

LODGE LINE

THE BESS AND MOE GREENBERG FAMILY



Hillel Lodge

LONG-TERM CARE HOME OF OTTAWA

“Peac-ing Joy Together” collaborative project was presented at HeArt Care Symposium

We are proud to announce that Hillel Lodge’s art therapists, Mindy Alexander and Andrea Steinwand, were selected to present the collaborative art project “Peac-ing Joy Together” (elaborated with residents of Hillel Lodge) at the Ottawa Art Gallery during the HeArt Care Symposium from November 20th to November 21st 2024. The symposium fostered cross-industry dialogue and connections.



TOPICS IN THIS ISSUE

Peac-ing Joy Together
New & Happening
Year End Giving
Residents Party Line
Holidays & Observances
Save The Date
Announcements
Connection

“Peac-ing Joy Together” collaborative project at



Over 150 leaders and practitioners gathered at the HeArt Care symposium to foster connections at a local, regional and national level bridging the arts and healthcare to better our communities.

The final original artwork titled “Peac-ing Joy Together,” elaborated with the collaboration of Hillel Lodge residents, was on display at the Ottawa Art Gallery symposium. Art Therapists Mindy Alexander and Andrea Steinwand delivered a presentation outlining the three phases of the project, along with a brief literature review highlighting the benefits of art therapy in long-term care settings. Participants also engaged in an experiential activity, creating flowers from repurposed fabric, which mirrored a significant aspect of the process experienced by residents and their families during the project.

“There were many inspiring projects and collaborations showcased during the day,” explains Andrea, “which has given me much food for thought for crafting our ongoing programs. In the plenary discussion came up with key takeaways - collectively we need to spread the word about how effective and valuable exposure and involvement in the arts is to achieve better health and social outcomes”



The making-of: “Peac-ing Joy Together” collaborative project

Residents were invited to participate in individual and group art therapy sessions over the spring and summer of 2022, with a focus on the theme of hope.



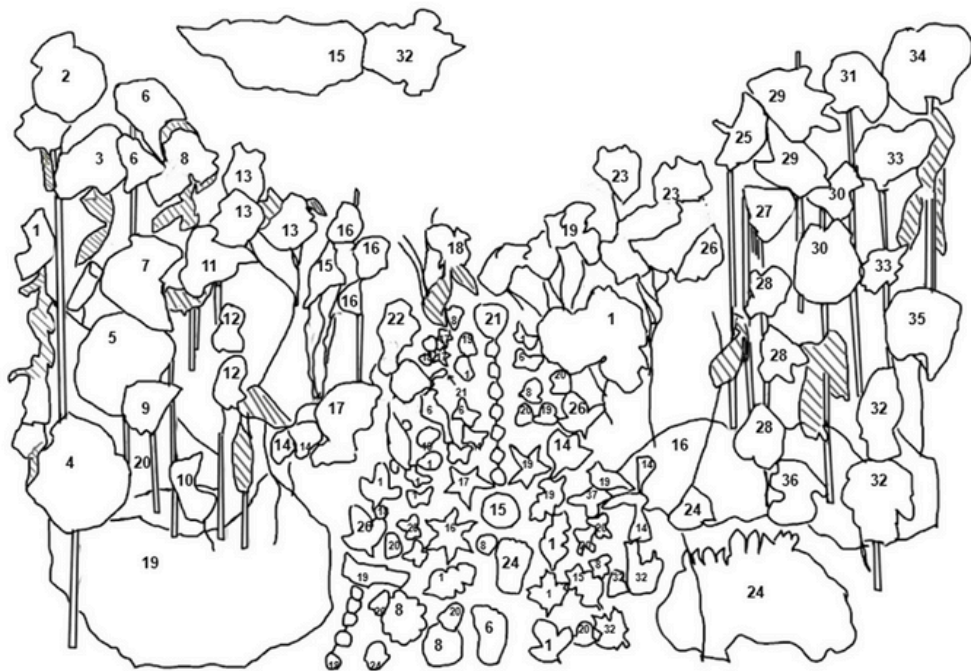
The collective artwork on permanent display at Hillel Lodge (right picture), was influenced by the residents' selection of The Artist's Garden at Vétheuil, 1881 by Claude Monet (left picture) for having many hopeful elements: blooming life of the plants, multiple generations, vibrant colours, a connection to the earth, along with a sense of freedom, safety, and warmth.

Groups and individuals were invited to make flowers from repurposed fabrics, use various papers to collage the ground and sky, and use air dry clay to make things that might be found along the path such as insects and pebbles.

These individual pieces were collected and arranged on a board painted by art therapist Andrea Steinwand with the inclusion of Hillel Lodge as the background image. Inspired by a puzzle that is made whole by each component, the various contributions of individual residents have been compiled to make one cohesive artwork for all residents and visitors to enjoy.



The making-of: "Peac-ing Joy Together" collaborative project



Map of artwork that identifies who made which piece of art. Some residents wanted to remain anonymous, and others wanted their full name involved. Some of the contributing residents have passed away, so this map helps to make the artwork a legacy piece for remaining family and loved ones to identify contributions.

Anonymous: 8, 11, 33, 37

E. B.: 10

Sheila Bahar: 15

Allan Bellack: 27

Veronica Benedeck: 13

Bertram Bleviss: 23

Gloria Da Silva: 3

Anna Duzszto-Lemanczyk: 34

Betty Dunbar: 5

Maria Ferrante: 20

Laura Freed: 26

Holly Hayes: 35

Kareen Jackson: 2

Marilee Jussup: 17

Malka Kahansky: 19

Sidney Katz: 32

Lloyd Klien: 36

Sylvia Laale: 21

Edith Landau: 4

Zelda Leibovitch: 6

Abe Lipson: 16

David MacNeill: 24

J. M.: 22

M. M.: 12

Dirk Partridge: 7

Gayle Peterson: 29

Donald Ritza: 30

Teresa Rowan: 25

Faigie Resnick: 14

Shelley Schachnow: 18

Nina Shekhautsova: 1

Mark Stein: 28

Sara Wurzel: 9

Sandra Zunder: 31

NEW & HAPPENING

Make-Overs- Fish Tanks and 3rd Floor Lounges



OUR FISH TANKS ARE GETTING A MAKE-OVER!

Have you noticed the more colorful fish tanks in the entrance and the first floor neighbourhood? They just got a fresh transformation including bright-colored coral by our new fish tank expert.

THANKS
TO THE
GENEROSITY OF
THE AUXILIARY
OUR RESIDENTS'
LOUNGE AREAS
ON THE THIRD
FLOOR GOT A
MAKE-OVER!



Hillel Lodge receives JASMA Health Planter

LA FONDATION
OUBLIE POUR
UN INSTANT



FORGET FOR
A MOMENT
FOUNDATION

The Forget For A Moment Foundation is thrilled to donate JASMA Health Planters in Ottawa and Eastern Ontario. Thanks to a contribution of \$45,000 from Ontario Desjardins Credit Union and various donors, 30 mobile and adjustable planters were distributed to senior residences and healthcare centres including Hillel Lodge.

“Thanks to this support, we are offering the benefits of nature with these 30 JASMA Health Planters, a Canadian first.” says Justin Thibault, President of the Foundation.

The Foundation collaborates with Root in Nature to enhance the therapeutic horticulture of the JASMA Healthcare Planters. Hillel Lodge, along with the other recipients, will benefit from specialized training from Root in Nature.



Michel Gauthier, President and CEO of the Forget For a Moment Foundation delivers planter to Hillel Lodge’s CEO, Ted Cohen and Life Enrichment Manager, Marilyn Adler.

“This initiative is part of our person-centred approach to resident care.” shares Dean Lett, Director, Long-Term Care of the City of Ottawa. “The planters complement programs, provide therapeutic benefits to residents, and reinforce the objective of creating a home-like environment.”

Members of the Forget For a Moment Foundation and Root in Nature gathered with donors and recipients of the JASMA Health Planters at a media event on November 6th to celebrate this exciting new initiative:



NEWS FROM OUR GREEN THUMB CLUB

by Celia Glanville, Horticultural Specialist



We could not have asked for a longer growing season this year! Long into November our **Pineapple Sage** was still delighting us with fiery red tropical blooms, the beautiful **white Japanese Anemones** were still dancing in the breeze and the **tall stalks of the ornamental grasses** began to turn golden in the long autumn light.



As November began, we were treated to a few days that were warm and sunny enough that we could work outside emptying the last of our pots for winter and repotting a plants to be enjoyed inside through the winter.

What a wonderful first year for the Green Thumb Club in the Dream Garden!



With the outdoor garden tucked in for a long winter slumber, we are very excited to welcome the new JASMA HEALTH PLANTER gifted to Hillel Lodge!

We will fill this mobile garden planter with scents, textures and colour to delight the senses! We look forward to introducing the first planting in our mobile garden in next month's Lodge Line newsletter.

EntourAge - Intergenerational Companionship



In today's fast-paced world, the value of companionship can often be overlooked, particularly for older adults living with dementia. Enter EntourAGE, a groundbreaking intergenerational volunteer program designed to foster meaningful one-on-one relationships between older adults and students. This person-centred initiative not only enhances the quality of life for older adults but also provides students with invaluable experiential learning opportunities.

The Essence of EntourAGE

EntourAGE operates across community and long-term care homes, connecting students—referred to as companions—with older adults seeking companionship. Volunteers are assigned to a single older adult for an extended period, typically meeting twice a week for about two hours. This consistent interaction builds rapport and trust, allowing for deeper connections that benefit both parties.

As Dr. Annie Robitaille, Director and Co-investigator of the program, emphasizes:

"EntourAGE started with the realization that residents needed companionship. A volunteer for the home is not the same as a volunteer who engages one-on-one with the same resident. Building a reciprocal relationship between the resident and the student is key."



Why Participate?

The benefits of EntourAGE extend beyond companionship. For older adults and their care partners, the program offers relief and a significant improvement in quality of life. Friendly visits and engagement in social and recreational activities help alleviate feelings of isolation. For students, the program provides a unique chance to develop skills in communication and empathy, particularly when interacting with those living with dementia. As Dr. Robitaille notes, students often discover that they gain more from the experience than they give. "I thought I was there to give, but I am the one getting so much out of the experience," they frequently express.

EntourAge - Intergenerational Companionship (Continued)



Training and Development

To ensure meaningful interactions, students undergo comprehensive training, including dementia certification, which equips them with the necessary tools to communicate effectively and engage with older adults. Continuous development sessions are also provided, allowing students to share experiences, seek guidance, and support one another. This approach fosters a strong sense of community among volunteers, ensuring that they feel prepared and connected as they take on their responsibilities.

“We provide continuous development sessions for students to attend, where we meet, listen, and offer guidance” explains Project Coordinator, Muhammad Qureshi. “It’s important to specify to students the goal of the program and their responsibility to show up.” As Muhammad always reminds them, ‘Be in the moment.’”



Strengthening Family Connections

EntourAGE doesn’t just focus on the relationship between students and residents; it also considers the families of those in care. By keeping family members informed and involved, the program helps to alleviate some of the burdens they may feel. Families often express relief knowing that someone is spending quality time with their loved ones, allowing them the freedom to take a break without guilt. The program encourages communication between students and family members, creating a supportive network that enhances the overall experience for everyone involved.

Interested in participating? Contact Project Coordinator Muhammad Qureshi mqureshi@uottawa.ca or visit <https://entouragecanada.ca/>

Year-End Giving: Make a Difference!



by Leslie Sher, Executive Director

As we approach the end of the year, it's the perfect time to reflect on how we can give back to our community. At Hillel Lodge LTC Foundation, we invite you to consider year-end giving as a way to support our mission while spreading joy and kindness. In the Jewish tradition, the act of giving—*zedakah*—is not just a charitable gesture; it's a sacred duty that reflects our values of community and compassion.



Take Advantage of Tax Season!

The end of the year is the perfect time to consider the tax benefits of charitable giving. Donations made by December 31 can be claimed on your tax return for this year, potentially reducing your taxable income. This is a smart way to give back while benefiting your financial situation, allowing you to support Hillel Lodge and embody the spirit of giving that is central to our faith.

Why Year-End Giving Matters?

Year-end giving is a wonderful opportunity to make a meaningful impact. Your contributions help us provide high-quality care and essential programs for our residents, ensuring they feel valued and supported. Whether it's a small donation or a larger commitment, every gift makes a difference and embodies the principle of *gemilut chasadim* (acts of loving-kindness), strengthening our community and upholding the rich traditions that define our Jewish home.

Year-End Giving: Make a Difference! (continued)



Ways to Give This Year-End

•**Cash Donations** - The simplest way to give is through a cash donation. Every dollar helps us enhance the lives of our residents and support vital programs. <https://hillel-ltc.com/foundation/ways-to-give/donate-now> or call Nicky at 613-728-3990.

•**Gifts of Appreciated Securities** - If you have stocks or mutual funds that have increased in value, consider donating them directly. This allows you to avoid capital gains taxes while making a significant impact on our community. Please complete this form and give it to your financial adviser and they will take care of the rest! <https://hillel-ltc.com/foundation/ways-to-give/gifts-of-stocks-and-securities> or call Leslie at 613-728-3990.

•**Tribute Gifts** - Honor a loved one or commemorate a special occasion with a tribute gift. This thoughtful gesture can be a meaningful way to celebrate the holidays while supporting our mission. <https://hillel-ltc.com/foundation/ways-to-give/tribute-card> or call Nicky at 613-728-3990.

•**Support Hillel Heroes** - Consider making a gift in honour of one of our Hillel Heroes, which directly supports our dedicated staff. Your contribution helps recognize their hard work and commitment, reinforcing the importance of compassion in our community. <https://hillel-ltc.com/foundation/ways-to-give/donate-now>

•**Planned Giving** - If you're thinking about long-term impact, consider including Hillel Lodge in your estate plans. Your legacy can help ensure that future generations receive the compassionate care they deserve. Call Leslie Sher at 613-728-3990.

Don't Wait Until the Last minute!

As you consider your year-end giving, remember that every contribution, big or small, helps us create a warm and welcoming environment for our residents. Your generosity not only enriches their lives but also reflects the core values of our Jewish community.

If you have questions about giving or would like to discuss your options, please reach out.

Wishing you a wonderful end to the year filled with blessings and generosity!

RESIDENTS



Section written by members of our Residents Council

RESIDENTS COUNCIL

Join us at our next
Residents Council Meeting!

When: December 4th at 11am

Where: 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.
Together we are stronger!

RESIDENTS BULLETIN BOARD

Have you seen our New Bulletin Board?
It is located next to elevators.
Board includes useful information such as:
Residents Bill of Rights, Suggestion Box,
Monthly Calendar and Lodge Line !

SUGGESTION BOX:

Any concerns or issues?
Please share in our
Suggestion Box located
at Residents Bulletin
Board.

This month we would
love your feedback on
ParaTranspo: have you
had good experiences
overall or any
issues/concerns when
using the service?

KUDOS

- Special thanks to the grade 6-7-8 students from OJCS for your visit. This monthly intergenerational exchange is a great experience highly valued by the residents!
- Residents truly enjoyed the entertainment from Rick Crepier and from Don Pelletier, looking forward to more!

HAPPY HOLIDAYS

We are looking
forward to healthy
and happy holidays!

BYWARD MARKET ← MEMORY LANE



Do you remember
going to the Byward
Market when it used
to be filled with
kiosks and fresh
products?



When I get old I don't want
anybody thinking
"What a sweet little old lady"...

I want 'em saying
"Oh Boy!
What's she up to now?"

Holidays & Observances

December 2024

Chanukah

December 25th to January 2nd

Chanukah (also spelled Hanukkah), or the Festival of Lights, is an eight-day Jewish holiday that celebrates the rededication of the Second Temple in Jerusalem following the Maccabean Revolt against the Seleucid Empire in the second century BCE. Additionally, the holiday highlights the miracle of oil, where a one-day supply lasted for eight days in the temple's menorah.

During Chanukah, families light a menorah, adding one candle each night until all eight candles are lit. The holiday is also marked by special prayers, songs, and traditional foods, particularly those fried in oil, such as latkes (potato pancakes) and sufganiyot (jelly-filled doughnuts).



In 2024, Chanukah begins at sunset on December 25 and ends at evening on January 2, 2025. It's a time for gathering, reflection on themes of religious freedom, and celebration. Although not one of the major Jewish holidays, Chanukah has cultural significance.

For safety reasons, we remind everyone that the lighting of candles is not permitted in residents' rooms or anywhere else in the building. Only electric menorahs are permitted.

Christmas - December 25th

Merry Christmas to those who celebrate!
May the holiday season bring joy and happiness to you and your family.





CALENDAR OF ACTIVITIES

Monday, December 2nd

2:30 Guest Speaker Professor Gerry Cammy

Tuesday, December 3rd

2:30 Keep on Singing with Al, Debbie & Howard

Wednesday, December 4th

11:00 Resident Council Meeting Synagogue

2:30 Music with Mike Steinberg

Thursday, December 5th

2:30 Dessert Tasting with Patty

Sunday, December 8th

10:30 A Touch of Klez

Monday, December 9th

10:30 Music with Arlene Quinn

Tuesday, December 10th

10:30 The Usuals Jazz Band

Sunday, December 15th

2:30 A Musica Ebraica Concert of Chanukah Music

Tuesday, December 17th

2:30 Keep on Singing with Al, Debbie & Howard

Monday, December 23rd

10:30 Holiday Music with Roxy Swan

Tuesday, December 24th

2:30 Holiday Music with Don

Wednesday, December 25th

10:30 Holiday Hot Chocolate - 2nd Floor

2:30 Holiday Hot Chocolate - 3rd Floor

3:30 Holiday Hot Chocolate - 1st Floor

Thursday, December 26th

2:30 Birthday Party with Evelyn Greenberg

Wednesday, December 31st

2:30 New Years Eve Cocktail Party with
Special Guest John DeVries on piano



December Birthday Party

Thursday, December 26th

at 2:30 pm

with Evelyn Greenberg



New Years Eve Cocktail Party

with Special Guest John DeVries on piano

December 31st at 2:30pm

JOIN OUR GREEN THUMB CLUB

with Celia Glanville

Horticultural Specialist

(MONDAYS & THURSDAYS AT 10:30 AM)



Oneg Shabbat - Fridays 10:30 am

December 6th with Grade 6 Class from OJCS

December 13th with Joel Yan and Friends

December 20th with The Ganon Preschool

December 27th with Rabbi Lesser (Youtube)

Download the full
calendar of activities at
hillel-ltc.com/programs/recreation
or scan QR code:



SAVE THE DATE

Announcements

the Café

DECEMBER 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

Fridays: Nachos with guacamole and hot peppers and a canned drink \$9.

Chanukah Special: 2 Potato Latkes with applesauce and sour cream \$7.50

FRIENDLY REMINDER

RESIDENT'S PRIVACY

Some family members have been seeking information about residents who are not their loved ones.

Please understand that our staff is both unable and unwilling to share any personal information about other residents.

ATTENTION: JANUARY EDITION OF **LODGE LINE** WILL BE RELEASED ON JANUARY 8TH, 2025.

NEW LAUNDRY BIN

We are excited to announce the installation of a new laundry bin at the front entrance of the Lodge!

This convenient bin is a designated drop-off for residents' clothing items. More details coming soon!

GEMSTONE LIGHTS

To enhance safety, Gemstone Lights have been installed on all the buildings on the Jewish Community Campus, including the entrance to Hillel Lodge.

NO COLORED LIGHT = SAFE TO ENTER
FLASHING RED LIGHT = DANGER IN PLACE,
DO NOT ENTER
SOLID GREEN LIGHT = DANGER IS OVER,
SAFE TO ENTER

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





EXCITING **ANNOUNCEMENT**

**RESIDENT
WIFI SERVICE
NOW
AVAILABLE AT
HILLEL LODGE!**

**MONTHLY FEE OF ONLY
\$15!**



**FOR MORE INFORMATION OR TO SIGN UP, PLEASE CONTACT SARAH AT
OFFICE #104, EXT. 790 OR SLENDRE@HILLEL-LTC.COM**

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 Tips

Visiting someone with dementia over the holidays



Holidays can be both rewarding and stressful, particularly for individuals living with dementia. The typical elements of holiday gatherings—large crowds, unfamiliar environments, and loud noises—can create feelings of anxiety and overwhelm. However, including people with dementia in festive plans is essential for their well-being and social engagement.

To ensure a comfortable holiday experience for someone with dementia, it's important to plan visits thoughtfully. Opt for gatherings during the day when the person is likely to feel more alert and rested. Smaller, more personal interactions can help reduce overstimulation, allowing for meaningful connections.

Creating a calm environment is crucial. Reducing background noise and using soft lighting can help the person focus and feel at ease. Engaging in familiar activities, such as baking or looking through photo albums, can foster joy and connection. Bringing along children can add a delightful energy to the visit.

By pacing activities and respecting their need for quiet time, you can create a supportive atmosphere that honors the spirit of the holidays while accommodating the needs of individuals living with dementia.

More info: <https://alzheimer.ca/en/whats-happening/news/visiting-someone-dementia-over-holidays-here-are-10-tips>

Join Us in Supporting Hillel Lodge: Your Gift Matters!

At Hillel Lodge Long-Term Care Foundation, we believe in the power of community and the importance of caring for one another, rooted in our rich Jewish traditions of tzedakah (charity) and gemilut chasadim (acts of kindness). We invite you to be part of something truly special by supporting our residents and the vital programs that enhance their lives.

Make a Difference Today: Giving Opportunities

1. Monthly Giving Membership Drive

Become a valued member of our community! Your monthly contributions help us uphold our mission of care and compassion, ensuring sustainable support for our residents. Call Nicky at 613-728-3990 or visit hillel-ltc.com/foundation/ways-to-give.

2. Tribute Cards

Celebrate a special occasion or honor the memory of a loved one with a heartfelt donation. Tribute cards can be ordered easily at hillel-ltc.com/foundation/ways-to-give or by calling Nicky at 613-728-3990.

3. Hillel Lodge Endowment Funds

Join over 100 individuals who have established endowment funds. A contribution of \$1,000 or more creates a lasting legacy, ensuring ongoing care and support for our residents. Call Leslie at 613-880-1197 or LSher@hillel-ltc.com for more information.

4. Yahrzeit Plaques

Commemorate a loved one with a beautifully engraved brass Yahrzeit Plaque for a contribution of \$500. This plaque will be displayed on our Yahrzeit Board, honoring their memory and connecting them to our community. Call Nicky at 613-728-3990.

5. Tree of Life

Celebrate an extra special occasions or remember loved ones with an engraved brass leaf on our stunning Tree of Life, prominently located in our main lobby. Each leaf, available for \$2,500, represents a meaningful connection and legacy. Call the Foundation at 613-728-3990.

6. Biking for Bubbies

Join us each September for our exciting cycling event! Ride as little or as far as you wish in honor of our residents. Whether you choose to ride, volunteer, sponsor, or support a participant, your involvement makes a tangible difference!

7. Make a Donation Now

Every gift counts! Contact the Hillel Lodge LTC Foundation at 613-728-3990 or visit www.hillel-ltc.com to make a donation today. Your support funds crucial programs like Feeding Assistance, Recreation Therapeutics, Hillel Heroes (showing appreciation for our amazing staff), and Ritual programming.

8. Did You Know?

You can direct your United Way contributions to Hillel Lodge by indicating our charitable number: 86100 2459 RR0001.

9. Remember us in your will, life insurance policy, RRSP/RIFF

Consider making a lasting impact through a gift in your will, life insurance policy, or RRSP/RRIF. By including Hillel Lodge as a beneficiary, you help us continue our values of care and community for future generations. For more information, reach out to Leslie Sher at 613-880-1197 or LSher@hillel-ltc.com.

Don't forget to check if your employer matches donations.

Why Wait? Your Gift Matters!

Act now. Your generosity not only enriches the lives of our residents but also embodies the spirit of our Jewish community. Together, we can ensure that Hillel Lodge remains a place of warmth, compassion, and dignity for those we serve.

Thank You for Your Continued Support!

Every act of kindness makes a difference. Join us in our mission today!

www.hillel-ltc.com/foundation

