



CHSLD juif de Montréal
Jewish Eldercare Centre

DONALD BERMAN
MAIMONIDES
Going further in geriatric care
À l'avant-garde des soins gériatriques

PERSPECTIVE

FALL 2016



DONALD BERMAN
MAIMONIDES



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GOLF 2016

WE ACED IT!
\$230,000 RAISED!

Inside:

DONORS RECOGNIZED

We appreciate you!!! p.14-15

VERY BUSY FOUNDATIONS

Making a difference p.6, 8-9, 12, 25

AJAS REGIONAL FORUM

Leaders from across Canada and the USA attended an Association of Jewish Aging Services (AJAS) Regional Forum called *A Deep Dive into Philanthropy and Fundraising* hosted by the Foundations of Donald Berman Maimonides Geriatric Centre and Jewish Eldercare Centre. The event, which was held on July 6 and 7, 2016, included guest speakers Andy Nulman, CEO of Play The Future, Inc. who spoke about **Innovation and Fundraising: A Partnership for Success** and Nancy Rosenfeld, President of the Claudine and Stephen Bronfman Family Foundation who discussed **Family Philanthropies: How to approach the next generation of philanthropists**. Closing out the two-day event were **Len Lewkowick** Managing Partner of ML Partners, **Barbra Gold** Director of Support Programs for the Autonomy of Seniors (SAPA) and **Karen**

Flam, Director of the Donald Berman Maimonides and Jewish Hospital of Hope Eldercare Foundations who discussed **How culture change affects giving**. **Myer Bick**, President and Chief Executive Officer of the Jewish General Hospital Foundation, spoke to the group about **The CEO-CDO Relationship**.



Members of AJAS join speakers Len Lewkowick, Nancy Rosenfeld, Karen Flam and Barbra Gold.



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Published by the Foundations of Donald Berman Maimonides Geriatric Centre and Jewish Eldercare Centre, Perspective keeps readers informed of developments and maintains a strong liaison between the Centre and the community at large.

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Director of SAPA..... Barbra Gold
Foundations Director..... Karen Flam
DBM and JHHE Foundation Board President..... Danny Baum

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Donald Berman Maimonides Geriatric Centre
and Jewish Eldercare Centre are affiliated
with McGill University.

ON THE COVER Former Montreal Canadiens Chris Nilan, RBC Group Head – Wealth Management George Lewis and golf co-chairs Steve Koters and Danny Baum. See p. 3.



INSET Amilyon Oliver-Hall receives the Judith Chinks-Fish scholarship from Jewish Hospital of Hope Eldercare Foundation. Pictured, from left to right, are Astra Oliver, Amilyon, Skylar and Shiyaset Oliver-Hall and Gregory Hall. Representing the Fish family are Benji Budman and Sarah Goldin. To read more about this annual scholarship, go to p. 12.



MESSAGE FROM THE CO-CHAIRS

The weather was exceptional on Thursday, May 26, 2016 as the 25th annual Donald Berman Maimonides RBC Wealth Management Golf Tournament took place. This year's event was at a new venue- The Royal Montreal Golf Club where attendees played the renowned championship Blue Course, host of 9 Canadian Opens and The Presidents Cup. Thanks to our generous and loyal supporters, we raised over **\$230,000** – monies to fund the Centre for Research in Aging at Maimonides. Check out p-13 for exciting news about the Centre's Director Dr. Machelles Wilchesky.


Organizing one of Montreal's premiere fundraising events is no easy feat, and would be impossible without our truly dedicated team of volunteers.

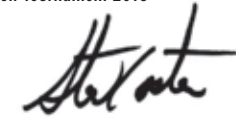
On behalf of the residents of DBM, thank you to everyone who helped make the 2016 tournament a great success. It is thanks to our loyal donors and sponsors that Donald Berman Maimonides Geriatric Centre is able to provide *More than Care*.

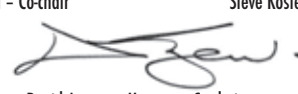


From left to right: Golf co-chairs Danny Baum and Steve Kusters with Foundation Director Karen Flam. Absent from photo: Honorary Co-Chair David Agnew.

DBM RBC Wealth Management Golf Tournament 2016


Danny Baum – Co-chair


Steve Kusters – Co-chair


David Agnew – Honorary Co-chair

PRESENTATION
SPONSOR

THANK YOU TO



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FOR THEIR UNPRECEDENTED SUPPORT.



Pictured are from left to right:
Ghassan Deko, Allen Quallenberg,
Warren Salzman, Golf co-chair
Danny Baum, Marc Robitaille,
George Lewis, David Luffy,
Tony Loffreda, Francis Turcotte,
Tessie Kalamaras, Stephanie
Thompson, Phil Doucet,
Steve Christofferson, Mark
Johnson, Golf co-chair
Steve Kusters.

CANDIDS



- 1** Golf co-chair Danny Baum, West-Central Montreal Health Finance Officer Carrie Bogante, Director of SAPA (Senior Services) Barbra Gold, Brad Steinmetz
- 2** Daniel Naimer, Frederique Bovet, Marc Healy and National Bank Private Banking 1859's Charles Paiement
- 3** Eric and Donna Rodier
- 4** Margaret Nachshen and Janet Tooley
- 5** Jonathan and Michael Wagen
- 6** George Lewis, Group Head-RBC Wealth Management
- 7** Golf co-chair Danny Baum and Fidelity Investments Stéphane Pitre
- 8** Manulife's Andrée Couture and Suzanne Alepin
- 9** RBC's Tony Loffreda and Barbra Gold, Director of SAPA
- 10** Golf co-chair Danny Baum, Jamie Goren, Neil Horowitz
- 11** Brian Scherzer, Morris Vesely and golf co-chair Steve Kusters
- 12** Former Montreal Canadiens Chris Nilan
- 13** Bella and Mark Kotler
- 14** Syd Gartner

A GREAT SUMMER VOLUNTEER EXPERIENCE FOR STUDENTS

MISSIVES

During the summer months, it's not an uncommon sight to see groups of students wearing matching brightly coloured t-shirts participating in various activities together. From an outsider's perspective, they may look like campers or a school group. But within the long-term care centres where these students spend 8 weeks laughing and learning over the summer, they are known as MISSIVE students.

Now in its 31st year, the MISSIVE program (Maimonides Intensive Summer Session for Individual Volunteer Experience) takes place at Donald Berman Maimonides Geriatric Centre and Jewish Eldercare Centre in Montreal. It is a unique program for students over the age of 17 who are interested in a future career in a healthcare related profession.

The program offers exposure to a multidisciplinary environment with a geriatric population. Participants take part in educational seminars with healthcare professionals and volunteer in two placements of their choice. Areas of specialty cover the wide range of professions at both Maimonides and Jewish Eldercare, including Research, Pharmacy, Rehab Services, Therapeutic Recreation, among many others. During their specialty placement, the MISSIVE students are given a job description and training. They can then gain hands-on experience such as helping

residents with their daily exercise routine, or practicing their fine motor skills.

In turn, the various professional departments which participate in the MISSIVE program benefit from an influx of eager volunteers every summer who help out with such things as gathering crucial data for research and audits, as well as spending valuable time with residents.

After 30 years, the MISSIVE program has taken on a life of its own. The program has such a strong reputation that applications come in from across North America. Over 90 percent of past participants have been admitted to pre-med programs. Many participants have come back in subsequent summers to work as coordinators of the MISSIVE program – or even as visiting health care professionals!



The MISSIVE 2016 group with Coordinator Roz Friend.

SOMETHING'S BREWING AT DONALD BERMAN MAIMONIDES!

It was an unconventional activity for a long-term care centre, but everyone who took part in the first-ever beer tasting at Donald Berman Maimonides Geriatric Centre agreed that the first batch of beer brewed by residents was a resounding success!

The red fruity beer was brewed by a group of fifth floor residents known as "The Group of 8". Maimonides Recreational Therapist Kim Weippert formed the group with the intent of sparking the interest of younger residents.

The group researched beer brewing processes online and decided on a "red, fruity" brew. They were counselled by a former student in the recreation department who had brewed beer in the past.

The connectedness between the residents who took part in the beer brewing process was made clear at the beer tasting event they hosted – by invite only that took place at the centre. As they proudly poured samples of Orly Brew (a light beer bearing the name derived from the Hebrew word for light), they described the beer making



process and how pleased they were with the final result. Each member of "The Group of 8" received a bottle of their own. One resident was shipping hers to a family member in New Brunswick!

The beer brewing activity was not only enjoyable – it left the residents with a sense of empowerment and independence. "If they can make beer, they can make and do anything!" Weippert announced proudly.

THE HASKO FAMILY MEETING ROOM

Funded by the Foundation, meeting rooms have been built on each resident floor of the Centre to provide a space for our students, staff and families to gather in comfort. A meeting room at DBM was recently dedicated by the Ted T. Katz Family Trust in loving memory of the Hasko family which includes Ted's parents. The Hasko Family of Hungary faced overwhelming odds

just to survive under the brutal regimes of the Nazi and Russian occupations. Ted's uncles and father did not survive. His mother Esther was forced marched to a concentration camp in Austria in 1944. When she returned back to Budapest a year later following liberation, she reopened the fine foods delicatessen she and his father owned only to have it expropriated by the government in 1949. His mother was fortunate to immigrate to Montreal where she enjoyed her life under the banners of freedom until her passing in 1985.



Paula, Julian, Nora, Robert, Ted and Marianne Katz are pictured in front of the Hasko family meeting room.

HELPING FORT McMURRAY

The Foundation recently donated money to the Red Cross to help the fire-ravaged victims in Fort McMurray, Alberta. This is not the first time the Foundation has reached out to others in need. We donated money to earthquake victims in the Philippines in 2013 and the Tsunami in Thailand.



SHOWING COMPASSION AT THE END OF LIFE



The Chazan family recently donated a mobile compassion cart to the 4th floor of the Hope Pavillion at Jewish Eldercare Centre. "Libby's Cart" is in memory of Libby Libman Chazan, Z"L. It is a creation of the Chazan family to help bring compassion and comfort to those families who are spending extended quiet time with their loved ones at the end stage of life. It is stocked with some comfort items including a coffee maker and kettle, snacks, a radio, a television and some leisure items like crossword books, coloring books etc. The cart is on wheels and can be transported to any room when needed. The Foundation was so moved by Libby's cart that it created two more carts to honour past Foundation Presidents Syd Gartner and Bradley Steinmetz in appreciation of all they have done for the Foundation and in honour of Syd's father and Brad's mother, both of whom were residents at the Centre.

JEC HOCKEY TOURNAMENT: ALL IN THE FAMILY

HOCKEY

Jewish Eldercare Centre's annual hockey tournament has turned into a family affair. This year, there were several sibling players as well as father and son duos on the ice. As well, other family members volunteered for the cause or just attended to show support. "It is so nice to see families come together to make this a real family event," says Foundation President Danny Baum, who attended with his son David. The Foundation is so proud to offer younger donors an opportunity to support our cause. If you are interested in playing in next year's event, please contact Lisa Kasner at (514) 738-4500, ext. 2125.



2



3



4



1



5



6



7



8



9



10



11



12



13



14



15

- 1 Foundation President Danny Baum and his son David
- 2 Brothers Alan & Eric Satim
- 3 Brothers Michael and Spencer Neudorf
- 4 Josh Gantman with parents Sheri and Steven
- 5 Jared Fried with parents Orit and Irwin
- 6 Mark Victor and his wife Laura
- 7 Event co-chair Brad Steinmetz with his wife Tina Shapiro and children Luca and Abbey
- 8 Brothers Jonathan and Yves Leblanc
- 9 Brothers Jake and Sebastian Meltzer
- 10 Tyler Grill with mom Danielle Grill
- 11 Sy Nutkevitch with his parents Susan Sofer, Zack Nutkevitch, grandmother Reisha Sofer, Aunt Pearl Nutkevitch
- 12 Matthew Levine and event co-chair Robert Levine
- 13 Avi Milgram with his father Joel Milgram
- 14 Sam Schacter with parents Lisa Kasner and Jonathan Schacter
- 15 Michael Ballard Sr. & Jr.



CHSLD juif de Montréal
Jewish Eldercare Centre

2016



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All proceeds go to the refurbishment of resident rooms



TEAM MILGRAM

Team Captain Avi Milgram accepts the Stanley Hyman Cup from Brad Steinmetz and Barbra Gold.



Uriel Barzilay, Corey Fleischer, Neil Hazan, Vincent Jackson, Evan Manis, Avi Milgram, Michael Neudorf, Spenser Neudorf, Josh Newpal, Sy Nutkevitch, Allan Satim, Eric Satim.



TEAM RICHTER

Mattan Biton, Zach Brzezinski, David Chemtob, Francis Delorme, Anthony Ferrari, Evan Fitzgibbon, Evan Frank, Cory Friedman, Corey Greenwald, Howard Gross, Danny Guarnieri, Roger Maalouf, Jeremy Maron, Michael Prinsky, Shawn Rozansky, Michael Turcotte, Ian Weinstein, Michael Corber.



TEAM LOYAL EXPRESS/DELMAR CARGO

Yan Brouillette, Nick Caissy, Themis Efraim, David Eliasoph, Carlo Gualtieri, Jonathan Leblanc, Yves Leblanc, Earl Luger, Vito Mangialardi, Stephen Maritzer, Josh Marrache, Sylvain Millier, Gaetan Simard, Richard Soucy, Ted Stavakis, Stephen Strolavitch, Thomas Villeneuve Gagné.



TEAM STEINMETZ

Irwin Fried, Josh Gantman, Jordon Glazer, Tyler Grill, Howard Mamane, Joel Mendelsohn, Josh Rosenfeld, Sam Schacter, Adam Stern, Tyler Stern, Brandon Tobianah, Mark Victor, Jonathan Wise, Jonathan Schachter.



TEAM CIBC

Matthew Altman, Michael Ballard Jr., Michael Ballard Sr., David Bedjanic, Vaz Conzado, Nick Kapetanakis, Djan Lefebvre, Matthew Levine, Robert Levine, Jake Meltzer, Sebastian Meltzer, Jack Milroy, Simon Page, Eric Roy.

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HOCKEY 2017!!

VOLUNTEER APPRECIATION

A BIG THANK YOU TO THE GOLF COMMITTEE AND GENEROUS VOLUNTEERS WHO CONTRIBUTED GREATLY TO THE SUCCESS OF THE EVENT!

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Danny Baum

CO-CHAIRS

Danny Baum
Steve Kosters

HONORARY CO-CHAIR

David Agnew

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Philip Abbey
Randi Gitnick
Jonathan Green
Barry Grossman
Robert Kertesz
George Landau
Joshua Landau
Terry Landau
Larry Nachshen
Steven Schouela
Dr. David Shapiro
Murray Shulman
Ron Waxman
Denise Zunenshine
Jeffrey Zunenshine

VOLUNTEERS

Faigie Biberkraut
Ellen Black
Mayda Dubman
Marilyn Fungler
Paul Heilpern
Noga Kashan
Ruth Kertesz
Carol Kosters
Terry Landau
George Landau
Carlye Landau
Josh Landau
Nat Ladenheim
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Nathalie Racine
Gail Schwartz
Karen Ship
Ethel Smith
Linda Sohmer
Robbie Sorger
Bernie Victor
Machelle Wilchesky
Tracey Winter



- 1 Karen Feig, Irena Kazhdan, Lisa Kasner, Lauren Schwartz, Tracey Winter
- 2 Ethel Smith, Karen Ship
- 3 Linda Sohmer, Ellen Black
- 4 Bernie Victor, Harvey Lyman, Issie Moscovitch
- 5 Karen Flam, George Landau
- 6 Randi Gitnick, Faigie Biberkraut, Gail Schwartz
- 7 Marilyn Fungler, Robbie Sorger, Lisa Kasner
- 8 Mayda Dubman, Noga Kashan

CONGRATULATIONS!



FIRST PLACE — BEST BALL CHAMPION

Left: Russell Investments foursome of Vincent Houle, Maxime Couture, Martin Roy and Simon Lamontagne was the day's winner.

CLOSEST TO THE HOLE



Above: Vince Tassone, 4th from left, with the Britton Electric foursome, was closest to the hole.

LONGEST DRIVE — FEMALE



The Longest Drive Female was won by Frederique Bovet.

The Longest Drive Male was won by Phil Doucet.



SECOND PLACE — BEST BALL CHAMPION

Above: The foursome of Barry Cohen, Jeffrey Gossack, Mark Rosenstein and Brian Scherzer took home second-place honours.

LONGEST DRIVE — MALE





We recently honoured staff members in two categories with the Planetree Star awards. The recipients were nominated by staff, family and residents. The awards are given to individuals who exemplify the Planetree components and who are a model of excellence to their colleagues. Thanks to the Foundation, the

winners will get to go to the Planetree International annual conference which is being held this October in Chicago, Illinois. DBM and JEC are the first long-term care Centres in North America to receive gold designation from Planetree – an international organization focused on resident-centred health care.



DBM - Planetree Star - Nursing
Michael Stocco



DBM - Planetree Star - Clinical
and Support Staff
Espedito Alvaro



JEC - Planetree Star - Nursing
Irlande Jean-Charles



JEC - Planetree Star - Clinical
and Support Staff
Jacqueline Gilbert

FOUNDATIONS PROVIDE BURSARIES TO STAFF

The Donald Berman Maimonides Foundation and the Jewish Hospital of Hope Eldercare Foundation invest in our staff on an annual basis by providing them with education bursaries. Six bursaries at JEC and eleven bursaries at DBM were given out this year to staff attending school to further their education or to upgrade their skills. At DBM, a bursary is also given out on an annual basis to a McGill University Ingram School of Nursing Masters student interested in a career in Geriatrics. This year to honour the ending of his Presidency, Past Foundation President Michael Corber created the

Michael Corber and Family Bursary Fund. The first recipient of this bursary is Angela Palmer who is pursuing a Masters in Education

"This event is one of the Foundation's proudest moments. By investing in our staff, we are investing in our future," says Foundation President Danny Baum.



Jodie Di Benedetto
accepts her bursary
from Foundation
President Danny Baum
and past Jewish
Hospital of Hope
Eldercare Foundation
President Brad
Steinmetz.

Pictured at left, from left to right, are Rosalie Dion – Associate Director of the Support Program for the Autonomy of Seniors (SAPA) – Long-Term Care, Past Foundation President Allen Quallenberg, **Michael Corber and Family Bursary Fund** recipient Angela Palmer, Foundation President Danny Baum, Foundation Director Karen Flam.
Absent from photo: Michael Corber

Sharing Expertise

PRESENTATIONS

Ballard, S.A. Developing the EASI-Irc: A Long-Term Care Version of the Elder Abuse Suspicion Index. McGill Department of Family Medicine Second Annual Research Day, Montreal, Quebec, May 12, 2016.

Flam, K. AJAS Speaks, "The Power of Giving" AJAS Annual Meeting, St. Petersburg, Florida, April 5, 2016.

Flam, K. Speaker, John Molson School of Business, Women United for Business Conference, Montreal, Quebec, March 19, 2016.

Iapaolo, S., Paul V. A Program for the Prevention and Management of Behavioural and Psychological Symptoms of Dementia in Long Term Care. Accreditation Canada Quality Conference 2016: Sustaining Quality Improvements in Health Care. Montreal, Qc, April 25 to 26, 2016.

Vrabie, D. A Home for our Elderly Suffering with Chronic Mental Problems. 2015 National Conference of the Canadian Federation of Mental Health Nurses, Niagara Falls, Ontario, October 21 to 23, 2015.

Wilchesky, M. Detecting and Preventing Delirium in LTC Residents with Dementia. A Presentation to the Unit Chiefs and Nursing Executive Committee at Résidence Berthiaume-Du Tremblay, Montreal, Quebec, May 17, 2016.

Wilchesky, M. PRÉPARÉ-D: Programme Élaboré pour les Patients d'Alzheimer afin de Réduire le Délirium. A Presentation to the Board of Directors of the Association des établissements privés conventionnés-santé services sociaux (AEPC), Montreal, Quebec, March 9, 2016.

GREAT NEWS FOR RESEARCH AT DONALD BERMAN MAIMONIDES

The Canadian Institutes of Health Research, Canada's federal funding agency for health research, has awarded a significant grant to McGill University, with our Director of Research, Dr. Machelles Wilchesky named as principal investigator.

The grant will fund an important four-year study conducted in long term care institutions across the island of Montreal. Dr. Wilchesky will lead the team who are studying the effectiveness of an intervention program to prevent delirium among the elderly with dementia residing in long term care. Delirium is a sudden and severe change in brain function that can cause a person to appear confused or disoriented, have memory loss and have difficulties maintaining focus. While delirium is a significant cause of illness and mortality, little research up until now has focused on delirium prevention in long-term care.

At the end of the 4-year study period, the study team, including researchers from the Donald Berman Maimonides Centre for Research in Aging, St. Mary's Hospital, Université Laval, McGill and Université de Montréal, will be able to demonstrate the degree to which the intervention program being studied reduces delirium. This study will provide the blueprint of a program that can be transferable to long-term care institutions across Canada.

This grant is a tribute to the hard work and efforts of Dr. Machelles Wilchesky and her team at the Donald Berman Maimonides Centre for Research in Aging which has been in operation since 2011. The Centre's operations are funded by donor dollars. If you would like to contribute to this important funding please call (514) 483-2121, ext. 2307.

JUDITH CHINKS FISH SCHOLARSHIP

The Judith Chinks Fish scholarship is tied to the vision and generosity of a woman who espoused the value of post-secondary education. Her family has generously set up a fund through the Jewish Hospital of Hope Eldercare Foundation in her memory. The donations will be used annually to offer a one-year scholarship to a student who wishes to pursue post-secondary studies and who has at least one parent who works at Jewish Eldercare Centre.

This year's recipient of the annual Judith Chinks Fish Scholarship is Amilyon Oliver-Hall, son of Gregory Hall, who works as a PAB on K-3 and who cared for Judith Chinks Fish while she was a resident at Jewish Eldercare.

Amilyon is surrounded by his loving family - Mom Astra Oliver, Sisters Skylar and Shiyaset and father Gregory Hall. At far right, representing the Fish family are Judith Chinks Fish's grandchildren - Benji Budman and Sarah Goldin.



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DONATIONS TO THE FOUNDATION MARCH 1st, 2016 – JULY 31st, 2016

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Many thanks to our governors who upgraded their support this year.
Their names appear in **BOLD**.

SAPA

There are 1189 nursing home beds in the seven establishments in the Support Program for the Autonomy of Seniors (SAPA) within the West-Central Montreal Health network. Here are some the great things happening at some of the sites.



BOWLING FUN

Residents from Father Dowd and Saint Margaret Residential Centres recently participated in an annual bowling outing. The two long-term care centres have been dueling it out for a number of years. This year, the team from Saint Margaret took home the trophy. Win or lose all the residents had a ball and look forward to next year.



NEW DANCE THERAPY PROGRAM AT SAINT ANDREW'S

After watching a documentary about the benefits of dance therapy for those with dementia, Saint Andrew's Head Nurse, Claudette Surpris, thought this was a program that would help the residents at the 70-bed long-term care centre. She spoke to Elaine Grant, Recreation Technician, who hopped on board and brought the idea to Ann Maher of the Saint Andrew's Foundation who did the research and got in touch with Les Grands Ballets Canadiens. The Foundation agreed to fund the 12 week pilot program with Les Grands Ballets Canadiens.

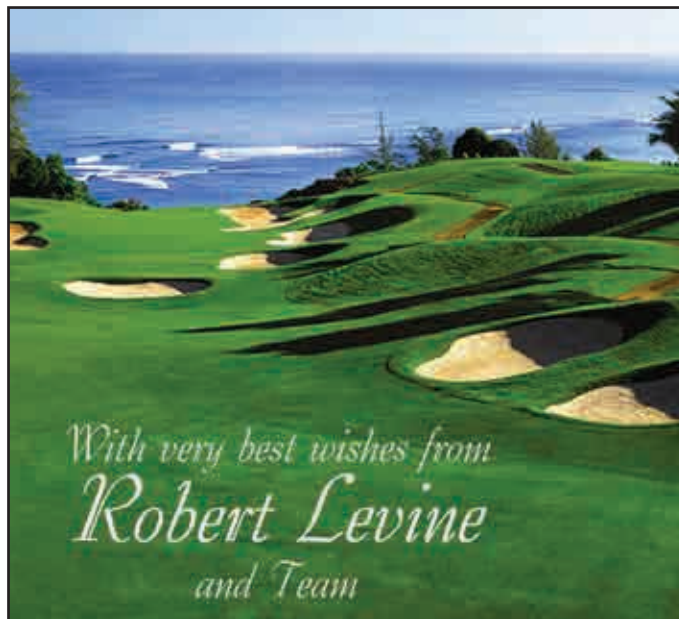
Currently there are 10 residents with advanced dementia who participate in the program twice a week. Claudette Surpris says she has observed residents being engaged and moving their hands or legs. "One resident complained that she was tired but continued to do the therapy as she was enjoying it," she says, adding "If it gives them even just a little bit of pleasure, it's worth it."



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If you are interested in becoming a Maimonides Governor, please fill out the form on this page.

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Visits are strongly encouraged at DBM and JEC – Our doors are open 365 days a year. In order to make the most of your visits, it is important for the visitor to acknowledge that while communication may still be possible, it will be different. Special consideration must be given to the messages the visitor sends through emotional tone and physical touch. The following are some strategies to help you make the most of your visits:

BE CONSCIOUS OF NOISE LEVELS

By being conscious of noise levels, families, friends, students and staff can help ensure our resident's milieu de vie is a calm, peaceful environment – which translates into a more pleasurable visiting experience for everyone. Too many people talking at once, yelling – even listening to a noisy radio – could prove to be overstimulating. The resident may feel the effects of being overstimulated at the time of the visit – or even long after the visit is over.

RECOGNIZE THAT THERE ARE GOOD AND BAD DAYS

We all experience “good” and “bad” days, but for someone with dementia, a “bad” day signals their brain is tired, and they may be especially sensitive to certain activities or conversations that may otherwise seem routine.

AROUND THE HOUSE

People with dementia tend to want to check the time often. Easy to read wall clocks or wristwatches can be useful, but wall calendars may prove frustrating. In terms of household items such as microwaves, telephones and even personal appliances like shavers, it is important they remain the same. Introducing new equipment – a telephone with larger buttons, for example – could actually cause confusion, presenting

the dilemma and stress of having to learn how to use something new.

TOPICS OF CONVERSATION

Try to avoid looking for answers or quizzing your loved one, in order to ensure they are still able to “perform”. Their capacity to understand is usually greater than their ability to express themselves. Information-seeking questions such as “What did you have for lunch?” or “Do you know who I am?” should be avoided. Instead, turn questions into statements such as: “I’m glad to see you”, or “You look well today”.

SUGGESTED ACTIVITIES

- Bring in a photo album and reminisce
- Pamper your loved one with a hand massage, manicure or brushing their hair, which many people find soothing
- Decorate your loved one's room by adding personal touches

The very act of the visit itself is meaningful, no matter if it is remembered. Interacting with a loved one provides comfort, support and continuity for them.



OFFERING AN OPPORTUNITY FOR A RESIDENT TO HAVE A WISH COME TRUE



Maimonides resident Hy Berbrier is the latest wish recipient. He attended a recent Celine Dion concert with his wife Lorna and companion Joel.

Through the Moment in Time project, funded by the Foundations at Donald Berman Maimonides and Jewish Eldercare Centre, all residents, family members and staff have the opportunity to nominate a resident to experience a simple wish come true.

The “wishes” may range in scope – from enjoying a meal from their favourite restaurant, watching their favourite sports team play or even hosting a cocktail party for family and friends. All submitted wishes are reviewed by an interdisciplinary committee and then a certificate is given to the resident when the wish is approved.



Carl McCormack had his Moment in Time wish as he and his wife celebrated their 66th wedding anniversary with food from Cote-St-Luc BBQ. Their four adult children joined them for this momentous occasion. Mrs. McCormack was so happy, saying “I will never forget this for the rest of my life!”

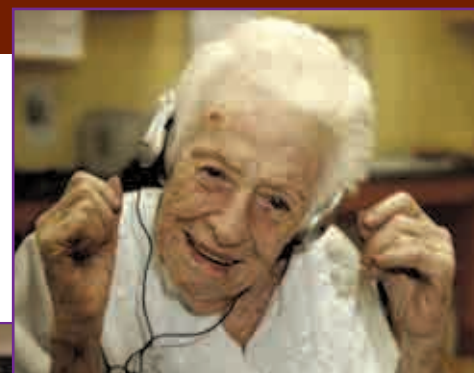
MUSIC TO OUR EARS

Thanks to a generous donation from Wilensky's Light Lunch and additional funding from the Foundation, a pilot project that provides iPods and customized playlists for residents was launched at Donald Berman Maimonides Geriatric Centre. Featured in the award-winning documentary "Alive Inside", the magic happens because of the music's ability to reawaken our residents. "Upon hearing the music from her youth, one of the residents who didn't move at all opened her eyes and began to tap her fingers and her toes. She even tried to mouth the words," says Kim Weippert, the Therapeutic Recreation Specialist spearheading the program.

"The key is to provide a personalized playlist," says Weippert. "If the resident is non-verbal, we talk to family members to see what the resident liked to listen to. We have a library of songs that are Yiddish, Romanian, Russian, Oldies, Jazz. We have so many songs to choose from. And if they have a favourite that we don't have, we try to find it. It makes all the difference," says Weippert.

Scientists have found that the entire brain lights up when exposed to music, especially the areas that correspond to pleasure, movement and memory. "Music touches the heart and soul of our residents. Through music, they reconnect with their past lives through memories of time and place," adds Weippert.

Though the program is led by Therapeutic Recreation, it is a team approach. All staff and families have access to the iPods. They can be

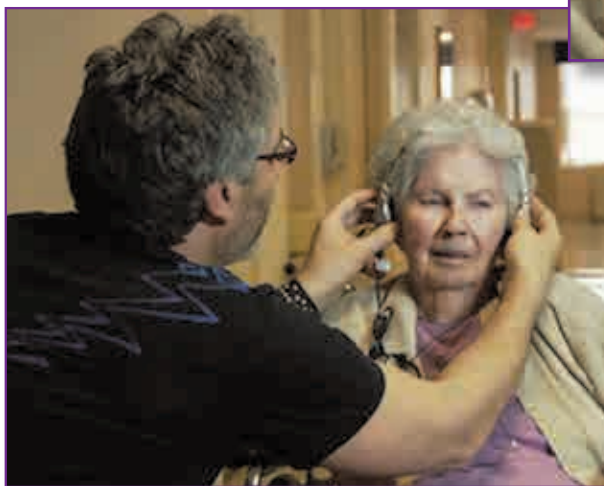


used to calm agitated residents or those with outbursts. They can also be used to stimulate residents before meal-time so they are more interested in eating.

Thirty-eight residents with very advanced dementia are currently participating in the project. Weippert says that it has been such a huge

success that they would like to share it with the rest of the Centre's 387 residents. We also hope to start the program at Jewish Eldercare Centre.

"This kind of unique tool really reaches those with advanced dementia but there are so many uses for these iPods. For higher-functioning residents on other floors, we can even upload audio books and podcasts," she says. If you are interested in supporting this or other Therapeutic Recreation programs, please contact Foundation Director Karen Flam at (514) 483-2121, ext. 2307.



HAPPY BIRTHDAY!!!

A centenarian celebration was recently held at Jewish Eldercare Centre to honour 9 residents ranging in age from 100 to 106. Pictured at left, MP for Mount Royal Anthony Housefather wishing resident Menahem Benoliel

a happy 100th birthday, and at right, a MISSIVE student helps resident Bessie Levine Krakow celebrate her 104th birthday.



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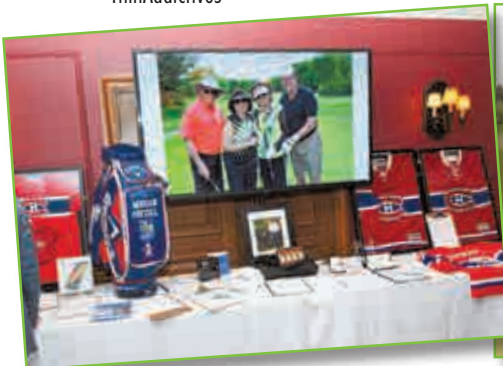
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*Meilleurs vœux aux résidents du
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David Birnbaum, MNA for D'Arcy-McGee
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*Best wishes to the residents of
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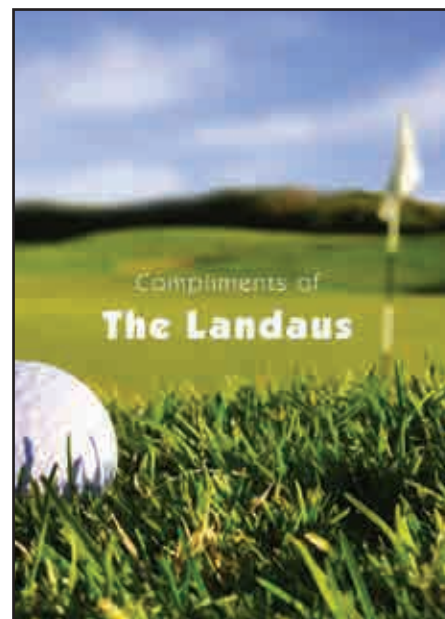


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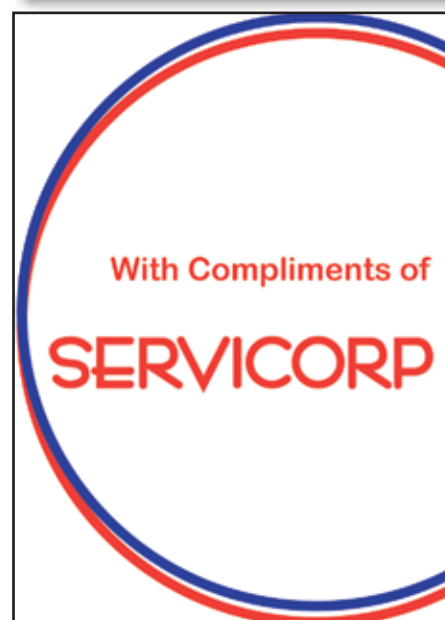
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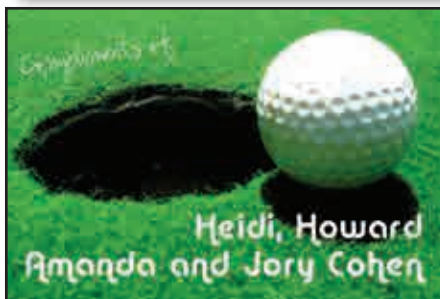
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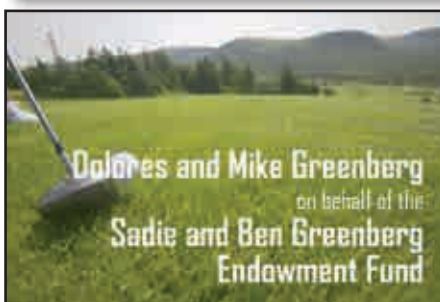
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REMEMBERING DR. JACK RATNER: A MESSAGE FROM DBM DOCTORS

Dr. Jack Ratner who served as Director of Professional Services and Physician-in-Chief at Maimonides Geriatric Centre from 1978-1996 passed away earlier this year. It is a credit to him that he carefully chose a group of physicians who were knowledgeable and empathetic to work at our institution. He was always an inspirational leader to our physicians and very supportive of us. He will always be remembered with great affection for both his sense of humour and his professionalism. We all want to give his wife Sabina and children Maxine and Robert, our heartfelt sympathies.

Maimonides doctors circa 1980.
Dr. Jack Ratner is circled.





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- 1 Successful bidder of the Chris Nilan hockey package, Russell Investments' Chris Perrault, Chris Nilan and guests
- 2 Carol and Steve Kusters
- 3 Chris Nilan, Danny Baum, Neil Horowitz
- 4 Esther Topas, George Landau, Dr. Machele Wilchesky
- 5 Francis Turcotte (RBC Wealth Management), Ghassan Deko (RBC Royal Bank), David Lutfy (RBC Wealth Management)
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Russell Investments' Regional Vice President
Christian Perrault with Event co-chairs
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Event co-chairs Steve Kusters and Danny Baum.



Event co-chairs Danny Baum and Steve Kusters with
Emelle and Alvin Segal, who, once again this year
sponsored the very popular Alvin Segal Family
Foundation Peerless Clothing Swag Room.



RICCI & MORTON BARMISH FAMILY FOUNDATION

Morty Barmish Z'L, this year's Cocktail Sponsor, was a long-time supporter of our annual golf tournament. He was a man who was committed to the community. We will miss his wisdom, his friendship, his humor, and his zest for life.



Event co-chair Danny Baum, Britton Electric's Rocco Tassone and Event co-chair Steve Kosters.



RBC Royal Bank

RBC Royal Bank's Ghassan Deko, Vice President Commercial Financial Services and Tony Loffreda, Regional Vice President, Commercial Financial Services, Québec Headquarters, with Event co-chairs Danny Baum and Steve Kosters.

THANK YOU TO OUR PRACTICE GREEN & DRIVING RANGE SPONSORS!



ALL THE BEST FOR 5778

May the joyful sound of the shofar welcome in a New Year of health, happiness, laughter and love.

Hinda Deckelbaum and Edward Perlman and families

With warmest wishes that the New Year be filled with peace, happiness and good health.

The Baum family: Danny, Marcy, David and Carly

Wishing all our family and friends a sweet New Year filled with joy and happiness.

The Lewkowicz family

Wishing all our family and friends a sweet year filled with good health, peace and happiness.

Carol and Steve Kusters

Wishing all our friends and family a sweet year filled with health, happiness and prosperity. Shana Tova. **Cindy and Jonathan Green**

May the blessings of peace, prosperity and love be yours in the New Year.

Michael Corber and family

Wishing all our friends and family a sweet New Year filled with joy and good health.

The Schouela Family

Wishing all our friends and family a sweet New Year filled with joy and good health.

Sandy and Allen Quallenberg

Wishing all our friends and family a sweet New Year filled with joy and good health.

Abe and Barbara Rogozinsky

Wishing all our family and friends a year of sweet blessings filled with joy, peace and happiness.

Ronnie and Jack Roter



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