



SEPTEMBER 2019

Snider Schmooze

A MESSAGE FROM DR. DAVID KESELMAN, CEO

Hello and thank you for taking the time to read the Snider Schmooze newsletter.

The September edition of the newsletter is about celebrating new opportunities and renewal. This year, September will celebrate the Jewish New Year – **Rosh Hashanah** (September 29th). Depending on the origin, celebrating Rosh Hashanah may take on a range of activities and festivities and of course, as with many Jewish traditions, a range of food and dishes. However regardless of the Jewish origin, it is customary to eat an apple dipped in honey to symbolize and hope for the year to come to be filled with sweetness, health, and success.

Inspired by new beginnings, it seems we have been having many new initiatives and will continue to assess, implement and evaluate new practices and approaches all aimed at enhancing the quality of care and services we deliver to our residents while supporting their families, significant others and our staff.

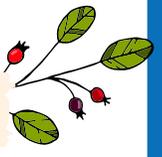


You may have heard the leadership Team talk about LBHH becoming a centre of excellence for elder care; it is a very important goal for many reasons. Mostly, because it will grant the organization the opportunity to highlight and share some of the great work that is currently done here, as well as learn from others, new and innovative ways to enhance the care delivery and engage in evidence informed practice. To that end, over the last year, we have been very successful in striking a very active and collaborative relationship with the University of British Columbia (UBC), school of Nursing, and school of Medicine. This resulted in having RN students do placements at LBHH, as well as year one and two Family Practice medical students rotate through LBHH to do clinical hours and assessments, of course, we continue to see a range of other students, such as social work, Rehab, recreation and Music therapy, as well as Care Aids, and LPN students.

We continue to work on being innovative and creative in how we deliver care to our resident, while supporting their families and our staff. Through the advocacy work of the leadership team, the office of the senior advocate, other stakeholders (such as VCH), and the acknowledgement of the increasing needs of our residents, we have had confirmation that LBHH will be receiving additional resources as part of the next round of HPRD lift, to reach the health authority average of 3.36 per resident per day. This is amazing news for LBHH, mainly as this means that this round of HPRD lift will allow us to increase much needed resources to our allied health teams, such as social work, Recreation, Rehab, and dietitian. Stay tuned for more news on this. I want to wish you all Shana Tova and may the New Year bring you health, happiness, and success.



Thank you,
Dr. David Keselman, CEO

 Shana Tova 

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

Spiritual Care Corner



with Chaplain
Hazzan Rob Menes

I am honored to be your chaplain and greet the High Holy Days, Rosh Hashanah and Yom Kippur, with you. This year, I hope to support and guide you in this time of the most intense spiritual reflection. There is much joy in welcoming in the New Year, but, for some, there is also sadness and pain. We may struggle with why we are here and how we are meant to live. Spirituality is being in this struggle.

The month of Elul and the Days of Awe are exhausting because we are constantly challenged to be part of the struggle. We are challenged to make sense of what we do and why we do it. We are challenged to take our texts and reconcile the paradoxes and ambiguities with our experience on Earth. We welcome the New Year, but we also examine our actions and atone for our sins.

Israel was born out of struggle. Jacob wrestled with an angel and came away both injured and blessed. When we truly engage in the questions of our existence, we cannot escape unscathed. But that is our path to enlightenment and that is our task in this season. Don't avoid the struggle, and I will be here with you. Question the text and question your life so that you may emerge from this season in joy, clearer, stronger and, in short, blessed.

L'shanah tova tikateivu!

Hazzan Rob Menes, Chaplain



THE HIGH HOLIDAYS: ROSH HASHANAH, YOM KIPPUR & SUKKOT

The Jewish High Holidays, also called the High Holy Days, comprise the holidays of **Rosh Hashanah** and **Yom Kippur** and encompass the 10 days from the beginning of **Rosh Hashanah** through the end of **Yom Kippur**. Although technically a separate holiday, **Sukkot** is included in this information as the festival begins shortly after Yom Kippur.

ROSH HASHANAH: The Jewish New Year

September 29 (Erev or 'eve of'), September 30 & October 1

The **High Holidays** begin with **Rosh Hashanah** which translates from Hebrew as "the head of the year." **Rosh Hashanah** is referred to as the **Jewish New Year** and is observed for two days. The holiday begins at nightfall on September 29 and all day September 30 and October 1. Those days are yom tov, or holy days which are observed with the same guidelines and restrictions as Shabbat.

In Jewish tradition, Rosh Hashanah marks the anniversary of the creation of the world as described in the Torah. It is also the day on which G-d inscribes the fate of each person in the "Book of Life." Rosh Hashanah also marks the beginning of a 10-day period on the Jewish calendar that focuses on repentance or *teshuvah*. Jews mark the holiday with festive meals and prayer services and greetings of other *L'shanah tovah tikateiv v'techateim*, which means "May you be inscribed and sealed for a good year." The time between Rosh Hashanah and Yom Kippur focuses intently on repentance, atonement and change. The holiday ends October 1 at 7:38pm.

YOM KIPPUR: The Day of Atonement

October 8 (Erev 'eve of) & October 9

Yom Kippur, often referred to as the "Day of Atonement," is the holiest day in the Jewish year and concludes the period of the High Holidays and 10 "Days of Awe." The focus of the holiday is on repentance and final atonement before the books of life and death are sealed. As part of this Day of Atonement, many adult Jews who are physically able may choose to fast for the entire day and abstain from other forms of pleasure (such as wearing leather, washing, wearing of lotion or perfumes). Many Jews, even many secular Jews, will attend prayer services for much of the day on Yom Kippur.

Yom Kippur begins at nightfall on October 8 and all day October 9, ending at 7:22pm. Those days are yom tov, or holy days which are observed with the same guidelines and restrictions as Shabbat. There are several greetings on Yom Kippur. Because it is a fast day for some, it is appropriate to wish your Jewish friends an "Easy Fast." Likewise, the traditional greeting for Yom Kippur is "*G'mar Chatimah Tovah*" or "May You Be Sealed for a Good Year (in the Book of Life)."

At the end of Yom Kippur, Jews who have atoned consider themselves absolved of their sins from the previous year, thus beginning the New Year with a clean slate in G-d's eyes and a renewed sense of purpose in the year to come.



Blowing of the Shofar

THE HIGH HOLIDAYS: ROSH HASHANAH, YOM KIPPUR & SUKKOT



Inside the LB Sukkah



Lulav and Etrog

SUKKOT: The ‘Feast of the Tabernacles’ ‘Festival of Booths’ or the ‘Feast of the Ingathering’ October 13 (Erev) – October 20

While Sukkot is not part of the High Holidays, it is included in this information as the 7 day holiday begins shortly after Yom Kippur. The Hebrew word **‘Sukkot’** is the plural of *sukkah*, “booth” or “tabernacle.” A *sukkah* is the **name of the temporary dwelling** in which Jews lived during their exodus in the desert, and for farmers, who would live during harvesting, a fact connecting to the agricultural significance of the holiday. It is also intended as a reminiscence of the type of temporary dwelling in which the Israelites lived in during their 40 years of travel in the desert after the Exodus from slavery in Egypt. Throughout the holiday, meals are eaten inside the *sukkah* (and in many people’s homes, they sleep there as well!!)

The first two days of Sukkot are yom tov with the same observance and restrictions as on Shabbat. The intermediate days, beginning at nightfall on October 15 until sundown on October 20, are quasi holidays, known as Chol Hamoed. The final two days, beginning at sundown on October 20 until nightfall on October 22 are a separate holiday and are yom tov; **Shemini Atzeret** and **Simchat Torah**.

During Sukkot, residents and families are encouraged to **visit our beautiful Sukkah** (which will be built in the Shalom Garden on October 10 and ready to receive visitors October 11) and participate in programs or for quite relaxation while enjoying the ambience of the *sukkah*.

At the Louis Brier, the High Holidays are observed with prayer services in the synagogue and with recreation and social programming that is reflective of the holiday traditions.

We hope that you will be able to join us this year during the holidays and we wish you and your family **Shanah Tovah!**

Edy Govorchin

Manager Recreation, Culture, Music Therapy and Volunteers

HUMAN RESOURCES

August Staff Appreciation BBQ

Did you attend the Staff Appreciation BBQ on August 15? Many of you did and we thank everyone that came out and participated! The BBQ was held in appreciation of all of our employees and to recognize their hard work and dedication to LBHH & WR. Thank you for everything that you do!



I would like to personally thank the Staff Recognition and Social Event Committee for organizing the event, the Food Services Department for catering, and everyone that pitched in to help. The event was truly a success.

Monthly Birthday Celebrations

I am pleased to announce that we will be starting organization-wide Monthly Birthday Celebrations in the Upstairs Staff Lounge. We are encouraging a Potluck style gathering and LBHH&WR will provide the cake! This is a great opportunity to get together and recognize each other's birthday on a monthly basis. Join us to celebrate everyone's birthday that falls in September in the Upstairs Staff Lounge!

Coffee with HR

In support of our goal to become an Employer of Choice, the Human Resources Department would like to invite you to join members of their team for Coffee in the upstairs staff lounge on the last Tuesday of every month from 11-12pm. The last couple of events have been a success!!!

The next gathering will take place on September 24 from 11-12pm.

These casual events are intended to share information, answer questions, get feedback, and to make HR personnel more accessible. I hope you can join us. I'm looking forward to getting to know you more.

Core LINX Leadership Program

Many individuals in the organization will be participating in the Core LINX Leadership Program starting in September and going through to April 2020. Each module focuses on leadership topics such as personality styles, managing conflict, developing others, facilitating a healthy environment, teamwork, collaboration and coaching. The Core LINX Leadership Program consists of 12 modules and over 50 hours of facilitated learning directed towards developing the LEADS Capabilities – Leads Self, Engage Others, Achieve Results, Develop Coalitions, and Systems Transformation.

Loren Tisdelle

Director, Human Resources

PRECEPTORSHIP PROGRAM – TESTIMONIAL

I have had the privilege of transitioning from being a nursing student to a new grad nurse at Louis Brier Home and Hospital.

I remember on my very first day here as a preceptee student at Home Center, I was greeted by a vast number of friendly smiles and was supported by all the members of the interdisciplinary team throughout the entirety of my preceptorship. I learned so much about dementia care, the importance of teamwork, and Jewish culture and traditions.

What stands out about Louis Brier, to me, is their focus on promoting excellence and comfort to the senior residents to make them feel as if they are at home. Everyone working here are passionate about the work that they do and are consistently respectful towards one another. As a preceptee student, it felt like a safe space to ask questions and think of ways to improve the residents' living environment. The abundance of activities occurring throughout the day and that feeling of community are also qualities of Louis Brier that I love. I am very excited to be working as a new grad nurse here and hope to see future students of all educational backgrounds experience continual learning and growth here at Louis Brier.

Jody Kim



Jody Kim and Manpreet Atwal

FEDERAL ELECTIONS

Federal Elections Are Around the Corner

Voting is an important civil right. For federal, provincial, and municipal elections, Louis Brier Home & Hospital and Weinberg Residence hosts a special polling station for residents. It is important to note that there is no capacity test for voting, so residents who meets the basic voting (over 18 years old; proof of residency; Canadian citizenship) are able to participate in the upcoming election.

Louis Brier Home & Hospital is within the Vancouver Granville federal riding. This election's candidates for this riding are as follows:

Party	Candidate
Liberal	Taleeb Noormohamed
Conservative	Zach Segal
NDP	Yvonne Hanson
Green	Louise Boutin
PPC	Naomi Chocyk
Rhino	John Turner
Independent	Jody Wilson-Raybould

Stay tuned for dates when candidates will come to meet residents and for when our polling station will be set up.

Kristina Zoë
Social Worker

FLU SEASON IS JUST AROUND THE CORNER

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 are 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 (as soon as the publicly funded influenza vaccine becomes available in BC, Louis Brier Home and Hospital conducts flu vaccine clinics for residents, staff, companions and volunteers. This usually happens by late September or early October.)
- 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 and 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, Cough, Sore throat, Muscle ache, Extreme fatigue, Headache, Runny nose

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?

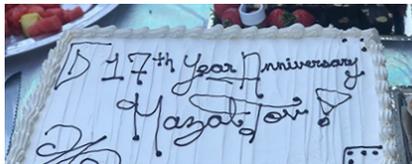
- Get an influenza vaccine
- Wash hands with soap and water whenever you can
- Use an alcohol based hand sanitizer
- Cover mouth and nose with a tissue to cough or sneeze. Cough into the upper sleeve if a tissue is not available
- Stay home when sick. People are most infectious in the first few days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

Lunadel Daclan

Infection Control Practitioner

CELEBRATING WEINBERG'S 17th YEAR ANNIVERSARY



On Wednesday, August 14th, Weinberg residents, their families and friends, along with staff, came together to celebrate Weinberg's 17th year of serving Vancouver's seniors.

The party was truly a hit of the summer season! The festive crowd gathered on Weinberg's beautiful patio and enjoyed an afternoon of camaraderie and musical entertainment by Alec Pearson. Guests indulged in an enticing selection of hors d'oeuvres prepared by Weinberg's Chef Aime Oclida. To top off the afternoon and the special occasion, a celebratory cake was served.

As we embark on our 17th year and prepare to welcome Rosh Hashanah, we look forward to another productive and fulfilling year at the Weinberg Residence. We continue to reflect on our quality of care and services and we are committed to providing the best for our residents. Best wishes for a happy, healthy and prosperous New Year and may we continue to celebrate together. L'Shana Tova!

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)





LOUIS BRIER JEWISH AGED
FOUNDATION

LOUIS BRIER JEWISH AGED FOUNDATION UPDATE

Noshing with Nassa

A few weeks ago, one of our extraordinary volunteers, Nassa Selwyn, came into the Foundation office and asked how she could recognize the staff at the Brier and Weinberg – for their incredible commitment and support for supporting our residents, families and volunteers. At her request, the Brier’s team distributed cookies to each nurses station, program area with a lovely note. A lovely tribute to the care and support team at the Brier! Thank you Nassa!

Dear Executives

I am writing to commend the very competent, professional, caring workers who attend to the residents of the Louis Brier. They not only do their job of tending to the needs of the residents but are very attentive to the volunteers.

This was demonstrated so well a few weeks ago when they came to the aid of myself and my husband, Arnold, during an emergent situation. They were quick to respond to the emergency, taking vital signs, bringing the special lift to help and calling the ambulance. They kept checking on the status until the paramedics arrived.

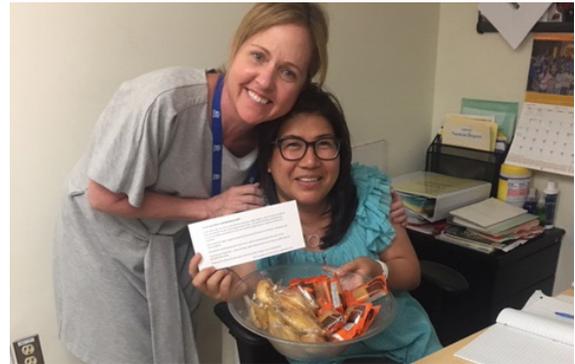
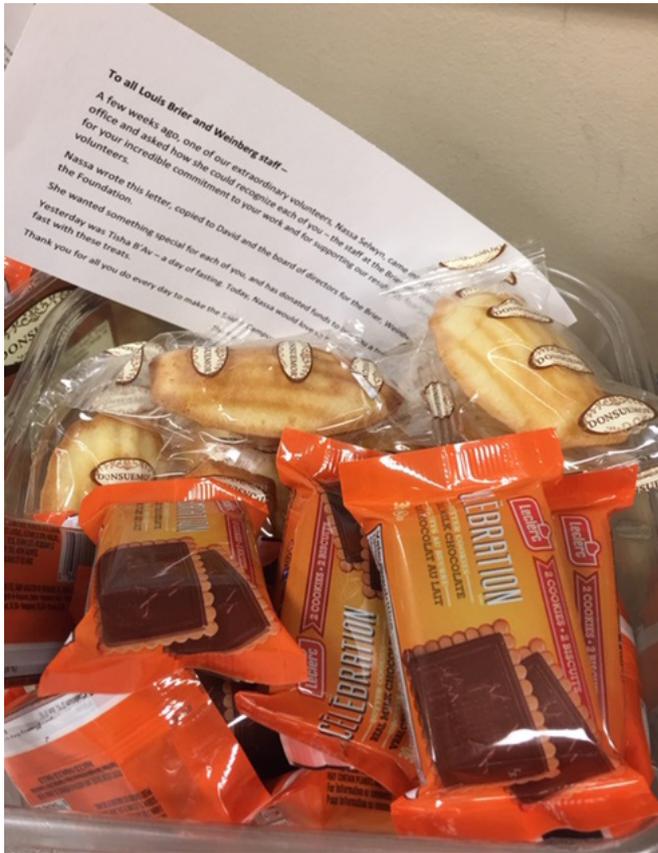
What was also amazing was some of the staff’s recognition that they knew us from past experiences with our family members as they were residents of the MLC unit many years ago.

I know of the competency of the staff dating back over 35 years when other relatives and friends of mine were residents of the Louis Brier, as well as when I was on both your boards.

We wish to congratulate all for a job well done. We are very thankful and grateful that they are so caring and giving of themselves with very positive and cheerful attitudes at all times.

**With sincere thanks, B’ Shalom,
Nassa**

LOUIS BRIER JEWISH AGED FOUNDATION



Recognizing Your Caregiver

The Foundation office has several ways for families to recognize a loved ones caregivers. From sending a card to a caregiver or making a donation in their name, we will work with you to find something meaningful. Stop by the Foundation office!

To make a donation, call **604-261-5550**, email sheila@louisbrier.com or visit our office, around the corner from the Louis Brier reception.



LOUIS BRIER JEWISH AGED
FOUNDATION

Phone: (604) 261-5550

Email: sheila@louisbrier.com

www.thelouisbrierfoundation.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

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



WEINBERG
RESIDENCE

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- Assisted Living & Multi-Level Care
- Caring, professional staff
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- 24/7 nursing coverage
- Diverse, engaging programming & culture
- Delicious, healthy meals by Executive Chef

Your peace of mind is worth it!

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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

VOLUNTEERING

Are you looking for a really interesting volunteer position? We are seeking volunteers to cover breaks on our front reception desk! You have the ability to communicate with sensitivity, and deal with people in a calm and empathetic manner. You are able to work independently and have good interpersonal skills. A minimum 6 month commitment is required but a year (or more) would be absolutely wonderful. Shifts are 8-10am or 1-3pm, 7 days per week. Volunteers may cover just one (or multiple) shifts per week if desired. This position would be an excellent opportunity for someone retired and looking to stay engaged. (training will be provided).

We are also seeking bingo volunteers on Mondays from 3-4pm at Louis Brier! If you are interested in either of these volunteer positions, please contact Julie Cameron at jcameron@louisbrier.com or call 604-267-4736.

Julie Cameron, Volunteer Coordinator



FAMILY COUNCIL

Family Council looks forward to an active Fall, planning engaging meetings, information events and taking part in social activities with staff and other families. If you have suggestions for education or activities, please send us an email. Preview of what we are working on:

Family Council Meeting: Thursday, September 19 at 7pm in the Weinberg Classroom

David Keselman, CEO - presenting the new Strategic Plan and what that means for Families and Resident Centered Care.

Family Council Information Desk: September date TBD

Our monthly out reach in the lobby to build awareness of and participation in Family Council.

Family Council Meeting: Thursday, October 17 at 7pm in the Weinberg Classroom

Rob Menes, Chaplain - discussion on his role and our goals and where they intersect.

Information Event: TBD

Alzheimer's Association - diagnosis, stages, treatment, care and support resources.

Fundraiser / Social Activity: September 29, 9am - 12:30pm

Climb For Alzheimer's - http://joinbc.alzheimer.ca/site/TR?fr_id=1130&pg=entry

Join LBHH Staff, Administration and families. Details and LBHH Team information to be confirmed.

Beautification of Shalom Garden: TBD

Taking "cue" from SCU, Family Council invites all families and friends of residents to volunteer for an hour or so to help keep Shalom garden healthy and alive!



See you around the Louis Brier campus!

Family council

MEDICATIONS TO AVOID OR USE WITH CAUTION



DID YOU KNOW?

People over the age of 65 might be more sensitive to certain medications.

Here are some commonly used over-the-counter (OTC) medications (purchased without prescriptions) that older adults need to avoid or use with caution, and the reasons why.

MEDICATION TO AVOID OR USE CAUTIOUSLY

REASON(S)

1. ANTIHISTAMINES

a. Diphenhydramine, Chlorpheniramine included in:

- Allergy medications (e.g. Benadryl®)
- Cold medications (e.g. Tylenol® Cold, Advil® Cold and Sinus, Buckley's®, Benylin®)
- OTC Sleep products (e.g. Tylenol® NightTime, Advil® PM, Aleve® PM, Sleep.eze®, Nytol®, Unisom®)



DROWSINESS



DRY MOUTH

b. Dimenhydrinate, included in:

- Nausea and Motion Sickness medications (e.g. Gravol®)



INCREASE YOUR RISK OF FALLS



CONSTIPATION AND PROBLEMS URINATING

2. MUSCLE RELAXANTS

- Methocarbamol (e.g. Robaxin®, Robaxacet®, Robax Platinum®)

3. NON-STEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)

a. Pain Killers

- Acetylsalicylic Acid (ASA) (e.g. Aspirin® >325mg/day)
- Ibuprofen (e.g. Advil®/Motrin®)
- Naproxen (e.g. Aleve®)

⬆️ Increase the risk of bleeding stomach ulcers

⬆️ Increase blood pressure

⬇️ Affect your kidney function

⬇️ Make heart failure worse

IF YOU ARE TAKING ANY OF THESE MEDICATIONS...



TALK TO YOUR HEALTHCARE PROVIDER OR PHARMACIST



BE EXTRA-CAUTIOUS WHEN USING OTC MEDICATIONS IF YOU HAVE KIDNEY PROBLEMS



DO NOT STOP TAKING ANY MEDICATIONS WITHOUT FIRST TALKING TO YOUR HEALTHCARE PROVIDER

References: Ten Medications Older Adults Should Avoid Or Use With Caution <https://www.healthinaging.org/tools-and-tips/ten-medications-older-adults-should-avoid-or-use-caution>

A GARDEN CELEBRATION – SCU 2019

I am still feeling joy from the luncheon that was held on Sunday, August 11. It was a wonderful event that came from the loving attention of the SCU team and our Louis Brier partners.

The SCU garden has been revitalized through the generosity, vision, and hard work of many people. The first spring my mother moved into SCU I planted some flowers that I wanted my mother to enjoy. She could no longer go on walks around the neighbourhood, but can still manage a couple of laps around the contained SCU garden. She loves to pick the small purple flowers, so those were the main type that I planted. My mother's companions helped to keep the flowers watered, along with Ginger Lerner from Recreation. As our third spring was nearing I felt my energy waning and sent an email out to a few families and staff asking for help. Sheila Kerns from the Louis Brier Foundation stepped up, finding a donor with great ideas and a desire to help. Nicole Encarnacion championed the plan. A work party was organized, with family members and staff, who came on their day off. The very next day the SCU care aids and nurse held an impromptu lunch service in the garden for the residents. Carol Bucknor ensured the continued attention to upgrading the garden.

SCU care aid Kathleen McIntosh had suggested having a pot-luck event so that all of us in SCU could share a meal. This thought bloomed into an event that celebrated so many of the things our life in SCU involves: the bravery of residents and families as they navigate this part of their life's journey, the loving attention of the care-aids and other support staff, the thoughtfulness of the nursing staff, the expertise of management, and the generosity of the surrounding community.

For the day of the luncheon, recreation manager Edy Govorchin organized the harpist, tables, and chairs. The rain came and the staff was not deterred, setting up and decorating beneath the outside covered area and in the tv room. Families arrived, and more staff, joining in on their day off, bringing delicious pot luck offerings. We sat together, enjoying the company, the music, the food, the garden.

Thank you to everyone who contributed to the success of the party. Thank you to the residents who inspire us to action. We will continue to enjoy the lovely garden and gather more ideas for future initiatives and events.

Lisa Ford



FAMILIES RECOGNIZING EXCEPTIONAL STAFF

Jessica Cole – Care Aide

It is rare when a staff member and in this case a care aide actually asks if they can do anything else for you, that they feel they have not done enough. Jessica always comes on the agreed upon time, responsive/responsible, patient, alert and always eager to help.



But what is most impressive is her level of honesty. Mom has glass containers for her liquids and a few nights ago they disappeared. We asked Jessica if she knew anything about it and without hesitation she said “ I took them away.” She could have like so many people do when faced with the possibility they did something wrong, claim ignorance or denial, but instead she took immediately responsibility. Very refreshing. My sister and I were even more stirred when Jessica added she took them away because she thought they may have been stale.

Hopefully Jessica can be an inspiration to others. Staff behavior is noticed. In most cases you cannot get into too much trouble by doing nothing and we see that much too often among people/staff. Nice to see someone trying to do something beyond their scope, showing they care, and being forthright as well.

Neil Simces #53

Elmer Torio – RN

In the last five years I can vaguely recall if an RN ever responded to the call-bell alert in the washroom when it was triggered, except for Elmer. By last count he has responded 3 times in the last few months and within minutes, which in itself a rare occurrence. Of course RNs and LPNs are always busy and some are at the computer being busy and too busy to get up.

It is easy and somewhat natural for anyone to focus on their own small or large agenda and forget the resident. It is even easier to justify what they are doing is most important, notwithstanding there are always emergencies. But not Elmer, I have watched him, just as I have watched others who roam the hallways, except when he sees he can be of assistance to a resident he runs to help and quickly so he can return to what he was doing. I have even seen him, pick up paper on the floor and sanitize his hands.

He has great soft skills, Soft skills are a combination of people skills, social skills, communication skills, character or personality traits, attitudes, career attributes, social intelligence and emotional intelligence quotients, ...Wikipedia

The good news is that most people do not need a LESSON only a reminder that Better is only better when you put people first and not... To me Elmer is an inspiration and maybe should be an aspiration for others to up their standards and go beyond.

Sincerely, a family member who is there every day.

Neil Simces #53



DRAGON
BOAT
RACING



The Brier Fire competed at the 2019 Steveston Dragon Boat Festival in Richmond on August 24th and placed **2nd overall in the Mixed C Finals!**

**CONGRATULATIONS TEAM
FOR TAKING HOME THE SILVER MEDAL**



WHEELCHAIRS 2019

Many LBHH residents benefit from and need a wheelchair. For some, a basic wheelchair is what is required to meet their seating needs. Other residents need modified or a specialty wheelchair in order to be comfortable and safe.

A basic wheelchair with a basic foam cushion is provided free of charge to anyone who qualifies. This is a mandate from the BC Ministry of Health and we work in conjunction with Vancouver Coastal Health to make sure anyone who needs one, receives one.

Other residents need adjustments made to the basic chair such as a molded backrest or a cushion to help maintain skin integrity. Others need a specialty wheelchair such as a tilt chair in order to sit safely and well. The Occupational Therapist does an assessment of each resident's requirements and makes recommendations for good ergonomic seating.



From there, certain decisions need to be made:

1. A modified or specialty wheelchair can be rented or purchased from a vendor and the Occupational Therapist can help you to navigate this by recommending vendors and making appointments for vendors to come in. The cost for this varies greatly depending on the customization that is done. Rentals begin at \$350/month.
2. A modified or specialty chair may be able to be rented from Louis Brier. We have received donations from the Foundation and from families. As a result, Rehab has a supply of backrests, head rests, cushions and specialty wheelchairs. It is a limited supply and we do our best to find the chair or equipment needed to make the adjustments. We charge a monthly fee for this. The monthly fee will be increasing to \$100/month after September 1, 2019. Anyone renting a chair before September 1 will continue paying the same price that they are currently paying.

The LBHH monthly rental fee includes the modified equipment that is needed, in house maintenance, adjustments as needed and 2x/year basic cleaning.

How do you decide whether to rent a wheelchair from LBHH or buy or rent one from a vendor?

In renting a LBHH wheelchair, Rehab does their best to meet the seating requirements with the equipment that we have in stock. Sometimes this is not optimal and families and residents prefer to purchase, rent to own or rent a fully customized wheelchair. Sometimes we do not have the equipment needed and appropriate equipment has to be found outside LBHH.

Any further questions about wheelchairs, please contact the Rehab Department.

Laurie Moore
Physiotherapist/Leader of Rehabilitation Services



August 15/ 2019



Dear Family Members and Visitors of LBHH & WR Residence,

The Louis Brier Redevelopment Team have connected with the Jewish Federation of Greater Vancouver, to create a Community based **survey on the redevelopment of Louis Brier and Weinberg Residence**. The responses from the survey will help to inform the decisions to be made for the future Louis Brier and Weinberg Residence.

The purpose of the survey is to obtain the feedback primarily from **non-residents** of Louis Brier Home and Hospital and the Weinberg Residence.

This is a field test only, and will be launched between **August 15 to August 30/ 2019**. Based on your feedback, following the pilot phase, the same survey will be sent out by Jewish Federation to the broader Jewish community as part of a larger community survey.

Your participation is greatly appreciated, and we encourage you to share your input through this confidential survey. If you want to complete the survey online, please click on the link below to access the survey:

<https://www.surveymonkey.com/r/KCM5NG8>

Hard copies of the survey and a sealed box for completed surveys are also located at the entrances of both Louis Brier and the Weinberg Residence.

Participants in the final Jewish Federation Community Survey will be entered into a draw for a chance to win one of THREE \$25 gift cards.

If you would like assistance with accessing and/or completing the survey, please contact Shelley Rivkin at srivkin@jewishvancouver.com OR Tazim Esmail Redevelopment Lead at tesmail@louisbrier.com.

Thank you,
Tazim Esmail RN BSN
Redevelopment Lead

LOUIS BRIER "EXCLUSIVE OFFERS"

The **Rogers discount** is one of many discounts available on the Louis Brier version of the ESM Mobile App. You will find the Rogers offer is in the Louis Brier "Exclusive Offers" that always appear first when you activate the Louis Brier version of the ESM App. There is a Louis Brier Welcome Letter that explains the discount program, how to get started and outlines a few of the best offers.

www.esmobileapp.com/files/WelcomeLouisBrier.pdf

Also included are the redemption instructions for the Rogers discount. It's 30% on phone and plan and typically saves hundreds per year:

Rogers Redemption Instructions

Louis Brier employees receive discounted wireless plan rates available exclusively from Rogers. For complete program details, access the link: www.wcpwireless.com/bcps. This offer is not available in store, only when ordering direct through the ESM App. For any questions or assistance, please contact your dedicated wireless sales representative and identify yourself as an ESM Customer. Colin Moore, phone 1-866-650-9537 or email: ColinMoore@rogers.com

ES ENDLESS SAVINGS & MORE

Buy More, Spend Less

Discounts on Your Smart Phone For Louis Brier Employees

Download a Louis Brier version of the ESM App to save on everyday purchases from hundreds of businesses including national chain retailers, service and travel providers. Powered by Endless Savings & More (ESM), this program is available to Louis Brier employees and their families

How It Works

- Install the Louis Brier version of the ESM App on your smart phone
- GPS automatically shows merchants and savings that are closest to your current location
- Tap on a merchant to view offers & tap on an offer for redemption details
- You typically show the offer on your smart phone at payment in physical locations or enter a code for online purchases

Getting Started

- Go to your app store (Google or Apple) on your smart phone
- Search for: ESM or Endless Savings & More
- During registration you will be asked for an "organization code":

Your "Organization Code" is: lbhh

- Allow location services. ESM uses "locations services" or GPS to automatically show you offers that are closest to your current location first

How to Save Hundreds

- Check out the Louis Brier "Exclusive Offers" and save hundreds off regular broker rates on your home insurance with direct rates from the Co-operators or save hundreds on your smart phone with public sector pricing. Louis Brier "Exclusive Offers" always appear first when you tap the ESM App
- Check out the "Travel and Play" category on the ESM App to save hundreds on your next travel
- When in the mall or your shopping district, always "Tap the ESM App" to save additional hundreds per year



www.ESMApp.com

HOUSEKEEPING & LAUNDRY PICNIC

Housekeeping and Laundry staff enjoyed the summer outdoors! On August 16th, the members of our Housekeeping and Laundry department held a Summer Picnic at Queen Elizabeth Park in Vancouver. With them, they brought along some close family members, spouses, and their children for a lovely potluck at the park. A few also took the opportunity to walk around the garden and take some beautiful pictures. We also found some spots to catch a perfect view of the downtown skyline and mountains, as well as some statues which everyone had fun posing with. This was a fun opportunity for us to get together, know each other more and take some time to relax, laugh, catch up and bond with each other. We all had a great time together!

Nicole Nellany



Free pension education

Getting to Know Your Pension

15 minutes of online learning for new or potential plan members

Making the Most of Your Pension

45 minutes of online learning or a 2-hour workshop for members establishing their career or several years away from retirement

Approaching Retirement

2-hour workshop for members planning for or within 5 years of retirement



Whether you take online learning or attend a workshop, you'll get the information you need to prepare for your future pension.
mpp.pensionsbc.ca > [Learning resources](#)



Municipal
Pension Plan

mpp.pensionsbc.ca

Email: mppeducation@pensionsbc.ca

Toll-free (Canada/U.S.): 1-877-558-5573

HAPPY BIRTHDAY

SEPTEMBER BABIES



Rowena Del Rosario
 Lorlyn Fontanilla
 Katrin Isaig
 Sarita Narayan
 Priya Papneja
 Nelson Pasion
 Priyanka Prabakaran
 Aiza Ruiz
 Parminder Sidhu
 Graciela Viloso
 Miranda Machi Zhang
 Harmanjeet Kaur

Florida Pichay
 Rosamilia Reyes
 Michaelita Lovendino
 Nelia Villanueva
 Benjamin Agustin
 Doreen Fortuna
 Zarah Hernandez
 Ravneet Manger
 Julie Cameron
 Jenelyn Cataquiz
 Tazim Esmail
 Ugochi Ibediro



**LOUIS
 BRIER
 WATER
 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)



Christine Deneschuk RN
Charnjit Dheri Housekeeping Aide
Helen Israel Housekeeping Aide
Jeff Lee Maintenance Worker I
Tenzin Namdak Cleaner/Maint. Worker I

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