

MAY 2023 | ISSUE NO. 20

Snider

Schmooze



HARJ

Food Services Team

MESSAGE FROM THE CEO/ RECREATION/
FOUNDATION NEWS/ FAMILY COUNCIL AND MORE

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MESSAGE FROM THE CEO

Dr. David Keselman

Hard to imagine that we are already in May, nevertheless, I hope that this edition of the newsletter finds you well, safe, and healthy. I am hoping that despite the weather that does not seem to cooperate as much, the removal of most of Covid restrictions lightens up the overall feeling and sense of freedom, and while Covid is not over yet, there is certainly a sense of return to “normalcy” of sort that we had before the start of the pandemic. Nevertheless, despite the removal of most Covid related restrictions now more than ever, adhering to infection control and vaccination guidelines is that much more important, I am sure that none of us want to resurrect this virus to a pandemic state ever again. In April we celebrated Passover and Easter as we used to, welcoming friends and family to join in and spend time with their loved ones and I hope you had the opportunity to do that. In April, we also recognized and commemorated International Holocaust Memorial Day and had an amazing memorial service put on by our Chaplain and the Recreation team.

This year we commemorated Yom ‘Hazikaron’ on April 25th - “Memorial Day for the Fallen Soldiers of Israel and Victims of Terrorism”), is Israel’s official Remembrance Day, enacted into law in 1963. While Yom Hazikaron has been traditionally dedicated to fallen soldiers, commemoration has also been extended to civilian victims of terrorism. Following this day of sadness, on April 26th, we also celebrated Israel’s 75th Independence Day. For those who may not be as intimately aware of the historical events, David Ben-Gurion, who was the first Prime Minister of Israel, publicly read the Declaration of Independence of Israel on May 14, 1948. An official ceremony is held every year on Mount Herzl on the eve of Yom Ha’atzmaut. The ceremony includes speeches from senior Israeli officials, an artistic part, a ritual march of soldiers carrying the Flag of Israel, forming elaborate structures (such as a Menorah, Magen David and a number that represents the age of Israel) and the lighting of twelve beacons (each for every one of the Tribes of Israel).

(Continued on next page)

MESSAGE FROM THE CEO

Continued

Each year, dozens of Israeli citizens who contributed to the state, are selected to light the beacons. In light of these events and our current reality, I am compelled to reflect on the road we have traveled as a team here at Louis Brier with the many positive changes that have taken place to improve and enhance the resident experience. It is during difficult times that the true nature of people shines through, and I can not be more proud, grateful, and amazed at the overwhelming generosity, support, and acknowledgment we received and continue to receive from all of you. Our family members, community partners, stakeholders, and boards. On behalf of our residents and staff, I wanted to extend our gratitude and ask for your continued support.

For more information and opportunities to get involved please visit our website and check out our social media outlets.



@LouisBrierBC



Louis Brier
Home and Hospital



@LouisBrierHome



@Louis_Brier

Wishing everyone a safe and healthy May. Please reach out if you have any questions and or concerns. We are here to help as we possibly can.



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



2023 Yom Ha'Atzmaut Celebrations



LOUIS BRIER JEWISH AGED
FOUNDATION

THE BRIER THEIR HOME

THE FOUNDATION 2023-2024 CAMPAIGN

GIVE TODAY

Visit: thelouisbrierfoundation.com
or e-mail us at foundation@louisbrier.com





The Louis Brier 2023/24 Fundraising Campaign: The Brier, Their Home HAS OFFICIALLY STARTED!

[DONATE TODAY](#)

VANCOUVER, May 1, 2023 | 10 Iyar 5783 - **The Louis Brier 2023/24 Fundraising Campaign: *The Brier, Their Home* HAS OFFICIALLY STARTED!**

When? May 1st – June 16th.

Why?

1. Our Bi-Annual Campaign is the **Main Source of Fundraising for the Louis Brier Home and Hospital**, it provides for our yearly allocation to LBHH.
2. **Approved Funding by Louis Brier Jewish Aged Foundation** for FY2023/24 to the Home and Hospital - **\$1,218,000 (\$1.218 Million)**.



AREAS OF IMPACT

[DONATE HERE](#)

Jewish Tradition & Culture

- Kosher Food
- Mashgichim
- Our Chaplain
- Synagogue
- Jewish Life Coordinator
- Spiritual Care

Innovation + Continuous Quality Improvement

- Infection Prevention & Control
- Quality & Risk Management
- Recreation Therapy
- Music Therapy
- Volunteer Program
- Companion Program
- Safety and Security
- Emergency Capital Upgrades (eg. Shalom Garden)

Clinical & Interdisciplinary

- Nursing Services & Education
- Rehabilitation
- Human Resources
- Resident Enrichment
- Communications
- *14 Subsidized Suites at the Weinberg*



HOW CAN YOU HELP?

GIVE TODAY

How Can You Help?

Dig Deep Into Your Pockets. Please Give As Much As You Can This Time... We Need **You!**

How Else Can You Help?

Please **Spread the Word** with Your Circle, We Need **Them** Too!

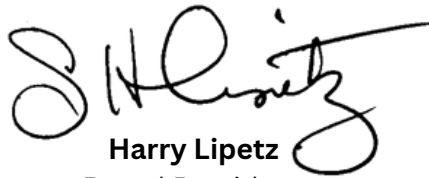
And one last thing...

THANK YOU, FROM THE BOTTOM OF OUR HEARTS!

On behalf of the entire Brier Family,



David Zacks K.C.
2023/2024 Campaign Chair



Harry Lipetz
Board President



Ayelet Cohen Weil
Executive Director



COMMUNITY BUILDERS TZEDAKAH TIKKUN OLAM CARE M'DOR L'DOR SHARING RESPONSIBILITY ENRICHING LIVES THE BRIER THEIR HOME



LOOKING BACK

BUS OUTING TO UBC

On Tuesday, April 11th, a group of Residents visited Barnett Hall at UBC to enjoy a performance by the UBC Chinese Music Ensemble. The UBC Chinese Music Ensemble performs a diverse range of regional Chinese music genres, including Jiangnan silk and bamboo music, traditional Cantonese music, folksong arrangements and contemporary orchestral pieces. Some who joined were moved to tears by the beautiful sounds of the ensemble, a true testament to the power of music!



LAUGHTER YOGA WITH CHRIS

Laughter truly is the best medicine! Residents got to enjoy a unique laughter yoga session with Chris from "Universal Laughter". Chris is a certified Laughter Yoga Leader who has been facilitating fun and engaging workshops for many years. Residents were led through 45 minutes of laughing and breathing exercises, and the chorus of laughter was so contagious that even staff caught the laughing bug too! The benefits of laughter yoga include lifting one's mood, reducing stress, strengthening the immune system, increasing energy levels, and improving quality of life.



LOOKING FORWARD

JEWISH HERITAGE MONTH

In 2018, Canada designated the month of May as Canadian Jewish Heritage month to recognize the significant contributions that Jewish Canadians have made to our country. In honor of Jewish Heritage month, we will be collaborating with the JCC and tuning into various virtual events, such as the Travelogue "Tour of Jewish Majorca" and an Art History Lecture with JAE: Mordecai Ardon. In addition as part of the Israel@75 Project in collaboration with the Jewish Federation of Greater Vancouver, a Klezmer Concert with the Tzimmes will be held on May 7, 2022 at 2pm in the Homeside Lounge. All are welcome!



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

For questions and concerns, contact us:
recreationleaders@louisbrier.com

MOTHERS' DAY PERFORMANCE

To celebrate all of the mothers here at Louis Brier, we will be hosting an afternoon of music with a special musical performance by "Dean Martin", on Sunday, May 15th at 2 p.m. in the Homeside Lounge.



SHAVUOT

Shavuot is the Jewish Holiday that marks the giving of the Torah and the Ten Commandments from G-d to the Jewish people on Mount Sinai. This holiday occurs on the 5th and 6th of Sivan in the Jewish calendar and begins at sundown on Thursday, May 25th and ends at nightfall on Saturday, May 27th. The word Shavuot means "weeks" and marks the period of 7 weeks between Passover and Shavuot. Observances of this holiday include staying up at night reading the Torah, reading of the Ten Commandments in synagogue, decorating homes and synagogues with greenery and plants as well as eating dairy foods. The Recreation department will also be making and serving cheesecake for all Residents to enjoy during this holiday.



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



Harj

Food Services

I work in Food service. My department is the kitchen. I direct food orders and prepare meals for the residents. I also ensure proper cleanliness is achieved within the kitchen alongside efficiency in getting orders out to the residents.

The day I walked in I fell in love with the workplace. The environment was so bright and everyone was very welcoming. I knew from day 1 that this was my lifelong job. I wouldn't want to be in any other place.

I really enjoy the people I work with and the work I get to do with the senior residents. Spending time with them makes me very happy and makes me feel proud to help them and support their needs on a daily basis. In addition, having such a support full peer group is amazing. Everyday I see bright smiles and people ready to work alongside each other as a team and it was so engaging and welcoming.

My proudest achievement is always working to my highest ability and always giving help when needed. I take pride in doing my job at the highest level so everyone can get what they need. It makes me proud to work for a company who truly cares for their employees and residents.



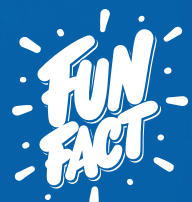
FAVOURITE CUISINE:
Italian



FAVOURITE QUOTE
"It always seems impossible until it's done".



FAVOURITE MOVIE:
Lord of the Rings



FUN FACT:
Harj is vegetarian!

SPIRITUAL CARE CORNER

HAZZAN ROB MENES

This year, many of our most important holidays were celebrated in April: Passover, Yom Hashoah, Yom Hazikaron, Yom HaAtzmaut, and Easter, Ramadan, and Vaisakhi for those who are not Jewish. In Judaism, the celebration of one holiday is simply a springboard towards the celebration of another. Passover is the doorway to Shavuot, and we are now travelling down that hall called the Omer. We are reminded that the freedom we celebrate on Passover is empty without the rules for ethical conduct which we receive on Shavuot.

Judaism gives us a profound lesson that is valid for all of us here on the Snider campus. Freedom alone is not enough. The residents at Louis Brier often want to leave, go outside, go 'home' - but that freedom is not enough if we cannot thrive. We all require help: sometimes that help is in the form of people while sometimes help is in the form of boundaries that can guide us. We walk a fine line between having boundaries which help us, and boundaries which oppress us.

When we are waiting for the rules, as we were waiting at Sinai, we can be consumed with anxiety and uncertainty. At Sinai, we didn't know what to do or what came next. We were forced to confront living with the unknown. Here we are again, in the Omer, forced to confront the unknown, waiting for the harvest, waiting for the Torah. For many of our residents, that is what life is like. How can we live like that?

Rather than saying that we know what is coming, and rather than saying that the anxiety is unfounded, we can take the journey together. We can provide some guideposts along the route and point out the beauty along the way. The endpoint is still unknown, but the present can be safe, and meaningful, and joyful. In the midst of our expectation of bringing in the harvest, we can celebrate that we are here, now, together.

HAZZAN ROB MENES
CHAPLAIN



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!



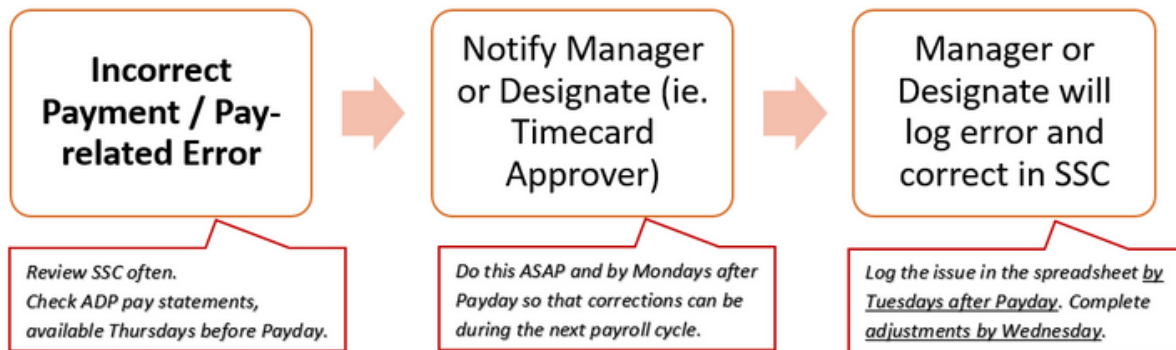
LOREN TISDELLE, CPHR
DIRECTOR, HUMAN RESOURCES

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!



IPAC UPDATE

BY LUNADEL DACLAN, P.CHEM, CIC
MANAGER, QUALITY AND RISK & INFECTION PREVENTION AND CONTROL

Hi Everyone,

To address some questions and provide more clarity to the communication I sent last Thursday, April 7th, please read the information below:

LTC and AL Staff

- Staff no longer need to be screened upon entry. Staff should do symptoms self-checks daily. Please do not come to work when you are sick. Sick leave policy applies.
- Staff do not need to wear masks on a routine basis (masks are required when Point-of-Care Risk assessment requires it or when residents are on additional precautions)
 - Staff and visitors may still opt to wear a mask. Masks and hand sanitizers are provided at entrance desks close to the Reception area, for both LBHH and WR (photos below).
- Requirements for health care staff to be vaccinated will remain in place indefinitely.
- Staff can work in multiple long term care sites and other health care settings (the single site order is no longer in effect).
- Staff can enter through any entrance door (LBHH main, Weinberg entrances, Parkade).
- Enhanced cleaning and disinfection practices continue to be recommended, including within resident rooms.
- Rigorous hand washing is still mandatory. We continue to have alcohol-based hand rub available at entrances and around the building for people to use.

Please do not hesitate to email me at

ldaclan@louisbrier.com, if you need more information or clarification.



LBHH MAIN LOBBY



Weinberg SIDE DOOR

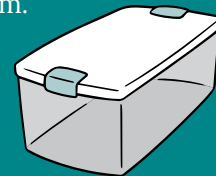


Weinberg MAIN DOOR

PEST CONTROL

We need your help and cooperation. Despite the considerable efforts we have put into mitigating rodent activities in the facility such as increasing the services of the pest control technician, installing new door sweeps, keeping exit doors closed, excluding holes and gaps, increasing traps and bait stations, and ensuring that the garbage is picked up daily, we still receive reports of rodent activities in different parts of the building. We ask for your help in mitigating and preventing mice infestation by:

- Keeping food items inside a sealed container or in the fridge to eliminate food source. You can provide your own sealed container, however, should you want us to provide the plastic container for a fee of \$25, which we can bill to the resident's account, email us at info@louisbrier.com.



- Removing unnecessary items or clutter from the resident's room that may be used by the mice for nesting (eg. cardboards and paper).
- Removing heavy furniture from the resident's room to allow housekeepers to clean hard-to-reach areas of the room.
- Reporting any mice sighting or activity to staff so that it will be entered as a work order for the pest control technician.

We are closely working with our pest management contractor not only to mitigate rodent activities but also to address sightings of other pests, such as ants and cockroaches.

Thank you for partnering with us in making our residents' home pest-free.

IPAC UPDATE

UPDATE REGARDING VISITORS IN LTC AND SENIORS' AL

The Provincial Health Officer is announcing the end of respiratory season and in consideration of the epidemiology for influenza, RSV and COVID-19, is lifting the mandatory requirements with respect to visitors in long-term care and seniors' assisted living. The Provincial Health Officer will be announcing this change on April 6, 2023.

As of 1:00 pm, on Thursday, April 6, the Visitation and Visitor Appeal and Review – February 5, 2021 order will be rescinded. The Overview of Visitors in Long-Term Care and Seniors' Assisted Living will also cease to be in effect at this time. This means the requirements from the Overview will no longer apply, including:

- Visitors will no longer be required to provide their vaccination status, and those who are unvaccinated for COVID-19 will be able to visit freely at long-term care and assisted living sites.
- Visitors will no longer be required to undergo a rapid antigen test or confirm a recent negative rapid antigen test prior to visiting.
- Visitors will not be required to wear masks while visiting long-term care and assisted living sites, unless specifically required based on a Point of Care Risk Assessment (assessment by a health care worker that masking is required based on the risks of infection, including a resident's symptoms, the type of interaction with residents, and the environment).
- There will be no restrictions on gatherings, events or activities including visitors, indoors or outdoors, regardless of visitor vaccination status.
- Active screening of visitors is no longer required (in favour of passive screening – signs and reminders not to visit when sick).

The orders requiring health care staff to be vaccinated and allowing for the collection of their vaccination information remain in place.

The Infection Prevention and Control: Guidance for Long-Term Care and Seniors' Assisted Living Settings, which guides long-term care and assisted living staff in infection prevention and control practices, remains in place and is being updated to reflect changes due to the ending of respiratory season.

Medical Health Officers and public health staff continue to have the authority to declare outbreaks and require restrictions and measures to be implemented at their discretion.

IPAC UPDATE

UPDATE REGARDING VISITORS IN LTC AND SENIORS' AL

QUESTIONS AND ANSWERS

Does this mean visiting and long-term care and seniors' assisted living is returning to how it was before the COVID-19 pandemic?

- Yes, after three years, visiting in these setting is returning to normal.

Can LTC and AL operators continue to impose restrictions or limitations on visits in these settings after the PHO order is rescinded?

- The Residential Care Regulation and Assisted Living Regulation both require that residents are free to receive visitors of their choice at any time, to the greatest extent possible.
- The regulations also require that health and safety is maintained while allowing visitors. Any limitations on visiting must be for a health and safety reason.
- Once the PHO order is rescinded, operators must not restrict visitors based on their vaccination status or whether they have undergone a rapid test.

If visitors are no longer required to be vaccinated, does this mean unvaccinated staff can return to working in long-term care and assisted living settings?

- The orders requiring that staff in these settings are vaccinated (or have a medical exemption) remain in place.
- It is expected that requirements for health care staff to be vaccinated will remain in place indefinitely.

Does this mean that masks are no longer required to be worn by long-term care and assisted living staff and visitors?

- That is correct. Sites can discontinue universal masking of health care workers and visitors, regardless of immunization status, unless required in a clinical area based on a Point-of Care Risk Assessment.
- Masking requirements are removed for health care workers and visitors in all common areas, non-clinical, and administrative areas. Masks are to be worn in these areas based on Point-of Care Risk Assessment or as required by workplace communicable disease safety plans.
- Operators are expected to continue to make masks available at entrances for those who wish / need them.

IPAC UPDATE

Are there any further restrictions to group gatherings or capacity in a long-term care or assisted living facility?

- No, there are no capacity limits.

Will enhanced cleaning and disinfection practices continue?

- Yes, as per the Infection and Protection and Control Guidance, enhanced cleaning and disinfection practices continue to be recommended, including within resident rooms.

Will the expectations surrounding hand hygiene remain in place?

- Yes, rigorous hand washing is still expected, and sites will continue to have alcohol-based hand rub available at entrances for people to use.

Will Point-of Care Risk Assessments remain in place?

- The COVID-19-specific Point-of Care Risk Assessments for guiding the selection of Personal Protective Equipment (PPE) will be retired.
- Care homes are expected to adopt “all hazards” Point-of Care Risk Assessments that consider all occupational health risks, including COVID-19.

Is a single entry point to a care facility still required, such as through the front entrance monitored by a screener (a.k.a., ambassador)?

- No, long-term care homes are free to allow visitors to enter through other entry points as they wish, as it was prior to the onset of COVID-19.
- Masks and alcohol-based hand rub should be available at all entry points.

Will people who have tested positive for COVID-19 be able to visit?

- People who are ill or experiencing symptoms of illness should not be visiting long-term care and seniors’ assisted living sites. This includes those who’ve tested positive for COVID-19.
- Rapid testing is no longer required for visitors and they will not be ‘actively’ screened, however, so visitors will need reminders not to visit when ill.

Will ‘active screening’ of visitors still be required?

- No, active screening is discontinued, in favour of passive screening.
- Passive screening means that visitors will assess their own risk factors and determine if they should enter a site. Passive screening includes:
- Signs which inform people not to visit if they are ill or have symptoms of illness, and reminding visitors to practice hand hygiene.
- Other reminders from staff and screeners that people who are ill should not visit (without asking each visitor whether they are experiencing symptoms of illness)

IPAC UPDATE

UPDATE REGARDING VISITORS IN LTC AND SENIORS' AL

Will visitors still be required to sign-in?

- *There will be no requirement for visitors to sign-in. Operators may have their own processes for tracking visitors, as might have been in place prior to COVID-19.*

Are screeners (a.k.a., ambassadors) still required?

- While screeners are no longer needed to monitor visitor vaccination, rapid testing, and masking, screeners may still be used to greet people, ensure masks are available to those who want / need one, remind about hand hygiene, and support passive self screening.
- Screeners can be used for other purposes at sites, as identified by operators, within the parameters of their job descriptions.
- It is anticipated that screeners will be required again once respiratory illness season starts in the fall.

What is the expectation for staff returning to work after an exposure?

- The COVID-19-specific return to work policies and exposure guidance is being retired.
- Care homes are to adopt occupational health policies and exposure guidance for returning to work following any serious respiratory illness, including COVID-19.

Is this change permanent?

- It is expected that once respiratory illness season starts in the fall that some measures may be reinstituted, including:
 - Health care workers and visitors may be required to wear masks in certain circumstances, as determined by the Provincial Health Officer.
 - Screeners (a.k.a., ambassadors) will again be required to be situated at care home front entrances to ensure visitors are masking, accessing hand hygiene, and passive symptom self-checking during respiratory season.
 - Other measures may be determined based on emerging scientific evidence.

If you have any questions or concerns, please do not hesitate to reach out to us at info@louisbrier.com.

VOLUNTEER ACTIVITIES

By Renan Passatore, Coordinator, Volunteer Activities and Quality & Risk Management



Dear community,

We are thrilled to take a moment to recognize the incredible contributions of our volunteers. On April 27, 2023, we welcomed 7 new volunteers to our team. We want to express our heartfelt gratitude to all of our volunteers for their commitment, passion, and unwavering support of our residents. Your selfless acts of service have made a significant impact in our community, and we are grateful for your willingness to give your time and energy to support our residents.

We invite everyone interested in volunteering to join us and become a part of our team. Volunteering is a beautiful way to make a difference in the lives of others and connect with our community.

If you are interested in volunteering with us, please don't hesitate to contact Renan Passatore – Volunteer Coordinator, at rpassatore@louisbrier.com. We would love to hear from you and help you find a role that suits your interests and schedule.

Once again, we want to extend our sincerest thanks to all our volunteers. Your hard work and dedication are truly appreciated, and we are grateful to have you as part of our team.

VOLUNTEER OPPORTUNITIES

Supporting our Jewish Community

Synagogue Services

Music Performances

Reading Circle

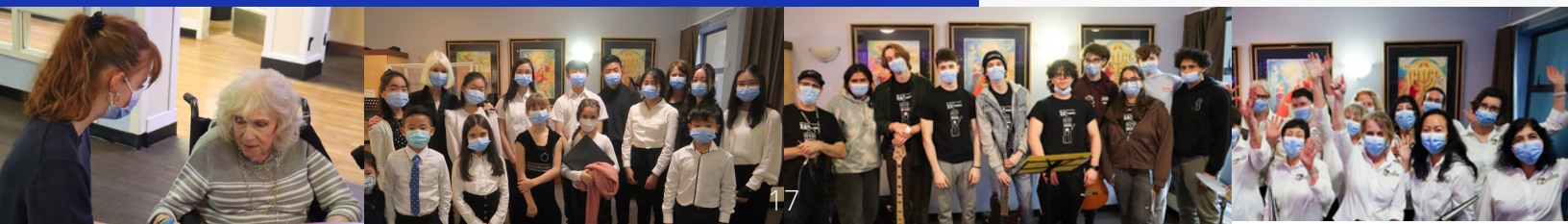
Bingo

Supporting Events and Programs

Assisting Residents in One-to-One Activities and Conversations

Providing Companionship and Assistance to our Residents

AND MANY MORE



Companion Program

MAY 2023
UPDATES



Did you know that Louis Brier Home and Hospital provide education and or training to our companions?

Recently, we held our first education on the first quarter of the year! The topic was about Eat Safe.

Our very own dietician Ian Montalbo talked about the importance of understanding of the swallowing mechanism, the possible abnormalities or complications and dysphagia management. Impaired swallowing can lead to complications such as respiratory infections, dehydration, malnutrition and decrease in quality of life. The topic is very useful to our companions who deal with residents that are at risk for a swallowing disorder. Being informed enable us to give the best care possible for our beloved residents.

The event was well attended. Thank you for continued support to the companion program.



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



NOTICE OF NEXT (MAY 17th) FAMILY COUNCIL MEETING AND UPDATE FROM OUR RECENT (APRIL 20th) MEETING

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

Family members shared a special educational presentation focussed on the different forms and progression of dementia. Put on by The Alzheimer's Society, it was interactive and well presented. Resources are attached.

SAVE THE DATE FOR OUR NEXT GET TOGETHER: May 17th 7:00-8:00PM

Our guests: David Keselman, Louis Brier CEO and Dina Schweber, Board Chair

Topic: LBHH Family Council Zoom Meeting

Time: Wednesday, May 17, 2023 7:00-8:00 PM Vancouver

Join Zoom Meeting

<https://us02web.zoom.us/j/81212734942?pwd=VnpDZjVPS3gvQUJPdIVXS25LN1N1Zz09>

Meeting ID: 812 1273 4942

Passcode: 579566

Dial by your location

Meeting ID: 812 1273 4942

Passcode: 579566

Find your local number: <https://us02web.zoom.us/j/kcxL8wB16Z>

Documents Attached:

[CanAge Types of Dementia](#)

[Alzheimer's Society Mapping the Journey Slide Deck](#)

[Alzheimer's Society Resource on Dementia](#)

Let us know what type of presentation and/or topics you would like us to include in our meetings. We leave time for personal sharing. 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 that has helped you. Send to lb.familycouncil@gmail.com

Example:

A family member recently asked about end of life support at Louis Brier.

[Did you know](#) that Louis Brier offers a supportive handbook for your most difficult time?

The Passage of Life: <https://louisbrier.com/the Passage of Life/> A Practical Guide for Family Members and Caregivers

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 (as often as you can) your most recent outstanding staff member: <https://bit.ly/recognitiontree>

Family Council Executive

Lisa Dawson, Co-Chair

Fran Harrison, Vice, Co-Chair

Nadine Miller, Interim Executive Member

Judy Slutsky, Interim Executive Member

Elizabeth Robbins, Interim Executive Member

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)

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NURSING MAY 2023

Spasticity Management Clinic at Louis Brier

BY NICOLE ENCARNACION, DIRECTOR OF CARE

Spasticity is a medical condition that many people deal with, particularly when they've had an injury to their spinal cord or brain. A common example of such an injury would be a stroke. It can be a complicated issue to understand, but from a basic standpoint, there are two main types: general and focal spasticity. General spasticity is when it affects much of the entire body; focal spasticity is when it affects just certain parts of the body. Spasticity essentially causes muscle stiffness or increased tone in a limb. It can present with the following:

- Awkward or painful limb posture
- Pain and discomfort
- Interference with activities of daily living, such as dressing, eating, and toileting
- Difficulty with basic hygiene care, such as nail cutting and pericare
- Impaired mobility
- Pressure sores

Historically, the main way to access treatment for individuals with spasticity has been through a referral to an interdisciplinary spasticity clinic or to private clinics. This current process can be challenging for the residents of Louis Brier, as well as the team/family helping the resident. The difficulties in scheduling, arranging care, positioning, and transferring a resident to and from these appointments can be challenging.

Dr. Aaron Chan is a specialist in Physical Medicine & Rehabilitation (physiatrist), and he is a part of a group of physiatrists going to long-term care facilities to help manage spasticity. Ultimately, the goal of this management is to improve the quality of life of the residents (i.e. pain reduction, improved hygiene, pressure sore prevention, contracture prevention, etc.), decrease the burden of care for family members/caregivers/staff, and to decrease the burden of disease on the health care system. Management plans consist of non-medication and medication strategies. With the latter, assessments will be done to determine the need for systemic (oral medications) vs. focal management (i.e. botulinum toxin injections).

Dr. Aaron Chan works primarily at GF Strong Rehabilitation Centre, Vancouver General Hospital, and Lion's Gate Hospital. His primary area of expertise is in spinal cord injury, as well as Intrathecal Baclofen, for significant spasticity. His experience in managing spasticity in the LTC setting is over 5 years.





NURSING MAY 2023

CONTINUED

Dr. Chan has spoken with the team here at Louis Brier in helping to determine whether someone might be a candidate for this assessment and management. After assessment and consideration from the allied health team, nursing and support staff, and the physician, residents will be referred to Dr. Chan. Dr. Chan will then come and assess residents as to whether they might benefit from spasticity management, and help to determine what goals the team, resident, and family might want to try to achieve. For those who are deemed candidates for focal treatment, the consideration of botulinum toxin injections would be made for specific muscles. This medication acts to relax the muscle, in helping to alleviate and reduce the tone/spasticity. Hopefully, by relaxing these muscles, some of the established goals would then be met.

Following an injection day, Dr. Chan would likely return approximately 6 weeks later to reassess the resident to see the effects of the injection, and whether goals have been met. 12 weeks from the initial injection date would be a date to consider further injections. Usually, effects from the medication start at about 1 week, are at a maximum at 3 weeks post-injection, and continue for about 12 weeks.

In order to help maintain this visiting clinic at Louis Brier, we as a facility have chosen to work with the Residents First Program, with which Dr. Chan has experience working.

The following is some information about the Residents First Program: It is a program designed to support long-term care residents living with focal spasticity while they receive treatment in the comfort of their home. Residents are enrolled into the Program after a rehabilitative specialist (Physiatrist) has diagnosed them with focal spasticity and made the decision to treat them with botulinum toxin.

The Program enrolment form includes consent to ensure residents with focal spasticity understand the Program support available to them.

Support offered throughout the treatment journey includes:





- Convenient onsite treatment
 - Eligible residents can receive their treatment every 3 months, as required, without leaving the facility
- Injection day support
 - The Program offers pre-clinic coordination and onsite injection day support to help residents receive their treatment on time
- Post-treatment assessment
 - Long-term care staff can continue to support the residents' daily activities without the inconvenience of transporting the residents back to the facility
- Reimbursement support
 - Both residents and participating long-term care homes can gain access to Program services at no additional cost










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

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May

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Canda, Ahlam Dianne
Carretero, Mercedes
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Encarnacion, Nicole
Fung, Tsun Wai
Gahob, Mae Marie
Garcia, Elisa
Jassal, Manjot
Jaswal, Gurpreet
Jeong, Jeong Rye
Juada, Michelle
Kaur, Amrat Pal
Kokan, Faye
Linag, Ruby Lynn
Llanita, Manilyn
Lopushinsky, Jeremy
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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

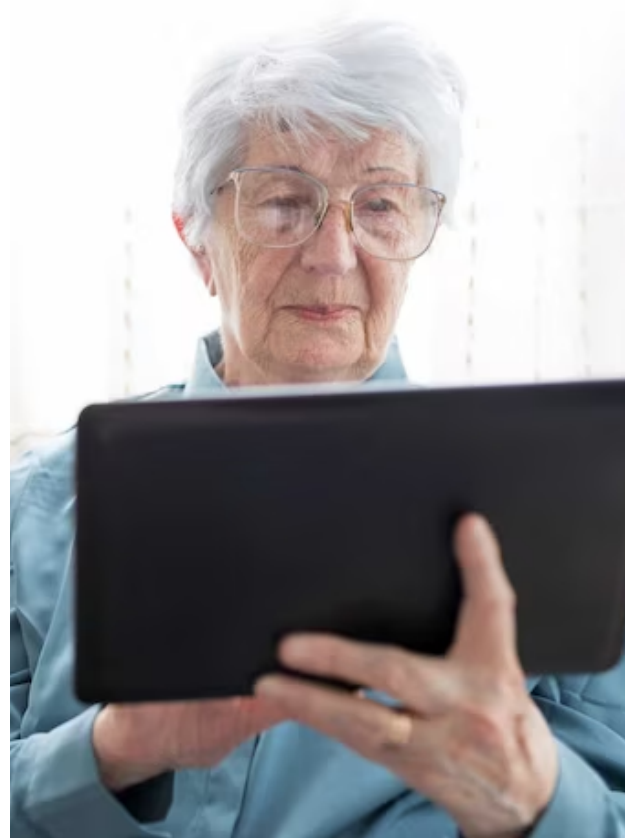
Book your Virtual Visit

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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