

# Lodge Line

July 2022

*It was on the first day of July that we became independent  
and a beautiful journey began*



Canada Day commemorates the anniversary of the Constitution Act, which united three British colonies into the single nation of Canada in 1867.

## Canada Day Facts

**July 1, 1867:** John A. MacDonalld became the first Prime Minister of Canada.

In **1967**, Montreal hosted the World's Fair (Expo 67), celebrating 100 years since Canadian Confederation. It was the most successful World's Fair of the century.

**July 1, 1980:** "O Canada" became Canada's official national anthem. Originally written in French, the song was first performed 100 years earlier, on June 24, 1880, in Quebec City.

On **July 1, 2017** Canada celebrated its 150th anniversary.



### Monday, July 4th

2:30 p.m.— An Hour with Professor Gerry Cammy

### Tuesday, July 5th

11:00 a.m.— Zumba Goldchair with Debbie

### Thursday, July 7th

2:30 p.m.— Music with Jonny Vegas

### Monday, July 11th & 25th

2:30 p.m.— Happy Hour

### Tuesday, July 12th

10:30 a.m.—The Usuals Jazz Band

2:30 p.m.— Therapeutic Chair Yoga & Qigong with Eric

### Wednesday, July 27th - 4:00 p.m.

4:00 p.m.— Memorial Service with Rabbi T.

### Thursday, July 28th - 2:30 p.m.

2:30 p.m.— Keep on Singing with Alison James, Howard Kaplan & Al Garman

### Resident BBQ Dinners in the Garden

July 6th - 3 West

July 13th - 3 East

July 20th - 1 west

July 27th - 2 West





## NEW RESIDENTS

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

Pasqualina Adamo  
Shirley Delfino  
Gerald Finger

*Sincere Condolences  
to the families of*

Marianna Banfalvi  
Jacob Weibe

*May their memory be a blessing always*



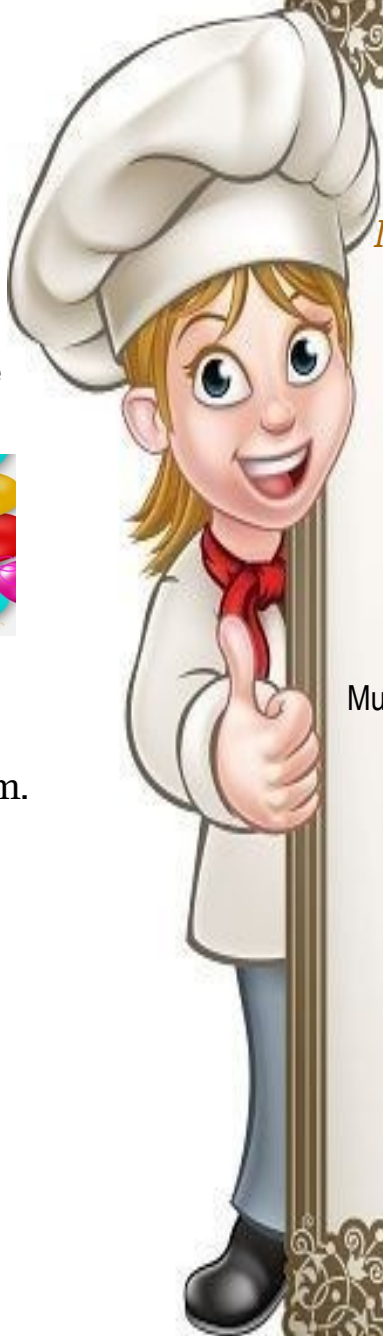
The fast of the 17th of the Hebrew month of Tammuz, known as Shivah Asar B'Tammuz, is the start of a three-week mourning period for the destruction of Jerusalem and the two Holy Temples.



The Birthday Party  
with Evelyn Greenberg  
will be held on  
Thursday, July 14, 2022 at 2:30 p.m.

### *The residents celebrating are:*

Helen Crawford  
Anna Dukszto-Lemanczyk  
Alda Jackson  
Marilee Jessup  
Sidney Katz  
Regina Koper  
Judith Kune  
Zelda Leibovitch  
David MacNeil  
Kailash Malhotra  
Andee Milstock Fortune  
Dirk Partridge  
Gayle Peterson



## Menu

**Summer/ Fall 2022**

### *New and Returning Items*

Chicken Portofino  
Middle Eastern Kofta & Hummus  
Greek Lemon Chicken  
Italian Apple Cake  
Corn Chowder  
Israeli Salad  
Alsation Onion Torte  
Mexican Beef & Peppers  
Russian Potato Salad  
Middle Eastern Pollock  
Peaches & Cream Pie  
Greek Salad Plate  
Mushroom Vegetable & Cheese Quiche  
Vera Cruz Fish Fillet  
Key Lime Pie  
Chocolate Cherry Cloud  
Chicken Chow Mein  
Portuguese Cod  
Lemon Snow  
Almond Torte  
Chicken Jambalaya  
Beef Tagine  
Strawberry Shortcake  
Falafel & Tzatziki  
Breaded Herb & Garlic Fish Fillet  
Lentil Vegetable Soup  
Chocolate Coconut Cake  
Vegetable Parmesan Frittata  
Thai Beef & Noodles  
Beef Tourtière



# welcome

TO THE TEAM

Sherwah Day, Dietary Aide

Emma Edache, RN

Liberty Gasmien, RPN

Stella Kibuh, RN

Neha Muzumdar, Dietary Aide

Amoun Shafa, RPN

Victoria Walker, RPN

Cindy Mundt, RN

welcome back

Happy Anniversary!

to the following

Staff Members celebrating in July!

**25 Years**

Patricia Haas, Director of Food Services

**21 Years**

Eugeniusz Kurman, Food Service Worker

Flora Lagman, PSW

**17 Years**

Sunn Meas, Housekeeping Aide

**14 Years**

Brigitta Tarnai, Food Service Worker

Happy Retirement!

Dorothea Harris

**22 Years**

Lan Him

**20 Years**

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

Best Wishes!

Lisa Rossman, Director of Social Work, Programs and Support Services, will be starting her maternity leave as of July 1, 2022.

We wish her all the best as she embarks on her journey as a new mother.

Welcome to the Team



We are pleased to announce that Shannon Fraser will be joining us as interim Director of Social Work, Programs and Support Services.

As a Registered Social Worker, Shannon holds a Master of Social Work specializing in Gerontology and Palliative Care and brings over 10 years of relevant experience in different settings including acute care, hospital, long term care and community care. Both as a leader and an educator, Shannon is passionate about providing holistic care to support individuals, families, and communities struggling with mental health and social challenges.

Shannon's combined education and experiences have prepared her well to lead our Social Work, Programs and Support Services team for the next 18 months.

## CARF Canada Accreditation Survey

*Congratulations on a job well done!*



Hillel Lodge successfully underwent its CARF Canada accreditation survey this past Thursday and Friday (June 23rd/24th). Along with reviewing various documents, the two surveyors met with residents, family members, staff, and community partners. Thank you to everyone who participated in the preparation and the survey meetings. And a very big thank you to all staff who, on a daily basis, ensure that Hillel is the wonderful home it is for our residents. The surveyors easily recognized Hillel as the warm, welcoming, and unique community it is.

In approximately six to eight weeks (mid-August), CARF will provide a report which shares the accreditation decision and will identify not only our strengths but also areas for improvement. Within 90 days of receiving this report, Hillel will submit 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 Hillel will reaffirm annually.

## STAY COOL....BE COOL!!

### What to do during a heatwave:

- ◇ Drink plenty of cool fluids
- ◇ Avoid being outside during the hottest part of the day
- ◇ Dress for the heat and for your activity level
- ◇ Wear light, loose clothing to let air circulate and heat escape
- ◇ Always wear a hat and apply sunscreen before going outside
- ◇ Slow down your activities as it gets hotter
- ◇ Take frequent breaks if you must work outdoors to let your body cool off
- ◇ Avoid caffeine and alcohol because they can cause dehydration

### Watch for symptoms of heat illness:

- ◇ Dizziness or fainting
- ◇ Nausea or vomiting
- ◇ Rapid breathing and heartbeat
- ◇ Extreme thirst
- ◇ Decreased urination with unusually dark yellow urine
- ◇ Changes of behaviour in children



### What to do after a heatwave:

- ◇ Open windows and blinds to allow fresh air to circulate through your home
- ◇ Check on vulnerable family members, friends and neighbours who may require assistance
- ◇ Continue to stay hydrated by drinking water.

## Please Note

Unfortunately, our esthetician services are temporarily on hold.

As you may or may not know, our esthetician, Yandry, recently decided to leave the Lodge. We have been actively trying to recruit a replacement; unfortunately, we have not yet found a suitable candidate. We assure you that the search will continue over the summer.

# Hillel Lodge

# Dream Project

Everyone has DREAM's. We can DREAM ahead into to future, and we can reminisce and DREAM of the past. Hillel Lodge has DREAMs too. The DREAM Project is a combination of two separate projects that has been initiated by Hillel's leadership. They are The DREAM Garden and the DREAM Lounge. The dream project is a complete renewal of the garden and the lounge/café/reception areas. This project will be the single largest capital investment to the current Hillel Lodge in over 10 years.



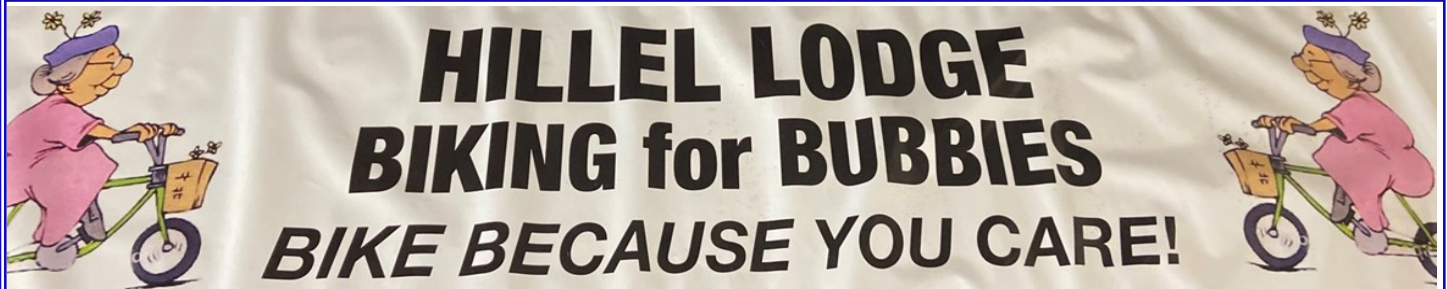
To be realistic, it's fair to say the project cannot be everything to everyone but we are going to make it successful. One of the ways to ensure the success of the garden and lounge areas will be to employ design principles for socialization and solitude, meaningful activity, sensory stimulation, and of course, accessibility and safety. Another way to ensure success is to capture suggestions, ideas, and preferences and engage with all team partners.

Both elements of the DREAM Project will focus on the common areas of the facility that will allow increased engagement with all stakeholders. The leaders of Hillel Lodge want the DREAM Project to be an integral part of the programming for team members. We want the design to assist in increasing the functionality and aesthetic for everyone.

We will be holding visioning sessions to assemble a Vision Package. The Vision Package will start to define our vision for the garden and lounge and future common areas. Defining all the elements is an exciting process we are all looking forward to. The package will also become an important tool for our leadership to raise funds for these projects. The management, the board, the foundation, the auxiliary, and donors will use the Vision Package to showcase and fundraise for the exciting plans we have for the DREAM Project. We have already raised a significant amount of donations for the project and with the momentum that is generating we expect to receive even more. Stay tuned for our DREAM!

DREAM Project is an exciting project. The excitement is building and if you want to participate in any of the activities to help define the final product, please reach out to Brian Miklaucic, Project Manager at [bmiklaucic@hillel-ltc.com](mailto:bmiklaucic@hillel-ltc.com) or 613-728-3900 x112.





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.

