



Volunteer BULLETIN des bénévoles



WINTER/HIVER 2014-2015

- WE ARE JOINING FORCES -

You will notice this newsletter is joint between our two centers and contains articles in both French and English. The Volunteer Services departments of Jewish Eldercare and Donald Berman Maimonides Centre will be working in partnership; combining our efforts and resources. This will enable us to provide you with even more opportunities to get involved. You may select the placement and / or the facility in which you wish to do your volunteering.

Lisa Patterson at JEC, and **Patti Derstenfeld** and **Roz Friend** at DBM are looking forward to continuing to serve you and to providing you with the same support and supervision as always. Thanks to all of you for your generous gift of time. You make a huge difference in our environment and in the lives of our residents and staff.



Conseils aux bénévoles en matière de prévention et de contrôle des infections

- Si vous croyez avoir le rhume ou la grippe, protégez-vous et protégez aussi nos résidents.
- **Évitez de rendre visite aux résidents si vous êtes malade.** Veuillez aviser le Service des bénévoles s'il était prévu que vous fassiez du bénévolat.
- **Se laver les mains souvent est le meilleur moyen de prévenir la transmission de l'infection.** On recommande aux bénévoles de se laver les mains entre chaque visite aux résidents et aussi avant de quitter l'immeuble.
- **Il n'est pas trop tard pour se faire vacciner contre la grippe!** Veuillez téléphoner au CSSS de votre localité (auparavant le CLSC).

Infection Prevention and Control: Tips for Volunteers

- If you think you might have a cold or the flu, protect yourself as well as our residents.
- **Avoid visiting residents if you are ill.** Please notify Volunteer Services if you are scheduled to volunteer.
- **Frequent hand washing is the most important way to prevent the spread of infection.** Volunteers should wash their hands between visiting residents as well as before leaving the building.
- **It is not too late to get a flu shot!!** Contact your local CSSS (formerly CLSC) for more information.

Joyeuses fêtes
et que la
nouvelle année
vous apporte plein de succès et de santé.

❄️

Wishing you
Happy Holidays
and a
New Year
filled with good health and success.



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5725 Ave. Victoria, Montréal QC H3W 3H6
514-738-4500 | www.jewisheldercare.ca

Centre gériatrique Maimonides Donald Berman Maimonides Geriatric Centre
5795 Caldwell Avenue, Montreal QC H4W 1W3
514-483-2121 | www.donaldbermanmimonides.net

Bienvenue à nos nouveaux bénévoles! (1er avril au 1er décembre, 2014) ***Welcome to our new Volunteers! (April 1st - December 1st, 2014)***

DBM/MDB :

Rowan Acker
 Mariquit Adormeo
 Barbara Allen
 Elie Amar
 Annet Arokiasamy
 Victor Aronoff
 Amny Athamny
 Rami Bahlawan
 Gabriel Benchetrit
 Elyse Berenbaum
 Anashuya Biswas
 Liam Casola
 Francois Charron-Ligez
 SooYun Cho
 Roy Chu
 Simone Corbett
 Dylan Cox
 Emma Cox
 Baghdora Daneshvar
 Valentine Daniels
 Eyal Derhy
 Gordon Druker
 Aingel Duncan
 Shai Edery
 Scott Emory-Moore
 Elad Engelhardt
 Xanthe Fiocca
 Clement Foug
 Ann Francis
 Steven Fuchs
 Donabel Ganancial
 Allison Garber
 Natachia Gibson
 Myer Gottesman
 Gail Gross

Nancy Himor
 Ruth Hitterman
 Maryam Hosseini
 Amanda Hou
 Yawen Hou
 Sangho Hwang Bo
 Noelle Inniss
 Rubina Iqbal
 Patrick Johns
 Elizabet Kalantarov
 Leila Kameli
 Wardha Khokhar
 Melanie Korman
 Nicole Korodetz
 Tony Koukoulomatis
 James Laredo
 David Lasry
 Laura Lasry
 Douglas Lehberg
 Ruth Leiner
 Jessie Lelacheur
 Nicolas Lentini
 Barbara Levine
 Tian Qiong Liu
 Avando Longmore
 Nathaniel Loran
 Mercy Ma
 Colette Marciano
 Doreen Marks
 Edward Maxedon
 Jessica Mcleod
 Sharon Nedd
 Molssise Nero
 Anangfac Noel Djoumessi
 Ngwenet
 Mathieu Novack

Raymond Pasqual
 Joe Pearl
 Gary Perlman
 Stefanie Pietras
 Ellie Pomerantz
 Randa Pope
 Carol Rabinovitch
 Rachel Ragus
 Melissa Redrino
 Artchie Angelo Sapanta
 Reyes
 Michelle Rosenstein
 Arthur Ruby
 Selma Schneiderman
 Stephanie Shanks
 Jennifer Sheehan
 Carla Small
 Juan Reynel Suarez La O
 Hermella Tadele
 Chantal Tchounga Njinkoue
 Vanessa Tran
 Marilyn Vinebeng
 Jennifer Wang
 Jason Wu
 Sheng Shan Zou

JEC/CHSLD juif :

Mary Achanga
 Mona Al Khabaz
 Lina Arizabal
 Olajumoke Ayodele
 Luz Bancud
 Stephanie Beaura
 Antonia Brankovic
 Maryam Bubu
 Claudia Brown
 Jonathan Charron

Amanda Chao
 Parman Cheema
 Phuong Dao
 Leidianne De Guzman
 Sonia Djeuga Ngassa
 Gloria Fenster
 Philip Fine
 Einat Frenkel
 Janet Galal
 Dominik Gauthier
 Kaitlin Gong
 Liana Groombridge
 David Guan
 Bianca-Lara Guevarra
 Diva Hadeif
 Corin Hasegawa
 Imane Ider
 Nasrin Jazayeri
 Sahar Khodadoust
 Cole Krensky
 Sophie Kwalk
 Marjorie LaBelle
 Gabriella Lee
 Frederique Lefebvre
 Cindy Leong
 Nadine Lindner
 Sabine Lisbona
 Rebekah Maccow
 Arpita Madan
 Maryam Madjzoub
 Ziqra Malik
 Malik Mammes
 Brandon Manaog-Yee
 Stephanie Marcotte
 Fereshteh Mehrabi
 Hilal Mercil

Nora Molina
 Evelyn Nampijja
 Christine Nguyen
 Tong Niu
 Mandeep Padda
 Laura Panarello
 Mital Patel
 Lorraine Patrick
 Reyndon Penas
 Nga Pham
 Daisy Pomada
 Lakshmi Priyatharsnan
 Jakob Qazi
 Mubashshera Rahman
 Phea Regachuelo
 Lina Ruiz
 Harold Sapitula
 Hee Sung Shin
 Johnson Thangathurai
 Kimberly Turner
 Afsana Uddin
 Seong Gee Um
 Jenujah Vadivel
 Jude Victoria
 Susana Ung
 Kevin Watat
 Christopher Wong
 Trudy Woszczyk
 Lu Yao
 Julie Yoo
 Hazel Yotosil
 Lisa Zhu
 Peter Zhuang
 Toba Zinman
 Cynthia Zorweg
 Jessica Zou

Vous voulez être plus heureux et en meilleure santé à votre vieillesse? FAITES DU BÉNÉVOLAT!

Selon des preuves de plus en plus nombreuses, le bénévolat procure des bienfaits tangibles pour la santé physique et mentale, particulièrement lorsqu'on avance en âge.

Tel qu'il a été annoncé au bulletin de nouvelles de CTV, une récente étude menée par le Rotman Research Institute du Baycrest Health Sciences de Toronto révèle que les bénévoles ayant à leur actif au moins 100 heures de bénévolat par année (ou 2 à 3 heures par semaine) avaient des taux moins élevés de dépression, un meilleur état de santé général et une plus grande longévité comparative-ment à d'autres adultes de 50 ans et plus. ***Avez-vous fait vos 100 heures?!***

Pour vous renseigner sur les possibilités de bénévolat au Centre gériatrique Maimonides Donald Berman et au CHSLD juif, veuillez voir la page 4 de ce bulletin.





Recipe for volunteering

Ingredients:

2 cups of listening
 1 tsp of trust
 1½ cups of kindness
 1 tsp of honesty
 1 cup responsibility
 1 cup of patience & laughter
 1 tbsp of communication
 1 tbsp of compromise
 1 dash of commitment
 2 tsps of give and take
 2 dashes of forgiveness
 2 tsps of appreciation of each other
 ¾ cup of tolerance

Method:

Combine listening, trust and kindness. Mix well. Add communication, honesty and compromise. Blend. Cream commitment and responsibility until light and fluffy. Sift together patience, give and take and laughter. Fold together gently. Add dashes of forgiveness, to taste. Top with appreciation and tolerance.



THANK YOU RENA!

Our former Chief of Volunteer Services, Rena Halickman recently retired. Rena sowed the seeds of many great ideas during her **18 years at DBM and 9 years at JEC**. She was instrumental in the development and implementation of the Paraprofessional program, ALL (Art Links Lives), Pet Therapy, among many others. She has made a lasting impression through the lives of the hundreds of volunteers she has touched.

We wish her a happy and well-deserved retirement!

Pet therapy

Research has validated what every pet owner already knows: interactions with animals can reduce our stress levels and increase our sense of well-being. Anxiety melts away as we stroke our cat or play with our dog. Animals create enormous motivation in people of all ages and can be an integral component in the success of physical treatments and educational programs.



At JEC and DBM, we see these benefits first-hand on a daily basis. We are always recruiting four-legged volunteers for pet therapy. If interested, please contact:

(at JEC) Lisa Patterson:
 514-738-4500 ext. 2330, or
 (at DBM): Patti Derstenfeld:
 514-483-2121 ext. 2213.

Reminders!!



Please wear your volunteer ID badge at all times. It helps identify volunteers and makes it easier for staff and residents to get to know your names and faces.



Please don't use your cell phones when on duty as volunteers. It is for the safety and respect of our residents.



Please sign in. There is a registration sheet or a binder in the Volunteer office. Please sign your name, date, time of arrival and departure each time you come in. If the volunteer office is locked, please sign in on the sheet posted on the door of the volunteer office.



Jewish Eldercare Centre

Contact: Lisa Patterson 514-738-4500 ext. 2330
lisa.patterson.chslджуиф@ssss.gouv.qc.ca

“Dining Assistance” program

Assist residents to eat and socialize at mealtime – Compulsory training provided. Choice of meal any day of the week. Minimum commitment one meal per week.

- Breakfast – 8:00 – 9:30 a.m.
- Lunch – 11:45- 1:45 p.m.
- Dinner – 4:45 – 6:45 p.m.

Pet Visiting

If you have a lovable pet, you can visit together in residents’ rooms.

- 1x weekly.

Breakfast Club

Assist with Breakfast Club program. Encourage socialization and participation. Help cook homemade breakfasts with residents.

- Mondays, Wednesdays, Thursdays or Fridays: 8-10 a.m.

Recreation Activities

Assist to animate adapted games programs for residents

- Mondays 2:30 - 4:30 p.m. Bowling
- Tuesdays 6:00-8:00 or 6:30-8:30p.m. Concerts
- Wednesdays 2:00-4:00p.m. Bingo, Birthday Parties or Music
- Thursdays 10:30a.m.-12:30p.m. Healing Circle & Rabbi’s Discussion group
- Fridays 1:30-3:30p.m. Oneg Shabbat

Friendly Visitors

Visit with residents once per week, flexible schedule. We are currently looking for visitors who speak English, French, Russian or Yiddish.

Assisting residents to Synagogue services

- Saturday 9:30a.m.-12:30 p.m.

Donald Berman Maimonides

Contact: Patti Derstenfeld – 514-483-2121 ext. 2213
patti.derstenfeld@ssss.gouv.qc.ca

“Dining Assistance” program

Assist residents to eat and socialize at mealtime – Compulsory 1.5 hour training provided. Choice of meal any day of the week. Minimum commitment one meal per week.

- Lunch – 11:25- 1:45 p.m.
- Dinner – 4:30 – 6:30 p.m.

Pet Visiting

If you have a lovable pet, you can visit together in residents’ rooms.

- 1x weekly.

Coffee Shop Cashier

Volunteer cashiers needed in our coffee shop. Training provided.

- Weekdays/Sundays 8:30 a.m.-12:30 p.m. or 12:30 p.m.-4:00 p.m.

Breakfast Club

Assist with Breakfast Club program. Encourage socialization and participation. Help cook homemade breakfasts with residents.

- Monday 8-10 a.m. (7th floor)

Therapeutic Games – Saturday afternoons

Assist to animate adapted games programs for residents

- 10:15-11:45 p.m. -6th floor – Balloon Badminton
- 1:15-3:00 p.m. – 5th floor - Bingo

Wednesday Afternoon Music Program (2x monthly)

- Wednesdays 1:30-3:30 p.m. Accompany residents to large entertainment events

Piano Lobby Concerts

Play our Baby Grand piano in the lobby

- Flexible schedule (not Saturday)

Assisting residents to Synagogue services and Oneg Shabbat programs

- Saturday 9 a.m.-12:30 p.m.
- Friday 1 – 3:30 p.m. 6-7 p.m.
- Monday to Sunday 9-10:30 a.m.
- Sunday 9-11 a.m.