

Lodge Line

THE BESS AND MOE GREENBERG FAMILY HILLEL LODGE OF OTTAWA
NEWSLETTER

WEDDING THAT GIVES BACK

Michelle Kuhnreich and Brody Appotive have chosen to commemorate their special day in a beautiful gesture. They have invited all well-wishers to join them in celebrating their wedding day by making a meaningful contribution to Biking for Bubbies.

16 years ago, Joel Diener and the late Seymour Mender who was Brody's beloved uncle, embarked on a remarkable journey called Biking for Bubbies. This initiative was born from their deep commitment to supporting the Bess and Moe Greenberg Family Hillel Lodge of Ottawa.

Today, Biking for Bubbies stands proud as Ottawa's most impactful cycling fundraiser dedicated to raising funds for long-term care. The overwhelming success of this event has made a lasting difference in the lives of countless individuals.

Michelle and Brody want to honour the memory of Uncle Seymour, a remarkable individual whose passion for this cause was truly inspiring. Their well-wishers contributions will continue to uplift the lives of those residing in Hillel Lodge, a beacon of care and compassion in our community.



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“THANK YOU to everyone who helped make the 15th Annual Biking for Bubbies, sponsored by Medi Systems, a success.

A SPECIAL THANK YOU to the bikers for helping to make the lives of the Bess and Moe Greenberg Family Hillel Lodge residents vibrant and fulfilling.



TEAM APPOTIVE

Morry Attias

TEAM BAKER

TEAM BARBIE

Heather Jenkin

and Debbie Rosenblatt

Marty Black

Glenda Blacker

Jon Blakey

Mark Borts

Aaron Bottner

Brian Boucher

Adam Cantor

David Clarke

Penny Cohen

Robin Conway

TEAM WHEELIE FAST

Doron Danan

Joel Diener

Ross Diener

Janet Dollin

Jim and Debbie Farrow

Josh Finn

Paul Finn

Sam and Susan Firestone

Alejandro Fizman

Jonathan Freedman

FREEMAN FAMILY

Dale Fyman

Ben Gailor

Sandy Goldberg

and John Jussup

Gustave Goldmann

RIDING FOR MOM

Roger Greenberg

Issie Hoffman k"z

John Jussup

Jonathan Katz

Irwin Kreisman

Michael Landau

Steve and Hildy Lesh

Lewis Levin

Patrick McGarry

MENDER FAMILY

Sye Mincoff

HILLEL LODGE ADVENTURES

Team Ostrega

Karen Palayew

+ Jeff Pleet

Micah Potechin

Oren Potechin

Harry Prizant

Sharon and Sol Reichstein

Lewis Retik

Eytan Rip

Noah Mayman

and Kevin Rodkin

Frank and Margo Rosen

SCHACHNOW FAMILY

Adam Schacter

Harold Schwartz

Shari Silber

Peter Stelcner

Rabbi Levy Teitlebaum

Gary Viner

Bike Ride Fundraiser

Sandra Zagon

ZARID FAMILY

Philip Zunder

CANADIAN GLOBAL (OTTAWA) LTD



WELCOME NATHALIE NEW COMMUNICATIONS LEAD

We are excited to share that Nathalie Gelineau has joined Hillel Lodge in the new role of Communications Lead.

Nathalie brings 25+ years of extensive experience in digital and traditional marketing, communications, media relations, advertising, sales, partnership programs, fundraising, and events management in the North American, Caribbean, and European markets, as well as broad industry knowledge in the non-profit, performing, and visual arts, entertainment, tourism, and education sectors.

Nathalie is thrilled to join the Lodge in her new role and to put her expertise to good use in leading and implementing our strategic communications plans.

Nathalie can be reached Tuesday to Friday in her office on second floor (room 267), at phone extension 105 or by email at ngelineau@hillel-ltc.com



February
2024

Holidays & Observances

Flag Day - February 15th

At the stroke of noon on February 15, 1965, Canada's red and white maple leaf flag was raised for the very first time on Parliament Hill. On the same day in 1996, National Flag of Canada Day was declared.

Our national flag is a symbol that unites Canadians and reflects the common values we take pride in — equality, freedom and inclusion.

Black History Month

During Black History Month, people in Canada celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada a culturally diverse, compassionate, and prosperous country.

Black History Month is a time to learn more about these Canadian stories and the many other important contributions that Black Canadians and their communities have made to the history and continued growth of this country.



Announcements



Memorial Service

We will be hosting a Memorial Service on February 27th in the Synagogue, to honour the memory of those residents who passed between November 1st 2023 and January 31st 2024.

Therapeutic Recreation Month

National Therapeutic Recreation Month is observed in February to appreciate the works of recreation therapists. This year's theme is Connection, Celebration, and Continued Education!



Family Day Reminder

Please Note our Administrative Offices and the Foundation will be closed for Family Day on Monday February 19th.



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 February 8, 2024

11:00 a.m. - Christian service with Fr. Daryold
2:30 p.m. - A Classical Music Performance with
Ruth & Carol



Tuesday February 13, 2024

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

Wednesday February 14, 2024

2:30 p.m. - Lovers Day Social

Tuesday February 20, 2024

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

Thursday February 22, 2024

11:00 a.m. - Christian service with Fr. Daryold
2:15 p.m. - Chorale Entre-Nous Choir



Monday February 26, 2024

10:30 a.m. - Zumba Gold Chair Exercise
2:30 p.m. - Guest Speaker Prof. Cammy

Tuesday February 27, 2024

2:30 p.m. - Celebrating Black History Month

Thursday February 29, 2024

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

**Outing
to the
National
Art
Gallery**



Thursday
February 15th



**Chinese New Year
Year of the Dragon**

**February
10th - 17th**

ONEG SHABBAT

February 2 - Maya & Dahlia

February 9 -

February 16 - Joel Yan & Friends

February 23 -



LESSONS FROM THE PARSHA

Rabbi Teitlebaum

Every Wednesday at 4:00 p.m.



Taxes



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.

Charge Nurse - 688

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

Monthly Caregiver Tip

It's only February, but tax season is right around the corner! It is important that all residents have annual taxes completed so that they can apply for a rate reduction at the home (if applicable) and other government benefits that are income dependent. All residents or POAs receive an accommodation statement and this can be applied to taxes as "rent." Medical expenses, including medications and equipment not covered by OHIP, are also possibly a tax deduction.

Welch LLP offers a tax clinic to low-income residents who have an income under \$40,000. If you are interested in accessing this clinic, please contact the Director of Social Work, Programs, and Support Services. You will need to provide a SIN number, last year's Notice of Assessment, all T statements, the accommodation statement from Hillel Lodge, and any other taxable benefit documents or receipts.

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 February 21st

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



THE ONTARIO

caregiver
ORGANIZATION

RESOURCES AND
EDUCATION

Nurturing mental health and wellness for caregivers

Supporting Caregiver Awareness, Learning and Empowerment (SCALE) Program

The SCALE Program aims to empower caregivers with practical information and skills to focus on their mental health and well-being needs by offering:

- Weekly psychoeducational webinars (LIVE or RECORDED) are divided into two 4-week sessions (see below for Session 1 and Session 2 topics). You may register for all of Session 1, Session 2, or individual webinars to suit your needs.
- **Strategies, tools, and resources** to better cope with difficult caregiving emotions.
- Free and confidential online group and/or individual counselling (OPTIONAL). *Space is limited. Registration is based on a first-come, first-served basis. *If you're planning to access these services, it is highly encouraged that you register for the full session of webinars to receive the maximum benefit from group or individual counselling.*

"SCALE lessened my burden of caregiving. Before, it was so heavy I couldn't bear it. But after SCALE I started seeing things in other ways....so I have more energy to put into caring for my parents" – Caregiver

SESSION 1: UNDERSTANDING THE EMOTIONAL EXPERIENCE OF CAREGIVING

FEBRUARY 6 TO 27, 2024

(Tuesdays from 12 PM to 1PM EST)

Week 1: Your caregiving journey

Week 2: How caregiving stress affects you

Week 3: How caregivers can manage anxiety and anger

Week 4: How caregivers can manage sadness and guilt

SESSION 2: STRATEGIES FOR CAREGIVER MENTAL HEALTH & WELL-BEING

MARCH 5 TO MARCH 26, 2024

(Tuesdays from 12 PM to 1PM EST)

Week 1: Become a mindful caregiver

Week 2: The self-compassionate caregiver

Week 3: Find your caregiver strengths

Week 4: Time for self-care while caregiving

Seeing this past FEBRUARY 6TH, 2024?

You can still sign-up for any of the
remaining live webinars!

[Register today](#)



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