

Lodge Line

A NEWSLETTER BY HILLEL LODGE

Biking for Bubbies Success

Hillel Lodge
Biking for Bubbies



mediSystem
by SHOPPERS DRUG MART

The 15th Annual Biking for Bubbies was a resounding success, both in terms of community participation and fundraising. The event aimed to raise funds to support the Feeding Program and a new initiative that will help combat the loneliness and isolation experienced by some of the residents at Hillel Lodge, and I am thrilled to share that we

raised an impressive \$214,000. This achievement would not have been possible without the unwavering commitment and support of all the amazing volunteers, sponsors, donors, and riders.

Looking ahead, we are excited to announce that next year's Biking for Bubbies event is scheduled for September 15, 2024.



NEWS AND UPDATES IN THIS ISSUE

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Foundation Round-Up



MAKING THE DREAM GARDEN A REALITY

As you might have noticed, there are some exciting changes happening in our courtyard. The Dream Garden is an ambitious initiative to create a vibrant and inspiring space. It aims to transform the current space into a beautiful, multifunctional, accessible garden. The space will be a home wheelchair friendly gardening beds, new pergolas & furniture, and a fantastic new BBQ space. Despite significant progress, the Dream Garden project still requires additional financial support to reach its goal. The plan is to raise the remaining funds before its official opening in the spring of 2024. The goal is to have the hardscaping done in time to plan the perennials before the first frost.

Where is Mitch Miller?

We would like to take this opportunity to wish Mitch Miller success in his role as Director of Advancement at the Ottawa Network for Education and thank him for his six years of service to the Hillel LTC Foundation (1995-2021). As the leader, he strengthened the footprint of the Lodge's Foundation within the community. During this period, Mitch and the Foundation leveraged a network of advocates, volunteers, donors, and our investment manager (BMO Nesbitt Burns - Lawrence Pleet) to increase its contributions to the Lodge and improve the quality of care for residents through the:

- 500% growth in Biking for Bubbies.
- Increase the Endowment Fund from just under six million to over fifteen million dollars.
- Establishment of our Life and Legacy program.

Mitch continues to be a valued donor supporting the care of Hillel Lodge Residents. As Mitch said, "For the benefit of the Hillel Lodge Residents of today and the future - I hope the Foundation continues to grow and wish much success." We wish Mitch all the best in his future endeavours.



Holidays & Observances

Sukkot

September 29 - October 6

Beginning five days after Yom Kippur, Sukkot is named after the booths or huts (sukkot in Hebrew) in which Jews are supposed to dwell during this week-long celebration. According to rabbinic tradition, these flimsy sukkot represent the huts in which the Israelites dwelt during their 40 years of wandering in the desert after escaping from slavery in Egypt. The festival of Sukkot is one of the three great pilgrimage festivals (chaggim or regalim) of the Jewish year. The enforced simplicity of eating and perhaps also living in a temporary shelter focuses our minds on the important things in life and divorces us from the material possessions of the modern world that dominate so many of our lives.

Simchat Torah - October 6-8

A Jewish holiday that celebrates and marks the conclusion of the annual cycle of public Torah readings, and the beginning of a new cycle. The main celebrations of Simchat Torah take place in the synagogue during evening and morning services. In many Orthodox as well as many Conservative congregations, this is the only time of year on which the Torah scrolls are taken out of the ark and read at night. The morning service is also uniquely characterized by the calling up of each member of the congregation for an aliyah.

Thanksgiving October 9th

An annual Canadian holiday and harvest festival, held on the second Monday in October, which celebrates the harvest and other blessings of the past year. The first celebration of Thanksgiving in North America is believed to have occurred during the 1579 voyage of Martin Frobisher from England, in search of the Northwest Passage.

Upcoming Events

VENDING MACHINE

The Lodge has a new vending machine, located on the main floor, across from the service elevator.

Currently it is cash-less (card payment) only, but will soon have a change module installed. Be sure to check out the tasty treats available!

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



INFECTION CONTROL WEEK

October 16 - 20th 2023

See *News from Nursing* (pg. 6) for more details about this event!

Save The Date

Monday October 2, 2023

2:30 p.m. - Sukkot Party

Tuesday October 3, 2023

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

Tuesday October 10, 2023

11:00 a.m. - Zumba Gold Chair Fitness

Monday October 16, 2023

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

Tuesday October 17, 2023

11:00 a.m. - Ecumenical services
with Reverend Peate

Wednesday October 18, 2023

1:30 p.m. - Scenic Drive Outing
to Gattineau Park

Monday October 23, 2023

10:30 a.m. - Musical Performance:
Brian & Bobby Ukulele Strolling Minstrels

Thursday October 26, 2023

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

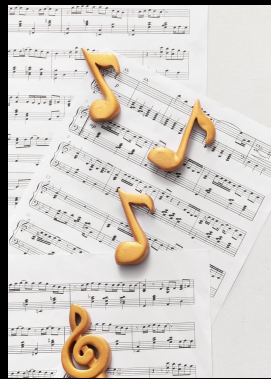
BINGO!

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



JAVA music club

Every Monday at 2:30 p.m.
(Except on Holidays)



Oneg Shabbat

October 6 : Rabbi Lesser (YouTube)

October 13 : Ganon Preschool

October 20 : OJCS Grade 6

October 27: Joel Yan & friends



LESSONS FROM THE PARSHA

Rabbi Teitlebaum

Every Wednesday at 4:00 p.m.

News From Nursing

This October, Hillel Lodge will be celebrating Infection Control Week October 16-20, 2023. Our theme is 'Unite and Conquer' and it will be an interdisciplinary event. Team Members, Residents & Care Partners of the Hillel Lodge Community are encouraged to participate in the upcoming activities! Please reach out to IPAC Lead Joanna Wexler-Layton, or Director of Care Morag Burch if you are interested in participating.

Along with the promotion of best practices in infection prevention and control we will be running both Influenza and COVID booster clinics for residents at the beginning of October and team members towards the end of the month. Requests for consent will be coming shortly. As vaccine quantities are limited at this time, we will not be able to offer vaccines to families currently.

As we anticipate an increase in respiratory illnesses for the fall and winter months we encourage all residents, care partners and team members to continue passive screening prior to entry to the Home. Practice good hand hygiene, wear appropriate PPE, and engage in practices that promote overall wellbeing.

-- Joanna Wexler-Layton



A group of amazing folks that included family members, resident and family council representatives as well as staff have been meeting monthly since May and they have given us the direction that we need to go forward and put our thoughts into action.

We have been talking and talking about person centered care for our pilot project on 2 east for awhile now and our next steps will involve:

- Door coverings to brighten up the entrance to the resident rooms on 2 east
- Working with OC Transpo to put a bus stop scene on the wall
- Ongoing training for staff
- Promotion of person centered language

More updates monthly as we start to show evidence of the elements of person centered reflected in our logo.

-- Sue Burnell-Jones



The Auxiliary of Hillel Lodge and KBI present

THE GREAT GAMES EVENT

REGISTER HERE

www.kehillatbethisrael.com/greatgameevent

OCT 22 2023

1 PM - 4 PM

1400 COLDREY AVE

\$54 Refreshments & \$25 tax receipt included



Kehillat
BETH • ISRAEL





Adaptive clothing

Monthly Caregiver Tip

Adaptive clothing can play a positive role in the care that our residents receive, it is designed to make daily routines easier. Simple changes in clothing type and design can result in quicker changes of clothing, increased comfort during care and also support the independence of residents.

Examples of adaptive clothing include:

- Shoes and slippers with extra-wide Velcro closures—helpful for swollen feet and diabetic conditions
- Garments with larger armholes and back and frontal openings—easier and faster to put on than items that need to go over the head
- Soft and stretchy fabrics without tags and sewn with flat seams—helpful in preventing chafing and allowing for ease of movement
- Pants, shirts, dresses and outerwear with elastic waistbands, or Velcro or magnetic closures—easier for people who have difficulty with fine motor skills

Adaptive clothing is designed to look like regular clothing, so residents can maintain their sense of dignity while also being comfortable and functional.

Talk to the care team to discuss whether adaptive clothing may be beneficial to your loved one.