



JANUARY 2019

Snider Schmooze

A MESSAGE FROM DR. DAVID KESELMAN, CEO



Welcome to 2019, hard to imagine how the numbers keep changing and although I would have liked it to slow down somewhat, I know I do not have the power, so without much choice, I am welcoming 2019 with lots of positivity, a new book (for the many pages I will be turning this year), and hope. Hope that we will be able to move closer to becoming a centre of excellence and continue to be recognized for the amazing things we do here. Hope that our staff, volunteers, and physicians continue to be as dedicated, if not more, to our residents and their loved ones, and hope that this summer will start in February and last at least until December.

In The New Year you will continue to see many exciting changes, all with the intent to improve the experience of our residents and families. We are looking to revamp our gift shop, brighten and expand the space, as well as expand the range of products and goods. If you have any thoughts or ideas, please let us know. The Volunteer department is also going through a rejuvenation, Jessica Bruce, our new Volunteer Coordinator will be working hard to increase and diversify our volunteer pool, so if you have time and will to spare, or know of someone else that does, let them and us know.

Lastly, the flu season is upon us, if you have not had the opportunity to get vaccinated, please speak to our Infection Prevention and Control, its never too late. Please take all the necessary precautions to stay healthy and well.



This edition of the newsletter will also be closing 2018 and welcoming 2019. As many of our friends and neighbours are preparing for the holiday season, I wanted to extend a happy holiday season to everyone. Wishing a happy, healthy, and successful year ahead. Please stay warm and safe throughout this time.

Dr. David Keselman, CEO

TU B'SHEVAT: THE NEW YEAR FOR TREES



In 2019, Tu B'Shevot, the “birthday of the trees” or “the new year” for calculating the age of trees begins at sundown on Sunday, Jan. 20 and ends at sundown on Monday, Jan. 21.

Tu B'Shevot or the “birthday” of all fruit trees, is a minor festival. The name is Hebrew for the 15th of the Hebrew month of Shevat. In ancient times, Tu B'Shevot was merely a date on the calendar that helped Jewish farmers establish exactly when they should bring their fourth-year produce of fruit from recently planted trees to the Temple as first-fruit offerings.

The Tu B'Shevot Seder

In the 16th century, the Kabbalists (mystics) of Tzfat (the city of Safed) in the Land of Israel created a new ritual to celebrate Tu B'Shevot called the Feast of Fruits. Modeled on the Passover seder, participants would read selections from the Hebrew Bible and Rabbinic literature, and would eat fruits and nuts traditionally associated with the land of Israel. The Kabbalists also gave a prominent place to almonds in the Tu B'Shevot seder, since the almond trees were believed to be the first of all trees in Israel to blossom. Carob, also known as bokser or St. John's bread, became another popular fruit to eat on Tu B'Shevot since it could survive the long trip from Israel to Jewish communities in Europe.

Customs

Many Jewish communities in Canada observe Tu B'Shevot by eating fruit on this day. The Torah praises seven “fruits”, in particular grapes, figs, pomegranates, olives and dates. Many Jewish people also try to eat a new fruit, which can be any seasonal fruit. Some Jewish communities plant trees on Tu B'Shevot. Some people organize ecological activities and educational events, which provides a chance to express their dedication to protect the Earth.

Background

Tu B'Shevot is first referred to in the late Second Temple period (515 BCE to 20 CE) when it was the cut-off date for levying the tithe on the produce of fruit trees. When Jewish colonists returned to Palestine during the 1930s, they reclaimed the barren land by planting trees where they could. It became customary to plant a tree for every newborn child – a cedar for a boy and a cypress or pine for a girl. Each child is supposed to look after their own tree, and when there is a marriage, a branch is taken from each tree and they are bound together to form a huppa (marriage canopy).

Recreation Team

Source: chabad.org, jewfaq.org/holidays

TU B'SHEVAT

For Tu B'Shevat 2019/5779 we will celebrate with two special programs on **January 23rd**:

In the morning please join Charlotte and Ginger on the 2nd floor, to bake cookies using the fruit of the 7 species, and then enjoy eating them while we review visual art and poetry honoring 'trees'!

In the afternoon come to the Synagogue for a Contemplation program with music, blessings and the pleasure of community.

Ginger Lerner, Recreation Therapist

RUMI RUMINATIONS

Join us for a special **Art & Trivia** on **January 30th** which will include readings by resident Ruth Raziel of Rumi, and a performance of Turkish Flute by one of her friends. We will also look at Sufi art.

Art and Trivia has a new time (same location):
10am in 2nd floor Bistro.

For more information contact Ginger x 4735 or Charlotte x 4270.

Thank you!

DEPARTMENT AND SUNDAY PROGRAM CHANGES

Dear residents and family members,

Please be advised that as of Nov 12, 2018, the following changes occurred within our Recreation Department.

Jessica Bruce, previously the Program Coordinator for the Weinberg Residence, moved into the role of Volunteer Coordinator for the Snider Campus.

In addition, Rachel Worth has replaced Jessica as the Program Coordinator for the Weinberg Residence. We will not be refilling Rachel's previous role as Program Coordinator at Louis Brier, and as a result, there will no longer be recreation staff scheduled to work on Sundays.

In light of this change, Sunday concerts will be rescheduled to midweek timeslots in order to provide optimal staff support to ensure that residents are well-supported.

Should you require additional information, please contact Edy Govorchin at egovorchin@louisbrier.com.

Melissa Moussa, Recreation Therapist



THE WEINBERG RESIDENCE
ASSISTED LIVING AND MULTI-LEVEL CARE FOR SENIORS



Happy New Year – Best Wishes for 2019!

Call 604.267.4756 or visit weinbergresidence.com to book a tour.
5650 Osler Street, Vancouver, BC V6M 2W9

THE DR. IRVING & PHYLISS SNIDER CAMPUS FOR JEWISH SENIORS, SITE OF THE LOUIS BRIER HOME & HOSPITAL AND WEINBERG RESIDENCE

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!

DRAW DATES

Thursday AFTER Pay Day



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

Problem Gambling Help Line 1-888-795-6111
www.bcresponsiblegambling.ca

Know your limit, play within it.

19+

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.

Family Council

THANK YOU NANCY CHANG

A Thank you to Nancy Chang for her 3 years of dedication and co-chairing the Family Council.

"It is only through labor and painful effort, by grim energy and resolute courage, that we move on to better things." – Theodore Roosevelt

It seems impossible to grasp that it has already been three years since a group of fifteen resident family members and friends of the Louis Brier Home and Hospital came together to form the Family Council of Louis Brier. Now, with over fifty resident families to date on the mailing list, the Council is growing in numbers and force, and holds a hopeful outlook towards the future. This growth did not happen organically. Rather, it took commitment and many long hours of hard work on the part of the Council's members.

Today, I would like to acknowledge and honour one of the Council's most dedicated members: my competent and dedicated co-chair, Nancy Chang. I would like to express deep gratitude for the opportunity to have worked with such a stellar partner. Nancy has been most dependable, supportive, encouraging and always principled and honourable. Despite losing her personal connection to Louis Brier, with the passing of her dear mother, Nancy continued her commitment for an additional two years to actively advocate for the residents' comfort and quality of life. Nancy is moving on this year. I am sad to say goodbye but I am ever grateful for the journey we've shared.

Nancy, it is with deep gratitude that I thank you for being my rock through this sometimes challenging, yet always rewarding journey.

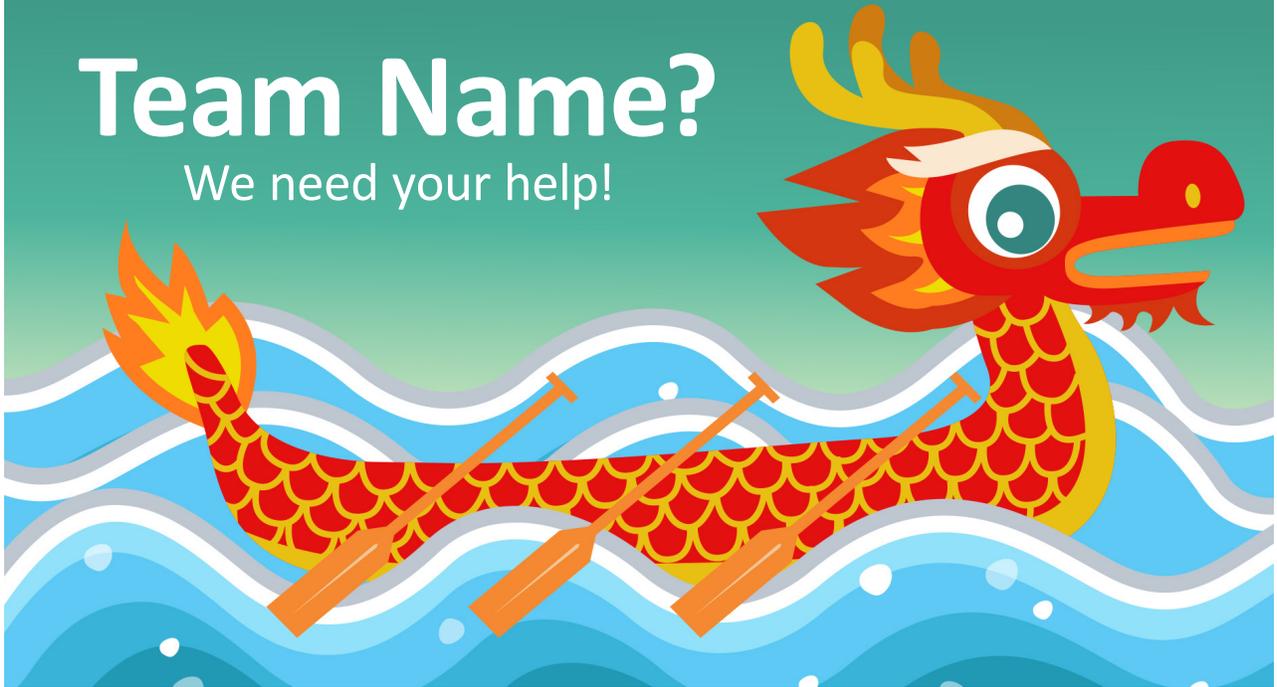
Charlotte

"Any job well done, that has been carried out by a person who is fully dedicated is always a source of inspiration" – Carlos Ghosn

DRAGON BOAT RACING

Team Name?

We need your help!



Louis Brier Home and Hospital is assembling a Dragon Boat Racing team to compete in the **Concord Pacific Dragon Boat Festival in June 2019**. The team will consist of a number of employees from all departments and they will compete in three different races over the summer.

We would like to ask for your help in choosing an appropriate name for our dragon boat racing team. If you have any suggestions, please drop them in the box situated at the Louis Brier reception desk.

Additional details around the dragon boat races and the festival will follow in the new year. All spaces for the team have been filled, but if you are interested in joining and would like to add your name to our waitlist, please do so by emailing ebrennan@louisbrier.com.

DRAGON BOAT FESTIVAL



BIRTHDAY RECOGNITION INITIATIVE

We are pleased to announce the 2019 launch of the Birthday Recognition Initiative.

At the beginning of each month, an email will be sent to employees celebrating their birthday in that particular month. The notice will not include the day and year. Only staff given approval to Human Resources will participate in this monthly initiative.

Sonia Cinti

Manager, 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 **1-855-999-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
 - **Questions?** Contact the HR Department

UNDERSTANDING AGEISM

Ageism refers to prejudices based on one aspect of an individual's identity, their age. It can be experienced across the life span, with youth being deemed rebellious or naïve, with middle age people being referred to as in crisis over losing their youth, to older adults being portrayed as dependent, set in their ways, or senile. These beliefs can appear in various ways, such as not wanting to provide opportunities to older adults like new jobs, to seemingly innocent comments like, "oh, I'm having a seniors moment" when forgetting something. However each of these actions speak to an underlying beliefs about aging that are not in alignment with people's actual lived experience of aging.

As such, we need to take an honest look at these beliefs as they impact how we interact with others.



Research by the World Health Organization indicates that in terms of prejudice, ageism could be more common than sexism or racism. This is of significance as the increase in discrimination of any kind is cause for concern but all the more so for the population in residential care. In addition, there is research which demonstrates that experiences of devaluing of individuals impacts their health outcomes and decreases life expectancy.

Ageism can manifest in many ways, some subtle and some overt. It is important to critically look at how beliefs about aging appear in daily interactions. These include:

Assumptions: our thoughts and expectations of others. For instance, believing that every resident in long term care needs a substitute decision maker because they are not mentally capable to direct their own affairs.

Stereotypes: ideas about a group of people based on an aspect of their identity. For example, the notion that all older adults are not good drivers.

Language: how we speak of and to older adults. This can be seen in every day expressions such as, "You can't teach an old dog new tricks".

Care Interactions: how we treat older adults within healthcare. A common complaint from older adults is that healthcare workers talk to everyone but them about their care needs.

It is all of our responsibility to recognize prejudice such as ageism and take steps to shift our culture away from it towards a more accepting and inclusive community. Some actions we can take to do this include:

- **Educate** ourselves, communities, residents and families about aging and ageism
- Examine and **shift the assumptions, language, and nature of care** we are providing older adults
- Create policies and practices for older adults, **based on the best available evidence**

Kristina Zoë
Social Worker

SAFE USE OF OPIOIDS

Side Effects Of Opioid Use



SWEATING



DIZZINESS



NAUSEA



DRY MOUTH



CONSTIPATION



Opioids are narcotic medications that help reduce the feeling of pain. Opioids are usually used to treat moderate-to-severe pain conditions.

Some examples of prescription opioids include: *Tramadol, Codeine, morphine, oxycodone, hydromorphone and fentanyl*

What Are The Risks Of Opioid Use?

Many people have used opioids without problems. However, serious problems, including **overdose and addiction**, have happened. Here are a few tips that would help keep you safe while on opioid medications:

DO	DON'T
<input checked="" type="checkbox"/> Take your medication as prescribed	<input checked="" type="checkbox"/> Take opioids in greater amounts or more often than prescribed
<input checked="" type="checkbox"/> Let your doctor or pharmacist know of any side effects or concerns you may have regarding opioid use	<input checked="" type="checkbox"/> Take opioids with alcohol and other medications that cause drowsiness (e.g. benzodiazepines). This could be very dangerous.
<input checked="" type="checkbox"/> Safely store your medications	<input checked="" type="checkbox"/> Share your prescription opioids.
<input checked="" type="checkbox"/> Take any unused opioids back to your pharmacy for safe disposal	<input checked="" type="checkbox"/> Discard any medications in the regular garbage

Signs of Opioid Overdose

Get immediate medical help if you or your loved one experience any of the following:

- Severe dizziness
- Inability to stay awake
- Hallucinations
- Heavy or unusual snoring
- Slow breathing rate

DID YOU KNOW? in 2016, there were **2,861** apparent opioid-related deaths in Canada

Thank you,
Resident Care Team

Source: Medical Pharmacies Group Limited, January 2018, Issue 1
References: <https://www.ismp-canada.org/download/OpioidStewardship/opioid-handout-bw.pdf> - accessed Dec 19, 2017 National report: Apparent opioid-related deaths in Canada (December 2017) <https://www.cdc.gov/drugoverdose/patients/index.html> - accessed Dec 19, 2017

LOUIS BRIER JEWISH AGED FOUNDATION



Jovita Santiago wins \$186.00 CONGRATULATIONS!

Staff 50/50 Pay Day Lottery Draw Winner
December 13, 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.

Kim Jampole, Louis Brier Jewish Aged Foundation
www.thelouisbrierfoundation.com



LOUIS BRIER JEWISH AGED
FOUNDATION

ALZHEIMER SOCIETY OF BC UPCOMING EVENTS

Getting to Know Dementia

Richmond - Tuesday, January 15, from 6 - 8pm

Vancouver - Thursday, February 7 (6 - 8pm) OR Monday, March 11 (2 - 4pm)

Enhance your basic knowledge about dementia and learn about the different types of support services, education, and information available at any stage of the journey.

Shaping the Journey: living with dementia

Five Tuesdays, February 5 - March 5, from 1:30 - 3:30pm

300 - 828 West 8th Avenue, Vancouver

A series for people with early symptoms of dementia and a care partner. Meet others who are going through similar experiences in a supportive learning environment. Topics include: the brain and dementia, strategies for coping with changes, maximizing quality of life and planning for the future.

To register, please call the Resource Centre at 604-675-5150
or email: info.vancouver@alzheimerbc.org

Kristina Zoë
Social Worker

DEMENTIA CARE ENHANCEMENT INITIATIVE

Hello Everyone,

We are requesting a few minutes of your time in order to complete a short survey regarding Dementia Care Initiative. Dementia Care Enhancement Initiative is a regional project of Vancouver Coastal Health and Providence Health Care. Louis Brier joined the initiative last November 2018 and the team started prework in Special Care as the pilot unit. We are interested in learning about your knowledge in dementia care. We aim to use the information gathered in the survey to help inform how to improve the roll-out of the Dementia Care initiative.

We request that you please take the survey available at the following link:

<https://surveys.divisionsbc.ca/Survey.aspx?s=f0fdac46eb284faf818a4373db2919f1>

The survey takes approximately 5 minutes to complete and survey responses are anonymous.

We greatly appreciate your time in completing the survey. Please get in contact if you have any queries.

Nicole Encarnacion

Nurse Manager

VOLUNTEERS

We would like to welcome new volunteers who will be starting with us over the next few months: **Charlotte, Peyton, Madeline, Angelika, Jade, Jerry as well as the young ladies of Shalhevet Girls School and students of King David High school** – we look forward to seeing you all here at the Louis Brier and Weinberg!

Volunteer Highlight

I would like to extend a special thanks to our longtime volunteer **Harriet Kositsky** for her efforts at our annual Holiday Tea on December 13th, thank you for all of your help and hard work, Harriet! We are also looking forward to having some very special volunteer groups on the January calendar: Preschool visits with the kids of “Muddy Boot Prints” outdoor preschool, “Ask Your Librarian” with our new Community Librarian Eleonore Shaffer, Script Reading with Volunteer Hadas, Bird Visits with Mr. Grumpy and Greyhaven Exotic Bird Rescue, as well as “A Week Without Borders” with a group of volunteers coming to visit from Fraser Academy!

December 5th was recognized as “International Volunteer Day” and I would like to take another chance to say “THANK YOU” to all of our volunteers who share their talents, passions and time to help make Louis Brier Home and Hospital the best it can be!

Jessica Bruce

Volunteer Coordinator

jbruce@louisbrier.com

Masks, Revelation & Selfhood

Sunday, February 10th at 2:15pm

Louis Brier, Homeside Lounge

Thanks to the support of Louis Brier and a Louis Brier Foundation Donation, Calla Power (Expressive Arts Therapist) and Ginger Lerner (Recreation Therapist) have been pursuing a project which explores themes of personhood, creative expression, and surprises!

The project involved 3 'phases', each one resident centered and involving a number of Louis Brier residents with different motivations and backgrounds:

1. The artistic creation of masks (by residents), facilitated by Calla. Each mask was given a name, traits and history.
2. The creative group of participants have now been invited to join Calla for several sessions of drama and improvisation, to further explore the emergent themes.
3. Professional dancers (led by Lee Kwidzinski) have visited Louis Brier to work with residents and devise a dance piece inspired by the participants and their masks and stories, and will perform this in February at Louis Brier.

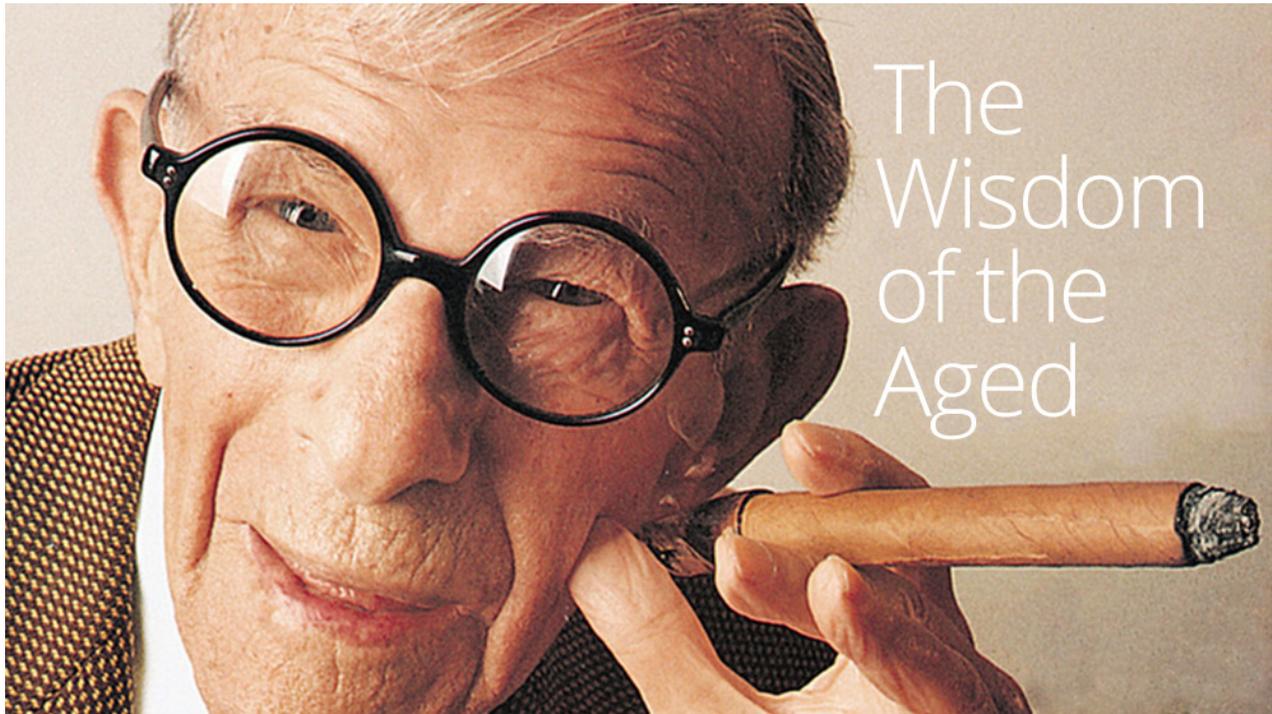
The whole process is being documented with care and artistry by film-maker Jay Fox. The resultant short film will be ready in time for Purim, when it will be screened at Louis Brier (in March). Ginger will also be reaching out to community partners and other interested parties who may wish to screen this film, or link to it from their website.

The project is a fantastic example of transformation and honoring individual expression – as each participant has the chance to freely explore their creative narratives. It is also a great example of how Jewish themes and ideas can be made meaningful for a population of participants which includes people of many backgrounds (not only Jewish).

For more information, please contact. All are welcome!

Ginger Lerner
Recreation Therapist
glerner@louisbrier.com x 4735

THERE IS A FOUNTAIN OF YOUTH



“There is a fountain of youth: it is in your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.” – Sophia Loren

“Wrinkles should merely indicate where the smiles have been.” – Mark Twain

These are meaningful quotes which clearly present the attitude toward aging that is promoted in the programming schedule at the Louis Brier. This is the reason that our home is one of the most treasured and appreciated community resources.

More from those who have learned the lessons of aging well:

“When I was a boy the Dead Sea was only sick.” – George Burns

“I am not young enough to know everything.” – Oscar Wilde

Aging well is our goal. We work hard to make it happen. We understand that:

“Youth is a disease from which we all recover.” – Dorothy Fuldheim

“By the time you’re eighty years old you’ve learned everything. You only have to remember it.” – George Burns

“Old age ain’t no place for sissies.” – Bette Davis

“In youth we run into difficulties. In old age difficulties run into us.” – Josh Billings

At the Louis Brier we do not think much about ages. People are people. It does not matter how old or young you happen to be. Please help us to change attitudes and maintain humour as well as joy and dignity at the Louis Brier Home & Hospital.





Louis Brier Home and Hospital Preferred JCC Member Rates

Rates effective September 2018 - August 31, 2019

# of Participants	Initiation Fee (New Members)	Individual (age 30 w64)	Young Family/Young Couple*	Couple*/Family	Spa Upgrade
1 - 15	\$54.00	\$51.75/mo	\$80.25/mo	\$87.75/mo	25% off
16 - 30	\$54.00	\$48.00/mo	\$75.00/mo	\$82.00/mo	25% off
31 - 45	\$54.00	\$45.00/mo	\$70.00/mo	\$76.00/mo	50% off
46 +	\$54.00	\$34.50/mo	\$53.50/mo	\$58.50/mo	50% off

Membership includes:

- Full access to our fitness centre and swimming pool
- Access to our Gymnasium based on open gym availability
- Discounts on all registered programs
- 6 guest passes
- 2 spa upgrades
- Parking is included for members for the time they are in the building

* Young couple and Couple category includes 1 complimentary month of spa upgrade

* One year commitment required on all memberships

* Capital Reserve Fund will be applied upon renewal and is based on 10% of the annual fee (maximum of \$100). A tax receipt will be issued for this fund.

* Must be a permanent employee of Louis Brier Home and Hospital (20 hours or more)

For more information please contact:

Alexis Doctor
Membership Director
alexis@jccgv.bc.ca
604-257-5163

INFLUENZA MASKING POLICY

Please be reminded that starting **DECEMBER 3, 2018 to MARCH 31, 2019**, everyone who opted not to be immunized for Influenza is required to **WEAR A MASK** during the entire flu season. This is a policy of the province of BC and Vancouver Coastal Health (VCH) from which we based our LBHH/WR Influenza Immunization Policy (AL0600-Administration Manual).

To those who had their flu shot administered outside LBHH, please submit to me (electronically or photocopy) your record of immunization as soon as possible. You can email it to me or drop it off my mail box at LBHH Reception. I have sent out an email to every individual who remains unimmunized, as per our record. A copy of the list has also been forwarded to your respective Managers.

Lunadel Daclan, Infection Control Practitioner



BUILDING SERVICES

Building Services Team have completed yet another successful month by achieving desired results from their projects, meeting and/or exceeding the needs of the ever so changing building, and its stakeholders. Recently an idea of 'free little library' project was initiated by Recreational Team member, Ginger Lerner; Synchronising Louis Brier Home and Hospital with the community is a bandwagon that Building Department was very eager to jump on. Henceforth a project of little library to involve residents, staff and community was completely designed and crafted in house. The Little Library has been registered as a part of a world Foundation and was inaugurated on 19 December 2018, and is here to stay and service community for years to come.

Furthermore, upon daily inspections and walkthroughs of systems, Hydrostatic water pressure built up under soil was identified to be compromising the structural stability of back wall, that had resting compressors feeding freezers and laundry and a failing grease trap. This not only compromised safety and operations of equipment but also had the potential to impact environment. A scheduled and well executed construction project of replacing a failed Grease Trap and its cast iron pipeline, that had started a month ago was completed with a new engineered and easily accessible system on 18 Dec 2018, without any delays to the operations of the kitchen. With all city permits and acceptance schedule sign offs in place, the new Grease Trap and its connections provides for a safe and highly efficient Kitchen system operations to function to the best of its capabilities.

Louis Brier Home and Hospital continues to provide and commit to excellent health care, with it's Building services department ready to execute and deliver best standards for a functional space, through monitoring, measuring and improving on regular basis.

Rizwan Shawl, Manager – Building Services

CHAG SAMEACH

A conversation with a Louis Brier Resident about NFL Football and the metaphor that follows.

In further self analysis I am wondering if not to be so invested in the outcome of a football game is a strategy that can lead to transformation, better personal results and added emotional peace individually and a better/healthier environment at the Louise Brier. After all, the outcomes end up being the way it is suppose to be, especially if one believes events are not random and it is a good Creator. We do not see all the underlying machinations, interplay of life/events and cause and effect. Now, we can enjoy the game (football) without being effected by the results knowing the outcome at this time is perfect. Can we take this thought pattern into work, family and other relationships and be in the moment, limiting agenda manipulation, and allowing unfolding simply by defocusing from the multitude of our conditions and desires that may not have served us well. After all, how do we know that at any given time, by not getting what we think we want, we are not being saved?

Actually, it's important to have intentions, to know where we want to focus our self- efforts, yet, the less we invest in the results of our intentions, and have faith in the outcome, the greater the possibility of discovering our best path. Another interesting paradox in life.

The spiritual path is always to fight and seek justice, but in one of the lessons I learned, we do whatever we can up to the point when we start hurting ourselves. By taking care of ourselves, while also serving justice and the greater good, we free ourselves to be more successful. At the same time not to forget, we are all our Brothers' Keeper.

All should be reminded at the Louis Brier especially management and staff that life and the Resident is more important than procedures, protocols, agendas. It is too easy to justify whatever we want, especially with all the conflicting agendas, and the individual gets lost. If it is not in the best interest of the residents than thinking out side the box should be the goal to find a way. I guess the issues arise in what is in the best interest of the Resident? First, is the focus on their living or dying? If it is not on their living than seeking standard comfortable solutions is what contributes to a slow steady decline negating the very purpose of the establishment of any organization. It is like dilution to pollution.

Our work is to invest in making every individual resident the only resident and to remember at any level no one likes to feel they are being handled. We do not evaluate talk but results and when results are deteriorating every one needs to take their share of responsivity.

Would love to continue the conversation with whomever. Have a great 2019!

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.

LAUNDRY GUIDE

With the holiday season there are moments when mishaps happen.

Here are the **Golden Rules of Stain Removal** to help you!

1. **BLOT, DON'T RUB** – Dabbing draws stains out of fabric and won't damage it the way rubbing might.
2. **USE AN ABSORBENT CLOTH** – Place underneath fabric to “catch” residue as stain fades and keep it from spreading. The cleaning Lab finds paper towels or small cotton dishtowels works best.
3. **TRY THE CARPET TRICK** – Once a stain is gone, cover with a stack of paper towels and top with a heavy pot. Leave 24 hours. The towels will soak up stain residue that travels up the tufts as they dry.

Note: These steps are for washable fabrics only. For silk and other delicates, blot with only a dry cloth and bring to the dry cleaner ASAP.

Melissa Tadeson

Manager, Housekeeping & Laundry

The Culprit	Do this Now	Do This Later
GRAVY 	Fabric and Carpet Scrape up Excess with spoon. Blot with warm water and blot dry	Fabric Apply laundry stain remover. Wash in warm or hot water with fabric safe bleach. Carpet Sponge with a mix of 1Tbsp. Each dish liquid and white vinegar and 2 c. warm water. Blot, spray or sponge with cold water to rinse. Blot dry.
RED WINE 	Fabric Spray or sponge with cool water or apply Wine Away per directions. Blot dry. Carpet Blot spill with absorbent cloths, standing on them if necessary. Spray or sponge the stain with cold water or apply Wine Away per directions. Blot dry.	Fabric Soak 15 min. In cold water; apply laundry stain remover and wash in warm water with fabric-safe bleach. Carpet Sponge with a mix of 1Tbsp. Each dish liquid and white vinegar in 2 c. warm water to rinse. Blot dry.
COFFEE 	Fabric Spray or sponge with cool water. Blot dry. Carpet Blot the spilled liquid with absorbent cloths, standing on them if necessary. Sponge or spritz with cold water to rinse. Blot dry.	Fabric Apply laundry stain remover and wash in warm water with fabric-safe bleach. Carpet Sponge with a mix of 1Tbsp. Each dish liquid and white vinegar and 2 c. warm water. Blot. Sponge with cold water to rinse. Blot dry.
EGGNOG 	Fabric and Carpet Gently blot up excess. Sponge or spray with warm water. Blot dry.	Fabric Treat with an enzyme stain remover or rub enzyme detergent into the stain. Wash in warm water with an enzyme detergent like Tide Liquid Cold water laundry detergent. Carpet Use a pet-stain-and-odor carpet cleaner formulated with enzymes.
CRANBERRY SAUCE 	Fabric and Carpet Scrape up the excess with a spoon. Blot with a dry cloth. Sponge or spray with cool water. Blot dry.	Fabric Soak 15 min. in a mix of 1 TBSP. white vinegar, 1/2 tsp. liquid laundry detergent and a qt. cool water. Apply laundry stain remover and wash in warm water with fabric-safe bleach. Carpet Sponge with a mix of 1 TBSP. each dish liquid and white vinegar in 2 c. cold water. Sponge with cold water to rinse. blot dry.
CHOCOLATE 	Fabric and Carpet Scrape up the excess with a spoon. Blot any remaining chocolate with a dry cloth. Sponge with warm water. Blot dry.	Fabric Apply prewash stain remover and work it into the satin. Wash in warm or hot water with fabric-safe bleach. Carpet Sponge with a mix of 1 Tbsp. dish liquid and 2 c. warm water. Blot and repeat. If stain remains, sponge with a mix of 1 Tbsp. ammonia (do not use if carpet is silk or wool) and 1/2 warm water. Blot. Sponge with cool water to rinse. Blot dry.

PHOTO GALLERY



1. MLA George Heyman – Provincial Funding cheque presentation

2. Free Little Library Grand Opening

3. AWARD WINNERS

Unsung Hero: Paramjit Johal, Armi Garcia, Cathy Dennis, Domingo Sagabaen, Jason Silvestre

Exemplary Service: Beresford Burrell, Letty Lao, Tracy Brown, Rita Mesa, Gerson Feliselda, Franki Miller

Spirit of Optimism: Charles Ly-Tong

Sensational Care: Ginger Lerner, Devon Armour

Mission, Vision, Values Advocates: Jennifer Belen, Leonora Calingasan

4. Ginger Lerner – Sensational Care Recipient

“Thanks to the Employee Recognition Committee. I was very touched to receive a peer recognition award, and very delighted with the ceremony, which was so inclusive and felt like a real celebration. Thank you for your work in making this possible!”

– Ginger Lerner

JANUARY BIRTHDAYS



Tracy Brown	Roemilyn Tanaquin
Melissa Strevett	Mitra Bolouri
Tina Yin	Lilia Carpina
Carmen Bautista	Sukhjinder Mann
Flora Carrillo	Jennifer Rivera
Vanessa Catam	Merlyn Andes
Violeta De Leon	Leonora Calingasan
Liza Divinagracia	Cristina Dinulos
Lolita Era	Teresita Rafol
Elizabeth Estupin	Daphne Ygbuhay
Tekeste Fanta	Edy Govorchin
Maria Orig	Laurie Moore
Flordeliza Quioco	Balpreet Nijjar
Thelma Sadio	Christine Tandoc-Jamela
Jason Silvestre	Tita Tocol
Ewa Urbanska	Toni Rose Viernes

NEW STAFF



Gurdip Badhan Food Service Assistant Manager	Lovleen Hayer LPN
Satwinder Nagra Care Aide	Amanjyot Sidhu LPN
Marco Malana Care Aide	Catherine Lopez LPN
Lestine Bacquian Care Aide	Brooke Fisher LPN
Maria Galas Care Aide	Kristoffer Abad LPN
Jose Alex Cortez Care Aide	Rita Amato RN
Janine Blamiento Care Aide	Lilibeth Cabuello Food Services
	Julie Kulyk Care Aide

GIFT SHOP HOURS

SUNDAYS	12-4pm
MONDAYS	12-5pm
TUESDAYS	12-4pm
WEDNESDAYS	12-5pm
THURSDAYS	12-4pm
FRIDAYS	12-4pm
SATURDAYS	Gift Shop is closed (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



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