

# Perspective

SPRING 2017



CHSLD juif de Montréal  
Jewish Eldercare Centre

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



**A LEGENDARY SHOW!** Battle of the Bands

PLUS:

**Thank You To Our Donors • Going Beyond  
Art Therapy • Choosing A Nursing Home  
& More**



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MAIMONIDES**  
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## Perspective • Spring 2017

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Donald Berman Maimonides  
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## On our cover

Pictured is DBM resident Sheila Gurman surrounded by her loving grandchildren as they participated in the Family Portrait Day. Photos were taken by the Montreal Camera Club Helping Others, a local group connected with the non-profit Help-Portrait organization. Families received copies of their photos courtesy of the DBM Foundation. *Top row:* Bryan Greenberg, Dustin Miller, Jonathon Greenberg. *Front row:* Jaclyn Kahan Greenberg, Sheila Gurman, Eric Greenberg

## Inset

Battle of the Bands co-chairs Rory Olson, Gerry Kandestin, and Freddie Naimer with The Legends' Elvis and Cher along with Alexandre Viau, Vice-President of Eastern Canada for National Bank Private Banking 1859, the event's Presentation sponsor.



# Drawn Together: Going Beyond Art Therapy at Donald Berman Maimonides

The residents at Donald Berman Maimonides started 2017 with a vernissage of impressive artwork they titled "Drawn Together". Most of the artwork was created at the DBM Art Hive – a free open art studio that focuses on expanding participants' creative abilities, giving voice to residents who may have communication challenges. They are excited to share their achievements as most of them have not picked up a pencil or brush since childhood. Inspired and encouraged by one another, they have developed into a community, welcoming the larger collective to come create with them in open art studios.

1 - Residents and staff gathered in the cafeteria for the "Drawn Together" Vernissage







## The Art Hive

The Art Hive means an open door policy in the art studio at DBM. Residents, families, staff and members of the community are welcome to explore and pick up the many tools and materials available in the studio and tap into their own creative process. Inspiration can be drawn from the work of other artists, or just from exploring what's around them. Art therapist Sondra Goldman urges all participants to "open drawers, look around and discover whatever it is that can get you to start creating works of art".

## Bead Buddies

The Bead Buddies craft group is an extension of the Art Hive – developed and run by a volunteer. The Bead Buddies meet in the Maimonides cafeteria on Thursday afternoons to create their beadwork. They then sell their crafts in the Maimonides lobby. All the money collected goes to buying more beads and craft materials.

## Mensch Shed

Maimonides' own Mensch Shed collective is a spin off from the international Men's Shed group, which began in Australia as a means of bringing together men who had retired and found themselves with little to do.

The Mensch Shed at Donald Berman Maimonides taps into the residents "handyman" instincts by giving them projects to fix or build. The group recently helped frame 99 works of art showcased in the vernissage, with materials generously donated by the Foundation.

"The Mensch Shed is a beautiful way of empowering people," says art therapist Sondra Goldman. "They can feel like they're doing something meaningful together."

## We need your help

Art therapist Sondra Goldman is looking for donations of art and beading supplies for the Art Hive and Bead Buddies programs. Donations of canvases, paints, brushes, art or coffee table books are appreciated as well as beads and beading materials. The donations can be dropped off at the Security desk at the Caldwell entrance or by calling Sondra Goldman at 514-483-2121 ext. 2316. ■

**"The Mensch Shed is a beautiful way of empowering people. They can feel like they're doing something meaningful together."**

Sondra Goldman, Art therapist

2 - Residents tap into their inner artists at the Art Hive

3 - Bead buddies create beadwork to be sold in the lobby



## BATTLE OF THE BANDS 14<sup>th</sup> Edition: A LEGENDARY show!



Direct from Las Vegas, the 14<sup>th</sup> annual Donald Berman Maimonides Battle of the Bands presented by National Bank Private Banking 1859 brought The Legends to Montreal. The Legends performed as Elvis, Cher, Neil Diamond and Tina Turner.

The event, which was held on December 6 and 7, 2016 at Metropolis was a rockin' success generating **\$380,000**

towards the Maimonides Centre for Research in Aging, an on-site Research department specializing in projects that directly impact our resident care. For a list of current research projects, check out p-17.

Back by popular demand, Donald Berman Maimonides rolled out the red carpet for its sponsors and special guests with a cocktail reception in the

### NEW KIDS ON THE WARD

Rob Hirscheimer, Mark Goldenberg, Kim Feeney, Diego Berrios-Nava, Dan Levine, Mike Erskine, Dmitri Mak Mak, Anton Kaioukov



### N2O

Morris Dascal, Shawn Dascal, Robert Frances, David Tondino, Peter Winternitz



### SWITCHBACK

Terri Goldig, Freddy Brass, Fred Cantor, Elliott Shuchat, Mark Desjardins, Freddie Naimer



### PRIME-TIME PLAYERS 2.0

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**“[We are] proud to support this wonderful cause and the great work that is being done at Maimonides. Of course, we also love a good show!!!”**

Rob Cutler, Delmar

Delmar VIP Lounge catered by none other than Antonio Park – a new feature to the event this year and a favourite of sponsor Rob Cutler.

“The Cutler family is proud to support this wonderful cause and the great work that is being done at Maimonides.

Of course, we also love a good show!!!” says Rob.

Thank you to all the committee members and generous volunteers who donated countless hours of their time for the planning and execution of the event. A special thank you to the band

members who gave so generously of their time and brought their A-game to the event.

Check out our website at [www.donaldbermanmaimonides.net](http://www.donaldbermanmaimonides.net) to see hundreds of photos and videos of the event. ■

#### HERE'S JOHNNY

Johnny Miller, Adam Stotland, Lorne Rosenbloom, Miri Rozenek, Tony Labao, Phil Peters, Larry Hughes



#### GERRY & FRIENDS

Rosalie Ciro, Samantha Borgal, John McDiarmid, Ryan Fleury, Gary Sharkey, Craig Morrison, Cantor Gideon Zelermyer, Gerry Kandestin



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Chris Beardsley, Andre Haiat, Asher Fisher, Rory Olson, Ian Smart



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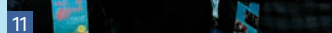
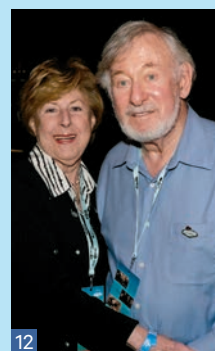
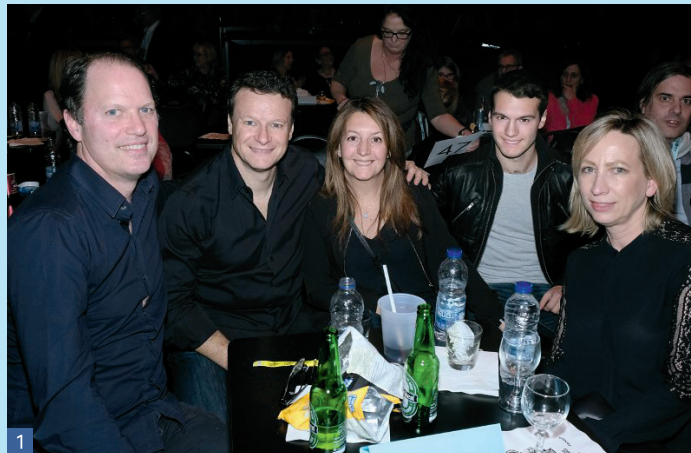


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# TUESDAY DECEMBER 6, 2016





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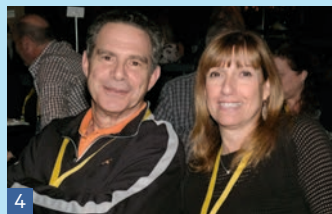
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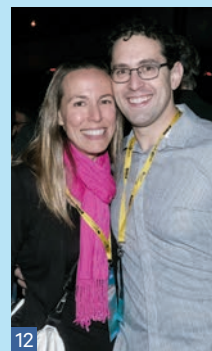
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*Many thanks to*

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Ethel Garfinkle  
Morty Sazant

*for choosing donations to the  
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honour a special occasion*



## Early warning signs that a person needs assistance

It can be very difficult to determine when the time has come that a parent needs help. The fact is that many families wait until a crisis thrusts them into the maze of senior care. It is much better to plan ahead and avoid the crisis altogether if possible. Here are some questions that can clarify your parents' needs and identify what support should be put in place:

### Medications

- Is your loved one taking all medications prescribed?
- Have medical conditions previously under control become acute?
- Do they have a system such as a pill organizer that you can look at to see if they are managing well with their medications?

### Food

- Are they able to shop for groceries, prepare and eat their own meals?
- Is food in the refrigerator often spoiled or kept long beyond the "used by" date?

### Social Contact

- Has the amount of social contact changed dramatically, so that there are limited visits with close friends?
- Have their friends or neighbors noticed any changes?
- Are they able to use the phone on their own?
- Have there been an increase in fearful calls to family?

### Lifestyle

- Has there been a change in dress or appearance, or a decline in personal hygiene?
- Has the tidiness routine changed from a neat and organized home to a cluttered or unkept home?
- Are they hoarding things like clothes or other items?
- Have they shown signs of inappropriate behavior such as turning the furnace off in the winter or storing an iron in the refrigerator?
- Has a spouse or caregiver recently taken sick or passed away?

### Finances

- Is the mail being picked up and opened regularly?
- Are credit cards or checkbooks being misused or not balanced?
- Are bills being paid on time?

It may be time to have your parent assessed and explore options that could avoid a future crisis such as a fall or hospital admission. The best way to do this is to contact your local CLSC and ask for the intake Social Worker. ■



## What to look for when choosing a nursing home

**Selecting a long-term care residence for a family member is a very difficult decision** – and one that tends to be made in a rush and under very stressful circumstances. Ultimately, you are looking for a home that provides a safe, engaging and pleasant environment for your loved one with caring staff and high quality care. Knowing what to look for in advance can help ensure that you provide your loved ones with the care they deserve.

### Visit the facility and use your senses

Nothing is a substitute for first-hand information and what you see, smell, and hear on your visit. If you can, visit the institution and take a look around. Note your first impressions – is it bright, clean, and airy? Is it comfortable and welcoming? What does it smell like? What are the rooms like? Do people look happy? Are staff friendly and are they interacting with residents? Do the residents look clean and well cared for? Are there lots of people around? Are activities taking place?

### Ask the right questions

1. Are restraints used? Does the institution have a policy regarding the use of restraints? Many institutions have restraint-free atmospheres – but not all. You do not want to choose an institution that uses many restraints as they can be a risk to residents and can lead to neglect.
2. Is person-centered care provided? Institutions that boast person-centered care allow residents to set their own schedules. Residents should be able to choose when they wake up, eat, and how their days are filled.
3. Are there regular care-plan meetings, and are family members invited/informed about them? Most institutions have care-plan meetings where all the professionals involved in a resident's care come together to share information, discuss overall health and wellness and where improvements can be made. A high quality facility will notify family members of these meetings and include them in the process.
4. Does the institution use consistent assignment? Consistent assignment means that, as much as possible, the same professionals treat residents at each shift. This means that staff members get to know residents' preferences and develop lasting relationships with them – this leads to better care.
5. What is the staff turnover rate? This is the percentage of staff who leave the facility each year. Facilities with lower turnover indicate that staff are happier and have longer lasting relationships with residents. Generally, anything less than 30% is considered okay. Turnover rates over 50% are usually a red-flag.
6. What are the visiting hours? Do they offer extended visiting hours? Make sure these hours work with your schedule.
7. Are family members happy? Talk to other family members you run into. Are they satisfied with the care their family member is receiving? Would they recommend the institution?
8. What kind of activities does the facility encourage residents to take part in? There should be a whole range of recreational activities, including trips outside the facility.
9. How do meals work? You want to find a place that offers residents a variety of foods and where meals can be adapted as needed based on preferences.
10. Is there an active residents'/users' committee in place to provide feedback to the establishment? The residents'/users' committee plays an important role in enforcing the rights of residents and in promoting the improvement of service quality. ■







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January 1, 2016 —  
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The Donald Berman Maimonides Foundation and Jewish Hospital of Hope Eldercare Foundation are accepting donations to **THE KIDDUSH FUND**.

Monies will be used to purchase fruit cake,  
gefilte fish and grape juice for Saturday services.  
Contact the DBM Foundation at 514-483-2121 ext 2207  
or the JEC Foundation at 514-738-4500 ext 2124  
for more information.



## Eric Maldoff honoured

Eric Maldoff was honoured with the Outstanding Service Award at the annual general meetings of the Donald Berman Maimonides and Jewish Eldercare Corporations and Foundations.

Eric Maldoff's name has always been synonymous with ensuring the future of the Jewish community in Quebec. Eric is not on the board of directors or any committees – however, with the Quebec government's introduction of Bill 10, which reformed the healthcare system, Eric

sprang into action – acting as an influencer in Quebec City making sure the voices of our community were heard. The very existence of our Advisory Committees is a tribute to his influence with the Ministry of Health.

Eric goes where communities need him most. He believes that the only way to ensure that people are getting what they need is by being engaged. He wants to make a difference and that he has. ■



SAPA Director Barbra Gold with Outstanding Service recipient Eric Maldoff, Bram Freedman and Foundations President Danny Baum

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## Sharing Expertise

Specialized staff at DBM and JEC as well as researchers from the Maimonides Centre for Research in Aging are working hard to keep our centres at the forefront of innovation in patient-centered long-term care and aging research. The following list highlights some of their recent achievements.

### Publications

Cole, M.G., McCusker, J., **Wilchesky, M.**, Voyer, P., Monette, J., Champoux, N., Vu, M., Ciampi, A., Belzile, E. *Use of medications that antagonize mediators of inflammatory responses may reduce the risk of delirium in older adults: a nested case-control study.* International Journal of Geriatric Psychiatry; 2016.

Voyer, P., **Wilchesky, M.**, Richard, H., Pelletier, I., **Ballard, S.A.**, **Lungu, O.** 4AT French version 1.0. In. Québec, Canada: Université Laval; 2016.

Le Berre, M., **Wilchesky, M.**, Saksena, A., Vedel, I. *Effectiveness of transitional care interventions for geriatric patients in long-term care facilities: a mixed-method systematic review, meta-analysis and integrative synthesis.* PROSPERO 2016: CRD42016049061

**Wilchesky, M.**, Cetin-Sahin, D., Gore, G., Voyer, P., Gore, B., **Lungu, O.** A systematic mixed studies review of interventions aiming at reducing potentially avoidable acute care transfers and improving transfer processes from long-term care facilities to acute care settings. PROSPERO 2016: CRD42016048128.

### Presentations

**Dion, R.**, *Resident to Resident Aggression: Finding a Solution*, Planetree Annual Conference, Chicago, Illinois, November 1, 2016

**Goldman, S.**, *The Expressive Therapies Continuum & Art Therapy Assessment*, Concordia University, Montreal, Quebec, September 26, 2016

**Lungu, O.**, Bruneau, M.A., Voyer, P., Landreville, P., Peretti, M., **Wilchesky, M.** *Nursing staff preferences and perceptions towards the clinical management of hyperactivity syndrome in long-term care residents with dementia.* Oral Presentation 45th Annual Scientific and Educational Meeting of the Canadian Association on Gerontology; Montreal, QC; October 20-22, 2016.

**Wilchesky M.** *Results from intervention studies to reduce antipsychotic use in Canadian LTC facilities.* Symposium Oral Presentation 25th Canadian Academy of Geriatric Psychiatry Annual Scientific Meeting. Quebec City, Quebec; September 30 - October 1, 2016.

Andersen, K., Cetin-Sahin, D., Peretti, M., **Wilchesky, M.** *Reducing antipsychotic use in Canadian long-term care facilities: Are medication reviews and interdisciplinary team involvement 2 keys to success?* 45th Annual Scientific and Educational Meeting of the Canadian Association on Gerontology; Montreal, QC; October 20-22, 2016.

Ballard, S.A., Yaffe, M.J., Cetin-Sahin, D., August, L., **Wilchesky, M.** *Introducing the Elder Abuse Suspicion Index for Long-Term Care (EASI-Itc): An Adaptation of the Elder Abuse Suspicion Index®.* 45th Annual Scientific and Educational Meeting of the Canadian Association on Gerontology; Montreal, QC; October 20-22, 2016.

Cetin-Sahin, D., Peretti, M., Gore, G., Voyer, P., Gore, B., **Wilchesky, M.** *Interventions aiming at reducing acute care transfers from long-term care facilities: Preliminary overview of a systematic mixed studies literature review* 45th Annual Scientific and Educational Meeting of the Canadian Association on Gerontology; Montreal, QC; October 20-22, 2016.

Peretti, M., **Wilchesky, M.**, Salsberg, J., Karanofsky, M. *Reducing Antipsychotic Prescribing in Long-Term Care: Investigating the Missing Physician Perspective* 44th North American Primary Care Research group (NAPCRG) Annual Meeting. Colorado Springs, Colorado; November 12-16, 2016.

**Robidoux, J.**, *Healing Circles: Creating a Space for Everyone at Every Time of Need*, Planetree Annual Conference, Chicago, Illinois, October 31st 2016

**Wilchesky, M.**, Johnson, S.M.A., Gore, B., Friedman, R. *What role do laboratory culture results play in the management of episodes of suspected UTI in long-term care?* 45th Annual Scientific and Educational Meeting of the Canadian Association on Gerontology; Montreal, QC; October 20-22, 2016.

## Donald Berman Maimonides wins the AJAS 2017 Jewish Programming Award for its iPod program

We are proud to announce that Donald Berman Maimonides has won the 2017 Jewish Programming Award at AJAS – the Association of Jewish Aging Services, representing long-term care facilities across North America.

DBM is being recognized for its innovative iPod program where iPods are loaded with customized playlists for residents with advanced dementia. The initial cost of the iPods was funded through a generous donation by the iconic Montreal restaurant **Wilensky's**.

Shortly after customizing and distributing the iPods, the Centre's staff witnessed the magic of the music's ability to reawaken the 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," reports Kim Weippert, the Therapeutic Recreation Specialist spearheading the program.

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.

The positive impact on the residents and staff has been immediate and evident. Whether it's listening to music for Oneg Shabbat or various Jewish holidays, residents in advanced stages of dementia who had previously been unresponsive start moving their bodies and becoming more aware of their environment. The music they have always loved continues to be a call to their soul. ■





## Hall of Famers

**Sylvio Caro** and **Dagwoods** were recently inducted into the DBM Battle of the Bands Hall of Fame in the Performer and Builder Categories respectively. They join an esteemed group of loyal Battle innovators recognized for their significant contribution to the energy and evolution of this popular event.

1 - Foundation Director Karen Flam and Battle co-chair Freddie Naimer with Hall of Fame inductee Sylvio Caro

2 - Fellow Battle of the Bands Hall of Famer Terri Klein welcomes new inductees Spiro Krallis and Trevor Horner from Dagwoods



**Leonard Cohen Tribute** On December 7th at Battle of the Bands, there was a special tribute to Leonard Cohen – a longtime friend of Maimonides and a legend to us all. The band Gerry and Friends featuring well-known Montreal lawyer Gerry Kandestin was joined by the Shaar Hashomayim choir led by musical director Roi Azoulay and Cantor Gideon Zelermyer who were invited to be recording artists on the title track of Leonard Cohen's last album You Want it Darker. They performed the title song together as part of an all Leonard Cohen tribute set.

## Dreams realized for Battle auction winners



### Donor Flies high

Arie Mosher got a rare opportunity to be a fighter pilot for a day as part of a Top Gun package auctioned off at the Donald Berman Maimonides Battle of the Bands.



### Donors attend the Emmys

Nan and Bill Lassner, Vivian and Howard Stotland and Marlene and Joel King attended the 68<sup>th</sup> Annual Emmys in Los Angeles this past September. This once-in-a-lifetime exciting evening was purchased at the Battle auction. "It was just amazing," says Nan Lassner.

**CONGRATULATIONS  
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for contributing to a  
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—  
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