

Fall 2011

# JEC News



PLANETREE

5725 Victoria Avenue,  
Montreal, Quebec, H3W 3H6  
T 514.738.4500  
F 514.738.2611  
www.jewisheldercare.ca



CHSLD juif de Montréal

Jewish Eldercare Centre

## Introduction to Planetree

The process of engaging the entire Jewish Eldercare organization in Planetree is moving forward. To date 15 people have been trained as trainers and will, in turn, train others. Beginning in September, two retreats are scheduled per month.

## Promoting Actions that Are "Planetree"

The Planetree philosophy promotes the development and implementation of innovative models of health care that focus on caring for the whole being -- healing and nurturing mind, body and spirit. To help recognize, encourage and track the individual or group actions that demonstrate these characteristics, a "Planetree Book" is located at the security desk in both the Hope and the Kastner Pavilions. We ask you to record any experience that you may have witnessed or that may have involved you by writing it in the book.



PLANETREE



Accredited • Agréé

## Accreditation

The countdown is on. The visit by representatives from Accreditation Canada will take place November 28th to 30th. Everyone has a role to play, as any person at Jewish Eldercare during the visit may be asked questions.

In preparation, each week, from now until the week of November 28th an essential summary of the weekly topic appears on the electronic boards. The full weekly bulletin is distributed to all department heads for posting and is also available on the JEC intranet site.

Keep a lookout for the information and take the time to read it. Leading up to the November visit for Accreditation, Mock-Tracer (practice) visits have and will take place. Be prepared to impress.

## Vaccination Campaign 2011/12

Our residents are more susceptible to Influenza and may suffer severe, even life-threatening complications as a result of contracting this illness. Be proactive in helping to protect your loved one by getting vaccinated. When we reduce the chance of catching influenza, we reduce the chance of passing it on.

### 2011 VACCINATION SCHEDULE

#### Days

**Location: Lederman Education Room, Hope 2C.01**

Monday, November 14	8:30 am – 4:30 pm
Tuesday, November 15	8:30 am – 4:30 pm
Thursday, November 17	8:30 am – 4:30 pm
Friday, November 18	8:30 am -- 3:30 pm

#### Nights

**Location: on the Units**

Wednesday, November 23	10:00 – 12:30 pm
Thursday, November 24	10:00 – 12:30 pm

## Code Yellow

A Code yellow is one of the nine emergency codes used in our establishment. This code indicates that one of our residents is missing from his/her unit. The resident is not necessarily outside of the building or in danger, but a search is required. He/she may wander or may have simply decided to leave the building without advising the staff.

When you hear a CODE YELLOW called, your responsibility is to actively participate in the search for the resident by following the instructions of your supervisor or administrator in charge.

## John Abbott College Student Nurses

On August 29, 26 nurses graduated from a newly-created program. This program, a joint-venture between Jewish Eldercare Centre and John Abbott College and in cooperation with Ordre des infirmiers et infirmières du Québec, offers classes and clinical experience at Jewish Eldercare Centre and laboratory sessions at the John Abbott campus. For several years, John Abbott had offered this program to prepare nurses educated outside of Canada for a nursing career in Québec. The partnership with JEC provides critical hands-on experience and helps augment the care provided to our residents.

On September 15th, Jewish Eldercare Centre welcomed 35 more students and John Abbott staff for another semester of interactive learning.



## Improving the eating experience

Mealtime should be a source of both pleasure and nutrition. It is an opportunity to encourage independence and establish safe eating/feeding habits. Here are some important considerations:

### Starters

- Make sure residents are seated comfortably with proper posture.
- Whether someone is in bed or in a chair for meals, they should always be seated straight, as upright as possible, with the head slightly forward.
- Uncover the food as it is consumed, soup first, then entrée/main course so it can be enjoyed warm.

### Main Course

- Residents requiring assistance should be fed slowly and with small amounts.
- Provide only the items included on the tray to ensure proper food texture and liquid consistency.
- Ensure the resident is wearing his/her dentures, glasses and hearing aid.
- The resident can then enjoy his/her meal and eat safely!

### Dessert

Incorporating all these suggestions into meal-time is sure to make the experience sweeter.

Bon Appetit!

The Eating Assistance Training Program is available to families, volunteers and companions. Call Gloria Capaz at ext. 5112 for more information.



# JEC ACTIVITIES AND EVENTS



## BBQ

There may be a definite nip in the air as you read this, but the sun came through in spades after severe showers and a tense half-hour for the Annual Centre-Wide BBQ and 10th Anniversary Celebration on July 13th. Residents, families, staff and their children, as well as volunteers and companions enjoyed the food, music, entertainment, prizes and activities.

## 100<sup>th</sup> Birthday Party

Twenty-two Jewish Eldercare Centre Residents, along with families and staff, celebrated a collective of 2,241 years of birthdays on August 17th. Both CTV News and The Gazette showed up to cover the event.



## Jewish Eldercare Centre Mini Med

In honour of the 10th Anniversary of the amalgamation of the Jewish Hospital of Hope and the Jewish Nursing Home into the Jewish Eldercare Centre, a series of three Mini-Med lectures was held. Each of the informative and interactive sessions were attended by over 40 people from the community.



### Dr. Mark Karanofsky

September 8, 2011

*A Family Doctor Reads the Newspaper*



### Dr. Mitch Shulman

September 13, 2011

*Everything You Always Wanted to Know about the Emergency Room But Were Afraid to Ask*

An Ethics panel discussion with Susan Cliff, Rabbi Michael Wolff, Gurit Lotan, Willy Kravits and Dr. Marcel Arcand and moderated by Lily Shatsky took place on September 22. Topic: Ethical Dilemmas Surrounding Hydration at the End of Life.

If you missed these events, videos will be posted for viewing on the Jewish Eldercare Website at [www.jewisheldercare.ca](http://www.jewisheldercare.ca) or on YouTube at [www.youtube.com/user/JewishEldercare?feature=mhee#p/p](http://www.youtube.com/user/JewishEldercare?feature=mhee#p/p)

# AWARDS, PUBLICATIONS, PRESENTATIONS & RECOGNITION



In case you missed it, **BARBRA GOLD** was awarded the AQESSS (Québec Association of Health and Social Service Establishments) Award for Exceptional Leadership on May 13th. Barbra has held the position of Executive Director at Donald Berman Maimonides for 20 years, and her tenure at Jewish Eldercare is 6 years.

Also worth mentioning again, **LUCIE TREMBLAY**, Director of Nursing and Clinical Services, Jewish Eldercare and Donald Berman Maimonides, was named “Nurse of the Year” by the Canadian College of Health Leaders. Congratulations, Lucie!

September 9, 2011

**Jacqueline Gilbert**, OCCUPATIONAL THERAPIST  
**Isabelle Samson**, PHYSICAL REHABILITATION TECHNICIAN

Presented “**JEC FALL PREVENTION**” to the annual campaign ‘Safer Health Care Now! (Québec)’ held at the Jewish General Hospital.



## Congratulations to Our Centenarians on Celebrating Their 100+ Birthday



Esther Bentolila (Brousbib)  
Ethel Brodwin (Tabachnicoff)  
Fay Libby Saxe-Ross  
Riwka Herscovici (Segal)  
Ben Zalter  
Caroline Forde (Harris)  
Cecile Devine (Bernstein)  
Peppy Wasserman (Salpeter)  
Brukha Rozenman  
Bella Huss (Zomberg)

Lillian Kaufman (Jakin)  
Saidie Schanzer (Jakin)  
Mary Amster (Langunow)  
Pierre Meunier  
Gertrude Levine (Nudelman)  
Franja Kruger (Beckerman)  
Zamila Sebag (Sudry)  
Sadie Roffman (Fishman)  
Ann Elias (Caplan)

## **Reminder JEC Policies and Procedures**

### **Ensuring Residents Are Not Endangered During Special Events**

While food is a huge part of any celebration and we hate to feel we are depriving our loved ones, especially during special occasions, it is important to note if your family member has eating restrictions that could potentially cause them important problems. At Holiday time or during Centre events, it is crucial that only food/drink allowed by the Dysphagia team is provided to these residents and that the following be respected:



During special events, food restrictions are indicated by the following colour-codes. These codes are either worn as bracelets (Orange and Yellow) or appear on the Residents' nametag or place card (Orange, Yellow and Red).

**YELLOW:** Residents wearing this colour are identified as having dysphagia to liquids. These residents should not be given any regular liquids i.e. juices, soft drinks or water. Neither should they be given any type of food that contains liquid, such as melon, canned fruit, soup or foods that melt into liquid like Jell-O or ice cream.

**ORANGE:** Residents wearing this color bracelet should not be given any regular texture food. They can still receive liquids.

Residents wearing both **orange** and **yellow** bracelets are only permitted special food and drink. They require a texture-modified diet and thickened liquids i.e. pureed-texture foods with thick liquids.

**RED:** Residents who have a red dot on their nametag or place card should not be given any food or drink.

## **IMPORTANT NOTE TO FAMILIES**

As the primary contact for your loved one at the Jewish Eldercare Centre, we ask that you provide your alternate contact information to the Care Unit when you are going out of town. This, to enable us to reach you should there be any important change in the condition of your family member.

# HOLD THE DATE!

## Semi-Annual Centre-Wide Women's Fashion Clothing Sale

Méry & Victor will be holding a Fall Fashion Sale at the Jewish Eldercare Centre

DATE: Thursday, November 24th

TIME: 9:00am - 4:00pm

LOCATION: Dalse Room, Kastner Pavilion



## Wi-Fi at JEC

The Jewish Eldercare Centre is now Wi-Fi enabled in the area of the Kastner Bistro and in the Atrium of the Hope Pavilion. Select "jechothspot" to connect!

## Sharing Successes

“The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will.”  
- Vincent T. Lombardi

## A Successful Test Drive



Mrs. L came to the Jewish Eldercare Centre because her physical disabilities kept her wheelchair bound and necessitated full-time care. Her condition made it impossible for her to move herself around or to maneuver her chair. This left her totally reliant on others to provide locomotion if she wished to change locations or go anywhere.

Initiated by Occupational Therapy, but in close cooperation with Physiotherapy and the Nursing and Care Team on her unit, a plan was formed, and Mrs. L was convinced to give a motorized wheelchair a week's trial.

While starting with a significant dose of skepticism about the "test drive," within a few days, to the pleasure of family and staff, Mrs. L was successfully piloting the new chair around the unit. She is currently waiting to receive the personal model on order for her.

## What do you think?

Do you have questions or comments?

Drop us an e-mail at

[commentaires.comments.chsldjuif@ssss.gouv.qc.ca](mailto:commentaires.comments.chsldjuif@ssss.gouv.qc.ca)

