

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

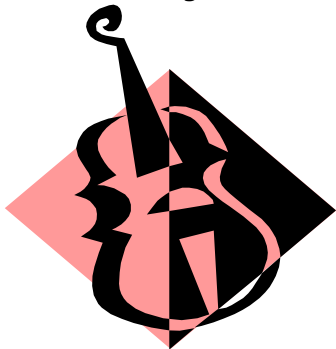
**Volume 5 Number 1
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Welcome New Staff

Welcome to **Kathy Lee**, who used to be a Nurse in The Weinberg Multi-Level Care Unit and before that in Home East, to the **Clinical Nurse Educator** position. Kathy is responsible for clinical education and care support for the care team members. With Krista Hunt, the Nursing Leader, we have a strong dynamic team leading our nursing and multidisciplinary staff toward excellence in resident care.

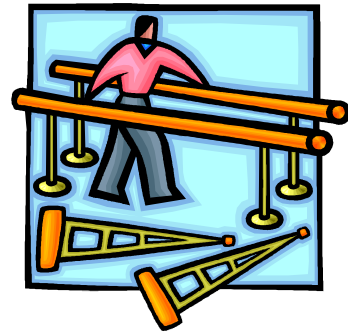
Welcome to **Olga Kastioukevich** our new **Music Therapist**. Olga completed her Music Therapy Internship at the Louis Brier in 2005 and she brings to us a broad repertoire, including Russian and Jewish music, as well as knowledge of classical and popular music. Olga plays a number of instruments including a beautiful cello!



We have been very fortunate to hire a number of nursing care staff since April 2007. Welcome to our new casual RN **Mihaela Popa**. Welcome to **Dina Angeles, Pross Matavu, Sela Yu, and Melva**

Muyco who joined us as casual LPNs. New Casual **Care Aides** whom we warmly welcome to the Louis Brier family are **Editha Villa, Araceli Barrera, May Jean Manalo, Judith Wong, Catarina Vieira, Katherina Pineda, Gemma Vinson, and Eleanor Andrade**.

Welcome to our new full time **Rehabilitation Assistant, Lindsay Sinanan**. Lindsay completed her first student practicum at the Weinberg Residence in the spring of 2006. Following her recent graduation from the Rehabilitation Assistant program at Capilano College, Lindsay joined the staff of the Rehabilitation team of the Louis Brier and the Weinberg. She will be working closely with the Occupational Therapist, the resident care team and residents, primarily in the Weinberg Residence.



We are very pleased to welcome to our new **Bus Driver, Shlomo Zvi** comes to us courtesy of Talmud Torah where he drives their bus during the school year. **Shlomo** will be driving the bus for our residents' outings twice a week for the summer months.

Caregiver Research

Our social work student, Maria Stefanyk, BSW (UVic) and Master of Social Work incumbent (UofT) has interviewed dozens of Family Caregivers and professional staff on Caregiver needs. This research will be used in developing a Caregiver Support Group in the Fall.

Companion Program

We are fortunate that we have a Coordinator of Companions, Sally Karlinsky. Sally and Assistant Evelyn Kachanovzky are hired by families who wish to have private companions for their relatives in the Louis Brier and the Weinberg. Sally ensures that the companions meet criteria for employment in Canada

and have a background in working with the elderly. An ongoing education series provides the companions with useful information on changes associated with aging. Topics include Mobility, Dementias, Parkinson's Disease, and Tips for a Successful Visit, Infection Control, and Programmes & Activities. For more information call Sally at ext. 273.

Research on Communication and Dementia

There is an increasing number of seniors in long-term care settings who come from diverse cultural and linguistic backgrounds. There is also an increasing number of ethno-culturally diverse care staff in these care settings. As a result, encounters between staff and residents who do not share the same culture or language are becoming more common. The Louis Brier is participating with researchers from the Centre for Research on Personhood in Dementia at the University of British Columbia on a research study exploring cultural and linguistic influences on communication between staff and residents in dementia care units. For more information please call Louise Stern (ext. 237).

Ceiling Lifts

Vancouver Coastal Health has given us funds to install some ceiling lifts. We will begin installation in September in the two four-bed rooms and in six double rooms on Hospital East and Hospital West. There will be some disruption to the residents living in the selected rooms for a few days while the tracks are being installed. These ceiling lifts will be used for transferring residents from their beds to their chairs and for moving residents in their beds. Hopefully more funding will be forthcoming to install ceiling lifts in all of the residents' rooms in Extended Care. Our Leader of Rehabilitation, Jane Ellis, is leading this project.

The Occupational Health and Safety Agency for Health Care in British Columbia (OHSAH) is interested in evaluating the effectiveness of ceiling lifts in reducing worker injuries. They will be conducting a study at the Louis Brier with residents and staff before and after installation of the lifts to determine staff and residents' comfort and satisfaction with the new lifts.

Kiddushim

As our population changes and grows, LB and WR are experiencing a significant increase in requests for kiddushim following funerals and unveilings. Our facilities are designed to provide comfortable housing and care for close to 300 people. As

everyone knows we provide a full programme of events in our public spaces. To ensure that we do not disrupt the routine of our residents, we are challenged to find adequate space and staff to fulfill all of the requests for kiddushim. The increase in these kiddushim has been disruptive to residents particularly as more of our residents have some degree of dementia and memory loss. Family and community gatherings like these are not designed with residents in mind and therefore off-site locations are usually more suitable. For these reasons we have developed the following guidelines. Arrangements must be made with Patricia Lipovetsky (ext. 232) or Sharon Parker (ext. 257).

1. Se'udat Havra'ah: Meal of Condolence (Kiddush)

Upon return from the cemetery, it is customary for the mourners to sit down to a se'udat havra'ah. Traditional practices of mourning attempt to strike a balance between expressing one's suffering and recognizing the need to resume one's daily life. It is a mitzvah for relatives, neighbours or friends to provide the food for this meal, to spare the mourners the need to prepare food, and to demonstrate their concern for the mourners' welfare. This meal should not be lavish and traditionally consists of eggs (a symbol of life) and bread. The meal is for the family only, not for visitors, and should not be an occasion for socializing.

Catering following a funeral will be provided by LB/WR only if:

- The deceased was a spouse or immediate relative of a current LB/WR resident,
- The family of the deceased does not reside in Vancouver
- The family of the deceased does not have suitable space in their own homes and cannot make alternative arrangements.

Note: It may not be possible to have a closed off, private function. Therefore, residents may partake of the meal.

2. Unveiling Kiddush

Catering following an unveiling will be provided by LB/WR only if the deceased was a spouse or immediate relative of a current LB/WR resident.

Kashruth Reminder

- Foods served from the Louis Brier kitchens are under the supervision of BC Kosher.
- A Mashgiach is on site daily to observe employees in all areas where Louis Brier food is

prepared and served to ensure that Kosher procedures are followed.

- Only Kosher foods (approved by the Louis Brier Mashgiach) may be eaten in the following areas:
 - Resident Dining Rooms
 - 1st floor Board Room
 - 1st and 2nd floor Activity Rooms
 - 1st and 2nd floor lobbies & lounges
 - Shalom & SCU Gardens

Note: The 2nd floor Conference Room is not a kosher room.

- Residents may eat non-Kosher foods in their rooms as long as Louis Brier dishes, utensils, etc. are not in the room.
- Disposable dishes and cutlery are available from the kitchen for non-Kosher foods.
- Please contact Sharon @ ext. 257 or the Mashgiach @ ext. 344 to determine if foods brought in from outside the facility meet our Kosher standards.

The Writer's Club: Unique Program, Unique People



In October 2004, a group of residents met at the Louis Brier to talk about creating a Writer's Club. Among those attending were seasoned writers, published poets, the creative, and the curious. Their common bond was an interest in writing.

The original group has been meeting weekly for over two and a half years, with new members joining along the way. Participants have had the opportunity to take a focused look at their lives, and retrieve precious memories often long forgotten. The opportunity to appreciate the uniqueness of each life as well as discover common threads and experiences has been a richly rewarding experience. The writers have provided feedback, support and encouragement for each other's writing, with humor and compassion. A strong bond has developed among the members and they continue to support each other through difficult transitions and to celebrate each other's "simchas". In addition to weekly meetings we have hosted guest authors and poets, and attended a community poetry reading. We plan to present a group reading at the Jewish Book Fair this fall.

Stories never told before have been written, read aloud, published in the local newsletter, and now compiled in a collection called "My Life as a Branching Tree". The collection can be borrowed from the LB Reception desk. Copies will be available to purchase for a small fee from the Gift Shop in the near future.

Marion Prasow, a member of the Louis Brier Writer's club writes:

"When I first attended a meeting of the Writer's Club and Nomi presented us with a sketch of a tree and asked us to write a poem, I said to myself: "Where do I come in?" On second thought, I reflected: "At least I can learn something..."

And this was the beginning of my journey into poetry and prose. With Nomi's innovative ideas and proper suggestions I began to see my way clear to depicting happenings in the course of my life, my family, my interests and hobbies, and finally The Louis Brier. Now we have a great collection of writings by seniors, skillfully compiled and edited and we have something to be proud of. Thank you Nomi!

Medication Administration System Change

In conjunction with Kerrisdale Pharmacy, a new era in the way medications are packaged and delivered began at the Louis Brier on June 22nd, after almost a year of planning.

Due to a very generous gift from the Auxiliary, new medication carts were purchased which allow space for individual medication boxes or "pouch porters". Each resident's pouch porter is labeled with a photo, name, room number, physician's name, allergies and other pertinent information. This makes identification of each resident very secure and easy. Medications are packaged in individual pouches according to the time they are to be administered. These pouches are delivered by the pharmacy weekly with each resident receiving a roll containing all their medications and these are placed in their own pouch porter in the medication cart.

The new system is safer and much more efficient therefore allowing nurses more time to spend with the residents. At present the new system is working well in Extended Care and within the next few weeks it will be up and running in Intermediate Care. Weinberg Residence, both MLC and Assisted Living will also switch to the new system at this time. These are very exciting times for health care, as it is the

first step on the road to computerization of medical records.

Weinberg News

We are proud to announce that in May 2007 the Weinberg Residence celebrated its Fourth Anniversary. This *Simcha* was celebrated by the residents and staff and a wonderful afternoon was had by all.

In June, the Weinberg Residence opened its doors to the community for an Open House. Visitors toured the residence and learned about our programs and services.

The Weinberg Multi-Level Care Unit is still offering five residency options: *Long Term Stay, Respite Care, Convalescent Care, Palliative Support, and Out of Town Stay*. For further information about the Unit or a tour please contact Vanessa Trester, Leader Weinberg Residence at 604-261-9622 Ext. 356 or at vtrester@weinbergresidence.com. Come and see what the "Weinberg Family" is all about.

Palliative Care Program

*"Palliative care is a melding of heart and science"*¹

Our palliative care program kicks in as soon as we determine that a resident is palliative and in need of a change in care plan. It involves the team in completing a comprehensive clinical assessment of the resident whose status we feel is changing from acutely or chronically ill to palliative or actively dying. The interdisciplinary holistic clinical assessment of residents using our comprehensive *"Interdisciplinary Change of Health Status Indicators Form"* can be initiated by any team member at any time and is systematically reviewed in interdisciplinary rounds.

The team is now developing a *Palliative Care Plan Form* for the resident's chart. Based on the indicators that the resident's health status has changed, the team develops a *Palliative Care Plan* that is interdisciplinary and holistic, involving the resident and their family, respecting the resident's wishes and choices and those of their family. The Care Plan is a tool that enables prompt and effective communication between multiple team members, and the opportunity for all involved in the resident's care to contribute to their care. The *Palliative Care Plan* is placed on the resident's chart and reviewed weekly at rounds or more frequently as needed.

¹ (Spring, 2007 in *Current*, Vancouver Coastal Health).

The goals of palliative care are to optimize quality of life at the resident's end of life. This is 'comfort care' that is delivered holistically with optimal warmth and compassion. The team seeks to deliver care that addresses the resident's physical, emotional, spiritual, and psychic pain, with flexibility and generosity, appreciating that dying is part of a life journey and each individual's experience is unique and distinct.

Lola

Lola, our one-year old resident puppy is doing very well in her training to be a therapy dog. The staff, companions and volunteers of the Louis Brier and Weinberg take Lola to visit residents who like dogs and enjoy the physical contact of a soft, warm puppy. If you would like to have Lola visit you or your relative, please let us know.



Oskar Goldminc and Lola

Important Pet Reminder

Most of us love dogs, but not everyone... All visiting dogs must be kept on lead and supervised by their owner at all times while at Louis Brier or Weinberg.

Website

Did you know that we have upgraded our Louis Brier and Weinberg Website? Visit it now at www.louisbrier.com and let us know what you think!

Reaching us... Reaching you... EMAIL

If you would like to be on our email list, please email dilitvack@louisbrier.com.