



Snider Schmooze

THE FESTIVAL OF SUKKOT



Begins on Wednesday, October 4 (Erev) and ends on Friday, October 13, 2017

A Little History: The festival of Sukkot is agricultural in origin which is evident from the biblical name “The Feast of Ingathering” or “Festival of Booths.” The Sukkah is a booth where most eating, drinking (and for some folks) sleeping is done during Sukkot. The beautiful Sukkah at the Louis Brier is located in the Shalom Garden and will be ready and welcoming visitors during the first week of October.

Laws and Customs: Sukkot is a seven day holiday, with the first day celebrated as a full festival with special prayer services and holiday meals. The remaining days are known as Chol Hamoed “festival weekdays”. The seventh day of Sukkot is called Hoshana Rabbah “Great Hoshana”. Throughout the week of Sukkot, meals are eaten in the Sukkah and some Orthodox Jewish families often sleep there (although the requirement is waived in case of rain.) Every day, a blessing is recited over the Lulav and the Etrog. The ‘lulav’ is made from a ripe, green closed frond from a date palm tree, boughs with leaves from the myrtle tree and branches with leaves from the willow tree and is held together by a woven ‘basket’.

Building a Sukkah: The Sukkah walls can be constructed of any material (wood, canvas, aluminum siding, sheets). The walls can be free-standing or include the sides of a building or porch. The roof must be of organic material, known as skhakh (a very tough word to pronounce!) such as leafy tree overgrowth or palm fronds. It is customary to decorate the interior of the Sukkah with hanging decorations of the Seven Species. The Seven Species are the typical foods that the Jewish people ate while in the desert. They are: Wheat, barley grapes, figs, pomegranates, dates and olives and are hanging in our Sukkah.

Chol HaMoed: The second through seventh days of Sukkot are called Chol Hamoed “festival weekdays”. These days are considered by Jewish Law to be more than regular weekdays but less than festival days. All regular programs and activities take place at the Louis Brier and Weinberg during Chol Hamoed.

Hoshana Rabbah: The seventh day of Sukkot is known as Hoshana Rabbah, meaning the “Great Supplication” “Great Hoshanah” or the “last of the days of judgement” which began on Rosh Hashanah.

Shemini Atzeret and Simchat Torah: The holiday immediately following Sukkot is known as Shemini Atzeret the “Eighth Day of Assembly” and is viewed as a separate holiday. For Jews living outside of Israel, a second additional holiday, Simchat Torah “Joy of the Torah or Dancing with the Torah” is celebrated. During Sukkot (and before the rain comes) we hope that you can take a few minutes out of your day and come to the Shalom Garden and sit down and take in the sites and scents of the Sukkah.

Gud Yontef!

RITUAL COMMITTEE

As we celebrate the new Jewish Year and spend time together as one family and community, I find this world to be providing us with new and fresh challenges to the size and might of Hurricane's and forest fires. One of my most comforting constants is spending Shabbat evening or morning singing and praying in the Louis Brier Wosk Synagogue. The steady sounds of the amazing prayers that remind me how we continue to survive and grow, plus the inspiring congregation combined with stories of some many lives provides true blessings. Come join us for Kabbalos Shabbat, Shabbat morning or weekday Mincha. Sponsor a Shabbat Kiddush in honour of someone you love or honour a member of your family.

Sydney Joel Goldberg
Ritual Committee Chair

MESSAGE FROM THE RABBI



Over the last year, I have been thinking a lot about our mandate to provide Resident and Family Centered Care (RFCC), which at its essence means providing residents and their families with what they want as unique individuals. In my seminar for staff, I framed it as the ultimate fulfillment of the Biblical dictum to "Love your neighbour as yourself." This is a huge challenge for a large facility like Louis Brier. How can we possibly provide care which is uniquely what each and every resident and family member wants? Its not an easy question to answer, but one which we work hard to answer every day.

The Jewish High Holidays provide a great opportunity to practice RFCC. As October begins, we have constructed our Sukka, the outdoor booth which is an observance of the holiday of Sukkot. Our residents have varied experiences with the sukka. For some it recalls a special part of their childhood, for others something they saw at the synagogue. For others, and especially for our non-Jewish residents, it may be a new learning experience, and one which they may or may not choose to partake of. It all adds up to one of the ways in which we can vary our residents' experiences to fit their needs. The staff at the Snider Campus will continue to take the message of RFCC to heart and work with our residents and families to create the best experience for all. - **Rabbi Hillel Brody**

SPEND SOME TIME IN SUKKAH THIS MONTH

October has arrived, and with it brings the joyous holiday of Sukkot! The Festival of Sukkot begins on the 15th day of Tishri and is the fifth day after Yom Kippur. It is a drastic transition from one of the most solemn holidays in the Jewish calendar (Yom Kippur) to one of the most joyous. Sukkot has a dual significance: historical and agricultural. Historically, Sukkot commemorates the forty-year period during which the children of Israel were wandering in the desert, living in temporary shelters. Agriculturally, Sukkot is a harvest festival and is sometimes referred to as Chag Ha-Asif, the Festival of Ingathering. The word "Sukkot" means "booths," and refers to the temporary dwellings that we are commanded to live in during this holiday in memory of the period of wandering. The Hebrew pronunciation of Sukkot is "Sue COAT," but is often pronounced 'Sukkus' as in Yiddish, to rhyme with "BOOK us." In honor of the holiday's historical significance, we are commanded to dwell in temporary shelters, as our ancestors did in the wilderness. The temporary shelter is referred to as a sukkah (which is the singular form of the plural word "sukkot"). Here at Louis Brier, we construct a sukkah every year in the Shalom Garden – and we encourage you to spend some time in there (provided it isn't too cold and rainy!). Grab a cup of coffee, a friend or family member, and give thanks for the fall harvest! - **Charlotte Spafford**, Program Coordinator

'TIS THE SEASON TO BE READY

As we begin to say goodbye to summer and welcome the cooler breeze of fall, we should also be aware that the influenza season is just around the corner. To help us be ready for the flu season, here is some information regarding influenza:

KEY POINTS:

- Influenza kills
- More people die from influenza than any other vaccine-preventable illness
- Get immunized
- It is the best way to protect yourself, your residents and your loved ones from getting the flu
- Wash your hands
- Follow proper hand washing technique using soap and water or using the alcohol-based hand rub

HOW IS THE VIRUS TRANSMITTED?

- Droplet
- Person sneezes or coughs unto you
- Contact
- Physical contact with hands
- Contact with infected surfaces
- Infected individuals are highly contagious and can transmit influenza for 24 hours before they show symptoms

WHO ARE AT RISK?

- Seniors are at greatest risk
- Children
- Pregnant women
- Individuals with specific chronic medical conditions
- Health-care workers

WHAT ARE THE SYMPTOMS?

- Fever
- Sore throat
- Extreme fatigue
- Runny nose
- Cough
- Muscle ache
- Headache

WHAT ARE THE COMPLICATIONS?

- Viral Pneumonia
- Pneumococcal Pneumonia
- Dehydration
- Worsening of chronic medical conditions

WHAT IS AN INFLUENZA-LIKE ILLNESS (ILI) OUTBREAK?

- When there are two or more cases of ILI in residents and/or staff within a 7-day period, with at least one case identified as a resident
- The Medical Health Officer (MHO) from the Vancouver Coastal Health Authority declares the Outbreak
- Restrictions are implemented in the facility until the outbreak is declared over by the MHO
- Outbreak notification signs will be posted on door entrance of the facility and the unit

HOW CAN INFLUENZA BE PREVENTED?

- 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 stay physically active to keep your immune system strong

Being proactive is still the best way for us to prevent the development and spread of infection. Keep yourself healthy so you can enjoy the enchanting beauty of the red, gold and orange leaves of fall.

Lunadel Daclan, Infection Control Practitioner

Reference: <http://www.vch.ca/Documents/Annual-Residential-Care-Update-Influenza-2015-2016.pdf>

ALZHEIMER'S DISEASE (AD) AWARENESS

Alzheimer's disease is an irreversible medical condition that destroys brain cells, causing thinking ability and memory to deteriorate. It is not a normal part of aging.

What is the difference between Alzheimer's disease and Dementia?

Dementia is not a specific disease. It is an overall term for a set of symptoms (e.g. memory loss, difficulty thinking, etc.) that are caused by disorders affecting the brain like Alzheimer's disease (AD).

Take the AD Quiz

1. Are you forgetting things more often or struggling to retain new information?
2. Are you experiencing difficulty performing familiar tasks, such as preparing a meal or getting dressed?
3. Are you having difficulty speaking such as forgetting words or substituting words that don't fit the context?
4. Are you sometimes having difficulty knowing what day of the week it is or do you get lost in a familiar place?
5. Are you having difficulty making simple decisions, for example, wearing light clothing on a cold day?
6. Are you having problems keeping track of things like paying your bills on time?
7. Are you misplacing things or putting things in strange places, like an iron in the freezer or a wristwatch in the sugar bowl?
8. Are you experiencing severe mood swings from being easy-going to quick-tempered?
9. Do you sometimes behave out of character or your usual self?
10. Are you losing interest in friends, family and favorite activities?

If you are experiencing any of these symptoms or are concerned about a friend or relative, visit your doctor and discuss your concerns.

Visit Alzheimer Society of Canada for more information: <http://www.alzheimer.ca/>

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

	8					2		
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CAREER FAIR

We recently participated in **Health Careers Interaction**, a national job fair focused on healthcare recruitment which took place on Friday, Sept 22nd at the Sheraton Wall Center in Vancouver.

The job fair is catered to RNs, LPNs, PTs & OTs, Techs, Pharmacists, Physicians and Grads with the focus of providing them with the opportunity to meet face to face with health care recruiters.

We had a great turnout and the interest for Louis Brier and Weinberg was amazing!

(left to right) Sonia, Willa, Vlad and Nicole.



THE VANDUSEN BOTANICAL GARDENS

The Louis Brier and Weinberg Residence annually purchases 10 admission passes; 5 for both residences. The admission pass allows for one LB or WR resident and one guest to enjoy the botanical gardens.

Residents and their guest who are interested in borrowing a pass can sign out for the pass at either of the Reception desks. For security, we request a refundable \$20 plus a copy of your Drivers License. While we have this system in place to track the passes, we are missing TWO of the admission passes from the Louis Brier Reception desk. If you have historically used one of the VanDusen Admission passes, we respectfully request that you check your coat pocket or purse in the event that there might be one of the missing passes tucked in there by mistake. We will happily accept the pass back – with no questions asked!

There are many wheelchair accessible routes in the garden, and Cart Tours for those with limited walking ability, are offered daily. Advance booking is suggested. Call **604.257.8666** for more information and to book a tour. The Gardens are located at West 37th and Osler, just down the block from the Snider Campus.

Please visit the Gardens and Enjoy!



ADMISSION PASS

ART & TRIVIA MIXER

Here is a poem that was communally composed by residents and program facilitators, at a recent 'Art & Trivia Mixer' on August 2, themed around 'forests':

*"Surprised"
Threatening, yet
Inviting,
I walk into the forest.
Smelling the
pine,
fresh,
like the grass.
I hear
birds,
rustling.
I find myself
embracing the
bitter and
strange woods.
soothing
something mysterious
(some places).*

Submitted by
Ginger Lerner, Rec Therapist

DONATIONS

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

thelouisbrierfoundation.com

KESHER COMMITTEE – TO OUR RESIDENTS AT LBHH

A wonderful, healthy, joyous and happy Shana Tova to all our residents at LBHH. May 5778 be a brighter, hilariously happier and pain-free year for all of you! And may you always have something to smile about.

Your Family Council,

Seemah Berson, Chair, The Kesher Committee

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Lisa Ford, Special Care

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LOUIS BRIER RESIDENT BOB DAWSON



This photo of Louis Brier resident Bob Dawson was taken during a special program celebrating Bob's personal achievements on August 23 and again in September.

Bob is watching a clip from 'River of No Return', a Marilyn Monroe movie in which Bob appears as a stunt man, daringly riding a horse down a cliff face. Bob also competed in skiing during the '48 Olympics.

This program, initiated by Recreation Therapist Ginger Lerner are part of a series entitled 'In Conversation with...' and 'Brilliance in our Midst.' These programs highlight the lifetime achievements or individual stories of residents and celebrates the wide range of brilliance that is indeed in our midst at the Louis Brier.

Interested in showcasing your story?

Please contact **Ginger** at extension 4735
or glerner@louisbrier.com