

# Lodge Line

THE BESS AND MOE GREENBERG FAMILY HILLEL LODGE OF OTTAWA  
NEWSLETTER

## Therapeutic Recreation Month

### Connection, Celebration, and Continued Education!

The month of February celebrated National Therapeutic Recreation. This year's specific theme of "Connection, Celebration, and Continued Education" was observed at Hillel Lodge by creating awareness on what is Therapeutic Recreation and its numerous benefits.

### What is Therapeutic Recreation?

Recreational therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the social, emotional, physical, cognitive, and/or spiritual needs of individuals to promote health, recovery, and well-being. Here at the Lodge, our Recreational team are mindful to cover all those 5 domains when developing monthly calendar of activities (including for example art classes, music, gardening, Chair Yoga, Bingo, pet therapy).



### NEWS AND UPDATES IN THIS ISSUE

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## Therapeutic Recreation Month - Continued from Front Page

To underline the National Therapeutic Recreation month, an informational board on Therapeutic Recreation was displayed at the entrance of the Lodge including fun activity pictures of past recreational activities done with residents.

The Recreational team also put together an educational scavenger hunt of clues hidden in areas of the Lodge where residents normally engage in independent leisure activities. Many residents enjoyed participating in the scavenger hunt with the recreational team and their families.

### What are the benefits of Therapeutic Recreation?

- Promoting leisure independence and optimal leisure lifestyle
- Developing of healthy living strategies through leisure
- Stress management
- Social engagement
- Self-efficacy
- Increasing independence and promoting self reliance
- Leisure participation, activation, and enjoyment
- Achievement of goals via group and one to one intervention
- Goal setting and outcome measures
- Community inclusion
- Provide strategies to adapt to the environment/overcome barriers related well-being



# Person-Centred Care at Hillel Lodge

What does person-centred care mean? Essentially, it means that rather than adopting a universal care approach for all our residents (essentially a cookie-cutter approach), we strive towards a custom care approach for each of our 121 residents.

Under this model, each resident's values, preferences, interests, needs, and goals guide every aspect of their care and the services we provide. Person-centred care aims to support residents by managing chronic and complex health conditions while enabling them to live every day to the fullest.

Clearly, person-centred care starts with a goal of care discussion related to each resident. These discussions aim to determine the level of care and support required to meet each resident's needs or goals. Whether it's being able to perform daily activities that we take for granted such as brushing teeth, combing hair, or putting on socks, the Lodge staff are there to support each resident in a manner that meets their needs. In addition, these discussions help to determine the recreational and social activities that meet each resident's needs.

The Lodge's **Therapeutics Department** plays an important role in assisting residents to retain their independence. In 2023, this department received a significant boost in its ability to support residents thanks to a generous community donation through the Ottawa Jewish Community Foundation in memory of Marsha Magidson Z"L . These funds helped us implement a more spacious therapeutic room with additional specialized equipment and beautiful garden views.

"My personal goal was to walk up the stairs of the synagogue for my grandson's wedding," explains resident Morris Schachnow. "It seemed unachievable to me at first. The therapeutic team detected I needed to work on my balance as well as strengthening my legs to achieve my goal. With their help and with regular training, I proudly went up those stairs at the synagogue! I look forward to my therapeutic sessions, helps me physically and mentally to be active."





## Person-Centred Care at Hillel Lodge - Continued from Page 3

The Lodge has also implemented through the funding of the Jewish Federation of Ottawa (JFO) a new program aimed to “end loneliness and spread happiness.” Research tells us that enhancing emotional connections is key to solving the problem. The **Java Music Club** allows Hillel Lodge staff to identify who is most in need of social interaction and personally invite them to a small group led by the recreation team. The guided curriculum allows the group to choose a theme and then offers music and discussion topics around that theme. The themes include friendship, Jewish holidays, trust, Mother’s Day, and more. The group gets to know one another better and begins to create stronger relationships.

Another program to combat loneliness made possible in 2023 through the funding from Biking for Bubbies is the **Companionship Connections** program. All residents in long-term care are assessed quarterly to determine their health status and care needs. Residents with high score in depression and/or social isolation are reviewed by recreation for the Companionship Connections program. The program includes meaningful one to one engagement visits by one of our recreation team members. During those visits, the recreation assistant will engage with the resident in tailored activities ranging from simple conversation while doing a puzzle to doll therapy to Snoezelen (sensory environment).

Also newly constructed thanks to community donations and soon to be officially inaugurated this summer, is our new **Dream Garden**. It will be a place where residents and family members can gather and socialize while interacting with nature, do gardening activities through our horticultural program, or just be alone and experience the sounds, scents, and feelings of the garden. To some of the residents, the garden is the only outdoor space they have access to due to their abilities thus making this green space crucial for their better healthy mental and physical living.

Another essential part of our person-centred approach is ensuring **food choices** are in place to meet residents’ individual needs and tastes. Through the support of JFO we can provide a fully kosher menu with a wide variety of food choices. Food selection is an important focus of the Lodge to ensure that the residents' changing diets and food preferences are satisfied. To do that, we hold regular resident meetings to review existing menus and to get new menu ideas. When residents move to the Lodge, we interview them to understand their individual preferences which helps to inform our meal planning and help select items for the menu as well.

Together, our staff, boards, residents, families, and community leaders, are focused on a firmly person-centred future. The Lodge is a leader in the long-term care industry by constantly striving to improve residents’ quality of life through various quality improvement activities, new services, and care options.





March  
2024

## Holidays & Observances

### Purim - March 25th

Purim is a Jewish holiday that commemorates the saving of the Jewish people from annihilation at the hands of an official of the Achaemenid Empire named Haman, as it is recounted in the Book of Esther. The day of deliverance became a day of feasting and rejoicing. Purim is celebrated in modern times by :

- Exchanging gifts of food and drink, known as mishloach manot
- Donating charity to the poor, known as mattanot la-evyonim
- Eating a celebratory meal, known as se'udat Purim
- Public recitation of the Scroll of Esther or "reading of the Megillah", usually in synagogue
- Reciting additions to the daily prayers and the grace after meals, known as Al HaNissim

### Social Work Week - March 4-10

From providing direct mental health services, to helping people navigate complex systems and challenges, and connecting people with the right supports, social workers make a difference when it's needed most.

This March, we invite you to learn more about how #SocialWorkOpensDoors for people across Ontario, and join us in celebrating this essential work.

### Social Workers on the Hillel Lodge Team

We open our arms to welcome back Lisa Rossman who returned to her role as Director of Social Work, Program and Support Services on February 5th, 2024. Shannon Fraser who has done exemplary work over the past eighteen months as Interim Director of Social Work, Program and Support Service has moved on to the role of Director of Quality Improvement.



# SOCIAL WORK OPENS DOORS

**Social Work Week | March 4 to 10, 2024**

Every day, social workers help open doors to greater mental wellbeing, safety and stability.

This Social Work Week, let's celebrate the many ways that social workers support health, mental health and wellness for people across Ontario.

**OASW.ORG**





# Announcements



## Memorial Service

Rescheduled to  
Tuesday March 19th  
at 11:00 a.m. in the Synagogue



## Good Friday Reminder

Please Note our Administrative  
Offices and the Foundation will be  
closed for Good Friday on  
Friday March 29th.



Bingo Games take place  
Every Friday at 2:30 p.m.  
&  
Every Monday at 7:00 p.m.

## 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)





# Save The Date

Thursday March 5, 2024

2:30 p.m. - Keep on Singing with  
Alison, Howard and Debbie



Monday March 11, 2024

11:15 a.m. - Zumba Gold Chair with Debbie



Tuesday March 12, 2024

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

Thursday March 14, 2024

11:00 a.m. - Christian Mass with Fr. Daryold  
11:00 a.m. - Tai Chi with Ayumi

Monday March 18, 2024

10:30 a.m. - Music Performance by Tony True  
2:30 p.m. - Guest Speaker Prof. Cammy



Thursday March 21, 2024

2:30 p.m. - Guest Speaker Rabbi Mikelburg

Monday March 25, 2024

11:00 a.m. - Music with Brian & Bobby  
Ukelele Strolling Minstrels

Tuesday March 26, 2024

11:00 a.m. - Jewish Songs and Prayers  
with Cantor Bielak



**Monthly Birthday Party**  
with Evelyn Greenberg  
March 28th at 2:30 p.m.



**LUNCH OUTING**

Denny's Restaurant  
March 26th at 2:00 p.m.



**Megillah Reading**

Saturday March 23rd  
&  
Sunday March 24th



**LESSONS FROM THE PARSHA**

Rabbi Teitlebaum  
Every Wednesday at 4:00 p.m.



## Room Safety

### 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

We understand the importance of residents personalizing their individual room to make it feel like home. We encourage residents to decorate their space with personal belongings. In doing so, we must ensure that space limitations and safety requirements are recognized. Having a space feel like home must be balanced with our commitment to maintaining a safe and comfortable environment for all residents at the Lodge.

Not sure what is allowed? Concerned if it will fit the room? Some permissible items include music player, alarm clocks, television.

For the full policy about room safety, please contact our Director of Social Work, Lisa Rossman, at 613.728-3900 ext.108.