



GOLF TOURNAMENT: A HOLE IN ONE!!!

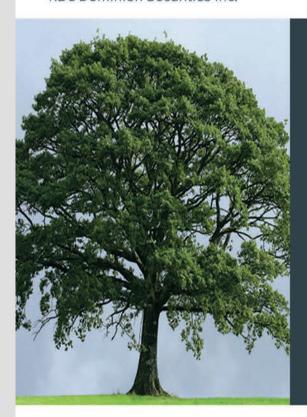
Programs and services we support

Hockey: Our residents scored!!

Leaving a Bequest: Leaving a Legacy



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A society is measured not by wealth, but by its treatment of its most vulnerable.

The staff at Donald Berman Maimonides does more than treat clients with dignity and respect. Through innovation, training and research, they have raised the standards for geriatric care, and dramatically improved the quality of life of our loved ones.



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GOLF 2019: A Message from the Co-Chairs

The weather was beautiful on Wednesday May 22, 2019 as the 28th annual Donald Berman Maimonides RBC Wealth Management Golf Tournament took place. This year's event returned to 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 **\$212,500** – monies to fund the Centre for Research in Aging at Maimonides.



Steve Kosters and Danny Baum pictured with Foundation Director Karen Flam

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 2019 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*.



Steve Kosters, Danny Baum Co-Chairs Donald Berman Maimonides RBC Wealth Management Golf Tournament 2019

On our cover

Golf co-chairs Danny Baum and Steve Kosters, and RBC Wealth Management's Allen Quallenberg and Paul Balthazard (Vice-President and Regional Director for Quebec) at the 2019 Donald Berman Maimonides RBC Wealth Management Golf tournament.



Inset

Jon Dlusy is pictured with Rabbi Michael Wolff, Foundation President Rory Olson, and Foundation First Vice President Angela D'Angelo. The 92 year-old recently made a legacy gift to the Foundation to rename the Donald Berman Maimonides synagogue in honour of his parents. See story on p-25.





Perspective FALL 2019

Published by the Foundations of **Donald Berman Maimonides Geriatric Centre** and **Donald Berman 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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www.donaldbermanmaimonides.ca www.donaldbermanjewisheldercare.ca

Donald Berman Jewish Eldercare and Donald Berman Maimonides Geriatric Centre are member institutions of the Integrated Health and Social Services University Network for West-Central Montreal







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Thank you to our Sponsors!



Thank you to our Presentation Sponsor RBC Wealth Management and to Royal Bank for their unprecedented support.



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Pictured are from left to right: Steve Kosters, Nizar Laouni - Royal Bank, Allen Quallenberg, Saloua Benkhouya - Royal Bank, Paul Balthazard, Stephanie Thompson, Danny Baum, Tessee Kalamaras, Warren Salzman, Francis Turcotte, David Lutfy





Event co-chairs Danny Baum and Steve Kosters in front of the very popular **Alvin Segal Family Foundation Peerless Clothing Swag Room**







Russell Investments' Danny Kabeya, Regional Director, with Event co-chairs Steve Kosters and Danny Baum





Olymbec's Shirley Stern, Richard Stern, with Event co-chairs Steve Kosters and Danny Baum





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



Thank you to **Fidelity** for their continuing support of our residents.

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Congratulations to our Top Golfers!

FIRST PLACE - BEST BALL CHAMPION



The **RBC** foursome of **Mathieu Dubuc**, **Yannick Verread**, **Guillaume Paradis** and **Nicholas Gagné** was the day's winner.

LONGEST DRIVE - FEMALE



The Longest Drive Female was won by **Cristina Rizzuto**.

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SECOND PLACE - BEST BALL



The foursome of golf co-chair **Steve Kosters**, **Alan Marcovitz**, **Lee Karls** and **Mitch Kendall** took home second place honours.

LONGEST DRIVE - MALE



The Longest Drive Male was won by **Jean-François Girard**.



A big thank you to the Golf Committee and our generous volunteers









- Valerie Ohayan, Arlene Albert, Mayda Dubman, Irena Kazhdan, Stephanie Ballard, Esther Stroll
- 2 Bernie Victor, Harvey Lyman, Nat Ladenheim
- 3 Randi and Joshua Landau

- 4 Karen Ship, Karen Flam, Phyllis Sohmer, Linda Sohmer, Ellen Black, Wendy Fish, Ann Nagley
- 5 Randi Gitnick, Lisa Kasner

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We'd also like to thank the following volunteers who are not pictured: Syd Baum, Carlye Landau Baum, Karen Feig, Goldie Gutberg, Machelle Wilchesky and Denise Zunenshine

















Hockey for a cause

The 8th annual Scotia 1832 Donald Berman Jewish Eldercare (DBJ)
Hockey Tournament was held on Sunday April 14, 2019 at Quartier
Hockey. We raised \$67,000 to fund our Excellence Programs for the Quality of Life of our residents.
Congratulations to TEAM RICHTER for winning our very own STANLEY HYMAN CUP two years in a row!!!
For more information to participate in or sponsor next year's tournament, please contact Lisa Kasner at 514-738-4500 #2125.





- 1 Tina, Luca, Abbey and Brad Steinmetz
- 2 Sandy, Patrick and Sonny Macalanda
- 3 Avi and Blake Milgram
- 4 Beth Prosterman and Ryan Shiff
- 5 Lee Karls, Joel Milgram and Johnny Karls
- 6 Evan and Mark Schneiderman and Brad Steinmetz
- 7 Roger Maalouf, Team Richter
- 8 Avi and Joel Milgram
- 9 Event co-chairs Avi Milgram and Brad Steinmetz
- Orit, Jared and Irwin Fried
- 11 Danielle, Charles, Tyler, Harrison and Manny Grill
- 12 Olymbec cheerleading squad
- Jake and Johnny Karls
- Olymbec cheerleaders, Angela D'Angelo and Brad Steinmetz
- 15 Kyle and Phil Stromberg, Steve and Corey Moses



















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Thank you to our players!



Back row: Cory Klumak, Mark Singer. Front row Hugo Weinstein, Francis Major, Kyle Brown-Bouchard, Jean-Philippe Fortier.



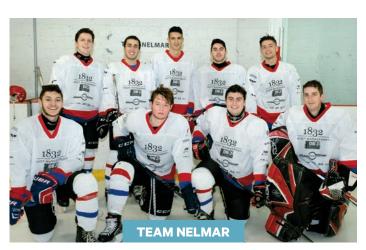
THE WINNING TEAM: Back Row (L to R): Mattan Biton, David Chemtob, Roger Maalouf, Brad Steinmetz, Charles Bloom, Daniel Dufour, Jeremy Maron. Front Row (L to R): Ian Weinstein, Tim Maag, Pietro Antonelli, Corey Greenwald, Evan Fitzgibbon.



Front row: Nicholas Potvin, Stephane Beauregard, Danny Guarnieri, Dimitri Manousos. Back row: Nick Kapetanakos, Francois Potvin, Dimitrios Tsitouras, Vincent Beauregard, Anthony Alimbertis, John Sciascia, Brad Steinmetz.



Back row: Mark Rozansky, Greg Katz, Avi Steinberg, Avi Milgram, Jacob Meltzer, Howie Mamane. Front row: Jake Karls, Adam Gold.



Back row: Max Ehrlich, Joshua Jacobson, Jordan Respitz, Ryan Shiff, Josh Rosenfeld.
Front row: Sam Schacter, Tyler Grill, Jared Fried, Michael Prinsky.



Back row: Jason Rutman, Patrick Macalanda, Liam Zuckerman, Billy Benetos.
Front row: Kyle Stromberg, Luca Pietrantonio, Matthew Alter,
Evan Schneiderman, Matthew Minuk.



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HOLD THE DATE for DBJ HOCKEY 2020!

March 29th, 2020 at Quartier Hockey









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March 1, 2019 — July 31, 2019



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Foundation supports our staff

MICHAEL CORBER AND FAMILY SCHOLARSHIP

In honour of his past Presidency of the Foundation and his family's connection to the Centre, Michael Corber created the **Michael Corber and Family Scholarship**. Every year, a one-year scholarship is presented to a student who wishes to pursue post-secondary studies and who has at least one parent who works on the front-lines at Donald Berman Maimonides Geriatric Centre.

This year's recipient is **Zen Co** who is finishing up her Account and Management Technology program at Dawson College. Zen is the daughter of Zenaida Reye who is a Nurse's Aide on 5 South. Zen's letter expressed her love for business, math and technology. She also described the difficulties in paying her tuition while working a part-time job and completing an unpaid internship in her field of study.



Zen Co with Michael Corber

JUDITH CHINKS FISH SCHOLARSHIP

This year's recipient of the annual Judith Chinks Fish Scholarship is **Alijah Clarke**, son of Rose Marie Lewis who is an LPN on Kastner 4. Alijah's commitment to his studies in Sports Marketing while continuing to be a very active student athlete in Basketball and Football stood out in his application.

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 are 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 Donald Berman Jewish Eldercare Centre.



Two of Judith Chink Fish's grandchildren, Liberty and Benji Budman; Rose Marie Lewis; Alijah Clarke and Foundation President Rory Olson.

SHARING EXPERTISE

Maimo Perspective FALL-Golf-2019final.indd 16

Some staff members at DBJ and DBM as well as researchers from the Donald Berman 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.

Bridgeman, L., Weippert, K., Music Is A Call to the Soul- I-Pod Program, Canadian Therapeutic Recreation Conference, Quebec City, June 18-21, 2019

Cetin-Sahin, D., Karanofsky, M., Schuster, T., Cummings, G., Vedel, I., & Wilchesky, M. (May 2, 2019). Depicting Complex Relationships between Potentially Avoidable Acute Care Transfers from Long-Term Care Settings, Adverse Transfer Outcomes, and Gaps in Information Exchanged between Stakeholders. Poster Presentation. Tenth Annual LDI Scientific Retreat, Montreal, Canada.

Cetin-Sahin, D., Schuster, T., Karanofsky, M., Cummings, G., Vedel, I., & Wilchesky, M. (May 27, 2019). Data simulations to identify the potential magnitude of biases in a pre-specified causal structure depicting emergency transfers from long-term care facilities. Oral Presentation. 5th Annual Family Medicine Research Symposium, Montreal, Canada.

Guseva, E., Lungu, O., Vedel, I., Goldman, S., & Wilchesky, M. (May 27, 2019). Towards Neuropsychiatric Symptom Improvement in Patients with Moderate to Severe Alzheimer's Disease: Adapting Art Therapy to Address Visuoperceptual Deficits. Winner: Top Oral Presentation Award. 5th Annual McGill Family Medicine Research Symposium, Montreal, Canada.



Foundations provide bursaries to staff

The Donald Berman Maimonides Foundation and the Donald Berman Jewish Eldercare Foundation invest in our staff on an annual basis by providing them with education bursaries. Three bursaries at DBJ and nine 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 student interested in a career in Geriatrics.

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

Top: Donald Berman Jewish Eldercare bursary recipients Jay Wilhem de Vera, Pheba Nair and Josie Di Benedetto with Foundation President Rory Olson Bottom: Donald Berman Maimonides Bursary recipient Yan Zhao with Foundation President Rory Olson

"By investing in our staff, we are investing in our future"

FOUNDATION PRESIDENT RORY OLSON







Planetree Star Awards

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 a weekend getaway in Mont Tremblant. Planetree is an international organization focused on resident-centred health care.





DBJ Planetree Star
Clinical and Support Staff
* Mary Maselli *

DBJ Planetree Star Nursing

* Jannette Bront Ferguson *



DBM Planetree Star Nursing

* Sonny Andaya *



DBM Planetree Star Clinical and Support Staff

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Early warning signs that a person can no longer live alone

It can be very difficult to determine when the time has come that a parent can no longer live independently. 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. Below are some questions that can clarify your parents' needs and identify if home alone continues to be the best option for them.

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 prepare and eat their own meals?
- Is food in the refrigerator often spoiled or kept long beyond the "used by" date?
- Are they still able to do their own grocery shopping?

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?

SOCIAL CONTACT

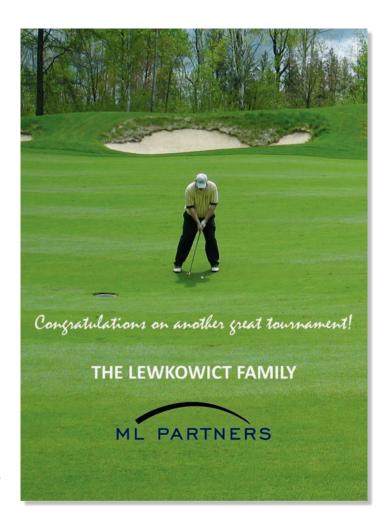
• Has the amount of social contact changed dramatically, so that there are limited visits with close friends?

- 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?

If you've answered yes to any of these questions, 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 CSSS (formerly CLSC) and ask for the intake Social Worker.









2019 Golf Foursomes























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The Donald Berman Maimonides Foundation and Donald Berman Jewish Eldercare Foundation make all the difference!

It is the mission of the Foundations of Donald Berman Maimonides and Donald Berman Jewish Eldercare to provide the financial resources and leadership required to enhance the quality of life of the Centres' residents. Donor dollars are truly making a difference.

The following programs and services are made possible thanks to your donations to the Foundation.



Concert series

Residents and their families get to enjoy music programming regularly on the Units and in common spaces on weekends, holidays and special occasions. This is a great opportunity for families to spend quality time with their loved ones.

Jewish Life

Cultural programs are central to the Jewish life of our residents, including synagogue services, kiddushes and the celebration of holidays.







Chanukat Habayit

Every new resident and their family is welcomed with a visit from the rabbi in their room with refreshments for a *l'chaim*, as well as a blessing and flowers to brighten up their new home.

Bursaries

We invest in our staff on an annual basis by providing Bursaries for those attending school to further their education or to upgrade their skills.



Buses for outings

Residents get to enjoy summer outings to local attractions as well as weekly excursions to different malls in the city. These outings are a welcome change of scenery for residents who miss their independence.



iPods with customized playlists tailored to the residents' interests are provided for residents. Music reaches our residents in miraculous ways.

Digital X-Ray Machines

Looking ahead, the Foundations will purchase a portable digital X-Ray Machine so that residents can have X-rays in their rooms and digitally transmit the results to the hospital.



At our Donald Berman Maimonides location, donations to the Foundation also fund the following:

Research

The Foundation has established and funds the Donald Berman Maimonides Centre for Research in Aging, led by a Research Director and team of researchers. Research is focused on issues that directly impact our residents.





Dental hygienist

The Donald Berman Maimonides
Dental Hygiene Program has created
and maintained hundreds of healthy
smiles over the years. The program
provides residents with an inhouse consultation and cleaning.
Foundation-generated funds pay
for the salaries of both the dental
hygienist and dental assistant.

To make a donation or to learn more, the Foundation can be reached at: 514-483-2121 ext. 2207 (DBM) 514-738-4500 ext. 2124 (DBJ)

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We need your help: The Annual Governor's Program

Governors ensure the financial strength of the Foundation by funding many programs and environmental improvements to enable the residents to live out their final years in the utmost of comfort. The Governors program has been around since the Foundation began in the late 1970's led by Founding Foundation President Ben Cobrin Z"L who was very

active in recruiting Governors. He promoted the concept that you must "plant the seed, and Donald Berman Maimonides will reap the benefits in future years." Governor donations are invested in perpetuity, guaranteeing income each year to support all that we do.

A plaque with each Governor's name appears on a recognition board in the main lobby. Annual governor categories are Platinum, Gold, Silver or Bronze. If you are interested in becoming a Donald Berman Maimonides Governor, please call the Foundation at 514-483-2121 ext 2207. or fill out the form on p-15 and send it back to the Foundation.

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* Thank you to our governors who upgraded their support this year.



Leaving a Bequest and a Legacy

Making a bequest is a way to make a lasting contribution to a cause that you are passionate about and will continue to make an impact beyond your lifetime.

Jon Dlusy recently did just that. The 92 year old named the Donald Berman Maimonides Foundation in his will. Thanks to his significant bequest, the synagogue was dedicated in loving memory of his beloved parents Regina and Israel Dlusy Z"L. "I want my parents to be remembered and the Dlusy name to continue," says Dlusy, who has no children of his own.

"It gives me great satisfaction to make a difference." he adds.

The Foundation recently hosted a L'Chaim to honour the remarkable gift from Dlusy. Legacy gifts allow the donor to see the good they are doing in their lifetime.

To make a difference in our resident's lives, please call Karen Flam, Foundation Director at 514-483-2121 ext 2307.

Jon Dlusy and Rabbi Michael Wolff on the bimah in the newly renamed synagogue in memory of Dlusy's parents



Kiddush Fund

Interested in sponsoring a Kiddush?

The Donald Berman
Maimonides Foundation
and the Donald Berman
Jewish 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. Your gift will be acknowledged during the Kiddush and on the donor recognition page in *Perspective*.

A tax receipt will be provided for the amount of your donation. Contact the DBM Foundation office at (514) 483-2121, ext. 2207 or the Donald Berman JEC Foundation office at (514) 738-4500, ext. 2124 for more information.



It is the opportunity to leave a gift that will make a difference to the lives of those connected with your charity of choice.

Can I leave a bequest to family and friends as well as a charity?

Definitely. In fact, we encourage people to think about their families

and friends first and then consider leaving a bequest to the Donald Berman Maimonides Foundation or the Donald Berman Jewish Eldercare Foundation.

Is there a minimum value to leave as a bequest to a charity?

No. There is no minimum value and no bequest is considered too small. Every dollar given will help to support our mission.

Will I be able to specify how my bequest will be used?

Yes. However, sometimes for longterm care, the needs are very specific and are constantly changing.

What effect will making a bequest have on my life?

Financially, it will have no effect on the way you live your life right now. However, many charities like ours have a recognition program and appreciate being informed of your decision so that we can thank you during your lifetime.

How do I include a bequest to a charity in my will?

Leaving a bequest to a charity is a simple thing to do. Speak to your solicitor about including a clause in your will with the details of your bequest.









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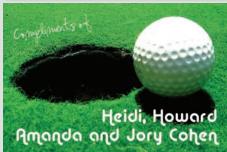
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Maimonides Geriatric Centre for its dedication and

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contribution to our community.

We salute the Donald Berman

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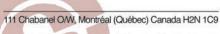








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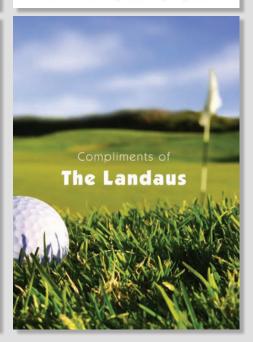




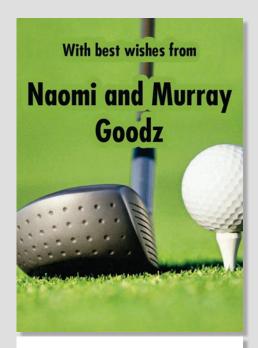
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Best Wishes to the residents of Donald Berman Maimonides Geriatric Centre

Meilleurs voeux aux résidents du Centre gériatrique Maimonides Donald Berman

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- 4 Barbra Gold, RBC DS's David Lutfy
- 5 Sheldon Sazant, Neil Horowitz
- Olivier Martel-Legault, Charles Gaudreau
- Jay Stubina, Mitchell Hopps
- 8 Lee Karls and Cantor Hank Topas
- Gary Title, Maureen and Mark Farovitch, Ethel Smith
- 10 Charles Paiement takes a swing
- 11 BMO's Brad Steinmetz
- 12 Jean-François Girard, Norman Laxton, Aldo Centono
- Mark Bissell, RBC DS's Paul Balthazard



















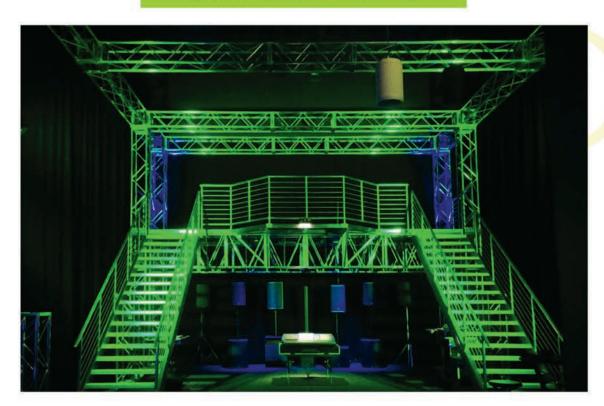




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COMPLIMENTS OF







Stephen and Carol Kosters





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Rosh Hashanah Greetings

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

Carol and Steve Kosters

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

Danny, Marcy, David and Carly Baum

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

Cindy and Jonathan Green

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

Best wishes for a healthy and happy New Year.

Larry and Margaret Nachshen

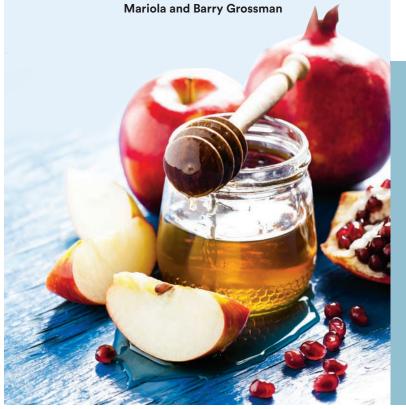
Wishing all our friends and family a sweet New Year filled with joy and happiness.

The Lewkowict family

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

Elaine and Phil Levi

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





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Named Funds provide a way for donors to provide a gift that will keep giving and growing far beyond their own lifetimes. These gifts can be made in honour of a special occasion or in memory of a loved one.

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The create a named Fund at Donald Berman Maimonides, please contact Karen Flam at 514-483-2121 ext 2207 or at Donald Berman Jewish Eldercare, please contact Lisa Kasner at 514-738-4500 ext 2125.

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Honour a loved one, celebrate a special occasion or send a holiday card.

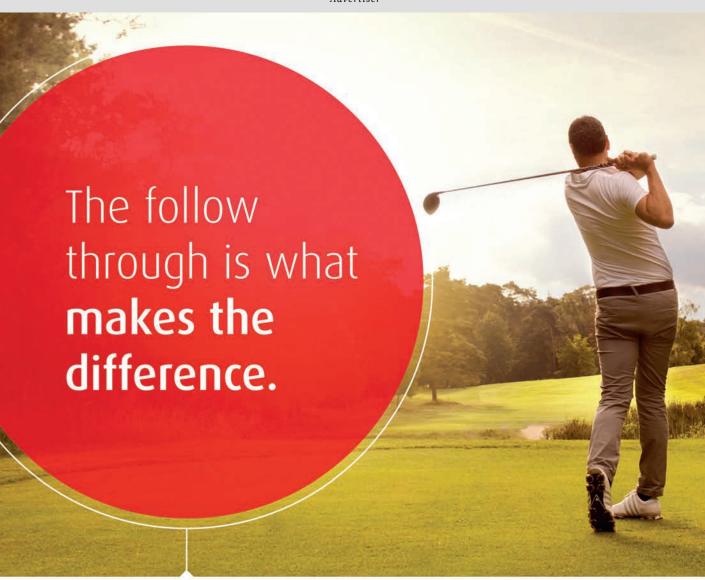
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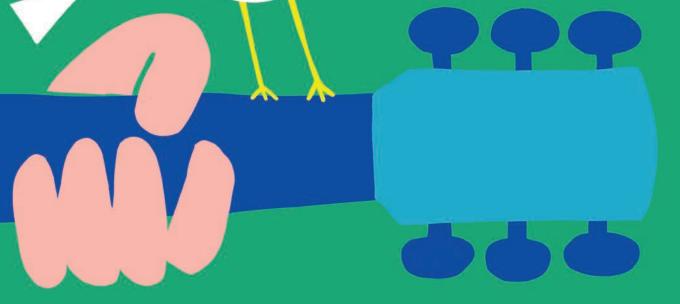


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