

## Pro-Active Infection Control

**M**aimonides Geriatric Centre continues to use a pro-active approach to deal with infections such as c-difficile, influenza and pneumonia. Maimonides is also in frequent contact with the Department of Public Health to ensure that proper protocols are followed. In light of the recent media attention to c-difficile, the provincial government has requested that all health care facilities report their infections on a weekly basis. "If we suspect anything, proper procedure is followed including lab tests, medication and/or putting the resident in isolation. Our nursing team is always on the lookout for signs of infection," says Lucie Tremblay, Director of Nursing and Clinical Services. "But, it is better to prevent than treat," she adds. "The absolute best preventative measure for infection control is regular and frequent hand-washing. It can't be said enough." (see page 3)

A multidisciplinary infection control committee, under the guidance of Dr. Mark Miller- Chief of Infection -- Prevention and Control at the Jewish General Hospital, meets regularly. The goal is to monitor and prevent infectious diseases.

Family members who have an infection, whether it be

the flu or a gastroenteritis, are asked to postpone visiting their loved ones until the infection is cleared up. "We all need to work together for infection control. It really is a team effort, and the residents are the ones who benefit, by staying healthy and strong," says Tremblay.

### Changes in room rates

Effective January 1st, 2005, there have been changes to the room rates. These increases come directly from the Provincial Government. It is not Maimonides who makes this decision.

The maximum rate for a private room increased from **\$1468.50** to **\$1493.40**.

The maximum rate for a semi-private room increased from **\$1227.30** to **\$1248.30**. This represents an increase of approximately 1.7%.

If you have any questions, please contact Shirley Merowitz in our Admitting Office at (514) 483-2121 ext 2249.

# Maimonides Hosts Seders on Both Nights

Saturday, April 23<sup>rd</sup> 5:00 p.m.

Sunday, April 24<sup>th</sup> 5:00 p.m.

This year, Maimonides will host two seders in order to accommodate more participants. Traditionally, there had only been one seder on the second night, but interest from family members and residents is so great, that Maimonides will host two seders in the synagogue this year.

Tray service will be given for the residents on Saturday. On the second night, meals will be provided for all participants including residents and family members.

Additional information on obtaining tickets will be available at a later date.

Passover, the Festival of Freedom, is a special time for residents at Maimonides. Passover brings with it personal memories and family traditions.

Besides the symbolism of celebrating the going out from Egypt, Pesach is a holiday spent with family and enjoying the traditional Passover Seder.



Log on to  
**[www.maimonides.net](http://www.maimonides.net)**  
for the latest news about what's  
happening at Maimonides.  
The website is constantly being  
updated so be sure to visit often.

## Passover Giving

Celebrate Passover  
by making a donation  
to the Maimonides Foundation.

Monies raised support programs and  
services at Maimonides Geriatric Centre.

Call (514) 483-2121, ext 2207  
for more information.



shown here: tribute cards, available in 5 colours, in honour of or in memory of loved ones.

*Making A Mark: The Mosaic of Our Community*

The painted tile on these cards are one of over 2,000 ceramic tiles from our community mural project, coordinated by the Art Therapy Department. Residents at the Centre alongside school children, staff, volunteers and family participated and painted their individual tile, "making their mark". This project emphasizes how creative expression in the elderly is an essential therapeutic means to maintain quality of life.

# Maimonides Doubles Profits at 2nd Annual Battle of the Bands

## \$80,000 raised

The Maimonides Foundation is thrilled to report that a sold-out crowd of over 500 people packed Club Soda on Wednesday December 8 to hear five local baby-boomer bands belt it out to raise funds for Maimonides. The 2<sup>nd</sup> annual Maimonides Battle of the Bands was a rock'n success generating \$80,000 - more than double what we made last year! Proceeds will go towards the "Facelift Project", a \$4 million campaign to refurbish all of the residents' rooms.



## Frequent Hand Washing is the most important way to prevent the spread of infection



A message from  
the Infection  
Prevention and  
Control team.

### When?

- After sneezing, coughing or using the washroom.
- Before and after meals.

### Using What?

- Soap and warm running water.
- Waterless hand hygiene product.

### How?

- Wet hands thoroughly.
- Lather well for at least 10 seconds.
- Pay special attention to finger tips, between fingers and thumbs.
- Rinse well.
- Dry hands with paper towel; use paper towel to turn off taps.
- If using waterless hand hygiene product, rub hands until dry. If hands are dirty, use soap and water.

# Maimonides Helps Tsunami Victims

Thanks to an initiative from our founding president Ben Cobrin and the Foundation's Budget Committee, the Maimonides Foundation has made a very generous donation to the Canadian Red Cross on behalf of the residents and staff of Maimonides. As an added bonus, we made our donation in time to take advantage of the Canadian government's matching donation program.

*Karen Flam, Foundation Director*

## Friends Helping Friends: A Grand Tidal Wave Sale

**Thursday, February 17th,  
1:30 pm - 3:00 pm in the lobby-area.**

Maimonides residents are planning a sale to help the tsunami victims. This initiative will bring together the entire Maimonides community. Residents involved with the Breakfast Club, Panorama Committee, Baking Groups, Business Club and others will be contributing. Seventh floor resident Evelyn Schmetter said "This is a mitzvah for the community." Mary Browman added "It makes us feel good to help out."

Proceeds will go to Federation CJA to be donated to the Tsunami victims.

Come out and support the residents while providing aid to the thousands of tsunami victims.

Staff and family members are encouraged to donate items for the sale. Please call Shoshana Friedman at (514) 483-2121 local 2218 for more information.



**Residents in the Baking Club and Business Club prepare goodies to be sold at the sale.**



## Maimonides Top 10 Hits

1. **Higher Standards:** Maimonides sets the pace for geriatric care in Quebec and Canada.
2. **Leadership:** Maimonides is a recognized leader in teaching, research and long-term care.
3. **Connections:** Maimonides is a McGill University affiliated centre.
4. **Recognition:** Maimonides is one of Montreal's only long-term care facilities to be certified by the rigorous Canadian Council on Health Services Accreditation.
5. **Honours:** Maimonides' consistently wins both respect and awards- most recently honoured for our restraint-reduction policy.
6. **Innovation:** Maimonides' innovative "Circle of Care" is the most complete program of its type in Quebec.
7. **Scope:** Maimonides' "Circle of Care" extends beyond our Caldwell facility to cover accredited homes, intermediate facilities and Day Hospital outpatients.
8. **R-E-S-P-E-C-T:** Maimonides emphasizes the dignity, independence and emotional well-being of every individual who turns our way.
9. **Exemplary:** Maimonides serves as a model for geriatric care facilities and services across Canada.
10. **Progress:** Maimonides never stands still, continually striving to better the lives of all who depend on us - today and tomorrow.

# Updated Restraint Policy

**Restraint:** *Control measures designed to prevent or limit freedom of movement of a person, by use of human force, a mechanical device, or in preventing them from using a means to overcome their handicap. If the person is not in control over whether or not it is used, then it is a restraint*

Maimonides' restraint-reduction policy has been updated. Some devices that were previously not considered restraints are now recognized as restraints. That includes bed rails and protective mitts.

Since 1999, Maimonides has been gradually implementing a restraint-reduction policy. When the program of restraint-reduction was first introduced 6 years ago, 65% of residents were restrained in some way. Currently, the number has been reduced to less than 7%.

Recently, the Maimonides Board of Directors adopted the updated policy. Families of residents who may be affected by this change will be notified and a proper assessment will be made before any device is removed. A meeting between staff and family members will be organized in the coming months to exchange ideas and share concerns on this policy.

Maimonides has always been on the forefront of implementing change. Our award-winning restraint-reduction policy greatly benefits our residents and improves their quality of life by giving them more autonomy and independence. Over 60 health care institutions across the country have requested information about the program and hope to implement it.



# News from the Users' Committee

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.

- 2nd floor**                   • Helen Better
  
- 3rd floor**                   • Gail Prupas  
                                  • Manny Spinner
  
- 5th floor**                   • Jeanette Isaacson (resident)  
                                  • Moise Perez
  
- 6th floor**                   • Mona Lefcort
  
- 7th floor**                   • Gloria Freedman  
                                  • Anne Goldenberg (resident)  
                                  • Mona Lefcort  
                                  • Lucy Lempert  
                                  • Israel Liquornik  
                                  • Mitzi Melnick  
                                  • Frances Milstein
  
- Members at large**   • Shirley Brasgold  
                                  • Larry Shadowitz  
                                  • Melvin Shadowitz

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.

## Users' Committee Member Profile: Manny Spinner

Manny Spinner has been a member of the Users' Committee for almost 2 years. His wife Jean is a 3rd floor resident at Maimonides. "I think the Users' Committee is important because it gives family members like myself, the opportunity to bring things to the table and enact change," he says. It's also a way for him not only to share his thoughts but to hear issues that affect residents on other Units. "It's about education and learning from each other." Manny encourages other family members to get involved, "You can make a difference," he adds.

## Users' Committee Member Profile: Gloria Freedman

Gloria Freedman is one of the newest members of the Users' Committee, having been involved for just a few months. Her mother Gilda Levine is a resident on the 7th floor. "One way the Users' Committee communicates its concerns is by inviting department heads to meet with us to share information, answer questions and offer solutions to problems. It is a way for staff and users to generally keep in touch and share ideas on how the quality of life can be improved for residents and their families," Gloria says.



## Honouring Deceased Residents

It is always very difficult for staff at Maimonides to deal with the passing of a resident on their Unit. Often, it is much like losing a member of his or her own family. In order to pay their respect and honour the passing of a resident, staff on second floor has put a Mourning Light near the elevators. When a resident on the Unit passes away, the light is illuminated along with the person's name. This gesture of respect will soon be initiated on all Units.

## Upcoming Events

All programs are in the synagogue unless otherwise indicated.

800th Yahrzeit of Maimonides  
**Wednesday, February 16**  
**2:30 pm**

Purim Party  
**Wednesday, March 23**  
**2:30 pm**

Volunteer Appreciation Party  
**Wednesday, April 13**  
**4:00 pm**

Mimouna (6<sup>th</sup> floor)  
**Sunday, May 8**  
**2:30 pm**

Hiloula Sepharade (gym)  
**Sunday, May 29**  
**12:00 pm**

March to Jerusalem  
**Wednesday, June 1**  
**2:00 pm**

# Hold the Line...

**C**ell phones are a world-wide phenomenon that has completely changed the way we communicate with one another. But cell phones are often used at inappropriate times. Some companions, family members and staff can be seen using their cell phones when on duty or visiting instead of giving full attention to the residents.

Maimonides has recently adopted a policy limiting the use of cell phones in the Centre. The use of these technical gadgets will **NOT** be permitted unless required for the job at Maimonides.



To all staff at Maimonides,

On December 2nd 2004, our family was deeply saddened by the death of a beloved family member, Mary Kocaj Dzygala. She had only been at Maimonides for a short period of time since last October. However, during that short time, we are most heartily grateful for the compassionate care and attention she received from all those with whom she came into contact with, especially Lucie Charland and the entire 5 south staff. The caring staff on 5 South treated her as though she were one of their own family members and this provided us with such a sense of comfort and reassurance for the times we were not able to be by her side.

We were so thankful for the excellent Occupational and Physiotherapy she was provided with, which helped her tremendously in terms of having more energy, strength and an increased appetite. Although she was a picky eater in her later years, we were so pleased that she had gained weight at Maimonides. We were extremely appreciative to the staff for preparing such delicious and appetizing food that reminded her so much of food she used to enjoy cooking herself. We always enjoyed seeing how she seemed to perk up when she listened to lively music on the 5th floor that helped put a smile on her face and made her days much brighter.

Thank you also for being supportive in her last hours. We are all eternally grateful and could not have asked for a more caring and nurturing home for our beloved Mary.

Thank you,

*Walter and Lucy Dzygala & daughters  
and Jennie & Edward Baluch & family*