

# LODGE LINE



## Staff Appreciation & Wellness Week

Hillel Lodge held its Staff Appreciation & Wellness Week from March 4th-8th. This week was created to show our appreciation to all our hard-working staff. The week was designed to help staff with all aspects of their wellness. The events centered around the 5 domains of wellness: social, cognitive, spiritual, emotional, and physical.

Throughout the week we hosted several different events that included: Wellness Moments, chair massages, chair yoga, financial wellness, and sweet treats. Each of these events was designed to tackle a different aspect of wellness allowing staff to fully rejuvenate and connect with themselves.



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"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

— William Arthur Ward

# Staff Appreciation & Wellness Week - Continued

During the Staff Appreciation & Wellness Week the staff was invited to dress up for Spirit Day themes: Pyjama Monday, Twinning Tuesday, Wacky Wednesday and Throwback Thursday, many staff members went all out showing their Hillel Lodge spirit. Not only did the staff enjoy it, but the residents also loved observing staff in spirited outfits. Residents enjoyed it so much that the managers visited the neighbourhoods during mealtimes that week to surprise the residents with our crazy looks.





# Staff Appreciation & Wellness Week - Continued

To cap off the Staff Appreciation & Wellness week we celebrated International Women's Day on March 8th with both staff and residents. Everyone was encouraged to wear purple, and staff had purple ribbons on their name tags. During the day we took the time to say a few words to the staff and residents, to acknowledge the importance of the day and show our support for every woman in our lives. One of our residents Sally St. Louis rose to the occasion and spoke to the audience about her experience with International Women's Day. She talked about her experience as a founder for international women's day for nurses saying "It is so nice to see the younger generation out here supporting this day. They continue to advocate for women and women's rights". Her meaningful words touched all that were in attendance.

A special thanks to Emma Box, our Diversity Equity & Inclusion Research Coordinator Co-op Student, for organizing the Staff Appreciation & Wellness Week.



# Staff Appreciation & Wellness Week - Continued

**80 staff members participated in Wellness Moments from Your Health Space during our Staff Appreciation & Wellness Week in March 2024.**



A free workplace mental health service for Ontario's health care organizations

Leveraging emerging evidence in work-based micro-learning, **Wellness Moments** are compact, condensed training sessions delivered in an engaging, gamified way. These focused, 10-15 minute huddles have been developed specifically to meet the unique needs of health care workers and provide them with a choice between two topics at the point of delivery.

The health care backgrounds of Your Health Space Trainers allow them to connect with and understand that challenges of session participants.

Pathway	Topics
Flourishing in the Workplace	<ul style="list-style-type: none"><li>• Positive Psychology</li><li>• Dimensions of Wellness</li></ul>
Addressing Stress in the Workplace	<ul style="list-style-type: none"><li>• Managing Stress</li><li>• Mindfulness</li></ul>
Addressing Fatigue in the Workplace	<ul style="list-style-type: none"><li>• Empathic Strain</li><li>• Burnout</li></ul>



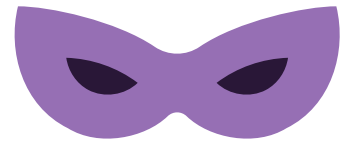
Canadian Mental Health Association  
Ontario







# HAPPY PURIM

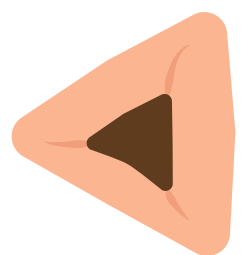


RESIDENTS PARTICIPATED  
IN SPECIAL PURIM ACTIVITIES:

THE MAKING OF HAMENTASCHEN  
MEGILLAH READINGS  
A TOUCH OF KLEZ BAND CONCERT



The Auxiliary  
prepared and  
distributed  
Mishloach Manot  
to the residents  
for Purim on  
March 24th





APRIL  
2024

## Holidays & Observances

### Celebrating Passover (Pesach)

On Passover (Pesach) we celebrate the birth of the Jewish nation with our miraculous redemption from Egypt. Passover is celebrated by refraining from eating any foods which are leavened (chametz), and by participating in a Seder dinner on the first two nights of the holiday. The Seder is the central event of the Passover festivities.

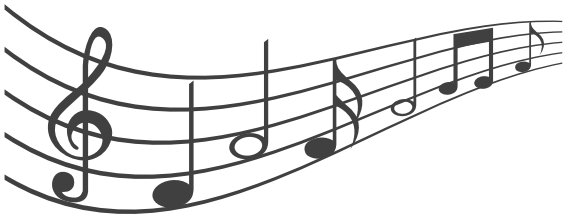
This year the first Seder is on April 22nd and the second Seder is on April 23rd. Passover lasts for 8 days, first day of Passover is April 23rd and the last day of Passover is April 30th.

#### The Seder

- We drink four cups of wine (or grape juice) remembering the redemption and its four stages.
- We ask the "Four Questions" and recite the Haggadah, retelling the story of Passover and the miracles of our redemption.
- We eat Matzah, the plain unleavened bread which isn't allowed to rise, remembering both the simple bread of slaves and the swiftness of the redemption from Egypt.
- We eat Maror (bitter herbs), remembering the bitterness of the enslavement.



# Announcements



## *Music Therapy Spring Concert*

### **Featuring the "Hillel Harmonics"**

(choir is made up of residents from our Music Therapy program)

Sunday, April 7th at 2.30pm  
in the main floor Cafe

## **Passover Meals**

Guests can join residents for the Seders on April 22nd and April 23rd in the Neighbourhoods' Dining Rooms:

1st and 3rd floor at 5:30pm

2nd Floor at 5:15pm

Cost per meal: \$36

Guests can join residents for Passover Meals:

Passover Dairy Meals: \$12

Passover Meat Meals: \$18

To make reservations call 613-728-3900 ext 100. Reservations for April 22nd or April 23rd meals need to be made before 5pm on April 18th.

(Reservations are limited and will be granted on a first come first served basis.)

**It is important to let us know if you will be taking the resident home for the Seders.**

## **EASTER MONDAY**

Please Note that our Administrative Offices and the Foundation will be closed for Easter Monday on April 1st.



## **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

Tuesday April 2, 2024

2:30 p.m. - Matzah Making Factory with Rabbi Blum and OJCS Grade 1 class

Thursday April 4, 2024

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

Sunday April 7, 2024

2:30 p.m. - "Hillel Harmonics" Choir Spring Concert

Tuesday April 9, 2024

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

Thursday April 11, 2024

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

Monday April 15, 2024

10:15 a.m. - Outing

Monday April 22, 2024

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



## Passover (Pesach)

### Seder

1st Seder - April 22nd  
2nd Seder - April 23rd

### Synagogue

1st Day of Passover - April 22nd, 9.30 a.m.  
2nd Day of Passover - April 23rd 9.30 a.m.  
7th Day of Passover - April 29th 9.30 a.m.  
8th Day of Passover - April 30th 9.30 a.m.

### Yizkor

8th Day of Passover - April 30th 11.00 a.m.



### Lost clothing from laundry will be displayed:

April 15-16th      April 17-19th  
3rd floor lounge      2nd floor lounge  
(outside the elevators)

Residents and Family Members can look through the pieces to identify their lost or misplaced items.

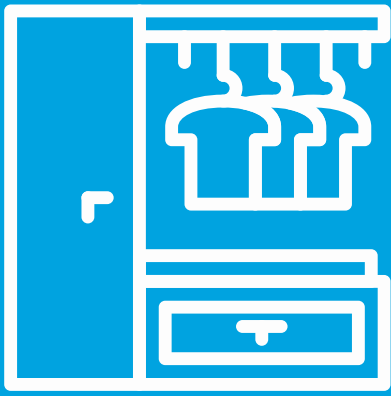


## LESSONS FROM THE PARSHA

Rabbi Teitlebaum

Every Wednesday at 4:00 p.m.





# Rotation of Clothes for Warmer Season

## Monthly Caregiver Tip

As we welcome the arrival of spring, it's time to prepare our wardrobes for the warmer weather ahead.

With the transition from winter to spring, it's essential to store away heavy winter clothing and bring out lighter, more weather-appropriate attire.

### Here are a few tips to help you with this process:

1. **Inspect Your Wardrobe:** Take some time to go through your closets and drawers. Identify any winter clothing items such as heavy coats, sweaters, and thick trousers that can be stored away until next season.
2. **Sort and Organize:** Separate your clothing into categories based on the season. This will make it easier to locate and access the clothes you need as the weather changes.
3. **Store Winter Clothing:** Properly store your winter clothing to ensure it remains in good condition for next year. Use storage bins, vacuum-sealed bags, or garment bags to protect items from dust, moths, and moisture. Please remember that Hillel Lodge does not provide storage space for out of season clothing.
4. **Bring Out Spring Attire:** Retrieve your spring clothing items such as lightweight shirts, dresses, shorts, and sandals. Ensure they are clean and ready to wear for the upcoming season. Always ensure that new clothing items are sent to laundry for labelling.
5. **Donate or Discard:** Take this opportunity to declutter your wardrobe. If you come across clothing that you no longer wear or need, consider donating it to charity or discarding it responsibly.
6. **Remember Accessories:** Don't forget to rotate accessories such as scarves, hats, and gloves. Pack away winter accessories and bring out those suitable for spring.

By rotating your clothes with the changing seasons, you not only maintain an organized wardrobe but also ensure that you're dressed appropriately for the weather.

# Connection

## 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

THE FUTURE OF THE  
JEWISH COMMUNITY  
IS IN YOUR HANDS.



HOW WILL YOU ASSURE  
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To create your Jewish legacy contact:  
Leslie Sher, Executive Director  
Lsher@hillel-ltc.com • 613-728-3900  
www.hillel-ltc.com