounding Oakridge Centre, we will light a new branch on the Menorah each evening.

### Festival of Light Celebration:

**Sunday, December 2 – 4:30pm**

- A live performance by the Vancouver Jewish Folk Choir
- In partnership with the Lubavitch Centre of British Columbia, a Menorah Lighting ceremony will be held at 5pm followed by traditional treats and maybe a dreidel or two to take home with you!



## WELCOME

**Cristina Trijo** LPN

**Memvilos Hondier** Care Aide

**Alexandra Hansen** LPN

**Jan Deslate** RN

**Aimee Lourdes Pizarro** RN

**Kait Stephenson** LPN

**Nora Campos** Housekeeping Aide

**April Lerio Rivas** RN

**Chelsea Park** LPN

**Rajwinder Kaur Pabla** Food Services

**Manjinder Bhinder** Food Services

**Maila Fernando** Food Services

**Hypax Ndayizeye** Care Aide

**Janaya Llagas** Care Aide

**Shane Clavel** Care Aide

**Dondon Cabagnot** Care Aide

**Idan Pingol** Care Aide

**Micah Cabelin** Care Aide

**Kenya Warner** Care Aide

**Fe Pulanco** Care Aide

**Olger Spahi** Care Aide

**Sona Joseph** Care Aide

**Thea Pasaje** Care Aide

**Tracey Whittle** HR Coordinator

**Monica Levasseur** Program Coord.

**Ben Crocker** Director of Finance

## GIFT SHOP HOURS

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

## Compliments and Feedback

If you have any compliments or feedback, share them with us by visiting our website:

<http://louisbrier.com/compliments-feedback/>

## Want to contribute to the newsletter?

Email our Communications Coordinator for details. Michael at [mgalope@louisbrier.com](mailto:mgalope@louisbrier.com)



LOUIS BRIER JEWISH AGED  
**FOUNDATION**  
THE ONE CAMPAIGN

One Goal: A Centre of Excellence in Care.  
One Million to raise.  
One Donor at a time.

**BE THAT ONE**



Demonstrate your commitment to supporting seniors by donating.

Please contact the Louis Brier Jewish Aged Foundation

Phone: 604-261-5550 Email: [foundation@louisbrier.com](mailto:foundation@louisbrier.com) Web: [thelouisbrierfoundation.com](http://thelouisbrierfoundation.com)