

# LODGE LINE

FEBRUARY 2022

## Therapeutic Recreation Awareness Month

### Therapeutic Recreation:

*Don't Just Survive. Thrive!*

Therapeutic Recreation is a process that utilizes functional intervention, education and recreation participation to enable persons with physical, cognitive, emotional and/or social limitations to acquire and/or maintain the skills, knowledge and behaviours that will allow them to enjoy their leisure optimally, function independently with the least amount of assistance and participate as fully as possible in society.

The purpose of Therapeutic Recreation is to enable all individuals to achieve quality of life and optimal health and well-being through meaningful engagement in recreation and leisure.

Our approach is to focus on the individual needs and passions of our residents which are consistent with their preferences and lifestyles.

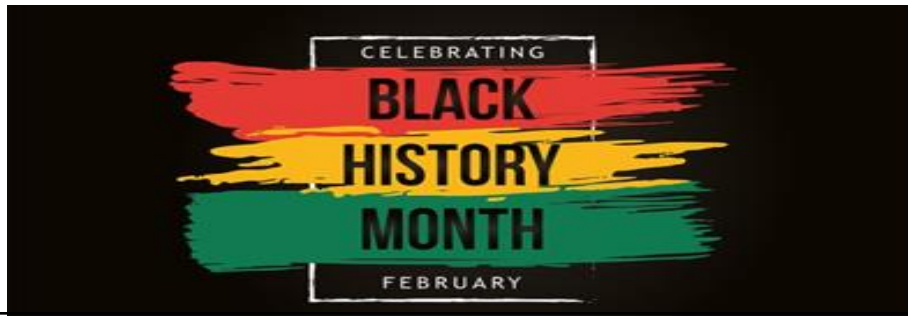
Some of our residents' favourite activities include bingo, exercise, music, pet visits, outings and socializing.

THERAPEUTIC RECREATION ONTARIO  
Believe · Belong · Become



**Celebrating Chinese New Year or 'Spring Festival' on February 1<sup>st</sup>, 2022**, brings our residents together to appreciate our diverse cultural community! Throughout the day, our Recreation Team will invite residents to a variety of programs to have an opportunity to learn about the Story of Chinese New Year, watch Dragon Dances, experience the Lantern Festival and Fireworks displays around the world on YouTube. In collaboration with the Dietary Kitchen staff, residents will enjoy a delicious Chinese inspired meal in celebration of the Year of the Black Water Tiger!

How do you celebrate Chinese New Year?



The theme for Black History Month 2022 is **February and Forever: Celebrating Black History today and every day**. Black History Month is about remembering the contributions black people have made in the past and continue to make in various industry sectors and regions across Canada. It is about embracing innovation, resilience, and togetherness towards a united country in which everyone has a chance to prosper.

The best way to celebrate Black History Month is to join organizations and foundations in your community and learn more about the history of black people in Canada and their achievements. Search for [#BlackHistoryMonth](#) on social media, and you'll find plenty of groups to join.

Residents at the Lodge will have opportunities to learn about our past influential Black figures such as Rosa Parks and Martin Luther King Jr in programs throughout the month.

*"There is no more powerful force than a people steeped in their history. And there is no higher cause than honouring our struggle and ancestors by remembering". -*  
Lonnie G. Bunch III



## What else is happening this month?



### Weekly Programs

- Lessons from the Parsha with Rabbi Teitlebaum (In Person)
- Connecting Creativity – Art Therapy Sessions with Mina (Individuals) (Zoom)
- Oneg Shabbat (Zoom)
- Bingo
- Mental Aerobics with University of Ottawa Students (Zoom)
- Current Events with University of Ottawa Students (Zoom)



### Sunday, February 13<sup>th</sup>

10:30 a.m. - MITZVAH DAY with Temple Israel – Music & Storytelling (Zoom)

### Wednesday, February 23<sup>rd</sup>

4:00 p.m. - Memorial Service with Rabbi Teitlebaum (In Person)



**The Birthday Party**  
*with*  
**Evelyn Greenberg (Zoom)**  
*will be held on*  
 Thursday, February 24, 2022  
 at  
 2:30 p.m.

*The residents celebrating are:*

- Ruth Bleiwas
- Sylvia Cohen
- Yucel Erkilicoglu
- Bluma Goldenberg
- Andrew Grosz
- Valentina Petrova
- Donald Ritza
- Jack Seltzer
- Ingrid Shapiro

**STAY TUNED!**



Purim is coming up, find out how we will be celebrating in the March edition of Lodge Line

Welcome  
 TO OUR  
 Home

*New Residents*

- Maria Ferrante
- Manci Zaid

welcome  
 TO THE  
 TEAM

*New staff members*

- Emelita Abello - PSW
- Cheska Benaro - RPN
- Sylvia Donkor - PSW
- Clarivelle Fagyan - PSW
- Gloria Morta - PSW
- Sheila Nakajjumba - PSW
- Liberty Peralta - PSW
- Emelyn Powell - PSW
- Taha Rizvi - PSW

*Our Sincere Condolences to the families of*

- Ariel Arnoni
- Lucille Chaplan
- Susan Eldridge
- Melvin Groper
- Evelyn Hoffman
- Sheldon Shaffer



*May their memories be a blessing  
 always*

## HILLEL LODGE IS ON FACEBOOK!

We are happy to announce that Hillel Lodge now has a Facebook page.

We will be sharing a variety of useful content to keep our families/residents and volunteers connected and on top of all the latest news and upcoming events.

Please check out our page and be sure to LIKE and FOLLOW us!

You can find us here:

<https://www.facebook.com/profile.php?id=100077379638550>



A Huge THANK YOU to Elizabeth Grant International!

We are very grateful to a wonderful family member, Max Silver, for reaching out to Elizabeth Grant International to request a donation of their beautiful, high-end skin care and hair products. This gave the residents an opportunity to experience the lovely rejuvenating effects of the moisturizers and creams.

This very thoughtful gift has lifted the spirits of our residents.

