

LODGE LINE



THE BESS AND MOE GREENBERG FAMILY

Hillel Lodge

LONG-TERM CARE HOME OF OTTAWA

Hillel Lodge Welcomes the Launch of the Community Paramedics Long-Term Care Plus Program

We are excited to announce the launch of the Community Paramedics Long-Term Care Plus (CPLTC Plus) Program at Hillel Lodge, which officially began on December 4th.

This innovative initiative is set to enhance the care provided to our residents by integrating Community Paramedics into our healthcare team.

Community Paramedics are working closely with our dedicated nursing staff, supporting and shadowing them to ensure that your loved ones receive the highest quality of care. Funded by the Ministry of Long-Term Care, the CPLTC Plus Program aims to improve access to on-site diagnostics and treatments, effectively minimizing the need for hospital visits. Hillel Lodge is one of the first homes selected to implement this program.



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Hillel Lodge Welcomes the Launch of the Community Paramedics Long-Term Care Plus Program

By partnering with the Ottawa Paramedic Service, Hillel Lodge is establishing a stronger healthcare framework that prioritizes the needs of our residents. The CPLTC Plus Program will enable paramedics to provide essential diagnostic services, such as bloodwork and ultrasounds, directly to residents. By responding to medical issues quickly, diagnosing conditions in real time, and providing immediate treatments, paramedics are helping prevent complication and promoting recovery right where the resident live with minimal disruptions in their routine.



"The primary goal of this initiative is to enhance the quality of life for our residents by reducing unnecessary trips to emergency departments and hospital stays." explains Annette Meeuwse, Director of Care at Hillel Lodge.

"Since implemented on December 4th, the CPLTC Plus program has made a significant impact on our residents and staff alike." further explains Meeuwse. "Our nursing team truly appreciates having the Community Paramedics on-site, as evidenced by the 26 calls made in the first two weeks of implementation. The positive feedback from physicians further underscores the value of this program. Together, we are enhancing the quality of care and ensuring our residents receive timely and effective support. We strongly believe that this program will not only improve the health outcomes for our residents but also provide peace of mind to families knowing that comprehensive care is available right here at Hillel Lodge."

NEW & HAPPENING

A SPECIAL THANKS TO
THE AUXILIARY FOR
GENEROUSLY GIFTING
FIVE BATTERY
OPERATED CHANUKIAH
FOR THE LIVING ROOMS
OF EACH OF OUR
NEIGHBOURHOODS.



COMING SOON: L'DOR VADOR – PASSING WISDOM FROM GENERATION TO GENERATION!

We are thrilled to announce that we will be partnering with the Ottawa Jewish Community School on an inspiring initiative: the L'Dor Vador – Passing Wisdom from Generation to Generation program, a Rabbi Bulka Kindness project. This program is aimed at fostering intergenerational connections and sharing timeless wisdom.

Stay tuned for more details!

WINTER/SPRING 2025

NEW & RETURNING MENU ITEMS:

Fall Harvest Soup, Potato Onion Soup, Sweet Potato Soup,
Cream of Celery Soup, Mulligatawny Soup, Tomato Basil Soup
Ratatouille Penne, Three Cheese & Vegetable Pasta,
Red Pepper & Leek Quiche, Italian Vegetable Frittata,
Broccoli, mushroom & cheese quiche,
Bean Burrito and salsa & guacamole, Salmon Burger & Tartar Sc
Lemon Pepper Sole, Cod Almondine, Parmesan Breaded Sole,
Lemon Thyme Chicken, Chicken Putanesca,
Tandoori Chicken, Portuguese Chicken, Chicken Tagine,
Sweet & Sour Chicken, Herb Baked Chicken, Rosemary Chicken,
Turkey A La King, Turkey & Beet Salad Plate,
Cabbage Rolls, Beef Burgundy,
Braised Liver & onions, BBQ Beef Short ribs,
Shepherd's Pie, Beef Stew, Pepper Steak,
Moroccan Beef Stew, Meatloaf
Mushroom Stuffing, Scalloped Potatoes,
Au Gratin Potatoes, Mushroom Noodle Kugel
Black Forest Cake, Lemon Pie, Bread Pudding,
Triple Berry Crumble, Date Square, Pumpkin Mousse,
Pear Coffee Cake, Pumpkin Pie, Black Forest Cake,
Baked Custard, Cappuccino Pudding, Carrot Cake,
Red Velvet Cake, Apple Crumble Cake, Lemon Cream Shortcake

NEWS FROM OUR GREEN THUMB CLUB

by Celia Glanville, Horticultural Specialist



Although the snow was falling outside we had a wonderfully productive month of December planting up a garden - our JASMA HEALTH PLANTER mobile garden. An absolutely wonderful new addition to the horticulture program at Hillel, our new JASMA planter allows us to bring a fully planted, interactive garden directly into resident's rooms for them to experience.

We filled the garden with plants to stimulate the senses - apple and peppermint scented geraniums, thyme rescued from our summertime herb pots, trailing pothos, purple oxalis, a scented miniature rose, a button fern, and for the month of December, we included fragrant Paperwhite Narcissus bulbs.

The garden has been a wonderful way to bring nature into the lives of even more residents at Hillel. We look forward to continuing to explore the incredible potential of our JASMA garden to bring an evolving, and inspiring, garden to all the residents of Hillel.



To celebrate the season and bring some sparkle into the darker days, the Green Thumb Club made seasonal wall hangings of cedar boughs, pinecones, berries, ribbons, and lots of sparkle. The individual approaches of each resident brought personal flair and fun to each arrangement.



With the passing of winter solstice in December the days are slowly growing longer and beckoning murmurs from the seed catalogs grow stronger. It won't be long before we can start planning our summer garden!



Nursing Announcement: New Program to Address Spasticity

We are excited to announce the implementation of a new program aimed at helping residents with spasticity. In early 2025, we will welcome a specialized doctor for an in-service education session, designed specifically for our nursing, personal support workers (PSWs), and physiotherapy staff.

During this session, the doctor will cover:

- An overview of spasticity and its implications
- Treatment options available in long-term care settings
- Goals of treatment and expected outcomes
- The process for scheduling visits
- How to add residents to the list for assessment

This initiative aims to enhance the quality of care for residents exhibiting qualifying symptoms of spasticity. We look forward to working together to improve our residents' health and well-being.

WHAT IS SPASTICITY?

SPASTICITY IS A CONDITION IN WHICH MUSCLES STIFFEN OR TIGHTEN, PREVENTING NORMAL FLUID MOVEMENT. THE MUSCLES REMAIN CONTRACTED AND RESIST BEING STRETCHED.

GOALS OF SPASTICITY TREATMENT:

- AID IN DRESSING • WOUND CARE AND PREVENTION • AID WITH HYGIENE • DECREASE MUSCLE SPASMS • IMPROVE SEATING OR POSITIONING • IMPROVE TRANSFERS • PREVENT CONTRACTURES

DOES YOUR LOVED ONE HAVE SPASTICITY?

HAS YOUR LOVED ONE SUFFERED FROM A STROKE?

HAVE YOU NOTICED PAINFUL MUSCLE SPASMS IN YOUR LOVED ONE?

DOES YOUR LOVED ONE HAVE ABNORMAL LIMB POSTURES?



Spasticity is common among long-term care Residents with a history of stroke or other neurological conditions. Spasticity can range from very mild to debilitating and painful.

SPASTICITY MAIN SYMPTOMS ARE:



Bone and joint deformities



Contractures



Pain



Spasms

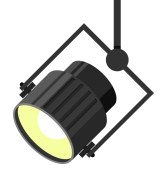


Abnormal posture

**FOR MORE INFORMATION ON SPASTICITY
AND/OR TO REGISTER YOUR LOVED ONE IN OUR NEW PROGRAM**

PLEASE CONTACT OUR DIRECTOR OF CARE, ANNETTE MEEUWSE AT
613-728-3900, EXT. 120, AMEEUWSE@HILLEL-LTC.COM OR VISIT OFFICE #267

RESIDENT SPOTLIGHT

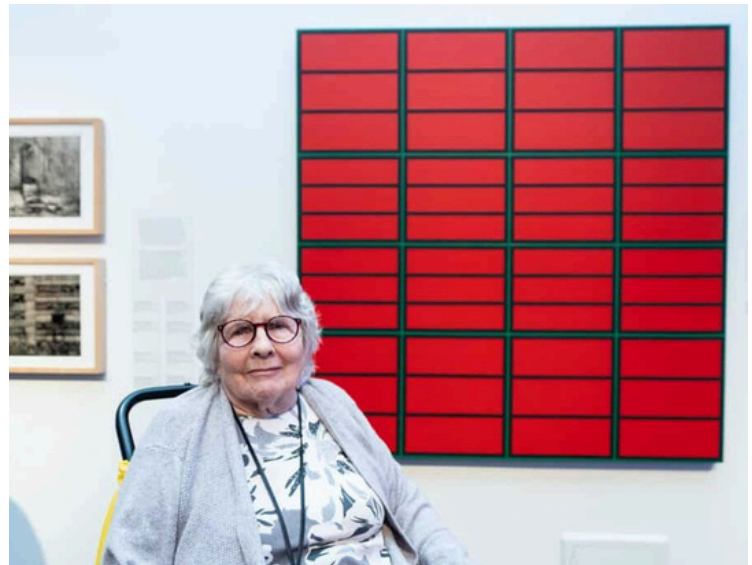


Artist Geraldine “Jerry” Grey

Meet Jerry Grey, a talented visual artist and educator born in Vancouver, BC. Since 1963, she has been sharing her creativity through exhibitions across Canada. Inspired by social, political, and aesthetic themes, Jerry is well-known for her vibrant abstract grid paintings, expressive figurative works, and impressive public art installations. One of her standout pieces, the dynamic mural *The Great Canadian Equalizer* (1975-79), was commissioned by the Department of Public Works for Statistics Canada in Ottawa.

Jerry’s work has been widely celebrated, with a notable exhibition in 2016 titled *Jerry Grey on the Grid: 1968 - 1978* at the Ottawa Art Gallery. Over the years, she has received numerous grants and awards, and her art can be found in both public and private collections across the country.

“I love watching an idea grow and become a tangible work of art. Sometimes in working with dual or contrasting images a kind of dialogue develops. I am always thrilled to see where my work takes me.” explains Grey.



Jerry Grey was recipient of the '2024 OAG Artist Investiture Award' in recognition of her artistic contributions throughout her career:

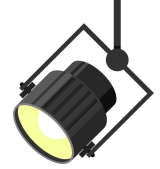
On Tuesday, November 26, 2024, the Ottawa Art Gallery (OAG) Board of Directors celebrated five exceptional visual artists who have made significant contributions to the Ottawa art scene.

The Artist Investiture program highlights the lasting impact of influential artists from the Ottawa-Gatineau region, celebrating their remarkable achievements and contributions to the community and the art world.



“I am honored to have received the ‘2024 Artist Investiture Award’. I owe my success to the support received from great friends.” states Grey.

RESIDENT SPOTLIGHT



Artist Geraldine "Jerry" Grey

Working in oils, watercolour, pastels and glass media, Grey often explores themes of nature, politics and history. Much of her work is rooted in issues of public concern.

Her work appears in numerous public and private collections and she has received commissions for several important public art installations, including **The Great Canadian Equalizer at Statistics Canada (photo 1)**; **The Tiles of Time at the Ottawa Police Station (photo 2)**; and **The Sisters of Charity Building Hope (photo 3)**, an allegorical installation for the Sisters of Charity (Grey Nuns).



Photo 1: The Great Canadian Equalizer Mural. Medium: porcelain on steel.



Photo 2: "Tiles of Time" Commissioned by the Municipality of Ottawa-Carleton, Bemis & Richards, Architects, 1983. Medium: Vetricolor glass mosaic tiles mounted on gyproc



Photo 3: The Sisters of Charity Building Hope



Collaborative work by artists Jerry Grey and Bill Reid. Medium: strips of black tape



VISIT JERRY'S WEBSITE TO LEARN MORE ABOUT HER AND TO VIEW HER FULL COLLECTION: JERRYGREY.COM

RESIDENT SPOTLIGHT

Volunteers Wanted!

The Hillel Lodge LTC Foundation depends on volunteers to help raise the funds needed to support Hillel Lodge. Our dedicated Board of Directors, Committee Members, and special event volunteers are vital - we can't do it without them! People just like you are giving of their time and talents to help raise funds for the lodge. If you have a few hours of your time to share we have work for you! Join our family!

In 2025 we are looking for volunteers to help with:

- **Ziplining for Zadies Special Event Committee Member - NEW!**
- **Biking for Bubbies Special Event Committee Member**
- **Board Member for the Hillel Lodge Foundation**

ZIPLINING FOR ZADIES!



Ziplining for Zadies!

Join us for an exhilarating adventure at "Ziplining for Zadies!" in support of Hillel Lodge LTC Foundation. This unique event invites participants to soar across the Ottawa River on the world's first interprovincial zipline, connecting the vibrant communities of Ontario and Quebec. As you zip through the air, you'll not only experience the thrill of a lifetime but also have the opportunity to secure pledges from your friends, family, and networks to support the Hillel Lodge LTC Foundation.

Why Ziplining?

Ziplining symbolizes freedom and excitement, perfectly embodying our mission to redefine long-term care. By participating in "Ziplining for Zadies," you'll help break down the stereotypes surrounding long-term care facilities, showcasing Hillel Lodge as a vibrant and engaging community where life is celebrated at every age.

Volunteers Wanted!



by Leslie Sher, Executive Director

Ziplining for Zadies!

What to Expect:

- **Thrill and Adventure:** Feel the rush as you zipline over breathtaking views, creating unforgettable memories while supporting a great cause.
- **Intergenerational Connections:** We're bringing together 30 adventurous participants under 30 and 30 seasoned supporters over 30, fostering a spirit of camaraderie and community engagement.
- **Family Fun:** This event is designed for everyone! Encourage families to participate together, making it a fantastic day out where all generations can bond over shared experiences.
- **BBQ and Celebration:** After the ziplining, enjoy a delicious BBQ and a day-long celebration filled with music, games, and community spirit. This is not just an event; it's a festival of fun and connection!



Fundraising Challenge:

To maximize our impact, we are inviting participants to actively engage in fundraising:

- **30 Participants Under 30:** Each individual will be challenged to raise a minimum of \$250 in pledges from their networks. This target encourages young supporters to connect with friends and family, showcasing their commitment to the cause.
- **30 Participants Over 30:** Each seasoned participant will aim to raise a minimum of \$500 in pledges. This initiative taps into their networks and experience, amplifying the collective impact of our fundraising efforts.

We need volunteers to help recruit people to "zip", help with sponsorship and logistics the day of the event. If you have never been part of an event committee this is a great one to help you soar! If you are interested in helping with this one time event please reach out to lsheer@hillel-ltc.com for more information.

Volunteers Wanted!



Biking for Bubbies now in its 17th Year!

We are looking for people to help with biker and sponsorship recruitment. This fun event and community tradition depends on caring people like YOU to make this event an annual success. You don't have to bike to be part of this great day. If you are interested in helping with this much loved event - please reach out to Lsher@hillel-ltc.com

Board of Directors for the Hillel Lodge Foundation

The Hillel Lodge LTC Foundation is dedicated to enhancing financial resources to meet the present and future needs of the Residents of the Bess and Moe Greenberg Family Hillel Lodge. Our mission is to provide compassionate long-term care that empowers residents to lead full and engaged lives in a welcoming Jewish environment.

Thanks to the generosity of our donors, the Hillel Lodge LTC Foundation can support the needs of the Lodge beyond what government funding and other community partners are able to provide. Planning for tomorrow's success is a team effort, and board members play an essential role as donors themselves. They help secure gifts, assist with stewarding donors, participate in special events, and act as ambassadors. They provide strategic guidance to the Executive Director and help ensure the success of the Foundation.

The Board is currently searching for 2-3 new Directors.

Key responsibilities:

- Attend regularly scheduled Board Meetings.
- Support the Foundation with an annual gift in keeping with their financial ability.
- Act as an ambassador for the Foundation.
- Participate and possibly chair at least one sub-committee.

Interested? Please scan QR code or visit our website for full description of role and key qualifications at: <https://hillel-ltc.com/foundation/about-1/board-member-recruitment>



RESIDENTS



Section written by members of our Residents Council

RESIDENTS COUNCIL

Join us at our next Residents Council Meeting!

When: Wednesday, January 8th at 10.30 am

Where: 2nd floor lounge (beside elevators)

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.

SUGGESTION BOX:

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

We would also love your suggestions on topics to cover in next editions of Residents Party Line!

JOKE

"I wonder how I can be over the hill if I don't remember being on top of it!"

KUDOS

- Very excited about the new paramedics CPLTC program launched in December at Hillel Lodge. We are quite fortunate to have been selected as one of the first homes to try out this program !
- A special thank you to everyone involved in the installation of the new poster holders in the elevator. The new height is much easier to read for those of us in wheelchairs !



MEMORY LANE

Do you remember eating Baby Bunny Nuts served hot from displays in stores?

Such great taste !



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!

ANNOUNCEMENTS

the Café

JANUARY 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: Cheese blintzes with fruit salad and a canned drink \$7

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

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.



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.

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

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





CALENDAR OF ACTIVITIES

Wednesday, January 8th

10:30 Residents Council Meeting

Thursday, January 9th

2:30 Keep on Singing with Alison, Al, Howard and Debbie on 3rd Floor

Sunday, January 12th

10:30 Mini Basketball with Ottawa Modern Jewish School (SP)

3:00 Music with Mike Steinberg on 2East

Monday, January 13th

2:30 Guest Speaker Professor Gerry Cammy

Tuesday, January 14th

10:30 The Usuals Jazz Band

Thursday, January 23rd

11:30 Lunch Outing Mandarin Restaurant

Sunday, January 26st

2:30 Music with Kevin and Aahron on 3rd Floor

Tuesday, January 28th

10:30 Keep on Singing with Al, Debbie & Howard on 2nd Floor

Happy Hour with Howard Lithwick



January Birthday Party

Thursday, January 30th

at 2:30 pm

with Evelyn Greenberg

the Cafe

**CHIT CHAT
SOCIAL CLUB**

Every Day at 11:00 am



Oneg Shabbat - Fridays 10:30 am

January 10th with Rabbi Lesser (Youtube)

January 17th with OJCS Grade 6 Class

January 24th (10.15am) with The Ganon Preschool

January 31st with Rabbi Lesser (Youtube)

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



SAVE THE DATE

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

Ontario Health Cards:

Following a resident's admission, Hillel Lodge takes over the responsibility to complete the address change, renew expired health cards and discharge Health Cards from the system in the event of death.

We keep all resident Health Cards at the nurse's station so that they are easily accessible in the case of an emergency.

You are welcome to request the card to take to any outside appointments.