



THE HIGH HOLY DAYS: ROSH HASHANAH, YOM KIPPUR & SUKKOT



Rosh Hashanah – September 20 (Erev), 21 & 22

The festival of Rosh Hashanah – the name means “Head of the Year” or New Year – is observed for two days. It is a time of introspection, prayer, gathering with friends and family for festive meals, and traditional customs that are celebrated by Jews around the world. The central observance of Rosh Hashanah is the sounding of the Shofar, the ram’s horn, which represents the trumpet blast of a people’s coronation of their king. The cry of the shofar is also a call to repentance; for Rosh Hashanah is also a time when Jews consider one’s deeds of the past year and resolve to do improve oneself in the coming year. Altogether, the shofar is sounded 100 times in the course of the Rosh Hashanah service.

Additional Rosh Hashanah observances include:

- a) Eating a piece of apple dipped in honey to symbolize our desire for a sweet year, and other special foods symbolic of the New Year’s blessings.
- b) Blessing one another with the words “Shana Tovah” (a good year) or “LeShanah Tovah tikateivu veteichateimu,” (May you be inscribed and sealed in the Book of Life for a good year.)
- c) Tashlich, a special prayer said near a body of water (an ocean, river, pond, etc.) in evocation of the verse, “And You shall cast their sins into the depths of the sea.” And as with every major Jewish holiday after candlelighting and prayers we recite Kiddush and make a blessing on the Challah.
- d) Eating special foods such as round challot (bread) to symbolize the continuity of life, sweet foods cooked in honey to start the year off on a sweet note, and eating pomegranates, which are thought to be the fruit of the Tree of Knowledge.

Yom Kippur: The Day of Atonemen – September 29 (Erev) & 30

Yom Kippur, (Yawm Kipper) the Day of Atonement is considered to be the holiest day in the Jewish year. The night before (Erev) Yom Kippur is Kol Nidre (Coal Nee-dray) which is when many Jews attend services in the Synagogue. This year, Yom Kippur begins on Friday, September 29 at sundown and ends on Saturday, September 30 at 7:40 PM. During Yom Kippur there are services held in the Synagogue throughout the day and residents may wish to attend some or all of them.

Yom Kippur is “the tenth day of the seventh month and is regarded as the “Sabbath of Sabbaths”. On this day forgiveness of sins is also asked of God. Yom Kippur completes the annual period known in Judaism as the High Holy Days or Yamim Nora'im (“Days of Awe”) that commences with Rosh Hashanah. According to Jewish tradition, God inscribes each person’s fate for the coming year into a book, the Book of Life, on Rosh Hashanah, and waits until Yom Kippur to “seal” the verdict. During the Days of Awe, a Jew tries to amend his or her behavior and seek forgiveness for wrongs done against God (bein adam leMakom) and against other human beings (bein adam lechavero).

Sukkot: The Festival of the Harvests – October 4 (Erev) to 13

A Little History: The festival of Sukkot (Sue-cot) is agricultural in origin which is evident from the biblical name “The Feast of Ingathering” or “Festival of Booths” or the “Festival of the Harvests.” The Sukkah (Sue-kah) 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 open and ready to welcome visitors on Tuesday, October 3.

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 (Whole -Ham-oh-ed) or “festival weekdays”. The seventh day of Sukkot is called Hoshana Rabbah (Hoe-shanah-rabbah) or “Great Hoshana.” The ninth and tenth days, Shemini Atzeret (Shemeenie At-zere-eht) and Simchat Torah (Sim-cass Tor-eh) are separate, yet connected holy days devoted to the spiritual aspects of the festival of Sukkot and are therefore included in the holiday.

Throughout the week of Sukkot, meals are eaten in the Sukkah and some Jewish families often sleep there (although the requirement is waived in case of rain.) Many recreation and leisure programs are also held in the Sukkah with residents enjoying the ambience and the connection to the holiday and their heritage. Every day, a blessing is recited over the Lulav (Loo-lahv) and the Etrog (Ay-trog). 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’.



Inside the LB Sukkah



Lulav and Etrog



Woven Basket

Regardless of observancy, the High Holidays play an important role for Jewish people. At the Louis Brier, we offer a wide range of holiday programming that supports culture, heritage and reminiscence for everyone who celebrates the holidays.

FOOD TRADITIONS FOR ROSH HASHANAH

The simple act of eating a meal may, at times, seem mundane. Yet, in the Jewish tradition (as in many other traditions), food is an integral part of our religious and cultural practices, and is laden with rich symbolism. Most - if not all - Jewish holidays have some type of ritual around what we eat and how we eat – practices which have deep cultural meaning and ties to our ancestral history. Rosh Hashanah is a perfect example of how food is intricately linked to our holidays. This year, it starts on Wednesday, September 20th until Friday September 22nd. Some of the special foods we eat for Rosh Hashanah include apples and honey, round challah, and pomegranates.

Apples & Honey: Honey represented good living and wealth. The Land of Israel is often called the land of “milk and honey” in the Bible. On the first night of Rosh Hashanah, a blessing is said over challah dipped into honey. Then we dip apple slices into honey and say a prayer asking G-d for a sweet year.

Round Challah: After apples and honey, round loaves of challah are the most recognizable food symbol of Rosh Hashanah. Challah is a kind of braided egg bread that is traditionally served by Jews on Shabbat. During Rosh HaShanah, however, the loaves are shaped into spirals or rounds symbolizing the continuity of Creation. Sometimes raisins or honey are added to the recipe in order to make the resulting loaves extra sweet.

Pomegranates: On the second night of Rosh Hashanah, we eat a “new fruit” — meaning, a fruit that has recently come into season but that we have not yet had the opportunity to eat. A pomegranate is often used as this new fruit. In the Bible, the Land of Israel is praised for its pomegranates. It is also said that this fruit contains 613 seeds just as there are 613 mitzvot (divine commandments). Another reason given for blessing and eating pomegranate on Rosh Hashanah is that we wish that our good deeds in the ensuing year will be as plentiful as the seeds of the pomegranate. – **Charlotte Spafford**, Program Coordinator

ENHANCING VISITING HOURS

Sometimes visiting can be difficult. It's hard to come up with conversation topics and harder still to keep that conversation going. Quite often, conversations can become cyclical and difficult to direct. Instead of trying to make small talk, try one of these 10 proven tasks, and maybe the conversation will sort itself out.

- 1. Read the paper:** There are often free Metro and 24 newspapers at the reception desk. Pick one up and read an interesting article. Reading the daily horoscope is always good for entertainment.
- 2. Bring children on your visit:** Bring some toys and let them play. Often just watching children play is enough entertainment to fill a visit.
- 3. Listen to music together:** YouTube is a great resource here. Look up an old favourite and sing along together. There are also versions with karaoke style lyrics in case you don't know the words.
- 4. Wipe the tables:** No, we aren't trying to get you to take over housekeeping duties, but the act of wiping a table can be very meaningful for someone who took pride in a clean house.
- 5. Have a spelling bee:** Grab a book out of the library and find interesting words to spell. This is great for former Scrabble champs.
- 6. Weed the garden beds or harvest the vegetables:** Fall is the perfect season for this. Feel free to go out to the Shalom Gardens and harvest a few tomatoes.
- 7. Bring in pets:** Just like children, watching a pet frolic is entertainment in itself.
- 8. Sort objects together:** Empty the coins out of your wallet and sort them by size, by denomination, by color. Do you have a “button box”? This can be hours worth of different sortable groups.
- 9. Take a walk or a ride:** If you are able to get into a car, drive around Stanley Park. Take the drive-thru the at McDonalds for ice cream. If cars are difficult, walk to Oakridge or VanDusen Botanical Gardens.
- 10. Sort socks:** Pair them, fold them, mix them up and make your own fun groupings.

– **Melissa Rempel**, Recreation Therapist

POEM: ART & TRIVIA MIXER

The participants of the new program, 'Art and Trivia Mixer' communally composed a poem during the August 2nd group. The theme was sunshine and light and residents worked collaboratively to create the following poem:

*Happiness
Sparkles through the
Prism, creating a
Restful
Warmth – over the
Spectrum of our emotions.*

Residents are invited to join this 2nd floor program to complete a crossword, engage in a little trivia, and learn about themed art & poetry offerings: 2-3 times a month (please check the calendar and dailies). Drop-ins welcome, stay as long as you like!

*Wednesday Afternoons
2:15-3:45pm*

Ginger Lerner, Rec Therapist

VOLUNTEER APPRECIATION

We are currently planning our next Volunteer Appreciation Event: an opportunity to acknowledge all the fabulous volunteers and the many ways they enrich daily life at the Snider Campus.

All residents are invited to join us for a lively concert with Pancho + Sal, door prizes, and a chance to meet the volunteers. Your presence will make this a very special evening.

*Tuesday, October 24 at 7pm
Homeside Lounge*

ART AND TRIVIA PROGRAM

Over the past few months, Ginger (our lovely Recreation Therapist) and I have launched a new collaborative program – Art and Trivia Mixer! This program is a fun introduction to art history and poetry analysis, with a bit of trivia thrown in for good measure. We explore poets such as Robert Frost, Margaret Atwood, and Emily Dickinson; and artists such as Pablo Picasso, Emily Carr, and Claude Monet – and aim to ignite lively discussions about their work, their lives, and their unique perspectives on the world.

Each week, we choose a different theme, and explore different artists, or a poem that you'd like to discuss, please get in touch with one of us and let us know. We would be happy to receive your request!

Art and Trivia Mixer runs twice a month – on Wednesdays at 2:15pm, upstairs in the Bistro. Check the latest calendar to see when it will be happening this month.

Charlotte Spafford, Program Coordinator



WE ARE PLEASED TO ANNOUNCE OUR NEWEST PARTNERSHIP

**The Auxiliary to the Louis Brier Home and Hospital
will be joining the Louis Brier Jewish Aged Foundation
for all future Fundraising Events.**

Although the Auxiliary will no longer host the Fall and Spring Tea, this exciting collaborative partnership will continue the stride towards enhancing the comfort and environment of the Residents at Louis Brier.

THANK YOU

to all Auxiliary volunteers for your years of dedicated service and support to the Louis Brier!



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MESSAGE FROM THE CEO



A respectful and bullying free workplace is a priority for the Louis Brier.

We understand that bullying not only has serious impact on the victim but also for their family members, their colleagues, and the organization. For this reason, we are committed to creating a healthy and safe workplace for all of our employees.

As part of this commitment, Louis Brier has a 'Respectful Workplace' policy that provides staff with guidance on how to address bullying. Louis Brier employees also receive 'Respectful Workplace' training where they learn proactive approaches to building respectful work environments.

If you would like more information about our Respectful Workplace process, please contact our Director of Human Resources, **Diane Pearce** dpearce@louisbrier.com

We all have a responsibility to stop bullying and create a respectful workplace. If you are the victim of bullying in the workplace or know someone who is, I urge you to seek out support. There will be no recriminations for anyone who in good faith alleges bullying.

Sincerely,
Dr. David Keselman, CEO



ACCREDITATION
CANADA

FAIR NOT SQUARE: Vancouver LTC Brings Fairground Feel To Its Pre-Accreditation Engagement

Aiming to get staff, residents, family members and the public excited about its accreditation process, Louis Brier Home & Hospital in Vancouver, B.C., held an accreditation fair complete with games and fairground treats.

Engaging Staff and the Community

Angela Millar, Director of Quality and Risk Management, Accreditation and Resident Experience at Louis Brier, says that the fair – held this May – marked the one year countdown to Louis Brier's accreditation survey in 2018.

Millar notes that to get staff and the broader community involved in the accreditation process, Louis Brier held an event with a fairground theme, inviting staff, residents, their families and the public to enjoy hot dogs, cotton candy and games, and learn about accreditation as they went.

Millar says people were invited to visit various stations to learn about the different standards that Louis Brier will be assessed against. "We also had a station for Resident- and Family-Centred Care and a bigger station, focused on explaining what accreditation is," Millar said.

She adds: "It was to get everyone involved. We wanted family members in the community to be aware as we want to encourage them to be a part of our committees and to help us work on different initiatives to meet the standards," she says. Millar says that Louis Brier also has an Accreditation Steering Committee made up of residents, family members and staff.

Millar notes the Home & Hospital has already seen benefits from the early stages of its accreditation process.

"I was surprised by the amount of employee engagement we've seen and the amount of enthusiasm we've seen from residents and their families," she says. "They are engaged in what we're doing and want to improve the quality of care that we're providing."

Full Article: www.accreditation.ca

RESIDENT EXPERTS

Bob Dawson – In late August the ‘Resident Expert’ program will feature Bob Dawson. Bob will undoubtedly regale us in his signature style (humble and captivating!) as he shares with us stories from his life. Bob has had a number of incredible experiences, including participation in Olympic Skiing and serving with the Calgary Highlanders during the war.

During this ‘Resident Expert’ session we will be showing clips from one of the many movies in which Bob featured as a stunt man. The movie we will be viewing is ‘River Of No Return’ starring Marilyn Monroe!

We are thrilled to have the opportunity for casual conversation and sharing with Bob. Bob will be joined by his daughter and granddaughter (who is a local artist) and will share a portrait of Bob that she created. We look forward to reporting back to you next month as a follow up to the session.

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

The Family Council wishes to announce the formation of the Kesher Committee. Kesher in Hebrew means “connections” and we hope to be available to connect with you and help you connect with the Louis Brier family in its many, many ways.

For your information, the Family Council is an independent group of family members who have come together to work with the Louis Brier professional staff to ensure our loved ones are receiving the best possible care.

The purpose of The Kesher Committee is to welcome you, our new resident, and your family. Leaving one’s home and moving to a care facility can be overwhelming and daunting. We hope in time this feeling of newness and being at sea will lessen and you will become a Louis Brier family member.

The Kesher Committee members can help answer questions and/or direct new residents to Staff who can be of assistance. We are also available should a newcomer simply need to talk, perhaps seeking reassurance in some way - we have all gone through this initiation of leaving our comfort zones and familiar surroundings - and perhaps need someone to just simply talk to. We want to say to you: we are here and will do our best to guide you through unfamiliar waters.

Please feel free to contact any one of the following:

Seemah Berson, Chair, The Kesher Committee
scberson@telus.net

Tamara Guner
tamara.guner@gmail.com

Lisa Ford, Special Care
lisabetaford@yahoo.ca

HUMAN RESOURCES

We are actively recruiting for casual staff for the following positions: RN, LPN, Care Aide, Housekeeping, Food Services. We have registered to attend a Health Career Job Fair at the Sheraton Vancouver Wall Centre on Friday, September 22, 2017. The expected attendance is approximately 500. See you there!

Sonia Cinti, Human Resources Manager
scinti@louisbrier.com