

Lodge Line

February 2023

February is the border between winter and spring

Tu'Bishvat - The New Year of the Trees

The 15th of Shevat on the Jewish calendar—celebrated this year on Monday, February 6, 2023—is the day that marks the beginning of a “new year” for trees. Commonly known as Tu Bishvat, 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.

The 15th of Shevat is marked by eating fruit, particularly from the kinds that are singled out by the Torah in its praise of the bounty of the Holy Land: grapes, figs, pomegranates, olives and dates.



Black History Month is celebrated every February to honour the legacy and achievements of black

Canadians, who throughout history have accomplished so much to make the country a prosperous and compassionate nation as it is today.

Each year, Black History Month has a specific theme. The theme for Black History Month 2023 is “Black resistance”. We can understand this theme to mean celebrating the ways in which Black people have resisted oppression, discrimination, and prejudice over history.

National Flag Day of Canada



February 15, 2023

At the stroke of noon on February 15, 1965, Canada’s red and white maple leaf flag was raised for the very first time on Parliament Hill. On the same day in 1996, National Flag of Canada Day was declared.

Our national flag is a symbol that unites Canadians and reflects the common values we take pride in — equality, freedom and inclusion.

Welcome New Residents

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

Bozena Parisien
George Hopkinson
Sandra McDonald
Irvin Cutler

welcome

TO THE TEAM

New Staff Members

Olga Khomentovskaya, Cook
Mae Marquez, R.N.
Ikedah Miller, PSW
Lucienne Milord, PSW
Bhargavi Patel
Gardie Senatus, PSW

Welcome Back
Amoun Shafa Omri, RPN



Troy Wiedman, Recreation Assistant
Ashley McGee, Restorative Care

*Sincere Condolences
to the families of*

Bertram Blevis
Ruth Bleweis



May their memory be a blessing always

Happy Anniversary!

*to the following Staff Members
Celebrating in February*

22 Years

Kit Chhor, Cook
Monique Norelus, PSW

12 Years

Danielen Vidal, RPN

6 Years

Hongying Nie, Dietary Aide

3 Years

Irada Rajbanshi, PSW
Jeanna Dodin, Housekeeping Aide

2 Years

Kaitlyn Houle, RAI Coordinator

1 Year

Catherine Cadap, PSW
Raymond Mercado, PSW
Josephine Osipenko, RPN
Jeyarani Raveenthiran, Dietary Aide

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



Monday, February 6th

2:30 p.m. - Tu B'Shevat with Rabbi Kenter

Tuesday, February 7th

10:30 a.m. - The Usuals Jazz Band

2:30 p.m. - Therapeutic Chair Yoga

Thursday, February 9th

2:30 p.m. - Keep on Singing with Alison,
Howard and Al

Tuesday, February 14th

2:30 p.m. - Lover's Lane Social "A Trip to
Paris"

Thursday, February 16th

10:30 a.m. - Tai Chi with Ruth

Tuesday, February 21st

11:00 a.m. - Zumba Gold Chair with Debbie

2:30 p.m. - Keep on Singing with Alison,
Howard and Al

Wednesday, February 22nd

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

Monday, February 27th

10:30 a.m. - Ukelele Strolling Minstrels:
Music with Brian and Bobby

Tuesday, February 28th

11:00 a.m. - Music with Roxy Swan



Every Monday -
Music with A Touch of Klez



**The Birthday Party
With Evelyn Greenberg
will be held on
Thursday, February 23rd
at
2:30 p.m.**

The residents celebrating are:

Sylvia Cohen
Yucel Erkilicoglu
Bluma Goldenberg
Andy Grosz
Valentina Petrova
Jack Seltzer
Sally St. Lewis

Oneg Shabbat

Fridays at 10:30 a.m.

February 6th: Grade 7 Class from
OJCS

February 10th: The Ganon Pre-School

February 17th: Rabbi Lesser

February 24th: Joel, Alison & Dina

Residents' Council

The next Residents' Council Meeting
will be held on
Wednesday, February 22nd
2:00 p.m.

Chorale Entre-Nous Choir: Sharing the Gift of Music!

Thursday, February 16th at 2:15pm



Celebrating twenty-seven years of singing together, Chorale Entre-Nous Choir is a bilingual choir, sponsored by the Retired Teachers of Ontario. With a mandate of service to the community, Chorale Entre-Nous Choir dedicates itself to performing regularly at seniors' residences in the Ottawa area, offering the joy of music to others, while supporting each other in a "choral community."

Under the leadership of choral conductor Leslie Bricker, and accompanied by Charlene White, the choir is thrilled to share music that focuses on all aspects of love; extend your Valentine's Day celebrations! You'll hear a variety of music, from familiar favourites to new "musical gems!"

THERAPEUTIC RECREATION: LET YOUR PASSIONS FLOW!



Therapeutic Recreation Awareness Month

WHAT IS THERAPEUTIC RECREATION?

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.



February is Heart Month, a time to reflect on the importance of our cardiovascular health, and to learn what we can do to reduce our risk of cardiovascular disease.

Heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada.

Did you know? Most Canadians have at least one risk factor of heart disease and stroke. This means it's incredibly important to understand the warning signs of these serious conditions, and to ensure you're taking the best possible care of yourself.

We can all reduce our risk of heart disease by making healthy lifestyle choices, including quitting smoking, eating a healthy and balanced diet, getting enough sleep, exercising regularly, and monitoring blood pressure and cholesterol levels.

GOOD NEWS

We have hired a
hairdresser!



Leslie Byers will be starting at Hillel Lodge on February 13, 2023. Leslie brings with her 37 years of hairdressing experience in long-term care and retirement homes.

We are excited to have Leslie join our team! If you have any questions, please contact Shannon Fraser, Director of Social Work, Programs and Support Services.

Please note!

Please be advised that our Family Council has dissolved due to a lack of

interest and participation.

Family members have the right to form a Family Council at any time.

Please contact Shannon Fraser if you are interested in leading the reestablishment of Family Council.



We Need You

We need your help for the annual Biking for Bubbies fundraising event, taking place September 10, 2023, in support of Hillel Lodge.

- Committee members
- Volunteer Coordinator
- Marketing
- Volunteers on the day of the event
- And more!

Meet new people, make a valuable contribution and help a worthy Charity!

Please contact Cathie in the Foundation office at 613-728-3990 for more information.



Lost and Found Laundry

Tuesday, February 7, 2023

Wednesday, February 8, 2023

Racks of clothes from Laundry will be displayed on the 2nd Floor (across from the elevators) for Residents and Family members to check for lost or misplaced clothes.



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News from the Nursing Department

WHAT'S NEW?

We are working with MedSafer, a Canadian-made electronic application that examines a resident's medical history with their medication list.



MedSafer will assist us with our pain management program and identify those residents that may require a different approach to improve their quality of life.

MedSafer provides up to date medication information to the physicians for their quarterly reviews of drugs for our residents which will give options for reducing medication.

Education

We are training our staff in several programs

This month we will talk about Dementia training (please note these courses are offered to all department employees)

"No one knows how best, for sure, to cope with dementia. We are all singing in the dark. But we are also singing together...perhaps not the same words. But surely, we can work on singing the same tune."

- **Gentle Persuasive Approach (GPA)** is a full day course presented on site and GPA is an innovative dementia care education curriculum based on a person-centred care approach.
- **Living the Dementia Journey** is a full day on site course that helps participants gain awareness and understanding that changes not only the way we view dementia but the way they support people living in it.



Accomplishments

Three of our RPNs have completed the year long SWAN (Skin Wellness Associate Nurse) Program.

Edna Batema, one of the recent graduates, is now our Wound and Skin Care Champion. Edna does weekly wound assessments of our residents and is working with the staff on the neighbourhoods.

