# Perspective

donald berman JEWISH ELDERCARE CHSLD JUIF tonald berman MAIMONIDES

Going further in geriatric care À l'avant-garde des soins gériatrique



5725

# **BATTLE 2018**

Lots of pics inside!

# ANOTHER DONALD BERMAN LEGACY GIFT

See story on p-3





# Perspective • Spring 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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# **Geriatric Centre**

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www.donaldbermanmaimonides.net www.donaldbermanjewisheldercare.ca

Donald Berman Jewish Eldercare and Donald Berman Maimonides Geriatri Centre are member institutions of th 







# Boutique Evie beading to a different tune

Boutique Evie has been given a new life thanks to a group of dedicated volunteers and residents at Donald Berman Maimonides known as the Bead Buddies. They create beautiful jewelery out of beads and sell their wares once a week at Boutique Evie. Monies raised support the Bead Buddies and other Art Therapy programs at the Centre.

"It is like a marketplace of craftspeople that brings the community together, " says Art Therapist Sondra Goldman.

Boutique Evie is an on-site shop in Donald Berman Maimonides. It was named in honour of its brainchild Evie Stroller who was an active volunteer at the Centre in 2000 when her husband, movie producer Lou Stroller was working on a film in Montreal.

This new use for the shop has invigorated the space and given residents and visitors something to look forward to every Thursday afternoon.



# On our cover

Julien Bruneau from National Bank Private Banking 1859, Donald Berman Maimonides Battle of the Bands' Presentation Sponsor with event co-chairs Freddie Naimer, Gerry Kandestin and Rob Hirscheimer along with this year's guest performer Steven Page, a recent inductee into the Canadian Music Hall of Fame with his former band, the Barenaked Ladies.



# Inset

It's official! Jewish Eldercare Centre is now Donald Berman Jewish Eldercare thanks to a transformative gift from the Donald Berman Foundation. See story on p-3.

# It's official! Donald Berman Jewish Eldercare is our new name

We are proud to officially change the name of Jewish Eldercare to Donald Berman Jewish Eldercare in honour of a transformative gift from the Donald Berman Foundation. This single largest gift in the history of the 320-bed long-term care centre will be used in a meaningful way to make a difference in the lives of our residents.

The arduous task of rebranding has begun and will continue over the next six months. We now have a new logo, new signage and new letterhead just to name a few.

On October 9, 2018, members of the board of Trustees of the Donald Berman Foundation as well as Donald Berman Jewish Eldercare Foundation Board members and staff attended a L'Chaim and ribbon cutting to officially inaugurate the new name. The Donald Berman name and legacy will now figure prominently on two of our Jewish long-term care centres in Montreal.

In 2011, Donald Berman Maimonides received a generous gift from the Donald Berman Foundation in honour of the tenth anniversary of Mr. Berman's passing. We are incredibly grateful to the Donald Berman Foundation for making such a profound difference in the lives of our residents.

Donald Berman Jewish Eldercare and Donald Berman Maimonides are member institutions of CIUSSS West-Central Montreal.







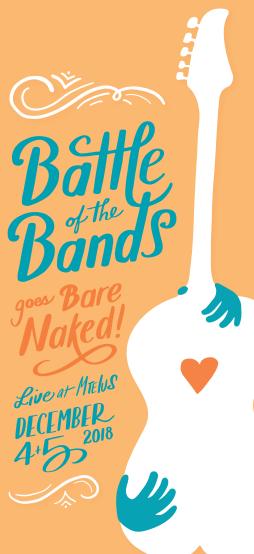






- 1. The Official ribbon cutting: Donald Berman Jewish Eldercare President Rory Olson, Donald Berman Jewish Eldercare Foundation Director Karen Flam, Director of the Support Program for the Autonomy of Seniors (SAPA) for CIUSSS West Central Montreal Barbra Gold, Donald Berman Foundation Board members Neil Stein, David Muller, Jeff Robillard and CIUSSS West-Central Montreal Board President Alan Maislin.
- 2. A toast from Barbra Gold. L'Chaim!
- **3.** Donald Berman Foundation Trustees
  David Muller and Neil Stein
- 4. Donald Berman Foundation trustee
  Jeff Robillard with Past Donald Berman
  Jewish Eldercare Foundation President
  Brad Steinmetz
- 5. Donald Berman Jewish Eldercare Foundation President Rory Olson with Past Donald Berman Jewish Eldercare Foundation President Danny Baum
- 6. Foundation Board member Fred Wenger and Past DBJ Foundation President Syd Gartner





# Battle of the Bands Sweet Sixteen: We went barenaked

To celebrate our sweet sixteen, the Donald Berman Maimonides Battle of the Bands presented by National Bank Private Banking 1859 went barenaked with special guest Steven Page formerly of the Barenaked Ladies. Four local bands made up of well-known Montreal entrepreneurs, lawyers and doctors were joined by Steven Page on stage each night at MTelus (formerly known as Metropolis) on December 4<sup>th</sup> and 5<sup>th</sup>, 2018.

The hottest ticket in town featured 8 acts and one rock n' roll legend belting it out for a great cause. The \$370,000 raised will fund the vital ongoing 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, Moment in Time wish fulfillment experiences and many leisure activities.

Andy Nulman hosted the show, with a special ode to our sponsors. The ever-popular auction featured fantasy items such as tickets to the Grammys, luxury trips and signed guitars and exclusive meet-and-greets with Steven Page. Back by popular demand, we rolled out the red carpet for our sponsors and special guests 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.

An extra special thank you to co-chairs Freddie Naimer, Gerry Kandestin and newcomer Rob Hirscheimer for their dedication to this event.

Check out our website at www. donaldbermanmaimonides.net to see the videos on our Youtube channel, and about 1000 pictures on Flickr. Follow us on Facebook @Maimonides Battle of the Bands and NEW this year, we launched an Instagram page: @dbmbattle.

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

# TUESDAY **DECEMBER 4, 2018**



# NEW KIDS On the Ward

Rob Hirscheimer Mark Goldenberg Kim Feeney Dan Levine Mike Erskine Dmitri Mak Mak Elliott Shuchat Michael Fitch



# DIRECT SWITCH

Randi Katz Terri Goldig Tony Picciuto Steve Raegele Elliott Shuchat Richard Irwin Freddie Naimer



THE 5:15

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



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# WEDNESDAY DECEMBER 5, 2018



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# Battle Candids NIGHT 1 — TUESDAY DECEMBER 4, 2018

- 1 Erik Langburt, Lori Abramovitch, Meghan Weinstein, Mandy Gillman, Paysafe's Danny Chazonoff, Noah Goldberg
- 2 Andrea Miller, Suzy Costom, Ingrid Rosenbloom and Laurence Rosenbloom
- 3 Alissa Rappaport, Michael Corber, Martina Voigt, Sabrina Voigt, Catherine Lucas
- 4 Steve Stotland, Howard Stotland, Lisa Stotland, Mark Gershon
- 5 Lisa, Matt, Andrea, Andy Aisen
- 6 National Bank's Hugo Brunet, Hugo Thomas, Steven Page, Julien Bruneau, Vincent Berthiaume and Bun Rith Nak
- 7 Lorenzo Ferri, *Olymbec'*s Richard Stern, Alison Ferri, Marni Stern
- Joel Milgram, Foundation Director Karen Flam, Sholom Tabak
- 9 Miri Rozenek, Steven Page, Lorne Rosenbloom
- 10 National Bank's Marie-Josée Nantel, Hugues Nantel, Frédéric Teulon and Louis-Simon Saint-Laurent
- 11 Battle co-chair Freddie Naimer, Marc Goldenberg
- 12 Danny, David and Gordon Baum
- Jeffrey Burt, Delmar's Paul Cutler, Kugler Kandestin's Robert Kugler
- 14 National Bank's Tony Aksa, Hugues Nantel, Marie-Josée Nantel, Frédéric Teulon and Louis-Simon Saint-Laurent
- 15 Lynn Nulman and Donna Stotland
- 16 Les Schiller, Robin Schiller, Steven Page, Health e-learning's Lenore Goldfarb, Adam Goldfarb, Ethan Goldfarb
- 17 Karen Payne, Jill Kimmel
- Jennifer, Lindsay, Justin and Marla Hirscheimer
- 19 Dave Gantz, Dave Segal, Steve's Music Store's Sheldon Sazant
- 20 Foundation President Rory Olson, Angela D'Angelo, Paul Forgues, Dick Irvin, Steven Page, Craig Northey
- 21 Heather Kugler and Liz Horne
- 22 Vision Travel's Harvey Kader, Robert Kertesz
- 23 Jay Blumenstein and Melanie Abramowitz
- 24 Andy Nulman, Foundation President Rory Olson and Battle co-chair Freddie Naimer
- 25 Kevin Malinoff, Jessica Malinoff, Marla Hirscheimer, Alana Shiveck, Stuart Shiveck



















































# Battle Candids NIGHT 2 — WEDNESDAY DECEMBER 5, 2018

- Zane Burko, Steven Page, Milo Burko, Donna Litvack and Ben Burko
- 2 Lucie Tremblay, Barbra Gold, Carrie Bogante
- 3 Event co-chairs Freddie Naimer, Gerry Kandestin, Rob Hirscheimer
- 4 Claudia and Gary Polachek and family
- 5 David, Ezra and Michael Chitayat
- 6 National Bank's Angela D'Angelo, Julien Bruneau, Alexandre Viau, Steven Page
- 7 Scotiabank's Glen Patterson, Claude Paradis, Francois Gingras, Ndakudzwa Mazhude, Nuvnish Beeian and Samuel Pintal
- 8 Allen Quallenberg, Justice Jerry Zigman and Carol Zigman
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- 17 Kim Prosterman, Steven Page, Emily Maldoff and Jonathan Maldoff
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- Zak, Samantha, Danny and Wendie Bensoussan, Brigitte and Shari Palus
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- 27 Marcia Flinker Gillman, Donna Stotland, Nancy Weisman, Jane Halickman and *National Bank*'s Julien Bruneau























































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# **Quality of Care = Quality of Life**

# Understanding why the 'Micro-Milieu' concept works in long-term care

The provincial government has mandated all long-term care centers in the province to adopt the 'micromilieu' concept which groups residents on nursing units with others having similar physical, psychological or emotional conditions. Donald Berman Maimonides (DBM) has been ahead of its time, having used this system for over 30 years.

One of the floors at DBM is for residents who need comfort care at the end of their lives. These residents tend to be bed-ridden, non-verbal and respond to touch or smells. "On this floor, we do a lot of hand massages or aromatherapy instead of bingo and bowling. Activities are tailored to meet the resident's needs. Staff can also get the pertinent training to help the residents on their unit," says Rosalie Dion, Assistant to the Director of the Support Program for the Autonomy of Seniors in CIUSSS-West Central Montreal of which DBM and Donald Berman Jewish Eldercare (DBJ) are member institutions.

The micro-milieu concept has been used at DBJ for the last 10 years. In recent years, residents have been arriving to long-term care centers sicker and more depleted than ever before. "This is an opportunity for us to look at what we are doing and adapt to the changing needs of our residents. Maybe we need more beds for those with complex issues. Maybe we need to refine the floor mandates already in place to better meet the needs of our future clients," adds Dion.

for us to look at what we are doing and adapt to the changing needs of our residents."

ROSALIE DION ASSISTANT TO THE DIRECTOR OF THE SUPPORT PROGRAM FOR THE AUTONOMY OF SENIORS IN CIUSSS-WEST CENTRAL MONTREAL

At DBM, there is a unit for residents who have challenging behaviors related to dementia like aggression

and those who like to wander into other resident's rooms or who tend to scream. "This can be very disturbing for some residents that don't have cognitive deficits," says Dion, adding, "It's important to choose the right neighbors so that our residents' quality of life is not affected."

A change in a resident's medical condition may necessitate a move to another floor. This is can be very hard for families as it often means the person's health has deteriorated. The goal, however, is always to best meet the resident's needs by having them on a floor with properly-trained staff who understand their complexities and can provide activities that are tailored to them. "It helps provide optimum care," says Dion.

Plans are to put the micro-milieu concept in place at all long-term care sites within our CIUSSS.

# **More Battle Candids**







- Harold Stotland, Rachel Stotland, Steven Page, Harley Applebaum
- Gilda and Benton Lewis, Ron Waxman
- Ruth Kertesz, Lawrence and Caryl Young
- John Mendelson, Nathalie Soussana, Ari Azuelos
- Martin and Cheryl Novack
- Steven Page and Paysafe's Danny Chazonoff
- Barry and Gail Laxer
- Jais Abecassis, Jon Levy, Liana Corber, Michael Corber, Martina
- Margaret and Larry Nachshen, Steven Page
- Rena, Esther and Michael Rozenek
- Alex Maldoff, Robert Maldoff, Michael Rich, Jonathan Maldoff
- Rick Merovitz and friends
- 13 Jennifer Silver and Andy Nulman
- Younes Marach, Mario Caron, Daniel Daunais and National Bank's Julien
- 15 Caroline and Harriet Miller























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We are grateful to our Governors who upgraded their support this year. Their names appear in bold.

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# The Auxiliaries honoured

The Auxiliaries of Donald Berman Maimonides and the newly named Donald Berman Jewish Eldercare were honoured with the Outstanding Service Award at the Annual general Meetings of the Corporations and Foundations.

These groups of dedicated volunteer women co-ordinated Meals on Wheels, ran Coffee Shops and Gift Shops, organized highly successful galas and Bridge luncheons, launched Book Clubs and cultural outings and even held events in Florida during the winter season. These fundraising efforts enabled the Centres to purchase state-of-

the-art equipment to meet a wide range of resident needs. At Donald Berman Maimonides this included pressure reducing mattresses, living rooms on individual pavilions, busses for outings and a special fund for residents in need. At Donald Berman Jewish Eldercare the Auxiliary supported and funded the Therapeutic Garden beside the Kastner Pavilion, the welcome program and the Snoezelen Room and mobile cart.

Sadly, Auxiliaries throughout the world have struggled. Membership has declined resulting in the closure of both our Auxiliaries.

The legacy of the Auxiliaries remains strong. The Foundation is continuing vital Auxiliary projects including the Dental Hygienist program, the Chanukat Habayit welcome flower gifts, the Sunshine Fund, the buses for outings and weekly visits to local shopping malls.

We remain eternally grateful to the generations of women who created and nurtured these programs and made a tangible and lasting difference in the lives of our residents for over 50 years.

Pictured are, back row, from left to right: Marilynne Malkin, Terri Klein, Shirley Meltzer, Jackie Silver, Arlene Adler. Front row: Arlene Lerner, Phyllis Sohmer, Faigie Sadegursky, Carol Saltzman, Sandy Sitcoff, Felice Caron, Lois Tafler, Ruth Katz, Fran Brenhouse, Reisha Sofer, Farla Ettinger, Hinda Adelstein



# **Congratulations!**

Barbra Gold, Director of the Support program for the Autonomy of Seniors in CIUSSS West-Central Montreal, took home the 2019 Dr. Herbert Shore Award from the Association of Jewish Aging Services (AJAS). This is the top award given by this North American Association and is presented to the outstanding executive professional who best exemplifies the goals and ideals of AJAS and service to Jewish older adults. Barbra was the first Canadian in the history of AJAS to be the organization's Board Chair from 2009-2011. Donald Berman

Maimonides and Donald Berman Jewish Eldercare are blessed to count Barbra as our remarkable leader. For over 25 years, she has devoted herself to the most vulnerable members of our community and has paved a bright and visionary path to the future.

"Those of us who are fortunate to work closely with Barbra are lucky to have her. Even more fortunate are the seniors in our community for whom she continues to ensure the highest quality of life," says Dr. Lawrence Rosenberg, President and CEO of CIUSSS West Central Montreal." Congratulations on this well-deserved honour!

# **SHARING EXPERTISE**

Staff at DBM and DBJ 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.

#### Presentations

Flam, K., "The Power of the Gift", Babkas for Boobies, Montreal, Canada, November 6, 2018

**Flam, K.**, "Preparing for the future- it starts with the Board of Directors", West Island Cancer Wellness Centre, Montreal, February 19, 2019

**Flam, K.**, "No more galas please!", Association of Jewish Aging Services Annual Conference. LaJolla, California. March 31, 2019

Gold, B., Touchette, C., "Homecare Innovations and Successes in Canada", Association of Jewish Aging Services Annual Conference. LaJolla, California. April 2, 2019

Goldman, S., Brennan, C., "Playful Intersections: The Expressive Therapies Continuum & Developmental Transformations" Art Therapy: Mending What is Broken Between Us: 39th Annual Canadian Art Therapy (CATA) Conference, Montreal, QC October 12-14, 2018

Goldman S, Chainey, R, Riccardi, M., "The Art Hive in Longterm Care: Public Practice in Action", American Art Therapy Association (AATA) 49th Annual Conference, Miami, FL, October 31 to November 4, 2018 Guseva, E., Lungu, O., Vedel, I., Goldman, S., & Wilchesky, M. (October 1-3, 2018). Adapting the effectiveness of Alzheimer's Disease (AD)-adapted visually enhanced art therapy interventions (VEATAD) on neuropsychiatric symptom reduction in long-term care residents with moderate to advanced AD- a pilot study. Canadian Consortium on Neurodegeneration in Aging Science Days and Partners Forum, Montreal, Canada.

Guseva, E., Lungu, O., Vedel, I., Goldman, S., & Wilchesky, M. (October 1-3, 2018). Can art therapy interventions reduce neuropsychiatric symptoms in long-term care residents with moderate to advanced Alzheimer's Disease? Canadian Consortium on Neurodegeneration in Aging Science Days and Partners Forum, Montreal, Canada.

Kröger, E., Guénette, L., Rouleau, R., Demers, M.-F., Voyer, P, **Wilchesky, M.**, Carmichael, P.H., Guertin, J., Lanctot, K., Herrmann, N. (October 1-3, 2018). Reducing inappropriate antipsychotics by Personalizing Pharmaceutical care and optimal use of professional resources in long-term care: a controlled demonstration study (PEP). Canadian Consortium on Neurodegeneration in Aging Science Days, Montreal, Canada.

Yaffe, M. J., **Ballard, S. A.**, & **Wilchesky, M.** (October 24-26, 2018). EASI-Itc (c): A step towards identifying suspected cases of elder abuse in long-term care facilities. 6th International Conference on Violence in the Health Sector, Toronto, Canada.

Wilchesky, M., Saksena, A., Vedel, I., & Le Berre, M. (November 9-13, 2018). Effectiveness of Transitional Care Interventions Between Acute Care and Long-Term Care Facilities for Older Patients: A Systematic Review. Oral Presentation. Annual Meeting of the North American Primary Care Research Group, Chicago, IL.

Wilchesky, M., Cetin-Sahin, D., Lungu, O., Peretti, M., Gore, G., Voyer, P., Handler, S.M., Gore, B. (November 9-13, 2018). Are Technology-Centered Interventions Effective at Reducing Emergency Department Visits and Hospital Admissions From Long-Term Care Facilities? Oral

Presentation. Annual Meeting of the North American Primary Care Research Group, Chicago, IL.

Wilchesky, M. The PREvention Program for Alzheimer RElated Delirium (PREPARED) Trial: Achievements and Challenges in our first Year. (December 3, 2018). Invited Presentation, Jewish General Hospital Epidemiology Seminar Series, Montreal, Canada.

#### **Publications**

Benedetti, A., Wu, Y., Levis, B., **Wilchesky**, **M.**, Boruff, J., Patten, S., Pim, C., Shrier, I., Gilbody, S., Ismail, Z., McMillan, N., Ziegelstein, R., Thombs, B. (2018). Diagnostic Accuracy of the Geriatric Depression Scale-30, Geriatric Depression Scale (GDS)-15, GDS-5, and GDS-4 for Detecting Major Depression: Protocol for a Systematic Review and Individual Participant Data Meta-Analysis. *BMJ Open*. (Accepted, #bmjopen-2018-026598.RI)

Gagné, A.-J., Voyer, P., Boucher, V., Nadeau, A., Carmichael, P.-H., Pelletier, M., Gouin, E., Berthelot, S., Daoust, R., **Wilchesky, M.**, Richard, H., Pelletier, I., **Ballard, S.A.**, Laguë, A., Emond, M. (2018). Performance of the French version of the 4AT for screening the elderly for delirium in the emergency department. *Canadian Journal of Emergency Medicine*, 20(6), 904-910. doi:10.1017/cem.2018.367

Wilchesky, M., Mueller, G., Morin, M., Marcotte, M., Voyer, P., Aubin, M., Carmichael, P. H., Champoux, N., Monette, J., Giguere, A., Durand, P., Verreault, R., Arcand, M., Kroger, E. (2018). The OptimaMed intervention to reduce inappropriate medications in nursing home residents with severe dementia: results from a quasi-experimental feasibility pilot study. *BMC Geriatrics*, 18(1), 204. doi:10.1186/s12877-018-0895-Z



Back row (left to right): Abe Rogozinsky, George Landau, Karen Flam, Terri Klein, Diana Schweitzer, Steve Kosters, Howard Szalavetz. Middle row (left to right): Morris Dascal, Robert Kertesz, Larry Nachshen, Joel Goldberg z'l, Hinda Deckelbaum, Lori Goldenblatt, Randi Gitnick, Barry Grossman, Michael Corber. Front row (left to right):

Jeffrey Zunenshine, Lawrence Young, Denise Zunenshine, Angela D'Angelo, Foundation President Rory Olson, Syd Gartner. **Absent from photo: Honourary Board members:** David Altro, Herb Feifer, Gerry Kandestin, Terry Landau, Leonard Lewkowict, Allen Quallenberg, Howard Shulkin, Gordon Silverman. **Board Members:** Philip Abbey, Albert Arazi, Danny Baum, Milan Bratin, Cielo Carin, Mark Goldman, Russell Grant, Jonathan Green, Jason Katz, Jasen Kisber, Max Konigsberg, Phil Levi, Avi Milgram, Cindy Naimer, Freddie Naimer, Charles Paiement, Ronnie Roter, Steven Schouela, David Shapiro, Jeff Sidel, Brad Steinmetz, Henry Topas, Gary Wechsler, Fred Wenger.



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Anita Ein Shapiro is pictured with Earl Pinchuk and Gary Blair, Founders of the Art for Healing Foundation

# Happy Birthday!

Anita Ein Shapiro, a resident at Donald Berman Jewish Eldercare (DBJ), recently celebrated her 100<sup>th</sup> birthday. "Anita has donated over 100 works of art through the Art for Healing Foundation to various Montreal healthcare institutions. In 2012, when she was still living at home, she donated 25 works of art to DBJ. She is now surrounded by the beauty of her own artwork. How wonderful that in her final years, she is giving tours of her collection to other residents," says Earl Pinchuk, Founder of the Art for Healing Foundation.

# The Battle love continues...







# TRIPS OF A LIFETIME FOR BATTLE AUCTION WINNERS



Siblings Jason and Randi Katz enjoyed great seats at the Lady Gaga show and weekend in Las Vegas.

# **HALL OF FAME**

Rob Hirscheimer and Larry Nachshen 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.



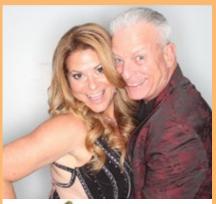


**Left:** Battle co-chair Freddie Naimer with Hall of Fame inductee and 2018 Battle co-chair Rob Hirscheimer

Right: Fellow Battle Hall of Famer and Past Foundation President Freddie Naimer welcomes new inductee Larry Nachshen who has attended every Battle of the Bands since its inception and is always the first to purchase a table.

# **GUITAR WINNERS**

Guitars signed by Steven Page were popular at this year's DBM Battle of the Bands. Six guitars were auctioned off over the two-night event. Purchasing a guitar was the only way to get to go backstage and have a meet and greet with the former member of the Barenaked Ladies. Those who bought the guitar were able to bring their guests for the photo.



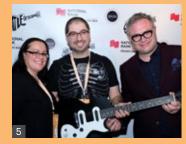


Sandy Fischel and Sheldon Lubin attended the Grammy Awards and after party in L.A.

"What a night!! We had a blast! Met great people, listened to amazing music and over all blessed to have been to such a fantastic event and all because of Maimonides. So grateful," said Sheldon.













- 1. Danny Chazonoff
- 2. Randy Cohen
- 3. Ari Kugler
- 4. Alyssa Yufe
- **5.** Douglas Mayoff (not in photo)
- **6.** Jansina Virgo and Matthew Leibovitch



# BATTLE: OF THE BANDS

HOLD THESE DATES: DEC 3 + 4, 2019





