



# LODGE LINE

February 2021



## Lily Star Salon

To improve communication and to make it easier for you to connect with Tatiana at Lily Star Salon, you can now email her! Tatiana's email is [lilystarsalon@outlook.com](mailto:lilystarsalon@outlook.com) which is a confidential email for our residents and families. Tatiana will continue to be checking her voicemail if you prefer to call 613.728.3900 ext. 110. Please contact Tatiana directly to schedule an appointment or if you have any questions about her services.

### THERAPEUTIC RECREATION AWARENESS MONTH

Thank you to our team for working tirelessly on programs so that our residents continue to be stimulated, engaged and able to stay connected to their family and friends.

Whose idea was it to sing "Happy Birthday" while washing your hands? Now every time I go to the bathroom, my kids expect me to walk out with a cake.



### What is happening this month at the Lodge?

\* All programs are virtual unless otherwise noted

#### Weekly

- Connecting Creativity – Art Therapy
- Lessons from the Parsha with Rabbi Teitlebaum

Feb 5 Oneg Shabbat with Rabbi Blum

Feb 7 Temple Israel's – Singalong & Dance with Ranit, Rabbi Mikelberg, Larry Tarof on piano

Feb 11 Chinese/ Lunar New Year's program with the Food Services department

Feb 12 Oneg Shabbat with Toby & Joel Yan

Feb 17 Singalong with Joel Yan & Karen Roth

Feb 19 Oneg Shabbat with Ranit

Feb 22 Birthday parties with Evelyn Greenberg

Feb 24 Current Events with Ottawa University medical student, Chris Gupta

Feb 24 & 25 The Purim Story

Feb 26 Purim/Oneg Shabbat with Ganon Preschool

## FEBRUARY IS HEART HEALTHY MONTH

We want to highlight the great work of our **Registered Dietician Sophie Siemens**.

Sophie is very busy behind the scenes ensuring that residents have healthy and balanced diets. This includes:  
meeting with residents upon admission to assess their nutrition risk, consulting on therapeutic diets including texture modified diets, and monitoring client nutritional and fluid intakes.

If you have questions or concerns about your loved one, please email Sophie at [dietitian@hillel-ltc.com](mailto:dietitian@hillel-ltc.com)

  
*Just a friendly reminder...*

The Essential Caregiver Program has been exceptionally successful and is having a huge impact on our resident's well-being during this pandemic.

If you have questions about the program or want to register, please contact Morag Burch at [mburch@hillel-ltc.com](mailto:mburch@hillel-ltc.com) or at 613.728.2900 ext. 120.

## Welcome New Residents

Aileen Sullivan  
Donald Whittemore

### Our Sincere Condolences to the Families of:

DEBORAH PALMER  
DUNCAN LUNAM  
MONTY SILVER  
ARAYA TEFAY  
FRANCES SILVERMAN



*May their memories  
be a blessing always.*



### Welcome... to our new staff members

Sukhwinder (Suki) Dhillon  
(RPN)  
Pushpavani (Vani) Bonigala  
(RN)  
Mounifie Khatib  
(PSW)  
Dilip Chamara Paththinige  
(PSW)  
Anjelani (Angela) Musaka  
(PSW)  
Valeria Egunova  
(PSW)

### **The Family Council invites you to their next Virtual Meeting (3<sup>rd</sup> Wednesday of each month) Tuesday, February 16<sup>th</sup> at 7:00 pm**

**With guest speaker:** Jeff Spero, Physiotherapist from our Therapeutics Program

Interested in what is discussed at the meetings? Minutes from January's Family Council Meeting are attached.

For more information and to sign up please contact: Caren Kaminsky-Goldsmith at [caren@goldsmith.ca](mailto:caren@goldsmith.ca)

## PURIM

Purim is one of the more boisterous, fun, and lively Jewish holidays. Costumes, food, wine, skits, and a public reading are ways to celebrate this holiday. Purim affirms Jewish survival and continuity throughout history. The primary way of celebrating this holiday is in a public reading – within a synagogue- known as the M’gillah (aka. Book of Esther) which tells the story of Purim:

*Under the rule of King Ahashverosh, Haman, the king's adviser, plots to exterminate all the Jews of Persia. His plan is foiled by Queen Esther and her cousin Mordechai, who ultimately save the Jews of Persia from destruction.*

### WAYS TO CELEBRATE

**Hear the M’Gillah** - The story is read Thursday night, February 25<sup>th</sup>, and the morning of Friday, February 26<sup>th</sup>. It is a noisy affair where you are encouraged to make noise and boo whenever you heard the Haman’s name. At the reading, children dress up in cheerful costumes to celebrate the heroes in the story.

**Donating money to charity** - Purim emphasizes caring for the less fortunate as there is a focus on Jewish unity. On Purim, it is expected to give a donation to whomever asks for assistance.

**Hamantaschen** - Are three-cornered pastries filled with poppy seeds fruit preserves, chocolate, or other ingredients that are traditionally eaten on Purim

**Misloach Manot** - To focus on friendship and community, we exchange gifts of food with friends and/or family. These baskets of food often include Hamantaschen as well as a variety of other foods and treats.





## BIRTHDAYS

As with everything else at the Lodge, we have had to change how we celebrate residents' birthdays. Nonetheless, we make sure that each resident's birthday is special.

### Last Month's Birthdays (January)



### Upcoming February Birthdays with Evelyn Greenberg

Ruth Bleiwas  
Sylvia Cohen  
Yucel Erkilicoglu  
Andy Grosz  
Valentina Petrova  
Jack Seltzer  
Josef Polacsek  
Ingrid Shapiro