The power to care: National Nurses Week

Staff participated in a week of activities including bursary presentations, health assessment booths, guest speakers and educational sessions during National Nurses Week (May 12-18 2003).

On Monday, guest speaker Dr. Philip Voyer from the University of Laval, discussed the role of nurses in the efficient use of neuroleptic drugs.

Later in the week, a line-up of people was seen waiting to get their health assessed as nurses conducted blood pressure tests, checked pulse rates, cholesterol levels, bone density and glucose levels. Sixty-one family members, staff and other visitors participated from 10am - 2pm on Wednesday May 14 by the Caldwell entrance. An evaluation of the results will be done in the coming weeks.

On Thursday, Dr. François Primeau, the Director of the Geriatric Psychiatry Division at St. Mary’s Hospital spoke to a full house about how to manage the behaviour symptoms of dementia.

Rounding out the week, the Foundation presented $10,000 in bursaries for the first annual Maimonides Foundation Nursing Scholarships. Congratulations to the following recipients.

Gerontology Certification Exam

Michel Bélanger, Lilia Briones, Emma Nélus, Carol Price, Meliza Torio and Teresita Tupaz.

The following bursaries were presented to Nurses at Maimonides furthering their nursing education in some way.

Olympia Moran RN, Fatima Rezai RN, Susan Williams RN, Anselma Julien BAC and Jerilyn Aqui RN.

The staff at Maimonides salutes our hard-working nurses for their dedication and compassion to our residents. We say thank you for lifting spirits and touching lives.
A full day of activities took place on Monday, May 5, as Maimonides celebrated Registered Nursing Assistants during RNA day. Booths were set up in the Caldwell lobby from 11:00 am - 3:00 pm where representatives from Riverside Park Technology were on hand to answer questions about the profession. RNA's also enjoyed a catered lunch as well as a special cake. The highlight of the day was a presentation by guest speaker, Anthony Curiale who discussed how to find balance in this busy world we live in.

We wish to thank all the RNA's for their commitment and compassion to our residents throughout the year. Thanks to Denise Holder RNA pavilion 7, Donna Clarke RNA pavilion 4, and Mavis Stuart RNA pavilion 7, for organizing the day's events.

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The Power to Care

The Power to Care comes straight from the mind. It gives us the will to rise above and be kind. So much sensibility is placed into our hands; It comes with emotions and without demands.

Nurses are special. There's much to realize; With power to care, we are angels in disguise There's nothing the feeling of caring can't do, Believe in us and recognize us too.

The faces we see cry out for love each day. We are there for them, and cannot fade away. So sent from above with the power to care We carry the weight, which makes us so rare.

By Betty Robinson, CAN
LOTUS NOTES

Please clean up your e-mail accounts on Lotus Notes. The server has a limited amount of space and is NOT a storage area. Every e-mail that you save, even those in different folders, remain on the server and are backed up every night. Pictures, jokes and other attachments are especially large and should be deleted. Extra e-mails take up space on the server and slow the system down. Please make it a habit to clean up your e-mails on a regular basis. This should be done in the group directories as well.

VACATION E-MAILS

As summer approaches and many of us take vacations, the IT department would like to remind you NOT to send e-mails to 'Maimonides Everyone' to let all staff members know that you are going to be away. Instead, use the Out of Office message that can be found under Tools in Lotus Notes. That way, only those people who send you e-mails will know you are on vacation.

VIRUS NOTICES

If you receive an e-mail with a virus warning, call the IT department immediately. You should not be sending messages to all staff to inform them about the virus. The IT department will verify if it is, in fact, a legitimate virus or just a hoax. IT will notify staff if there is reason to.

LOTUS NOTES

FREQUENTLY ASKED QUESTIONS

The IT department will soon be setting up a Frequently Asked Questions list in the Lotus Notes Discussion Group. These questions can be anything from how to change the toner in the printer to how to set up a signature in your e-mail. More information to come.

PASSWORDS

Passwords should remain confidential. Never give out your passwords. The IT department will be changing the login passwords in the summer. This will force you to change your passwords every three months. It will also ensure a more secure system.

ROOM RESERVATIONS

Please be advised that if you need to book a room or equipment, you can do it on the Maimonides Resource Reservation calendar on Lotus Notes. It does not need to be booked by IT.

SOFTWARE INSTALLATIONS

A reminder that any installation of software by CD or downloaded from the Internet, has to go through IT. Please don't install anything on your computers unless you have permission to do so from IT. It can cause problems with the computer network.

If you have any questions, there is someone in the IT department Monday through Friday from 8 am - 6 pm.
The Maimonides Outreach Dental Clinic is the winner of this year's "Prix Qualité" from the Quebec Association of CLSC’s and CHSLD’s. This prestigious award is given to a long-term care institution in recognition of the exceptional quality of care provided to the community. Congratulations to everyone involved. It is truly a team effort. A special thank you to Ronna Miller and Patrick Murphy-Lavallée for managing the program as well as Dr. Michael Wiseman for leading the project.

Maimonides received an Honourable Mention from the Quebec Network for the Prevention of Elder Abuse. The honour is for the most innovative project relating to the prevention/intervention of elder abuse.

Thank you to all staff members who helped make this a success. A very special thank you to Mary Wasserman without whom this project would not be possible.

These awards continuously demonstrate that Maimonides is going further in geriatric care.

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Letterhead and envelopes with the new Maimonides gazebo logo have finally arrived and can be ordered with your stationary. Please don't use any of the stationary with the old logo (the hands). A new letterhead template in Word as well as a fax cover sheet and memorandum form have been created and can be found under Administration on the Maimonides Discussion Group in Lotus Notes.

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Welcome to new employees

Lynda Bailey
Intermediate Resources

Catherine Ben Sabat
Nursing

Gilbert Canaan
Nutrition/ Food Services

Fiona Chan
Rehabilitation Services

Nejla Gelen
Nursing

Kamla Greenberg
Therapeutic Recreation Services

Anette Gruenberg
Nutrition/ Food Services

Ofelia Hidalgo
Nursing

Chi Man Viola Kam
Rehabilitation Services

Malika Ramlackhan
Nursing

Umakumary Ravichandran
Nursing

Theresa Roux
Nursing

Heidi Sharbel
Therapeutic Recreation Services

Antonio Tetro
Nutrition/ Food Services
News from the Multidisciplinary Council

The Multidisciplinary Council (MDC) at Maimonides would like to keep the staff informed about the goings-on in the council. The MDC is an interdisciplinary group made up of members of different professions or disciplines outside of nursing. The council works in collaboration with the nursing executive council to make recommendations in order to improve the quality of professional activities and services at Maimonides. The following are new MDC initiatives:

- The MDC recently created a new position on their council (Information officer) to act as the liaison for all council members and help dissipate council news.
- There is now a member of the council (Kim Weippert) who sits on the Centre Board and ensures that council decisions are well-represented.
- A new flyer was created for the Maimonides community and is currently distributed in the Orientation package for new staff from Human Resources.
- The MDC is currently finalizing the recommendations regarding centralization of client information in the charts.
- The MDC is currently updating the Information Manual, which describes the role and function of the different professions here at Maimonides.
- The MDC works closely with the Council of Nurses to organize the education lecture series. The goal is to continue to have sessions which reflects the interdisciplinary approach of Maimonides.

The Executive Committee for 2002-2004 is made up of the following people:

- **Silvana Mauro**, President
- **Judy Kolomeir**, Vice-President
- **Vicky Lyroudias**, Secretary
- **Kim Weippert**, Information Officer-Centre Board member
- **Eliana Ramondo**, Member at large (Nutrition and Food Representative)
- **Carrie Bogante**, Management Representative
- **Barbra Gold**, Executive Director

A Special General assembly will be held on June 11, 2003 at 3pm., location TBA For more information, contact Silvana Mauro at extension 2222.

The MDC is there for you and all council members are encouraged to give feedback and participate in council activities. To find out if you are a member of the council check out the membership list on the MDC bulletin board near the volunteer lounge.
Pilates

Once a week, some staff members can be seen sporting their gym clothes and carrying exercise mats on their way to Pilates class. Pilates is a real stretch from regular aerobics. Pilates is a system of physical conditioning, consisting of deep stretching, using the abdominals as the center of the body while developing strength and balance. Pilates is an all-encompassing mind, body and spirit exercise - a whole approach philosophy. It's a trend that has caught on at offices across North America and Maimonides is no exception.

When Hélène Nadeau, Health and Safety Coordinator, first suggested that a Pilates class be set up at Maimonides, she had nursing staff in mind as her target market. "I wanted a way for nurses to feel more relaxed and energized," says Hélène. What surprised her was the interest from the administrative staff. The 41 participants (including 4 men!) come from all departments at Maimonides including Human Resources, Foundation, Nursing and Rehabilitation Services. "I've received great feedback about the class. When there is an interruption because of holidays or cancellations, staff members are disappointed. People in our society don't do enough exercise and Pilates, even once a week, is good for the body and mind."

Pilates is offered three times a week at Maimonides. There are classes Wednesdays from 1-2 pm and 4-5 pm, and Fridays 4-5 pm with a certified instructor. The cost of the class is dependent on the number of participants. Classes are also offered to family members of staff. For more information, contact Hélène Nadeau at extension 2274.

Hélène would like to thank all the participants without whom there would not be any classes. She would also like to thank Gladys Manhaime, Tina Palumbo, Ida Caputo, Jacques Labrecque, Silvana Mauro, Rena Halickman, Madeleine Savoie, Aline Palin, Paul Karpinski, Jeannette Tordjman, Tam Nguyen, Lucie Tremblay, Florence Lévesque and the head nurses: Susan Bloom, Michel Bélanger, Nicole Lavoie, Lucie Charland, Shella Fisher, and Paula Levinson. You have all helped make the program a success!

RETIREMENT PARTY & LONG-SERVICE AWARD CEREMONY

The retirement party and long-service award ceremony recognizing those employees who have reached milestones in their careers at Maimonides will be held on Wednesday June 18, 2003 at 2:30pm in the garden. In case of rain, the ceremony will take place in the synagogue. Every one is invited to join us at this event and help celebrate the exceptional contributions of your fellow staff members. It's an event NOT to be missed!!
National Denim Day

This year, Maimonides raised almost $1,000 for "National Denim Day" which will benefit breast cancer research. Thank you to everyone for donating their time, making contributions and for wearing a pink ribbon and jeans on May 13th in support of "National Denim Day". Together, we can find a cure for breast cancer.

Summer Draw 2003

Come to work and win money. Once again this year as an incentive to staff members NOT to miss any work during the summer months, Maimonides will be giving away 6 prizes of $250 each to staff members who are not absent between June 22 and September 7. The Draw will be held in the fall amongst qualified staff members. Only vacation and days that have been authorized in advance by your immediate supervisors are allowed. Any other absence automatically disqualifies staff members from the draw. Staff members can only win one prize. Eligibility for part-time staff is calculated prorated according to the number of days worked in a selected period. Contact your immediate supervisor for full contest details. Good luck!

Our best wishes to the following
NEW MOTHERS

Georgia Graphos  
Nutrition and Food Services

Marlène Massicotte  
Health Office

Crystal Murray  
Nursing
The Council of Nurses has been busy this year. The new Executive Committee was elected last September for a two-year term and the following are your council reps. Imogene Franklin is the President, Nicole Lavoie is Vice-President, Anselma Julien is Secretary and Francene Lloyd-Mike is Liaison Officer.

New this year, the President of the Council, Imogene Franklin, now sits on the Board of Directors at Maimonides. The goal is to ensure that council ideas and concerns are represented at Board meetings.

Last year saw the resignation of Berthony Frederic and Diane Neveu as members of the Executive Committee. We would like to thank them for their efforts and their commitment during their work on council.

The educational conferences were a huge success this year and the Council of Nurses is in the process of planning more exciting topics for 2003-2004. If you have any ideas, please tell one of the Executive committee members.

Alert!!!! Please be aware that the provincial government has adopted Bill 90. This is an Act to amend the professional Code and other legislative provisions as regards to the health sector. The Bill contains provisions to authorize non-professionals to engage in certain activities in specific circumstances or in certain identified environments, so as to better address the health needs of the population. This means that nurses may soon be allowed to prescribe drugs and treatments. This represents a substantial challenge both for the professionals and for the various bodies who have to implement these new provisions. To ensure day-to-day cooperation, nursing councils and councils of doctors, dentists and pharmacists, as well as multidisciplinary councils, will have to become more involved and consult one another more. The nursing council will keep you up-to-date as to how Bill 90 will affect you.

Lastly, the Council of Nurses would like to thank everyone who made this year’s nursing week celebrations a huge success. Everything from the booths to the guest speakers was well-received thanks to everyone's hard work and dedication. Congratulations to the following nurses who were raffle winners at the closing ceremony of Nurses week:


An eventful year for the Council of Nurses!