



LODGE LINE

January 2022



We wish you and your loved ones a wonderful, healthy and happy New Year!

Although it has been a challenging year for many, we are optimistic 2022 will bring us much joy and laughter! We look forward to sharing in the many fun and interesting experiences and recreation programs Hillel Lodge has to offer to our community.

We hope you are as excited as we are to start off a fresh new year!

JANUARY BIRTHDAYS

BIRTHDAY PARTY
with EVELYN GREENBERG
Thursday, January 27th
2:30 pm

ELIAS ABOU ARRAGE
MORRIS ARIAN
SHEILA BAHAR
LIUDMILA BELINSON
SUE CAPLAN MCLAUGHLAN
GLORIA DA SILVA
NANCY FRYER
MELVIN GROPER
MICHEL MADORE
PATRIA SOOMER-TALBACK
CRYSTAL STOLLER
DONALD WHITEMORE



WHAT'S HAPPENING THIS MONTH?

UNFORTUNATELY, DUE TO THE OUTBREAK
ALL PROGRAMS WILL CONTINUE TO
BE ON HOLD.

HOWEVER, OUR STAYING IN TOUCH VIRTUAL
VISITS CONTINUE.

**IF YOU WOULD LIKE TO SCHEDULE A 15
MINUTE VIRTUAL VISIT WITH YOUR LOVED
ONE, PLEASE CONTACT RECEPTION AT
613.7289.3900 EXT. 100**

LET'S REMINISCE!

Great conversation starters you can have with your Care Givers, Family or Staff!

What do you love about the winter?

Did you travel somewhere warm in the winter? Where did you go?

What are some activities you enjoy doing in the snow?

MEET THE TEAM...

JESS STEWART

Recreation Assistant

Jess is a Recreation Therapist from Ottawa with over 10 years of experience supporting and providing therapeutic recreation programs and activities to older adults and seniors with dementia. Her passion to connect with people through the mind, body and spirit has enabled her to help others transform, grow and find true happiness. She looks forward to getting to know the "real you" through person-centered care and help residents and families create a wonderful, fulfilling life here at Hillel Lodge!

Welcome Jess!

Just a friendly reminder...

The Ministry of Health and Long Term Care has **suspended all day and overnight absences for social purposes**. External visits are restricted to medical appointments.

Thank you for your understanding.

Welcome New Residents

MELVIN GROPER
&
WERONIKA TKACZ



Our Sincere Condolences to the Families of:

ROMEN BLINDER
SYLVIA FREEMAN
DAVID JACOBSON
ETHEL KERZNER



May their memories be a blessing always.



WELCOME...

to our new staff members

PSW: Michel Jean Louis , Suzie Pierre
Pedro Tumapang, Nelmarie Zipagan

RPN: Henny Jose

FOOD SERVICES: Gracilda Malaque Tadas

RECREATION: Jess Stewart



FAMILY COUNCIL

The Family Council is looking for new members to join them. Members come together regularly, share a sense of purpose, and have common goals and objectives. If you are coming into the Lodge to visit someone, don't forget to check out the Family Council bulletin board.

For more information about the council and about joining, please contact Caren Kaminsky Goldsmith at caren@goldsmith.ca

TOGETHER WE CELEBRATE TU B'SHEVAT!

TU B'SHEVAT – MONDAY, JANUARY 17TH, 2022

The 15th of Shevat on the Jewish calendar—celebrated this year on January 17, 2022—is the day that marks the beginning of a “new year” for trees. This day marks the season in which the earliest-blooming trees in the Land of Israel emerge from their winter sleep and begin a new fruit-bearing cycle.

HERE'S AN IDEA!

Enjoy a meatless Tu B'Shevav menu that you can enjoy with your family:

To Start: Stuffed Figs with Goat Cheese, Green Salad with Fruit

Main Dish: Butternut Squash Soup with Chickpeas, Pumpkin Sage 'Alfredo' Sauce with Kale Pesto

For Dessert: Seven Species Muffins



8 WAYS TO CELEBRATE TU B'SHEVAT...

– Other than planting a tree!

1. You can plant seeds, or herbs in your garden.
2. Hang a birdhouse on a tree to make it more appealing.
3. You can eat seven species of the land of Israel: wheat, grapes, barley, figs, pomegranates, olives, and dates.
4. Clean up a park to collect litter and make it cleaner.
5. Sponsor a Tree in Israel.
6. Try a new Fruit, like Leches, persimmons, and dragon fruit.
7. Go for a walk in the woods – a reminder of our appreciation and connection to the Earth.
8. Incorporate social and environmental justice by committing to “reduce, reuse, recycle,”.

PICTURE PERFECT

Bubbie (grandmother) Sadie was taking her new granddaughter for a walk, when her neighbor Hilda comes over and peeks into the stroller.

“Wow is she cute” gushed Hilda.

“This is nothing” said Bubbie Sadie with a wave of her hand, “you should see the pictures!”

Laughter is the best medicine

DID YOU KNOW?

Snow can be yellow, orange, green and purple! Tiny particles of dust or algae can make snow appear to be a range of different colours.



In an effort to protect the environment, some cities use beet juice, beer waste and pickle brine on icy winter roads instead of salt!



There are some flowers that bloom in the winter, such as winter pansies, Lenten roses and snow drops.



OUTBREAK! WHAT TO EXPECT...

- ✓ Residents will be cohorted in small groups for all essential activities
- ✓ Communal dining, personal care services and non-essential activities will be suspended or modified to reduce the spread of infection
- ✓ Only two (2) Essential Care Givers will be permitted to visit their loved ones.
- ✓ Control measures such as mask-wearing, hand-washing and social-distancing will continue to be emphasized to ensure everyone's safety

TEMPORARY MEASURES TO SAFEGUARD LONG -TERM CARE FACILITIES

- All staff, volunteers, support workers must be fully vaccinated against COVID-19 to enter a home
- Everyone must be screened, tested and wear masks whether inside or outside
- Continued infection prevention and control measures such as distances, masking, hand-washing and enhanced cleaning

