

LODGE LINE

THE BESS AND MOE GREENBERG FAMILY



Hillel Lodge

LONG-TERM CARE HOME OF OTTAWA

Our Green Thumbs are Growing at Hillel Lodge

Article by Celia Glanville

Spring is in full swing; the leaves are unfurling in the trees and flowers are bursting into bloom! This time of year feels even more special this year at the Lodge as we bring the excitement and anticipation of the season to our residents through our new Green Thumb Club.

We're bringing plants to every corner of the lodge - inside and out, in gathering spaces as well as resident rooms. Everyone is welcome to take part - from lifelong gardeners, to those completely new to gardening and just want to explore something new.



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Green Thumb Club - Continued

The program will reflect the cycle of the seasons. So far, we welcomed spring early, planting seeds as snow was still blanketing the ground and watched with excitement as the first shoots emerged. Now as the days have warmed, we're moving the seedlings outside to accessible raised beds where the residents will tend and care for them throughout the summer and fall.

We will also be working with indoor plants to benefit those residents who are not able to visit the garden, and during the long winter months.

During weekly sessions, we guide and support residents in engaging activities to stimulate the senses, with simple methods accessible to all abilities and customized to suit the needs of individuals. The sessions will be led by a horticulturalist to provide information and guidance to grow plants, learn skills, rediscover hidden gardening skills, encourage social connections and enhance health.



"The plant world connects powerfully with our senses - our eyes recognize the beauty of a flower, the smell of a sprig of lilac, the feeling of our fingers in the soil, the taste of a tomato just plucked from the vine. Memories bubble to the surface."

Green Thumb Club - Continued

Why is it so meaningful?

"Hortophilia" is a term that the neurologist and author, Oliver Sacks¹, uses to describe the deep bond people have with gardens. It is the desire to interact with nature, to manage and tend a garden, to water a sagging plant, deadhead a geranium. In some people it can be as strong as the need to respond to a baby's cry.

Studies have proven the mental, physical and emotional benefits of gardening, especially for seniors in care - and even in the first few gardening sessions we have heard powerful feedback from residents - pride in learning new skills, and challenging their physical abilities, joy in reminiscences of family gardens and connections with family members born of time in the garden together, and for some a return to a way of life that gave such reward in earlier years.

"We are planting a garden together, forming connections, sharing stories and experiences, and bringing everyone's strengths together to foster a green space for everyone to enjoy and share in the benefits."

A resident shared with us her deep sense of loss when she had to give up her extensive vegetable garden to move to an apartment. The seasonal rhythms of her garden had given her life structure, meaning and reward without which she felt lost. She likened it almost to the loss of a child, the hole that it left in her life. After one planting session she shared this with us and said how much it meant just to have her hands back in the soil again.

Another resident said she felt "powerful" when she was planting as she shaped one plant's life. Feeling powerful, tending to something, shaping something - it's a fundamental shift in role and identity for those who may need a lot of care to perform their daily tasks - from being the patient to the caregiver and contributor.

The Green Thumb club is still in its seedling stage but already through the discussions of what seeds to plant, imagining the garden we'd like to create, unlocking new grading skills (or maybe they've just been hidden for years) there has been a palpable sense of joy being fostered.



The Green Thumb Club is looking for donations of 5" wide by 5-7" high small inner liner plastic pots with drainage holes for the Horticulture program for residents. Please deliver to the recreation department.

¹Oliver Sacks (2019) "Why We Need Gardens" In Everything in It's Place: First Loves and Last Tales

Heartfelt Gratitude to Marty Black

Message from Hillel Lodge CEO - Ted Cohen

As the CEO of our long-term care home, it is my distinct honor to express heartfelt gratitude to Marty Black for his exemplary two-year term as President of our Board of Directors.

Marty's tenure has been marked by his steadfast advocacy for our home including with the Ontario government, ensuring that our needs and those of our residents are heard and addressed. His efforts have significantly enhanced our ability to provide top-tier care and support to our community.

"Marty's leadership of our home with the Board of Directors and with our partner organizations within the Ottawa Jewish Community has been invaluable.

He has tirelessly worked to strengthen our ties, fostering a sense of unity and shared purpose that has enriched the lives of our residents and staff alike. His dedication to our community is evident in every interaction and every initiative he has championed."



One of the hallmark achievements during Marty's presidency is the improvement of the physical environment within Hillel Lodge including the successful completion of the Dream Garden project. His leadership ensuring a smooth implementation of this important project is a testament to his commitment, offering a serene and therapeutic environment for our residents to enjoy.

Moreover, Marty's unwavering support during the pandemic has been a pillar of strength for us all. His leadership and dedication ensured that we were well-supported and resilient in the face of unprecedented challenges.

Furthermore, Marty's wisdom and guidance have been a beacon for us all as we navigate the complexities of long-term care in an ever-changing landscape. His counsel has helped steer us through challenging times, always with a focus on enhancing the quality of life for older adults.

On behalf of the entire organization, I extend my deepest thanks to Marty Black for his outstanding service, leadership, and unwavering dedication to our home.

I am also pleased to welcome Dr. Janet Dollin as the new President of Hillel Lodge. Janet brings a deep dedication to person-centred care and improving healthcare for seniors and the broader community. We look forward to working with Janet and continuing our vision to provide exceptional person-centred long-term care.

69th Annual General Meeting

On May 21st, 2024, The Bess and Moe Greenberg Family Hillel Lodge Long-Term Care Home of Ottawa (Hillel Lodge) held its 69th Annual General Meeting at the Kehillat Beth Israel.

Attendants included members of the Board of Directors of Hillel Lodge and of Hillel Lodge LTC Foundation; members of The Auxiliary of Hillel Lodge and the Jewish Federation of Ottawa; volunteers; staff members; family of residents; community members; and awards winners.

Speakers reported on successful 2023 accomplishments and potential future growth plans. A new Board of Directors were elected. Farewell messages and special thank yous were given.



Learn more about our 69th AGM and about our Awards Winners!
Download our 2023 Annual Report at: hillel-ltc.com/news or scan QR code:



69th Annual General Meeting

AWARDS WINNERS



**Award winner Joy Mender for the
SHALOM PEREL PRESIDENT'S
AWARD OF MERIT**



**Award winner Evelyn Monson for
the THELMA STEINMAN DIRECT
SERVICE AWARD**



**Award winners Howard Kaplan and "Keep on Singing"
for the OUTSTANDING SERVICE AWARD**

Want to learn more about the awards and the winners ?
Download our 2023 Annual Report at: hillel-ltc.com/news or scan QR code:



A Growing Legacy of Care

Article by Leslie Sher, Executive Director, Hillel Lodge LTC Foundation

At Hillel Lodge, we take great pride in the strong bonds that connect our residents, their families, and this compassionate community. One such story of generational commitment recently unfolded through a special Tree of Life dedication ceremony.

Celia Switacz, a current resident at Hillel Lodge, is part of a family that has left an indelible mark on our history. Her late mother was one of our pioneering residents, moving with us from our original Wurtemberg Street location to our current home. Celia's daughter, Gabriela Sztein, her son, Marcelo Sztein, and granddaughter, Sophie Baremberg, were present to continue this family legacy of care, a testament to their enduring commitment.



In a touching ceremony attended by Hillel Lodge CEO Ted Cohen, Celia was honoured by installing a personalized leaf on our cherished Tree of Life display. This heartfelt tribute serves as a lasting symbol of the Switacz family's deep roots within our community.

"My mother was so well cared for during her time here," Celia shared. "The staff became like family, and I'm grateful to call the Hillel Lodge my home as well."

I'm consistently inspired by the powerful personal stories and connections to the Hillel Lodge. The Switacz family's multi-generational commitment is a testament to the profound difference we make in the lives of residents and their loved ones.

Their generous donation will help us continue enhancing the quality of life for all who call the Hillel Lodge home. On behalf of our community, I extend our deepest gratitude to Celia and her family. Their support allows us to fulfill our mission of providing exceptional, faith-based care. We are honoured to celebrate this growing legacy alongside them.

Excellence in Nursing Education

Hillel Lodge held a staff appreciation event on May 9th coinciding with Nursing Week, which ran from May 6th to May 12th. This event honored our dedicated staff members, particularly our frontline workers and Preceptors, for their tireless efforts in providing compassionate care to our residents and contributing to the training of nursing students.

The event was funded through the CLRI Prep-LTC program, which supports initiatives focused on enhancing the quality of care and the work environment within long-term care facilities.

The staff appreciation event during Nursing Week not only allowed us to express gratitude to our hardworking staff but also highlights our commitment to excellence in nursing education. By recognizing the contributions of our staff members, including Preceptors, we reinforce our position as a leader in clinical education for future long-term care staff, ultimately enhancing the quality of care we provide to our residents.



CLRI Prep-LTC program

In 2023, Hillel Lodge began to offer the Preceptor Resource and Education Program in Long-Term Care (PREP LTC) to our existing preceptors to enhance their skills and preparedness to supervise clinical student placements.

We have trained 29 preceptors to date, and continue to grow our preceptor team each year.

Preceptors work in partnership with a student during their shifts to provide hands-on work experience and model best practices. Preceptors are responsible to guide, support, and mentor the student partner throughout their placement.

Excellence in Nursing Education (continued)



Heartfelt speeches were given at the event from Preceptor Edna Batema and her former student Victoria Walker. Victoria did her Preceptorship at Hillel Lodge in April/May 2021 and later became a Preceptor herself.

"Being a Preceptor can be incredibly rewarding", explains Victoria. "To know that helping to shape the next generations of nurses and passing on your own legacy"

"I was very fortunate to be in the Preceptor program with Edna as my guide," explains Victoria. "Training with Edna was truly inspiring and extremely helpful. My initial choice was to become a RPN working in Pediatric, but after doing my Preceptorship at Hillel Lodge and experiencing the connections made with the residents, I changed my focus. Hillel Lodge is my home now"

Benefits of Prep-LTC program

"Preceptors shape students' careers by teaching a new generation of healthcare professionals through unique knowledge and experiences", shares the Director of Care at Hillel Lodge, Morag Burch. "The Preceptor Program establishes Hillel Lodge as a learning place of excellence. It enhances person-centred care as it gives us extra staff of hand. Also important is the knowledge-sharing during a clinical placement which is often mutually beneficial for the student and the Preceptor. Explaining the clinical reasoning to students will reinforce Preceptors knowledge. Plus, students learn the most up-to-date clinical best practices through their coursework, so the preceptors may also learn something new. Also very important is the vital role Preceptors play in solving the nationwide healthcare human resources shortage. The Preceptor Program is a great success at Hillel Lodge where last term 88% of the students came back as staff after completing their Preceptorship."



Get Ready to Bike for Bubbies!

It's that time of year again - the 16th Annual **Biking for Bubbies** fundraiser is just around the corner on September 15th! This beloved community event is a highlight of the season, and we can't wait to see your smiling faces on the trail.

Whether you're a seasoned cyclist or just getting started, **Biking for Bubbies** has a route for everyone. The ride is a beautiful journey through the countryside, with plenty of chances to enjoy the fresh air and stunning views.

But this event is about so much more than just a bike ride. It's a celebration of the Hillel Lodge community and the incredible residents who call this place home. Your participation and fundraising efforts allow us to provide the highest quality of faith-based care, filling each day with joy, dignity, and comfort.

So gather your friends, dust off your bicycles, and get ready for an unforgettable day at **Biking for Bubbies 2024**. Register now to secure your spot, and start fundraising to help us reach our goal. Together, we can pedal towards a brighter future for the Hillel Lodge and create cherished memories that will last a lifetime. We'll see you on the trails!



2009 Biking for Bubbies - recognize any of the bikers?



To register or to learn more about Biking for Bubbies
visit: hillel-ltc.com/foundation or scan QR code:





CALENDAR OF ACTIVITIES

Monday, June 3rd

10:30 a.m. Music with Arlene Quinn

Tuesday, June 4th

2:30 p.m. A Fun Chat with Rabbi Scher

Wednesday, June 5th - Yom Yerushalayim

2:00 p.m Exploring Jerusalem

Thursday, June 6th

9:00 a.m. Annual Flea Market Sale

Tuesday, June 11th

10:30 a.m. The Usuals Jazz Band

Wednesday, June 12th - 1st day Shavuot

9:30 a.m. Synagogue

Thursday, June 13th -2nd day Shavuot

9:30 a.m. Synagogue

11:00 a.m. Yizkor

Sunday, June 16th- Father's Day

10:00 a.m. Bowling with Ottawa Modern Jewish School
Grades 4-7

2:30 p.m Father's Day Musical Entertainment with Kevin
and Aharon

Wednesday, June 19th

5:00 p.m. BBQ & Music (3 West only)

Thursday, June 20th

10:00 a.m. "Jingle Dress" Performance with Amanda Fox

Tuesday, June 25th

Outing - T.B.A. check with Recreation team

Wednesday, June 26th

5:00 p.m. BBQ & Music (3 East only)



GRAND OPENING

June 18th at 10.30 am



Green Thumb Club with Celia

Mondays and Thursdays
at 10 a.m.



Music Program

Sundays
with Rachel



Art Program

Wednesdays
with Mindy & Andrea



SAVE THE DATE JULY 2-5
Country Western
Spirit Week for All

including Sugarhill Petting Farm,
Pup-Parade and dress up day!
Details coming soon ...



**BARGAINS
GALORE**

Our flea market is a vibrant and eclectic marketplace where you can explore a wide variety of collectibles, home decor and so much more.

MONDAY, JUNE 24TH

9:00 AM TO 1:30 PM

You name it, we've got it!

NOW ACCEPTING DONATIONS

(NO CLOTHING OR BOOKS AT THIS TIME)

PLEASE DROP OFF BY

WEDNESDAY, JUNE 19TH - 4:00 P.M.

Please contact Jess, Rec. Dept.
jstewart@hillel-ltc.com/613-728-3900 ext. 368



THE BESS AND MOE GREENBERG FAMILY

Hillel Lodge

LONG-TERM CARE HOME OF OTTAWA

Announcements



Our Hillel Lodge residents, families, volunteers, and staff can now enjoy freshly prepared meals either inside the Café area or in our Dream Garden.

Now open for Breakfast & Lunch !

Serving delicious items such as muffins, pastries,
bagels, sandwiches & wraps,
grilled sandwiches, soups and salads.

(Coming soon: Daily Specials!)

Opening hours:

Monday to Thursday 10am to 4pm

Friday 10am to 3.30pm

the Café is not open on weekends

Family Council



The Family Council is always looking for new members to contribute to improving life at the Lodge for all residents.

If you are interested in joining the Council please contact the Coordinator, Mike Cohen, at macinmontreal@gmail.com

Holidays & Observances

June 2024

Yom Yershalayim

Wednesday, June 5th

On Yom Yershalayim (Jerusalem Day), we celebrate the unification of Jerusalem and when Israel gained control of the Western Wall.



Shavuot

Wednesday, June 12th and Thursday, June 13th

Shavuot is one of the most important event in all of Jewish history: receiving the Torah on Mount Sinai. In a historical sense, it is the anniversary of the giving of the Torah on Mount Sinai, and the covenant the Jewish people made with God.

It is a day of renewing our commitment to Torah and God, reaffirming our faithfulness and responsibility for each other, learning Torah and celebrating our identity as Jews.

On Shavuot, like on many Jewish holidays, we abstain from work, recite special prayers, attend Synagogue and have festive meals.

It is customary to eat dairy products on Shavuot. Traditional Shavuot foods include cheese, cheesecake, and blintzes (a rolled pancake that is filled with cheese).



Note: The holiday begins at sundown of the night beforehand, unless specified.



Father's Day - Sunday, June 16th

To all the fathers, whether past, present, or soon to be fathers, may your day be filled with love, joy, and laughter.

Connection

Nursing Extensions

If you need to speak with your loved one's nursing staff, you may use the phone extensions below. Please note, only the desk phones have an option to leave a voicemail.

Charge Nurse - 688

1-West
Desk Phone - 160
Portable - 694

2-East
Desk Phone - 228
Portable - 683

2-West
Desk Phone - 260
Portable - 676

3-East
Desk Phone - 328
Portable - 679

3-West
Desk Phone - 360
Portable - 677

Caregiver Tip

Being a caregiver for someone living with dementia can be rewarding, challenging and at times confusing.

As a spouse, adult child, sibling, in-law, or friend, you may find yourself taking on the role of a caregiver of someone living with dementia. It's easy to feel overwhelmed when someone you know has been diagnosed with dementia.

The **Dementia Society of Ottawa and Renfrew County** provides free education, programs, activities, and services for people impacted by dementia including caregivers and their loved ones.

Dementia Care Coaches provides compassionate support, tailored coaching, and practical education for caregivers.

For more information go to:
<https://dementiahelp.ca/get-help-now/caregiver/>

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