

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

**Volume 7 Number 2  
September 2009**

**HAPPY NEW YEAR TO ALL OUR  
RESIDENTS AND FAMILIES**



**Welcome New Staff:**

We would like to welcome the following new **Nursing Team** members to the Louis Brier:  
*RNs:* Tina Chan, Lirma Aquino, Krista Fullerton  
*LPNs:* Sonia Bolotin, Celia Cortes, Ymelda Castillo  
*Care Aides:* Liza Davinagracia, Lorlyn Fontanilla  
We have two new members of the **Rehab Department:** *Physiotherapist* Dan Hewson and *Rehab Assistant* Craig Campbell.  
Karen Minato has joined the Business Office in the **Accounting Department**.

We have had some retirements of some fantastic staff. Choly DeFelipe and Edith Burgoyne retired from regular positions to work casual and enjoy retirement, and Care Aides Rosita Gutierrez and Belinda Garcia retired in the last 5 months.

**Accreditation News**

We are very pleased to announce that we have successfully completed the Accreditation process and now officially have our three-year accreditation from Accreditation Canada. Thank you to all our wonderful staff who make this a great Home!

**A Message from our new Medical  
Coordinator, Dr. Eric Cadesky:**

It is my pleasure to be writing an inaugural blurb to the families and friends of our residents here at the Louis Brier Home and Hospital. I am honoured to be following Dr. Reva Adler as Medical Coordinator and look forward to working with the residents and their families, the excellent LBHH staff, and our valued community physicians to continue the traditions of care, respect, and learning.

Many have asked about the Louis Brier's plan for the influenza season. We will continue to plan and react according to the most up-to-date evidence and current best practices. All eligible residents will receive a vaccination for the seasonal influenza ("flu") virus. Also, despite being a kosher facility, we are still at risk for the "swine" flu", or H1N1; once a safe and effective vaccine is available for the novel H1N1 flu we will act according to the best care of our residents, as instructed by the Centre for Disease Control of BC. In the interim, we ask that visitors abide by best hygiene practices such as washing hands before and after visits, and delaying visits if you do not feel well. For further information, please see <http://www.phac-aspc.gc.ca/alert-alerte/h1n1/index-eng.php> and <http://www.cdc.gov/H1N1Flu/>.

Thank you for your continued support of the Louis Brier. Please do not hesitate to let us know how can help you and your loved ones.  
*Sincerely, Eric Cadesky MD CM, CCFP*

## Rosh Hashanah and Yom Kippur Schedules:

**Friday, September 18<sup>th</sup>** - Erev Rosh Hashanah

- Dinner as usual for Intermediate Care & Extended Care

**Saturday, September 19<sup>th</sup>** - 1<sup>st</sup> day Rosh

Hashanah & **Sunday, September 20<sup>th</sup>** - 2<sup>nd</sup> day Rosh Hashanah

- SCU & Extended Care – all meals at usual times
- Intermediate Care breakfast – 2 sittings; usual times
- Intermediate Care Lunch - *Residents may choose either 1<sup>st</sup> or 2<sup>nd</sup> sitting. There will not be designated seats - residents may sit where they like:*
  - ◆ 1<sup>st</sup> sitting in Dining Room @ 12:00 pm for residents not attending synagogue
  - ◆ 2<sup>nd</sup> sitting in Dining Room @ 1:15 pm (approximately) upon conclusion of synagogue services
- Dinner as usual for Intermediate Care & Extended Care

**Sunday, September 27<sup>th</sup>** - Erev Yom Kippur (*fast begins @ 7:00pm*)

- Dinner as usual for Intermediate Care & Extended Care

**Monday, September 28<sup>th</sup>** – Yom Kippur (*fast day*)

- Intermediate Care - breakfast & lunch as usual
- SCU & Extended Care - all meals at usual times
- Intermediate Care tea @ 2:15 pm will be served in the IC Dining Room
- Intermediate Care Dinner - 2 sittings as usual plus a 3<sup>rd</sup> sitting @ approximately 7:50 pm for residents who are fasting and/or attending synagogue service

**Sukkot** - All meals as usual for Intermediate Care and Extended Care on the following dates:

**Friday, October 2<sup>nd</sup>** - Erev Sukkot

**Saturday, October 3<sup>rd</sup>** - 1<sup>st</sup> day Sukkot

**Sunday, October 4<sup>th</sup>** - 2<sup>nd</sup> day Sukkot

**Friday, October 9<sup>th</sup>** - Hashana Raba

**Saturday, October 10<sup>th</sup>** - Shemini Azeret

**Sunday, October 11<sup>th</sup>** - Simchat Torah

**Guest Meals:** Special High Holiday Meals will be served on:

- ◆ Friday, Sept. 18<sup>th</sup> **DINNER**
- ◆ Saturday, Sept. 19<sup>th</sup> **LUNCH & DINNER**
- ◆ Sunday, Sept. 20<sup>th</sup> **LUNCH**
- ◆ Sunday, Sept. 27<sup>th</sup> **DINNER**
- ◆ Monday, Sept. 28<sup>th</sup> **DINNER**

The cost for these meals is \$17.14 + GST for a total of **\$18.00**. There is a limit of 2 guests per resident. Please see Reception for tickets.



## Family Meeting

You are invited to a Family Meeting on **Tuesday November 10<sup>th</sup> at 5:30 pm**. We will be introducing our new Medical Coordinator, Dr. Eric Cadesky who will talk about his role at the Louis Brier and the upcoming Flu season. We will also be joined by members of the Louis Brier Board Strategic Planning Committee who will be eliciting your ideas about where you would like to see the Louis Brier go in the next 3 to 5 years. Please join us in the Upstairs Dining Room for this important discussion.

## **Emergency Preparedness**

On September 10<sup>th</sup> we conducted evacuation drills at Louis Brier and the Weinberg Residence. The drills are held annually as part of our Emergency Preparedness Plan to ensure the safety of residents, staff and visitors in the event of an emergency.

We simulated a fire scenario and evacuated many of our residents (and volunteers playing the role of residents) outside to the designated assembly area in a timely manner. This provided an opportunity for staff to practice our safety procedures and to familiarize themselves with our exit routes.

In addition to evacuation drills we have monthly fire drills providing additional opportunities for staff training and assessment of the effectiveness of our procedures.

Congratulations to the residents and the staff on very successful drills!

## **Nursing News**

You have likely noticed by now the changes in nursing on most of the units at the Weinberg Residence and the Louis Brier Home and Hospital. We are very pleased with how well it has worked out and that residents and family members are getting to know the new RNs and LPNs. We thank all the staff, residents and families for making this transition successful!

## **Flu Season News**

As Dr. Cadesky has said and as everyone has heard in the media, H1N1 is in Canada and being closely monitored. It is a good reminder for all of us to wash our hands meticulously. If you are not feeling well, please do not come and visit your loved one, and if you have any concerns about your health, please go and see your doctor. We are in close contact with the Centre for Disease Control and are following their guidelines for handling this flu.

The best advice for all is very thorough hand washing many times a day and **always** before eating. Try to avoid touching your face and when in gatherings, if possible, avoid hand shaking as germs are spread on the hands. Cough and sneeze into a tissue or your sleeve, not your open hand. Small containers of hand sanitizer are widely available and should be carried and used.

We will be receiving the regular Flu vaccines in October/November and will be administering these to our residents and staff.

## **Social Work News**

Louise Stern is going to remain the Intermediate Care (first floor) Social Worker until December 2009.

Louise's hours are: **Tues., Thurs., and Fri. 9:00-4:30.** Debbie Litvack is the Social Worker on the Extended Care Unit (second floor) and Debbie's office hours are: **Mon. to Fri. 8:45-3:30.** Office hours outside of these can be arranged by appointment.

The **Caregiver Support Group** is starting a new session this fall. This group is open to all family caregivers/next of kin providing care to their family members at LBH. While the group is facilitated by the social workers, it is peer driven. Members of the group have opportunities to share experiences of caregiving, to learn about topics related to caregiving, and to both give and receive support related to this experience.

This year the group will be a 6 month closed session, with entry starting at the first session. The dates are: Tuesdays Oct 6, Nov 3 and Dec 1 2009; Jan 5, Feb 2 and Mar 2 2010. Meetings will be held from 3:30-4:30 on these dates in the Louis Brier first floor Boardroom. Please note that the social workers are also available for one-to-one support.

For more information or to RSVP to join the group, please contact Louise Stern by email [lstern@louisbrier.com](mailto:lstern@louisbrier.com) or by phone 604-267-4711

or Debbie Litvack at [dlitvack@louisbrier.com](mailto:dlitvack@louisbrier.com) or by phone 604-267-4744.

### Student News

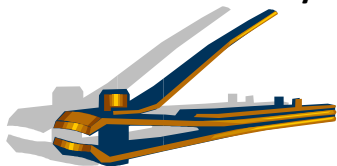
The Social Work Department will have a foundation year MSW student. Juliet Harker Nahum will start her practicum on Sept 15 and will be at LBH on Tuesdays and Wednesdays until May 2010.

### Recreation & Music Therapy News

We have had some staffing changes in the Department. **Rebecca Berman**, Program Coordinator at the Weinberg has moved back to Montreal to pursue her education. **Yoav Worth**, who has worked for a year with residents on the 2<sup>nd</sup> floor at the Louis Brier has taken on Rebecca's role. **Manj Gill**, Activity Worker and **Olga Kastioukevich**, Music Therapist have both returned to the Louis Brier after completing their maternity leaves.

**New Programs & Events:** We are continually reviewing and enhancing the Recreation and Music Therapy programs every month. The residents' monthly Newsletter is a good source of information about regular programs and special events in a calendar format as well as a 'Highlights' page. Bulletin boards throughout the home give up-to-the-minute information about changes in the schedule. We encourage you to bring ideas to us about what YOU might like to do or see and we'll work hard to make it happen.

### Personal Items - Particularly Nail Clippers



A REMINDER: All residents must have their own nail clippers and nail files. Please put together a small nail kit for your family member. We are no longer allowed to use sanitized communal nail clippers or scissors when providing care. The Louis Brier Gift Shop stocks a lovely manicure kit for \$12.95 and nail clippers for \$2.95.

### Waging the Battle to Foil Falls

#### Falls Fast Facts:

- 1 out of 3 seniors fall each year
- 50% of residential care admissions are fall related
- 50-60% of residents in facilities fall every year and 10% of these falls result in serious injury
- 20% of seniors who suffer a hip fracture die within 1 year and of those who survive, 50% never regain their pre-hip fracture functioning.

#### On the Falls Frontlines

The numbers are daunting and the challenge is great. At Louis Brier we are determined to reduce the number of falls and the severity of injuries related to falls. The Rehab Department is working closely with Nursing, Maintenance, Companions, Residents and Families to make this facility as safe as possible. Our Falls Prevention Program is working on a number of strategies to reach that goal. We are developing a better tracking process to identify high risk residents and their pattern of falls. This allows us to tailor prevention strategies for each individual. We are making the physical environment safer and continence management easier by adding grab bars to bathrooms, installing ceiling lifts on the 2<sup>nd</sup> floor and purchasing new specialized commodes. We have increased our inventory and use of extra-low beds, fall-out mats, hip protectors and sensitive call bell pads. This helps to minimize injury to those mobility-impaired residents who regularly climb out of bed at night. The Physiotherapy Service is also working hard to increase its capacity to provide more group and individual 'Strength and Balance Training' opportunities. We are investing in staff, education, and cutting-edge equipment.

Our falls-with-injury rates are dropping and we are very proud of all of the staff who are constantly vigilant in promoting resident safety.

## Weinberg News

The Weinberg Residence offers Assisted Living and Multi-Level Care. Assisted Living provides semi-independent living for individuals requiring hospitality services and some personal assistance with daily living. Multi-Level Care offers five residency options: long-term stay, respite care, convalescent care, palliative support, and out-of-town stay. For any information or a tour of the Residence please contact Vanessa Trester, Leader Weinberg Residence, at 604-267-7422 or [vtrester@weinbergresidence.com](mailto: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 that you may be interested in donating:

Table place setting.....	\$ 12
Maracas (music makers).....	\$ 15
Fish for Aquarium, each.....	\$ 25
CDs, each .....	\$ 25
Shabbat Music.....	\$ 60
Heels up position wedges.....	\$120
Electric Shaver.....	\$150
Care Aide Trolley.....	\$250
Bingo Wheel.....	\$300
Pocket Talkers.....	\$300
Hair dryer for Salon.....	\$300
Over-bed table.....	\$300
Autoharp.....	\$700

## Auxiliary Fall Tea

The Louis Brier Auxiliary will be holding their semi-annual Fall Tea on **Wednesday October 14<sup>th</sup>**. This will include a fashion show of Laura Petit Fashions. This is a great fund raiser for medical equipment for the residents of the Louis Brier. Please mark your calendars.



## Medical Escorts at the Louis Brier and Weinberg Residence

Residents have many medical appointments in the community and often require someone to accompany them. 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 \$15.00 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 regular 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. Please note that all medical bookings should be arranged by Nursing so that the request for a medical escort and transportation (HandyDart or taxi) can be processed in a timely fashion.

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

## Reaching US... Reaching YOU... EMAIL

We would like to be able to contact you on email to let you know in a timely fashion of flu outbreaks, new policies, changes in practice, newsletters, etc. Please email Vicki Sprinkling at [vsprinkling@louisbrier.com](mailto:vsprinkling@louisbrier.com) to get on our email list. 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.