



Snider Schmooze

A MESSAGE FROM DR. DAVID KESELMAN, CEO

Hello everyone,

I am writing to you from sunny city Hadera in Israel. This month is Israel's Memorial Day and 71st Independence Day, a mix of sadness and happiness all wrapped up in two days.

Yom Hazikaron (Hebrew: יום הזכרון; lit. "Memorial Day"), in full **Yom Hazikaron l'Chalalei Ma'arachot Yisrael ul'Nifge'ei Pe'ulot Ha'eivah** (Hebrew: יום הזכרון לחללי מערכות ישראל ולנפגעי פעולות האיבה; lit. "Memorial Day for the Fallen Soldiers of Israel and Victims of Terrorism"), is Israel's official remembrance day, enacted into law in 1963. While Yom Hazikaron has been traditionally dedicated to fallen soldiers, commemoration has also been extended to civilian victims of terrorism.



For those who may not be aware of the historical events, David Ben-Gurion, who was the first prime minister of Israel, publicly read the Declaration of Independence of Israel on May 14, 1948. According to the Jewish calendar, this was the fifth day of Iyar, the eighth month of the civil year, in the year 5708. Israel's Independence Day, also known as Yom Ha'atzmaut, marks the anniversary of the Declaration of Independence of Israel, and usually falls in April or May, this year it is celebrated on May 9th.

An official ceremony is held every year on Mount Herzl on the eve of Yom Ha'atzmaut. The ceremony include speeches from senior Israeli officials, an artistic part, a ritual march of soldiers carrying the Flag of Israel, forming elaborate structures (such as a Menorah, Magen David and a number which represents the age of Israel) and the lighting of twelve beacons (each for every one of the Tribes of Israel). Each year, dozens of Israeli citizens who contributed to the state, are selected to light the beacons.

In light of these events, I am compelled to reflect on the road we have travelled as a team here at Louis Brier with the many positive changes that have taken place to improve and enhance the resident experience. As always, I want to extend my appreciation and gratitude for the support and assistance we have been so lucky in receiving from all of our foundation, stakeholders, residents, families, staff, and volunteers and encourage you to continue to support our cause and vision in becoming a centre of excellence for elder care.



Thank you,
Dr. David Keselman, CEO



BUILDING PARTNERSHIPS



LOUIS BRIER
HOME & HOSPITAL



WEINBERG
RESIDENCE



Did you know?

Louis Brier Home & Hospital is a teaching facility for students in the UBC Faculty of Medicine and the UBC School of Nursing.

We are committed to supporting continuous learning, research and innovative practice as we strive towards becoming the Centre of Excellence in elder care.

Geriatrics • Long Term Care • Assisted Living • Multi-Level Care



THE UNIVERSITY OF BRITISH COLUMBIA
School of Nursing

ONE HUNDRED YEARS
1919-2019

YOM HAZIKARON & YOM HA'ATZMAUT

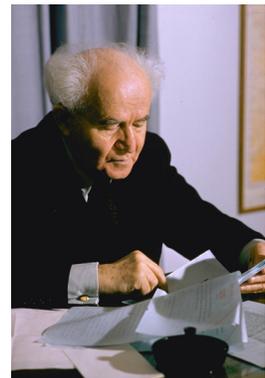


Yom Hazikaron: Israel's Memorial Day
to honour Israel's fallen soldiers and
civilians killed in wars and terrorist attacks.



Yom Ha'atzmaut: The Israeli Independence Day marks the establishment of the modern state of Israel in 1948. It is observed on or near the fifth of the Hebrew month of Iyar in the Hebrew calendar, which usually falls in April.

On May 14, 1948, soon-to-be Prime Minister David Ben Gurion issued a declaration of the State of Israel. It was recognized by the United States, the Soviet Union, and other countries, though not by the surrounding Arab states. The festivities begin the evening before, when Israelis take to streets across the country to attend outdoor concerts, parties and barbecues, as well to watch fireworks displays. Friends and families gather together the next day, usually outside or at nature reserves, museums and other attractions, which remain open to the public free of charge. Also on Yom Ha'atzmaut, teens compete in the country's Torah championship, and the Israel Prize, the country's highest honor, is awarded in a formal ceremony in Jerusalem to individuals who excel in their chosen field.



Prime Minister David Ben Gurion



**Act in
a safe &
responsible
manner**

TAKE A STAND LEND A HAND



OPTIONS TO CONSIDER

When an Individual has Difficulties Managing Their Financial, Legal or Personal Affairs

TERM	MECHANISM	PROCESS	WHO BECOMES SUBSTITUTE DECISION MAKER	POWERS GRANTED	MENTAL CAPABILITY OF THE INDIVIDUAL
Informal Resolution	N/A	N/A	N/A	Examples: - Direct Deposit or Payment - Retirement Planning - Community Supports - Income Tax Clinics	Assume capability.
Enduring Power of Attorney	<i>Power of Attorney Act</i>	Capable person signs a document with witnesses.	Any capable adult - family, friends, trust company, and only in exceptional circumstances, the Public Guardian and Trustee.	The attorney may direct on legal or financial decisions. Powers can be either general or specific. Enduring clause allows attorney to act if donor becomes incapable.	Capable (See s.12 of the Act).
Representation Agreement	<i>Representation Agreement Act</i>	Adult creates individual agreement. Witnessing is done in required format.	Any capable adult - family, friends, trust company, and in limited circumstances, the Public Guardian and Trustee, for finances only.	Depending on type and scope of agreement, representative may be authorized to make personal and health care decisions, or manage routine financial affairs, when adult is no longer able to.	Section 9 agreement - Capable (See s. 10 of the Act). Section 7 agreement - Assume capability and refer to factors (See s. 8 of the Act).
Pension Trusteeship	Federal Income Security Programs (ISP) - standard form	One physician signs form and applicant sends to ISP.	Any capable adult - family, friends, Public Guardian and Trustee.	Trustee can manage monies paid through OAS/GIS/CPP only. A trustee cannot manage any other income or assets.	Mentally incapable of managing federal funds.
Temporary Substitute Decision Maker (TSDM)	<i>Health Care (Consent) & Care Facility (Admission) Act - Part 2</i>	Health Care Provider (HCP) chooses as per hierarchy of qualified near relatives and close friends in the Act. PGT can authorize someone as TSDM or act as TSDM as last resort.	TSDM is chosen by the HCP or failing that, the PGT may authorize someone to make the decision, or as a last resort, make the decision.	Authority to consent to or refuse the health care proposed, subject to some limitations.	Mentally incapable of consenting to a specific health care decision as determined by the HCP.
Designated Agency (DA) - Legal Mandate to Investigate	<i>Adult Guardianship Act, Part 3</i>	DAs must look into reports of adult abuse and neglect they receive or become aware of.	N/A	DAs can offer available and appropriate support and assistance. For adults who cannot get assistance on their own, DA can also use legal tools under the <i>Adult Guardianship Act</i> to protect the adult.	Presumed to be capable unless there is reason to believe adult is abused or neglected and not able to get assistance on their own because of a restraint, physical disability, or condition that impacts decision making ability.

REDEVELOPMENT UPDATE

To: The Directors of: LBHH; WBRes; Foundation and the LBHH Redevelopment Advisory Committee

From: Ron Rozen; Ted Zacks; David Keselman; Rozanne Kipnes

Date: April 15, 2019

Since closing out the Co-location with the JCC, the last 10 months have been spent in due diligence considering alternative sites to the JCC and the possibility of an insitu redevelopment to accommodate a new LBHH Campus and Housing. The following represents an update for your consideration.

Government Partner Relationships:

Vancouver Coastal Health (VCH)

- Several senior leadership meetings have been held with Operations and Capital Projects teams at VCH to clarify their position for support of the proposed redevelopment program effective 2019 for a building strike-down and rebuild starting 2025;
- While we have discussed an order of magnitude for both LBHH's and VCH's capital participation which we expect to be in line with other similar projects, we are still far apart.
- We continue to negotiate the current LBHH capital needs to continue operations at the existing plant until strike-down. We remain far apart on this as well.
- VCH remains the challenging partner in the commitment of capital dollars based on their more urgent priorities over the next 5 – 10 years.
 - The Ministry of Health (MOH) has indicated that ~\$23M will be required to 'keep LBHH in a holding pattern' for 5 – 10 years.
 - Poor use of capital dollars, with VCH currently unwilling/unable to fund.

City of Vancouver (CoV)

- Having spent over 2 years working closely with the CoV planning department on the Cambie III Update Plan, we have successfully achieved a 'policy statement' for LBHH as a Unique Site.
- This has provided us with a shared roadmap and development parameters of height, density and expectations for amenity deliverables.
- In our meetings, we have tried to keep the City focused on the community amenity deliverables and not on the required FSR to get there.
- We have had several meetings with the Sr. Leadership planning team and have received very strong support for the project in principle.
- Having had a few minutes of 'face time' with the mayor, he is familiar with our project and is supportive.
- The City has assigned the senior planning team for our project, whom we have met with and the City is now waiting for us to 'launch' a Rezoning Pre-Application.

BC Housing (BCH)

- We have had a few meetings with the Sr. Leadership team who have been very helpful 'influencers' and supportive of our project including their support for Tikva Housing owning / managing any non-profit Affordable Housing vs. the City owner/operating.
- BCH has indicated a willingness to consider some capital dollars for child day care and will consider support of capital funding toward an adult day center – early days, but they are very supportive of the project.

REDEVELOPMENT UPDATE *continued...*

Triumvirate

- We have had one meeting with the CEO of BCH and the COO's from the City and VCH, along with their senior management teams at the Director's level.
- All are very supportive of the project
 - Our next step with them is to circle back and walk them through the detailed numbers on what capital, density, height and land tenures are required to make this project work for everyone.

Financial Feasibility and Sensitivity Analyses

We continue to stay close to the market as follows:

- On-going meetings with Modern Green for the Oakridge Transit site (OTC)
- Retained cost and land valuation consultants to run high-level proformas for LBHH and the Remainder Lands (residual site area that will not be required for the redevelopment of the LBHH facility).
- Retained a cost/revenue consultant to refine the high level numbers through running the sensitivity analyses to determine what density, revenue stream and possible land tenures that are likely to be required to support a new LBHH with seniors amenities, a legacy fund to cover shortfalls in operations, capital expenditure projects; resident programming; and market and affordable housing.
 - This analysis is a 'deeper dive' from the high-level analyses that were generated, and is based on current housing policies tied to income
 - That said, the City and Provincial housing policies continue to evolve which have had material impacts on the Residual Land Values (what a developer can afford to pay for the Lands, using its estimated revenue projections, less costs and profit to determine what can be paid to LBHH).
 - This includes a developers required Community Amenity Contribution (CAC); diminishing revenue projections in that the affordable rental ratios are 20% of the units, and the affordable rental rates are tied to various income thresholds.

Development Partnerships Explored

- Based on preferred land tenures, we have had a few meetings with possible partners to develop the Remainder Lands and possibly the new LBHH in partnership.
- We will have a few more meetings before we determine the best course of action and the best partner (not necessarily the partner willing to pay the highest price!)
- The discussions to date are encouraging

Research; Community Engagement

- We have met with all of the Jewish Community agencies that in some way 'touch' the Jewish Community seniors' space, including; social and / or medical services; programming; physical and spiritual wellbeing; and housing.
- We have met with residents, family and staff as well as professional practitioners and educators who work with seniors.
- We continue to have update discussions/meetings with a few members of the donor community
- We have met with or spoken to industry specialists and have done significant research and toured a number of seniors housing facilities to consider health outcome trends across BC; California and in other parts of the US; as well as Scandinavia and the Netherlands.
- We are working with the Jewish Federation; JCC; JFS to develop a Jewish Community Seniors and Caregivers Survey to understand the variety of needs, gaps in services; housing typologies etc. We expect the survey to be launched after Pesach2019.



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



Wishing Israel a
Happy 71st Birthday!



Call 604.267.4756 or visit weinbergresidence.com to book a tour.

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

SPECIAL PERFORMANCE

Cantor Yaacov Orzech & the Kol Simcha choir
Saturday, May 4, 2019

REDEVELOPMENT UPDATE *continued from page 7...*

Government and Media Relations

- We are engaging specialists to help us develop our messaging with elected officials at municipal and provincial levels of government and as appropriate, the Federal government. Many provincial leaders have been out to LBHH and are supportive in principle, but we need to develop a more targeted approach with our 'ask'.
 - The importance of the new LBHH and housing project;
 - The capital funding and zoning terms required
 - The importance of an expedited timeline to replace the facility

Next Steps:

- We continue to work on all fronts to secure 'soft' commitments wherever possible in that we do not have formal applications or agreements in place (likely to take 1 year)
- Complete the market analysis and financial feasibility for WBRes.
- We anticipate concluding the due diligence phase over the next couple of months and are preparing the Draft Business Case which we hope to bring to the LBHH Campus Board's for consideration by the fall of 2019.

Ron Rozen, Board Chair, **Ted Zacks**, Redevelopment Committee Chair;
David Keselman, CEO; **Rozanne Kipnes**, Real Estate Development Consultant

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.

Ben Crocker
Director, Finance

VOLUNTEERS

I hope everyone is enjoying the beautiful spring weather we have been having!

In April, we recognized "National Volunteer Week" and I would like to take this opportunity to say another BIG thank you to all of our volunteers for all they do for us. Everyday they come in and choose to spend their time with us and are making a big impact here!

I would also like to take this opportunity to share some news with everyone, I will be leaving my position as Volunteer Coordinator at Louis Brier and my last day will be May 24th. Thank you all for your support in this new role and I have enjoyed this learning experience and will miss you all.

Jessica Bruce
Volunteer Coordinator
jbruce@louisbrier.com

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

COMPANION PROGRAM

We are here for you! Did you know that Louis Brier Home & Hospital and Weinberg Residence offer an In-house Companion Program?

We understand the needs of your family and loved-ones and we are here to assist in enhancing their personal and social well-being. Our in-house companion program provides added quality support at a reasonable rate. For more Information, please contact:

Myla Carpio-Pelayo, QRM Coordinator
mpelayo@louisbrier.com x 4688

HUMAN RESOURCES

Human Resources Changes

In an effort to provide more effective and efficient Human Resources services the HR Department underwent a review and it was decided that a number of changes needed to be made. These changes include the following:

- Human Resources Drop-in Office Hours will be from Monday to Friday, 2pm to 4pm.
- Meetings with Human Resources can be scheduled outside of the Drop-in Office Hours.
- All Human Resources general inquiries and requests must be made via HR@louisbrier.com
- Most Human Resources general inquiries and requests should start with the HR Coordinator (Tracey), followed by the Manager, HR (Sonia).

HUMAN RESOURCES *continued...*

- All Human Resources documentation and forms (ie. Sick Leave Forms, Job Posting Applications, etc.) must be submitted through a confidential HR Lock Box located by the HR Offices
- Human Resources personnel will be hosting a monthly “Coffee/Tea with HR”. More details are to follow.

These changes will come into effect on May 1, 2019. An infographic poster will be displayed outside the HR Offices with more information.

2019 Satisfaction Surveys

Employee, Resident and Family Satisfaction Surveys will be distributed through May. Satisfaction Surveys are developed to assess our strengths and weaknesses and to identify areas for improvement. Individuals will be requested to complete the confidential survey online or with paper and pen. HR will offer a number of workshops to support employees with completing the surveys. We encourage everyone to participate in the 2019 Satisfaction Surveys – this is your chance to offer feedback and impact change. Did YOU take the Survey?

HR Forms (ie. Sick Leave, etc)

All employees are reminded to complete HR Forms (such a Sick Leave Forms) clearly, accurately and in full. Forms that are not readable or include incorrect or missing information may not be processed.

Locker Clean Up and Ownership

LBHH/WR will be conducting a long overdue locker clean-up on May 15 between 8am and 2pm. This initiative will be coordinated through Building Services and Housekeeping and is intended to thoroughly clean the lockers and make more lockers available to employees. Please clean out your locker and remove your lock before May 15 at 8am in order to ensure that you secure your belongings and do not have your lock cut. This will apply to all lockers at LBHH and WR. Please contact Sonia, Manager, HR should you have any questions. Please be aware that lockers are indented to be used during working shift only and not owned by employees. Locks and belonging should be removed after each shift. This is to ensure that a locker is available to all employees coming on shift. After the locker clean-up we will be closely monitoring locker use to ensure that this expectation is followed.

Respectful Workplace and Discrimination

LBHH/WR strives to promote a respectful and discrimination free workplace. Discrimination is differential and unfair treatment due to sex, disability, race, religion or age. Age discrimination involves treating persons in an unequal fashion due to age in a way that is contrary to human rights law. Age discrimination is often not taken as seriously as other forms of discrimination. However, it can have the same economic, social and psychological impact as any other form of discrimination.

HR has received reports from employees claiming to be treated differently because of their age. This included unwanted and derogatory age-specific comments and questions *ie. “You are too young/old to know how to do...”, “Shouldn’t you be having kids by now?”, “Are you still able to do that at your age?”, “You just wouldn’t understand because you’re too old/young.”* We would like put an end to comments and questions of this nature. Human rights principles require people to be treated as individuals and assessed on their own merits, instead of on the basis of assumptions, and to be given the same opportunities and benefits as everyone else, regardless of age.

Loren Tisdelle

Director, Human Resources



World Health
Organization



**SAVE LIVES
CLEAN YOUR HANDS**

END OF INFLUENZA SEASON 2018-2019 DECLARED

After having been extended beyond March 31, 2019, please note that the Provincial Health Officer has officially declared the end of the influenza season effective April 26, 2019. Surveillance data showed that influenza activity has declined in all areas of the province after a late surge.

Let us be more proactive in preventing influenza during the next influenza season:

- Get an influenza vaccine
- Wash hands with soap and water whenever you can
- Use an alcohol based hand sanitizer
- Cover mouth and nose with a tissue to cough or sneeze. Cough into the upper sleeve if a tissue is not available
- Stay home when sick. People are most infectious in the first few days of illness
- Keep common surfaces and items clean
- Eat healthy foods and staying physically active to keep your immune system strong

Lunadel Daclan

Infection Control Practitioner

**CLEAN CARE
FOR ALL
IT'S IN YOUR
HANDS**



#HandHygiene

#InfectionPrevention

#HealthForAll

WEINBERG RESIDENCE



Did you know that the Weinberg Residence offers a private 24-hour nursing care unit, called Multi-Level Care (MLC)?

The Weinberg Residence MLC Unit offers 24-hour nursing care and supervision delivered by a superior professional team within a warm, welcoming and culturally rich community. We strive to provide all the comforts of home while also offering a wide variety of social, therapeutic, recreational and spiritual programming to maintain optimal health and well-being.

Within Multi-Level Care, a diverse selection of residency options are available.

Residency options include:

- Long Term Stay
- Convalescent Care
- Out of Town Stay
- Respite Care
- Palliative Support

With each, personalized attention is provided by Nurses, Care Aides, Recreation therapists, Physiotherapist, Occupational Therapist, Rehabilitation assistants, Dietitian, Social Worker and a Gerontologist.

Regardless of which option, residency in Weinberg's Multi-Level Care Unit includes a private furnished room and a tailored Care Package. Come and check us out and learn about our Multi-Level Care Unit.

For information about the Weinberg Residence, contact
Vanessa Trester, Manager, at 604.267.4722 or
Regina Lvovski, Sales & Marketing Coordinator at 604-267-4756.

www.weinbergresidence.com



Check us out on Facebook: [weinbergresidence](https://www.facebook.com/weinbergresidence)



FAMILY COUNCIL

Who Do You Ask?

As family and friends of residents, there will always be a time when you need to reach out to someone of the LBHH Team. Who do you ask? We include the latest contact list for your reference, next time you have a question.

Who makes up the “LBHH Team”?

In fact there are two teams that collaborate with Family Council; one comprised of the management and staff of various departments. They attend our meetings and present on various topics. The second is the Senior Leadership Team. They meet with Family Council on a monthly basis regarding specific challenges, ideas, goals and actions.

Family Council works with the LBHH Team to build improvement in the quality care and life experience of residents at LBHH.

On behalf of Family Council

Lisa Dawson and **Charlotte Katzen**, Co-Chairs; **Lisa Ford**, Secretary

LOUIS BRIER & WEINBERG INTERNAL PHONE DIRECTORY

Louis Brier Home & Hospital – Tel: 604-261-9376 | Fax: 604-266-8712

LBHH RECEPTION	4000
MANAGER ON-CALL	(604) 562-4184
CEO – Brennan, Emma – <i>Executive Assistant</i>	4770
QRM / IPAC / SOCIAL WORK	
Daclan, Lunadel – <i>IPAC & QRM Mgr.</i>	4698
Carpio-Pelayo, Myla – <i>Companion Coordinator</i> ...	4688
Zoe, Kristina – <i>Social Worker</i>	4744
NURSING LEADERS	
Bucknor, Carol – <i>ED, Resident Services</i>	4778
Portnik, Alex (Vlad) – <i>Nurse Mgr.</i>	4696
Encarnacion, Nicole – <i>Nurse Mgr.</i>	4784
Belen, Jennifer – <i>CNL</i>	4767
Decolongon, Roemilyn – <i>CNL</i>	4484
STAFFING & SCHEDULING	
Ling, Linda – <i>Staffing Coord.</i>	4244
Cikatricis, Ludmila – <i>Staffing Coord.</i>	4350
HUMAN RESOURCES	
Tisdelle, Loren – <i>Director, HR</i>	4704
Cinti, Sonia – <i>Manager, HR</i>	4706

Whittle, Tracey – <i>HR Assistant</i>	4720
Safe Reporting Line	4747

FINANCE

Crocker, Ben – <i>Director, Finance</i>	4700
Brown, Tracy – <i>Acct. & Computer Support</i>	4252
Chen, Sherry – <i>Accounts Payable</i>	4253
Yin, Tina – <i>Accounts Receivable</i>	4224
Kahori, Nina – <i>Payroll</i>	4225

FOOD SERVICES

Lackner, Michael – <i>Manager, Food Svcs</i>	4276	
Badhan, Gurdip – <i>Assist. Manager, Food Svcs</i>	4627	
Millar, Franki – <i>Dietitian, IC</i>	4263	
Kitchen – Dairy	4227 / Meat	4226

HOUSEKEEPING & LAUNDRY

Tadeson, Melissa – <i>Manager, Hskp & Laundry</i>	4228
Cleaners	5670
Laundry	4255

MAINTENANCE & BUILDING SERVICES

Marinescu, Adrian – <i>Manager, Building Svcs</i>	4746
DelaCruz, Tony – <i>Maintenance</i>	5652
Sagabaen, Domingo – <i>Maintenance</i>	5669

RECREATION

Govorchin, Edy – <i>Manager, Recreation</i>	4714
Goudreau, Megan – <i>Music Therapist</i>	4241
Bruce, Jessica – <i>Volunteer Coordinator</i>	4736

Recreation Therapists:

Moussa, Melissa / Lopuch, Kelly.....	4735
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Program Coordinator:

Vogt, Charlotte.....	4270
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REHAB

Moore, Laurie – <i>Manager, Rehab & PT</i>	4712
Cerrado, Katrina – <i>Occupational Therapist</i>	4701

Rehab Assistants:

Gorbunova, Lena.....	3354
Ly-Tong, Charles / Barbaza, Cheryl.....	4324

NURSING STATIONS

Home East.....	4234
Home West.....	4269
Home Centre.....	4233
Hospital East.....	4242
Hospital West.....	4248
Special Care Unit.....	4230

LBHH ROOMS

Arts & Crafts – 1 st Floor.....	4251 / 2 nd Floor.....	4238
Boardroom – 1 st Floor.....		4256
Dining Rooms – 1 st Floor.....	4256 / 2 nd Floor.....	4275
Server Room.....		4266
Telephone Room (Basement).....		4697

Staff Lounge LBH.....	4274
LB Gift Shop.....	4660

COMMUNICATIONS OFFICE – (604) 267-4759

Galope, Michael – <i>Comm. Coordinator</i>	4759
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FOUNDATION OFFICE – (604) 261-5550

Jampole, Kim – <i>Office Manager</i>	2295
Chen, Grace – <i>Accountant</i>	4265

WEINBERG RESIDENCE – (604) 261-9622

– (604) 261-9644 (Fax)

Reception.....	3000
Trester, Vanessa – <i>Manager</i>	4722
Lvovski, Regina – <i>Sales & Marketing Coord.</i>	4756
Cerrado, Katrina – <i>Occupational Therapist</i>	4701
Barbaza, Cheryl – <i>Rehab Assistant</i>	3352
Worth, Rachel – <i>Recreation Program Coord.</i>	3355
Moore, Laurie – <i>Physiotherapist</i>	4712
MLC RN Nurse.....	3351
AL LPN – <i>Portable</i>	5662
AL Care Aide – <i>Portable</i>	5755
Activity Room – <i>AL</i>	3370
Amenity Room – <i>3rd floor</i>	4769
Classroom.....	3361
Dish Room.....	3364
Hair Salon.....	3353
Housekeeper (AL) – <i>Portable</i>	5674
Oclida, Aime – <i>Chef</i>	3358
Kitchen (Serving).....	3358
Lobby Phone.....	3362
MLC Wellness Room.....	3352
Staff Lounges – Basement.....	3360 / MLC.....3371

Dear Family Council Members and Friends of Residents, a few months ago we said goodbye to Nancy Chang as co-chair and expressed our appreciation for Nancy's few years of commitment to Family Council in an article that was published in the December Schmooze newsletter. A couple of months ago Helen Labonte officially resigned from her role as the Family Council secretary and we officially welcomed Lisa Ford as the new secretary. Lisa has had family for 2.5 years in home centre and 2.5 years SCU. She has been a member of Family Council for about 2 years, a family group representative for SCU dementia care initiative, and a volunteer gardening of bulbs and annuals in SCU garden. Thank you for taking on this role and playing an even greater part of the team!

We take this opportunity to express the deepest appreciation for our outgoing secretary. Helen has been an amazing team player. Always available for more than minutes taking. Helen's excellent editorial skills were often a life saver when important communication needed to be sent out in a timely manner. Helen was also the grounding force for Nancy and Charlotte, co-chairs, always a calm voice of reason and diplomacy. Family Council is fortunate to still have Helen's presence at our meetings.

**DRAGON
BOAT
RACING**



Louis Brier's Dragon Boat Racing Team, the *Brier Fire*, will be competing in this year's Concord Pacific Dragon Boat Festival in June

Louis Brier's dragon boat racing team, *Brier Fire*, practices are now in session. Stay tuned for the team's progress right up until they compete in the races.

GO TEAM BRIER FIRE!



Thinking Yourself Younger

People who feel younger than their age are more likely to score higher in memory tests, consider their health to be better and suffer fewer symptoms of depression. People perceive aging differently. How one perceives oneself is a predictor of later-life health. A study published in June 2018 in “Frontiers in Aging Neuroscience” found that the “subjective experience of aging...is an important marker of late-life neurocognitive health.”



Cognitive impairment as we age is unavoidable. However, the findings of this study show that feeling older than one’s age may cause the brain structures to age more quickly while feeling younger leads to better preserved and healthier brain structure.

The study establishes that when age related cognitive decline is overestimated, an older adult may perceive themselves as older than their real age. Those who feel older than their actual age show a “tendency to have poorer cognitive function and exhibit greater depressive symptoms, feeling younger was especially associated with younger structural characteristics of the brain.”

Those people who strive to think themselves younger will also lead a lifestyle that is physically and mentally more active. This lifestyle is more stimulating and leads to a healthier brain.

I have personally made a habit of observing the way older people relate to the world. Some people just seem to attract other people to them simply by their personal ‘joie de vivre’. While others struggle more with relationships.

I admire those who can look at life and laugh when times are good and when things do not work out as planned. I believe that we can all benefit by observing those who seem to age with joy. There is no formula for living longer but there is a formula for living better. We all get older and we have a choice in how we age. We can all learn from those who know the secret of being older and being happy with who they are and their position in the life cycle.

There is an old Jewish saying, “when men make plans G-D laughs”. If we understand that G-d laughs then we could become more G-dly if we learn to laugh along with G-D. Aging is a part of life and it is our duty to do the best we can with every stage of this wonderful life that we’ve been given.



Mel Moss

Board member of the Louis Brier Foundation

For further information or to make a donation call 604.261.5550, email foundation@louisbrier.com or visit www.thelouisbrierfoundation.com

GENTLE PERSUASION IN ACTION

Mom and I were sitting in the SCU garden and Jason noticed we were there and brought the snack and tea cart. Then, on their own initiative, decided to set up tables and chairs and invite the other residents. Eleven residents enjoyed their tea and coffee in the sun. It was a lovely and calm event and made us all feel special!

Lisa Ford



HAPPY BIRTHDAY

MAY BABIES



Denia Aguirre
 Maryam Balisi
 Cherry-May B. Baul
 Dianne Canda
 Mercedes Carretero
 Kristine Cedeno
 Elisa Garcia
 Michelle Juada
 Andrea Manns
 Yukari Mera
 Pardeep Minhas

Rosa Mucha
 Ema Mundagbaatar
 Maria Rodriguez
 Nicole Encarnacion
 Esperanza Capati
 Satvir Jassal
 Amrat Pal Kaur
 Bernadette Malinay
 Manjit Malli
 Vilma Vargas
 Francis David

Shirley Harrison
 Gurpreet Jaswal
 Ruby Lynn Linag
 Monette Baltazar
 Divina Buenaventura
 Joanne J. Jeong
 Sharon Prasad
 Katrina Cerrado
 Shivanjali Reddy
 Magdalena Rosario
 May Yacyac



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 BOTTLES**
 \$9.50 each

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)



Navjot Chhina Food Services Worker

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



LOUIS BRIER JEWISH AGED
FOUNDATION



Demonstrate your commitment to supporting seniors by donating.

Please contact the Louis Brier Jewish Aged Foundation

Phone: 604-261-5550 Email: foundation@louisbrier.com Web: thelouisbrierfoundation.com