



Resident & Family Newsletter

We're changing our colours!

Building Committee taking steps to create a home-like environment with significant therapeutic value

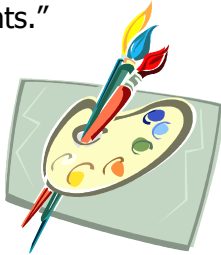
Our **Joint Building Committee**, under the chairmanship of **Murray Goodz**, has selected the architectural firm **Atmosphère Design** to prepare a master colour design plan for the Jewish Eldercare Centre. Their recommendations should be ready by this Spring, and we expect to begin re-painting all public and common areas, as well as all of our residents' rooms in both pavilions by the Summer.



"The Centre has not had a major re-painting since it was opened in 1993, and most areas are currently painted in various shades of grey" said Goodz. "Our primary objectives for this

major project are to create a warm home-like environment, and to introduce colour schemes that offer therapeutic benefits to our residents."

For example, colours in residents' rooms will be selected for the moods and needs of each individual, such as to enhance sleep or to reduce anxiety. In dining rooms, colours will be chosen to improve appetite; and relaxing tones will be used in recreation rooms.



Many of our residents are visually impaired, and the

proper use of colour will improve their perception, orientation and safety.

The entire project is expected to be completed by the Spring of 2007.

Atmosphère Design specializes in the field of chromology, or the therapeutic use of colour.

They have performed colour plans for other long term care centres such as l'Institut Universitaire de Gériatrie de Montréal and Pavillon Grace Dart, and a similar project is also currently underway at Mount Sinai Hospital in Cote St. Luc.



The Joint Building Committee is entrusted with the mandate to provide leadership on matters pertaining to building improvements, construction projects and related issues. The committee, which also provides guidance to the Maimonides Geriatric Centre, is comprised of architects, engineers and other construction industry professionals, as well as management personnel of both Centres.

In addition to its chairman, the members are: **Claude Bensmihen, Marie Boucher, David Brown, Herb Feifer, Barbra Gold, Eli Kobernick, André Lecavalier, John Paterson, Ronnie Roter, Louis Roy** (representing l'Agence de la santé et des services sociaux de Montréal – Montreal's regional health board), and **Herb Wax**.

Is there a Rabbi in the house?

Actually, we now have three Rabbis on duty – throughout the entire week.

We are pleased to announce two new chaplaincy appointments: **Rabbi Michael Wolff** will be at the Centre all day Tuesdays and Thursdays. **Rabbi Chaim Sherrf** will be conducting Shabbat services on Friday evenings and on Saturday mornings and afternoons.

Rabbi Ronen A. Abitbol will continue to be on-site on Mondays, Wednesdays and Fridays, as well as leading the Oneg Shabbat in both pavilions on Friday afternoons.

Rabbis Wolff and Abitbol are on call for any emergencies. Please ask the staff nurse to contact them. For general inquiries, call 738-4500 ext. 2323 and leave a message.

When it's a question of ethics... consult the Clinical Ethics Committee

The Jewish Eldercare Centre and Maimonides Geriatric Centre have formed a **Joint Clinical Ethics Committee**, which is mandated to review ethical issues concerning our residents, and prepare recommendations to the parties concerned.

The committee is comprised of staff from various disciplines – management, nursing, medical, professional services, chaplaincy and social services – as well as lay individuals, including a lawyer with expertise in the field of Ethics.

Common issues reviewed by the Ethics Committee include end of life decisions or conflicts regarding resident care. The recommendations made by the committee are not

binding. The purpose is to help those involved deal with issues in an ethical

manner, taking into account all sides of the issue.



If you have an ethical concern, first speak with the Head Nurse or the Ombudsman (Dana Kean, 738-4500 ext. 2126), either of whom may be able to help you resolve the issue. If you then feel that the issue is still unresolved, please address a letter to the Ethics Committee, detailing your concerns. The letter may be delivered to Mireille Cohen in the

administration offices (Hope Pavilion), left at main reception in either pavilion, or presented to any of the Committee members listed below.

A recommendation from the committee is usually available within two weeks.

The Joint Clinical Ethics Committee is chaired by **Lily Shatsky**. Its members include: **Helen Better, Marie Boucher, Susan Cliff, Dr. Jack Gaipman, Barbra Gold, Dana Kean, George Landau, Dr. Robert Levine, Stuart Rechnitzer, Rabbi Sidney Shoham, Professor Ron Sklar, Lucie Tremblay, Dr. Avi Whiteman, Rabbi Michael Wolff.**

Merger of Foundations simplifies donation decisions

We are pleased to announce the upcoming merger of the J.H.H. Foundation with the Jewish Eldercare Centre Foundation, into the newly formed **Jewish Hospital of Hope Eldercare Foundation**.

"This merger is very significant, bringing together two very strong fundraising organizations which will now have a common goal of funding major improvements at the Jewish Eldercare Centre," said **Mark Potechin**, President of the Centre. "It will also make it much easier for our families and other donors to decide on where to place their support."

Donations are most gratefully accepted at the Foundation office, Hope Pavilion room 2A.25 (second floor), or by calling 738-4500, ext. 2125. The Jewish Eldercare Centre Auxiliary also accepts donations at Kastner Pavilion room 108, 738-4500 ext. 8108.



WITH MANY THANKS ON BEHALF OF OUR RESIDENTS

The Centre wishes to express its profound gratitude to the J.H.H. Foundation for offering to fund new specialized nursing equipment such as blood pressure machines, electric lifts and therapeutic mattresses, in the amount of \$250,000. Thanks to the generosity of the Foundation and their donors, this new equipment will be acquired by the end of March.



Management Rounds now covers all shifts

Senior management of the Jewish Eldercare Centre have begun making periodic visits to all resident floors on each shift – day, evening and night shifts, including weekends. Site Director **Marie Boucher** and Interim Director of Nursing and Specialized Services **Lucie Tremblay** met with all staff members recently.

"Our visits will become a regular occurrence," said Boucher. "We wish to be better acquainted with the staff and the specific demands of each shift. It is only by being sensitive to the needs and issues of all shifts that we can provide the proper care to our residents."

Safety and Security News



► Many of our residents are “wanderers,” and occasionally attempt to leave the premises unattended. This is a potentially dangerous situation for the resident.

As a preventative measure, we have installed an alarm sensor at the main entrance of the Hope Pavilion, facing Victoria Ave., which is triggered by magnetic bracelets worn by our wandering residents. Within the next few months, similar devices will be added to all other Hope Pavilion exits. The Kastner Pavilion exits already have magnetic sensors.

We’d like to take this opportunity to remind family and friends to **avoid assisting unattended residents into elevators or through building exits**. A member of the nursing staff on the resident’s floor must authorize any resident who wishes to leave his or her floor unattended.

► Regular fire drills are being held in both pavilions, in accordance with government regulations and for the safety of our residents. Please cooperate with our staff to ensure that the drills are conducted in an efficient manner.

Food hazards and participation at special events

At the Jewish Eldercare Centre, one of our objectives is to provide a wide spectrum of meaningful activities where everyone can enjoy themselves. **Each resident should have an opportunity to participate, express their enthusiasm and feel like a part of our very special community – in an atmosphere of respect and dignity.**

Recently, we realized that serving food at major activities, such as the monthly birthday party and the Oneg Shabbat, did not respect these principles. A large proportion of our residents suffer from a variety of illnesses where ingesting the wrong type of food can jeopardize their health. For that reason, the companions and guests are more often the ones who end up enjoying the food.

This creates a situation where many residents feel left out, and therefore the activities do not meet one of our primary objectives – that of inclusion. Serving the food to companions and visitors also reduces the amount of time devoted to the actual activity, and ensuring that all residents have the opportunity to be part of it.

Therefore, in the best interests of the majority of our residents, we have no other choice but to discontinue the serving of food at major activities. We know this is a difficult change, and please bear with us as we make this transition. By allowing our staff to pay more attention to the program, we will be able to provide activities which offer a higher level of therapeutic benefits, and our residents will live in a safer and more respectful environment.



Companions must sign in!

It’s for the welfare of our residents and families: **Companions must sign in at the security desk** when they arrive at the Centre, and they **must wear their identification tags** while on the premises.

Why? For the safety and security of all residents; for better control of the companion’s hours; and to avoid having unauthorized “replacements” taking care of your loved ones.

All new companions must register at the security desk, and apply for an identification card.

Please reinforce these policies with your family’s companions.



Cell phones and residents: not the ideal combination



We have noticed a high incidence of cell phone use by some companions, families and visitors, while in the presence of a resident. This practice is highly discouraged, for several reasons:

- ▶ Companions speaking on cell phones are not attending to the needs of the resident.
- ▶ When a visitor is on a cell phone, the resident does not receive the emotional support and companionship which is a primary reason for the visit.
- ▶ Cell phone use in common areas interferes with the quality of life of other residents.

Please ask your companions to restrict their use of cell phones inside the resident's room. You may also wish to keep this in mind when visiting the Centre. The time you spend with your loved one will be much more meaningful.

No tips or gifts, please!

We recently received inquiries from residents and their families about how they might show their appreciation for exceptional care from staff members of the Jewish Eldercare Centre.

There are several options that we would recommend:

- ▶ Verbal feedback is always very greatly appreciated.
- ▶ Send a letter to the head nurse on your floor, the Interim Director of Nursing and Specialized Services (Lucie Tremblay) or Site Director (Marie Boucher).
- ▶ Send a Tribute Card to the staff member, with a donation made in their honour. An attractive card with your personalized message will be given to the staff member, and you will receive a full tax receipt for your donation to the Centre. The minimum donation is only \$10. Please call the Jewish Hospital of Hope Eldercare Foundation at 738-4500, ext. 2125.

Please note that **gifts or tips cannot be accepted by our staff**, in order to conform to very specific government regulations and our own internal policies. Any gift or cash payment must be returned to the sender, or donated to the Foundation in the name of the resident or family. While we are always most grateful for positive feedback, we encourage you to use one or more of the three alternatives listed above.

Pets are a resident's best friend

Centre announces liberal policy on pet visits

Research has shown that pets can provide a calming effect and reduce anxiety for residents of a long term care centre. Pets encourage communication in various verbal and non-verbal ways. A sense of warmth, love and satisfaction is often achieved by petting and brushing the animals.

Family members are therefore encouraged to bring their pets along when visiting their loved ones. You and your pet provide an opportunity for a very special form of social visit, providing the resident with an extremely pleasurable experience. All dogs must be leashed in order to avoid disturbing other residents who may not be open to this type of visit. Only cats that have been declawed are permitted in the Centre. Thank you for your cooperation.



For those families who may be interested, the Recreation Department invites you and your pet to volunteer for our supervised Pet Visiting / Pet Therapy Program. There is a screening procedure which is required prior to visiting other residents with your pet, and more information is available by calling **Lisa Patterson** at 738-4500, ext. 2330.

Volunteer and Recreation News

► Congratulations to the **JEC Residents Choir** for an excellent performance on December 18th. Residents and family members packed the Dalse Room for an hour-long show featuring the choir, with music animator **Sima Levin** on keyboards. We look forward to the next concert!

► Music is featured in many of the recreation activities at the Centre, since music stimulates the memory, connects residents to their culture, lifts the spirit and is an important element of a home-like environment. Along with our wonderful and tireless music animator, Sima Levin, several other musicians also work with our residents individually and in groups of various sizes. Helping us improve the quality of life of our residents through music are: **Elisabeth Frenkel, Mark Pinkus, Peggy Pardo, Norma Sherman** and **Mark Youhanan**.

► Two new fitness specialists, **Teoma Naccarato** and **Katherine Kominar**, have been conducting weekly **Adapted Dance and Yoga Classes** with the residents since December. The classes keep participants in touch with the world outside, providing a chance to learn new dance moves and stretches while socializing with their peers. This program helps the residents maintain their motor skills and mobility, improves muscle tone, flexibility and coordination, increases breathing capacity and heart rate, and reduces anxiety.

► The new **Business Club** held their first sale in December, and it was a great success! In this therapeutic program, a group of residents organize and sell everyday items such as toothpaste, Kleenex and

other useful items, to residents, visitors and staff. The residents raised over \$100 to be used for future activities in the centre. The program helps build self-esteem, encourages decision making and provides a renewed sense of everyday life during the resident's earlier years. Check the Recreation bulletin boards for the dates and times of future sales.

► A **Recreation Department activity schedule** is distributed to the residents each month. Family members can view the schedules on the Recreation bulletin boards, as well as the bulletin boards on every floor.

► **Purim celebrations** are being planned for both Pavilions. Details will be posted by the Recreation Department. The reading of the Megilah will take place in the Kastner Pavilion on Mon., March 13, 2006. Services will begin at 6:00 p.m. Everyone is welcome!

► **Passover** is a special time for residents at the Jewish Eldercare Centre. Passover brings with it personal memories and family traditions. It is a holiday spent with family and enjoying the traditional Passover Seder. **The Jewish Eldercare will host two Seders** in the Kastner Pavilion, at 5:00 p.m. on April 12th and 13th, 2006. Details will be posted as soon as plans are finalized and additional information on obtaining tickets will be sent by mail. For more information, please contact Pastoral Services at 738-4500, ext. 2323 or Recreation Services, ext. 2332.

► We have recruited **38 new volunteers** since November, and our recruitment campaign is continuing.



An intergenerational program was held in January with the Residents' Choir. Children from a local daycare sang songs with the choir and mingled with the residents.



The warmth and soft fur of this visiting bunny rabbit intrigues our residents and provides a very soothing experience. Everyone is encouraged to hold and pet various friendly animals during pet therapy sessions, including a dove, a turtle and a cuddly dog.

Volunteers needed

Volunteering with the frail elderly can be very gratifying. The recreation activities of the Jewish Eldercare Centre depend highly on the dedication of our valued volunteers, who help bring residents to the activities and return them to their rooms, as well as assisting in animating some activities.

If you, or someone you know – a grandchild, a friend, a neighbour – have some time to spare to bring happiness to an elderly person, please contact **Lisa Patterson** at 738-4500, ext. 2330, or by e-mail: lisa.patterson.chsldjuif@ssss.gouv.qc.ca

Music-Based Recreation Events

Please refer to the monthly recreation calendar for locations of these and other major events. Events are subject to change. Changes will be posted or announced when possible.

February

- 5th Concert with Mark Youhanan, sponsored by Maple Leaf Lodge, Hope Pavilion, 2:00 pm
- 7th Evening concerts in both Pavilions, 6:30 pm
- 12th Family concert, Kastner Pavilion, 2:00 pm
- 14th Evening concerts in both Pavilions, 6:30 pm
- 19th Family concert, Hope, 2:00 pm
- 21st Concert sponsored by Knights of Pythias, Kastner, 6:30 pm
- 21st Evening concert, Hope, 6:30 pm
- 22nd Birthday Party for both Pavilions, 2:00 pm
- 26th Family concert, Kastner, 2:00 pm
- 28th Concert sponsored by Knights of Pythias, Hope, 6:30 pm
- 28th Evening concert, Kastner, 6:30 pm



March

- 5th Family concert, Hope Pavilion, 2:00 pm
- 7th Evening concerts in both Pavilions, 6:30 pm
- 12th Family concert, Kastner, 2:00 pm
- 14th Evening concerts in both Pavilions, 6:30 pm
- 19th Family concert, Hope, 2:00 pm
- 21st Concert sponsored by Knights of Pythias, Kastner, 6:30 pm
- 21st Evening concert, Hope, 6:30 pm
- 22nd Birthday Party for both Pavilions, 2:00 pm
- 26th Family concert, Kastner, 2:00 pm
- 28th Concert sponsored by Knights of Pythias, Hope, 6:30 pm
- 28th Evening concert, Kastner, 6:30 pm



April

- 2nd Family concert, Hope Pavilion, 2:00 pm
- 4th Evening concerts in both Pavilions, 6:30 pm
- 9th Family concert, Kastner Pavilion, 2:00 pm
- 11th Evening concerts in both Pavilions, 6:30 pm
- 16th Family concert, Hope, 2:00 pm;
- 23rd Family concert, Kastner, 2:00 pm
- 25th Concert sponsored by Knights of Pythias, Hope, 6:30 pm
- 25th Evening concert, Kastner, 6:30 pm
- 26th Birthday Party for both Pavilions, 2:00 pm
- 30th Family concert, Hope, 2:00 pm



Jewish Eldercare Centre / Resident and Family Newsletter ❖ Winter 2006 ❖ Editor: Irving Rudy

If you have any comments regarding the newsletter, please call 738-4500 ext. 2110, or e-mail: mireille.cohen.chsldjuif@ssss.gouv.qc.ca