

# LODGE LINE



## INNOVATIVE LAUNDRY SYSTEM LAUNCHING AT HILLEL LODGE

Hillel Lodge is thrilled to announce the implementation of a transformative new laundry system in the coming months.

**Ted Cohen, CEO of Hillel Lodge, expressed his enthusiasm: "This new laundry system represents a significant leap forward in how laundry is delivered at Hillel Lodge. These innovations focus on the overall comfort, safety, and dignity of residents. Excitement surrounds the upcoming changes, and everyone looks forward to the positive impacts they will bring."**

Currently, Hillel Lodge sources all laundry needs externally, which has resulted in a lack of control over product quality and low inventory levels. The upcoming changes promise to address these issues and provide numerous benefits to residents.



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# INNOVATIVE LAUNDRY SYSTEM LAUNCHING AT HILLEL LODGE

## Identifying Laundry Needs

Last October, we held focus group discussions with residents, family members, and staff to gather insights into our laundry needs. These discussions were insightful and highlighted several important concerns regarding the current laundry system:

- **Quality Issues:** Many residents and families expressed dissatisfaction with the quality of linens, pointing out issues such as stretched elastics on sheets, and linens that were stained, ripped, or had holes.
- **Inventory Shortages:** Staff reported frequent shortages of essential items, leading to frustration and discomfort for residents who rely on these necessities.
- **Aesthetics and Comfort:** Residents described the existing linens as unattractive and too institutional in appearance, which detracted from the home-like environment we strive to create.
- **Insufficient Comforters:** Many residents felt that there were not enough comforters to meet their needs.

**Shannon Fraser, Director of Quality Improvement at Hillel Lodge, remarked: "The new laundry system is a direct response to the feedback we've gathered. By implementing this new system, we will effectively address the laundry needs identified by residents, families, and staff, leading to improved comfort and satisfaction."**

## Ensuring Quality

One of the most significant advantages of the new system is the increased control over laundry quality. By transitioning to an in-house laundry operation, we can conduct onsite quality checks, ensuring that all linens and towels meet our high standards. This shift will also help maintain better inventory levels, ensuring that residents always have access to the items they need.

# INNOVATIVE LAUNDRY SYSTEM LAUNCHING AT HILLEL LODGE

## Benefits of the New Laundry System

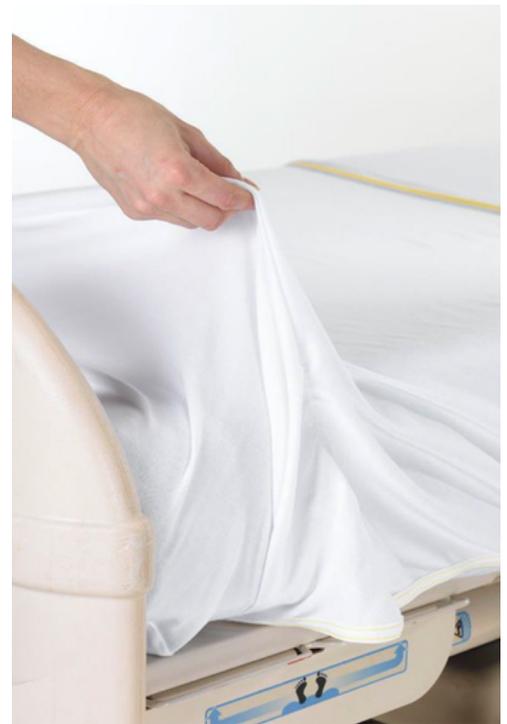
The new laundry system, provided by MIP, brings a wealth of positive features that will greatly enhance the living experience for residents. Here are some of the key improvements:

### High-Quality Linens

#### Temperature Regulating Sheets:

The new sheets are designed for optimal comfort, featuring regulating properties that help maintain a pleasant sleeping temperature. The sheets wick away moisture to keep residents dry and improve skin integrity.

**Design:** With an all-around elastic design, these sheets will stay securely in place, preventing the discomfort of slipping. The introduction of a color-coded system—green for bottom sheets and yellow for top sheets—will simplify bed-making.



The MIP Semi-Fitted Top Sheet with the unique Toe-Pleat Feature

**Foot Space:** A unique feature of the new sheets is the added space for feet when tucked in. This design creates a more enjoyable sleeping experience and reduces friction.

# INNOVATIVE LAUNDRY SYSTEM LAUNCHING AT HILLEL LODGE

## Comforting Duvets and Blankets

**Aesthetic Duvets:** The new duvets are not only incredibly soft but also visually appealing, designed to bring a homier atmosphere to residents' rooms. This attention to aesthetics can significantly enhance emotional well-being.



**Blankets:** The new blankets option will have a slightly weighted feel, providing residents with a sense of security and comfort.



## Upgraded Towels

**Plush Towels:** Residents will experience the luxury of thicker top-of-line “premium retirement home” grade towels.



**MIP: A PARTNER IN QUALITY CARE**

MIP, the company behind this innovative laundry solution, has a long-standing reputation for excellence in the healthcare industry. Founded over 40 years ago, MIP has built its legacy on the principles of quality care and resident-centred solutions.

## COMMITMENT TO QUALITY AND COMPASSION

MIP's slogan— “The softer side of healthcare”—reflects their philosophy of prioritizing the needs and experiences of residents in every aspect of their product development. They firmly believe that even the smallest improvements can significantly impact the quality of life for those receiving care.

# INNOVATIVE LAUNDRY SYSTEM LAUNCHING AT HILLEL LODGE

## Improved Mobility Solutions:

A significant innovation of the new laundry system is the Swift® UltraSlide System designed to enhance both the comfort of residents and the safety of staff.

The new system which includes bottom sheets and draw sheet allows for gentler, smoother movements that minimize abrupt shifts, making the entire experience more comfortable for residents. Research indicates that this innovative approach has led to a remarkable 61% reduction in friction during transfers.



**Geoff Bryant, Health Care Consultant at MIP, highlighted the importance of the Swift® UltraSlide System: "Our innovative approach minimizes friction and enhances comfort for residents during transfers. At MIP, we prioritize solutions that enhance the end-user experience, ensuring that both residents and staff benefit from improved safety and comfort."**

## Community Engagement and Next Steps

As we prepare for the launch of this exciting new laundry system, we will soon be inviting residents and their families to special "show and tell" events. These events will provide an opportunity to explore the new linens and towels firsthand and learn more about the benefits they will bring. Further details will be shared in the March edition of Lodge Line.

## Looking Forward

The upcoming laundry system is poised to significantly improve the quality of life for our residents. By addressing the specific needs identified through focus group feedback and ensuring high standards of quality control, we are committed to fostering a more comfortable and dignified living environment.

We are excited about the positive changes this project will bring and look forward to sharing more details as we approach the launch date. Stay tuned for updates!

# NEW & HAPPENING

**News Flash:** We are excited to share that, thanks to a generous donation from The Auxiliary, we will begin upgrading **resident room chairs** at Hillel Lodge!

This initiative will enhance comfort and quality in resident rooms while ensuring we meet infection prevention and control standards. Over the next months, we will be distributing new or refurbished chairs across the home, creating a more comfortable and inviting environment for everyone!

**News Flash:** We are thrilled to announce the installation of **brand-new flooring** in the spaces outside the nursing nooks on the second and third floors!



**News Flash:** We are delighted to announce that, following last month's Lodge Line article, we received enough registrations for the **Spasticity Program** to bring the specialist back to Hillel Lodge!

Next steps include completing a referral form for each of the residents on the registration list, requiring both physician and POA consent for Dr. Anton's initial assessment. Family members and POAs can expect to be contacted by nursing within the next ten days for their consent, which is solely for the initial assessment. Afterward, Dr. Anton will follow up for consent regarding actual treatment, with all services provided at no cost.

Our Director of Care, Annette Meeuwse, will be attending the next Family Council on February 19th and can answer questions then about the Spasticity Program. Or you can reach her at ext#120, office #267 or [ameewse@hillel-ltc.com](mailto:ameewse@hillel-ltc.com)

# NEWS FROM OUR GREEN THUMB CLUB

by Celia Glanville, Horticultural Specialist



This month at the Lodge we made lanterns to celebrate the slow return of light and inspiration of what is to come, and for us gardeners, flowers are what is to come! We decorated the lanterns with pansies, marigolds and other pressed flowers we carefully preserved from last summer's garden (some the Green Thumb Club had even grown from seed!).



We also celebrated our tiniest (and slowest) propagation victory by making simple succulent gardens. Residents chose a main succulent and then studded our tiny Echeveria babies around it like jewels. It was delicate but rewarding work!

Lastly, we couldn't resist welcoming spring a little early to our JASMA planter and added daffodil and tulip bulbs which are now open and lifting our spirits with their fresh colour and blooms.



# “LEAP OF FAITH” ART PROGRAM

## RESIDENTS UNLEASH THEIR CREATIVITY IN OUR ART PROGRAM

We are excited to highlight Hillel Lodge’s Art Program led by our talented professional art therapists, Mindy Alexander and Andrea Steinwand. This program is a delightful way for residents to express themselves and connect with others through creativity!

Mindy and Andrea emphasize the importance of positive art therapy. They explain, “We have been inspired by Martin Seligman’s model of wellbeing known as PERMA, which stands for positive emotions, engagement, relationships, meaning, and achievement. These are the goals we work towards in the ‘Leap of Faith’ Art Program, with the addition of connections to Jewish culture at times.”

In our supportive and empowering environment, residents have the freedom to make choices about their projects. Mindy and Andrea use a “third-hand” approach, where they physically assist residents when needed—like helping to cut or write—by doing it “with the resident” instead of “for the resident.” This way, everyone feels a true sense of ownership over their creations!



Andrea and Mindy posing in our 2 East Living Room by the collective artwork created by residents in 2019.

# “LEAP OF FAITH” ART PROGRAM

## DECEMBER ART PROJECT “FINDING THE LIGHT IN DARKNESS”

In this stained glass type of art, each resident participated in the creation and personalization of a triangle.

Materials used: tissue paper and mactac.

- Photos of final projects (can be admired on the windows of 3rd floor lounge):



## JANUARY ART PROJECT “A CANDLE OF INTENTIONS”

Daily intentions from residents were written in the candle (either inside the candle for confidentiality or outside the candle as visual reminder).

These intentions are easily attainable, as example “to smile more”.

Material used: paper, clay and paint.

Photos of final projects:



# "LEAP OF FAITH" ART PROGRAM

## MEET OUR ART THERAPISTS

MINDY AND ANDREA HAVE BEEN WORKING TOGETHER SINCE 2019 AS ART THERAPISTS AT HILLEL LODGE DURING A PRACTICUM WHILE STUDYING AT THE TORONTO ART THERAPY INSTITUTE. THEY ARE CURRENTLY OFFERING INDIVIDUAL ART-BASED PSYCHOTHERAPY THROUGH THEIR RESPECTIVE PRIVATE PRACTICES. THEY ALSO FACILITATE NON-CLINICAL ARTS-BASED WORKSHOPS USING NATURAL OR REPURPOSED MATERIALS. FIND OUT MORE AT [HTTPS://LEAPOFFAITH-ARTASTHERAPY.WEEBLY.COM/](https://leapoffaith-artastherapy.weebly.com/)



Mindy Alexander is a visual artist, registered psychotherapist and art therapist. She also has a graduate diploma of environmental/sustainability education and is keen to support meaningful connections with the natural world. As a therapist, Mindy is well attuned to the needs of participants and prioritizes supporting artists "where they are at" to facilitate self-discovery through various approaches including art and sandtray. Find out more at [discoveryarttherapy.com](http://discoveryarttherapy.com).



Andrea Steinwand works in multiple disciplines as a Rideau Award winning set designer, a professional scenic artist (painting for theatre), a registered psychotherapist, and art therapist. They bring a knowledge of both the aesthetics and practicalities of artistic creation and a mindful yet playful attitude to creation. Find out more at:

<https://www.psychologytoday.com/ca/therapists/andrea-steinwand-ottawa-on/1444720>.



## “LEAP OF FAITH” ART PROGRAM

Mindy and Andrea foster an inclusive environment for all participants. They offer adaptive tools, such as thicker paintbrushes and foam brushes, to assist those with limited motor skills. Non-verbal residents can express their choices by simply pointing to materials or images, ensuring everyone can actively engage in the creative process.

Feedback from residents and their families speaks volumes about the impact of the art program. Many express gratitude for the opportunities it provides, highlighting the focus on “what is possible.” Transitioning to a long-term care home can evoke feelings of loss; however, the art therapy program emphasizes what residents can control and create today, instilling a sense of accomplishment and ownership.

Art therapy is more than just fun; it also supports personal growth and well-being. It helps improve cognitive and sensory-motor functions, boost self-esteem, build emotional resilience, and enhance social skills.

**Art therapy combines the creative process and psychotherapy, facilitating self-exploration and understanding. Using imagery, colour and shape as part of this creative therapeutic process, thoughts and feelings can be expressed that would otherwise be difficult to articulate. <sup>1</sup>**

<sup>1</sup> Source: Canadian Art Therapy Association. (2017). What is art therapy. <http://www.canadianarttherapy.org/what-is-art-therapy/>

At Hillel Lodge, our art program is a joyful space for creativity and connection. We invite all residents to take a leap of faith and come explore their artistic side while making meaningful memories together!

**“LEAP OF FAITH” ART PROGRAM TAKES  
PLACE IN 3RD FLOOR LOUNGE  
EVERY WEDNESDAY AT 9:45 AM AND 11:00 AM  
WITH THEMATIC MONTHLY ART PROJECTS.  
EVERYONE CAN PARTICIPATE—NO PREVIOUS ART SKILLS NEEDED!**

**UPCOMING THEME FOR FEBRUARY:**

**INSPIRED BY TU BISHVAT, WE PLAN TO HONOUR THE SEASONS WITH PAINT AND MIXED MEDIA.**

**PARTICIPANTS WILL BE INVITED TO EXPLORE THE FEELINGS, COLOURS, AND METAPHOR OF NATURE'S CYCLES.**

# RESIDENTS SPOTLIGHT



## JOHN AND KAREEN JACKSON - AN INSPIRING LOVE STORY

ACCORDING TO JOHN AND KAREEN JACKSON  
WRITTEN BY JOANNA JACKSON KELLY

One awe inspiring love story of two very special human beings is that of John Jackson (ne Dziekonski) and Kareen Jackson (ne Paulson). This story started many years ago in Montreal, Quebec when Kareen was going to nursing school at the Jewish General Hospital and John was attending Sir George College (Concordia University).

One day, Kareen was walking outside of the hospital waiting for someone. John saw her and said to one of her friends, "I'd like to meet her." He would later tell us that he liked the way she walked. We understood this as he saw that she was a woman of true beauty, inside and out; of confidence; and of intelligence and that had emanated from the way she presented herself.



Kareen's friend soon set them up on a double date. On their first date, Kareen knew that John was a genuine and kind person. Kareen had many plans for after she graduated from nursing school, including travelling around the world but on that fateful night, she looked up to the moon and said to herself in astonishment, "I am going to marry him!" After 6 months of dating, they knew that they were going to get married but not before Kareen converted to Judaism, a choice that she made for John and for the almost 50 members of his dad's and mom's families who were murdered in Poland during the Holocaust. That was the beginning of their extraordinary journey through life.

After getting married, John was a Chartered Accountant. He worked in private practice; for the Auditor General; and on the side, completed people's taxes. Instead of asking the artists to pay him for doing their taxes, he bartered and asked for a piece of their artwork, knowing that many of them didn't have the money to pay him. A few of his many accomplishments and volunteer work include: a Trustee at the Ottawa-Carleton District School Board, being on the board of many organizations; and working with Jewish Family Services, finishing his role there as Jewish Family Services President. In addition, he raised money for the Jewish Federation and was always willing to lend a hand, money, and support for any person or family who needed it. After many years of volunteering in different capacities, John was given a volunteer award for helping the Jewish community. Additionally, one of John's biggest passions is Jazz. He was very involved in the Ottawa Jazz Festival and received a "Business Recognition Award from the Council for the Arts" in Ottawa (CAO) after serving many years as their Treasurer and volunteering in many ways.

Kareen was a registered nurse at the Jewish General Hospital. When her back was injured and her working ability as a nurse was limited, she worked part-time as a nurse in different capacities. As well, Kareen stayed at home to take care of her children and worked part-time at many jobs-anything to support her family. Kareen's biggest passions are art; performance art; and acting. She was in the first graduating class of the Ottawa School of Art and after her children had moved out of the home, she attained her Honours Degree in Fine Arts at the University of Ottawa. Kareen has completed hundreds of art pieces and had art exhibits throughout the years. Kareen was given a Canada Council Grant to create a multimedia installation about the Inuit and northern communities and she was featured in a book about Canadian performance artists.

# RESIDENTS SPOTLIGHT



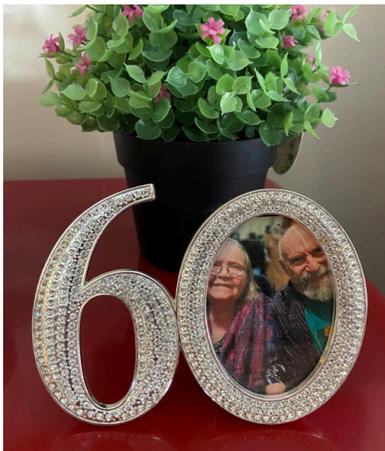
## JOHN AND KAREEN JACKSON - AN INSPIRING LOVE STORY

ACCORDING TO JOHN AND KAREEN JACKSON  
WRITTEN BY JOANNA JACKSON KELLY

John and Kareen have always had a “Joie de Vivre”. John once said, “Unfortunately, my dad cursed me with joie de vivre. It’s very expensive, but it kept me involved all my life.” Among the numerous arts and music organizations they were involved in, they founded Stage Repertoire Ottawa or Standing Room Only (SRO) and were involved in and supported the arts and music throughout their lives. Until a few years ago, you could find them at many music venues throughout Ottawa several times a week. John and Kareen would sit up front and support all of the musicians. John could be seen walking around with a hat for people to put money in for the musicians, an action they greatly appreciated!

Kareen and John strongly believe in advocating for social justice and deeply care about human rights for all. One of John’s mantras and what he always said to us is, “In humanity, there is only Us, there is no Them. The most important thing in life is to respect the human condition: this will allow us to respect all peoples, all spiritualities, the environment, and other animals and living things.”

John and Kareen's most precious achievements are their children. They have never stopped singing their praises; celebrating all of their achievements; and giving them their unconditional love. First, their daughter Brenda was born, then their daughter Joanna, and finally, their son Daniel. John (Zaidy) and Kareen (Bubby) have tremendous unconditional love for their 7 grandchildren. They love them with all of their hearts and are incredibly proud of them. To John and Kareen, life IS giving love.



In reflecting on their journey, John and Kareen embody the essence of love, commitment, and community. Their lives are a testament to the beauty of partnership, characterized by mutual support and shared passions. John and Kareen remind us that true fulfillment lies in giving and receiving love in all its forms. Their story is not just one of personal triumph but a celebration of the human connections that enrich our lives.

# Voices from Home Project

ARTICLE BY ETHAN RODE  
OTTAWA JEWISH E-BULLETIN

What is home to you? Are they the photos that hang on your wall, the memories of family gatherings for various occasions, or maybe your dream kitchen?

The Voices from Home project seeks to answer these questions. Spearheaded by community leader and architecture professor Dorothy Stern, former chair of Hillel Ottawa, and her former student Charlie Ford, who currently works with Global Affairs Canada to design Canadian embassies around the world, the project aims to capture the essence of home through a series of interviews being conducted at the Bess and Moe Greenberg Family Hillel Lodge, where they ask residents what home means to them.

Recently, the E-Bulletin was able to sit down (virtually) with Stern and Ford to learn more about their project.



Partial image of poster created by Charlie Ford  
for Voices from Home - chapter 1

## **E-Bulletin:** What is the Voices from Home project?

**Dorothy Stern:** The Voices from Home project is about the many stories that make up the lives of residents at Hillel Lodge. It is primarily focused upon residents telling their own stories to Charlie and me in a very informal conversation. We don't ask questions like 'who are you,' 'what do you do?' It's about them telling their stories within the framework of the meaningful spaces that they live in.

It came about as a result of a different project that Charlie and I worked on about how immigrants to Canada create a sense of home in their new environment. I went to Hillel Lodge and met with Ted Cohen, (CEO of the Lodge), and said it would be really wonderful to meet with seniors in the community and talk to them about who they are and how they have created this wonderful sense of space with the material culture that they bring to their room.

**Charlie Ford:** We have a list of questions that we can use to help guide the conversation. Most of the time, it's a jumping-off point. The person being interviewed decides where we go, what we talk about, what's important to them. I think it's a study on culture, a study on human experience. It's very qualitative.

# Voices from Home Project

ARTICLE BY ETHAN RODE  
OTTAWA JEWISH E-BULLETIN

## **E-Bulletin: What prompted your interest in this project?**

**Dorothy Stern:** This project, as I said, came out of a different project that I worked on with my colleagues at Carleton University. When Charlie and I met, I was a coordinator of the Bachelor of Interior Design program. My master's thesis led to my focus on this subject. Charlie and I met at school and she's incredible, and luckily, we are able to do this together. I think the centrality of home, ordinary stuff, nothing fancy, is very, very important and tells our story.

**Charlie Ford:** I am working in the Interior design Department for Global Affairs Canada. We do design work for our Canadian embassies. I'm from Toronto, but moved to Ottawa, which is when I met Dorothy. I went to the Bachelor of Interior Design program where Dorothy was my professor. I just had a real interest in "home" and the people that are in them and what's important to people. That's when Dorothy invited me along for this project.

## **E-Bulletin: What do Lodge residents identify as home?**

**Charlie Ford:** We initially went in with a biased idea of what we were looking to get out of this. We asked questions like "what did you physically bring into your space?" We asked questions about things like lampshades or photographs. Most of the time, they say that the physical items aren't what's important, and that their memories are what make a place feel like home to them. We often hear stories from their past.

## **E-Bulletin: Why is this important for our community?**

**Dorothy Stern:** All of the videos of the residents will go to the collections in the Ottawa Jewish Archives. Some are already there. This is a record of Ottawa in 2024. We interviewed people from all different walks of life. We have interviewed some non-Jewish people and some Jewish people to hear their stories. It's important that future members of our communities have a resource they can listen to what people say about who they were, where they came from, and how they've contributed. It tells us about our community, and it is a resource for future generations. Many of these seniors are in their 90s. We can learn what Ottawa was like back then, or Ontario for that matter, even some small towns.

**Charlie Ford:** A lot of those stories are passed down within families, but we don't often get the opportunity to get those stories outside of that. Now, we are gathering that information on our end. We are creating a tool to share with other people. We are a very diverse community and culture.

You can learn more about the Voices from Home project and the work that Dorothy and Charlie do by getting in touch with Teigan Goldsmith, Archivist at the Ottawa Jewish Archives at [archives@jewishottawa.com](mailto:archives@jewishottawa.com)

**Stay tuned for the Voices from Home-Chapter 2 vernissage event coming soon at Hillel Lodge!**



## 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>



# 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](http://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](http://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 613-680-1197 or [lsheer@hillel-ltc.com](mailto:lsheer@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 our 17th Annual Biking for Bubbies on September 14, 2025**

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](http://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 613-680-1197 or [LSheer@hillel-ltc.com](mailto:LSheer@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](http://www.hillel-ltc.com/foundation)



# Holidays & Observances

## February 2025

### **Jewish Holiday - Tu Bishvat - February 13th**

Tu Bishvat (also spelled Tu B'Shevat) or the birthday of all fruit trees, is a minor festival and a Jewish holiday often referred to as the "New Year for Trees." It falls on the 15th day of the Hebrew month of Shevat (typically in January or February) and has both historical and contemporary significance.

In ancient times, Tu Bishvat was merely a date on the calendar that helped Jewish farmers establish exactly when they should bring their fourth year produce of fruit from recently planted trees to the Temple as the first-fruit offerings.

It falls at the close of the rainy season in Israel. Once the ground has become saturated with the rains, the fruits can begin to bloom. This was a date that made sense to mark the start of a new season. Even though it falls in the middle of winter, the message of Tu Bishvat is one of renewal and hope — spring is coming. It takes approximately four months for the rains of the new year to saturate the soil and trees and produce fruit.

**Tu Bishvat begins at sundown on Wednesday, February 12 and ends at sundown on Thursday, February 13**

### **Flag Day - February 15th**

At the stroke of noon on February 15, 1965, Canada's red and white maple leaf flag was raised for the very first time on Parliament Hill. On the same day in 1996, National Flag of Canada Day was declared. Our national flag is a symbol that unites Canadians and reflects the common values we take pride in — equality, freedom and inclusion.

### **Family Day - February 17th**

Family Day is celebrated on the 3rd Monday of February. At its core, Family Day is a celebration of the values that bind families together: love, respect, and support. It provides an opportunity for families to reconnect and strengthen their bonds through shared experiences and quality time spent together.

### **Black History Month February**

During Black History Month, people in Canada celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada a culturally diverse, compassionate, and prosperous country. Black History Month is a time to learn more about these Canadian stories and the many other important contributions that Black Canadians and their communities have made to the history and continued growth of this country.

# ANNOUNCEMENTS

*the Café*

## FEBRUARY 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: Fish Tacos and a canned drink \$9

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



EVENT

**Did you know you could book a space at Hillel Lodge to hold your private family event?**

Interested to find out more?  
Contact Sarah, our Office Manager,  
at office 104, ext. 790, or  
[slegendre@hillel-ltc.com](mailto:slegendre@hillel-ltc.com)

## PROVINCIAL ELECTION FEBRUARY 27TH

Residents can vote directly at Hillel Lodge. Further details on the location and time will be announced shortly.

## FRIENDLY REMINDER

Hillel Lodge has a Minimal Scent Environment Policy.

Please refrain from wearing scented personal hygiene products, perfumes and/or colognes.



**EntourAGE connects students —referred to as companions— with older adults seeking companionship.**

Interested? Contact  
[mqureshi@uottawa.ca](mailto: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](mailto:macinmontreal@gmail.com)



## CALENDAR OF ACTIVITIES

Sunday, February 2nd  
10:30 Music with Noel

Wednesday, February 5th  
11:00 Resident Council Meeting

Sunday, February 9th  
10:30 Music with Benoit

Monday, February 10th  
2:30 Guest Speaker Professor Gerry Cammy

Tuesday, February 11th  
10:30 The Usuals Jazz Band  
7:00 Tamir Choir Concert

Wednesday, February 12th  
2:30 Tu B'Shevat with OJCS Grade 7

Thursday, February 13th  
2:30 Tu B'Shevat with Rabbi Scher

Monday, February 17th  
2:00 Family Day Board Games (Drop-in)

Tuesday, February 18th  
2:30 Music with Arlene Quinn

Sunday, February 23rd  
10:30 OMJS Grade 5, 6 & 7 Bowling

Monday, February 24th  
2:30 Japanese Yosakoi Dance  
Performance and Workshop

Tuesday, February 25th  
4:00 Happy Hour

Wednesday, February 26th  
2:30 Reading Short Stories with OJCS Grade 1

Thursday, February 27th  
2:30 Birthday Party with Joel Yan and Friends



**February  
Birthday Party**  
Thursday, February 27th  
at 2:30 pm  
with Joel Yan and Friends



**Happy  
HOUR**  
TUESDAY, FEBRUARY 25TH  
AT 4:00 PM



**"LEAP OF FAITH"  
ART PROGRAM**  
WEDNESDAYS  
9:45 AM AND 11:00 AM  
3RD FLOOR LOUNGE

**JOIN OUR GREEN THUMB CLUB**  
with Celia Glanville  
Horticultural Specialist  
(MONDAYS & THURSDAYS AT 10:00 AM)



**Oneg Shabbat - Fridays 10:30 am**  
February 7th with Rabbi Teitlebaum  
February 14th with Rabbi Lesser (Youtube)  
February 21st with The Ganon Pre-school  
February 28th with Westboro Jewish Montessori Preschool

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



# 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

### Did you know?

The Ontario Caregiver Organization (OCO) exists to improve the lives of Ontario's 4 million caregivers.

You can visit their website to learn more about various webinars, handouts and supports that they offer.  
caregiver site

<https://ontariocaregiver.ca/>





THE BESS AND MOE GREENBERG FAMILY

# Hillel Lodge

LONG-TERM CARE HOME OF OTTAWA

**CELEBRATING THERAPEUTIC RECREATION AWARENESS MONTH IN FEBRUARY!**



## ***WHAT DO TR PROFESSIONALS DO?***

Use recreation and leisure to help maximize an individual's independence.

Work with persons who may benefit from assistance to improve their quality of life.

Make necessary adaptations to recreation and leisure opportunities to allow for full participation.

Visit [www.trontario.org](http://www.trontario.org) for more information