

THE BESS AND MOE GREENBERG FAMILY

illel Lodge

OTTAWA JEWISH HOME FOR THE AGED THE JOSEPH AND INEZ ZELIKOVITZ LONG TERM CARE CENTRE

Winter 2019

Our Home 2019 Annual Report to Our Community



- 4 From Our CEO
- 5,6 Resident Highlight
- 7 The Future of...
- 8 Todah Rabah
- 9 Endowment Funds
- **10 Giving Opportunities**





Awards

SHALOM PEREL PRESIDENT'S AWARD OF MERIT

The President's Award of Merit recognizes an individual who works diligently, often behind the scenes to benefit the Lodge and our wonderful Residents. The recipient is someone who has made and continues to make an outstanding contribution to The Bess and Moe Greenberg Family Hillel Lodge.

The Award is named in honour of Shalom Perel of blessed memory. Mr Perel was born in Russia and when he was 8 years old, he along with his parents and three siblings immigrated to Montreal. In his twenties he moved to Ottawa to attend the University of Ottawa. Subsequently he found employment in the Federal government as a statistician where he worked until his retirement.

He was a quiet unassuming gentleman who enjoyed reading as well as classical music. Mr Perel became a Resident of Hillel Lodge in October 1997. He passed away in July of 1998. To show his appreciation for the care and attention he received at the Lodge he endowed the Lodge with almost the entirety of his considerable estate. This magnificent gift was accompanied by Shalom Perel's desire to make things better for the residents who live at Hillel Lodge.

THE THELMA STEINMAN DIRECT SERVICE AWARD

This award is named after Thelma Steinman of blessed memory who was held in the highest esteem by the Lodge's residents, staff and board members for her ability to give of herself and do the utmost to help others. As everyone who knew her can attest, she was a woman who exhibited tremendous warmth, energy, compassion and a marvelous sense of humour. Her ability to relate to people and to make them feel so special was especially evidenced in her interaction with the residents of Hillel Lodge.

The Thelma Steinman Direct Service Award is given in Honour of an individual who interacts directly with the residents in order to improve their quality of life – a person who as a result of his/her direct efforts makes a significant difference.

THE OUTSTANDING SERVICE AWARD

The Outstanding Service Award is presented to a group for outstanding service to the Bess and Moe Greenberg Family Hillel Lodge. Recipients have included community groups, non-profit and for-profit companies and organizations that have made a significant contribution to Hillel Lodge and its residents.

SARAH LITHWICK GREEN SERVICE AWARD

In 2013, a special scholarship fund was established in memory of Sarah Lithwick Green to recognize an outstanding student volunteer from the Ottawa Jewish Community School.

These awards have a long and proud history at Hillel Lodge. We look forward to publishing the names of the 2019 award winners later in the year. For more information on each award and how to nominate an individual or a group please contact Ted Cohen at <u>tcohen@hillel-ltc.com</u>.



Our Home | Winter 2019

Arlene Rosenbloom



President of the Board of Directors of Hillel Lodge

The 2018-2019 season will be a very exciting time for The Bess and Moe Greenberg Family Hillel Lodge. With the addition of our new CEO, Mr. Ted Cohen, the Board of Directors of Hillel Lodge has decided to embark on a period of review of our governance, bylaws, and the development of a strategic plan that will carry us forward over the next number of years. The solid foundation of compassion and caring that Hillel Lodge has developed and been known for will serve us well as we proceed with renewal and growth.

Some of you may have read about the Butterfly model of long term care that has been successfully implemented in the Peel region of Ontario.

The current long term care population is increasingly frail, vulnerable and much older than when our current model of care for long term care institutions was developed. Hillel has always provided exemplary care and service, but now due to reduced funding and increased complexity of medical needs, to name a few of the variables, it has become difficult to operate and completely serve the needs of our current population of residents.

In the past, the average resident of a long term care home was someone in their 70's or 80's, with defined medical conditions like stroke, congestive heart failure or amputations. The physical needs of this population were managed based on the acute care hospital model.

At present, we see a very different resident in our long term care homes. The average resident is in their late 80's and 90's, with multiple frailties, and dementia. The care needs of a 75 year old with a stroke are very different from a 90 year old with frailty and dementia. It is imperative that long term care homes evolve to meet these needs.

We must respond to a changing population.

We would like to continue to develop Hillel Lodge as a centre of excellence; to create an environment so that managers and staff can excel, residents can feel all needs are comfortably met, and families can feel secure that their family member is being well cared for.

We all eagerly anticipate the challenge ahead to meet the needs of the residents and families of Hillel Lodge.



Russell Kronick and Mitch Miller



Chair and Director, Hillel Lodge LTC Foundation Board

For the first time in Canada's history, there are more seniors (65+) than children (14 and younger). The good news is that thanks to our health system and medical innovations – Canadians are living longer. The question to ask is who will provide quality of life care for us and our loved ones in those later years?

Statistics Canada reports "By 2031, close to one in four Canadians (23%) could be 65 years of age or older, while the proportion of children 14 years of age and younger could remain similar to the 2016 level (16%)".

2031 is not far away. With your generosity and your foresight, the Hillel Lodge LTC Foundation is preparing to do more than bridge the gap between what the Province of Ontario provides and what we all want for our loved ones.

Now is the time to strengthen and grow the Foundation to provide for how we want our loved ones to be cared for when they need it most. When they can no longer advocate for themselves. We all agree that the Province's current model for Long Term Care is not sufficient. We can do more together.

We are proud that the Bess and Moe Greenberg Family Hillel Lodge has been providing a higher level of care than the Province of Ontario requires, but with future residents entering Long Term Care older and more frail, the need to provide more personal care will grow. The Lodge is only able to provide more personal care thanks to the generosity and caring of people like you.

You make a positive difference when you choose to start and support an Endowment Fund that supports the Lodge. You provide more opportunities for residents when you become a member of Hillel Lodge. You feel good when you sponsor a Biker/Walker in the 11th annual Biking for Bubbies.

Imagine the positive impact that the Hillel Lodge LTC Foundation will have in the future with the continued partnerships and generosity by caring people like you who see the value in a Long Term Care facility that provides care to everyone, Jewishly.



SUNDAY, SEPTEMBER 15, 2019 Be part of the excitement.

> Make 2019 your year to ride!





Please mark your calendar for the 10th Annual Biking for Bubbies. Every year, this event aims to provide Hillel Lodge with the ability to offer exceptional quality care, kosher food, recreational programming and services that our residents enjoy.

BIG THANK YOU to all the riders, sponsors and volunteers who participated in the 9th Annual Biking for Bubbies event in September 2018. To date, this event has raised in excess of \$500,000. Your support shows our residents that the community cares about them and is concerned with providing them with the very best.

Ted Cohen

From Our Chief Executive Officer



I am honoured to have been appointed as CEO of the Bess and Moe Greenberg Family Hillel Lodge. The Lodge has a long and proud history of excellence and is known across the Province of Ontario for providing a level of care to residents of the highest quality. What has impressed me most since my arrival is the deep commitment and care each member of the Hillel Lodge team demonstrates to our residents.

Long Term Care is at a crossroads. Ontario's health care sector is facing an unprecedented demographic change with the proportion of people 65 and over growing dramatically by 2036. With many seniors living longer lives, we are seeing increases in the number of seniors with age related health issues. For example, the number of Canadians with Alzheimer's and other dementias in 2011 was 747,000. This number is expected to grow to 1.4 million by 2036. Currently 26% of Canadian seniors age 65 to 74 have a chronic health condition which may include issues related to pain, mobility, hearing, flexibility, dexterity or vision. That number increases to 42% for those 75 and over. As the number of seniors increases so will the need for long term care.

These changes require all long-term care homes to adapt to the rapidly changing needs of our seniors. Hillel Lodge's goal is to remain at the forefront of resident care. To respond to these changes, Hillel Lodge is exploring new resident centred models of care to meet the future needs of seniors in our community.

Hillel Lodge has a long and proud history of achieving excellence through the support of the Ottawa Jewish Community which has included generous donations and steadfast volunteerism. As we embark on this next phase of our journey, I look forward to partnering with the Jewish Community, our resident's and their families, the Hillel Lodge staff, and our other valued stakeholders to build on Hillel Lodge's proud legacy of excellence to ensure the Lodge remains at the forefront of resident care.



Esther Pulvermacher

Resident Highlight

Esther was born in Pabianice, Poland in 1922 to Beryl and Tsipora Kolska. After surviving the Holocaust, Esther found herself in the displaced persons camp Bergen-Belsen (formerly a concentration camp) in Germany. It was there that she met her brother's friend from Lodz, Majer Pulvermacher. They were married and were blessed with their first child – Gerald.

In 1948, Esther, Majer and their newborn son were on their way to Canada. Several months after arriving in Halifax in September of '48, they were sent by train to Winnipeg. While in transit someone on the train told them they would be better off in Montreal.

Montreal had a growing and vibrant Jewish population and was the center for Canada's social and fashion circles. Majer was a tailor and Esther...well, Esther loved (and stills loves) fashion. You'll never see Esther not dressed and ready to join a social gathering, a party, maybe even a good game of poker.

Family legend is that Esther came home one day and informed her husband that they just bought a Betty Brite Dry Cleaner business in Cote Ste. Luc. Majer became the tailor and Esther ran the business. Both Esther and Majer were extremely industrious people, never complaining or looking for support. In addition to the Betty Brite franchise which they both owned and worked at, Majer was also a well-established suit maker in Montreal who provided made-to-measure suits for several well-known people, including members of the Montreal Canadiens and other NHL teams. On several occasions it was Gerry's job to deliver the suits to the hotels where the visiting teams' players were staying - including Chicago's Elmer "the Moose" Vasko and Pierre Pilotte who sent Gerry home with tickets for the evening's game vs the Habs.

Esther was ahead of her time in many ways. She not only became a business woman before it was fashionable, she was also one of the people who joined the fitness movement in its early days. When Esther was entering her 60's,

she and Majer moved to Los Angeles to be close to their daughter Corinne and her growing family. Esther joined health clubs in LA and made it a regular part of her and Majer's lifestyle to walk, exercise and stay healthy. Hillel Lodge staff are inspired by Esther beginning every day by exercising.

Now, as a resident of Hillel Lodge, Esther is in her 97th year and can always be found where the action is. When students visit from the local Jewish schools – Bubby Esther is always there with a smile and a kibbitz. When the Lodge brings in a musician or band to perform for the residents – Esther is in attendance – smiling and dancing.





Ethel Kerzner

Resident Highlight

Ethel Kerzner was born in Troyanuvka (NW Ukraine near the borders of Poland and Russia) on December 4, 1931 to Mordechai and Ritzie Kott. Ethel's father was a butcher and she had an older brother (Moishe) and sister (Gittel). She was the baby of the family and she will tell you that she could get her way in the house by simply crying. Life was good...until the Germans invaded.

In 1941 Nazi Germany occupied Ukraine, and that was when life changed for young Ethel. When the Jews of Troyanuvka were being marched to a pit (similar to Babi Yar) by the few Germans and many Ukrainian collaborators – Ethel saw a dead body by the side of the road. She reacted to the horror she had never witnessed before and ran.

At the age of 10, Ethel became an orphan – losing her parents and siblings. In her words "You matured overnight". Ethel did more than mature overnight – she found ways to survive. She hid with other Jews and the Romani (aka Gypsies) people in the forests. They built bunkers and occasionally came out to experience the wonders of the forest.

Ethel was part of the resistance movement until the Russians liberated them at the end of the War. Ethel witnessed horrible acts by the Ukrainian people against the Jews who survived the War. She and others travelled from the Ukraine to Rosenheim, Germany (almost 1400 kms) to join the new Kibbutz that had been established by Jewish people from Palestine to help survivors of the Holocaust to prepare and thrive in the Holy Land. "We lost our families, so the survivors became our new family" said Ethel. She trained how to shoot a gun

and to do other tasks that may be necessary when she arrives in British mandated Palestine. Note that in 1946 – Ethel was only 15 years old.

From Germany, Ethel went to Cremona, Italy and waited in a displaced persons camp. Miraculously, her father's aunt who had previously moved to Canada learned that Ethel survived the war, and got word to her to stay there until the great aunt could secure papers for Ethel to come to Canada.

In 1947, the papers arrived and Ethel was on her way to Canada to live with her great aunt and uncle in Pembroke, Ontario. Her first time on a boat, to live with family she had never met. Along the way, she stopped in Montreal and was hosted by her mother's brother (her aunt and uncle) who had young children. Ethel was happy, especially when her uncle came home with treats from the bakery for the children. But, she still had to go to Pembroke. Her father's aunt was waiting.

Ethel made it to Pembroke and in a short while, the great aunt knew that Ethel would be happier in Montreal and sent her by train to Montreal with a three hour layover in Ottawa. A friend would have someone host her during the layover.

The friend sent their son, Syd Kerzner. A few days after Ethel returned to Montreal, the phone rang...Syd wanted to visit her in Montreal. They were married in Ottawa in 1948. Ethel and Syd had four children, seven grandchildren and eight great grandchildren.

Ethel had a deal with Syd...he was never to ask her questions about the War – it was too painful to discuss. But 4 years ago at the age of 83 – she recorded a 30 minute video that tells her story and bears witness to what happened (you can find it on Youtube "My name is Ethel".)





The Future of Resident Care

Between 2016 and 2041 the number of seniors in Ontario will double, from 2.3 million to 4.6 million. By then they will represent a quarter of the province's population. The shift has already started: in 2016, for the first time in history, Ontario had more seniors than children under 15. Tomorrow's seniors will live longer lives and senior's health and social needs will grow.

The number of seniors with dementia is also rapidly growing. In our lifetime, nearly every one of us will have a family member or friend diagnosed with dementia. Once people living with dementia are no longer able to be cared for in the community, they need the safe, specialized care offered by long term care homes such as The Bess and Moe Greenberg Family Hillel Lodge. But the growing number of residents with dementia and the complexity of their care needs is putting a strain on our ability to provide the specialized supports residents need.

To ensure Hillel Lodge remains at the forefront of resident care, we are exploring the implementation of new and innovative person-centred emotional care models to support residents with dementia. Models such as Butterfly, Green House and Eden Alternative are transforming the way we think about seniors' care. With an investment of money and time, these person-centred models can provide our residents with an environment better adapted to their individual needs in their final years.

As key supporters of the Lodge, we want to ensure you remain involved and informed of our continued evolution to remain at the forefront of senior's care. Over the coming year, we look forward to providing you with updates related to Hillel Lodge's plans to evolve its model of care.



Our Home is published by The Bess and Moe Greenberg Family Hillel Lodge in the Joseph and Inez Zelikovitz Long-Term Care Centre • 10 Nadolny Sachs Pvt.Ottawa, ON K2A 4G7 • Tel: 613-728-3900 • www.hillel-ltc.com Contributing Editors: Ted Cohen, Mitch Miller Administrative Support: Cathie Slatford Articles provided by: Dr. Arlene Rosenbloom, Ted Cohen and The Hillel Lodge Long-Term Care Foundation's Mitch Miller and Russell Kronick

Financial Statements: As of the date of publication of this magazine, the 2018 Financial Statements for Hillel Lodge Ottawa Jewish Home for the Aged and the Hillel Lodge Long Term Care Foundation as audited by Welch LLP, Chartered Professional Accountants, are to be presented at the Annual General Meeting, after which they will be available for viewing at 10 Nadolny Sachs Pvt. For any member who would like to see statements, please contact Karin Bercovitch or Ted Cohen.

The Auxiliary of Hillel Lodge

Important Dates — Telethon: Tuesday May 28, 2019 • Tea: Sunday October 27, 2019

Todah Rabah to...

In 2018, the lodge was fortunate enough to be able to maintain and where possible enhance the care, safety and comfort of our Residents. We could not have done this without the outstanding support and incredible generosity of the following:

The Auxiliary of Hillel Lodge

The Auxiliary continues to fund a portion of the therapeutics program, additional hours for recreation and maintenance of the aquariums in all five units. Through the revenues generated by their efforts, the Lodge is able to purchase items that improve the atmosphere of the Home, give comfort and support and improve our residents' quality of life.

Jewish Federation of Ottawa

We extend our gratitude to the Federation for helping to fund the Lodge's programs in enhanced nursing care, feeding assistance, kosher food and therapeutics.

Ottawa Hebrew Free Loan

Our appreciation to the Ottawa Hebrew Free Loan for their ongoing support.

Ottawa Jewish Community Foundation

Hillel Lodge is grateful to the Foundation and the generous fund holders who have directed the interest from their funds to support our residents.

Tree of Life Supporters

The Lodge would like to express its gratitude to the following people, who have generously commemorated their loved ones with the purchase of a leaf on our Tree of Life:

 In memory of a beloved sister-in-law and aunt, Malka Feig
By Lily Feig and Family
December 2018/Kislev 5779

Membership

Thank you to all our members; your individual support and collective contribution really serve to help make the Lodge special and strong.

The Lodge's Wonderful Staff and Volunteers

The Lodge would like to recognize our staff and volunteers for the exemplary care and support they provide to our residents. They are the heart and soul of our Home.

All our Supporters

Thank you to every person, organization, and business that supports us! Your donations, volunteer support and desire to help go a long way to improve the lives of our residents.

HILLEL LODGE LONG-TERM CARE FOUNDATION ENDOWMENT FUNDS

Abe and Bea Dubinsky Fund Abe and Bertha Palmer Fund Abe and Etta Morris Memorial Fund Advanced Business Imaging Fund Anna and Samuel Wex Family Fund Anne & Arthur Silverman Family Fund Archie & Lillian Taller Memorial Fund Auxililary of Hillel Lodge Fund Barry Hobin and Associates Architects Fund Bella Altman Leikin Memorial Fund Bill and Leona Adler Memorial Fund Bill and Phyllis Leith Family Fund Boris & Dolly Blacher Family Fund Cindy Feingold & Roger Greenberg Fund **Capcorp Financial Corporation Fund** Carole & Norman Zagerman Family Fund Chaim and Raja Miller Memorial Fund Chuck & Malca Polowin Fund Cohen and Lord Insurance Fund David, Harvey, Victor Kardish Family Fund **Dennis Newton Memorial Fund** Dorothy and Maurie Karp Fund Dr. Hyman/Dr. Sylvia Van Straten Kaufman Fund Dr. Joseph & Devora Caytak Family Fund Edith Goldschmidt-Oko Memorial Fund Edith Teitelbaum/ Eddie Zinman Memorial Fund Elliot and Helen Marshall Family Fund Elsie Baker Fund Eric Weiner & Arlene Godfrey Family Fund Esther Ages Memorial Fund Ethel and Irving Taylor Family Fund Eudice Garmaise Endowment Fund Evacucheck By Encore Safety Inc. Fund Evelyn and Irving Greenberg Fund Evelyn and Isadore Hoffman Family Fund Farrand and Joyce Miller Family Fund Festinger/Kelman Family Fund Fradel and Simon Sternic Memorial Fund Frank & Lily Hoffenberg Family Fund Fred & Esther Ballon Family Fund Friedberg and Dale Families Fund George J Cooper Memorial Fund Gina and Howard Grant Family Fund **Gowlings Fund Gunner Family Fund** Hanoch & Felicia Sharon Family Fund Harold & Lillian Shoihet Memorial Fund Harry Torontow Family Fund Ida and Sidney Lithwick Fund Irma and Harold Sachs Family Fund Jack and Betty Ballon Family Fund Jacob and Abiga Kingson Family Fund Jane Ellens and Dan Pearlman Fund Jenny and Murray Citron Fund Joan & Russell Kronick Family Fund Joel and Sharon Edelson Family Fund Joseph and Inez Zelikovitz Fund Joseph Ginsberg Family Fund

Kassirer Fund Ken and Leah Miller Family Fund Label & Leona Silver Family Fund Levin Family Fund Linda and Stanley Shiff Family Fund Lipsky Cracower Family Fund Louis and Diane Tannenbaum Family Fund Malcolm & Vera Glube Family Fund Max Lieff Fund Medico-Dental Pharm. Ltd. Fund Milton & Mary (Terry) Viner Family Fund Moe Greenberg & Elissa Greenberg Iny Fund Monica and Alvin Stein Family Fund Morris & Lillian Kimmel Family Fund Nell Gluck Memorial Fund Nordau & Roslyn Kanigsberg Family Fund Norm & Gert Leyton Family Fund Pearl and Samuel Lepofsky Memorial Fund Pencer Family Fund Remy Albagli Memorial Fund Reneh (Gertchuk) Davies Fund **Rosenthal Family Fund** Roslyn & Myles Taller Family Fund Ruth & Irving Aaron Family Fund Sylvia Goldblatt Memorial Fund Salvatore & Marie (Catran) Albagli Memorial Fund Sam & Dora Litwack Family Fund Sam and Jean Akerman Memorial Fund Sam and Ruth Rothman Memorial Fund Sarah & Arnie Swedler Family Fund Sarah Green & Murray Green Family Fund Sarah Lithwick Green Service Award Fund Schachter/Ingber Family Fund Shelley & Sidney Rothman Family Fund Shirley and Maurice Rose Memorial Fund Sid and Barbara Cohen Family Fund Skulsky Family Memorial Fund Sonia Rawicki Agulnik Music Therapy Fund Stella & Norman Beck Family Fund Stella & Norman Torontow Family Fund Stephen & Debra Schneiderman Family Fund Sternberg / Jacobsen Family Fund Sylvia and Ben Wiesenfeld Fund Sylvia Goldblatt Memorial Fund Tania Firestone Family Fund Thea & Martin Ginsburg Memorial Fund Toby and Joel Yan Family Fund Vera and Leslie Klein Family Fund

NEW IN 2018

The Hillel Lodge LTC Foundation would like to acknowledge and sincerely thank our new fund holders for establishing the following funds:

Jeannette and Alden Hallett Family Fund Sydney and Ethel Hartman Fund Roslyn and Lee Raskin Family Fund Ghita and Frank Wolff Endowment Fund

GIVING OPPORTUNITIES

Annual Membership Drive

We invite everyone in the community to show their support for the Lodge by becoming members.

Biking for Bubbies

Every September, dozens of cyclists ask for sponsorship from those who care about the Lodge. Every cyclist has his or her goal to raise on behalf of and in honour of the residents of Hillel Lodge. Please consider registering for the ride, volunteering at the event or sponsoring one of the riders.

Donations

To make a donation, you may contact the Hillel Lodge LTC Foundation at 613-728-3990 or complete the donation form on our website (www.hillel-ltc.com). Donations can be made to any of the Lodge's ongoing programs such as Feeding Assistance, Professional Development, Recreation, Therapeutics and /or Ritual programming. Donations can also be made to any of the Endowment Funds. Payment may be made by Visa, MasterCard, cheque or cash.

For more information on donating to Hillel Lodge, please contact the Foundation at 613-728-3990.

Hillel Lodge Endowment Funds

Over 110 Endowment Funds have been established at the Hillel Lodge LTC Foundation. You can establish a new fund with a minimum gift of \$1000. Donations can be made to an existing endowment fund through donations or the Tribute Card program.

Planned Giving

A number of members of our community have contributed generously to the Hillel Lodge Long-Term Care Foundation through a gift in their wills. Once you have provided for your loved ones, we hope that you will consider including a bequest, gift of stock or property to Hillel Lodge in yours. An alternative and a good way to accomplish the same end, is to designate Hillel Lodge as the beneficiary of your estate or life insurance policy. For more information please contact Mitch Miller at 613-728-3900, ext. 192 or mmiller@hillel-ltc.com.

Tree of Life

The Tree of Life is prominently located in the main lobby of the Lodge. This work of art is enhanced by engraved brass coloured leaves that celebrate a special occasion or are dedicated in memory of a loved one. Each brass leaf can be purchased for \$2500 and will be permanently on display for all who work, live, or visit the home.

Tribute Cards

Donations can be made, starting at \$18, in honour of a special event or in memory of a loved one. Tribute cards can be ordered on-line or by calling 613-728-3990.

Yahrzeit Plaques

For a charitable contribution of \$500, a handsome brass Yahrzeit Plaque can be engraved in memory of a loved one and displayed on our dedicated Yahrzeit Board located in the main hallway near the Synagogue.



Honour our past Residents by providing for the Residents of today and tomorrow.

Call the Foundation office today at 613-728-3990 to discuss your legacy gift.

You are invited to the 64th ANNUAL GENERAL MEETING of

The Bess and Moe Greenberg Family Hillel Lodge, Ottawa Jewish Home for the Aged, Joseph and Inez Zelikovitz

Long-Term Care Centre

Wednesday, May 29, 2019 7:00 p.m. 10 Nadolny Sachs Pvt.

Note: There will be changes made to the Bylaws of the Corporation and presented for approval at the Annual General Meeting. For copies of the Bylaw changes, please contact the Lodge at 613-728-3900, ext. 118.















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