

Lodge Line

THE BESS AND MOE GREENBERG FAMILY HILLEL LODGE OF OTTAWA
NEWSLETTER

RESIDENT WIFI

We are pleased to announce Resident WiFi will be launching in January 2024. This will be offered to our residents at a lower rate than most Internet packages. Details about cost and how to register are forthcoming.



NEWS AND UPDATES IN THIS ISSUE

- Resident WiFi*
- Reflecting on a Year of Compassion*
- Holidays & Observances*
- Announcements*
- Save The Date*
- News from Nursing*
- Monthly Caregiver Tip*
- Caregiver Support Group*

Reflecting on a Year of Compassion & Gratitude as 2023 comes to an end.

As we step into the new year, we want to express our deepest gratitude for your unwavering support of the Bess and Moe Greenberg Family Hillel Lodge Long Term Care Home of Ottawa. THANK YOU.

Reflecting on the collective achievements and milestones of the past year, our hearts are filled with gratitude for everyone who contributed to making this year such a resounding success.

First and foremost, we would like to acknowledge and appreciate our exceptional and caring staff and volunteers at Hillel Lodge. Every day, we witness their unwavering dedication as they go above and beyond to ensure the physical, emotional, and spiritual well-being of our residents. They are the heart of the Lodge.

We would also like to take this opportunity to recognize the invaluable contributions of the Bess and Moe Greenberg Family Hillel Lodge of Ottawa Board of Directors, the Hillel Lodge LTC Foundation Board of Directors, and the Hillel Lodge Auxiliary. Their unwavering dedication, guidance, and commitment to our mission and residents are truly humbling. Despite their busy lives, they generously give their time, talents, and hearts to our cause. They deserve our deepest thanks and gratitude.

Before we delve into the achievements and milestones of this year, we also want to acknowledge and remember those who have left us and have chosen to leave a lasting legacy. We are deeply grateful to the individuals who had the foresight to include the Hillel Lodge Foundation in their wills, ensuring that their impact on the lives of others endures beyond their time with us. Their selflessness serves as a testament to the incredible compassion and kindness that resides within our community.

This year marked the 15th remarkable year for Biking for Bubbies, an extraordinary event that brings the community together in support of the Bess and Moe Greenberg Family Hillel Lodge of Ottawa. We extend our deepest thanks to every biker, walker, sponsor, cheerleader, and volunteer who contributed their time and effort to make this event a resounding success. Thanks to their incredible support, we have raised funds to support the Feeding Assistance Program and combat loneliness among some of our most isolated residents. THANK YOU!

This year has also witnessed the fulfillment of long-held dreams and aspirations. The new Dream Garden will be a space that brings joy and tranquillity to our residents, providing a serene environment for reflection, connection, and solace. This project is a testament to our community's collective commitment to enhancing the quality of life for our cherished residents. We extend our heartfelt appreciation to the group of dedicated community members who stepped forward to make this dream a reality. They can be proud of their work and the knowledge that they are truly enhancing the lives of those living at the Lodge.

Furthermore, this year saw the reopening of the new and improved Therapeutic Room. This transformative space provides our residents with a place to improve their independence and live fuller lives at the Lodge. It stands as a testament to the power of one family's commitment to the residents and Hillel Lodge.

As we embark on the coming year, let us continue to work hand in hand to provide the best environment and home for those who call the Bess and Moe Greenberg Family Hillel Lodge of Ottawa their home.

With deepest appreciation and warmest regards,

Ted Cohen & Leslie Sher



January
2024

Holidays & Observances

Tu BiShvat - January 24

Tu BiShvat is a Jewish holiday occurring on the 15th day of the Hebrew month of Shevat. It is also called Rosh HaShanah La'Ilanot, literally "New Year of the Trees".

In the Middle Ages, Tu BiShvat was celebrated with a feast of fruits in keeping with the Mishnaic description of the holiday as a "New Year." In the 16th century, the kabbalist Rabbi Yitzchak Luria of Safed and his disciples instituted a Tu BiShvat seder in which the fruits and trees of the Land of Israel were given symbolic meaning. The main idea was that eating ten specific fruits and drinking four cups of wine in a specific order while reciting the appropriate blessings would bring human beings, and the world, closer to spiritual perfection.

In contemporary Israel, the day is celebrated as an ecological awareness day, and trees are planted in celebration. Ecological organizations in Israel and the diaspora have adopted the holiday to further environmental-awareness programs.



Announcements

Nursing Extensions

If you need to speak with your loved one's nursing staff, you may use the phone extensions below. Please note, only the desk phones have an option to leave a voicemail.

1-West

Desk Phone - 160

Portable - 694

2-East

Desk Phone - 228

Portable - 683

2-West

Desk Phone - 260

Portable - 676

3-East

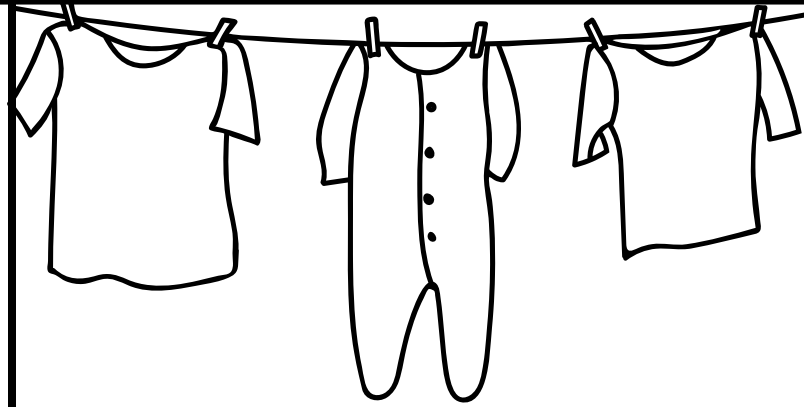
Desk Phone - 328

Portable - 679

3-West

Desk Phone - 360

Portable - 677



Lost & Found

Lost & Found clothing from laundry will be displayed on the second floor across from the elevators from January 11-14.

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



Save The Date

Thursday January 4, 2024

10:30 a.m. - Nursing Rehab Exercise Class

Tuesday January 9, 2024

10:30 a.m. - Zumba Gold Chair with Debbie

Thursday January 11, 2024

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

11:00 a.m. - Tai Chi with Ruth

Tuesday January 16, 2024

10:30 a.m. - The Usuals Jazz Band
11:00 a.m. - Ecumenical service with Rev. Peate

Tuesday January 23, 2024

2:30 p.m. - Keep on Singing with Alison &
Howard
2:30 p.m. - Therapeutic Chair Yoga with Eric

Thursday January 25th, 2024

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

Monday January 29, 2024

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

New Years Music

Featuring Tony True
January 1st at 3:00 p.m.

Birthday Party

With Evelyn Greenberg

January 18th at 2:30 in the Café

Oneg Shabbat

January 5 - The Lesh Family
January 12 - Joel Yan & Friends
January 19 - Ganon Preschool
January 26 - OCJS Grade 6



LESSONS FROM THE PARSHA

Rabbi Teitlebaum

Every Wednesday at 4:00 p.m.



News From Nursing

As we move into 2024, we celebrate our nursing department, and these are some of our accomplishments:

- Edna Batema is our Wound and Skin Care Nurse who makes rounds once a week and teaches our staff and monitors our wounds.
- Victoria Walker is now our RAI Coordinator and has completed the three-day training course for the role, replacing Kaitlyn Houle who has moved on to further her education.
- GPA training completed for many staff and PIECES training completed by a majority of our registered staff.
- Prep course for preceptors, a one-day session, completed by nineteen staff members.
- Gentle Persuasive Approach (GPA) Coach training for Isse and Aldenia, our two BSOs, and now we have our own in-house trainers moving into 2024.
- LEAP, a palliative care course, completed by three of our registered staff.
- Our nursing restorative program commenced this year, and the "Fit as a Fiddle" logo lets us know who is participating and it is a program that brings smiles to the faces of those involved.

Everyday our nursing staff provides compassionate and professional care to our residents in each of the neighborhoods..... tender loving care (TLC) for both our residents and their families.



Get Your
Affairs in
Order



Monthly Caregiver Tip

Getting your affairs in order, no matter how young or old you are, is critical. We never know what tomorrow brings and any of us could have a catastrophic health event, at any age, that causes us to be unable to make decisions. Without POA documents there can be delays in medical treatment and it is a very long and costly process to have someone else take over your finances, leading to unpaid bills among other problems. Everyone over 18 years old should have POA documents.

There are two types of POAs in Ontario. The first is *Power of Attorney for Personal Care*, which appoints a person to make healthcare decisions on your behalf if, and only if, you are unable to make decisions yourself. The second POA is a *Continuing Power of Attorney for Property*. The word "continuing" means that it comes into effect immediately upon being signed. In most cases, a trustworthy POA Property does not step in unless asked or required – choose your POA wisely.

Without a *POA Personal Care*, the healthcare provider follows the hierarchy of the Health Care Consent Act, 1996 which may result in someone you do not trust being appointed your decision maker. If there are no relatives available, the Ministry of the Attorney General Public Guardian and Trustee (PGT) is appointed to make healthcare decisions on behalf of the person.

Without a *Continuing POA Property*, a Capacity Assessment is required to assess your ability to manage finances, which is very expensive. When a Capacity Assessment is completed, the PGT automatically takes over property management. In essence, a government representative is responsible for managing money, paying bills, and selling property.

As part of your 2024 plan, take time to be proactive and complete your POA documents. Ontario offers a free toolkit. If you have any questions about POAs and Wills, you can speak with Shannon Fraser, Director of Social Work.

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 January 17th

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

