



Lodge Line

July 2023

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One new resident moved into Hillel Lodge in June. Shalom!
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Canada Day is a federal public holiday celebrated in honour of Canada's Confederation on July 1, 1867. It was known as "Dominion Day" until the Canadian Constitution was patriated in 1982.



Tamuz Fast

Thursday July 6, 2023

The Seventeenth of Tammuz is a Jewish fast day commemorating the breach of the walls of Jerusalem before the destruction of the Second Temple. It falls on the 17th day of the 4th Hebrew month of Tammuz and marks the beginning of the three-week mourning period leading up to Tisha B'Av.



Tisha B'AV

Thursday, July 27, 2023

Tisha B'Av is an annual fast on which a number of disasters in Jewish history occurred, primarily the destruction of both Solomon's Temple by the Neo-Babylonian Empire and the Second Temple by the Roman Empire in Jerusalem.



INTERNATIONAL
DAY OF FRIENDSHIP
JULY 30



Tuesday July 4, 2023

10:30 a.m. - The Usuals Jazz Band

Monday July 10, 2023

2:30 p.m. - 1950s Diner Ice Cream Floats

7:00 p.m. - Monday Evening Bingo with Barbara & Joel

Tuesday July 11, 2023

11:00 a.m.—Zumba Gold with Debbie

Thursday July 13, 2023

11:00 a.m. - Christian Service with Father Daryold

5:00 p.m. - Outing to Canadian Museum of Nature

Monday July 17, 2023

7:00 p.m. - Monday Evening Bingo with Barbara & Joel

Thursday July 20, 2023

10:30 a.m. - Birthday Party with Roxy Swan

Monday July 24, 2023

2:30 p.m. - Afternoon at the Spa

7:00 p.m. - Monday Evening Bingo with Barbara & Joel

Thursday, July 27, 2023

11:00 a.m. - Christian Service with Father Daryold

2:00 p.m. - Guest Speaker, Professor Cammy

Monday July 31, 2023

10:30 a.m.—Bocce Ball

7:00 p.m. - Monday Evening Bingo with Barbara & Joel

Fridays at 10:30 a.m. in the Cafe

Oneg Shabbat

For the month of July, Oneg
Shabbat will be joined by
Camp Gan Israel.



Programming News

Java Program



Hillel Lodge's Programs and Support Services team is excited to share we will be initiating the "Java Program" to combat loneliness and isolation of residents. Stay tuned for more details on the roll out of Java! For details on the program go to www.javagp.com.

Hillel Lodge is incredibly grateful to the Jewish Federation of Ottawa – Jewish Journeys Grant for making this program possible. The Jewish Journeys Grant's purpose is to facilitate new programs that serve multiple Jewish demographics in Ottawa.



Art Therapy Group

with Mindy and Andrea

Every Wednesday at
9:45 a.m. & 11:00 a.m.

Group Art Therapy is open to all! Residents meet weekly to talk and use art materials. The group explores Jewish and secular themes each week, with the goal of supporting wellbeing and fostering positive social connections. Artwork created by residents is displayed in the 3 East Living Room and will cycle on a regular basis. Check out the new displays!

The current display of Mixed Media Mobiles was inspired by Shavuot. As the Torah may be seen to guide Jewish faith and custom, we looked at the principles that guide our own lives within four different dimensions:

Principle Shape

Immutable (does not change) Sun

Societal (agreed by people) Earth (Circle)

Community of Hillel Mountain (triangle)

Personal (individual) Crescent Moon



Caregiver Support Group

Having a loved one in Long Term Care can be a challenging time.

This **Caregiver Support Group** provides an opportunity to grow and heal by sharing your experiences in a safe setting with like peers.

Come join us for coffee and company in the Synagogue.



THE BESS AND MOE GREENBERG FAMILY
Hillel Lodge
OTTAWA JEWISH HOME FOR THE AGED
THE JOSEPH AND INEZ ZELIKOVITZ
LONG TERM CARE CENTRE

LOCATION:

Hillel Lodge Synagogue

10 Nadolny Sachs Private
Ottawa, Ontario K2A 4G7 Canada

DATES:

Wednesday July 5th and 19th

2:30-3:30 PM

Future Dates: The 1st and 3rd
Wednesdays of every month

CONTACT:

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Please **RSVP** by the *Monday*
leading up to the group

Monthly Caregiver Tip



Practical, supportive, and comfortable footwear is extremely important for residents to maintain foot skin integrity, improve their balance, and prevent slips, trips, and falls. Crocs, slip-on and backless slippers, ballet flats with slippery bottoms, and flip-flops all pose a risk to residents.

Footwear should have a back and be secure around the top of the foot with laces, Velcro, or elastic. If you have questions about your loved one's footwear please ask the nurse or physio team.

Family Council



The Family Council is always looking for new members to contribute to improving life at the Lodge for all residents.

If you are interested in joining the Council please contact the Coordinator, Mike Cohen, at

mikeinmontreal@gmail.com



TV Remotes

The Maintenance Department has a box of TV/Rogers/Bell remotes that have been collected through the lost and found or when residents have left remotes behind.

If you are missing a remote contact Shannon Fraser, Director of Social Work, Programs, and Support Services to search the inventory.

All new remotes entering the building should be labelled with the resident's name and room number to prevent them from going missing.

SUMMER MENU

The new Summer & Fall menu has been posted! Check out the 4-week rotation on our [website](#) and see them also posted outside of each neighbourhood dining room.

There are new dishes, as well as some seasonal favourites, that are returning to the kitchen. Special thanks to Patty and her culinary team!





Summer/ Fall Menu 2023

New and returning menu items:



Soups

Cream of Cauliflower Soup
Lentil Vegetable Soup
Mushroom Leek & Pasta Soup

Salads

Greek Salad Plate
Israeli Salad

Desserts

Almond Torte
Chocolate Cherry Cloud
Coconut Cream Pie
Key Lime Pie
Lemon Buttermilk Cake
Orange Cake
Peaches & Cream Pie
Strawberry Shortcake

Main Dishes

Alsatian Onion Torte
Beef Tourtière
Breaded Herb & Garlic Fish Fillet
Chicken Jambalaya
Chicken Teriyaki
Curry Beef
Falafel & Tzatziki
Greek Lemon Chicken
Mexican Beef & Peppers
Middle Eastern Kofta & Hummus
Mushroom Vegetable
& Cheese Quiche
Oven Fried Chicken
Portuguese Cod
Roast Lamb
Roast Veal & Mushroom Sauce
Romanian Style Liver
Thai Beef & Peanut Sauce,
Turkey Tetrazzini
Vegetable Enchilada with Salsa
& Guacamole
Vegetable Parmesan Frittata


Biking for Bubbies



September 10, 2023

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SPONSOR Today!**



613-728-3990 

www.hillel-ltc.com 

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