



THE BESS AND MOE GREENBERG FAMILY

Hillel Lodge

LONG-TERM CARE HOME OF OTTAWA



Compassion. Care. Excellence.

Annual Report 2023

MISSION, VISION AND VALUES

MISSION

Our mission is to provide compassionate long-term care that empowers residents to lead full and engaged lives in a welcoming Jewish environment.

VISION

The Lodge will continually strive to be at the forefront of person-centred long-term care.

VALUES

- ▶ Compassion and Caring
- ▶ Dignity and Respect
- ▶ Collaboration and Teamwork
- ▶ Excellence and Innovation
- ▶ Integrity and Accountability



THE BESS AND MOE GREENBERG FAMILY

Hillel Lodge
LONG-TERM CARE HOME OF OTTAWA



The Bess and Moe Greenberg Family Hillel Lodge Long-Term Care Home of Ottawa (Hillel Lodge) has a long and proud history. Its success over the years reflects the commitment of generations of dedicated staff, volunteers and donors who have recognized the importance of providing compassionate care to members of our community in a welcoming Jewish environment.

As we chart our path forward, we need to draw upon what has made us successful in past decades. Building on our success of providing exceptional care and services, Hillel Lodge will continue to evolve to meet the changing needs of our community.

This 2023 annual report marks important stepping stones in our journey towards excellence. Hillel Lodge and Hillel Lodge Long-Term Care Foundation are proud to report back to you on successful accomplishments, collective impact, and potential future growth plans made possible thanks to the interactions and engagement of our Auxiliary, volunteers, and caring staff at Hillel Lodge.

Please, join us on our journey to excellence...

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FAREWELL MESSAGE

It has been my great honour to have served as President of the Bess and Moe Greenberg Family Hillel Lodge Long-Term Care Home of Ottawa for the past two years.

I am most grateful to my fellow Board members and Executive for their support and insights. I also have gained a deep appreciation for the work done by the Hillel Lodge Auxiliary and the critical contributions made year after year by the Hillel Lodge Long-Term Care Foundation. I would also like to acknowledge the valuable ongoing support of the Jewish Federation of Ottawa and the Ottawa Jewish Community Foundation.

Without everyone's dedication, the Lodge simply could not be the model residence that is so highly regarded in the community.

Supporting the Lodge through the pandemic was no small feat, and much was learned in the process. Opportunities for improvements were identified and a specific strategic plan was put in place that will: develop and maintain Hillel Lodge as a centre of excellence; create an environment in which our managers and staff can excel; give confidence to our residents that all their needs are met; and comfort families in the knowledge that their family members are being well cared for.

"The solid foundation of compassion and caring for which Hillel Lodge is known will serve us well as we proceed with renewal and growth."



THE BESS AND MOE GREENBERG FAMILY

Hillel Lodge
LONG-TERM CARE HOME OF OTTAWA

Marty Black
President



A COMMITMENT TO EXCELLENCE AND COMPASSIONATE CARE

The Bess and Moe Greenberg Family Hillel Lodge of Ottawa boasts a proud legacy of providing exceptional care to residents, recognized throughout Ontario for our high standards. Since joining the team five years ago, I have been profoundly moved by the dedication our staff shows towards our residents, a testament to our core values of empathy and quality care. None of our accomplishments would be possible without the dedication of our Board of Directors, volunteers, and the generosity of our donors.

As we navigate a pivotal time in long-term care, the demographic shift in our residents has become evident. Historically, residents typically had general care needs. Today, however, our residents are often in their late 80s to 90s, grappling with multiple health issues, particularly dementia. This trend is mirrored nationwide, with projections suggesting the number of Canadians with dementia could reach 1.4 million by 2036. As our society ages, the demand for specialized long-term care will only intensify.

In response to these challenges, Hillel Lodge has been proactive in enhancing our care offerings, particularly for those with dementia. In 2023, we launched the Java Memory Care program, a cutting-edge initiative designed to support residents with late-stage dementia or Alzheimer's through person-centred emotional care. This program is part of our broader commitment to innovative care models that respect the dignity and individuality of each resident.

Furthermore, our Therapeutics Department received a significant enhancement this year, thanks to a heartfelt donation from the Ottawa Community Foundation in memory of Marsha Magidson Z"L.

This funding has allowed us to expand our therapeutic facilities, offering a tranquil space with garden views that supports the independence and well-being of our residents.

Another key initiative, Companionship Connections, aims to combat loneliness among our residents. Funded by Biking for Bubbies, this program targets those experiencing depression or social isolation, providing tailored one-on-one engagements that significantly improve their quality of life.

The construction of our new Dream Garden, set to open this summer, is another milestone for Hillel Lodge. Made possible by generous community donations, this garden will serve as a vibrant outdoor space where residents can engage with nature and enjoy social interactions, crucial for their mental and physical health.

As we look ahead, I am excited to continue our continued collaboration with the Ottawa Jewish Community, our dedicated staff, and all stakeholders to further our mission of excellence. We are deeply grateful to our donors and our Board of Directors, whose unwavering support and vision empower us to set new standards in care. Together, we are committed to ensuring that Hillel Lodge remains a beacon of innovation and compassion in long-term care.

Thank you for being part of this journey with us, and for your continued partnership in caring for our community's most vulnerable.



FAREWELL MESSAGE

With deep gratitude and profound humility, my term as President of the Hillel Lodge LTC Foundation has come to an end. Reflecting on my tenure, I am immensely appreciative for the unwavering support and dedication of my fellow board members. Your wisdom, guidance, and steadfast commitment have been instrumental to our success. Together, we have faced challenges head-on and celebrated achievements.

I extend my heartfelt indebtedness to the exceptional staff members who worked tirelessly to provide exceptional care and support to the residents. Their unwavering dedication and compassion are the lifeblood of our organization, and I am forever thankful for their efforts to improve the well-being and happiness of our residents.

Under our collective stewardship, the endowment fund has grown because of the trust and confidence our community has placed in us. This growth will ensure the long-term viability and sustainability of the Lodge.

Biking for Bubbies has thrived and continues to be the largest event in our city in support of Long-term Care. We have celebrated significant milestones, including the realization of the Dream Garden, a sanctuary of joy and healing. We made essential facility upgrades, including the replacement of the resident care lifts. The Recreation Therapy space was modernized, replacing the old equipment with new. These projects exemplify our unwavering commitment to honouring those that paved the path before us, while providing residents with comfort and dignity.

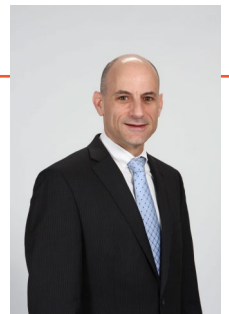
These accomplishments would not have been possible without the dedication and assistance of so many volunteers, sponsors, and the broader community. Together, we have contributed to a remarkable legacy that will continue to touch the lives of countless individuals and their families for generations to come.

My sincerest gratitude goes to my wife and family for their unwavering support and understanding throughout my tenure. Their love and encouragement have guided me, allowing me to focus and fulfill my duties.

As I pass the baton to our incoming President, David Baker, I have the highest confidence in his leadership to continue towards the vision we have built. David's experience, passion and dedication to our community will steer the Hillel Lodge LTC Foundation toward a bright future. I will continue to serve as Past President and Chair of the Life and Legacy Committee and the Investment Committee, ensuring a seamless transition.

To each board member, staff member, volunteer, and supporter, I express my heartfelt appreciation for your unwavering commitment towards the pursuit of our objectives. We have achieved so much through our collective efforts, and I look forward to seeing what the next chapter holds.

"Contributing to a remarkable legacy"



REFLECTING ON A YEAR OF COMPASSION AND GRATITUDE

As we reflect on another remarkable year, I want to express my gratitude for the unwavering support and dedication to the Hillel Lodge Long Term Care Foundation. The generosity and commitment of caring people allows us to continue to provide exceptional care and support in a caring Jewish environment. THANK YOU!

Before we delve into the achievements of this year, it is with a heavy heart that we remember those who have left us too soon. We are humbled and grateful for the individuals who had the foresight to include the Lodge in their wills, ensuring that their impact on the lives of others endures. Their selflessness serves as a testament to the compassion and kindness that resides within our community. Thank you—your light lives on in the hearts of those who call Hillel Lodge home.

I would also like to recognize the invaluable contributions of the Hillel Lodge LTC Foundation Board of Directors, the Bess and Moe Greenberg Family Hillel Lodge Board of Directors and the Hillel Lodge Auxiliary. Their dedication, guidance, and commitment is humbling. I am proud and blessed to work with each and every one of them. They give of their time, talents, and treasures. These are busy people with busy lives and caring hearts.

Hillel Lodge would be nothing without our exceptional, caring staff. Every day, I witness them going “above and beyond” to ensure our residents' physical, emotional, and spiritual well-being. We would be a hollow building without them. THANK YOU!

“Society is great
when people plant
trees – whose shade
they will not know.”

2023 marked the 15th remarkable year for Biking for Bubbies. This extraordinary event brings the community together for a fantastic day. Every biker, walker, sponsor, cheerleader, and volunteer should be thanked for making this event such a success. Thanks to their incredible support, we have funds to support the Mealtime Assistance and Companionship Connections Programs that helps combat loneliness for some of the most isolated residents. From those who participated in the Family Fun Zone, to those who sponsored a biker, or biked themselves and our sponsors – each of them is changing the world for those living at the lodge. THANK YOU!

The new Dream Garden is a space that will bring joy and tranquillity to our residents, creating a serene space for reflection, connection, and solace. For some, it is their only access to the outdoors. The group of committed community members who stepped forward to make this dream a reality should be proud of the knowledge that they are enhancing the lives of people living at the Lodge.

In honor of their sister, a family helped create a beautiful Therapeutic Room. This therapeutic space is a testament to the transformative power of love and remembrance.

Together, we have touched lives, uplifted spirits, and made a tangible difference. I extend my appreciation to everyone who helped make this year a success. Let us continue to work hand in hand to create a brighter future for our residents and ensure that the flame of hope burns eternally within these walls.



THE AUXILIARY OF HILLEL LODGE

The Auxiliary is a very dedicated volunteer group and its members work hard year-round to raise much needed funds for the Lodge.

The Auxiliary started when Hillel Lodge was founded in 1965. The Auxiliary founding president set out to establish a committed group of volunteers who would (and still do) donate their time to enhance the quality of life for Lodge residents.

Functioning autonomously, the Auxiliary provides services and raises the money required to help bring the many important extras that bring comfort and enjoyment including the purchase and maintenance of several fish tanks, monthly birthday parties, musical entertainment, and bingo winnings.



“The Auxiliary raises funds through their Annual Spring Telethon and the Fall Great Games Event.”

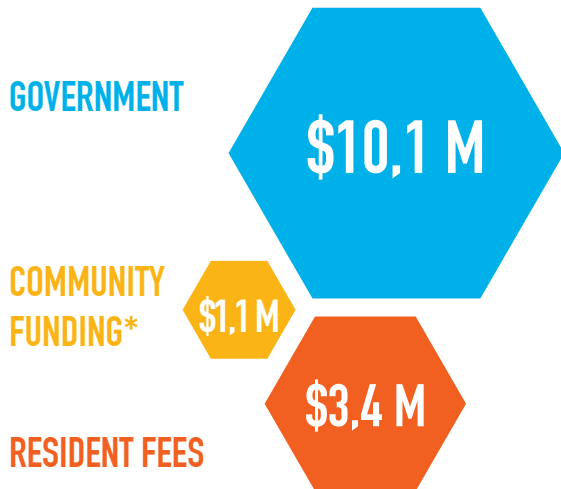
The Auxiliary participates in major projects each year such as, new mattresses, bed lifts, furniture, and support in funding the new Dream Garden. This energetic group has helped celebrate holidays such as Sukkot, Chanukah, and Purim with residents.



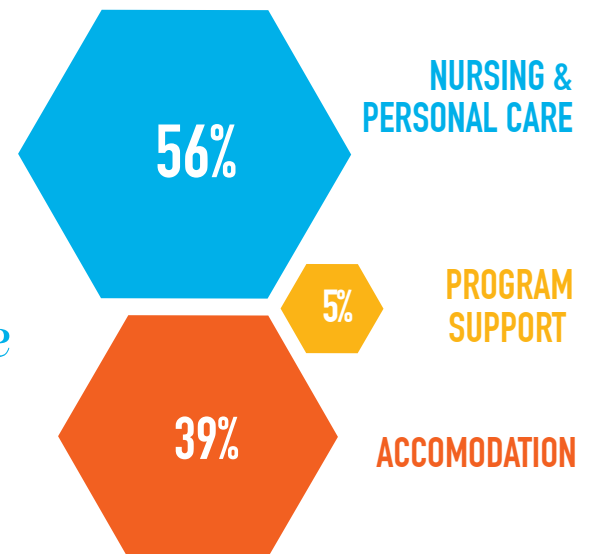
FINANCIAL STATEMENTS 2023

At the Bess and Moe Greenberg Family Hillel Lodge, we are firmly committed to being accountable and good stewards of funds entrusted to us. We consider the management of those resources a duty, and we use them wisely and effectively.

SOURCES OF REVENUE



OPERATING EXPENSES

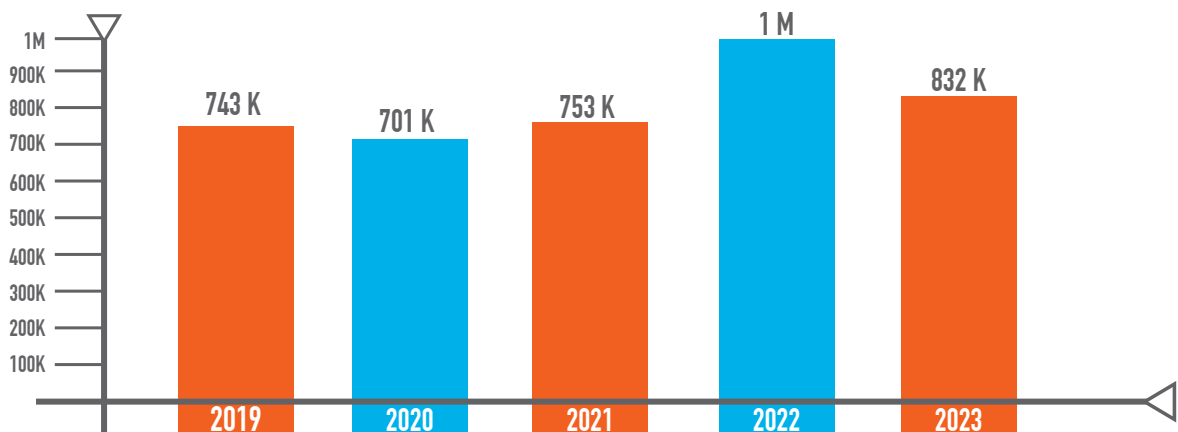


*Community Funding is your support. You ensured that residents were provided with a higher level of care. You put smiles on their faces and made a positive difference in their lives. Thank you.

Visit hillel-ltc.com/news for the full 2023 Financial Statements

At Hillel Lodge Long-Term Care Foundation we recognize that you are giving through us to make a difference in the lives of those in our care, both now and in the future.

Funds transferred from Hillel Lodge LTC Foundation to Hillel Lodge in the last 5 years.



Thank you to our Donors and Endowment Fund holders.

2023 HIGHLIGHTS

*“Every idea starts in the imagination,
everything starts with a dream.”*

DREAM GARDEN

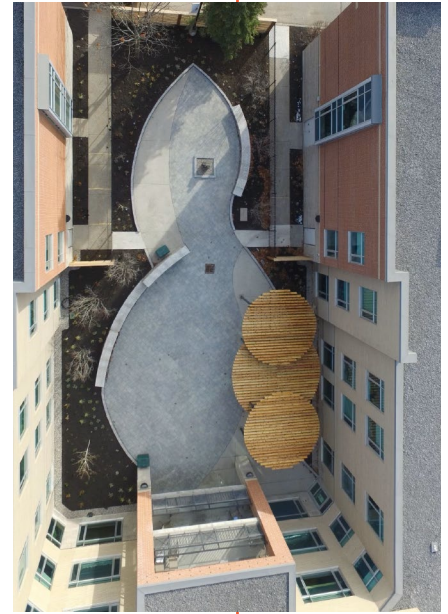
The beautiful new Dream Garden was constructed in 2023, thanks to generous community donations through the **Hillel Lodge LTC Foundation** and with support from the **Hillel Lodge Auxiliary**.

The Dream Garden is a place where residents and family members can gather and socialize while interacting with nature, participate in our horticultural program, or just be alone and experience the sounds, scents, and feelings of the garden.

To some of the residents, the garden is the only outdoor space they have access to, making this green space crucial for healthy living.

This project is a testament to our community's commitment to enhancing the quality of life for our cherished residents.

*“The new Dream Garden is a space that will
bring joy and tranquillity to our residents.”*



HEALTH BENEFITS OF OUTDOOR SPACES

Evidence continues to mount of the significant health benefits associated with spending time regularly in gardens and other green spaces, particularly for residents of long-term care facilities. Gardens can alleviate isolation, for instance, as they often become social centres enjoyed by residents, families, and staff alike. Gardening activities can decrease anxiety and inspire a sense of purpose.



2023 HIGHLIGHTS

BIKING FOR BUBBIES



Hillel Lodge LTC Foundation's annual event, Biking for Bubbies, is special in our hearts as it embodies the true spirit of community and compassion. Bikers, walkers, sponsors, cheerleaders, and volunteers come together to honour and support our loved ones, and to make the event the success that it is.

2023 marked 15 incredible years for Biking for Bubbies. This extraordinary event brings the community together for one fantastic day each September. Biking for Bubbies funds support the Mealtime Assistance and Companionship Connections programs which aim to combat loneliness among our residents and provide tailored one-on-one engagements that significantly improve their quality of life. Biking for Bubbies has raised more than a million dollars since its inception 15 years ago.

THERAPEUTIC ROOM

Therapeutics Department received a significant enhancement in 2023, thanks to heartfelt donations through the Hillel Lodge LTC Foundation and the Ottawa Jewish Community Foundation in memory of Marsha Magidson Z"L. This funding has allowed us to expand our therapeutic facilities, offering a tranquil space with garden views that supports the independence and well-being of our residents. This therapeutic space is a testament to the transformative power of love and remembrance.



2023 HIGHLIGHTS

JAVA GROUP PROGRAMS

Java Group Programs is a peer support and peer mentoring approach made up of three programs: Java Music Club, Java Memory Care, and Java Mentorship. According to the Java website, "loneliness and social isolation are epidemic, affecting many older adults." The **Jewish Federation of Ottawa** awarded the Lodge a new Jewish Journey grant for the Java Programs aimed to "end loneliness and spread happiness."

Implemented in 2023 was the Java Memory Care program which is a cutting-edge initiative designed to support our residents with late-stage dementia or Alzheimer's through person-centred emotional care. This program is part of Hillel Lodge's broader commitment to innovative care models that respect the dignity and individuality of each resident.

Also implemented in 2023 was the Java Music Club which allows Hillel Lodge staff to identify who is most in need of peer support and personally invite them to a small group led by a peer mentor. The guided curriculum allows the group to choose a theme and then offers music and discussion topics around that theme. The themes include friendship, Jewish holidays, trust, Mother's Day, and more. The group gets to know one another better and begins to create stronger relationships. The benefits of participation are felt long after the formal session has ended.



None of our accomplishments would be possible without the dedication of so many volunteers and broader community, and the continuous generosity of our donors and sponsors. Thank you for your commitment and kindness.

RESIDENT SPOTLIGHT

MORRIS SCHACHNOW- AN INSPIRING JOURNEY

Morris Schachnow is widely known in the Jewish community. Many have crossed paths with him during his many years participating in Jewish sports leagues or through the various organizations he volunteered at as a board member or recently as a resident and ambassador of Hillel Lodge. The dedication he applies to all he does is an inspiration to all of us who have had the chance to know him.

OTTAWA JEWISH SPORTS LEGEND

"Ottawa Jewish Sports Hall of Fame member Morris Schachnow is a long-time Ottawan. Morris was born in Vienna but spent most of his youth in New York City where he was a baseball phenomenon. Signed to a minor league contract by the New York Yankees, Morris played in Missouri where he roomed with future hall of famer Tony Kubek.

After his professional baseball career was cut short by a hereditary knee ailment, Morris married Shelley Mayberger and the couple settled in Ottawa where he was a champion in basketball, softball, and handball. Morris won the city handball championship an incredible 10 years in a row.

Some have called Morris Schachnow Ottawa's greatest Jewish athlete ever. There is little question that he was Ottawa's Jewish athlete of the sixties, winning the J.C.C. Sportsman of the Year award in 1965 and 1966 (the only years the trophies were ever awarded). Schachnow was a triple threat, the class of the field in softball, basketball, and handball. He received dozens of awards and other memorabilia that attest to his numerous accomplishments."¹



(From left) Morris Schachnow, Irving Shapiro and Joe Zelikovitz at the 1987 Jewish Community Centre Sports Award Dinner. (Photo courtesy of the Ottawa Jewish Archives)



HELPING THE JEWISH COMMUNITY

Morris Schachnow has always dedicated time to community work. In addition to years devoted to the J.C.C, Morris was President of the Congregation Beth Shalom in the 80s. Morris was also an active member of the Board of Directors of Hillel Lodge from 1980-83 and now, 40 years later, he is again a member of the Board of Directors of Hillel Lodge.

Morris and his wife Shelley first started volunteering at Hillel Lodge 20 years ago. Hillel Lodge is now home to both.

Morris is a very active resident and jokingly calls himself a double agent. As he sits on the Board of Directors and on the Resident's Council, he has first-hand information and can offer a distinct point of view on current issues happening at the Lodge.

Morris is also a great ambassador for the Lodge. He usually is the first face newcomers see. He makes it a point to personally greet new residents, making them feel welcome in their new environment.



From top left to right: Percy (dog), Ken (son), Taylor (granddaughter), Samantha (granddaughter in law), Josh (grandson), Charles (son), bottom left to right: Chevy (dog), Morris and Shelley (wife).

"I know it's hard for someone to leave behind their home and come to Hillel Lodge. I am there greeting them, most times in Yiddish, hoping to make the transition a little easier for them", explains Morris.

¹ Excerpts taken from articles by journalist Ian Sadinsky written for the Ottawa Jewish Historical Society and for SIR.

2023/24 SPECIAL AWARDS

SHALOM PEREL PRESIDENT'S AWARD OF MERIT

The Shalom Perel President's Award of Merit is given annually to recognize an individual who works diligently, often behind the scenes to benefit the Lodge and the residents. The recipient is someone who makes an outstanding contribution to Hillel Lodge.

This president's award of merit is named in honour of Shalom Perel of blessed memory. Mr. Perel was born in Russia and when he was 8 years old, he along with his parents and 3 siblings immigrated to Montreal. In his 20's he moved to Ottawa and attended the University of Ottawa. Subsequently, he found employment in the federal government as a statistician where he worked until his retirement.

He was a quiet unassuming gentleman who enjoyed reading as well as classical music. Mr. Perel moved to Hillel lodge in October 1997. He passed away July of 1998. To show his appreciation for the care and attention he received at the lodge, he endowed the lodge with almost the entirety of his considerable estate. This magnificent gift was accompanied by Shalom Perel's desire to make things better for the residents who lived at Hillel Lodge.

THELMA STEINMAN DIRECT SERVICE AWARD

This award is named after Thelma Steinman of Blessed Memory who was held in the highest esteem by our residents, staff and board members for her ability to give of herself and do the utmost to help others. As everyone who knew her can attest, she was a woman who exhibited tremendous warmth, energy, compassion and a marvellous sense of humour. Her ability to relate to people and to make them seem so special was especially evidenced in her interaction with the residents of Hillel Lodge.

The Thelma Steinman Direct Service Award is given in Honour of an individual who interacts directly with the residents in order to improve their quality of life -- a person who as a result of his/her direct efforts makes a significant difference.

THE OUTSTANDING SERVICE AWARD

The Outstanding Service Award is presented periodically to a group for outstanding service to Hillel Lodge. Recipients have included community groups, non-profit and for-profit companies and organizations that have made a significant contribution to Hillel Lodge and its residents.

2023/24 SPECIAL AWARDS

SHALOM PEREL PRESIDENT'S AWARD OF MERIT

MESSAGE FROM AWARD WINNER JOY MENDER

I was really caught by surprise when announced that I had won this award. I am used to working in the background and not in the spotlight. Hillel Lodge holds a very special spot in my heart. My Bubby resided at Hillel Lodge's first location on Wurtemberg St. and I have fond memories of visiting her there. Later my mother and mother-in-law took up residence at Hillel Lodge and my father was a volunteer for Bingo and bringing the residents down to Synagogue for Saturday morning services. When Joel Diener and my late husband Seymour Mender initiated Biking for Bubbies 16 years ago, I simply helped fundraise and rode. When Seymour passed away in 2020, I joined the Biking for Bubbies Committee. Our daughter Jess has now joined the same board that Seymour led. 10 years ago Seymour won this same award! Working closely together with Joel Diener, I took on a very active role to create and fundraise for the 2021 book "Hillel Lodge Biking for Bubbies - A Tribute book to Seymour Mender". Due to the great fundraising success of that book, the committee decided to produce another book the following year: "Hillel Lodge - 58 years of Caring in the Community". All these endeavours were a success due to a great team effort! I am very fortunate to be part of a team of individuals that are so passionate about supporting our Jewish community long-term care home.



THELMA STEINMAN DIRECT SERVICE AWARD

MESSAGE FROM AWARD WINNER EVELYN MONSON

What an honour to receive this award, though my comment to Marilyn after reading Mr. Farrow's letter was, "You really think I deserve an award for all the fun I'm having???" As a retired senior, I don't want to be entertained, I want to be useful. I started volunteering after my husband died. At that time I was aware of crafters making mats out of milkbags following the disastrous earthquake in Haiti and learned that The Good Companions had a program every Tuesday. I even had a helper. One of the residents at Hillel Lodge routinely collected milkbags from all the kitchens and prepared them for me.

After my 101-year-old mother died at the Lodge four years later, I told Marilyn I would be happy to help out with Friday bingo if I could hand out the winnings. If something I say or do puts a smile on someone's face, then I'm happy. And what could be better than handing out loonies! One of my friends got such a kick out of my stories that she added the Lodge to her own volunteer activities! I like to think my mother z"l, who was a happy volunteer, is smiling down on me today.



THE OUTSTANDING SERVICE AWARD

MESSAGE FROM AWARD WINNER HOWARD KAPLAN AND KEEP ON SINGING

What an honor for us to win this award! Our group has been performing for the Hillel Lodge residents for many years now. Keep on Singing is made up of myself on guitar and lead vocals, Debbie Rubin on banjo and vocals, Al Garman on Bass, and Alison James on piano. We do it because we get great support from all staff at Hillel Lodge, and are grateful to all, and specifically to Marilyn who is always so wonderful. The power that music has is incredible! We play a wide variety of music from the 40s to 70s including all genres such as Hebrew music, rock & roll, folk, swing, Caribbean music, and Irish music. Can feel the residents going down memory lane as they sign along to the tunes or as they simply sit and enjoy the performance. Our goal is to always give the residents the best performance possible. And our reward is to see how much they appreciate the show!



THE FUTURE OF THE JEWISH COMMUNITY IS IN YOUR HANDS.



HOW WILL YOU ASSURE JEWISH TOMORROWS?

Join others and include a gift
to Hillel Lodge LTC Foundation in your will.



To create your Jewish legacy contact:

Leslie Sher, Executive Director, LSher@hillel-ltc.com 613.728.3900 www.hillel-ltc.com/foundation