

LODGE LINE

THE BESS AND MOE GREENBERG FAMILY



Hillel Lodge

LONG-TERM CARE HOME OF OTTAWA

Press Conference at Hillel Lodge: Minister of Long-Term Care announces Ontario Expanding Diagnostic Services in Ottawa Long-Term Care Homes

Hillel Lodge was honored to host a press conference on September 20th in our Dream Garden, where Ontario's Long-Term Care Minister, Natalia Kusendova-Bashta, announced significant investments in long-term care programs. The event featured esteemed speakers, including MPP Lisa MacLeod, Mayor of Ottawa, Mark Sutcliffe, and Deputy Chief of the Ottawa Paramedic Service, Manon Lavergne.



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Press Conference at Hillel Lodge

(continued)

The CPLTC Plus program will enable paramedics to provide essential diagnostic services, such as bloodwork and ultrasounds, directly to residents.

Minister Kusendova-Bashta highlighted the importance of this initiative, stating, "We know ER rooms are not comfortable for seniors, so that's the last place a senior wants to be if they don't absolutely have to be there. The goal is to deliver care in the comfort of our residents' homes, addressing conditions like urinary tract infections and congestive heart failure with the necessary equipment and trained staff."



"We are proud to be selected for the Community Paramedicine for Long-Term Care Plus (CPLTC Plus) pilot program. This initiative aims to enhance our residents' quality of life by reducing avoidable emergency department visits and hospital stays," says Ted Cohen, CEO of Hillel Lodge. "It aligns perfectly with our vision of being at the forefront of person-centered long-term care."

Press Conference at Hillel Lodge

(continued)

The new Community Paramedicine for Long-Term Care Plus (CPLTC+) program will allow paramedics to begin delivering diagnostic services like bloodwork and ultrasounds to residents. The government is also providing funding to allow more long-term care homes to receive the equipment and training they need to provide diagnostic services to residents in the comfort of their home.



"Through the Community Paramedicine for Long-Term Care Plus program, more residents will be able to receive the care they need, where they live." mentioned MPP Lisa MacLeod. "Visits to emergency rooms for residents in long-term care facilities can be very stressful." further emphasized the Mayor of Ottawa, Mark Sutcliffe. "These new programs will allow them to receive much needed diagnostic care at their residence. By investing in these essential services, the provincial government is helping to provide long term care residents here in Ottawa a more personalized and comfortable healthcare process. This initiative not only enhances their overall well-being but also reduces the strain on emergency rooms."

Press Conference at Hillel Lodge

(continued)

CPLTC+ builds off the existing Community Paramedicine for Long-Term Care program and will be rolled out across six paramedic services, including Ottawa Paramedic Service.



Manon Lavergne, Deputy Chief of the Ottawa Paramedic Service, elaborated on the significance of the program. "Through the CPLTC+ program, community paramedics will support the care already provided by long-term care staff to enhance the overall health and wellbeing of residents. By responding to medical issues quickly, diagnosing conditions in real time, and providing immediate treatments, we are helping prevent complication and promoting recovery right where the patient lives with minimal disruptions in their routine. This will also reduce paramedic transports to hospital, keeping our resources available in the community."

Hillel Lodge is immensely proud to be part of the CPLTC Plus pilot program and look forward to sharing more information as it becomes available.



Heartfelt thanks- Biking for Bubbies!

by Leslie Sher, Executive Director



I want to extend our heartfelt thanks for your incredible participation in the 16th Annual Biking for Bubbies! Your dedication and passion helped make this event a resounding success, and we couldn't be more grateful.

Thanks to your efforts, we raised more than \$186,000 to benefit our residents at the Bess and Moe Greenberg Family Hillel Lodge Long-Term Care Home of Ottawa.

This event is more than just a bike ride; it celebrates community, compassion, and commitment to our Bubbies and Zaidas. Your fundraising efforts have provided vital support for programs that combat loneliness and enhance the quality of life for those we serve. THANK YOU!

The atmosphere during the ride was electric, filled with camaraderie and joy. It was inspiring to see so many people come together, united by a common goal—to ensure that every resident at Hillel Lodge feels loved, valued, and connected. Your participation not only made a financial impact but also demonstrated the strength of our community spirit.

As a rider, you played a crucial role in bringing awareness to our mission and showing that together, we can make a difference. Your hard work and commitment to fundraising have helped create a brighter future for our residents, and for that, we are truly thankful.

Looking ahead, we are excited to announce that the 17th Annual Biking for Bubbies will take place on September 14, 2025! We hope you'll join us again for another incredible day of cycling and community.



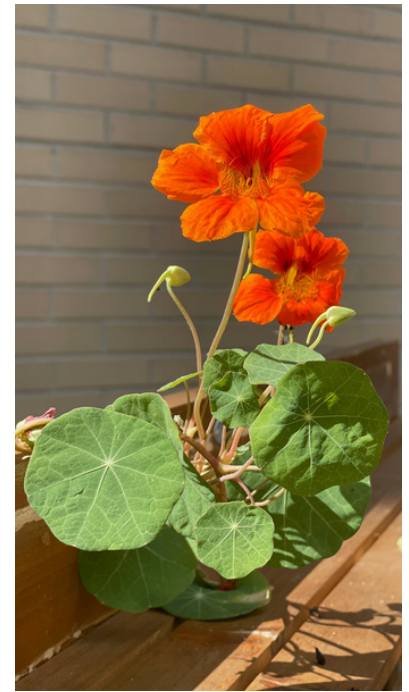
Biking for Bubbies 2024 donation page will be up until October 15th 2024
<https://hillel-ltc.crowdchange.ca/53338/ui> or scan QR:



WHAT IS BLOOMING IN OUR



We had a lovely September in the Dream Garden with lots of warm, sunny days. As September closes the Turtleheads and Japanese Anemones are starting to lose their petals but they still add beautiful colour and the bees continue to visit and get nourishment from the fading blooms.



The Pansies are enjoying a new cycle of growth with an explosion of big bright faces of rich purples and golds! We're excited to have lots of blooms to press and preserve for use in future projects.



The nasturtiums continue to bloom with great vigour - yellow, orange and red blooms trailing out of pots and into new found beams of sun.



The residents have been tending to the flower pots and raised beds, deadheading, keeping the flowers blooming, the foliage fresh and looking fabulous.

In the midst of making the most of the waning days in the garden, we were able to also look ahead to next spring. A small group of residents met to discuss and select bulbs to add to the garden in the coming weeks. A beautiful selection of snow crocuses, tulips, hyacinths and daffodils were chosen for their colour and scent. These bulbs will be planted under the guidance of the residents to ensure maximum viewing enjoyment in the spring. It will be a gorgeous show of colour and such a joyful welcome to springtime in the garden!

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.

Announcements

the Café

OCTOBER DAILY SPECIALS

Mondays: Pasta of the day with a side salad and a canned drink \$9

Tuesday: Quesadilla with salsa, guacamole and a canned drink \$9

Wednesdays: Pizza and a canned drink \$8

Thursdays: Pasta of the day with a side Caesar salad and a canned drink \$9

Wrap it up Fridays: -Assorted wraps and a canned drink for \$8*

- Falafel wrap in pita with tzatziki with a salad and a canned drink for \$9*

*alternates every second week

High Holidays Meal

Friends and family members are welcome to
join residents for dinner meals on:

October 3, 4, 11, 16, 17, 18, 23, 24, 25.

\$10 meal tickets can be purchased at reception

Reservations are limited and will be taken on a first come first serve basis.

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

Rosh Hashana
-
Thanksgiving



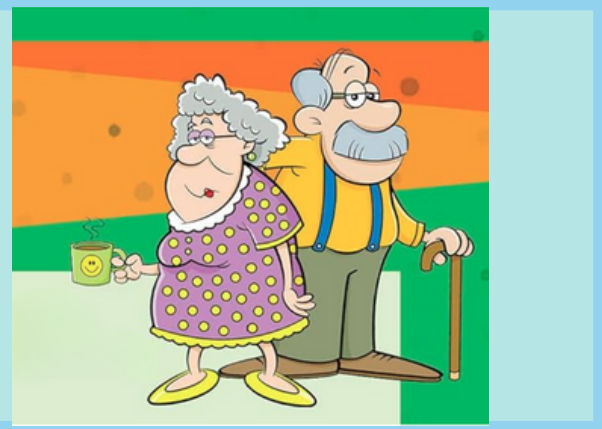
Administrative
Offices closed:
Thursday,
October 3rd
and Friday,
October 4th for
Rosh Hashana
and on Monday,
October 14th
for
Thanksgiving.



A heartfelt thanks to all of you that sent Tribute Cards early in celebration of Rosh Hashana.



RESIDENTS



Section written by members of our Residents Council.

For suggestions or questions, reach out to Sandra or Devora

RESIDENTS COUNCIL:

Join us for

Residents Council Meeting!

When: Wednesday, October 16th at 11am

Where: Boardroom (by the Synagogue)

Residents Council is for the residents by the residents. Come join us to find out what is the purpose of the Residents Council and how you can participate!

Your opinion matters!



KUDOS:

Special thanks to amazing staff of the Café for the wonderful service. You brighten up our day each day!

TRIP DOWN MEMORY LANE:

Do you remember sitting with your family to listen to play-by-play radio broadcast by Foster Hewitt of Hockey Night in Canada by Foster Hewitt?



Remember the 6 original hockey teams?

Answer: Toronto Maple Leafs, Montreal Canadiens, Chicago Black Hawks, Detroit Red Wings, New York Rangers, Boston Bruins.

USEFUL TIPS FOR RESIDENTS:

To get respect, you give respect.



CALENDAR OF ACTIVITIES

Wednesday, October 2nd

10:00 Resident Town Hall Meeting with Ted 1West

Monday, October 7th

4:00 "October 7th: With a Focus on Community, Hope and Resilience"

Tuesday, October 8th

10:30 Musical Wellness Drum Circle

Thursday, October 10th

2:30 Keep on Singing with Debbie and Howard on 2nd Floor

Friday, October 11th

10:30 Oneg Shabbat with Rabbi Lesser

Tuesday, October 15th

2:30 Music with Lewis Franco

Wednesday, October 16th

11:00 Residents Council Meeting (Board Room)
2:30 Music with Mike Steinberg on 3rd Floor

Sunday, October 20th

10:30 A Touch of Klez

Tuesday, September 10th

10:30 The Usuals Jazz Band

Tuesday, October 22nd


10:30 Keep on Singing with Alison, Al, Howard and Debbie on 3rd Floor

Monday, October 28th

2:30 An Hour with Guest Speaker Professor Gerry Cammy on 1W

Tuesday, October 29th

2:30 Music with Kevin and Aahron



October Birthday Party

Thursday, October 31st
at 2:30 pm
with Evelyn Greenberg

HIGH HOLIDAYS ACTIVITIES:

ROSH HASHANA:

Thursday, October 3rd and Friday, October 4th
9:30 Synagogue

EREV YOM KIPPUR -Friday, October 11th

6:00 Kol Nidre Service

YOM KIPPUR - Saturday, October 12th

9:30 Yom Kippur Services

11:00 Yizkor

SUKKOT:

Thursday, October 17th and Friday, October 18th
9:30 Synagogue

SHEMINI ATZERET - Thursday, October 24th

9:30 Synagogue

11:00 Yizkor

SIMCHAT TORAH - Friday, October 25th

9:30 Synagogue

THE AUXILIARY OF HILLEL LODGE AND KBI
PRESENT

The 2nd Annual
GREAT GAMES EVENT
A Fundraiser for the Residents of Hillel Lodge

\$54 Refreshments & \$25
tax receipt included

OCT 27 2024 12:30 PM - 5:00 PM

REGISTER HERE
<https://www.kehillatbethisrael.com/greatgameevent-24/>




GREAT GAMES EVENT

October 27th

12:30pm to 5pm

at KBI

(1400 Coldrey Ave.)

Tickets are
pre-sale only.
Register online
by October 8th.



Holidays & Observances

October 2024

Jewish High Holidays

The Jewish Year is ushered in with a period referred to as the High Holidays. During these holidays, one reviews their actions of the past year, asks forgiveness for misdeeds and commits to improving oneself for the coming year. Rosh Hashana, the Jewish New Year, is the start of the High Holidays. The period continues until Yom Kippur, the Day of Atonement, which is a 25 hour period of fasting that includes synagogue services. At the end of the Yom Kippur service, Jews believe that their sins of the past year have been forgiven. A few days after Yom Kippur, the celebratory holidays of Sukkot Shemini Atzeret and Simchat Torah are observed.

Rosh Hashana - October 3-4

Rosh Hashana means "Head of the Year" and is the start of the Jewish New Year. It is a two-day period of reflection of our actions of the previous year and of the changes we want to make in the year ahead. Rosh Hashana also is observed with special holiday meals.



The sounding of the Shofar (the ram's horn) is a central observance of Rosh Hashana.



Traditionally dip apples in honey on Rosh Hashana to express the wish for a sweet new year.



Instead of a braided challah, a round challah is served on Rosh Hashana, symbolizing the circular nature of the year.

Yom Kippur - October 12

Yom Kippur, the Day of Atonement, is one of the holiest days of the Jewish calendar. Its observations includes fasting (for those who are healthy enough to do so), and synagogue services.

Sukkot- October 17-23

Sukkot is named after the booths or huts (sukkot in Hebrew) in which the Israelites dwelt during their 40 years of wandering in the desert after they were redeemed from the slavery in Egypt. It acknowledges that our lives are under God's protection. Today, it is customary to eat meals in a sukkot and to spend as much time as one can in the sukkot.

Shemini Atzeret / Simchat Torah - October 24-25

These two days end the holiday period. On Simchat Torah, we celebrate the completion of the annual cycle of Torah reading and start the cycle anew.

Note: Each holiday begins at sundown of the night beforehand.

Happy
Thanksgiving

Thanksgiving

Monday, October 14th

An annual Canadian holiday and harvest festival, held on the second Monday in October, which celebrates the harvest and other blessings of the past year.

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

Influenza, RSV and COVID-19 vaccines

Hillel Lodge will soon be offering eligible residents and team members the Influenza, RSV and COVID-19 vaccine.

In accordance with the Ministry of Health guidance it is recommended that residents and health care workers in long-term care receive all eligible vaccinations during the fall season as the potential for co-circulation of other respiratory diseases is high.

Residents and POAs should expect to be notified for consent of vaccination(s) this month.

Please note, if you received an RSV vaccination last year, you do not need to receive another dose this year as the vaccination has been shown to have multi-year protection. Should you have any questions please reach out to IPAC Lead, Joanna Wexler-Layton, at: jwexler-layton@hillel-ltc.com.

Ontario Caregiver Organization

Supporting your own mental health and well-being is important to prevent caregiver burnout. With the right tools you can learn to recognize warning signs. As a caregiver, looking after your mental and physical health is important.

The Ontario Caregiver Organization has a great website with tools on how to take care of yourself.

Visit: <https://ontariocaregiver.ca>
or scan QR:



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

MAHJONG | BRIDGE | CANASTA | POKER | CHESS | SAMBA | SCRABBLE

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