

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

**Volume 6 Number 2
September 2008**

*We Wish
You a
Happy and
Healthy
New Year!*



**Welcome
New Staff and those in New Positions**

Recreation and Music Therapy: Two of our wonderful recreation staff members, Olga Kastioukevich, our Music Therapist and Manj Gill our Extended Care Activity Aide are on Maternity Leave. While we look forward to their return in a year, we are very excited to be able to announce that we have hired a Music Therapist. Alpha Woodward, who has many years of experience in Canada and abroad, has joined our team as the new Music Therapist and will be working throughout the facility. We are advertising for an Activity Worker for the second floor and look forward to a new person joining us in November.

We have been very fortunate to hire a number of **Nursing Care** staff since March 2008. Welcome to our new casual

RNs: Shauvon Berry, Alla Shastlivenko

LPNs: Rhea Rivera, Adel Caslib

Care Aides: Sam Xing, Jody Jassal, Lydia Julian, Kelly Harrison, Eddy Liemnew casual.

Yontiff Synagogue Tickets

Synagogue tickets are now available for the High Holy Days. They are \$180 a ticket for family and friends; residents are free. Tickets are available from the Reception staff at the Louis Brier Front Desk and can be purchased by cheque or cash. When purchasing from Reception staff, please indicate whether you would prefer to sit in the synagogue or in the synagogue lounge/fireplace lounge area.

Social Work

Our social workers have traded units. Debbie Litvack has moved to the Extended Care Unit to provide social work services. She will also continue to work with residents and families in the Special Care Unit. Her office is on Hospital East near the Rehab room. Louise Stern has moved to Intermediate Care and will now provide social work services to residents and families on Intermediate Care (except the Special Care Unit). It is anticipated that this switch will be for approximately one year. Debbie can be reached at (604) 267-4744. Louise Stern can be reached at (604) 267-4711. Louise's office is located across from the Intermediate Care Dining Room on the north-east side. Louise is currently working on her PhD research. We are delighted that Louise will be conducting her research on site. More information will be distributed shortly.

Calling all Family Caregivers

The Social Work Department is offering a Caregiver Support Group. If you have a family member living here, then this is for you. Here is an opportunity to meet other family caregivers, discuss the issues and emotions associated with caregiving, and take some time to acknowledge yourself!

Several meetings were held before the summer. The next meeting will be held on **Wednesday November 5th from 3-4 pm** in the first floor Boardroom. Refreshments will be served. For more information or to RSVP please call Debbie Litvack at (604) 267-4744 or Louise Stern at (604) 267-4711.

Recreation: Artistic Exploration

We are combining different and distinct artistic modes of expression into a comprehensive art program for residents during the next few months. The goal of this project is to provide an experience that will stimulate the mind, body and spirit.

This project involves looking at expressive art sessions that will include visual, fibre, culinary, storytelling and music. While we aim to encourage the artist that exists within, we also plan to develop a greater connection with art in the community. Visiting local art galleries for tours, bringing artists in to speak about their work and share their knowledge, participating in community concerts and culinary tours are just a few ideas in place during the next few months.

We have kick-started this program with the 'Express Yourself' art easel in the Homeside and 2nd floor lounges where residents, families and staff are encouraged to finish a drawing, complete a statement, or to create an image.

Sessions for the fall will include: Collage, Painting on Canvas; Papier Mache; Installation Art Mobiles; Jewelry Making; Musical Instrument Making and Textile Art. Part of this series includes a session in Photography entitled 'Your View.' Interested residents are given disposable cameras to capture on film things in their lives that are meaningful to them.

We know that the creative process of engaging in art improves and enhances the

physical, mental and emotional well-being of individuals of all ages and we look forward to working with the residents on these exciting projects.

New Telephone System

Louis Brier Home and Hospital and The Weinberg Residence have implemented a new telephone system.



We are now the provider of new telephones and telephone services to our residents.

Many of the staff and nursing stations now have direct lines so please be sure to collect a new phone directory from the Reception staff. If you have questions about the phones please call Karen Knox at ext. 4225.

Rehab News

Rehab staff are holding weekly education sessions for the Care staff to ensure that we are all aware of best practices for: physical handling of residents, safe transfers, optimal positioning in bed, use of sliding sheets, and care of our specialty mattresses. Oksana and Kathy are leading this initiative, with the assistance of Karen and Elana (OTs) and care aides report that the sessions are very helpful.

We are excited that our Rehab Team is increasingly involved in the Interdisciplinary Team's wound prevention and management initiatives at the Louis Brier and at a Regional Level. At Louis Brier we have been expanding our inventory of pressure relieving equipment and surfaces and are now able to take a more preventive

approach, once a resident is identified as being at risk for developing a wound. Regionally, Oksana has been involved in developing Physiotherapy Wound Management Practice Guidelines for Vancouver Coastal Health. Over the next month she will be involved in presenting two education sessions to the Region's physiotherapists, with one session for North Shore facilities and a 2nd session at Louis Brier for Vancouver physiotherapists. It is our goal to become the model for best practice in residential care.

Volunteering at the Louis Brier

Books to Go is a volunteer-run program co-sponsored by the Isaac Waldman Jewish Library and the Jewish Family Services' VIP Group. Twice a month **Books to Go** visit the Louis Brier and The Weinberg Residence with an extensive selection of books, CDs and DVDs from around the world. These include:



- Fiction and non-fiction, historical novels, biographies, poetry, and mysteries
- Current Jewish and

Israeli authors in English and Hebrew

- Movies: Jewish themes, and popular Hollywood favorites
- Growing selection of large print books and books on tape. Please visit **Books to Go** on the **1st and 3rd Wed. of each month** at **The Weinberg Residence from 11:00 - 12:00** and **the Louis Brier Home and Hospital from 12:30 - 1:30.**

Residents can call the library at (604) 257-5111 ext. 248 to order specific books, CDs

and DVDs. The library collection is available online at <http://www.iccgv.com/home/library.htm>.

Medical Escorts at the Louis Brier and The Weinberg Residence

Residents have many medical appointments in the community and often require escorts. Family members either escort the resident, or make alternate arrangements for these appointments. The care team usually notifies the family well in advance of an appointment, and transportation by HandiDART is handled by the Receptionists. Knowing that it is not always possible for the family to escort the resident, we have put several measures in place.

If a resident's family is unavailable, and a volunteer arrangement cannot be made, we use the services of paid medical escorts. The Nursing staff contacts Nomi Fenson, Coordinator of Volunteer Services, who arranges for the escort. **A fee of \$13.00 per hour is charged for this service.** Louis Brier residents are billed through their Comfort Fund while residents at The Weinberg Residence are billed directly.

For residents who employ Companions, medical appointments may best be scheduled during their Companion's shift. When this is not possible, the same procedure as noted above will be followed.

If you require further information please contact: Nomi Fenson, Coordinator of Volunteer Services at (604) 267-4736.

ACCREDITATION: What's It All About?

The Louis Brier Home and Hospital has been an "accredited" organization for more than 20 years. This means that our policies and practices are reviewed every three years by Accreditation Canada to assess how well we're doing.

Being “accredited” assures our residents and families, physicians and staff that we meet nationally-recognized standards for care and services; encourages us to continually review and improve our policies, processes and performance indicators; and reflects our profile within Vancouver Coastal Health as a facility that provides the highest quality of care and services.

On November 26-28, 2008 surveyors from Accreditation Canada will be at the Louis Brier Home and Hospital. You may see them visiting one of our nursing units, and talking to staff. The surveyors may want to talk to you about your experience at the Louis Brier.

On the last day of the survey, everyone is invited to come and hear what the Surveyors have to say about their findings. The date, time, and location will be announced.

Infection Control – What you can do...

Hands are the main pathway of germ transmission. Thus hand hygiene is the most important measure to avoid the transmission of harmful germs and to prevent infections associated with care.

Clean your hands by rubbing them together with alcohol-based hand rub located throughout the Louis Brier and The Weinberg Residence. If your hands are visibly dirty, wash them with soap and water.

MYTH BUSTERS

Myth: *Soap and water are better than alcohol-based hand rubs.*

Alcohol-based hand rubs significantly reduce the number of micro-organisms on the skin, are fast acting and cause less skin irritation. For these reasons the Ministry of Health recommends alcohol-based hand rubs as the preferred method of decontaminating hands.

Myth: *If my hands look clean, then I don't have to wash them.*

We can pick up germs from objects such as door knobs, chair arms, and stair railings that have been touched by other people who are not good hand washers. Most are harmless but we can pick up some that cause illnesses such as colds, flu, and diarrhea. When we forget to wash our hands or don't wash them properly, we can spread these germs to other people or to ourselves by touching our eyes, mouth, nose or cuts.

Myth: *Alcohol-based hand rubs are drying to the skin.*

Alcohol-based hand rubs have extra ingredients in them to help rehydrate the skin. One study showed that people using a hand rub had better skin condition than people using only soap and water.

Myth: *After using the alcohol-based hand rub ten times, I have to wash my hands with soap and water.*

Alcohol-based hand rubs are quick and easy to use and more accessible than sinks. There are no data that limit how many times you can use alcohol-based hand rubs. While the alcohol does kill germs, alcohol-based products do not remove dirt. “Dirty hands” must still be washed with soap and water.

New Louis Brier Information Manual

The Louis Brier Home and Hospital staff and management have created a comprehensive information manual for residents, families and prospective applicants. The manual includes a staff directory, admission procedures, care and therapeutic information, and much more. All the information is also available online on our website: www.louisbrier.com

NEW Computer-based Assessment and Resident Data Collection System: RAI-RC-MDS

Across Canada (and in many other countries in the world including Israel) with the guidance of the Canadian Institute for Health Information (CIHI) and the mandate of the Ministry of Health and the Vancouver Coastal Health Authority (VCHA), residential care homes are educating their care staff in how to complete the standardized RAI - Resident Assessment Instrument, and the MDS - Minimum Data Set. The goal is to improve health care with a common language for all professionals in hospitals and Homes. Accurate data can be shared to promote individualized care planning and interventions. At the Louis Brier, Eileen Cohen is our Clinical Lead for this initiative. The Nurses and Interdisciplinary staff have begun their training to complete assessments on our residents.

Weinberg News

Video Games aren't for kids anymore!

On September 22nd The Weinberg Residence launched the Nintendo Wii, an interactive virtual gaming system. The Weinberg residents will become Wii players as they try their hands at tennis, golf, bowling and many other sports and games. Now, residents can play sports they once loved but haven't been able to play. The Wii system is certain to be a big hit as it gets residents moving and having fun. Drop by and check out the Wii – you never know, maybe you can pick up a tennis match or a round of golf with one of our residents!

The Weinberg Residence offers Assisted Living and Multi-Level Care. For any information or a tour please contact Vanessa Trester, Leader Weinberg Residence, at (604) 267-7422 or vtrester@weinbergresidence.com.

Wish List

At the Louis Brier we have many needs that we are fortunate to have filled through generous donations. Here are a few items on our Wish List:

Portable nail salon.....	\$100
Bingo Wheel.....	\$300
Electric Razor.....	\$150
CDs.....	\$ 25

Website

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

Reaching us Reaching you... EMAIL

If you would like to be on our email list, please contact dlitvack@louisbrier.com. We do not share your email addresses with anyone but do find that it is a very useful way of communicating with families, so please get in touch.