



FEBRUARY 2018

Snider Schmooze



A MESSAGE FROM DR. DAVID KESELMAN, CEO



Hello everyone,

Hard to believe that I was just sending greetings for 2018 and we are already welcoming February. It seems 2018 opened up with lots of activities, some great others not so much. Many of you have probably read and heard about Louis Brier's Medical Assistance in Dying (MAID) position and I urge you to read our official statement attached in this newsletter. It is certainly a very complicated and complex matter and we continue to keep our fingers on the pulse to monitor changes that impact the health care system to ensure we continue to provide outstanding quality and safe care.

I also wanted to highlight the incredible work that our staff do each and every day in keeping our residents safe and ensuring that they receive best possible care. As many of you may know, we experienced a flu outbreak early this year, and through hard work and dedicated resources we managed to contain the outbreak and clear it within ONLY 7 days without any detrimental impact to our residents, staff, companions, and families. This is incredible and I hope that all of you can acknowledge and realize how meaningful this is.

As we continue our journey towards a recognized centre of excellence, I ask for your continued commitment and support in helping us throughout this journey.

Many thanks,
Dr. David Keselman, CEO

RESIDENT & FAMILY CENTRED CARE

WE WANT TO HEAR FROM YOU!

In the spirit of [Resident & Family Centred Care month](#), we will be asking all staff to respond to a survey around your perception of the resident experience!



The survey will be conducted from February 12 to 23. More details to follow...

JoAnne Fernando
Manager, Quality & Risk

RECREATION

Poem from Art & Trivia Mixer

Here is a poem that was communally composed by residents and facilitators, at our Art & Trivia Mixer on Jan 10th, themed around 'Winter':

*Happiness and Snow
Skating, Sleighing, snowballs
Peaceful, very happy, excited!
... from the window...
Once they get outside it might be a different story
Snow joke!
Snowflakes, flurries, blizzards, icicles
Chilly
Chill.*

Please join us to complete a crossword, enjoy trivia, and learn about themed art & poetry offerings. Please check our monthly calendar for times. Drop-ins welcome, stay as long as you like!

Ginger Lerner
Recreation Therapist

INTERNATIONAL MOTHER LANGUAGE DAY

Languages, with their complex implications for identity, communication, social integration, education and development, are of strategic importance for people and planet. Yet, due to globalization processes, they are increasingly under threat, or disappearing altogether. When languages fade, so does the world's rich tapestry of cultural diversity. International Mother Language Day, on February 21, has been observed every year since 2000 to promote linguistic and cultural diversity and multilingualism. Languages are the most powerful instruments of preserving and developing our tangible and intangible heritage. All moves to promote the dissemination of mother tongues will serve not only to encourage linguistic diversity and multilingual education but also to develop fuller awareness of linguistic and cultural traditions throughout the world and to inspire solidarity based on understanding, tolerance and dialogue.

The Yiddish Language

Yiddish was at one time the international language of *Ashkenazic* Jews (the Jews of Central and Eastern Europe and their descendants). A hybrid of Hebrew and medieval German, Yiddish takes about three-quarters of its vocabulary from German, but borrows words liberally from Hebrew and many other languages from the many lands where *Ashkenazic* Jews have lived. It has a grammatical structure all its own, and is written in an alphabet based on Hebrew characters. Scholars and universities classify Yiddish as a Germanic language, though some have questioned that classification.

Common Yiddish phrases are:

Oy vey – two very old Jewish interjections which both mean “woe.”

Schep Nachas – to derive pride and joy.

Kvell – to feel happy and proud.

INFECTION CONTROL

Breaking Through An Outbreak

As most of us were busy and geared up to welcome 2018, an [Influenza Outbreak](#) was declared by the Medical Health Officer (MHO) last Dec 29, 2017 in Home Centre, Home West and Home East Units of Louis Brier Home and Hospital. B.C. Centre for Disease Control (BCCDC) said that increased social interaction during holidays likely led to outbreaks in 20 care facilities in BC, over the holiday season. Spike in Influenza activity over the holiday period was a mix of Influenza A and B, LBHH being positive for the latter.

Peak flu season had hit B.C. and there were concerns about outbreaks across the province. Island Health said there were outbreaks of Influenza A already in long-term care facilities in the Nanaimo and Parksville areas, along with reports from across Vancouver Island and the mainland, of people with confirmed cases of the flu.

In the interior, four deaths “directly attributed to the outbreak” of influenza at care facilities have been reported so far this flu season, which typically lasts from Dec 1 to Mar 31. With the cooperation and understanding of the residents and their families; vigilance and hard work of all the staff; compliance by companions, visitors and volunteers; and strong and supportive leadership by LBHH Management Team, the outbreak was declared over by MHO on January 4, 2018 (six days duration).

The goals of having the outbreak contained in the units where it was declared and to end it the shortest time possible, have been achieved with control measures being adhered to by everyone who worked with us, in the intention of providing our residents a healthy and safe home. On behalf of LBHH and Weinberg Residence team, thank you for helping us break through this outbreak!

Lunadel Daclan
Infection Control Practitioner

*References: <http://www.bccdc.ca/resource-gallery/Documents/Statistic>
<https://globalnews.ca/news/3946679/peak-flu-season-hits-bc-warning-outbreaks/>*

REDEVELOPMENT

Dear members of the LBHH community,

On Feb 7th from 5-pm at the JCC, the City of Vancouver will be running a public open house to receive input and comments to the JCC’s rezoning application. The LBHH proposed redevelopment is shown as an integral part of the campus. While we do not have a formal agreement with the JCC, we have been working together closely to support their rezoning application in the spirit of being able to redevelop the new LBHH as part of a campus concept. Please block the time in your calendars to attend the open house and we ask that you consider strongly supporting the project with written comments at the open house, which will be compiled by the City. Thank you for your support.

Regards,

LBHH Redevelopment Team
Ron Rozen, David Keselman & Rozanne Kipnes

RECREATION



The flyer is yellow with purple and blue accents. At the top, it features logos for JNF Future, Camp Miriam, Pj Library, and Louis Brier. The main text reads: 'WE ARE EXCITED TO HOST OUR FIRST JOINT FAMILY PURIM PARTY!' followed by 'PURIM' in large, stylized purple letters. Below this, it says 'TUESDAY, FEBRUARY 27TH, 2018'. The event details are: 'BRING YOUR FAMILY TO CELEBRATE PURIM WITH LOUIS BRIER RESIDENTS', '6:15-6:30 - COSTUME PARADE FROM JCC TO LOUIS BRIER', and '6:30-7:30 - MORE PURIM FESTIVITIES & MUSICAL ENTERTAINMENT AT LOUIS BRIER'. At the bottom, contact information is provided: 'FOR MORE INFORMATION: 604.257.5155 | VANCOUVER@JNF.CA | JNFVANCOUVER.CA'. There are also illustrations of Purim masks.

JCC families and children will be walking from the JCC to the LB in costume to celebrate Purim and will arrive here at 6:30pm. Once here, families and the kiddies can:

- Take a pictures in our Purim Self-Booth (with props!)
- Musical performance by Harriet Frost 6:30-7:30pm
- Distribute Mishloach Manot to LB residents.
- Rachel Worth will be baking approx 350 hamantaschen.

PURIM: What you need to know!

Picture Persia in the fifth century... The King gets tired of his wife and fires her. To fill the empty job position of queen, he holds a beauty contest. The winner proved to be a nice Jewish girl, Esther. On the advice of her uncle Mordecai, Esther decides not to tell her new husband of her Jewish identity (not always safe thing to do!)

Every good story needs a bad Villain... Purim has a real winner in the egomaniac Haman, the king's top advisor. Haman needed constant adulation so he passed a law that everybody had to bow down to him. When Mordecai refused to bow (because a Jew is permitted to prostrate himself only before G-d) Haman got angry and decreed that all Jews – men, woman and children would be killed on the day of his choosing. He drew lots in order to find a day to carry out his "final solution" that would be favourable. (Guess what the word for "lots" is in Persian? Why of course, it's Purim.

Every Good story needs a Hero... In this story Queen Esther is the Heroine. She approaches the King without being invited (brave) and tells him that his top man is a scoundrel (braver) and is plotting to kill the Jews, her people. The King who is totally devoted to Esther puts an end to the scheme and on the day that all the Jews were to be killed, they had a huge party and celebrated!

Customs... Reading the Purim Megilla (which retells the story) dressing up with masks and & costumes. Drinking celebratory beverages and eating fruit-filled triangular cookies (hamantaschen). Hamantaschen are named after King Haman and the tri-cornered crown he used to wear. During the reading of the Megilla, when Haman is mentioned, participants use noisemakers (graggers) to drown out his name.

Also, recreation staff member Rachel Worth will be baking approximately 350 hamantaschen again this year with residents... so be prepared to enjoy the holiday and the most delicious cookies.

Edy Govorchin

Leader Recreation, Culture, Music Therapy and Volunteers

LOUIS BRIER JEWISH AGED FOUNDATION

I just love being at the Louis Brier!

My name is **Navneet Malli**, I volunteer at the Louis Brier. I am currently taking university level science courses at Langara College and am applying to the UBC Pharmacy program. I started coming to the Louis Brier when I was a high school student to help run a weekly Indian lunch program with my mom.



I love interacting with the residents, asking them questions, and learning about their diverse backgrounds. I grew up in a Sikh household. By spending time at the Louis Brier I have developed so much appreciation for Jewish culture: from traditions to history.

I have been assisting the staff run a Shabbos Spa Manicure program. I have met and connected with several individuals. One resident and I bonded over our love for movies and another taught me an important social skill: being patient and accommodating. I remember I was doing nails for one lady who, because of a stroke, could not speak. Through non-verbal cues and smiles we decided on a colour and the length she wanted her nails. I discovered that smiling and friendly gestures are a universal language. Once the nails were done, others around her complimented her nails and I saw that she had a smile on her face. I just love being at Louis Brier.

We are always looking for more volunteers.

The Volunteer Coordinator role is supported by donations to the Louis Brier Foundation.

For more information on volunteering, please contact: Nomi Fenson, Volunteer Coordinator nfenson@louisbrier.com

Eva Bach
Development Manager
Louis Brier Jewish Aged Foundation
www.thelouisbrierfoundation.com



LOUIS BRIER JEWISH AGED
FOUNDATION

VOLUNTEER SERVICES

Rabbi Moses ben Maimon, also known as Maimonides and “the Rambam”, was a medieval Sephardic Jewish philosopher who became one of the most prolific and influential Torah scholars of the Middle Ages.

In his time, he was also a physician. In the 12th century, he explored the concept of Tzedakah (charitable giving) and discussed how to give with compassion and common sense. He wrote about eight-step continuum of charity, from the lowest form, “Reluctance” (giving begrudgingly), to the highest, “Responsibility,” which is to give the gift of self-reliance.

When people move into a long-term care facility, they are often dealing with losses, and facing new challenges. They may feel that they no longer have control of their life and are expected to make many adjustments. For some this is easier than for others. When volunteers come to visit, they bring their good intentions to support and encourage the residents during these challenging times. For some residents, a short visit and a few kind words will be comforting and help them “feel like themselves” again. For others, participating in stimulating volunteer run programs, having access to new ideas and information will empower them remind them that they possess the strength to cope.

No matter what motivates a person to volunteers, the most successful experiences are the ones where both the volunteer and the recipient feel happy and valued at the end the visit.

Nomi Fenson

Coordinator Volunteer Services

nfenson@louisbrier.com or 604-267-4736



Rabbi Moses Ben Maimon. Source: Google images

FROM THE BUSINESS OFFICE

Sick Time usage has been steadily increasing each month which is also increasing our Over Time costs. This is driving a significant Deficit for this fiscal year, which we all need to be concerned about.

We continue to work with Human Resources and all employees to manage our sick time and OT.

Tony Holtzhausen

Chief Financial Officer

HUMAN RESOURCES

FSEAP

Confidential assistance to help with life and work. The right help, at the right time. You and your immediate family members (Regular FT and Regular PT) are eligible to access a range of services including:

- Crisis and Personal Counselling
- Work/Life Advisory Services
- Online health and Wellness Resources

For more information please see www.fseap.bc.ca or call 1-800-667-0993

Assured Health

Assured Health was on site on January 09, 2018 and January 10, 2018 and offered the following services:

- Physiotherapy (Manual therapy and pain management) – 4 clients
- TCM (Acupuncture, acupressure and cupping massage – 11 clients
- Orthotics therapy (orthotics, footwear and medical compression stocking) – 15 clients

“I’m very pleased that they came to our facility. I really thank you and the team for this wellness initiative for the staff. I’ll share this with the team and I encourage the staff to try and check it out.” - Rebecca

“Thank you for bringing in Assured Health to Louis Brier. As health care providers we sometimes forget to do self care and having them accessible at work is very helpful.” - Katrina

We are planning more dates for Assured Health to come back to provide on-site services to our staff. Zumba Classes on-site are also being planned in the near future!!

New BCNU posting language

A reminder that the following is applicable to all BCNU postings:

Regular and Long Term Vacancies – Article 17.01

- Vacancies will be posted for 72 hrs via email and posting on the staff boards on Tues and Thurs.
- Selection decisions will be made within 7 business days of the closing date
- Successful applicant will be notified by email or phone
- Upon confirmation, the employee has 48 hours to accept or decline
- If an employee is promoted or transfers within 90 days of appt, the next person will be offered (no posting)

Temporary Appointments (Short-Term Vacancies) – Article 17.02

- Any LPN who accepts a level 1 or a RN who accepts a level 3 temporary appointment must remain for the full duration unless there is a bona fide reason
- If a casual is in a temporary appointment and is successful in obtaining a regular position, the regular position will be held until completion of the temporary appointment

Wage Increases for BCNU, HEU and HSA

Effective the first pay period after February 1, 2018, unionized employees will receive a 1.0 % general wage increase and a 0.4% Economic Stability Dividend increase, and effective the first pay period after April 1, 2018, employees will receive 0.5% increase to their general wage.

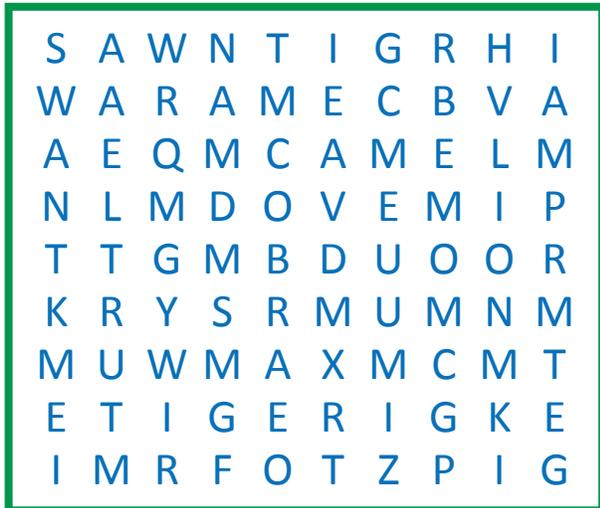
Sonia Cinti

Human Resources Manager

ANIMAL WORD SEARCH

Can you find these words?

- camel
- lion
- turtle
- cobra
- dove
- pig
- tiger
- swan
- duck



FOOD SERVICES

Keep it “Golden”.

How to get that perfect caramelized onion. Onions have tons of natural sugars in them and when you add to heat you release these sugars and eventually caramelize them. This is called **Maillard reaction** – a chemical reaction between amino acids and reducing sugars that gives browned foods its distinctive flavor.

When cooking the onion first step is low heat so that you do not burn the sugars. This is know in culinary terms as “sweating” the onion. You will notice that the onion becomes sort of translucent and then soon after you will start to see the sugars starting to brown. Keep stirring and you can take the process to light golden or dark in a matter of minutes.

Happy Cooking,
Chef Steve

WEINBERG RESIDENCE



Did you know the Weinberg Residence offers a **GUEST SUITE**?

Open to rent for family members of the Weinberg Residence and the Louis Brier Home and Hospital Based on availability. **\$150/night or \$900/week**

For further information or to make a reservation contact Vanessa at 604.267.4722 or visit our website www.weinbergresidence.com. Don't forget to check us out on Facebook: *weinbergresidence*

Vanessa Trester
Manager, Weinberg Residence

RESIDENT & FAMILY CENTERED CARE

Quality Indicators & Resident Safety

The use of quality indicators is one of the ways that the Louis Brier measures the quality and the safety of the care that we provide our residents. Quality Indicators are standardized measures used to help us gauge performance and effectiveness in our care delivery. Some of the quality indicators around resident safety include:

- % Falls resulting in Injury
- # Of Medication Errors
- # of Urinary Tract Infections
- # of Newly Acquired Pressure Wounds

These quality indicators are collected and trended on a monthly basis. The Resident Safety Committee then reviews these trends and develops action plans to address areas of concern. In the spirit of transparency and accountability, the Louis Brier will be displaying our quality indicator data on 'Quality Boards' throughout the building.

For more information about these indicators or other quality issues, please contact:
Angela Millar, amillar@louisbrier.com or JoAnne Fernando, jfernando@louisbrier.com

JoAnne Fernando
Manager, Quality and Risk

E-mail is an effective and easy way to communicate.

However, it is a record as defined by the [B.C. Freedom of Information and Protection of Privacy Act](#) and it may be subject to disclosure.

As an organization we need to ensure that we are aligned with practice and protocol that maintain privacy and confidentiality of our residents. And so, we have reviewed the Vancouver Coastal Health protocol and will follow suit. Please adhere to the follow guidelines for internal email communication.



For Internal E-mails (email sent to Louis Brier Email Address):

- Resident Initials & Room Number only in subject line (an example is K.W Room 14)
- Full name may be used in the body of the e-mail (but not the subject line)
- Double check email recipients to ensure that you have included only the appropriate staff in the email

If you have any questions or concerns, please contact JoAnne Fernando, jfernando@louisbrier.com.

WE HARDEN OUR HEARTS

Solomon wrote to everything there is a season, and a time to every purpose under heaven.

We are conditioned to think of judgement as negative and mercy as positive. But there is no such thing as any aspect of negativity when referring to the Creator/G-d. Rather, there's only the supreme wisdom and understanding of how to treat each person exactly in accordance with what that person really needs to change and transform, some people need judgment, while others need mercy. And strangely, there are even some people from whom the Creator needs to remain concealed completely. The light of the Creator is constant. "Fire/Water" can be our enemy or our friend, it is constant, we choose.

Moses told the Israelites that they would be leaving Egypt, that they didn't pay attention to his words. We too, often ignore the many messages that are given to us. In dreams and in the circumstances of our lives, and from people in our lives, we also receive messages daily from the light when we talk to ourselves, but most of the time, we are not spiritually in tune sufficiently to be able to either hear or acknowledge. In other words, we need to choose to know that someone is listening and answering and giving us messages, but it is us who do not believe the answer is being transmitted. It is the believing that gives us the ability to see/hear.

Moses and Aaron were equal in serving God, in successive verses, Moses and Aaron were mentioned first in one order and then in reverse order. From this, we learned that the two brothers were equal servants of the light. They never feel/felt jealousy or the tension of any inflated ego towards one another each was busy doing his best for the light. In our lives, we must adopt this attitude as well. Rather than looking at what others have or do, we must concentrate our energies on determining the goals that the light wants each of us, uniquely and personally to achieve in our lifetime. God told Moses that he would harden Pharaoh's heart. It does not seem reasonable that God would harden Pharaoh's heart, and yet, if we think about why this might have been we realize that even Pharaoh deserved to be able to exercise free will. When God caused Pharaoh to forget the suffering caused by the plagues, he was giving him free will to choose. After each plague was over, Pharaoh forgot the suffering of his people, therefore, he did not feel a sense of urgency to release the Israelites. Some say that the hardening of the heart is delegated to our evil/negative inclination so that we always have the freedom to choose.



By reading about Pharaoh in the Torah/Bible we are reminded about the experiences of our lives. We make the same mistakes over and over again because we are either unaware or have forgotten the consequence of our earlier actions. Without this understanding, we will not make different choices that will bring us closer to our own unique light of the Creator. But when we start to see the pattern that causes us to make the same errors again and again, we address the seed level of our actions and gain the strength and insight to earn control.

What is the famous definition of stupidity? "Doing the same thing over and over again and expecting different results"? When we change our reaction we change our destiny.

All the best!

Neil Simces
neil2@telus.net

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

REHABILITATION SERVICES

Alzheimer's and Exercise

Alzheimer's is progressive disease, the course of which cannot be stopped. A healthy lifestyle however can help maintain function, offer familiarity and enrich a resident's life overall.

Remaining physically active can provide an outlet for some of the boredom and frustrations a resident may experience. It can make visiting easier. Walking with your family member provides a time to chat about old memories and bring up pleasant stories and enjoy a change in scenery or some fresh air. A walk outside to a nearby bench, to a different area in the building or pushing a wheelchair around the block to look at the seasonal changes in nature is enjoyable to all.

Regular exercise can use up extra energy and may alleviate some behaviours and improve sleep. It maintains strong muscles and flexible joints, improves balance, and helps maintain some independence in activities of daily living. Regular exercise can provide opportunities for social interaction as our residents attend group exercise classes and leave their rooms to come to the gym.



There is no right amount of exercise in the later stages of dementia. Exercise can range from changing positions from sitting to standing a few times, to short walks, to riding a seated bike. As is common to all, the desire to exercise varies greatly in the Alzheimer's population. While a resident can be encouraged and invited to participate in activation, he or she cannot be forced. It should be an enjoyable exercise for all involved.

Laurie Moore
Physiotherapist

BULLETIN

The Dining Room Experience Committee is looking for family member representation. We meet quarterly to make improvements and take suggestions to enhance the dining experience for our residents.

The committee consists of staff members, residents and family members. If you think you have some good innovative ideas and want to make a difference in the dining room for our residents, please email Laurie Moore at Imoore@louisbrier.com or Roya Tabesh at rtabesh@louisbrier.com.

Thank you.

KEEP YOUR BRAIN HEALTHY

Solve this Sudoku game

- Be physically active
- Avoid smoking and excessive alcohol consumption
- Make healthy food choices, eat a well-balanced and healthy diet (cereals, fish, legumes and vegetables)
- Track your numbers: keep your blood pressure, cholesterol, blood sugar and weight within recommended ranges
- Stay connected socially and interact regularly with others
- Challenge your brain by trying something new, playing games or learning a new language

6		2	5		4		1	9
	3					6		
4		7	3	9	6			
8							5	
	2		1		3		7	
	9							8
			6	1	8	4		5
		4					9	
1	5		2		9	7		6

Unscramble this Word

HINT: It's a continent.

A large, continuous area of land on Earth.

R T N H O E C R A A I M

Write your answer here



FAMILY COUNCIL

Welcome to Louis Brier,

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

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

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

Charlotte Katzen and Nancy Chang
Co-Chairs, Family Council

SPECIAL ANNOUNCEMENTS

The Louis Brier Intranet

Our campus-wide intranet will be launching very soon. The intranet will be your new resource for both internal and external communications – ie. downloadable forms, education courses, access to pay stubs and T4's, and to learn about the latest and greatest news relevant to our organization. Each staff member be given their own personal login for access. **Stay Tuned!**

Jewish Service Organizations

Linking you to local organizations that support our Jewish Community:

- Jewish Family Service Agency (JFSA)
- Jewish Seniors Alliance (JSA)
- L'Chaim Day Centre
- Jewish Federation
- Hadassah Wizo Chaper
- Kehila Seniors – Beth Tikvah Synagogue



Mo Chen, LPN

Mark Stevens, LPN

Tiffany Lopez, LPN

Ravneet Manger, LPN

Priyanka Mehra, LPN

Manjot Bluggar, LPN

Delilah Banasen, LPN

Jessica Braund, RN

Devan Armour, RN

Manpreet Atwal, RN

Pat Cruz, RN

Myla Carpio-Pelayo, QRM Coordinator



Caregiver Support Group

Thursday, February 22

5:30pm in the Weinberg Classroom

Facilitated By:

Ken Levitt, MSW

Manprit Chutai, BSW RSW

This group will be a forum for caregivers to share common experiences, explore solutions to challenges, and strengthen coping abilities.

This group will be held monthly (last Thursday of every month) from 5:30pm-7pm

Compliments and Feedback

Our goal, in all respects, is to help our residents maintain the highest possible quality of life. Your health, comfort and well-being are the top priority in everything we do at the Louis Brier Home & Hospital.

Residents and families remain the primary decision makers for the care received, and all care is governed by our Jewish and professional values and standards.

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

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

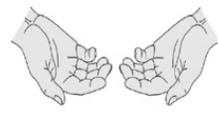
We would love to hear from you.

RESIDENT CARE

Prevent Malnutrition with Better Meal Planning

Good nutrition is critical to overall health and well-being – yet many older adults are at risk of inadequate nutrition (malnutrition). As we get older, we need to eat foods with fewer calories, yet rich in vitamins and minerals. To get the food and nutrients you need, follow these meal planning tips:



FRUITS/GRAINS & STARCHES	VEGETABLES	MEAT & ALTERNATIVES	FATS	MILK & ALTERNATIVES
<p>This is your source of energy.</p> <p>Choose whole grain breads and cereals, rice, noodles, or potatoes. Fruit choices like apples, oranges, peaches.</p>	<p>These are very high in nutrients and low in calories.</p> <p>Choose dark green, bright yellow and orange vegetables. e.g. spinach, broccoli, carrots, squash.</p>	<p>Good sources of protein, iron and B, vitamins that are key for keeping your muscles strong and your immune system healthy. e.g. fish, lean meats, eggs, nuts, beans, lentils, tofu.</p>	<p>Include a small amount (30-45 mL or 2-3 tbsp) of unsaturated fats each day. e.g. canola, olive or soy oils and non-hydrogenated margarine.</p>	<p>A source of calcium and vitamin D, important for keeping your bones healthy. Choose lower fat milk products. e.g. 1% or 2% milk, or fortified soy beverage.</p>
HANDY PORTION GUIDE				
 <p>Choose an amount the size of your fist for each of Grains, Starches, and Fruit.</p>	 <p>Choose as much as you can hold in both hands.</p>	 <p>Choose an amount up to the size of the palm of your hand and the thickness of your little finger.</p>	 <p>Limit fat to an amount the size of the tip of your thumb.</p>	 <p>Drink up to 250 mL (8 oz) of low-fat milk with a meal.</p>

Why You Need to Eat Well

Good nutrition is important at every age. Malnutrition in older adults can lead to various health concerns, including:

- A weak immune system, which increases the risk of infections
- Poor wound healing
- Muscle weakness and decreased bone mass, which can lead to falls and fractures
- A higher risk of hospitalization
- An increased risk of death

Nicole Encarnacion

Clinical Care Coordinator & Educator

References: Planning Meals Using Eating Well with Canada's Food Guide <https://www.dietitians.ca/Downloads/Public/Senior-Friendly-collection.aspx>
 Just the Basics (healthy eating) <http://guidelines.diabetes.ca/CDACPG/media/documents/patient-resources/just-the-basics-healthy-eating.pdf>
 Senior health: How to prevent and detect malnutrition <https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/senior-health/art-20044699?pg=1>

QUALITY INITIATIVE

Coming February, please look out for our Quality Conversation board at each unit.

What is a Quality Conversation?

A quality conversation is a **15 minute huddle** with the purpose of regularly discussing quality initiatives on the unit. It allows for:

- Problem Solving.
- Staff can look at data about their unit to brainstorm and problem solve together as a group.
- Team Building.
- Opportunity for teams to work together and celebrate each other.

Our Quality Conversation board will look like this:

QUALITY CONVERSATIONS	
WORK IN PROGRESS	
QUALITY INDICATORS	QUALITY IMPROVEMENT ACTIVITIES
FUTURE IMPROVEMENT IDEAS	CELEBRATIONS

WHAT IS A QUALITY CONVERSATION?
A quality conversation is a weekly, 15 minute huddle with the purpose of regularly discussing quality initiatives on the unit.

- Problem Solving - staff can look at data about their unit to brainstorm and problem solve together as a group.
- Team Building - and opportunity for teams to work together and celebrate achievements.

GUIDING QUESTIONS
What are we currently working on?
How well are we doing?
Are our change ideas working?

NEXT CONVERSATION DATE: _____



ACCREDITATION
CANADA



February is **Resident & Family Centered Care Month** at the Louis Brier.

Resident & Family Centered Care is an approach to healthcare that places an emphasis on partnerships between residents, family, and staff at all levels of the organization. By collaborating with resident and families, we ensure that we are providing care that is comprehensive and personalized.

Questions that you may have:

What is the Accreditation criteria related to Resident & Family Centered Care?

All of it! Accreditation requires that we seek out input from residents and families regarding all aspects of care service delivery.

Why is this important?

Research tells us that when residents and families are involved in their care, there are better health outcomes, higher levels of satisfaction, and greater staff morale.

What are some of our standard systems / processes that support this guideline?

- Annual Resident & Family Satisfaction Surveys
- Resident & Family participation in care planning and care review (care conferences)
- Resident & Family Councils

What is your role in meeting this standard?

- Ensure that you are following each resident's personalized care plan
- Comply with all policies and procedures related to Resident & Family Centered Care
- Encourage residents and families to share their input and feedback

For more information about this or the Accreditation process, please contact:

Angela Millar at amillar@louisbrier.com or **JoAnne Fernando** at jfernando@louisbrier.com





The Jewish Community Centre (JCC) of Greater Vancouver has submitted a rezoning application to the City of Vancouver to allow a mixed-use development that includes a new JCC, family-oriented rental housing, and space for a new seniors care facility.

The City of Vancouver will be hosting an open house at the JCC to allow members of the public to learn about the proposal and share their feedback.

Open House Details

Date: Wednesday, February 7, 2018
 Time: 5:00 pm - 8:00 pm
 Location: Jewish Community Centre, 950 West 41 Avenue, Vancouver



The proposal includes a wide range of amenities to serve the broader community, including:

A new JCC with a range of programs and spaces for over 15 community non-profit and tenant organizations.

New cultural arts facilities, including an auditorium, theatre, library, Holocaust Museum, and school of music.

Early childhood education, with 191 licensed child care spaces, including child care, preschool, and after school care.

New and enhanced outdoor spaces, including improvements to pedestrian infrastructure.

A new Louis Brier, providing 266 beds, including special care, memory care, and complex care facilities.

Over 60,000 sq ft of space for **recreation and sports facilities**, including a new aquatics facility.

Improved common spaces and gathering spaces for adults, seniors, and youth.

160 units of purpose-built, 100% **rental housing**.

For more information, please contact:

Susan Tonn, Jewish Community Centre **t.** 604-257-5115 **e.** susan@jccgv.bc.ca

Zak Bennett, City of Vancouver **t.** 604-871-6121 **e.** zak.bennett@vancouver.ca



17 January 2018

RE: Louis Brier's position statement on Medical Assistance in Dying (MAiD)

Having served the community for over 60 years, Louis Brier Home and Hospital is committed to providing the absolute best care possible to all residents, that includes those who have chosen to undergo Medical Assistance in Dying (MAiD). No resident who expresses a desire for MAiD will be refused admission nor will they be treated any differently than any other resident. We will collaborate with them, their families, and healthcare providers throughout their journey at our home, including enabling assessments to take place on-site. In a case where a resident is deemed eligible for MAiD, we are committed to assist with arranging a comfortable and safe transfer to the site of provision.

Over the last year we have had a number of residents who have requested to go through the MAiD process. We continue to learn from each case to ensure that we address resident needs in the best possible way. Although MAiD became legal in 2016, the extent to which the MAiD process is applied remains quite diverse and often depends on the provincial and local legislation and organizational mission, vision, and values. Within this context, in BC, faith-based organizations have the right to offer alternate solutions and provisions of the process that would be in line with their faith and religious environment.

Louis Brier is a Jewish facility that follows traditional Jewish values. Our values are encapsulated in the word CHAI – Hebrew for "Life". As a Jewish health care organization following traditional Jewish values, we are committed to the inherent dignity of every person, as such Louis Brier has an ethical and moral opposition to MAiD. As a publicly-funded facility and knowing there is a range of deeply held societal views on MAiD, we are committed to support individuals through the process and have agreed that allowing the provision of assessments to occur on site does not contradict these traditions and values.

Our staff and care providers have deep respect for the intrinsic value and dignity of every human being and an unwavering commitment to serving all seniors, from all backgrounds and faiths. We form important bonds with our residents and their families and journey with them through their day-to-day lives based on individual care plans for each resident. Our commitment is to ensure the ongoing integrity of these bonds and trusted relationships. It is our expectation that external parties and healthcare partners respect that integrity and our organizational values – as we do theirs – in addressing the needs of our communities.

Sincerely,

Ron Rozen
Chair of the Board of Directors
Louis Brier Home and Hospital

David Keselman
Chief Executive Officer
Louis Brier Home and Hospital