

SIMKIN CARE CONNECTION

SAUL & CLARIBEL SIMKIN CENTRE
PERSONAL CARE HOME

Newsletter ISSUE 6, Fall 2020

WE'RE IN THIS TOGETHER #SIMKINCARES



Beatrice Kraven, born June 13, 1920, with sister Anne Jacobson, born January 25, 1917



Lena Parisien, resident celebrating her 100th birthday - story on page 4

Celebrating Centenarians

There are not many centenarian siblings in Winnipeg, however the Simkin Centre is home to two of them. Residents Beatrice Kraven and Anne Jacobson are not only members of the 100+ club at the Centre, they continue to be close sisters after a century of being together.

According to Anne's son Gary Jacobson and daughter Arlene McMahon, the sisters used to chat on the phone almost daily, loved to cook and would exchange recipes and cooking tips. Although Bea and Anne understood a bit of Yiddish, they chatted in English. Anne would often laugh when Bea threw in some Yiddish words when discussing recipes. They shared a similar sense of humour and would laugh hysterically at the same silly stories.

Queen Bea (as she is often referred to) understands the coronavirus is "dangerous", however her love for old movies, the delicious soups at the "well-organized" Simkin Centre, phone chats with daughter Barbara in Montreal, seeing her sister most days, not to mention playing bingo, doing exercises and participating in various activities, help to keep her mind off nasty COVID-19. Meanwhile, Anne is one of a select group of people around the world who has lived during two pandemics!

Gary and Arlene are most appreciative of the hard work demonstrated by the Simkin Centre staff every day, which now includes managing the new restrictions and keeping COVID-19 at bay. Although visiting his Mom outside and from a distance "wasn't the greatest experience", Gary was relieved and pleased that Anne "is looking the same as before the virus arrived." Now that Gary also visits his Mom in her room, he is getting used to wearing a mask and can at least get closer to her in a more private setting.

Bea, Anne and their family are adapting to the *new normal* at Simkin, where our collective focus is on wearing masks, physical distancing and washing hands/using hand sanitizers - staying strong, healthy and safe. We're in this together - #SIMKINCARES!

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And the "WOW" Goes To... #SIMKINCARES Superstars

From the incredible frontline health care aides and nurses, to recreation, dietary, housekeeping, spiritual care, maintenance, administrative staff, as well as the leadership team, everyone continues to "pitch-in" to provide the very best care/support to residents and families during these unprecedented times. Staying strong, healthy and safe is the top priority. Thank you a million times over to the amazing faces below and the many, many more that comprise the #SIMKINCARES superstars!



Message from the Director of Care

Greetings,

We know this is a difficult time for many...at the Simkin Centre, this is especially true for residents and families. Although COVID-19 restrictions on visitations have been somewhat relaxed, it is still not business as usual and this will likely be the case well into 2021.



Alanna Kull, Director of Care with Gertie Matas, resident

The Simkin Centre remains dedicated to taking the necessary precautions to provide a safe and healthy environment for our residents and staff. As of this writing, we do not have any residents or staff who have tested positive for COVID-19. At the same time, several personal care homes both in and outside Winnipeg have experienced coronavirus outbreaks so we remain vigilant and ask for your ongoing support of physical distancing, hand hygiene, staying away when not feeling well and the wearing of masks. These small actions can truly save lives during a pandemic. We will continue

to rely on our community of families and friends to take the simple steps for conscious caring of one another and our loved ones.

We are monitoring residents and staff for symptoms of respiratory illness and advising staff to stay home and seek testing if unwell. We are also wearing masks to protect the health of others and stop the spread of COVID-19. A reserve of surgical masks and supplies is on hand in case we are affected by a respiratory outbreak of any kind.



L-R: Sherryl Sy, Nurse, Jennifer Diaz, Nurse, Sara Reid, Assistant Director of Care, Sergio Sarceno, Nurse, Alanna Kull, Director of Care, Jeanette Addaway, Nurse



Harry Minuk, resident with great grandson

To help our residents and families stay connected through these challenging times and lift spirits, we encourage you to use other methods of communication such as phone calls, video call services like Skype, Zoom, FaceTime, WhatsApp and mailing or e-mailing of letters.

I could not be more proud of the resilience of our nurses and health care aides. Their ability to deal with everything that comes their way and still return the next day, or night, to do it all over again is incredible. We depend on their skills and expertise in delivering care and comfort with compassion. This is all part of our centre of excellence journey.

While thanking our nurses, health care aides and the entire team, we also want to thank you – residents, board members, volunteers, donors and community friends – for your patience and for fueling our commitment to #SIMKINCARES. From good humour, words of appreciation, snacks and lunches, to hand soap, tooth brushes and the list goes on, our staff is overwhelmed by your generosity and kindness.

Should you have any questions or comments, please contact me directly at alanna.kull@simkincentre.ca. In the meantime, we wish you good health and remember, we're in this together!

Alanna Kull, Director of Care
Saul & Claribel Simkin Centre

Kudos to Staff: 30+ Years Long-Term Service VIPs

Long-term service staff provide experience, expertise and consistency at our Centre. Not only are 30+ years with one organization a rare occurrence these days, there's no putting a price tag on the added-value of those who continue to make the Simkin Centre their employer of choice. Congratulations to Connie, Cathy, Denise, Emma, Zenaida and our entire team who often give decades of outstanding service and also impress with perfect attendance records year after year. Thank you from the bottom of our hearts!



L-R: Zenaida Ballesteros – Ward Clerk - 31 years; Emma Damsel, Food Services Department - 31 years; Cathy Shewchuk, Therapeutic Recreation - 34 years; Denise Yaremchuk, Health Care Aide - 31 years; Connie Seneshen, Food Services Department - 39 years

Catching up with Yvette DaCunha: Housekeeping/Laundry Supervisor



Yvette DaCunha, Housekeeping/
Laundry Supervisor

Yvette DaCunha started working at the Sharon Home in May 1989 in the Food Services department. On her first shift, she got stuck in the elevator for over an hour with carts full of dirty dishes – but that incident didn't deter her! In 2001, she moved to the Simkin Centre and continued to work in dietary. Yvette enjoyed her 25 years in this department as she was also able to interact with residents and hear about their lives.

In 2015, Yvette switched gears and began working in laundry where she still connects with residents.

Last year, Yvette had an opportunity to work with Cindy Greenlay, Manager of Therapeutic Recreation and Support Services, to help establish a system for in-house washing of all linen, personal laundry and its delivery. Now 31 years later and with the support of her husband and two children, Yvette started a new and exciting supervisor role and challenge.

Housekeeping and laundry services continue to change, however the priority is still the same - the residents and their home. Yvette and her team go the extra mile in keeping the Simkin Centre a safe place for residents, families and staff. In Yvette's words: "I am always looking for ways to deliver these services in a more innovative way that provides our staff with better tools to get the job done and put more smiles on our residents' faces, especially during these unusual times."

COVID-19 INSIGHTS with Simkin Medical Director...



Dr. S.J. Koven, M.D., Ph.D

Dr. Sheldon Koven says our Centre has been working diligently to prevent any spread of the virus while minimizing the hardship on residents. "We are adapting to the COVID-19 environment - we're trying our best to keep life as normal as always. This pandemic has already had significant impact on the elderly, and in all likelihood will affect this population again should we face a second wave."

COVID-19 is a difficult disease to contain — more difficult than many respiratory diseases. The long incubation phase and risk of spread, even if asymptomatic, means that it is hard for any personal care home to know the virus is making the rounds inside its walls.

After working long hours and the need to be on-call 24/7 as the sole on-site doctor since mid-March (to limit cross infection by others between institutions), it became clear to Koven that the workload was not sustainable. At present, with the easing of restrictions, doctors and nurse practitioners are once again able to visit personal care homes. Should restrictions be re-imposed by Shared Health, a rotating on-call schedule has been developed for the Simkin medical team. In addition, virtual care is proving to be most viable. "Medically, we also needed back-up in terms of access to expertise in dealing with COVID issues because it is so new. The Long Term Care Medical Directors Association of Canada has been a reliable resource for me and other doctors too."

A helping hand during a pandemic doesn't only come in the form of face masks or personal protective equipment (PPE), although both are essential — often it also comes in the form of medical know-how, proactive leadership, collaboration, common sense and timely communication.

As such, these are Koven's main observations to-date: The Simkin Centre has experienced fewer transfers to hospitals over the last 6 months; virtual care can work well for routine and acute care; against all odds, our leadership team has demonstrated "superb preparedness" for residents and staff, as there is no handbook on how to deal with a pandemic; and community support has been tremendous, including extra efforts to connect with loved ones through social media.

Finally, Koven advises that it is particularly important to get your flu shot this year. And remember, we're in this together!



COVID-19 PREVENTION TIPS

- Stay home if you are feeling any symptoms of illness
- Wash your hands with soap and water or use hand sanitizer when handwashing is not an option
- Physical distance (keep 6 feet between yourself and others)
- Wear a mask

Feel the Spiritual Connection

Spiritual Care at Simkin supports and cares for your loved ones – our residents – as they transition to life in their new home and often deal with loneliness and distress. The most sacred time of all is the honour of being present at the end of a resident's life.

Our team has adapted to these unprecedented times by offering new opportunities to meet spiritual needs revolving around feelings of isolation and uncertainty about the future. Simkin Centre spiritual health practitioners - Jo-Anne Hollander, Lori Schroeder and Marilyn Regiec – have met many of our families through FaceTime visits and telephone conversations. Another change was to shift Shabbat and Christian services to on-unit events.



L-R Lori Schroeder, spiritual health practitioner, Jo-Anne Hollander, spiritual health practitioner, Mary D Turner, resident Back Hilda Loepky, resident

Successes include Marilyn's live Shabbat services and Lori's live Christian Hymn Sing services. Our Passover and Shavuot services, facilitated by Steven Hyman via YouTube, were most effective. Technology continues to allow contact with community clergy. We also look forward to more of the High Holiday video series.



Domenico Grande, resident

Recently a resident, Domenico Grande, experienced the loss of his wife, Maria Grande (both Simkin residents). Maria, loved dearly by her family, as well as staff, passed peacefully with her husband at her side. As Domenico and his family made funeral arrangements during the pandemic, his family was unable to visit and be with him to grieve together. So our spiritual health team offered Catholic prayers and emotional support.

Throughout COVID-19, one thing never changes and that is our dedication to the religious and spiritual health of your loved ones.

Celebrating Centenarians

Lena Parisien lived on her own until she was 97 years old - she cooked, cleaned and refused outside help, as Lena was/is a very independent woman. Her granddaughter, Lorie Intrater says: "When the time came, my grandmother settled in nicely at Simkin...you will often find her in the hallway folding towels or giving her unsolicited opinion!" Lena taught Lorie to help others, do the right thing and not to wear ripped-up jeans when visiting. According to Lorie, "COVID-19 has been a game changer, but thanks to technology and people working together, we have found ways to connect with our loved ones."



Lena Parisien, resident with Lorie Intrater, special granddaughter

Lorie goes on to say: "Since Baba was turning 100 on September 14, 2020, I wanted to do something extra special and she unknowingly gave me the idea. We enjoy our wheel-chair walking real estate tours in Linden Ridge. When we walk heading east, there is a bench at a bus stop that reads "Rent Me." Every time we walk by the bench Baba says "rent me - what for?" or "rent me - what will I do with you?" So on our last walk I thought it would be funny for Baba to walk by and see her picture on the bench, especially for her milestone birthday."

This year Lena had her biggest birthday greeting card of all time and she sat right beside it with a huge smile on her face. And Lorie didn't wear ripped-up jeans for the photo, which also made her Baba happy!

Adapting to COVID-19



John and Kathy Quiring, residents

For the last few months Hedy Paslawski's family's routine at Simkin has changed, her parents' John and Kathy Quirings' routines also changed and everyone is getting used to new routines. John had a hard time understanding why he couldn't see Kathy every day when COVID-19 started. Hedy said, "A daily "hi kiss" and "goodnight kiss" from Dad was a routine for our parents for over 12 years when Mom first became a resident." And this loving habit continued when John became a resident, until COVID hit.



L-R Hedy Paslawski, daughter, Abby, the Quirings' great grandchild, Kathy Quiring, resident, Ron Paslawski, son-in-law

In Hedy's words, "As a family we could adapt so when skyping began, it became our new routine. Mom, unable to speak, listens to our conversations during skyping and in-person visits."

"We appreciate the logistical nightmare on the staff and are grateful for our visits. We were overcome with tears of joy when restrictions were lifted and we could hug our parents again. As a family we will survive no matter what life brings."

Café Buzz's



Bryan Capon, Security

Bryan, thank you for learning new skills and adapting to the changes that COVID-19 has brought to your role in security.

Although COVID-19 has interrupted the regular “buzz” around the Café and in the atrium, there is news that will literally be music to your ears and other news that may remind you to pick up the phone or send an e-mail/text to make someone’s day. Here’s some “buzz” to digest as you enjoy a delicious nosh at home, in the office or just about anywhere!



Martin Brody, resident and Jesse Popeski, Artists in Healthcare Manitoba

Jesse Popeski, from Artists in Healthcare Manitoba is singing and playing his guitar to a captive audience named Martin Brody, resident. This organization brings music and arts to our residents, other personal care homes, hospitals etc. Their programs provide important healthy life benefits for residents, patients, families, and staff – a retreat from daily stress and anxiety, especially during these unprecedented times.

And congratulations to...

- **David Asper**, an outstanding University of Manitoba alumnus whose legal work, business activities and philanthropy have improved the lives of countless Manitobans and Canadians, is now the Acting Dean for the Faculty of Law at the University of Manitoba.
- **Michael Benarroch** was named the 12th president of the University of Manitoba....the University said it appointed "a demonstrated bridge-builder and a committed leader in community engagement" as its new President and Vice-Chancellor.
- **Dr. Earnest Rady, O.M.**, a renowned international entrepreneur, business leader, philanthropist and entrepreneur is the recipient of the 2020 International Distinguished Entrepreneur and was appointed to the Order of Manitoba this year.
- **Dr. Cheryl Rockman-Greenberg, O.C.**, appointed as an Officer of the Order of Canada is a clinician scientist at the Children's Hospital Research Institute of Manitoba, holds the title of Distinguished Professor at the University of Manitoba—and is a leading Canadian researcher in the treatment of hypophosphatasia.



The SimkinCAREConnection wants to get better with every issue so we're asking you to e-mail the editor with your thoughts about the newsletter and story ideas too. Please send your feedback, opinions, suggestions and comments to magcom@shaw.ca. Thank you.

So far, the SimkinCAREConnection is published twice a year. We also have a weekly communiqué

on the happenings in the Centre – the Simkin Star. It will land in your e-mail every Friday when you sign-up. Check out the link if you wish to be added to the e-mail list: <http://eepurl.com/gVT8Q1>. Let us know what you think about the Simkin Star too.

New Smoothies with a Flavour Twist!



Bernice Spevack, resident

As a result of the collaboration between both dietitians and dairy cook (Percival Rufo), the Simkin Centre has created a variety of standardized recipes that results in a rotation of flavours which change each season.

Our liquidized breakfast (formerly called blenderized) satisfies the Winnipeg Regional Health Authority protein recommendations per meal, meets the International Dysphagia Diet Standardization Initiative criteria and contains no allergens that our current residents experience.

These recipes can be adapted to meet the needs of lactose intolerant individuals. We also save time with standard kitchen production and can determine a more consistent nutrition product (calories/protein etc.). For more information, please contact Lisa Back, Acting Dietitian Manager of Food Services at lisa.back@simkincentre.ca.



Fall Rotation (September 1 - November 30)

WEEKDAY	FLAVOUR ROTATION
Monday	Mocha Mondays
Tuesday	Vanilla Vacation
Wednesday	Pumpkin Spice
Thursday	Baked Apple Cinnamon
Friday	Carrot Cake
Saturday	Spiced Prune
Sunday	Peach Cobbler (cinnamon & nutmeg)

Act in Good Faith



Julie Turenne-Maynard

In the fall of 2016, I was approached to become Executive Director of three associations in health care. It was a drastic change from being a consultant in strategic planning and community economic and tourism development, as well as a volunteer in governance and faith-based health care. Ultimately this new challenge, my faith, and personal values led me to assume the new role and I have never looked back!

Private not-for-profit faith-based health care organizations were founded many years prior to the creation of the public health care system. They were always the first to respond to their communities' needs. Today, there are still 40 private non-profit groups in Manitoba and one of the organizations I lead is the Interfaith Health Care Association of Manitoba (IHCAM). Its members consist of faith-related health care facilities and organizations from nine faith groups and individuals who have an interest in IHCAM's mandate. IHCAM supports the goals of its diverse members, such as the Saul & Claribel Simkin Centre, to deliver effective community-based health and social services through advocacy, education, self-governance and the sharing of best practices. The members meet occasionally for the purpose of sharing religious values, to discuss common concerns and issues in health care, and deliver programming based on spiritual care and health.

The Simkin Centre has benefitted for years in multiple ways as a member of IHCAM and continues to do so today. IHCAM is actively advocating for the preservation of faith-based health care and spiritual care and we are working on the delivery of a communications strategy to demonstrate the added value of faith-based health care in Manitoba, with a new focus on coping with the uncharted territory of COVID-19.

Speaking of which...the Province of Manitoba is hosting the annual Spiritual Health Awareness Week, from October 18-24, 2020 and this year the theme of the virtual celebration is Nurturing Spiritual Health & Resilience Amidst a Pandemic. Topics include: Whole Person Health, Connections & Relationships, Culture and Community, Mindfulness and Compassion and Faith. Each day will offer content on the topic with something to watch, something to read and something to do. Simkin Centre staff, residents, family members, volunteers, as well as community friends and supporters are welcome to participate. Please check out <https://www.ihcam.ca> for more details.

I love supporting our members and collaborating with the CEOs of faith-based health care organizations. Now, more than ever, we need to band together to preserve the key role we play in society – to act in good faith.

Julie Turenne-Maynard

Julie Turenne-Maynard is the Executive Director of the Interfaith Health Care Association (IHCAM), the Catholic Health Association of Manitoba and the Manitoba Association of Residential and Community Care Homes for the Elderly.

Mensch

Person of Integrity and Honour



Dr. Edward A. Lyons, O.C.

We are especially pleased that the Negev Gala Honouree for 2021 is Dr. Edward A. Lyons, O.C. Not only is Ted a globally renowned expert and author of many articles and books in the field of radiology, plus a pioneer in Ultrasound research, he is a member of the Simkin Foundation board – and is past board chair of the Simkin Centre.

Ted is an Officer of the Order of Canada, a philanthropist and public servant. Congratulations to our great friend and mensch!

Selma Gilfix, our chair of the Simkin Centre board, never dreamed she would be leading the organization during a pandemic! This role offered more opportunities to meet and mingle with residents, families and staff. Selma is a natural with people and it shows.



Selma Gilfix, Centre board chair, with centenarian residents

When Selma reflects on 2020, her gratitude will revolve around the Simkin staff – she was blown away with how the frontline stepped up to the plate in unprecedented times – how the entire team got into the action by feeding residents, taking them to activities, comforting them or helping them get familiar with skyping and social media so they could connect with loved ones. Selma, we appreciate your unique leadership, commitment and friendship - we thank you for being the Simkin Centre's special mensch!



In memory of the late Abe Simkin

Abe Simkin was the last surviving member of his generation of the Simkin family – the same family surname that is synonymous with our personal care home. He passed away on July 22, 2020 at the age of 98.

Abe was also a volunteer extraordinaire – he will be remembered for his business acumen, philanthropic work and generosity of time. Thank you to a mensch who was a pillar of the community!

Shalom and Hello,

During this time of great uncertainty we have been comforted, encouraged and humbled by the outpouring of generosity and support to our COVID-19 Fund. Incredible people, organizations, community groups, small businesses and corporations have stepped up to support our frontline health care workers, staff and residents through monetary gifts, meal donations, snacks, personal protective equipment and more. A very special thank you to Leonard and Ruth Carol Podheiser and family for matching donations up to \$10,000 for the COVID-19 Fund.

To us, YOU are our heroes and we Thank You for helping us meet the challenges of this moment, so we can continue to provide the highest standard of care, with respect for all people – Derech erez, honour due each person – Kavod, caring – Chesed and trust – Emunah.



Don Aronovitch
Chair, Simkin Centre Foundation



Selma Gilfix
Chair, Simkin Centre



Laurie Cerqueti
CEO, Simkin Centre

Thank You COVID-19 Fund Donors

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Individual, organization, foundation, special event, designated and general contributions to the Simkin Centre Foundation are welcomed.

Donations can also be made as tribute gifts: "In Honour of" or "In Memory of" to celebrate loved ones.

TRIBUTE GIFTS

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\$25,000.00 — 4 blanket warmers and stands, 1 vascular doppler

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St. John's-Ravenscourt School's Youth in Philanthropy Committee granted the Simkin Centre \$840.00. Students toured the facility and familiarized themselves with the programs we offer. The students chose to designate the funds to our Music Therapy Program. We are grateful to the students in the Youth in Philanthropy Committee for taking the time to learn about the Centre and choosing us as one of its grant recipients.





Tema Handsman, resident



Philip Maltz, resident

FRIDAY, OCTOBER 30TH, 2020

SHABBAT IN A BOX

PURCHASE A BOX IN SUPPORT OF SIMKIN CENTRE'S SPIRITUAL HEALTH DEPARTMENT

DINNER FOR 1: \$54
DINNER FOR 2: \$105
DINNER FOR 4: \$200

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Harry Rachlis, resident



Claire Newman, resident

High Holy Day Virtual Services

Sukkot

- Video on each Unit
- Saturday, October 3rd
10:00 AM - Kiddish

Sukkot

- Video on each Unit
- Sunday, October 4th
10:00 AM

Shabbat/Yizkor

- In-person on each Unit
- Saturday, October 10th
10:00 AM - Kiddish

Simchat Torah

- Video on each Unit
- Sunday, October 11th
2:00 PM

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VISION

To be a leader in providing a home where people live enriched and fulfilling lives in accordance with Jewish values and traditions.

MISSION

We provide exemplary and innovation services to those in our care by meeting each person's unique intellectual, social, physical, emotional and spiritual needs. We strive to enhance their lives through compassion, wellness promotion, and collaborating with community partners.

VALUES

RESPECT - HONOUR - CARING - TRUST
Derech eretz Kavod Chesed Emunah

