

Perspective

SPRING 2018



CHSLD juif de Montréal
Jewish Eldercare Centre

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



Celebrating Canada's 150th at BATTLE OF THE BANDS

Rock'n it out for a great cause p-4-9

MAIMONIDES WINS AT PLANETREE CONFERENCE: p-17

DONATIONS TO THE FOUNDATION: Thank you p-10-11, p-14-15

NEW DESSERT OVEN: Residents enjoy tastes of home p-2

Perspective • Spring 2018

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

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On our
cover...



Donald Berman Maimonides Battle of the
Bands co-chairs Gerry Kandestin, Rory Olson
and Freddie Naimer with Julien Bruneau, CIM
Private Advisor from National Bank Private
Banking 1859, the event's Presentation Sponsor.

Inset: Donald Berman Maimonides' Kim Weippert, Therapeutic Recreation Specialist
and Rosalie Dion, Associate Director of SAPA- Long-Term Care accept the 2017
Innovation Award for our Ipod program from Susan Frampton, President of
Planetree International at the Planetree conference in Baltimore, Maryland.

A sweet treat

Life is being made sweeter for residents at
Donald Berman Maimonides. Thanks to
generous funding from the Foundation, a
new pastry oven was purchased which now
enables an on-site pastry chef (Jillian Jack-
son, pictured) to bake popular treats and
indulge everyone's sweet tooth.



The DBM Food Services team recently held
dessert sampling events. Staff and mem-
bers of the User's Committee were invited
to taste freshly baked goods fresh from the
Maimonides kitchen including blueberry
pie, lemon curd pie, cheesecake with peach
glaze, apple cake and honey cake. The des-
serts can be customized and are adaptable
for each resident's diet.

Donald Berman Maimonides Foundation
President Rory Olson is happy to support
initiatives such as this. "I am so proud that
the Foundation is able to revive the smells
and tastes of home for our residents,"
Olson says. "It is a wonderful opportunity to
improve the residents' quality of life."



Bistro Olson rocks for Maimonides

Following the Annual General Meeting on October 25, guests were treated to the official opening of Bistro Olson, the renovated cafeteria at Maimonides. A colourful Battle of the Bands gallery wall leads to the Bistro. Bistro Olson is named in honour of Foundation President Rory Olson and his family who made a generous donation to Maimonides in appreciation of the great work done at the Centre. He lives his passion by rock'n onstage at the annual Maimonides Battle of the Bands fundraiser. Rory is our Bono. Our Mick Jagger. Our Rock Star!!! But most of all, Rory Olson has brought his heart and soul to our cause. We are very grateful to the Olson family for the beautiful Bistro that is enjoyed by staff, residents and families every day.



Clockwise from top right: Rory Olson with family: Sam Olson, Kimmy Olson, Lonny Schreter, Nettie Klerer, Irwin Klerer; Rory Olson; Benny Saleh; Rory with cafeteria employee, Nancy Villar





Battle of the Bands 15th Edition: In celebration of Canada's 150th, eh?

In celebration of Canada's 150th birthday, Donald Berman Maimonides Battle of the Bands welcomed Canadian rock icon Jim Cuddy to MTelus (formerly known as Metropolis) on December 4th and 5th.

The 2-night **National Bank Private Banking 1859** Donald Berman Maimonides Battle of the Bands was a rock'n success generating **\$330,000** towards the funding of vital Cultural and Quality of Life programs that make our centre such a wonderful place for our residents to live. These include our award-winning iPod music program, holiday celebrations and many leisure activities.

CJAD's Aaron Rand sat down with Jim Cuddy in an up close and personal on-stage interview followed by Cuddy's acoustic set. Four local bands made up of well-known Montreal entrepreneurs, lawyers and doctors joined Jim Cuddy on stage each night.

Andy Nulman hosted the show, with lots of surprises along the way. The ever-popular auction featured fantasy items such as tickets to the Grammys, luxury trips and signed guitars and exclusive meet-and-greets with Jim Cuddy backstage. Back by popular demand, Donald Berman Maimonides rolled out the red carpet for its sponsors and special guests with a cocktail reception in the **Delmar** VIP Lounge.

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 to see the videos of the event on our Youtube channel, and about a thousand pictures on *Flickr*.

Monday, DECEMBER 4, 2017



NEW KIDS ON THE WARD

Rob Hirscheimer, Mark Goldenberg, Mike Fitch, Dan Levine, Mike Erskine, Dmitri Mak Mak, Elliott Shuchat, Angela Cara



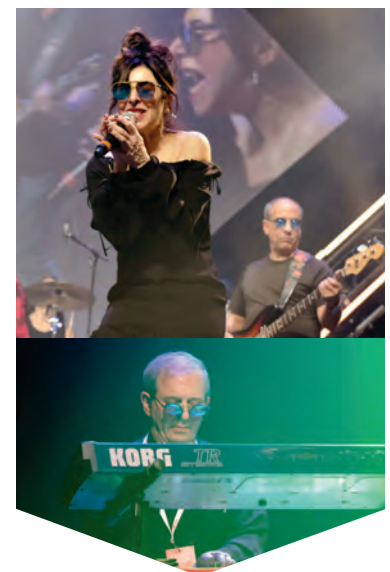
GERRYATRIX

Gerry Kandestin, Craig Morrison, Ryan Fleury, John McDiarmid, Gary Sharkey, Alex Nesrallah, Marty Boodman, Gideon Zelermyer, Samantha Borgal, Rosalie Cerro



PRIME-TIME PLAYERS 2.0

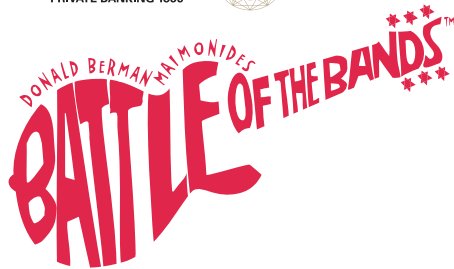
Robert Goldfarb, Geoff Lang, Jeff Stattner, Wayne Smith, Sheli Stevens, Richard Yanofsky



SWITCHBACK

Terri Goldig, Freddy Brass, Fred Cantor, Elliott Shuchat, Freddie Naimer, Mike Weinberger, Kenny Dupree

Battle of the Bands 2017



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Tuesday, DECEMBER 5, 2017



THE 5:15

Marc Kimmel, Jon Stein, Doug Stein, Matt Aisen, John Bowie, Steve Lubotta



N20

Morris Dascal, Shawn Dascal, Robert Frances, Janice Greenberg, Peter Kalichman, Elliott Shuchat, Leslie Singerman, Peter Winternitz



HERE'S JOHNNY

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



BENNY & THE HEALERS

Sylvio Caro, Emile Knafo, Carlos De Figueiredo, Marc Perez, Sam Gold, Sara Heinz, Benny Saleh

Battle Candid Night 1

Monday DECEMBER 4, 2017

- 1 National Bank Private Banking 1859's Julian Bruneau, Hugues Nantel, Tony Aksa, Kerri-Lynn Thompson, Alexandre Viau
- 2 Tom Faludi, Lisa Fischel, Sandy Fischel
- 3 Barry Steinberg, Shai Adam, Alissa Rappaport and Linda Webb
- 4 Rita Hirscheimer, Richard Stelluto, Karen Hirscheimer
- 5 Armand and Harriet Cymbalista, Lynn and Ron Waxman
- 6 Carole Dobrich, Ethan Goldfarb, Lenore Goldfarb, Gerry Kandestin, Melisa Fink
- 7 Sharron Schwartz, Reuben Croll, Ellayne Kaplan, Howard Berger, Kenny Aliaga and JJ Aliaga
- 8 Susan Caplan, Heidi Goldman, Marc Goldman, Phil Caplan
- 9 Linda Zelniker, Irwin Zelniker, Susan Alper and Joel Milgram
- 10 Scotiabank's François Gingras, Glen Patterson, Luc Flynn and guest
- 11 Fred and Marlene Cantor
- 12 Michael Corber and Martina Voigt
- 13 Lesley Naimer, Adam Steinberg, Carrie Charney, Pam Rosenoff, Jerry Gross, Cindy Naimer, Freddie Naimer
- 14 Dick Irvin, Terri Druick, Steve's Music's Sheldon Sazant
- 15 Olymbec's Richard Stern, Mario Arella, Carl Buchbinder
- 16 Fred Naimer, Cindy Naimer, Jim Cuddy, Sandra Khoury
- 17 Terri Klein, Hinda Deckelbaum, Angela D'Angelo
- 18 Lindsay Hirscheimer, Marla Fox, Justin Hirscheimer, Jenny Hirscheimer
- 19 Michael Etinson, Joel King, Eddy Rudick
- 20 Harvey Kader, Susan Herscovitch, Erica Kader, Matthew Miller, Lenny Gordon
- 21 Mike Flinker, David Wiseman, Stuart Copelovitch, Julien Bruneau, Matt Baily
- 22 Fred Moss, Fran Moss
- 23 Ethel Smith, Claire Webster, Eleanor Star
- 24 Marc Goldenberg, Rob Hirscheimer
- 25 Carrie Bogante, Ron Waxman
- 26 Gerry Kandestin, Avrum Fischman and Mark Meland



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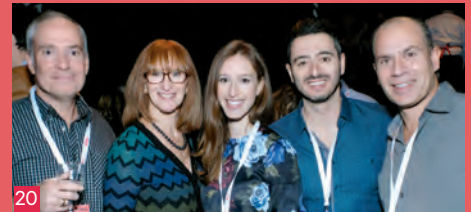


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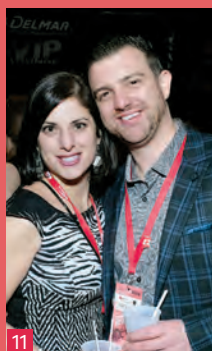
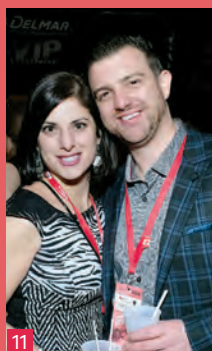


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Battle of the Bands 2017



- 1 Ruth Hubermann, Rachel Lonn, Elana Levy, Jo Zuckerman, Annette Alon and Adelia Bensoussan
- 2 Robbie Cohen, Cathy Caplan, Audrey and Embassy Suites' Stewart Rubin
- 3 Jason Katz, James Katz, Syd Gartner
- 4 Nancy Rosenfeld, Andy Nulman, Barbra Gold
- 5 Merv Middling, Suzie Costom, Delmar's Paul Cutler, Joanne Cutler
- 6 Ilana Galperin, Lorne Rosenbloom, Miri Rozenek, Cindy Davis, and David Abramovitch
- 7 Maryana Matsek, Julien Bruneau, Élana Minz, Younes Marach
- 8 Drew, Zak, Caroline, Harriet and Johnny Miller
- 9 Jim Cuddy and Leesa Steinberg
- 10 Freddie Naimer and Benny Saleh
- 11 Tina Oliveri and Vinny Barrucco
- 12 Mona and Brian Strasser
- 13 Mark London, Lynn Nulman, Andy Nulman
- 14 Elliott and Sheryl Shuchat
- 15 Andrea Aisen, Jim Cuddy, Andy Aisen, Matt Aisen
- 16 Drew Miller, Justin Elkan, Veeral, Zak Miller, Jess Perez, Arthur Cohene, Jon Sigler and Kevin Goldstein
- 17 Larry and Margaret Nachshen
- 18 Marc Kimmel, Jill Kimmel, Jim Cuddy
- 19 Danny Baum, Carlye Baum, David Baum, Marcy Baum
- 20 Hindy Olson, Jim Cuddy, Rory Olson, Karen Flam
- 21 Steve's Music's Bill and Betty Kirman
- 22 CIUSSS West-Central Montreal's President and CEO Dr Lawrence Rosenberg and Donna Rosenberg
- 23 Ruth Kertesz and Caryl Gold
- 24 Esther and Michael Rozenek
- 25 Arik Azoulay, Normand Rivard and Martin Leblanc with Jim Cuddy



Battle of the Bands 2017



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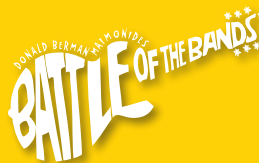
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Making the most of your visits with someone with dementia



Whether you are visiting a loved one with dementia at home, in the community or at a long-term care Centre, your role as a visitor is a crucial one. But uncertainty about what to expect may prevent some people from visiting a person with dementia. As dementia progresses and responsive behaviour decreases, visits become challenging. You may struggle to connect. It is important 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:

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. The only way to truly find out what kind of day your loved one is having is very simple: just ask.

What to avoid

On an “off” day, crowds of people can serve as a stressor. It’s not a good idea to have a lot of visitors, and visits to public spaces where there may be crowds (shopping centres, places of worship) may not be a good idea. If someone remains inside, even watching television can prove frustrating if the program is too complex. Finding old TV shows, movies, books or publications they are familiar with could help settle an anxious mind.

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, in terms 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?” should be avoided. Instead, turn questions into statements such as: “I’m glad to see you”, or “You look well today”.

Communication tips

- ▶ Take note of the elder’s emotional state and react accordingly.
- ▶ Show respect through your words and actions.
- ▶ Place yourself at eye level.
- ▶ Be receptive to changes in mood or behaviour during the visit.
- ▶ Be conscious of your own demeanour, which is easily communicated.
- ▶ Use your normal conversational tone, be patient, and be prepared to restate your message if necessary.

Creating a record

Many people add meaning to their visits by keeping a visiting journal or recording the conversation. Referencing past visits in such a way can provide support and reassurance.

Suggested activities

- ▶ Bring in a photo album and play familiar music to encourage reminiscing
- ▶ 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.



A lasting legacy

Family and friends of the late Jack Strominger recently hosted a L'Chaim at Jewish Eldercare Centre to celebrate his life and the naming of the dining room on the 5th floor of the Kastner pavilion, where Strominger was a resident. His sister, Martha Fitelovitch is now on the same floor and can enjoy the dining room named in her brother's honour. The event was held on what would have been Jack's 86th birthday. For other naming opportunities, please call Lisa Kasner at 514-738-4500 ext 2125.



Comfort Care at End of Life

There are two new comfort rooms at Jewish Eldercare Centre thanks to donors Michael and Jane Ann Wiener and Senator Leo and Roni Kolber. The rooms offer privacy and solace for the resident and their family at the end of life. A key element in the room is an open-out bed for families to stay comfortably with their loved ones during this difficult time. There is also a microwave, fridge, coffee maker and other conveniences. The furniture, lighting and beautiful artwork were chosen for their calming nature.

If you would like to donate, please contact Lisa Kasner at 514-738-4500 ext 2125.

3C Hope donated by: Michael and Jane Ann Wiener. Pictured are Ron Levy, Jane Ann Wiener, Lisa Gartner, Michael Wiener, Syd Gartner, Marion Levy
4C Hope donated by: The Honorable Leo Kolber and Mrs. Roni Kolber



Donations to Jewish Hospital of Hope Eldercare Foundation

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\$25,000 Jane Ann and Michael Wiener
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*Erratum - Regretfully, this name was
not included in our previous publication

GOLD

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Mikeala Reich-Grant

For her Bat-Mitzvah donation to the Foundation in memory of her grandfather Peter Reich



SAPA Director Barbra Gold with Dr. Brian Gore

Dr. Brian Gore honoured

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

Dr. Gore came to Maimonides as a medical student back in 1972. After graduating med school and working in an ER for 10 years, he returned to Maimonides as a physician in 1989. He also took on a more administrative role as Director of Professional Services from 2008-2015. For 26 years, Dr. Gore was the physician for our residents on the 7th floor until his retirement.

Thank you Danny Baum!!

Outgoing Foundation President Danny Baum was presented with a menorah from Board Member Angela D'Angelo in recognition of his outstanding two-year tenure as Foundation President.

Danny was one of the youngest board members to become involved with the Maimonides Foundation. He was brought in by his mentor and father in law Allen Quallenberg seventeen years ago.

One of our signature events, the RBC Wealth Management Donald Berman Maimonides Golf Tournament has become Danny's baby. The tournament's success grows each year – in large part due to Danny's steadfast perseverance and commitment. He was the first President of the two sister Foundations- Jewish Hospital of Hope Eldercare Foundation and Maimonides Geriatric Centre Foundation.



Danny Baum with Angela D'Angelo

Donald Berman Maimonides Foundation and Jewish Hospital Of Hope Eldercare Foundation BOARD OF DIRECTORS 2017-2018



Back row (left to right):

Henry Topas, Russell Grant, Joel Goldberg, Phillip Abbey, Morris Dascal, Terri Klein, George Landau, Jason Katz, Foundation Director Karen Flam, Syd Gartner, Terry Landau, Steve Kosters, Jeffrey Zunenshine

Middle row (left to right):

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Front row (left to right):

Freddie Naimer, Abe Rogozinsky, Ronnie Roter, President Rory Olson, Angela D'Angelo, Danny Baum, Michael Corber,
Absent from photo
Honourary Board members:
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Pictured are Susan Frampton, President of Planetree International with Maimonides Therapeutic Recreation Specialist Kim Weppert and Rosalie Dion, Associate Director of SAPA- Long-Term Care at the 2017 Planetree conference in Baltimore, Maryland.

iPod program a huge success!

Donald Berman Maimonides has won the 2017 Innovation Award from Planetree – an international organization focused on resident-centred health care. DBM is being recognized for its innovative iPod program – where iPods are loaded with customized playlists for residents with advanced dementia. This is the second international award for this innovative program, coming on the heels of being recognized by the Association of Jewish Aging Services (AJAS) with its Jewish Programming Award.

We are very excited to announce that due to the iPod program's great success at Maimonides, a pilot project will soon be launched at Jewish Eldercare Centre. This is possible thanks to a very generous donation from the Estate of Moe and Grace Aronoff.

Their children Joan Dressler and Mark Aronoff are very pleased to make this program a reality at JEC. "Our parents loved music all of their lives. We are so proud to continue to foster that love of music for JEC residents," said Dressler.

Music to our ears

Every year, we produce a video that is shown to the audience at Battle of the Bands. This year, we focused on the incredible music at Donald Berman Maimonides including the award-winning iPod program and the one-on-one music therapy. Irwin and Linda Zelniker, guests at the event, were so moved by the video that they made a generous donation to the Foundation to support these great programs.



You can see the video from the main page of our website at www.donaldbermanmaimonides.net

SHARING EXPERTISE

Some 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-centred long-term care and aging research. The following list highlights some of their recent achievements.

Publications

Andersen, K., Filion, K., Kröger, E., Champoux, N., & Wilchesky, M. (November 17-21, 2017). Primary care management of Alzheimer's disease and related disorders in the United Kingdom: a population-based retrospective cohort study of treatment patterns. 45th Annual Meeting of the North American Primary Care Research Group, Montreal, Quebec.

Belanger, C., Lungu, O., McConnell, T., Peretti, M., Johnson, S. M. A., & Wilchesky, M. (November 17-21, 2017). Statin Prescriptions Patterns in an Academic Long-Term Care Facility. 45th Annual Meeting of the North American Primary Care Research Group, Montreal, Quebec.

Cetin-Sahin, D., Lungu, O., Peretti, M., Gore, G., Voyer, P., Gore, B., & Wilchesky, M. (October 19-21, 2017). Emergency department visits and hospital admissions from long-term care facilities: Are interventions targeting reduction effective? 46th Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Winnipeg, Canada.

Goldman, S., *Art Hives: Securing Art Therapists' Leadership in Citizen Driven Communities*, 48th American Art Therapy Annual Conference, Nov 8-13, 2017, Albuquerque, NM

Lungu, O., Bruneau, M. A., Voyer, P., Landreville, P., & Wilchesky, M. (November 5, 2017). Socio-cognitive determinants of neuropsychiatric affective symptoms management by nursing staff in long-term care residents. 26th Annual Scientific Meeting, Canadian Academy of Geriatric Psychiatry, Toronto, Ontario.

Mauro, S. *Quebec Health Care & Long Term Care*, Presentation to McGill University Occupational and Physiotherapy Students, October 3, 2017

Peretti, M., Salsberg, J., Karanofsky, M., Marrone, E. & Wilchesky, M. (November 5, 2017). Preliminary Results From A Survey On The Barriers And Facilitators Associated With Antipsychotic Deprescribing: The Influence Of Access To A Geriatric Psychiatrist. Poster presentation. 26th Annual Scientific Meeting, Canadian Academy of Geriatric Psychiatry, Toronto, Ontario.

Wilchesky, M., Bruneau, M. A., Voyer, P., Landreville, P., Peretti, M., & Lungu, O. (October 13-15, 2017). Pharmacological vs. non-pharmacological management strategies for neuropsychiatric symptoms in nursing home residents: The role of staff preferences, perceived effectiveness and social attributions. Nursing Home Research International Working Group, St. Louis, MO, USA.

Wilchesky, M., Cetin-Sahin, D., Lungu, O., Gore, G., Gore, B., Peretti, M., & Voyer, P. (October 13-15, 2017). Clinical Components are Key to Effectively Reducing Acute Care Transfers from Nursing Homes: Results from a Meta Analysis. Nursing Home Research International Working Group, St. Louis, MO, USA.

Wilchesky, M., McCusker, J., Champoux, N., Vu, M., Ciampi, A. M., J., Lungu, O., Ballard, S. A., Belzile, E., Carmichael, P. H., & Voyer, P. (November 2-4, 2017). Presenting the PREvention Program for Alzheimer's Related Delirium (PREPARED) Trial: A Cluster Randomized Trial Targeting Delirium Prevention in Long-Term Care Residents with Dementia. 9th Annual Canadian Conference on Dementia, Toronto, Ontario.

The Battle love continues...

DREAMS REALIZED FOR BATTLE AUCTION WINNERS



Margaret Nachshen enjoyed a backstage meet and greet with "Cher" of the Legends as part of a VIP experience in Las Vegas.



Joyce and Jeremy Becker attended the 51st annual Country Music Awards and After Party in Nashville, Tennessee. "What a great night. We had a blast," said Joyce.



Lindsay and Jason Segal got the chance to rub elbows with the stars at the RBC VIP Gala and movie premiere during the Toronto International Film Festival (TIFF).

18

HALL OF FAME

Elliott Shuchat, Harvey Kader and Vision Travel were recently inducted into the Donald Berman Maimonides 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.



Left: Battle co-chair Freddie Naimer with Hall of Fame inductee Elliott Shuchat.

Right: Fellow Battle of the Bands Hall of Famer and Foundation President Rory Olson welcomes new inductee Harvey Kader from Vision Travel

GUITAR WINNERS

Guitars signed by Jim Cuddy were popular at this year's DBM Battle of the Bands. Purchasing a guitar was the only way to get to go backstage and have a Meet and Greet with the Blue Rodeo band member. Those who bought the guitars were invited to bring their guests for the photo.

1. Pierre and Bonnie Guay and friends
2. Matt, Andrea and Andrew Aisen and family
3. Tracey Winter and Shai Adam
4. Liam Dando, Sabrina Voigt, and Micheline Gallo
5. Leon Garfinkle





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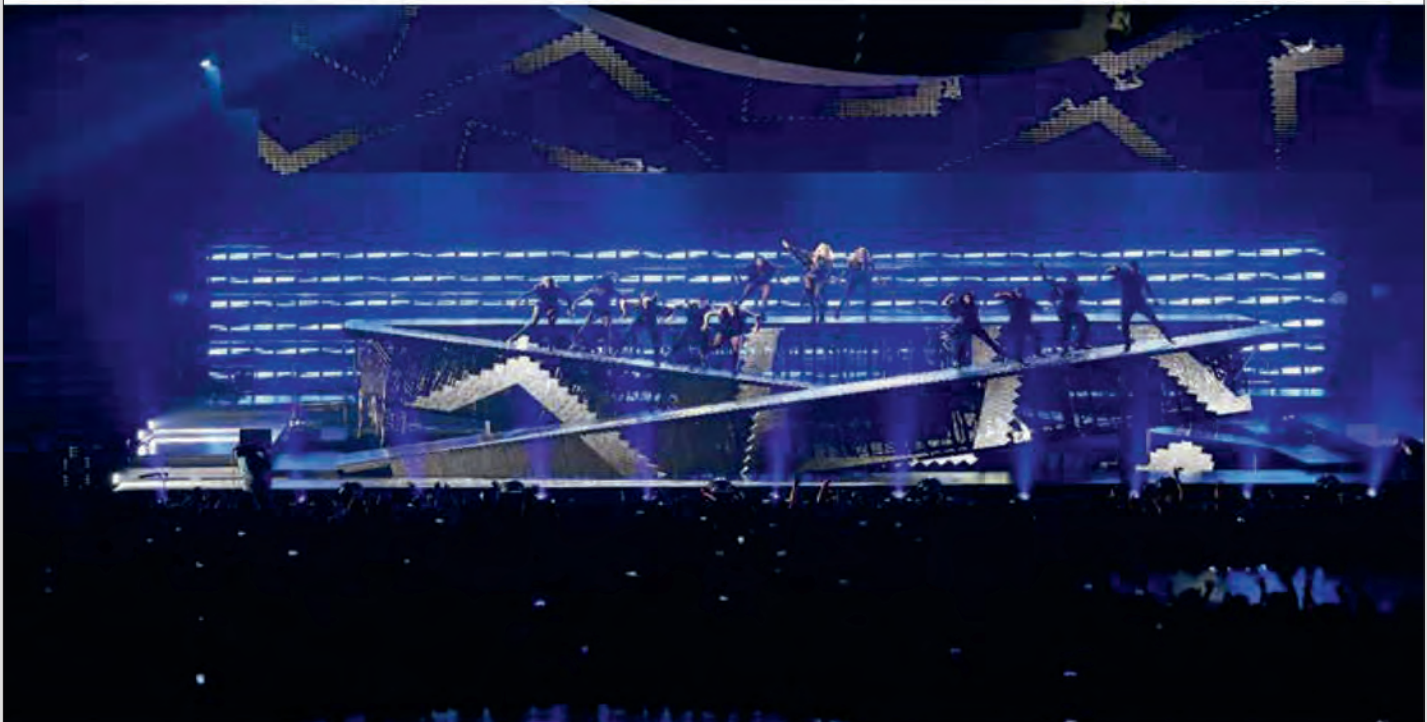
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Lady Gaga's Lighting Designer, **Leroy Bennett**, included over 500 GLP fixtures (provided by Solotech and purchased specifically for the tour from Canadian distributor AVL Media Group) in the lighting rig for her Joanne World Tour. "These fixtures are great; the flexibility that the product has is wonderful and it gave me all the things I was expecting. Lady Gaga is the first show I have used them on and they have been absolutely fabulous."

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