

# Lodge Line

A NEWSLETTER BY HILLEL LODGE

## BUY AN ISRAEL BOND FOR THE BESS AND MOE GREENBERG FAMILY HILLEL LODGE

Israel Bonds and Hillel Lodge Long-Term Care (LTC) Foundation are thrilled to announce our partnership.

Together, we can make a real impact by supporting both our community and the People of Israel with a single donation.

Israel Bond's newest and most creative bond, the Shalom Saving Bond, offers a unique opportunity to double the impact of a single donation. The first impact benefits the State of Israel which uses the borrowed funds to strengthen their economy -especially during this critical time. The second impact benefits the Foundation, as at the end of the one-year term, YOUR gift, plus interest can be used to support coming year expenditures.

Visit

<https://hillel-ltc.com/foundation/ways-to-give>



### NEWS AND UPDATES IN THIS ISSUE

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## Holidays & Observances

### Hanukkah - December 7-15

Hanukkah (also spelled “Chanukah”), which is Hebrew for “dedication” is an eight-day winter “festival of lights,” which begins each year on the 25th day of the Jewish month of Kislev.

In 2023, Hanukkah begins at sundown on Thursday, December 7, and continues through Friday December 15. The first candle is lit on the first night of Hanukkah with an additional candle lit each night.

Hanukkah commemorates the rededication of the Holy Temple in Jerusalem after a group of Jewish warriors (Maccabees) defeated the occupying Greek armies. The festival celebrates the triumph of light over darkness after only one vial of oil was found with just enough oil to illuminate the menorah for one day, yet it lasted for eight full days. Hanukkah is celebrated by lighting the menorah (also called the hanukkiah), playing dreidel, singing Hanukkah songs, exchanging gifts, and eating foods unique to Hanukkah.

#### Hanukkah Candle Lighting

1st Candle Lighting: Thursday December 7th

8th Candle Lighting: Friday December 15th

For safety reasons, we remind everyone that the lighting of candles is not permitted in residents’ rooms or anywhere else in the building.

Electric Menorahs are permitted

Merry Christmas  
to those who celebrate!

May the Christmas season  
bring joy and happiness  
to you and your family.



# Announcements

## Café

The Café will be Opening Soon!

We are holding a Consultation meeting to gather your opinions and ideas for the opening of the Café.

Residents Family and staff are invited to join us in the Café on Monday December 11 at 2pm.

## 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)



## A Note from Elizabeth, Foot Care Provider



As a result in significant price increases, not only for my tools, but everything I require to provide foot care services:

I will be increasing my foot care rate to \$40.00 per visit starting January 1/2024.

# Save The Date

Monday December 4th, 2023

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



Tuesday December 12, 2023

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

Wednesday December 13, 2023

2:30 p.m. - Am Israel Chai Musical Performance

Sunday December 17, 2023

10:15 a.m. - Balloon Toss with Ottawa Modern Jewish School (Kindergarten - Grade 3)

2:30 p.m. - Musical Concert with Gustave Goldmann & Joanne Moorcroft



Monday December 18, 2023

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

Tuesday December 19, 2023

11:00 a.m. - Ecumenical service with Rev. Peate

Thursday December 21, 2023

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

2:30 p.m. - Japanese Yosakoi Dave Performance & Workshop

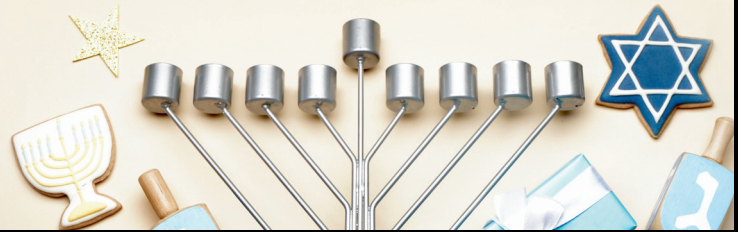


Sunday December 31, 2023

2:30 p.m. - New Year's Eve Party

## Hanukkah Party

Featuring "A Touch of Klez"  
December 10th at 10:30 a.m.



## Birthday Party

With Evelyn Greenberg

December 28th  
at 2:30 in the Café



## Oneg Shabbat

December 1 : The Lesh Family

December 8 : Ganon Preschool

December 15 : OJCS Grade 7

December 22: Rabbi Lesser (YouTube)

December 29: Joel Yan & Friends



## LESSONS FROM THE PARSHA

Rabbi Teitlebaum

Every Wednesday at 4:00 p.m.

# Winter/ Spring Menu 2023 - 2024

New and returning menu items:

## Soups:

Fall Harvest Soup  
Potato Onion Soup  
Sweet Potato Soup  
Cream of Celery Soup  
Mulligatawny Soup

## Desserts:

Chocolate Layer Cake  
Lemon Pie  
Bread Pudding  
Baked Custard  
Date Square  
Pumpkin Mousse  
Pear Coffee Cake  
Pumpkin Pie  
Pecan Streusel Cake  
Triple Berry Crumble,  
Wild berry Macaroon Cake

## Side Dishes:

Scalloped Potatoes  
Au Gratin Potatoes  
Mushroom Noodle Kugel

## Main Dishes:

Three Cheese & Vegetable Pasta  
Red Pepper & Leek Quiche  
Cabbage Rolls  
Beef Burgundy  
Turkey A La King  
Braised Liver & onions  
Italian Vegetable Frittata  
BBQ Beef Short ribs  
Chicken Toscano  
Shepherd's Pie  
Beef Stew  
Pepper Steak  
Polynesian Chicken  
Chicken Marinara  
Lemon Thyme Chicken  
Cod Almondine  
Bean Burrito with salsa & guacamole  
Fish & Chips  
Tandoori Chicken  
Portuguese Chicken,  
Rosemary Chicken

# News From Nursing

“Isse is the BSO Champion at Hillel Lodge and has worked hard to grow and improve the BSO Program. He is an incredibly kind and caring individual, and these qualities are evident in all of his interactions. Isse meets the residents he cares for with a non-judgemental approach, respecting their personhood, and demonstrating compassion and empathy. He does so while supporting dignity, and promoting understanding of the resident as a person first. He recognizes that the seemingly “smaller” actions matter, such as taking the time to share a joke in the hallway with a resident who is passing by. Isse is thoughtful, and this shows in his development of personalized care interventions. He communicates well with residents and his colleagues, and always engages with others in a manner that is patient and respectful. Isse seeks input from all members of the care team, and his observations and contributions to the Geriatric Psychiatry Team clinic days are invaluable. Isse is also a Gentle Persuasive Approach Certified Trainer and a Living the Dementia Journey Trainer.”



These are the words about Isse when he received the BSO Champion Award from the ROH BSO Program In November 20 2023...Dr Rivard is presenting Isse with his certificate.

Congratulations Isse!!

# What is the BSO Program?

## Nursing Phone Extensions

If you need to speak with your loved one's nursing staff, you may use the phone extensions below. Please note, the desk phones have an option to leave a voicemail, but the portable extensions do not.

1-West

Desk Phone - 160

Portable - Not currently available

2-East

Desk Phone - 228

Portable - 683

2-West

Desk Phone - 260

Portable - 676

3-East

Desk Phone - 328

Portable - 679

3-West

Desk Phone - 360

Portable - 677

The Behavioural Supports Ontario (BSO) initiative was created to enhance health care services for older adults in Ontario with complex and responsive behaviours associated with dementia, mental health, substance use and/or other neurological conditions. The BSO program provides direct care services such as assessments, behavioural care plans, and therapies to prevent or alleviate responsive behaviours. BSO services play a significant role in the implementation of non-pharmacological strategies with the goal of preventing or reducing the prevalence of responsive behaviours. These strategies are guided by the principles of several evidence-based programs including P.I.E.C.E.S., GPA, U-FIRST, and DementiAbility.



# DIGNITY QUILT



The Dignity Quilt is not just a piece of fabric. It is a powerful symbol of the dignity and respect we strive to uphold at Hillel Lodge.

When the Dignity Quilt is removed from the hanger, it signifies that a resident has passed away. The quilt is placed over someone as they leave Hillel Lodge as a final gesture of respect and dignity for the departed person. It is a way for us to honour their memory and acknowledge the significance of their life.

When the quilt is on the hanger, it's presence resonates in the care and support provided by our team. It is a constant reminder of our commitment to preserving the dignity and comfort of each resident.

ALL residents will arrive through our front door and leave through our front door.

A wooden dove with a leaf will be placed at the table setting in the dining room for 72 hours in memory of the resident who has left us.







## Monthly Caregiver Tip

At Hillel Lodge, we strive to provide a safe, warm and inviting atmosphere for our Residents and their visitors at all times. While we understand that situations arise where a loved one may experience the chill of winter months, it is important that we continue to keep everyone in our home safe.

Space heater's may provide an additional level of comfort through the warmth that it emits, however there are significant risks associated with their use. These include:

- **Fire Hazards:** if a space heater is left on for extended periods of time or is in faulty it may overheat and potentially cause a fire.
- **Flammability:** if a space heater is placed too close to a flammable material, it increases the risk of fire.
- **Burns:** direct contact by touching the hot surfaces of the space heater can cause burns. Some space heaters emit hot air from the sides or top of the heater and can pose a risk of burns from the hot air.
- **Poorly maintained equipment** may result in reduced efficiency and increased fire risks.

For these reasons, Hillel Lodge does not permit the use of space heaters in the home.

Did you know that Long Term Care Homes in Ontario are regulated to keep indoor temperatures at 22°C at all times?

If you are feeling chilly, here are some tips:

- Ensure you or your loved one has the appropriate clothing for the season. Dress appropriately. Ensure you have socks on! Add a sweater to your look!
- Use a blanket.
- Enjoy a warm beverage.

If you or your loved one notice any concerns relating to the temperature in your room, please let the nurse know and they will advise the Environmental Services Team.

# 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 December 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