

Volunteer Viewpoint

Winter 2008

Message from the Volunteer Staff

Dear Volunteers,

Happy New Year! We hope 2008 brings you continued good health and lots of success in all your endeavors... at school, at work, at home and in your travels. We wish all the 'snowbirds' a healthy winter and a safe return.

On behalf of the residents, the staff and management of Maimonides Geriatric Centre we would like to take this opportunity to thank you for all your good will, commitment and support as volunteers throughout the year. You help us achieve our goal: to provide the best quality care to our residents.

The Volunteer Viewpoint gives us the opportunity to communicate with you and to keep you informed about important activities, events and information within our Centre. We invite you to take a look at our newsletter, let us know if you would like to contribute a joke, a quote, or an article for our next newsletter and as well, we would welcome any feedback.

We would like to say a special thank you to **Lori Manoukian**, a 2007 MISSIVE participant who worked diligently with Lisa Blobstein, Communications Officer, to edit and produce this newsletter. Lori, a MISSIVE alumni, who is now interested in journalism, has changed her career choice because of her experience at MGC this past summer. Kudos to Lori!

We thank all of you for choosing to volunteer at Maimonides Geriatric Centre and for helping us to give "more than care".

*Rena Halickman,
 Patti Derstenfeld, Roz Friend*

MAIMONIDES GERIATRIC CENTRE LAUNCHES NEW STRATEGIC PLAN

Maimonides Geriatric Centre has adopted a new Strategic Plan for 2007-2012 with the theme "More than Care." Over the next five years the Centre will build on its strengths and move towards a stronger vision to become the resource of choice for the Jewish elderly of Montreal and a model of excellence for long-term care everywhere. With the help of management, professionals, staff, volunteers, corporation, centre, foundation and auxiliary, it will grow focusing on the "MORE THAN CARE" theme.



MAIN FOCUS

These are the main areas we'll be focusing on at Maimonides:

1. **Care to residents** that is respectful, supportive, and personalized.
2. **Partnerships with families** that encourage and support their involvement in care.
3. **Research** that uncovers, promotes and shares new knowledge about long-term care.
4. **Teaching** that supports staff, families and the community.
5. **Public relations and communications** that strengthen our position with clear, coordinated and consistent messages.
6. **Environments** that are secure, homelike, and welcoming for residents and supportive of the work of the staff.
7. **Government and network relationships** that build on a spirit of collaboration and leadership.
8. **Resources and support services** that support our actions, and our new vision of long-term care.

For more information visit www.maimonides.net or pick up a copy of the Strategic Plan in the volunteer office.

"The miracle is this- the more we share, the more we have." Anonymous

Maimonides Executive Director honoured



Barbra Gold, Maimonides Executive Director, was the recipient of the **2007 Federation CJA Professional Excellence award**. The award recognizes exemplary performance by professionals in any of the affiliated Federation agencies. Congratulations!!

What to do if a resident falls

As a volunteer working at Maimonides, you may be a witness to or be made aware of an adverse event or a risky situation. The most common type of adverse event at Maimonides is falls. Here is what you should do if you witness a fall or if you find someone on the floor.

1. **Do not** move the resident.
2. **Stay** with the resident and ask someone to call for help. If you are in the resident's room, you can use the emergency call bell to notify the staff.
3. **Reassure** the resident by telling him/her that everything will be ok.
4. When the staff arrives, give them enough **space** for them to work but don't go away.
5. After the resident has been attended to, you need to **provide the staff with exact details of what happened**. Include details about the environment, such as lighting, things in the way, shoe ware, etc. You should also give your name and how you can be reached if further questions arise. You may be asked to fill out an **Incident/Accident Report form** with a staff. This information will only be used to improve the system and find ways to improve the safety at Maimonides. It will never be used to put blame on yourself or a staff member.



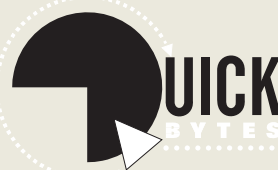
Your input and help is important and appreciated.
REMEMBER, IT IS EVERYONE'S JOB TO MAKE MAIMONIDES A SAFER PLACE!



Help us fill these volunteer positions.
Short or long-term commitment accepted.

- **Coffee Shop** cashier –
Sundays 9:00 am -12:30 pm, 12:30 - 4:00 pm
- **Gift shop** – Fridays 10:00 am -1:00 pm
- **Porter volunteers** to bring residents to any of the following events:
 - **Synagogue services** –
Wednesday and Friday 9:15 -10:30 am
 - **Bingo** – Mondays 1:00 - 3:00 pm
 - **Oneg Shabbat** – Fridays 2:30 - 3:30 pm
 - **Clinics** – Monthly – Tuesdays
- **Meals on Wheels** – drivers – am
- **Breakfast Club** – Fridays
- **Pet Visiting**
- **Weekend Programs**
- **Lobby concerts**

**For more information,
call Patti at 514-483-2121 ext 2213**



Did you know...

2008 will be the **23rd anniversary** of the MISSIVE Volunteer program.
In 2007, **24 MISSIVE students** gave **5272 hours** of their time during the months of June, July and August. Pretty impressive!!!!



Psst... Keep your eyes open.

The **Maimonides Perspective** will be distributed in the Canadian Jewish News during Passover. Get your copy!!



My Experience as a MISSIVE



My name is Lori Manoukian, and in the summer of 2007, I volunteered at Maimonides for eight weeks. I was one of the MISSIVES in a group of 24. All of us were placed in a department and were supervised as we worked one on one with the residents. My placement

was on the 7th floor and I was supervised by Paula Levinson. I would usually have long conversations, sit for coffee, or help the residents remember important memories from their past. I also worked on the mural the residents painted on 7 south.

I have received a new sense of understanding and respect for long term care and the elderly. This experience has led to more volunteering at Maimonides. I am now volunteering in the Communications Office, as the new co-editor of the Volunteer Newsletter, working alongside Lisa Blobstein. This new placement is giving me the chance to experience a field that I have decided to pursue in the future.

The MISSIVE program is a volunteering experience that I think all young students interested in the healthcare field should join. Recruitment starts in January. If you know a perfect candidate looking for experience in the health care field ask them to contact Roz Friend at 514.483.2121 ext. 2204.



Mark your calendars!!!

**The 2008
Volunteer Appreciation
party will take place on
May 15th.**

Our volunteers are important to us
and we want to thank you.

An invitation will be sent in the mail closer to the date.



Wii program at Maimonides

Students from Royal West Academy are volunteering at Maimonides to help our residents with Wii, the latest Nintendo video craze that is sweeping the nation. Wii is a video console that reacts to body motion. The games require each player to carry out appropriate actions depending on what they want to do. Research indicates that Wii helps improve physical and cognitive skills while providing comraderie and most importantly, having fun.

The purchase of two complete Wii sets was made possible

thanks to a generous donation from the **Rose Goldberg Memorial Fund**.

At Maimonides, residents seem to be most

enjoying the bowling, as seen in the picture to the left!!!



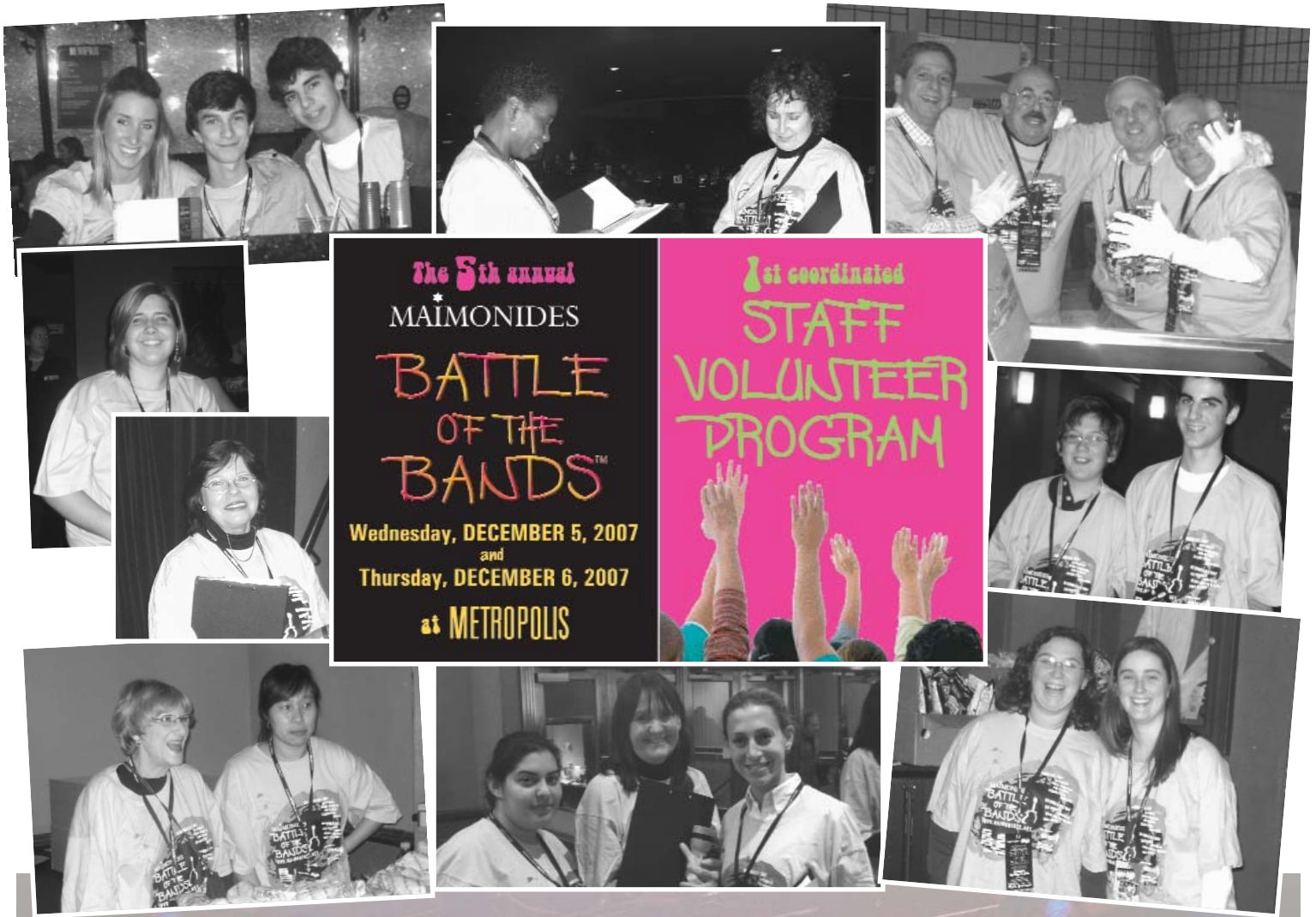
Elevator Etiquette



In order to cope with the hundreds of residents, families, volunteers 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.

- Please allow the **RESIDENTS** to get in **FIRST**.
- **Move out of the way** of **RESIDENTS** when they're entering and exiting the elevator, and make space for them.
- If you see someone coming, **hold the door for them**.
- If you are able, **please use the stairs** as much as possible, especially during busy times.
- **Ask if someone needs help before** moving their wheelchair.
- **Be kind and courteous**.



Volunteering at Maimonides Battle of the Bands

We couldn't do it without you.

Thank you to the volunteers who generously donated their time for the 5th Annual Maimonides Battle of the Bands which was held on December 5th and 6th at Metropolis. Over 50 volunteers per night helped at setting tables, ushering and distributing food. The event raised a record \$250,000 for the Suite Dreams Capital Renovation Campaign to refurbish all of the residents' rooms. This year, the Volunteer Department, coordinated the 1st ever Staff Volunteer Program, enabling staff to volunteer and see the work the Foundation does first-hand.

Volunteers truly make the event happen!!

