



Jewish Eldercare Newsletter

New "soft diet" will benefit many residents

The Dietary and Food Services Department has initiated the gradual introduction of a new "soft diet" for many of our residents who suffer from mild difficulties chewing or swallowing their food.

Previously, only pureed or minced diets were available for residents who had any problems chewing or swallowing regular food textures (for example,

appealing, thereby encouraging the residents to enjoy more of their meals.

"Some major concerns when managing the diets of dysphagic residents are to maintain adequate nutrition, prevent weight loss and ensure safety when eating," said **Andrea Rubin**, clinical dietitian at the Jewish Eldercare Centre. "We have introduced the new soft diet exclusively for residents who are not ready for minced or pureed foods, since they still have chewing ability and their swallowing difficulties are not at an advanced stage. The foods available on this diet do not require much effort to chew, and still appear 'regular' for residents."

After only one month, 52 residents were already on the soft diet, and another 24 were added by the beginning of January.

Instead of scoops of minced or pureed foods, the soft food diet presents foods in their natural shape and form,

with textures and presentations that are identical or close to regular foods. "For example, we replaced fried fish with poached fish," said **Moshe Banoon**, Interim Director of Food Services. "And we also offer cabbage rolls without the cabbage, and our beef bourguignon is cut into small pieces. In fact, we have purchased a new machine specifically for cutting meat into smaller pieces for various dishes within the soft diet."

A new computer program was also acquired recently, allowing for more efficient and more accurate planning of meals for all of our residents.

Meal times for all residents were extended during 2006, allowing at least 75 minutes for each meal, to encourage increased food consumption.

A new brochure describing the four types of diets available – regular, soft, minced and pureed – will be made available to residents and their families beginning in February.



without dentures or those who found meats tough). The new soft diet will provide food presentations as close to the regular diet as possible, in order to provide meals that will be more

If you have the flu, please stay away!



The flu season is here, and **our residents are especially vulnerable to many forms of germs and viruses.** Their bodies have limited ability to cope with the flu and other contagious illnesses, sometimes with very serious consequences.

If you are feeling ill, with symptoms of the flu, gastro-enteritis or even the common cold, **please do not visit the Jewish Eldercare Centre** – in the best interests of our residents' health. And when you are feeling better, or even if you have never been sick recently, we encourage you to **use the hand sanitizer dispensers** that are located at all main entrances to our pavilions, as well as on all nursing units and other locations throughout the Centre. This simple procedure will protect your health, as well as the health of our residents. **If you are assisting during mealtimes or otherwise handling the residents' food, prior use of these hand sanitizers or thorough hand washing is mandatory.**

Recreation

► **The Greening of The Link: gardening program lets the sun shine in.**

Residents participating in the Centre's gardening program are very proud of their green thumbs, especially recently when they saw several of their plants being installed in The Link – the passageway connecting the Hope and Kastner pavilions. The hanging plants were grown and cultivated entirely by the residents, who will also be watering and trimming the plants as part of the ongoing program.

The Link is an ideal spot for the plants, which will benefit from many hours of sunshine, and everyone at the Centre will be able to admire the fine work of our gardening group as they pass by or relax in this favourite spot.

► **Business Club sees the fruits of their labour**

The residents of our Business Club have decided to use the proceeds of their sales to purchase a Karaoke machine for the Centre.



The Business Club is a therapeutic program for a group of residents who organize and sell everyday items such as toothpaste, Kleenex and other useful items. This activity helps build self-esteem and encourages decision-making.

Your support of the Business Club will greatly help in motivating the residents and allow them to sponsor other new equipment and programs. Check the *Milieu de Vie Services* bulletin boards for the dates and times of upcoming sales.

► **Another increase in one-on-one and small group programs**

Milieu de Vie Services has identified additional needs for one-on-one and small-group therapeutic programs, and is increasing the availability of these programs in both pavilions. This initiative is part of the Centre's creation of a homelike environment – in this case conducting more personalized programs on the resident's unit instead of

transferring the resident to larger group programs elsewhere in the building.

Small groups may consist of as few as two residents, or a maximum of twelve participants.

Current programs include pet therapy, music therapy, sensory stimulation (such as taste, touch and smell), gardening and relaxation exercises.

► **C.L.A.S.S. Program continues to be popular**

This year's C.L.A.S.S. Program has a roster of 25 residents attending lectures and demonstrations on a variety of topics, presented by professionals in their respective fields. Sessions are held monthly, from October through April, culminating in a graduation ceremony in May.

In January, **Josette Charles**, the Centre's infection control nurse, discussed methods of preventing infection. Last November,



Haim Sherrf conducted a fascinating presentation of his art. In October, the residents enjoyed Tai Chi with **Anthony Pantazopoulos**.

Coming up this February: a presentation with a musical theme, featuring an artist to be announced shortly.

The C.L.A.S.S. Program is sponsored by the Jewish Eldercare Centre Auxiliary and organized in conjunction with *Milieu de Vie Services*.

► **Jewish Eldercare Centre Day of Love**



A theme of "LOVE" will be highlighted at the Centre on Feb. 14th. Details are available on the monthly activity schedule.

► **You're invited to Sunday Family Concerts**

Families are always welcome to join our residents at the Centre's Sunday Family Concerts at 2:00 pm. Please refer to the monthly activity schedule for locations.

► **Plans for Passover Seders**

Plans are underway for Passover Seders, to be held on Monday, April 2nd and Tuesday, April 3rd, 2007.

Further details will follow shortly. For information, please call Caroline Roy at 514-738-4500 ext. 2332.

Romanian dancers entertain the residents



Benjamin and Meyer Bressler. Please note the new starting time: 2:30pm, in the Dalse Room / Synagogue, Kastner Pavilion. Everyone is welcome.

► **Chaplaincy Services available for non-Jewish residents**

We are pleased to announce that Catholic services are being held at the Centre, thanks to volunteers from St. Kevin's Church. A priest officiates at the services, which take place on the fourth Sunday of each month, at 1pm in room 2C.01 of the Hope Pavilion. All denominations are welcome. For more information, please contact **Lisa Patterson** at 514-738-4500, ext. 2330.

In addition, **Reverend John Vaudry**, a Presbyterian Minister, is available to visit residents upon request. Please contact **Rabbi Michael Wolff**, 514-738-4500, ext. 2323, to arrange a visit.



Members of the Residents Choir during rehearsal



Chanukah concert



Holiday party

Chaplaincy

► **Two new Bible Study Groups focus on Genesis**

All residents and their families are invited to participate in our new Bible Study Groups, with stories from Genesis ("Bereshit") currently being reviewed by **Rabbi Michael Wolff**. The 30-minute sessions are held at 10:30am, every second Thursday in the Dalse Room of Kastner Pavilion; and starting this February, every other Thursday in the recreation room / synagogue (room 2C.26) of Hope Pavilion. Please refer to the monthly activity schedule for specific dates and locations.

► **Changes in the Saturday afternoon Mincha Service and Torah Discussion Group**

The Saturday afternoon Mincha Service and Torah Discussion Group is now being conducted by **Ron Finegold**, with the help of two teenage brothers,

Volunteers

There has been a marked increase in student volunteer activities at the Centre over the past several months, including:

- CEGEP student volunteers from Vanier College's Special Care Counseling program.
- Speech pathology students from McGill University.
- Grade 10 high school students from West Island College.

Many thanks to all of our volunteers for the very valuable contribution they are making in the interests of our residents.

Call for Volunteers

Additional volunteers are always needed, for one-time events or ongoing programs.

If you know someone who would like to contribute to our residents' quality of life, we'd love to hear from them. Spread the word to your family, friends and neighbours.

Please contact **Lisa Patterson**, 514-738-4500, ext. 2330.



Nursing and Specialised Services News

► New skin and wound care program

Since last Fall, the Nursing and Specialized Services Department has been implementing a comprehensive wound care program. The first phase, to train all staff, is on-going.

New regular and specialised mattresses will be available in the near future to prevent and help with the treatment of pressure sores.

Aloe Vesta® 2-in-1 Skin Conditioner is now being distributed to the residents. It is ideal for skin moisturizing and protection and was formulated for people with sensitive skin. It leaves the resident's skin feeling smooth and soft while preventing and temporarily protecting any chafed, chapped, cracked or dry skin. Each resident will be provided with a refillable bottle. Please do not throw the bottle away when empty. Staff will be happy to provide refills when the need arises. Help us protect the environment and be cost effective.

The Centre can now count on a new team of in-house experts in wound care. Twice a month this team, supported by a Clinical Nurse Specialist, does rounds with our professional staff. They help with wound assessments and ensure that proper treatment is provided. If you have any questions regarding wound care, please speak to your nurse.

► Restraints

The Ministère de la santé et des services sociaux adopted, in December 2002, recommendations regarding the appropriate use of restraints. Over the next few months, the Centre's Board of Directors will adopt a protocol to respect this vision.

In the meantime, **Isabelle Labrie** has been chosen to become one of 60 Quebec trainers. She will be responsible for implementing the recommendations at the Jewish Eldercare Centre. Isabelle and her team will begin training staff in order to help them identify safe alternatives to restraints, and families will be contacted to explore alternatives.

A comprehensive video and a flyer will be made available to residents and their families in the near future.

► Constipation protocol

France Morissette, Clinical Nurse Specialist, along with a team, are implementing a new constipation protocol. Their goal is to prevent the serious problem of constipation, a frequent problem for the elderly. In January 2007, a pilot project was initiated on 4A in the Hope Pavilion which, if successful, will be implemented on the other units.

► Infection Control

Josette Charles, Infection Control Nurse, continues the vaccination campaign against influenza. The vaccine will be available until the end of February. Josette is very active on the nursing units, reinforcing the various precautions that help to avoid outbreaks.

Please remember that hand washing remains the best way to protect yourself and your loved ones, along with avoiding visits to the Centre when you are ill.

► TRPs on the floors

The TRPs (physiotherapy technicians) are now frequently working on the units to help residents with their mobility. Various activities, such as exercise and walking programs, are being offered.

► Support groups for families

Our team of social workers have started to offer support groups for families that allow for information exchange and mutual support. These groups took place before the holidays and will resume in the near future. For more information, please contact your social worker.

Staff education program update

An ongoing staff education program at the Jewish Eldercare Centre keeps our clinical and support services staff informed of new techniques in geriatric care.

Current programs include: Pharmacology; How to Care for Residents with Dementia; Assessment of the Elderly Part 2; Family Approach System; Respect in the Work Place.

New Ombudsman looks for realistic solutions to problems



We are pleased to announce that **Stuart Rechnitzer** has been appointed as our new Ombudsman, replacing Dana Kean who has joined the Immigration and Refugee Board.

Stuart invites you to drop by, call, write or e-mail with any concerns that you feel may not have been taken care of to your satisfaction by the head nurse or department head involved.

The Ombudsman is an impartial, compassionate and understanding mediator who is mandated to investigate complaints filed by residents and families, and to help find solutions to the problems uncovered through such complaints. "My primary role is to objectively and diligently investigate complaints, said Stuart. "More importantly, my goal is to find realistic solutions that are acceptable to everyone concerned – residents, families and staff."

All complaints are taken seriously and investigated, and significant issues or patterns are brought to the attention of the Board of Directors through the Quality Improvement / Risk Management Committee.

By reviewing complaints and finding solutions to the problems raised, we are provided with vital information needed to improve care and services. This may lead to important policy changes that affect everyone. With your help, we will strive to improve problem areas which are brought to our attention.

Stuart Rechnitzer has an Honors B.A., a Masters of Social Work, postgraduate training in marital and family therapy, and additional training in psychotherapy.

For the past seven years, he has served as Ombudsman at the Maimonides Geriatric Centre, a position he will continue to hold. His experience in geriatrics began in 1985. Stuart also maintains, since 1988, an active private practice of individual, couple and family psychotherapy.

Ombudsman Stuart Rechnitzer is located in **room 2A.26 on the second floor of Hope Pavilion**, and he can be reached at **514-738-4500 ext. 2126**, or e-mail: **stuart.rechnitzer@ssss.gouv.qc.ca**

Stuart's schedule is posted on his office door, and is also available by calling the above number. Please leave a message on his voice mail and he will return your call.

❖ PAINTING PROJECT UPDATES ❖

We're changing our colours!

As announced in 2006, the Jewish Eldercare Centre is changing the colours of our residents' rooms and all public and common areas of both pavilions.

Creating a warm home-like environment, and introducing colour schemes that offer therapeutic benefits to our residents, are two primary objectives of this project.

We plan to minimize inconvenience to our residents as much as possible. Thank you for your cooperation and understanding.

Watch for painting project updates every three weeks, posted on the Centre's bulletin boards.



OUR MOST SINCERE GRATITUDE TO THE
JEWISH HOSPITAL OF HOPE FOUNDATION
FOR ITS RECENT GENEROUS CONTRIBUTION OF
\$500,000
FOR THE ENHANCEMENT OF THERAPEUTIC EQUIPMENT AT THE
JEWISH ELDERCARE CENTRE.

Thank you for helping us improve the quality of life of our residents, by funding the following essential equipment, all featuring the latest technology:

- ❖ Shower chairs and stretchers, for improved bathing and safety.
- ❖ Resident lifts and standing & raising aids, for the safe, comfortable and dignified transfer of residents with reduced mobility.
- ❖ Hydrocolator, to help reduce pain.
- ❖ Curative mattresses, for the treatment of pressure sores.
- ❖ Specialized weight scales, to help monitor the health of our residents.
- ❖ Geriatric chairs, walkers and wheel chairs, to promote the autonomy and dignity of the residents.
- ❖ Medication carts, treatment carts and suction machines, for improved resident care.



Auxiliary Gala raises \$80,000

The **Jewish Eldercare Centre Auxiliary** honoured major benefactor **Sylvia Kastner** at its 20th Anniversary Gala last October at the Spanish & Portuguese Synagogue. More than 200 people attended the event. L to R: **Rinky Stuehler**, Auxiliary president; **Linda Drapkin**, Gala co-chair; **Mrs. Kastner**; **Farla Ettinger**, Gala co-chair.

Part of the proceeds are being used to purchase a state-of-the-art bladder scanner and highly specialized curative mattresses.



Auxiliary's Butterfly Bracelets are flying off the shelf

The Auxiliary is offering an attractive fundraising bracelet which was designed exclusively for sale through **Les Cadeaux Papillon**, the Auxiliary's gift shop in the lobby of Kastner Pavilion. The faux pearl and silver bracelet, selling for only \$20, features a butterfly charm attached near the clasp. "The butterfly is fragile and delicate, as are the residents of the Jewish Eldercare Centre," said Rinky Stuehler, president of the Auxiliary. "The logo of our gift shop is a butterfly, as well, and all proceeds from sales in our gift shop also benefit the residents." The bracelet, and all other gift shop purchases, are attractively gift wrapped at no extra charge. All purchases are also sales tax exempt.

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If you have any comments regarding the newsletter, please call 738-4500 ext. 2110, or e-mail: mireille.cohen.chslджуиф@ssss.gouv.qc.ca