

APRIL 2023 | ISSUE NO. 19

Snider Schmooze

JESSICA

Music Therapist Supervisor

MESSAGE FROM THE CEO/ RECREATION/
LOUIS BRIER SPOTLIGHT/ HR AND MORE

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MESSAGE FROM THE CEO

Dr. David Keselman

Welcome to this edition of the newsletter. I know all of us have welcomed spring and were more than ready to enjoy the warmer temperatures and sunny days. I hope you had an opportunity to enjoy the various activities related to Purim here at Louis Brier and Weinberg. I know that the recreation staff have put quite the effort into decorating and celebrating the holiday and add more joy to our daily lives. April brings about Passover, and I am hoping you take advantage of the many opportunities to celebrate and learn about the holiday as well. Given the Covid situation this year, we are able to welcome families and visitors to spend time with their loved ones, with less restrictions than in the last few years.

Just a reminder that while masks are no longer mandatory in public spaces and non-healthcare facilities, they are still a requirement here at Louis Brier, so if you are planning a visit please be prepared to wear a mask during your visit and be screened at the front door.

This is necessary to keep our residents and staff safe and healthy. In line with keeping our residents and staff safe, we have revamped the visitation process, and acquired new visitor cards/badges. There are different cards for the various visitor designations, these are available at the visitation assistance desk in the main lobby at the front of the building. This is the first phase, as we are embarking on renewing the look and function of our entire access card system and looking for alternatives to make communication with everyone better and easier.



Visitation Assistants Narinder and Parminder at the Kosher Corner

(Continued on next page)

MESSAGE FROM THE CEO

Continued

Another great piece of news is the completion of the renovations and opening of the Kosher Corner. Your feedback was instrumental in helping shape the range of items and operations of the Kosher Corner. Please continue to provide your input and feedback as we strive to make on-going improvements to meet the needs of residents, visitors, and staff.

Another significant achievement was the designation of Not-for-Profit Employer of Choice Award for 2022. This is the third year in a row that we have received this award and it cannot be ignored as we consider the environment we operate in and our commitment to quality care, staff satisfaction, recruitment and retention. There is no better acknowledgement and testament to the amazing things taking place throughout the Snider Campus! And as if that was not enough, for the third year in a row, Louis Brier was yet again recognized amongst as one of the top 3 Seniors Residence for Stars of Vancouver 2023 Readers' Choice Awards.



Our efforts to connect with various academic organizations continues to be very fruitful and we are seeing more and more students doing their clinical placements here at LBHH, and reporting to having an amazing and a very positive experience.

As you will recall, we started offering clinical placement opportunities for RMT students from Langara college, that was a very successful venture, and not only are they coming back with a greater number of students, we have been able to secure two of the previous students (now RMT's) to open an RMT clinic right here on Campus. This is truly in line with our holistic and comprehensive view of care delivery.



Hummingbird RMT (Ilana & Tempo) during their Meet&Greet

In the next few weeks I am expecting the launch of the much anticipated LBHH Mobile App. We have been working on its development and enhancement for quite some time, and personally, I am filled with anticipation and excitement. Stay tuned!

(Continued on next page)

MESSAGE FROM THE CEO

Continued

Last but not least, a shout out to our great Dragon Boat team (Brier Fire). We have secured the services of a top notch trainer, who is aiming very high! They have been practicing on the water since the beginning of February, despite the cold weather, come sun or rain. The team has done remarkably well in the last two events (two years), bringing home a silver medal each time. I am confident that this season they will excel to new heights and bring home the gold medal this year.

If you have a chance, head out to the Falls Creek Community Centre to see them practice and cheer them on every Monday and Thursday evening. They will be participating in a number of competitions this year; it would be great to see as many of you as possible out there supporting the team. Sharing the training dates and competitions for your information, visit: bit.ly/2023brierfire

With this in mind, I want to wish you all the best of health, wishing for a great spring and an even better summer. As always, if there is anything you wish to share with us please do so through info@louisbrier.com.



2023 Brier Fire Team



DR. DAVID KESELMAN, MN, DHA, CHE, RN
CHIEF EXECUTIVE OFFICER





LOOKING BACK

PURIM

Purim at LBHH was yet another success this year! The parade and costume/dance contest were a huge hit amongst Residents, staff, and companions. Thank you so much for all who helped decorate, dressed up, and participated in the festivities; what an incredible day! To top it off we would like to thank Rabbi Rosenfeld and Chaplain Rob for leading the Megillah reading. The groggers made by Residents added to the fun. We would like to give a special shout out to our costume contest winners: 1st place: Francisco from WR, 2nd place: Espher, a companion, and Michael, a LBHH Resident. What a fantastic celebration! Please visit the link below, to view the video from the day: <https://bit.ly/2023purim>



INTERNATIONAL WOMEN'S DAY – LINDA FRIMER

We celebrated International Women's Day by welcoming internationally recognized Vancouver artist, Linda Frimer. Linda engaged Residents in an interactive presentation, speaking about her story and sharing artwork from her new book "Luminous: An Artist's Story as a Guide to Radical Creativity". Linda has donated multiple paintings to Louis Brier, and previously facilitated "The Gesher Project" to support Residents at Louis Brier who were Holocaust survivors and their children. We are looking forward to having Linda back to facilitate painting workshops for our Residents!



RECREATION CONTINUED

DOG THERAPY VISIT

On Friday, March 3rd, volunteers from the St. John's Ambulance (Dennis & Ridley) visited Residents! According to research, being around a therapy dog can help lower stress and anxiety levels, as well as increase happiness and improve mental health.



BUS LUNCH OUTING

Residents got to enjoy a lunch outing to the Milltown Bar & Grill on Tuesday, March 21st! It was a beautiful sunny day, and Residents enjoyed a good feed of Fish & Chips. As the restaurant is in close proximity to the airport, the Residents also got to watch as large aircraft landed one after another!



Visit louisbrier.com/recreationcalendar for this month's Recreation Activities schedule.



RESIDENT SHOWCASE

The spotlight was on Rochelle Moss for this past month's Resident Showcase! We would like to thank her and her family for sharing her very inspiring life story with our Residents, staff, companions, and families.



SUNDAY JAZZ LOUNGE WITH TY LOWE

International award winning musician Ty Lowe performed jazz- based piano tunes for Residents on Sunday, March 19th!

For more photos and videos of our Resident activities, follow us on our social media channels:



@LouisBrierBC



Louis Brier
Home and Hospital



@LouisBrierHome



@Louis_Brier

COMING UP

PASSOVER OR PESACH

Evening of Wednesday, April 5th to nightfall on Thursday, April 13th

The early spring Jewish holiday of Passover occurs in the Hebrew month of Nissan. This year the holiday begins on the eve of Wednesday, April 5th and lasts until nightfall on Thursday, April 13th. Although this holiday lasts eight days, the most important days for observance are the first two and the last two days. These days are considered Yom Tovim or Holy Days, where the same prohibitions and guidelines as Shabbat are observed. The days in between are called, chol hamoed, which mean semi-festive or intermediate days, where most forms of work are permitted and restrictions are lifted.

The Passover story takes place in Ancient Egypt, where the Israelites (Jews) were enslaved by the Pharaohs and made to endure great hardships and toil. G-d witnessed the plight of the Israelites and sent Moses to the Pharaoh requesting that the Israelites be set free. G-d's wishes were not heeded and as punishment he sent 10 devastating plagues upon the Egyptian people. The last plague ordered the death of all the first born children of Egypt. The Israelites sacrificed a lamb to G-d and sprinkled the blood on their doors so that G-d knew to pass over their houses sparing their own children, which is where the holiday gets the name Passover. Egypt experienced such devastation that the Pharaoh begged the Israelites to leave. They lost no time in fleeing Egypt, leaving so quickly they did not wait for their bread to rise, before their journey to Mount Sinai.

In the weeks leading to Passover, it is tradition for Jews to do a thorough spring cleaning to rid their houses of any chametz, which is any grain that has been leavened. This includes cakes, cookies, breads, pasta and most alcoholic beverages. Matzah is eaten during this time instead, a flat unleavened bread, which can be enjoyed throughout the holiday and during the Seder.

The most important observance during Passover is the Seder, a ritualistic feast, which happens on the first two nights of the holiday. This ritualistic feast is held in the home and includes eating Matzah, bitter herbs, drinking four glasses of wine or grape juice, and reciting the Haggadah. The Haggadah recounts the story of the Exodus of the Jews from slavery in Egypt.

Passover Services will be held on the following days in the Synagogue:

- Thursday, April 6th at 9:30am
- Friday, April 7th at 9:30am
- Wednesday, April 12th at 9:30am
- Thursday, April 13th at 9:30am

Seders will be held for the Residents on Wednesday, April 5th and 6th at 2:30 p.m.



COMING UP

YOM HASHOAH

Tuesday, April 18th

The full name of the day commemorating the victims of the Holocaust is Yom Hashoah Ve-Hagevurah and is observed on the 27th of Nissan in the Jewish calendar. This day marks the anniversary of the Warsaw Ghetto uprising.

It is a day to commemorate the lives of the 6 million Jews and 5 million others who lost their lives as a result of the atrocities of the Holocaust and to recognize those who stood up against the Nazi regime. We will be holding a commemorative ceremony here at Louis Brier on Tuesday, April 18th at 10am in the Synagogue.

YOM HAZIKARON & YOM HAATZMAUT

Tuesday, April 25th and Wednesday, April 26th

Yom Hazikaron takes place on the 4th of the month of Iyar in the Jewish calendar, which occurs on Tuesday, April 25th. It is a day to commemorate the Israeli soldiers who have lost their lives in fighting for Israel's independence. We will be hosting a commemorative service with Chaplain Rob and Rabbi Adam Stein on Tuesday, April 25th at 2:30pm in the Synagogue.

Yom Hazikaron, is followed by Israel's Independence Day, known as Yom Ha'atzmaut which occurs on Wednesday, April 26th. Recreation will be hosting a party to celebrate Israel's Independence Day and would like to welcome all Residents, staff, families, and companions to join us for the festivities, with entertainment from the Sulam Band, Israeli street food and a dance party in honor of Yom Ha'atzmaut!



*For questions
and concerns,
contact us:*

recreationleaders@louisbrier.com



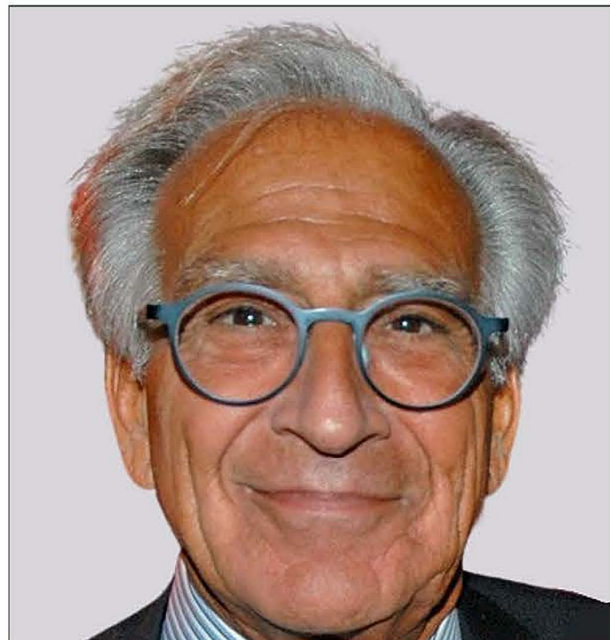


Louis Brier Foundation Announces 2023/2024 Campaign Chair

This message will take no longer than 3.5 minutes to read.

VANCOUVER, March 21, 2023 | 28 Adar 5783 - The Louis Brier Jewish Aged Foundation is proud to announce **Mr. David Zacks K.C.** as their 2023/2024 “**THE BRIER, THEIR HOME Campaign**” Chair.

About David Zacks K.C. - David, a long-standing community builder, will be leading the next Brier Campaign. David is born and raised in Vancouver and has been an active member of the Jewish community for over five decades. David practised banking and finance law and was recognized globally for his professional achievements. David is a Life Bencher of the Law Society of British Columbia and was appointed King's Counsel in 2002. In his retirement, David is devoting time and energy to a variety of important charitable causes, including the Louis Brier Jewish Aged Foundation. David is most proud of his two sons and their spouses and his five grandchildren.



Mr. David Zacks K.C.
"The Brier, Their Home"
2023/2024 Campaign Chair



LOUIS BRIER JEWISH AGED
FOUNDATION

THE BRIER THEIR HOME

THE FOUNDATION 2023-2024 CAMPAIGN

About the Brier Campaign - The Louis Brier is the home of 32 Holocaust Survivors. This is an astonishing number. We are responsible for them, and we understand the depth of the complexity of care to be delivered in providing clinical, spiritual and psychological attention for this generation. Most residents come to Louis Brier older, frailer and with far more complex health needs than ever before. Our Holocaust Survivors are an especially fragile group because of their cumulative trauma. Aging, for them, can often be a time of severe crisis, and run the risk of re-traumatization.

"The Brier is Their Home, we can never forget."

The Brier is one of the most important and resource-demanding establishments in our Vancouver Jewish community. For more than 60 years, 24/7, 365 days a year, the Home and Hospital cares for the most susceptible and often extremely ill members of our community with both clinical and emotional support. We help them through their most vulnerable and difficult times. It takes an immense amount of resources to manage such an operation. Caring for this generation is not only providing critical clinical care, but to equally provide opportunities for enjoyment and making the Brier a joyous place to live for our elders. They are now most needing our help, and it is our turn to care. **The Brier is Their Home, we can never forget.**

"The needs of a Jewish home extend far beyond the very basic human needs currently covered - this is consistent with our own values."

Every two years the Brier Campaign is the main source of funding and the LBJA Foundation's largest fundraising endeavour for the Home and Hospital. The funds raised cover the basic annual needs of the Home – many of which are **not funded by government**. This is why it is so important for care facilities to have adequate means far beyond those basic resources provided by government. The needs of a Jewish home extend far beyond the very basic human needs currently covered - this is consistent with our own values.

It is thanks to the commitment and consistency of our community donors that our Louis Brier Jewish Aged Foundation is able to provide the Brier with stability of funding, and the best possible quality of life for our residents, one of dignity and

happiness while they are still with us. The Board members and Executive Director of the Louis Brier Foundation are acutely aware of the immense responsibility we hold, and we thank you for sharing this responsibility with us over the years.

The Jewish component of The Louis Brier Home and Hospital is completely reliant on our community donors; examples of which are a **chaplain/Chazzan**, a **fully kosher facility**, a **Shul**, **Holocaust education to staff**, and the **celebration of all Jewish holidays**.

The Campaign also supports extras that most other long term care facilities cannot, such as full-time infection control, quality and risk practitioners, security, medical equipment, music, art, physio, rehabilitation, and occupational therapy.



Chazzan Rob Menes, Chaplain and Jewish Values and Traditions Coordinator Lior Shahar lead Havdalah.

May 1, 2023 marks the start of this year's Brier campaign – **THE BRIER, THEIR HOME**. The Campaign will run between **May 1-June 16, 2023**. Our Brier Foundation together with the leadership of David Zacks K.C., is endeavouring to raise **\$1.8 million just to stay afloat with the Home and Hospital's needs**. This amount will just allow our Jewish Home to cover expenses through 2023 and 2024 period. Just in a period of six years, the Brier Foundation's funding responsibility has more than tripled in an evolving healthcare environment. We cannot do this without our community's help. **The needs are great and ever increasing**. The Brier Foundation works tirelessly to fulfill these essential needs. We have come to learn that if we do not do it ourselves as a community, we will be at risk of losing the ability to provide a dignified and gratifying end of life process for our Jewish seniors.

It is the younger generation's duty to take on the responsibility of our elders, those who built our community for us. **They need our help now. There is not later! The Brier is Their Home, we can never forget.**

We look forward to speaking with you this coming May.

Harry Lipetz
President
Louis Brier Jewish Aged Foundation

Ayelet Cohen Weil
Executive Director
Louis Brier Jewish Aged Foundation



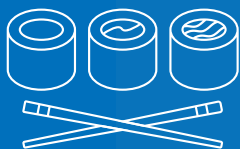
Jessica

Music Therapist
Supervisor

My Louis Brier Journey started when I did my music therapy practicum in 2014 at Louis Brier. Five years later, I started working at Louis Brier as a fulltime music therapist funded by the Louis Brier Jewish Aged Foundation and am one of the supervisors of the Recreation Department.

My first impression of Louis Brier was how clean the facility was and still is. I have worked in many other facilities and Louis Brier is by far the cleanest! Kudos to the Housekeeping Team!

What I like the most about working at Louis Brier is the support and opportunity to learn and grow. I am grateful for the resources that are provided to create new innovative programs to enhance Resident's quality of life. I'm also grateful for the opportunity to supervise and teach music therapy practicum and intern students.



FAVOURITE DISH:
Omakase Sushi



DREAM VACATION:
Visiting all parts of Japan,
especially during the
wintertime!



FAVOURITE MOVIE/SONG:
Movie: Birdbox
Song: Reprise from Spirited Away
(My wedding song!)



FUN FACT:
I help manage my husband's
TikTok account that has over
575,000 followers.

SPIRITUAL CARE CORNER

HAZZAN ROB MENES

This April may be called spiritual awareness month! There are religious holidays and days of commemoration for a variety of faiths, not the least of which is Pesach (Passover), the 8 day Feast of Unleavened Bread. The month also includes Ramadan (Islam), Easter (both Roman Catholic, Protestant, and Eastern Orthodox), and Yom HaShoah. While there may be rejoicing at times, in general it is a month of contemplating the connections we have with the transcendent and how a greater power impacts the relationships between people.

Passover is a foundational story of the Jewish people. On a religious level, it speaks to the partnership between Jews and God, but on an ethical level it builds the resistance to oppression into the framework of Judaism. We were slaves, we know what this does to our soul, and it is wrong. Yet we were also taught that redemption comes with a price. Redemption from tyranny means that someone - even our enemies - will be hurt. It means that we must give up something whether it be material comfort or our routine lifestyle in order to change the narrative.

Redemption requires that we identify our enemies and clarify evil. Redemption from slavery was required in advance of receiving the Torah, and it is one of the shared experiences binding Jews together.

Yom HaShoah uGevurah is about redemption as well. It is a recognition that the evil that enslaved us continues and requires the heroic acts - gevurot - for redemption. Those of us here today must recognize that the resistance to oppression is a global matter and we all share in the task. Redemption in Judaism is a very real concept, but it can also represent a more symbolic rescue from pain and oppression. Here, at Louis Brier we are all heroes taking a stand against oppression, simply by being people of peace, staying strong in the face of pain.

HAZZAN ROB MENES
CHAPLAIN



The Louis Brier Jewish Aged Foundation Board and Staff Wishes You a

Chag Pesach Sameach!

L'Shana Haba'ah B'Yerushalayim!



Harry Lipetz
President

Lee Simpson
Immediate Past President

Merv Louis
Treasurer

Mel Moss
Secretary

Rick Cohen
Chair, Investment Committee

Bernard Pinsky
Director

David Zacks
Director

Marie Doduck
Director

Michelle Karby
Director

Chaim Kornfeld
Life Governor

Ayelet Cohen Weil
Executive Director



Letter from a Family Member

I would like to thank all of the staff in Hospital West for all your care these past years and especially the past few months and in my mother's final days. I saw firsthand your compassion and devotion, even though my mother was not an easy resident. I also appreciated the frequent updates via email and phone. I am not mentioning anyone by name for fear I might inadvertently leave someone out, but I mean to thank each of you and I wish you much success and happiness in your lives.

Sincerely,
Mark Benisz

human resources.

#LouisBrierLife Day

The 18th of Every Month



The “Louis Brier LIFE Day” is intended for everyone to demonstrate their pride in Louis Brier Home and Hospital & Weinberg Residence and everything that we stand for – our Mission, Vision and Values – and to celebrate CHAI (LIFE)!

We will be celebrating “Louis Brier LIFE Day” on the 18th of every month!

We encourage everyone wear their new LBHH **Royal Blue Outfit** and/or blue clothing/accessories to demonstrate their pride in the exemplary care we provide to our Residents and patriciate in some fun activities to celebrate CHAI (LIFE)!

Join Now!

Acknowledge individuals within our community that embody the LBHH&WR “CHAI” Values, visit:
bit.ly/recognitiontree



CLICK HERE!



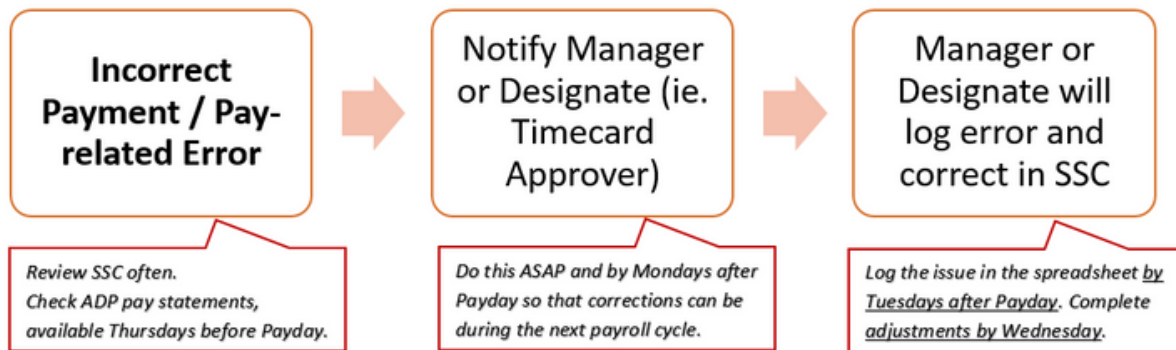
LOREN TISDELLE, CPHR
DIRECTOR, HUMAN RESOURCES

Pay Related Error?

Contact your Manager/Staffing Team

Friendly reminder: If you experience a payroll-related error, please report it to your manager or timecard approver (ie. CAs/LPNs/RNs to contact Staffing Team).

Please report pay-related concerns ASAP and by the end of day on Mondays after paydays (ie. before the next payroll cut off). This should allow for enough time to correct the error for payment by the next payday:



You can help prevent payroll-related errors!

Scan in/out each and every shift and log onto SSC to check your schedule regularly. Alert your manager/respective timecard approver if you notice any concerns.

Issues with accessing ADP? Call them!



FAMILY COUNCIL

The Family Council at Louis Brier Home and Hospital

Established in 2016, Family Council is an independent and voluntary body of family members, caregiver friends, and legal representatives of residents. Our primary focus is to advocate for the delivery of quality resident and family centered care.

Family Council is governed by an elected Executive Council guided by its Terms of Reference. It provides family members leadership opportunities in several capacities. It works in collaboration with the Louis Brier senior leadership team to review and discuss relevant opportunities to enhance the residents' experience. Family Council meets monthly to provide updates from senior leadership, Louis Brier Home and Hospital committees, educational workshops, and works together as a solution-focussed advocacy group.

Connect with us: lb.familycouncil@gmail.com

Check out our Family Portal: <http://louisbrier.com/family-portal>

We welcome all families and hope that you will take the opportunity to get involved.

Family Council



Mapping the Journey: LB Family Council and the Alzheimer's Society Presentation April 20 2023

Thank you to everyone who attended our recent Family Council Meeting!

Our next meeting is a special education virtual presentation by The Alzheimer's Society

All persons of importance to residents are invited - SAVE THE DATE: April 20 6:30-8:30PM

All Family and Staff Members of the LBHH and Weinberg Community are welcome!

The zoom link is in the poster invite.

Documents Attached:

[Poster for "Mapping The Journey" Presentation](#)

[LBHH Contact Directory](#)

[Minutes of March 15 meeting](#)

Check out our our next event:

A pop up Boutique offering adaptive clothing and comfortable fashions

THURSDAY APRIL 27 11am - 3pm

Don't know what adaptive clothing is?

Take a look at this: <https://www.cardacreations.com/>

[ALTAvida Pop-Up Boutique Poster](#)

[ALTAvida Pop-Up Boutique Information](#)

Let us know what type of presentation and/or topics you would like to help you work through issues you've had to deal with. Many personal stories are shared, which often are commonly experienced. With our collective experiences, many well-thought-out ideas and solutions emerge. In turn, we are able to bring these suggestions to Senior Leadership for their consideration.

"Peer Support Corner"

Please share a favourite resource. Send to lb.familycouncil@gmail.com

Sent in by a family member who recently attended a FCOBC webinar:

Did you know that:

[Family Caregivers of BC](#) provides access to resources, offers emotional support and wants to let you know that as a caregiver, you are not alone and what you do is incredible. They have compiled resources to support your journey. Whether you learn by reading, watching short videos, prefer to join a virtual weekly support group or read newsletters once a month, there is something on their site for you!

Don't forget to recognize and thank those special healthcare workers who do so much to create the best possible experience for our loved ones and all residents. Click here to nominate (each month if you wish) your most recent outstanding staff member: <https://bit.ly/recognitiontree>

Family Council Executive

Lisa Dawson, Co-Chair

Fran Harrison, Co-Chair

Nadine Miller, Interim Executive Member

Judy Slutsky, Interim Executive Member

Elizabeth Robbins, Interim Executive Member

Mapping your journey: The stages and progression of dementia

Presented by the Louis Brier Family Council
and the Alzheimer Society of B.C.



While each dementia journey is unique, there are some signposts to the stages of dementia. Learn about what to expect as the disease progresses and how you can manage changes as they happen.

When

Thursday, April 20
6:30 - 8:30 p.m.

Connection information

Join Zoom Meeting

<https://us02web.zoom.us/j/84448001059?pwd=ditkSGFtZ3dl-N2VQVmw4SkVlOFRQT09>

Meeting ID: 844 4800 1059

Passcode: 829157

Dial by your location

Meeting ID: 844 4800 1059

Passcode: 829157

Find your local number:

<https://us02web.zoomus/u/kdgez0PAYE>

If you have any questions, please reach out to Family Council: lb.familycouncil@gmail.com

Alzheimer Society
BRITISH COLUMBIA

HUMMINGBIRD

Registered Massage Therapy



Tempo Sabatier, RMT &
Ilana Abrams, RMT

We are a team of two Registered Massage Therapists – our services are eligible for your extended health insurance. We can direct bill to Pacific Blue Cross and many other insurers on your behalf. Please see our website for more information.

Visit our website: www.hummingbirdrmt.com

See our rates and availability and book an appointment: www.hummingbirdrmt.janeapp.com

Get in touch: hummingbirdrmt@gmail.com

MORE INFO:

Who can book an appointment?

Staff, residents, and family members of staff and/or residents. We also welcome members of the general public who are willing to comply with the COVID policies, but the Louis Brier family is our priority.

For staff: how do I book an appointment?

Visit www.hummingbirdrmt.janeapp.com

We know healthcare workers have physically demanding jobs, and we look forward to supporting your wellness and the amazing work you do here at Louis Brier.

For residents: how can I book an appointment?

Please email us at hummingbirdrmt@gmail.com – we have an intake process including a 15 min 'meet and greet' prior to booking any resident's first appointment.

If the resident would like to book for themselves but does not use a computer, please send us their contact info and we will connect with them.

Where is the clinic space?

On the 2nd floor, just inside the entrance to hospital west – where the old dental office used to be! We are currently finishing up making this space cozy and comfortable for you in preparation for February 18th.

Can I get a massage on my break?

Our booking system allows you to book any openings up to 30 mins before the appointment time – though we still recommend booking further in advance.

For now, we are only offering 60 and 90 minute appointments. In the future we will offer 30 and 45 minutes for subsequent bookings. Book an initial appointment and we can discuss if this would fit your needs!

Who are the RMTs? What can you help with?

Our names are Ilana Abrams and Tempo Sabatier. We are graduates of Langara's RMT program – we loved our clinical outreach during school so much that we found a way to keep working with Louis Brier!

We can help with all kinds of bodily aches and pains - muscle strains, sprains, healing after injuries, repetitive strain injuries like tendinitis, headaches, jaw pain, stress management, and tons more. However, you don't need a specific injury or concern to get a massage - you can book an appointment to learn more about how we can support your overall wellness.

Thank you!



HUMMINGBIRD REGISTERED MASSAGE THERAPY

NOW OPEN INSIDE LOUIS BRIER

Who can book an appointment?

- ☒ STAFF & COMPANIONS
- ☒ RESIDENTS
- ☒ FAMILY
- ☒ FRIENDS
- ☒ OUR NEIGHBOURS IN THE COMMUNITY



BOOK ONLINE AT:
[HUMMINGBIRDRMT.JANEAPP.COM](https://hummingbirdrmt.janeapp.com)

EMAIL US AT:
[HUMMINGBIRDRMT@GMAIL.COM](mailto:hummingbirdrmt@gmail.com)

VISIT OUR WEBSITE:
[HUMMINGBIRDRMT.COM](https://hummingbirdrmt.com)

OR LEAVE US A VOICEMAIL:
778-984-3086





WEINBERG
RESIDENCE

Honouring your life, home, and community



- Assisted Living & Multi-Level Care
- 24/7 nursing coverage
- Caring & professional staff
- Diverse, engaging programming & culture
- Bright, spacious suites up to 835 sq.ft.
- Chef prepared healthy meals

Your peace of mind is worth it!

HAPPY PASSOVER!

Call 604.261.9622 for more information

5650 Osler Street, Vancouver BC V6M 2W9 • weinbergresidence.com

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

***Start spreading the news ...
By: The LB Resident Council.***



Kudos to You! Vol. 11 - March 2023

- **Ben Crocker Garvin Gatchalian - Kudos for you two to fixing the sidewalk on near the 41st Ave. entrance; no trees need to be cut down, and it looks nice as well. Moreover, for finding a contract to level, shalom, garden, and to be completed by the Victoria day weekend. (Depends on the weather.)**
- **Jordan Cabuay - kudos for you for your tireless work for Resident council.**
- **Melissa Tadeson - kudos for you for providing a wonderful next day laundry service.**
- **Staffing group - kudos for you for keeping Louis Brier open when staffs are not available.**

TOLL FREE Voice/text messaging system:

1 (236) 518-1998





Email: lb.residentcouncil@icloud.com










Benzodiazepine Use in Older Adults

In 2021, older adults living in long term care homes were three times more likely to be prescribed a benzodiazepine than older adults residing in community settings.

Common Uses for Benzodiazepines








-  Anxiety disorders
-  Panic disorders
-  Seizure disorders
-  Agitation
-  Insomnia

Concerns with Benzodiazepine Use in Older Adults

-  Delirium
-  Increased risk of cognitive impairment
-  Lethargy
-  Unsteady gait
-  Impairment of psychomotor function
-  Increased risk of accidents
-  Dependence with long term use

Benzodiazepine Withdrawal

Benzodiazepine long term use can result in dependence. Abrupt discontinuation can lead to withdrawal symptoms including:

-  Nausea
-  Headaches
-  Insomnia
-  Restlessness
-  Sweating
-  Tremors
-  Heart palpitations
-  Muscle pain

HAPPY BIRTHDAY

April

Abad, Carolie
Asuncion, Aileen
Barbaza, Cheryl
Bhatthal, Devinder
Bucknor, Carol
Burrell, Beresford R
Chhina, Navjot
Cikatricis, Ludmila
Compendio, Nesreen
Cruz, Arceli
Esguerra, Allyn
Garcia, Estela
Heldsinger, Kyle
Inderpreet, Inderpreet
Jackson, Kemba
Khomenok, Olena
Molon, Rachel Dolores
Ninalga, Charmagne
Panchal, Maulikkumar Dhirajlal
Patenio, Jackylou
Randhawa, Manpreet Kaur
Reid, Hailey
Respes, Princess
Rigor, Hilario
Salazar, Erich
Sandhar, Narinder
Santiago, Ehlgine
Sidhu, Harpreet
Simon, Emma
Soriano, Editha
Sundar, Kamal
Yiu, Joyce

LDRY
Nursing
REHAB
HCAP - Nursing
SLT
FS
FS
STAFFG - HR
HCAP - Nursing
Nursing
Nursing
Nursing
Nursing
FS
QRM
Nursing
Nursing
HCAP - Nursing
HSPK
Nursing
Nursing
Nursing
Nursing
MTCE
Nursing
QRM
BUSOFF
FS
FS
Nursing
HSPK
Nursing



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

Companion Coordinator

Ph: 604-267-4688

E: mpelayo@louisbrier.com

VIRTUAL VISIT

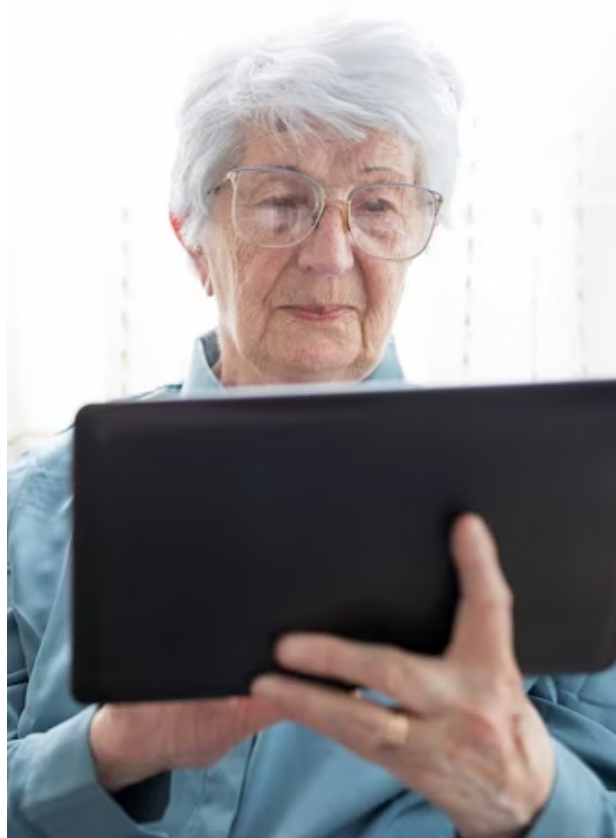
Book your Virtual Visit

Please, use the link <https://louisbrier.com/virtual-visit/> and follow the instructions on our website. We encourage families and friends to visit their loved ones in person at LBHH, and the Virtual Visit Program is focused on supporting those living in faraway cities, provinces and countries.

Each Virtual Visit is 15 minutes long with 5 minutes in between so staff can relocate between rooms and nursing units.

The program runs every Monday, Wednesday, and Friday, from 09:30 am to 11:15 am. It does not run during Holidays, weekends and long weekends.

Please, do not hesitate to contact us at info@louisbrier.com or call +1 604-261-9376 if you have any questions or concerns.



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