

Upcoming Centre-wide Events

November 23

Birthday Party

(for those residents with birthdays in November)

December 7

Birthday Party

(for those residents with birthdays in December)

December 21

Chanukah Cantorial Concert

December 28

New Years Eve Party

January 25

Birthday Party

(for those residents with birthdays in January)

Sunday, February 12 at 2:30 pm

Intercultural Tu-Bishvat Fashion Show

February 22

Birthday Party

(for those residents with birthdays in February)

March 15

Purim Casino

March 29

Birthday Party

(for those residents with birthdays in March)

All programs take place on
Wednesdays at 2:30 pm in the synagogue
unless otherwise indicated.

Satisfaction Survey results

Maimonides residents and family members participated in the recent satisfaction survey coordinated by NRC Picker Canada and conducted by twenty-three Maimonides volunteers. The key findings were divided into results from family members and results from residents.

Overall, family members gave high praise to the respectful treatment of residents, the quality of care for residents and their relationship with staff. Results show families feel Maimonides can improve in the following areas: enough staff for resident needs, taking proper time to feed the residents and staff follow-up with family member requests.

Residents felt that Maimonides excelled at providing them treatment and medical attention when needed, having their spiritual or religious needs met and enough opportunity for personal activities. Residents would like to have better access to foods that they like and more choice in when they get bathed. Residents at the Accredited Homes and Intermediate Resources would like to have more trips and outings.

All of the interdisciplinary team leaders have received the findings and will be discussing them with their teams. Results will help us with our ongoing efforts to improve the quality of care of Maimonides residents.

A Power Point presentation with complete findings can be accessed on our website at www.maimonides.net. Hard copies are available by calling Rena Halickman at (514) 483-2121 ext 2223.

Maimonides and Eldercare: A Team Effort

A few members of the senior management team at Maimonides are pulling double-duty as they help in the restructuring of the Jewish Eldercare Centre, in addition to their current duties at Maimonides.

Barbra Gold, Executive Director, has been appointed interim Executive Director at the Jewish Eldercare until March 31st 2006. Lucie Tremblay, Director of Nursing and Clinical Services as well as Rena Halickman, Chief of Volunteer Services, are also playing major roles at Eldercare.

The team plans to work closely with all of the staff at Eldercare, using the innovative and highly-professional approach that has been very successful at Maimonides.

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



CHSLD juif de Montréal
Jewish Eldercare Centre

Dear Rabbi Wolff,

I want you to know how deeply appreciative we are for the excellent care and many courtesies our aunt is receiving at Maimonides Geriatric Centre. We are particularly happy the Chanukat Habayit ceremony was celebrated on September 7th for Ruth Clohosi. The invaluable patient services rendered by all the staff at Maimonides can not be over estimated.

With good wishes to you and all the staff.

Sincerely,

Ann Smith & Family



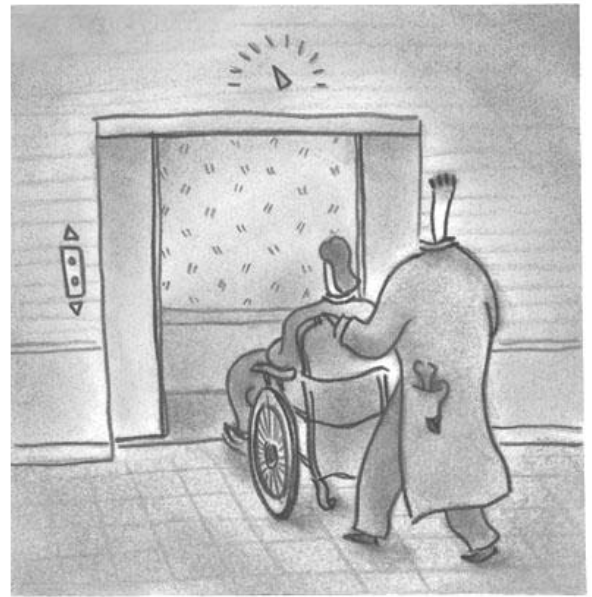
Log on to
www.maimonides.net
for the latest news about what's happening at Maimonides.

You can even find the most recent Perspective and Family Newsletters.

The website is constantly being updated so be sure to visit often!!

Current Elevators fixed

Residents, family members and other visitors should find that the elevators at Maimonides work better with fewer breakdowns. Numerous problems led Maimonides to hire an elevator consultant to see what needed to be done. The maintenance of the elevators is now up-to-date and breakdowns are few. The elevators will occasionally be shut down for preventative maintenance.



Elevator Etiquette

In order to cope with the hundreds of residents, families and staff who use the elevators each day, it is important that every one use courtesy and respect when at Maimonides. We should remember that this is the home of our residents and they are dependent on elevators to get anywhere in the building. Here are a few tips to keep in mind.

Be kind and courteous.

This may seem obvious, but we are often in a hurry and forget. Many residents have trouble getting around. Please be patient while they get in and out of the elevators.

Please allow residents to get in first.

It's important to remember that the residents live here, so when they use the elevator, they're actually moving around their house. Try to show them the same respect that you would show a friend in their own home.

Move out of the way of residents when they're entering and exiting the elevator, and make space for them.

It's probably much easier for you to move around and make room for someone in a wheelchair or with a walker than for them to try and squeeze by.

If you see someone coming, hold the door for them.

This is true for all elevators, but it's especially true for our residents, who are less mobile and can't take the stairs if they're in a hurry.

If you are able, please use the stairs as much as possible, especially during busy times.

This reduces overcrowding, and allows those who need the elevators the most to make use of them.

Ask if someone needs help before moving their wheelchair.

The intention to be helpful is always appreciated, but many of the residents are capable of moving their own wheelchairs, and prefer to do it themselves.

Latest Happenings

News from the Units

4th floor

The Eileen and Louis Dubrovsky activity room on the 4th floor has been transformed into a quiet relaxation room. Residents can enjoy sitting in a home-like environment that includes a comfortable couch, decorative plants and garden decor as well as beautiful artwork. It also serves as a multi-

sensory room with aroma oils, a water fountain and special lighting. This room was designed based on a research study by Therapeutic Recreation student Takeshi Sato with input from the entire interdisciplinary team.

Staff on 4th floor have begun receiving training as part of Relation-Centered Care. This kind of training was developed in France to improve the relationship between staff and residents in long-term care facilities. The goal is to redefine the rules for providing basic care. "The more harmonious the relationship between the clients and caregivers, the more clients are respected and the more job satisfaction caregivers enjoy," says Head Nurse Nicole Renault-Lavoie.



Therapeutic Recreation Specialist Kim Weippert, 4th floor Head Nurse Nicole Renault-Lavoie and TR student Takeshi Sato along with a Maimonides resident at the official opening of the redone activity room.

5th floor

There is a lot of activity on the 5th floor. The B wing of 5N is the first in the building to get transformed as part of the Foundation's \$5.5 million Suite Dreams campaign to refurbish all of the residents' rooms. Three rooms per week will be renovated with the least amount of disturbance to the residents. Residents whose rooms are being worked on will be moved for 7 days into the solarium which has been transformed into three bedrooms. Renovations include new flooring, new tiles in the bathrooms, a new toilet and redone sink as well as furniture, lighting and window treatments. It should take approximately 3 months to complete 5 N. We apologize for the current inconvenience to residents and family members. The results will certainly be worth it.

6th floor

There is a new Therapeutic Recreation program on the 6th floor called **Coffee and Conversation**. Residents gather in the TV area for an hour once a week to reminisce and share stories with one another. The residents discuss everything from vacations to hobbies and current events while enjoying coffee or tea and a snack. "The very relaxed and welcoming environment often encourages residents who wouldn't normally participate in activities to do so, validating their life experiences and self identity," says Therapeutic Recreation Specialist Catherine Drew. Residents on 6 South meet every Thursday from 10:00-11:00 am. Residents on 6 North meet on Friday afternoons.

7th floor

A meeting for families of residents on the 7th floor will be held on **Tuesday November 22nd from 6:30- 8:00 pm in the 2nd floor lecture room**. Families will get the opportunity to meet the interdisciplinary team responsible for the care of their loved ones and learn about their roles and responsibilities. The Fall Prevention program currently being piloted on the 7th floor will be introduced to family members. Another item for discussion is the role of companions. Families are encouraged to attend this meeting.

Life Bio Project

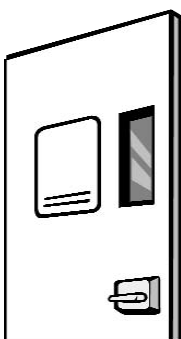
In order to adapt a care plan for each resident that best meets their needs, it is important for staff to understand the resident's past history and life experiences. It isn't enough to simply know their health profile. That is why an Interdisciplinary committee at Maimonides has come up with a Life Bio Project. With the family's consent, this project may include a Power Point Presentation about individual residents with pictures, family history and possibility of music that is shown to staff to help them better understand the resident and adapt the best care plan for them. Family members are integral to this project as they provide much of the background information. This is a very labour-intensive project that is possible thanks to the participation of team members and the dedication of some generous volunteers. The pilot-project is currently being done on the 3rd floor with the goal of implementing it centre-wide. The Life Bio Project was recently featured on CBC television with reporter Gerri Barrer.



So much to offer. So much to gain.

Have you recently retired? Do you find yourself with an empty nest? Are you looking to share your expertise and life experience? Maimonides is recruiting volunteers for our innovative Paraprofessional program. Paraprofessionals use their existing skills, working along-side professional staff in all areas of the Centre.

For more information or to register for this program, please contact Roz Friend at (514) 483-2121 local 2204 or e-mail: roz.friend@ssss.gouv.qc.ca



A reminder:

Please make sure that doors are properly closed behind you when you take the stairways. It ensures the safety of our residents.

WINTER PARKING

With winter just around the corner, Maimonides wants to remind all visitors to please try to respect the parking spots. The snow makes space at a premium and parking poorly deprives others of a place. Please respect the no parking zones, as the city issues tickets regularly, for which Maimonides is not responsible.





News from the Users' Committee

Get to know your Users' Committee members

The Users' Committee is a council of individuals composed of residents and family members. Its mandate is to provide ways for residents to communicate their concerns to the Administration and has two representatives on the Board of Directors.

We'd like to take this opportunity to introduce you to the members.

If you have any concerns, you can contact any one of them.

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|-----------------------------|---|
| 2nd floor | <ul style="list-style-type: none">• Helen Better |
| 3rd floor | <ul style="list-style-type: none">• Gail Prupas• Manny Spinner |
| 5th floor | <ul style="list-style-type: none">• Anne Goldenberg (resident)• Jeanette Isaacson (resident)• Moise Perez |
| 6th floor | <ul style="list-style-type: none">• Mona Lefcort |
| 7th floor | <ul style="list-style-type: none">• Gloria Freedman• Mona Lefcort• Lucy Lempert• Israel Liquornik• Frances Milstein• Thérèse Ohana |
| Member at large | <ul style="list-style-type: none">• Shirley Brasgold |

The Users' Committee would like to have a representative from the 4th floor, the only Unit not represented. For inquiries or further information about the Users' Committee, please call (514) 483-2121 ext 2379. Leave a message and someone will call you back.



Helen Better

As Chairperson of the Users' Committee, Helen Better is in charge of planning the group's monthly meetings, booking invited guests and responding to messages from family members. "Our raison-d'être is to give Maimonides residents a voice. We always need to ensure that each floor has adequate representation since we advocate for residents who cannot advocate for themselves." In her three years as Chairperson of the Users' Committee, Mrs. Better has seen many changes occur because of issues brought forth to the Users' Committee. "Everything from food issues to complaints about the elevators and increased programming for residents has been addressed." Helen Better's husband Ned has been a Maimonides resident for the last 11 years.



Anne Goldenberg

Anne Goldenberg, who recently changed from the 7th to the 5th floor, is one of two Maimonides residents who sit on the Users' Committee. She has been a member for the last 12 years. "It is important to voice our concerns because we have strength in numbers." A people-person by nature, Anne enjoys meeting the different department heads at the Users' Committee monthly meetings. "It's good to get to know the staff here. It helps to know who is responsible for what so that if there is a problem, we know who to talk to." Anne appreciates the way senior management listens to the concerns from the Users' Committee and encourages other residents to participate. "The committee is there for us. Together we can improve the quality of life for every one here."

Appointment

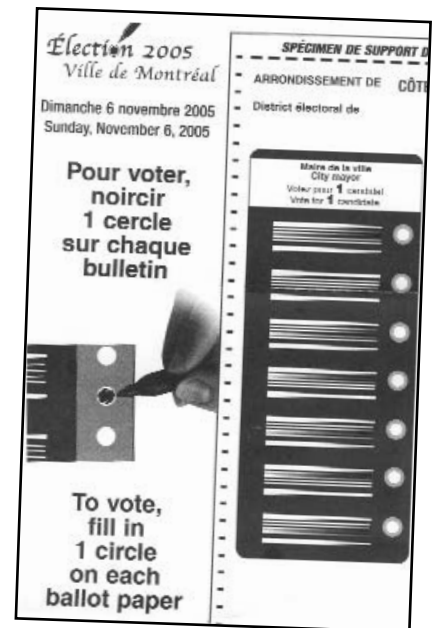


Maimonides Geriatric Centre has a new Centre Board President. Len Lewkowick takes over the position from Archie Deskin. Len has been actively involved at Maimonides as a member of the Foundation's Board of Directors and Executive Committee. He co-chairs the Centre's strategic planning committee and has been pivotal in building the Centre's new communications platform. We welcome Len to his new position and look forward to a close working relationship.

Municipal election comes to Maimonides

Some of Maimonides residents got their voices heard as they participated in advanced voting held at Maimonides for the recent municipal election.

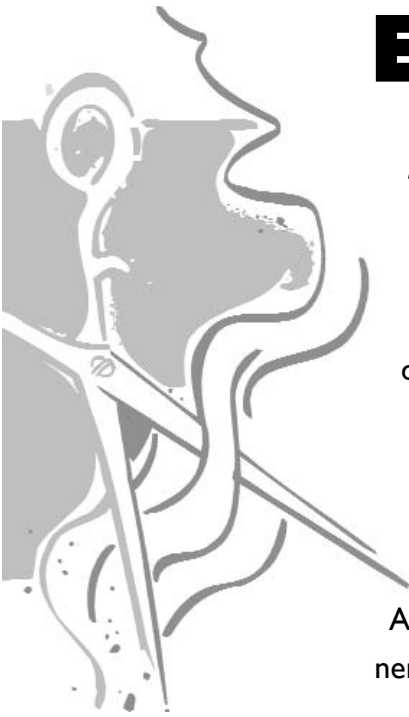
Cote-St-Luc mayoral candidates **Bernard Lang** and **Anthony Housefather** came to discuss their platform with Maimonides residents in the "Current Issues & World Affairs Group" of the 5th floor, a few days prior to the voting.



Hearing Improvement Program

It is challenging for staff to properly take care of hearing aids for Maimonides residents. Besides the many different types of aids on the market, it is sometimes difficult for residents with advanced dementia to communicate their needs. A new Hearing Improvement Program at Maimonides aims to change that. Staff from every shift on each Unit as well as those in the Accredited Homes and Intermediate Resources will be given training which includes how to tell if the aid is working, when the batteries need to be changed and how to properly clean the aid. The goal is to improve the quality of life for Maimonides residents. The Hearing Improvement program is the brainchild of Nechama Surik.





Esthetician Services for residents

Hairdressing and Esthetician Services are now available from the in-house hairdresser, Les Unités Mobiles de Coiffure, at a nominal cost for Maimonides residents.

- Facial hot wax hair removal (Esthetician Services) is now being offered. Please note that the volunteer esthetician will no longer be available.
- Manicures and pedicures include change of polish and nail filing **ONLY**.

Appointments for the above-mentioned services can be made in the usual manner through the hairdresser.



Interested in sponsoring a kiddush at Maimonides?

The Maimonides Foundation is now accepting donations to the newly created **Kiddush Fund**

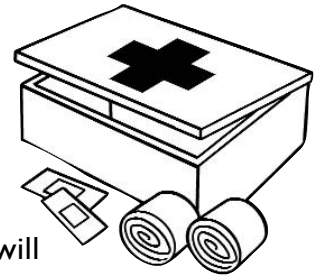
Monies will allow residents to enjoy a kiddush following Sabbath services.

A tax receipt will be provided for the amount of your donation.

Contact the Foundation office at (514) 483-2121 local 2207



Skin/ Wound Care



Maimonides residents will participate in a study on skin care that will begin next month. The goal is to determine the state of the skin and the factors that lead to skin problems as well as what can be done about it. The entire Interdisciplinary team will play a role in the study which will be overseen by the Interdisciplinary Skin/Wound Care committee at Maimonides in partnership with KCI Medical Canada. Residents' skin will be checked by teams of nursing staff during their routine evaluations. Six weeks after the initial evaluation, residents will be reassessed to determine any skin changes. Results will help Maimonides staff in its efforts to maintain healthy skin for our residents.