

***A Newsletter for the Residents and Families of Louis Brier Residents from the Resident Care Team***

***Special Information Edition  
Number 2***

***Answers to Some of Your Questions***

***December 2004***

***Q: What's new in the nursing department this year?***

**A:** Beyond the day to day business of caring for residents, Nursing is focusing on improving care by evaluating our current practices and seeking to develop a strategic vision of where we would like to be in the next several years.

Furthermore the Nursing staff is reviewing literature and speaking with other facilities and professionals to measure our practices. Articles, education opportunities and in-services are offered weekly to staff to assist them meet their educational needs, skill development and professional growth. Some examples of in-services and workshops held recently are: Physical Changes in the Frail Elderly, Nutrition for the Elderly and for Persons with Dementia, Eat Safe Training, and CPR re-certification.

As we strive for the goal of evidence-based nursing practice across the Louis Brier and Weinberg the care team has engaged in a few pilot study projects. From Nov 15<sup>th</sup> until December 1<sup>st</sup> on Hospital East the nurses and dietitians will be tracking all the Resource Nutritional Supplements we use in an effort to see how much residents are actually ingesting and how much is being discarded. This project has both care and economic implications for the facility.

In December we are beginning another research project over several months to look at the amount of incontinence products we are using. We will be asking ourselves how we can best use the products, which products are the most economical and practical and which promote maximum comfort for the residents.

Several months ago we introduced the Braden Scale, a Pressure Wound Assessment tool for all residents and will be completing a chart audit in the new year to review its success in reducing bedsores.

Wound prevention and care continue to be a high priority. We are still using the Pixalere photo tracking system and expert consultation from the Vancouver General Hospital to help us reduce the incidence of wounds.

The next new assessment scale Nursing is introducing is the Geriatric Depression Assessment tool as we know from the literature and experience that untreated depression in Long Term Care is a common problem. We will be working with Vancouver Coastal Health experts to implement a sound depression assessment protocol.

As it is flu season we have completed a very successful flu vaccination program at both Louis Brier and the Weinberg. Having said this, it is still important to keep our guard up and we remind everyone to please wash your hands as often as possible while here at Louis Brier, the Weinberg, or in the community. We know it sounds old fashion but it works! Sing "Happy Birthday to you, Happy Birthday to you, Happy Birthday dear so-and-so, Happy Birthday to you" while washing your hands with hot soapy water and you will maximize infection control!

***Q: ACCREDITATION: What's it all about?***

**A:** LBHH has been an "accredited" organization for about 20 years. This means that our policies and practices are reviewed every three years by surveyors from the Canadian Council on Health Services Accreditation to assess how well we're doing according to Canadian standards. Currently, our working teams are completing self-assessments in preparation for the next survey in October 2005. These teams are: Leadership; Resident/Family Care; Human Resources; Environment; and Information.

Being "accredited" assures our residents and families, physicians and staff that we meet nationally-recognized standards for care and services; encourages us to look at our own policies, processes and performance indicators; provides evidence of our commitment to continuous quality improvement; and reflects our profile within Vancouver Coastal Health as a facility that provides the highest quality of care and services.

***Q: What is the procedure for moving from IC to EC and from Weinberg to Louis Brier? Why and when do people move?***

**A:** The Louis Brier has two floors; the main floor, or Intermediate Care is for people who are relatively independent. They have to be able to transfer with supervision and feed themselves in order to eat in the main floor dining room. Rehabilitation Therapy is not funded for residents on the main floor. We also have fewer care staff on the main floor than we do on the second floor because of the difference in residents' care needs. On the second floor, Extended Care, we are funded by the Vancouver Coastal Health to provide more nursing care, some physiotherapy and some occupational therapy. The second floor has its own activity room and many programs such as a breakfast club, lunch club, computer education, music therapy, bingo, baking, exercise classes, Oneg Shabbat with our resident Rabbi Birnbaum, concerts, and crafts. The move from the Intermediate Care floor which includes the Special Care Unit to the Extended Care floor is generally smooth and problem free. Debbie Litvack, our social worker meets with the resident as their condition begins to need more care and introduces them to the second floor. The family is encouraged by Debbie from the date of admission to take their relative upstairs for programs, to sit on the deck and to become comfortable with the units upstairs. We are very proud that we can offer multi-level care as many facilities haven't this option and residents must move away if their condition changes. If you have any questions about the move to Extended Care, please see Debbie or call her at extension 231.

Similarly, the move from the Weinberg Residence is meant to be smooth. Keep in mind that the community health unit is involved and ultimately has the responsibility of waitlisting Weinberg residents for Louis Brier. For residents in Assisted Living, if they are in receipt of subsidy, are already known to the health unit and have already been assigned a Long Term Care number. Both subsidized and non-subsidized Assisted Living Weinberg residents must be assessed for Louis Brier by the health unit to determine eligibility. Once they are deemed eligible, technically they are required to accept the first available bed in the community. The region promises to meet people's care needs, but not always in the facility that the

resident chooses. It is recommended that, where possible, residents move into the Weinberg Multilevel Care Unit from Assisted Living to wait for a Louis Brier bed. This affords the resident a comprehensive physical, cognitive and functional assessment and helps the transition to the Louis Brier long term facility. While in Weinberg Multi-level Care, the resident would be placed on a transfer list to wait for a Louis Brier bed. In some cases, the resident may be able to stay in Assisted Living while waiting for a Louis Brier bed, but only if the region agrees to supplement the care, or if the resident is able to complement the care with additional support. To reiterate, the region, through the community health unit dictates when someone is eligible for long term care. But there are not always spots available in the first choice facility (LBH). The options for Weinberg residents are: 1) to accept a temporary placement in the Weinberg Multi Level Care Unit; 2) to accept an interim placement at another facility; or 3) to identify supports to assist one's stay in Assisted Living at the Weinberg.

***Q: What is the Louis Brier's position about residents carrying money on them or keeping money or valuables in their rooms?***

**A:** It is recommended that residents carry no more than \$20 in cash on them at any time and not carry credit cards. We also recommend that residents not keep valuable objects in their rooms. All services offered at Louis Brier, including podiatry, the hair salon, and items purchased in the gift shop can be charged to the resident's comfort fund. Similarly residents participating in outings have the opportunity to make payments through their comfort fund in the business office. Families wishing to give the residents money should consider setting up a comfort fund with the Business Office and making regular deposits to their relative's fund. Staff will be pleased to direct the resident to the business office to withdraw small amounts of cash as required. This is meant to reduce loss of cash and still affords residents the opportunity to be independent in managing their money, making decisions, and making small purchases. Residents choosing to carry large sums of cash may be at risk of misplacing it, particularly residents with dementia for whom judgment and ability to manage finances are impaired.

**Q: What is the policy around gifts to staff from residents and families?**

**A:** Staff members are not allowed to receive and keep gifts they receive from residents or families.

The residents of the Louis Brier and the Weinberg collect money to purchase gifts for all the staff which they distribute at an annual Staff Appreciation Event happening this year on December 9<sup>th</sup>. In this way all staff members are appreciated including those who work so hard behind the scenes to make the Home so special. Families and residents are asked not to give staff personal gifts or money in appreciation of the care they receive. It puts the staff in a very compromising position if they are given presents or money, so please refrain from gifting the staff. Cards, chocolates, nuts, or candies are much appreciated at the nursing stations, but please, no personal gifts.

**Q: What do we offer in Multi-level Care in the Weinberg?**

**A:** The Multi-Level Care Unit has 20 private rooms and provides complete medical and nursing care. Five residency options are available: Long Term Stay, Respite Care, Palliative Support, Out of Town Stay and Convalescent Care. *Long Term Stay* suits individuals for whom long term care is required. *Respite Care* offers caregivers the opportunity to have a vacation from caregiving. *Palliative Support* offers end of life care in a safe and nurturing environment. *Out of Town Stay* is a chance for you to bring your elderly parent or relative to Vancouver for a visit and leave the care to us. Lastly, *Convalescent Care* helps individuals regain strength and independent functioning after a hospital stay before returning home. Whichever option you choose, a care team of Nurses, Care Aides, Social Worker, Gerontologist, Recreation Therapists, Occupational Therapist, Dietitian, Rehabilitation Assistants and Activity Aides tailor services to meet the unique needs of each resident. For more information or a tour of the Multi-Level Care Unit please contact Vanessa Trester at 604-261-9622 extension 356.

**Q: Who is the New Team Member Upstairs?**

**A:** Louise Stern MSW, joined the Resident Care Team at the Louis Brier as the Social Worker for Extended Care. She came to

us with varied career experiences in Social Work, the last four years in geriatric care and chronic care at Vancouver General Hospital, UBC Hospital, and Purdy Pavilion. We are thrilled to have Louise on the team!

**Q: Do I see a new grand piano?**

**A:** Yes you do! A generous donation from Mrs. Ellen Cohen resulted in the addition of a new baby grand piano for our Homeside lounge! Thank You Mrs. Cohen!

**Q: What's happening in the Chanukah Season?**

**A:** All are invited to light Chanukah candles at Louis Brier during Chanukah!

**Other December events:**

**Thursday, December 2<sup>nd</sup>:** 9:30 am: Louis Brier & Weinberg Residence Memorial Service at the Synagogue.

**Sunday, December 5<sup>th</sup>:** 2:30 pm at the Weinberg Residence: Schara Tzedek Synagogue Choir.

**Monday, December 7<sup>th</sup>:** 7:00 pm: Vancouver Jewish Folk Choir Chanukah Concert.

**Wednesday, December 8<sup>th</sup>:** at 1:15 pm: Richmond Jewish Day School Choir Chanukah Concert.

**Thursday, December 9<sup>th</sup>:** 2:00 – 4:00 pm: Staff Appreciation Tea.

**Friday, December 10<sup>th</sup>:** at 10:30 am Richmond Jewish Day School Biography Program.

**Sunday, December 12<sup>th</sup>:** at 10:30 am: Beth Israel School Choir Chanukah Concert.

**Sunday, December 12<sup>th</sup>:** 2:00 – 4:00 pm - Annual Chanukah Party.

**Monday, December 13<sup>th</sup>:** at 7:00 pm: Shiron Singers Chanukah Concert.

**Tuesday, December 14<sup>th</sup>:** at 11:00 am - Outing to the Bayshore Seniors Christmas Lunch.

**Wednesday, December 22<sup>nd</sup>:** at 2:15 pm: Extended Care December Birthday Party.

**Tuesday, December 21<sup>st</sup>:** at 11:00 am – 1 pm: Christmas Lunch in the EC Dining Room.

**Wednesday, December 29<sup>th</sup>:** at 2:15 pm: Intermediate Care December Birthday Party.

**Sunday, January 2<sup>nd</sup>, 2005:** 2:00 pm New Year's Day Tea.

## TEN TIPS FOR FAMILY CAREGIVERS

1. Remember to be good to yourself. Love, honour, and value yourself. You're doing a very hard job and you deserve some quality time, just for you.
2. Choose to take charge of your life, and don't let your loved one's illness or disability always take center stage.
3. Watch out for signs of depression, and don't delay in getting professional help when you need it.
4. When people offer help, accept the offer and suggest specific things that they can do.
5. Educate yourself about your loved one's condition. Information is empowering.
6. There's a difference between caring and doing. Be open to technologies and ideas that promote your loved one's independence.
7. Trust your instincts. Most of the time they'll lead you in the right direction.
8. Grieve for your losses and then allow yourself to dream new dreams.
9. Stand up for your rights as a caregiver and a citizen.
10. Seek support from other caregivers. There is great strength in knowing you are not alone.

### **Q: Do you have any non-toxic plants to spare?**

**A:** We are looking for donations of plants for the common spaces in the Louis Brier and in the Special Care Unit. Non-toxic plants are the only ones we can accept and the following indoor plants are safe and we would be happy to receive:

African Violet, Aloe, Asparagus Fern, Azalea, Begonia, Boston Fern, Chinese Evergreen, Croton, Dracaena, Easter Peace Lily, English Ivy, Fig Tree or Weeping Fig, Fuchsia, Gloxinia, Hoya, Impatiens, Jade Plant, Lipstick Plant, Snake Plant, Spider Plant, Umbrella Tree, Wandering Jew, Yucca Plant.

### **Q: Did we get some rehabilitation equipment replaced?**

**A:** The Rehabilitation and Nursing departments received a very generous donation from Irwin Vinegar this Fall. We obtained an array of seating, mobility and adaptive devices that will positively impact the safety, function and comfort of our residents. Thank you so much Irwin, for taking such a special interest in the well-being of our residents!

### **Farewells and Welcomes!**

- **Welcome** to Sally MacBeth who is replacing Heidi Horne as Food Service Supervisor.
- **Farewell** to Annica Carlsson Hyman who has resigned as Volunteer Coordinator.
- **Welcome** to Naomi Clyde who is replacing Yosef Vernon as our Mashgicha.
- **Farewell** to Patrick Chan who retired in September.
- **Welcome** David Dunn as our new Chief Financial Officer.
- **Welcome** to Joie Arboleda who is here taking Cindy Mingay's place as Rehabilitation Assistant while Cindy takes an education leave.

### **Q: Do you know someone who has the following skills?**

#### **Coordinator of Volunteer Services (Part-time)**

We are seeking a Coordinator of our volunteer program to take our program to a new level of excellence. The successful candidate will find the position challenging, with high expectations, with a visionary, supportive and hard-working team of professionals to assist in creating success. We are looking for someone with, preferably, several years of recent related experience, a university degree, a Certificate in Volunteer Management, knowledge of geriatric care and the needs of the elderly and a strong knowledge of the Jewish community. Please forward your resume to: Human Resources, Louis Brier Home and Hospital, Fax 604.266.8712, [jfawcett@louisbrier.com](mailto:jfawcett@louisbrier.com).

**Reaching us... Reaching you...** If you would like to be on our email list, please email: [dlitvack@louisbrier.com](mailto:dlitvack@louisbrier.com).