

# Lodge Line

A NEWSLETTER BY HILLEL LODGE

## Welcome Brent

Hillel Lodge is pleased to welcome Brent MacPherson as our new Environmental Services Manager.

Brent is a self-motivated and energetic Environmental Services Manager with more than 20 years of experience within the Health care industry. He is skilled at developing, implementing, and monitoring maintenance prevention programs, as well as home policies and procedures that encourage optimal performance.

Brent demonstrates strong communication, organizational and analytical skills and is knowledgeable in all facets of facility maintenance. He is dependable with proven leadership and skilled at building rapport.

Brent welcomes new challenges to maximize his skills and capabilities to enhance the overall efficiency of the home.



## NEWS AND UPDATES IN THIS ISSUE

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# Dream Garden

We are thrilled to share the exciting progress of the much-anticipated Dream Garden! With the aim of having the perennials planted before the first frost, work is well underway to bring this beautiful vision to life.

On August 8th, we celebrated a groundbreaking ceremony to express our heartfelt gratitude to all the generous individuals who have supported this remarkable initiative. The Dream Garden has truly captured the imagination and support of our community, and we are overwhelmed by the outpouring of kindness.

Thanks to the amazing efforts of the Dream Garden Fundraising committee, we are now on the brink of achieving our goal. However, we require an additional \$54,000 to reach the finish line.

There is still time to lend support to this important undertaking. Whether you choose to make a gift online or prefer to contact the Hillel Lodge LTC Foundation, every contribution, regardless of the amount, is both needed and truly appreciated. Together, we can create a lasting legacy that will bring joy and beauty to our beloved Lodge.

The Dream Garden promises to be a sanctuary of tranquillity and natural splendour, providing our residents and their families a peaceful retreat within the Lodge's grounds.

Its vibrant colours and fragrant blooms will create an oasis where people can find solace, connect with nature, and enjoy moments of respite. The new pergolas and other special features will create spaces for people to both gather and find solitude.

The impact of the Dream Garden extends far beyond its aesthetic appeal. It is a symbol of our unwavering commitment to enhancing the quality of life for our residents, promoting their well-being, and fostering a nurturing environment. We believe that the healing power of nature can uplift spirits, offer comfort, and inspire a sense of serenity.

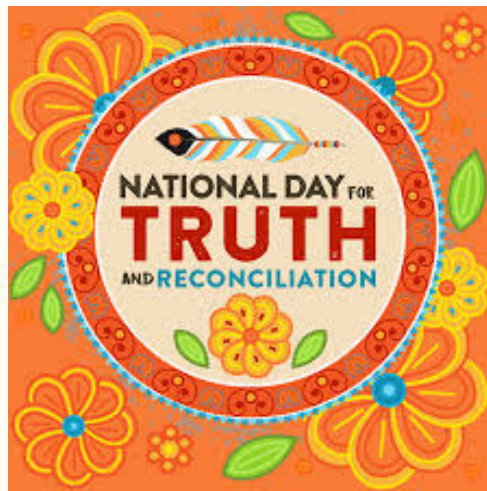
As we eagerly anticipate the completion of this transformative project, we encourage you to join us in making the Dream Garden a reality. Let us come together as a community, united in our dedication to enriching the lives of those who call Hillel home. Together, we can create a sanctuary that will bring joy for generations to come.

To make a contribution or learn more about the Dream Garden project, please visit our website at [Add a little bit of body text](#) or contact the Hillel Lodge LTC Foundation at 613-728-3990.



**MAKING  
THE DREAM GARDEN  
A REALITY**

September  
2023



## Holidays & Observances

### Labour Day - September 9th

The first Monday of September marks Labour Day and it is a statutory holiday in Canada. The origins of Labour Day go back to 1894 with the first workers rallies of the Victorian era.

### Rosh Hashannah September 15th-17th

A two-day observance, which marks the new year in Judaism. It's origins are tied to the yearly agricultural cycle of the ancient Near East. The most popular ritual of celebration tied to Rosh Hashannah is the blowing of the *Shofar*, which is a musical instrument made from an animal horn. During religious services on the holiday, additional poems and prayers are recited. Traditional foods served at seder include apples dipped in honey (to symbolize a sweet new year), pomegranates and round challah loafs (symbolizing the cycle of the year).

### Yom Kippur - September 25th

Considered the most holy day of Judaism, Yom Kippur is centered around atonement and repentance. Observation includes fasting, confession of sins and long prayer services in Synagogue as well as ascetic practices.

### National Day for Truth & Reconciliation - September 30th

This day honours the survivors of residential schools, those who never returned home, as well as their families and communities. Canadians wear orange on this day as a tribute to the residential school survivors and it is symbolic of the stripping away of the children's culture and freedom when entering the residential school system. Many Federal buildings are illuminated with orange lights on this day. Many First Nations organizations hold ceremonies of remembrance in communities across the country.

# Upcoming Events

Please join us on Sunday, September 10, 2023, for the 15th Annual Biking for Bubbies. Register Today!

## Hillel Lodge Biking for Bubbies

Biking for Bubbies, our most important fundraiser of the year. Proceeds from this event directly benefit Hillel Lodge. Biking for Bubbies brings hundreds together each year to show that our community cares about our residents!

And there is more! Fun for ALL ages with the 3rd Annual Family Fun Zone.

**PLUS! - DOUBLE YOUR IMPACT!**

With only 10 days until the 15th Annual Biking for Bubbies, we are excited about the opportunity to **DOUBLE YOUR IMPACT!**



**mediSystem**  
by **SHOPPERS DRUG MART** 

We are thrilled to announce that a generous donor has stepped forward with an incredible offer! They are willing to match your gift - for every \$1 dollar you give, they will increase their gift by \$1 dollar - up to \$7,200 - on funds raised between today and September 10.

If there is anyone who has YET to sponsor you - REACH OUT NOW - and double their impact!!!

If there is someone you've been THINKING ABOUT asking - THIS IS THE FINAL PUSH AND DOUBLES THE IMPACT.

It's easy to make a difference - go to our website [www.hillel-ltc.com](http://www.hillel-ltc.com) and, click on Biking for Bubbies and double YOUR IMPACT Now!

Your generosity will help us ensure that the "Feeding Assistance" program has the support it needs, AND your support will provide funds for a new initiative to tackle the social isolation and loneliness some residents may feel.

Every contribution, no matter the amount, will make a significant impact. Let's rally together and make this matching challenge a resounding success!



The Auxiliary of Hillel Lodge and KBI present

# THE GREAT GAMES EVENT

REGISTER HERE

[www.kehillatbethisrael.com/greatgameevent](http://www.kehillatbethisrael.com/greatgameevent)

OCT 22 2023

1 PM - 4 PM

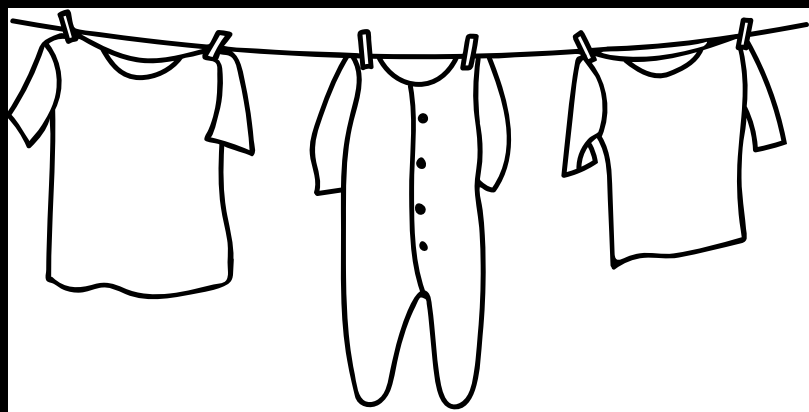
1400 COLDREY AVE

**\$54** Refreshments & \$25 tax receipt included



**Kehillat**  
BETH • ISRAEL





# Lost & Found

September  
6th & 7th

Lost & Found clothing from laundry will be displayed on the second floor across from the elevators. Residents and Family Members can look through the pieces to identify their lost or misplaced items.

## 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](mailto:macinmontreal@gmail.com)



## Monthly Birthday Celebration

Thursday September 21st at 2:30  
featuring music from our friend  
Evelyn Greenberg.

A reminder that the  
Administrative Offices  
at The Lodge will be closed on:  
Monday September 4th  
Monday September 25th



MP | député

**YASIR NAQVI**

Ottawa Centre | Ottawa-Centre

HERE TO HELP. ICI POUR AIDER.



[YasirNaqviMP.ca](http://YasirNaqviMP.ca)

613 946 8682

[Yasir.Naqvi@parl.gc.ca](mailto:Yasir.Naqvi@parl.gc.ca)



# Save The Date

Tuesday September 5, 2023

11:00 a.m. - Zumba Gold Chair with Debbie



Sunday September 10, 2023

11:00 - Musical Performance:  
Eric Luca (Biking for Bubbies)

Monday September 11, 2023

2:30 p.m. - Java Music Club

Tuesday September 12, 2023

10:30 - Musical Performance:  
The Usuals Jazz Band



Wednesday September 13, 2023

10:30 a.m. - Israel travel documentary  
with Rick Steeves



Monday September 18, 2023

10:30 a.m. - Musical Performance:  
Brian & Bobby "The Strolling Minstrels"  
2:30 p.m. - Java Music Club

Thursday September 26, 2023

2:30 p.m. - Guest Speaker: Professor Cammy

Thursday September 28, 2023

10:30 a.m. - Tai Chi with Ruth

## BINGO!

Every Monday at 6:00 p.m.  
and  
Every Friday at 2:30 p.m.



## Art Therapy

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



## Oneg Shabbat

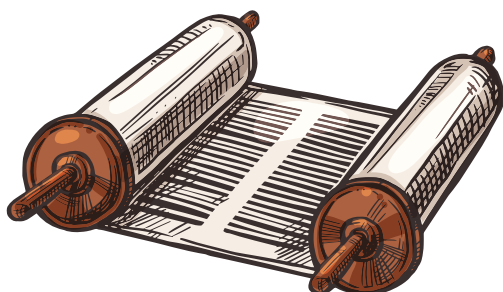
September 1 : Rabbi Lesser (YouTube)

September 8 : Making Shofar with Rabbi Blum

September 15 : Rabbi Lesser (YouTube)

September 22 : The Ganon Pre-School

September 29 : Joel Yan & friends



## LESSONS FROM THE PARSHA

Rabbi Teitlebaum

Every Wednesday at 4:00 p.m.



## Monthly Caregiver Tip

Being a caregiver is hard. Caregivers put a lot of time and energy into worrying about and advocating for their loved one in long-term care and it can result in caregiver fatigue or burn out. Here are three things all caregivers can do to be the best caregiver possible:

### **Take care of yourself.**

Exercise regularly, get proper rest and nutrition, and have regular medical checkups. And take time off to take part in pleasant, nurturing activities.

### **Don't help too much.**

Help the person you care for to be as independent as possible. For example, let the person make as many decisions as possible.

### **Ask for help.**

Accept support from others. A helping hand at the right time can make all the difference. For example, ask family or friends to pick up a few items at the grocery store.

Source: <https://www.healthlinkbc.ca/health-topics/caregiver-tips>



# 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, September 20th 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