

# Lodge Line

JUNE 2022



*Sunday, June 19, 2022*

*Wishing each and every father a special day filled with love, laughter, and happiness.*

*May this Shavuot bring you good harvest, peace good luck & prosperity throughout the year!*



Shavuot is a two-day holiday, which this year is celebrated from sunset on June 4, 2022, until nightfall on June 6, 2022. Shavuot coincides with the date that G-d gave the Torah to the Jewish people at Mount Sinai more than 3,000 years ago. It comes after 49 days of eager counting, as the Jewish people prepared themselves for this special day.

It is celebrated by lighting candles, staying up all night to learn Torah, hearing the reading of the Ten Commandments in synagogue, feasting on dairy foods and more.

## What's Happening this Month



**June 2<sup>nd</sup> – 9:00 a.m. – 9:00 p.m.**

Provincial Election Day – Residents Only

**June 9<sup>th</sup> – 2:30 p.m.**

Keep on Singing with Alison James, Al Garman & Howard Kaplan

**June 13<sup>th</sup> – 10:30 a.m.**

An Hour with Professor Gerry Cammy

**June 14<sup>th</sup> – 10:30 a.m.**

The Usuals Jazz Band

**June 20<sup>th</sup> – 2:30 p.m.**

Music with Roxy Swan

**June 21<sup>st</sup> – 2:00 p.m.**

National Indigenous People's Day – Movie Matinee "Hoop Dance" and "Indian Horse"

**June 23<sup>rd</sup> – 2:30 p.m.**

Summer Carnival – Fun & Games with the OJCS



Resident BBQ's will be starting in June (Invitation only, by Neighbourhood)

# Welcome New Residents

*The Management & Staff of  
Hillel Lodge would like to give a  
warm welcome to*

Holly Hayes  
Rein Mulder



*Sincere Condolences  
to the families of*

Rhoda Blevis  
Janis Kazaks  
Donald Moore  
Dr. Stephen Woolf

*May their memory be a blessing always*

## welcome TO THE TEAM

### *New staff members*

Sandra Barrios, PSW  
Deborah Chow, Recreation Assistant

## *Farewell*

*All the best!*

Emelita Abello, PSW  
Roxane Duhaime, PSW

## Happy Anniversary!

*to the following  
Staff Members celebrating in May!*

### **23 Years**

Tha Po, Housekeeping Aide

### **19 Years**

Snjezana Grubescic, PSW

### **12 Years**

Sophie Siemens, Registered Dietitian

### **10 Years**

Henry Chang, Food Service Worker

### **8 Years**

Patrick St. Hillien, RN

### **6 Years**

Rojarek Wright, PSW

### **2 Years**

Roberto Lora, PSW  
Meghan MacDougall,  
Resident Services Coordinator

*Thank you for all the contributions you  
have made in making Hillel Lodge great!*



The Birthday Party  
with Evelyn Greenberg  
will be held on  
Thursday, June 30, 2022 at 2:15 p.m.

*The residents celebrating are:*

- Allan Bellack
- Mary Healey
- John Jackson
- Ilse Meere
- Faigie Resnick
- Frank Rosen
- Gertruda Rosenberg
- Elizabeth Sas
- Sally Taller



*Nurses  
and  
PSW's*

In celebration of Nursing Week and PSW day, our wonderful Nursing/PSW staff were treated to a week of appreciation in May, which included cookies, gifts, and entertainment from a magician.

Congratulations to Adaego Akor, one of the winners of the four gift baskets.



**Resident Council**

The Residents' Council is an independent group made up of only residents of a long-term care home. The Council's mission is to represent all residents who reside in the home, whether or not they attend meetings. All residents have the right to participate in the Residents' Council.

Hillel Lodge's Residents' Council meets regularly to provide advice and recommendations to the management team.

**The next Resident Council Meeting will be held on Monday, June 13<sup>th</sup> at 2:15 p.m.**



**Family Council**

Members of the Family Council come together regularly, share a sense of purpose, and have common goals and objectives.

The Family Council is always looking to welcome new members. For more information about the council and about joining, please contact Caren Kaminsky Goldsmith at [caren@goldsmith.ca](mailto:caren@goldsmith.ca)

**The next Family Council Meeting will be held on Wednesday, June 15<sup>th</sup> at 7:00 p.m.**



# For the Love of Gardening



*“Gardens are not made by singing ‘Oh, how beautiful,’ and sitting in the shade.”*

Rudyard Kipling

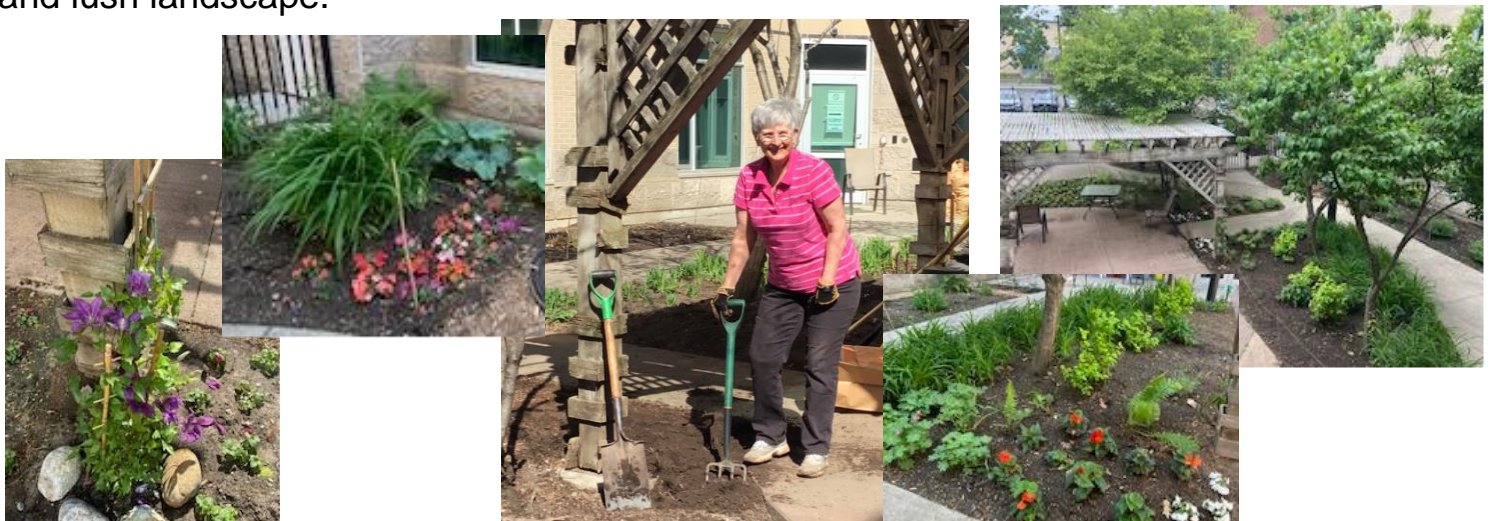
This year, Kristina Guiguet, the wife of one of the residents of Hillel Lodge, Janis Kazaks, poured her heart and soul into the Hillel Lodge Garden.

Kristina worked tirelessly, dedicating her time and efforts into the planning, digging, spreading of soil, sowing, and nurturing of the young plants/seedlings. Kristina stated, “I believe in gardens and am glad if many people enjoy what little I can do - but this garden, this year, is a gift from me to my husband”. The force behind the love that Kristina has for her husband is inspired by her wish to give him an environment that closely resembles the garden that he loved so much at their home. Sadly, Kristina’s husband passed away recently, and we send her our sincere condolences on her loss.

Thank you, Kristina, for all your hard work and for sharing your story and love of gardening with the residents of Hillel Lodge.

We would also like to extend a warm thank you to Saul Davidson (family member) for planting tomatoes, which he nurtured from seedlings, Tha Po (staff), who excitedly participated by planting beautiful flowers in the garden, and Aldenia Orchard (staff), whose green thumb and care can nurture any plant back to good health.

We are very grateful to these volunteers for their contributions to the garden. The residents are excited and look forward to enjoying the summer surrounded by a beautiful and lush landscape.





# Music Therapy



*The music therapy program is hitting all the right notes at the Hillel Lodge*

Rachel Ntambwe has been running the Music Therapy Program for a little more than 15 years. She says, “music has the power to connect us to our emotions, memories, and unconscious thoughts”.

“Indeed, with residents who are diagnosed with dementia, dementia, music is one of the last stimuli that continues to have meaning and with which they can engage intentionally.”

## **So, what is music therapy?**

Music therapy is the use of music to develop and maintain skills in non-musical goal areas. These goal areas are categorized into motor, social, psychosocial, and cognitive domains. Sample goals with residents living in long term care facilities include:

- ♪ to decrease agitation
- ♪ to increase autonomy through active decision-making
- ♪ to build community through collaborative music making with fellow residents
- ♪ to increase active and independent participation
- ♪ to strengthen fine motor skills by playing instruments
- ♪ to explore memories and emotions triggered by the music

Rachel is referred a list of patients who are considered prospects for the program. An informal session is conducted with each resident in their room and “I recommend them for individual or group therapy,” she says.

The program runs on Sunday and in the past, there have been two groups in the morning. For those who are very ill, music therapy might involve a lot of percussion playing and singing.

With the other group, activities include song writing. For the group of residents who have a background in music, they will prepare for a performance. They will write songs, practice, create a set list. “Residents come up with ideas for programs, costumes and songs,” says Rachel. “They are the creative directors, I’m the facilitator. As much as possible, it’s important to empower them and help their dream.”

Rachel also works one-on-one with residents with the help of volunteers from the Acadia University Music Program.

The residents write songs or co-write them with Rachel and the students. The students will then record and mix the music.

“In my work as the music therapist at Hillel Lodge I have the privilege of facilitating active, client-centered, and goal-focused sessions in individual and group formats. The responses from the residents continue to demonstrate the efficacy of this treatment modality.”

## **Rachel shared the story of “Sandy” (pseudonym)**

Sandy was referred to the music therapy program by the recreation manager. After an initial assessment, Sandy was recommended for the individual program with the on-site music therapist and students from Acadia University.

The music therapy goals for Sandy were: 1. To perceive and acknowledge herself with an increased sense of self-esteem. 2. To explore her memories, experiences and background triggered by the music. 3. To develop an increased sense of body awareness through relaxation to music exercises.

During the process, Sandy engaged in a variety of different interventions including song writing, solo and group singing, positive reminiscence, an art and music experience, and lyric analysis. She made clear progress in her goal areas by the end of the 10-week process as evidenced by frequent self-positive statements, active exploration of her memories which were triggered by the music and increased relaxation.

Sandy also took an active leadership role at times by directing the trajectory of the session and by preparing music to share – including a Patsy Cline karaoke solo!

The client-preferred repertoire was quite varied during this process and included Mormon hymns, Heavy Metal, 80’s Pop, and Disco. During the process, Sandy completed a song writing project. It included many of the reflections she shared in music therapy and the significance of music in her life.

“The work is very rewarding,” said Rachel. “There are a number of younger residents and music therapy provides a really important outlet for them to express themselves”.

“The residents are proud of what they achieve and that helps their relationship with their therapist.”

# CARF Canada Accreditation Survey



Hillel Lodge will be undergoing our CARF Canada accreditation survey on **Thursday and Friday, June 23rd and 24th**. Undertaking accreditation is voluntary and represents a public declaration of our commitment to improving our programs and services as we strive to provide the highest quality in care. It is a statement of accountability to our clients, our staff, and the extended community which supports the Lodge.

Undergoing this process gives Hillel an opportunity to see its programs and services compared against provincial, national, and internationally recognized service standards and best practices for person-centred long-term care. This way we can see not only where we excel, but more importantly, where we can continue to improve. If you have any questions, **please contact Cindy Garcia (613-728-3900 ext. 367)**, Assistant Director of Care, Quality Improvement.

## What is the CARF accreditation process?

CARF International, a group of companies that includes CARF Canada and CARF Europe, is an independent, non-profit accreditor of health and human services.

Through the accreditation process, CARF assists service providers in improving the quality of their services based on standards that have been developed over 50 plus years by international teams of service providers, policy makers, payers, family members, and consumers.

The accreditation process applies this set of standards to service areas and business practices during an on-site survey. Accreditation, however, is an ongoing process, signaling to the public that a service provider is committed to continuously improving services, encouraging feedback, and serving the community. Accreditation also demonstrates a provider's commitment to enhance its performance, manage its risk, and distinguish its service delivery.

The accreditation process begins with a thorough self-evaluation that applies the relevant CARF standards against the organization's practices. Once the organization is in conformance to the standards, a request for an on-site CARF survey is submitted. A survey team comprising of industry peers conducts the on-site survey. In addition to interviews of staff, persons served and their families, the surveyors observe organizational practices, review appropriate documentation, answer questions, and suggest ways to improve the provider's operations and service delivery.

Approximately six to eight weeks after the survey, CARF notifies the service provider of the accreditation decision and delivers a report that identifies the service provider's strengths and areas for improvement and its level of demonstrated conformance to the standards. Within 90 days following notification of the accreditation outcome, the service provider submits to CARF a quality improvement plan outlining actions that have been or will be taken in response to the areas for improvement identified in the report, a commitment which is reaffirmed annually.

<http://www.carf.org/>



# **HILLEL LODGE BIKING for BUBBIES BIKE BECAUSE YOU CARE!**



Dear friends, riders, and devoted supporters of Biking for Bubbies who care deeply about Hillel Lodge,

**We are slated to ride on Sunday, September 18<sup>th</sup> through the beautiful city of Ottawa for our 14<sup>th</sup> annual biking event.** Armed with energy from last year's successful campaign, we should all be more than ready to come to the starting line and ride on what is sure to be a beautiful September day.

Last year was a tribute to the memory of Seymour Mender and included a Tribute Book. Seymour, who led the event from its inception, was like many of you, a fixture at every ride each year. It was his wish that this event continued to grow its presence as a significant community-wide cause. This year we are going to celebrate the past and future of the Hillel Lodge with a Commemorative Book that will feature photos and write-ups capturing the history of the Lodge, its residents, and contributions from many community members.

**To all prospective participants of this event, the riders, walkers, spinners, and strollers, we are counting on you as the lifeblood of Biking for Bubbies.**

**It is already May, and we all know how time flies ... So please get registered now, get your bike tuned, and start asking for pledges!**

All proceeds raised will go to support the Feeding Assistance Program, the Stay in Touch Program, and other identified needs of the Lodge.

While the pandemic is still impacting our lives, our hope is that by September, the virus will be less of a concern. That said, the event will proceed either way. We are hopeful that we will be able to ride and walk together, share some laughs at the starting line, and kibbitz at the Lodge for lunch after the ride.

**If you would like to ride, we urge you to sign up NOW at <https://hillel-ltc.com/foundation/events-1/biking-for-bubbies> and be included in the Commemorative Book.**

Thank you for once again being a part of the ride. Stay safe and be well.

*Biking for Bubbies Committee 2022*

