



Lodge Line

August 2023



Tu B'Av

Wednesday August 2, 2023

Tu B'Av was a joyous holiday in the days of the Temple in Jerusalem, marking the beginning of the grape harvest. On Yom Kippur and Tu B'Av, the unmarried girls of Jerusalem dressed in white garments and went out to dance in the vineyards. In modern-day Israel, it is celebrated as a holiday of love. It has been said to be an auspicious day for weddings.

Colonel By Day

Monday August 7, 2023

Lieutenant Colonel John By supervised the construction of Ottawa's Rideau Canal and had a major influence on its design. Canal construction began in 1828 and involved some 6,000 workers at multiple sites along its 202 km route. The full length was navigable by 1832 and today, the Rideau Canal is a UNESCO World Heritage Site.





Tuesday August 1, 2023

2:30 p.m. - Grand Opening of
Temporary Garden

Tuesday August 8, 2023

10:00 a.m. - Ground Breaking
Ceremony for Dream Garden

Monday August 14, 2023

11:00 a.m. - Music with Arlene Quinn

Tuesday August 15, 2023

10:30 - The Usuals Jazz Band

Monday August 21, 2023

2:30 p.m. - An hour with Professor
Cammy

Thursday August 24, 2023

2:30 p.m. - Birthday Party with Evelyn
Greenberg

Monday August 28, 2023

10:30 a.m. - Music with Brian & Bobby
Ukelele Strolling Minstrels

Oneg Shabbat

Fridays at 10:30 a.m. in the Café

August 4th - JCC Camp kids

August 11th - JCC Camp kids

August 18th - JCC Camp kids

August 25th - Joel Yan & Friends



Monday Evening Bingo

In the café at 7:00 p.m.

With Elaine, Wesley, Barbara & Bobby



Art Therapy



Every Wednesday at both 9:45 and
11:00 a.m. in the 3rd floor lounge

Rabbi Teitlebaum

Every Wednesday

at 4:00 p.m



FRIDAY AFTERNOON BINGO

2:00 p.m for Second Floor

3:15 p.m for First & Third Floor



Monthly Caregiver Tip

Grandparent scams can occur in long-term care just as easily as in the community. It is important to keep an eye on LTC residents' bank accounts and bills and question any unverified or suspicious activity.



If your loved one keeps their bank card or credit card in their wallet, always ensure it is securely stored. If your loved one has a cellphone or landline that shows incoming and outgoing calls, monitor the calls for unusual numbers or 1-800 calls.

Potential Mobile Optometry Clinic

We are attempting to schedule a Canadian Council of the Blind - Mobile Eye Clinic in the fall. All residents who have not had their vision checked within the last two years are encouraged to have an eye exam. Contact Shannon Fraser at ext. 114 for details.



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

macinmontreal@gmail.com



Art Therapy Update

Intuitive Painting

Mixed Media Canvases - June 2023

This project intended to connect with the *wise self*, that part inside everyone that knows just what to do.

Working mindfully, the participants made choices that reflected their own unique tastes.

- The same canvas was worked over up to four weeks, adding something new each time.
- The art therapists introduced the building blocks of art and design. Each week introduced a new **element** and a **principle** of design

Participants considered how these could be applied to create their artwork, and where the design principles may resonate in their own lives:

Element	Principle
Colour	Balance
Shape/Space	Emphasis
Texture/Harmony	Line/Rhythm/movement

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

UPCOMING DATE:

Wednesday, August 16th at

2:30-3:30 PM

Future Dates: The third
Wednesday of every month

CONTACT:

Shannon Fraser

Director of Social Work,
Programs and Support Services
613-728-3900, Ext. 114
sfraser@hillel-ltc.com

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

COMING SOON! Dream Garden Update

We are thrilled to announce the upcoming construction of our new Dream Garden!

The vision and consultation process for this important Lodge addition started over two years ago. This project is only possible thanks to the generous philanthropic support of the community, the Hillel Lodge Auxiliary, and the hard work of the Dream Garden Committee and the Lodge and Foundation Boards of Directors.

The new Dream Garden will be a magnificent accessible outdoor space designed specifically for the needs and enjoyment of our residents. It will feature a variety of plants, flowers, and seating areas, as well as beautiful water features and walking paths. We are confident that this new addition will provide a peaceful and calming atmosphere for all who visit or reside at Hillel Lodge.

Although the kick-off is August 8th construction of the Dream Garden is scheduled to begin on August 14, 2023. We want to assure you that we will do everything possible to minimize the impact on their daily routines at the Lodge. Alternative arrangements are being made for the activities that typically take place in the Garden. The Dream Garden will be built from August - November 2023. The goal is to have the beautiful new accessible Dream Garden ready for the Spring of 2024.

We recognize the importance of access to the outdoors and created a Temporary Terrace. The Temporary Terrace, installed in the parking area in front of the building, will replace the current garden while the beautiful new Dream Garden is under construction.

There is still time for you to help support the Dream Garden with a charitable gift. Please speak with the Foundation to learn more about how you can support this important project.

We thank you for your patience and understanding during this time of transition. We are confident that the new Dream Garden will be a wonderful addition to our community, and we look forward to sharing it with you all soon.



**MAKING
THE DREAM GARDEN
A REALITY**



PLEASE JOIN US FOR THE
Historical Groundbreaking
of the
Hillel Lodge Dream Garden

THE BESS AND MOE GREENBERG FAMILY
HILLEL LODGE
10 NADOLNY SACHS PRIVATE
PLEASE RSVP BEFORE AUGUST 1ST AT
DEVELOPMENT@HILLEL-LTC.COM
OR CALL (613) 728-3900 EXT. 191

AUGUST

TUESDAY

8

10:00 AM

2023

*We really look forward to your presence.
This invitation is non-transferable.*



**MAKING
THE DREAM GARDEN
A REALITY**


Biking for Bubbies



September 10, 2023

**Register to RIDE or
SPONSOR Today!**



613-728-3990 

www.hillel-ltc.com 

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by SHOPPERS DRUG MART 