

# LODGE LINE

THE BESS AND MOE GREENBERG FAMILY



## Hillel Lodge

LONG-TERM CARE HOME OF OTTAWA

### NEW LAUNDRY SYSTEM LAUNCH ON MARCH 25TH

Hillel Lodge is thrilled to announce the launch of our new in-house laundry system on March 25th! This exciting change is all about enhancing the living experience for our residents by focusing on comfort and improving operational productivity. By moving away from external laundry services, we will tackle challenges related to product quality and inventory control, ensuring our residents enjoy all the benefits of this upgrade.



### TOPICS IN THIS ISSUE

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# NEW LAUNDRY SYSTEM LAUNCH ON MARCH 25TH

## Benefits of the New Laundry System

As mentioned in last month's Lodge Line, the new laundry system, provided by MIP, offers numerous enhancements to improve residents' experiences:

**Quality Control:** In-house operations enable onsite quality checks, ensuring high standards for all linens and towels.

**High-Quality Linens:** Features include temperature-regulating sheets, an elastic design for better fit, and added foot space for comfort.

**Comforting Duvets and Blankets:** Soft, aesthetically pleasing duvets and slightly weighted blankets.

**Upgraded Towels:** Thicker, "premium retirement home grade" towels.

**Improved Mobility Solutions:** The Swift® UltraSlide System allows for gentler, smoother movements, enhancing comfort during transitions.

## Exciting New Products

The new laundry system will also include **pericare green-specific intimate care cloths**, which will be washed and disinfected separately for optimal hygiene. These soft and absorbent cloths will be readily available in resident rooms, allowing care provider to use them effectively during care. We encourage care provider to consult with the nurse or PSW to learn how to properly utilize the new towels and pericloths, as well as how to dispose of them correctly in the soiled linen carts.



Additionally, we will be introducing new **clothing protectors** designed to enhance the dining experience for residents. The clothing protector offer reliable protection for everyday use with its soft, absorbent fabric and snap closures. All existing disposable protectors will be replaced with these oversized, highly absorbent protectors that are easy to wash and maintain.



# NEW LAUNDRY SYSTEM LAUNCH ON MARCH 25TH

## Implementation and Staff Training

March 25th will be a pivotal day as our entire staff collaborates on the transition to the new laundry system to ensure proper organization and avoid any mixing of products. Comprehensive training will be provided to maintain standardization in care provision. Additionally, we will implement a new laundry cart system to streamline operations, allowing for easy access to clean laundry and efficient sorting of dirty items.

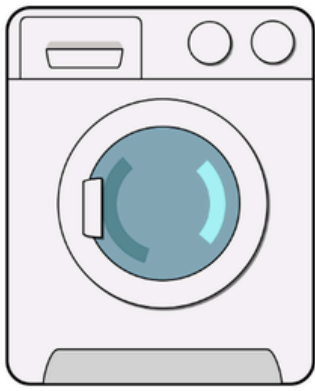
**Shannon Fraser, Director of Quality Improvement, expressed her enthusiasm: "I am thrilled about the upcoming changeover day! After months of planning, I look forward to implementing the new laundry system. While March 25th may be a bit disruptive to normal routines, having everyone on board for the transition will enhance productivity and prevent any mix-up between old and new products. This collaborative effort will ensure that all residents from every neighborhood can benefit from the new laundry system simultaneously. This is an exciting time at Hillel Lodge and a significant step forward in our commitment to improvement."**

## Show and Tell Events

As part of our exciting launch, Hillel Lodge warmly invites residents and their families to join us for special "Show and Tell" events in the Café during the week of March 3rd. (Please refer to the poster in this issue of Lodge Line for more details).

A mock-up bed will be set up in the corner of the Café, offering a hands-on experience. Our Director of Quality Improvement, Shannon Fraser, will be on site to discuss the new laundry system and answer any questions. This is a wonderful opportunity for residents, families, and staff to explore the new products firsthand, including linens, towels, comforters, blankets, and meal protectors. You'll also learn about the numerous benefits these upgrades will bring.

With the launch of the new laundry system approaching, Hillel Lodge is dedicated to enhancing the quality of life for our residents. We are thrilled about the positive changes this project will introduce and look forward to celebrating this milestone together!



THE BESS AND MOE GREENBERG FAMILY



## NEW LAUNDRY SYSTEM SHOW & TELL EVENTS

**Exciting News: Our new laundry system will launch on March 25th!**

In preparation to the launch, we invite residents, families, care providers, and staff to come discover firsthand the new products at our Show & Tell Events first week of March!

### WHAT?

A mock-up bed will be set up in the corner of the Café, offering a hands-on experience. You will be able to explore linens, towels, comforters, blankets, and clothing protectors.

### WHERE?

*the Café*

### WHEN?

**MARCH 3RD-** 9:00 - 10:00 / 2:00 - 3:00

**MARCH 5TH -** 10:30 - 11:00 / 3:00 - 3:30

**MARCH 6TH -** 9:30 - 10:00 / 12:00 - 12:30 / 2:30 - 3:00

**MARCH 7TH -** 1:00 - 1:30

### WHO?

Our Director of Quality Improvement, Shannon Fraser, will be on site to discuss the new laundry system and answer any questions.





## Enhancing Care at Hillel Lodge: Insights from Director of Care

Hillel Lodge is dedicated to fostering a supportive environment for its residents, families, and friends. Over the past three months, Director of Care Annette Meeuwse has engaged with many residents, families, and friends, observing daily life across all shifts and collaborating with physicians. This experience has deepened her understanding of what makes Hillel Lodge a unique and caring home. Meeuwse reports that the quality of care at Hillel Lodge is strong, with an ongoing commitment to enhancing services for residents.

### Looking Ahead: Enhancing Resident Care in 2025

As Hillel Lodge moves into 2025, the focus will be on strengthening person-centred care. Plans include additional staff training in the Gentle Persuasive Approach (GPA) and Living the Dementia Journey. These initiatives aim to ensure that every resident receives compassionate and individualized support. Additionally, Quality Improvement initiatives will be implemented to refine care processes and enhance daily experiences for residents.

**"WE ARE COMMITTED TO ENSURING THAT EVERY RESIDENT RECEIVES THE HIGHEST STANDARD OF CARE." – ANNETTE MEEUWSE, DIRECTOR OF CARE**

### Introducing the Resident Care Manager (RCM)

To further support residents and their families, Hillel Lodge is introducing a new role: the Resident Care Manager (RCM). This position, held by a registered nurse, will focus on specific neighborhoods within the facility. Responsibilities of the RCM will include:

- Lead nursing programs and resident care in assigned areas
- Provide leadership in quality improvement efforts
- Be a direct resource for residents, families, and friends, addressing concerns in a timely and supportive manner

### Our Commitment

Hillel Lodge emphasizes that it is more than just a care team; it is a community. The leadership is committed to ensuring that every resident receives the highest standard of care in an environment that fosters dignity, comfort, and well-being.

#### **BEST METHOD TO COMMUNICATE WITH OUR DIRECTOR OF CARE:**

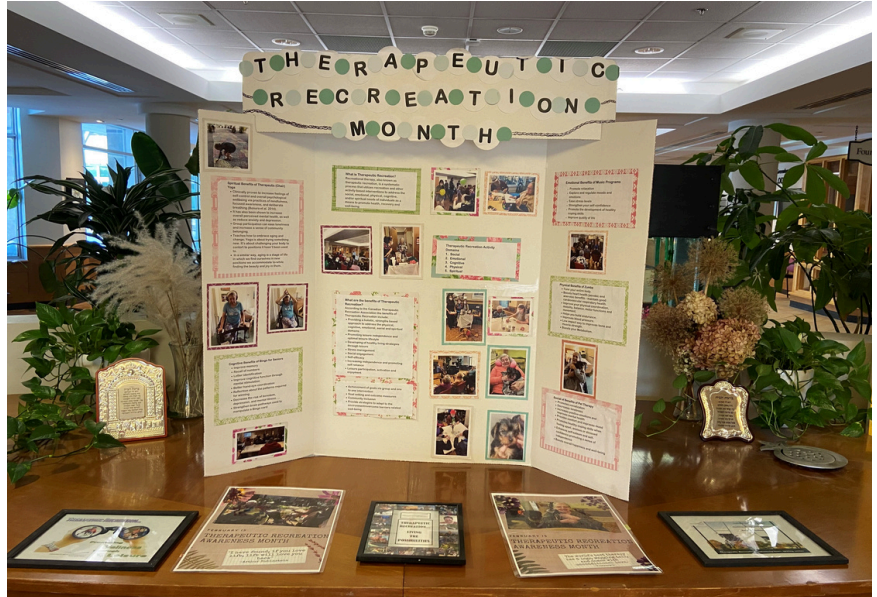
DUE TO THE NATURE OF HER ROLE, OUR DIRECTOR OF CARE, IS OFTEN ENGAGED WITH RESIDENTS, FAMILIES, AND STAFF, WHICH MEANS ANNETTE IS FREQUENTLY OUT OF HER OFFICE. TO ENSURE EFFICIENT COMMUNICATION, IT IS BEST TO CONTACT HER VIA EMAIL, AS SHE CAN RESPOND PROMPTLY TO EMAILS. WHILE A MESSAGE BOX IS PROVIDED OUTSIDE HER OFFICE FOR NOTES, EMAIL IS THE PREFERRED METHOD OF COMMUNICATION. RESIDENTS AND FAMILIES ARE ENCOURAGED TO REACH OUT AT [AMEEUWSE@HILLEL-LTC.COM](mailto:AMEEUWSE@HILLEL-LTC.COM).

# NEW & HAPPENING

## Celebrating National Therapeutic Recreation Month

### What is Therapeutic Recreation?

Recreational therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the social, emotional, physical, cognitive, and/or spiritual needs of individuals to promote health, recovery, and well-being. Here at the Lodge, our Recreational team are mindful to cover all those 5 domains when developing monthly calendar of activities (including for example art classes, music, gardening, Chair Yoga, Bingo, pet therapy).



To highlight National Therapeutic Recreation Month in February, an information board showcasing Therapeutic Recreation was displayed at the entrance of Hillel Lodge.

### What are the benefits of Therapeutic Recreation?

- Promoting leisure independence and optimal leisure lifestyle
- Developing of healthy living strategies through leisure
- Stress management
- Social engagement
- Self-efficacy
- Increasing independence and promoting self reliance
- Leisure participation, activation, and enjoyment
- Achievement of goals via group and one to one intervention
- Goal setting and outcome measures
- Community inclusion
- Provide strategies to adapt to the environment/overcome barriers related well-being

# UNCOVERING HIDDEN TREASURES: SPOTLIGHT ON DISTINCT THERAPEUTIC RECREATION PROGRAMS

## JAVA TIME

Java Time Program aims to “end loneliness and spread happiness.” Research tells us that enhancing emotional connections is key to solving the problem.

Java Time allows Hillel Lodge staff to identify who is most in need of social interaction and personally invite them to a small group led by the recreation team. The guided curriculum allows the group to choose a theme and then offers music and discussion topics around that theme. The themes include friendship, Jewish holidays, trust, Mother’s Day, and more. The group gets to know one another better and begins to create stronger relationships. The benefits of participation are felt long after the formal session has ended.



## SNOEZELLEN

Snoezelen is designed to create a safe and enjoyable multi-sensory environment that benefits residents, particularly those with lower functional abilities. By providing high-quality leisure activities, Snoezelen fosters relaxation and self-directed leisure, allowing residents to engage at their own pace. This approach not only helps maintain or improve functional abilities but also decreases negative behaviors by stimulating all senses in a non-threatening atmosphere. The sense of control that residents experience in this setting contributes significantly to their happiness and overall well-being.

The therapeutic benefits of Snoezelen extend beyond mere enjoyment. Research indicates that these sensory-rich experiences can enhance communication between residents and caregivers, fostering trust and a deeper understanding of each other. For individuals with profound dementia, Snoezelen offers a unique opportunity to relax and reconnect with their sense of self, significantly reducing stress and agitation. Even short sessions can lead to noticeable improvements in demeanor, making residents happier and less fearful while minimizing aggressive behaviors. Overall, Snoezelen creates a comforting space that encourages exploration and recuperation, essential for the mental and emotional health of residents.

At Hillel Lodge, we have enhanced our residents' experiences by installing Snoezelen equipment in the 2 East Lounge, where Snoezelen activities are thoughtfully incorporated into our monthly activity calendar.

# L'DOR VADOR: PASSING WISDOM FROM GENERATION TO GENERATION, A RABBI BULKA KINDNESS PROJECT

The "L'Dor Vador: Passing Wisdom from Generation to Generation" project is a wonderful initiative that brings together middle school students from the Ottawa Jewish Community School and the residents of Hillel Lodge through monthly meetups. This heartwarming program is all about building meaningful intergenerational connections and sharing the wisdom of our Jewish traditions.

Each month, participants dive into different themes like traditions, Jewish resilience, and tikkun olam (repairing the world) through storytelling, shared rituals, and collaborative projects. It's a fantastic way for everyone to learn from one another and keep our cultural heritage alive!

**Michael Washerstein, a dedicated Social Studies and Judaic Studies Educator at OJCS, beautifully sums it up: "To me, this program fosters meaningful connections—values and traditions, Jewish storytellers, and shared projects. It strengthens the bond between older and younger generations in the Jewish community and has a very impactful effect on both the residents and the students."**

The program pairs 11 enthusiastic students with 11 lovely residents for one-on-one sessions, meeting once a month for an hour. Students from grades 6 to 8 apply to join, and the very first visit kicked off in November, already sparking strong friendships!





# L'DOR VADOR: PASSING WISDOM FROM GENERATION TO GENERATION, A RABBI BULKA KINDNESS PROJECT

In each session, Michael sets up engaging activities and questions, allowing students to interact with the residents in a fun and thoughtful way. This student-led approach means everyone can adapt and personalize their experience. The residents have shared how much joy these monthly visits bring, providing a delightful break from their routines.



## **RABBI BULKA KINDNESS PROJECT:**

The Rabbi Bulka Kindness Project honors the legacy of Rabbi Bulka Z"l, a prominent figure in Jewish Ottawa and Canada, whose passing left a significant void. Rabbi Bulka played a crucial role in the life of OJCS prompting the organization to seek a meaningful way to commemorate his influence. The answer was clear: kindness, which was both a calling and a way of life for him. The project aims to inspire students to connect their learning with the broader world and to recognize that improving the world requires both education and action. After discussions with Rabbi Bulka's family, OJCS officially named this initiative the Rabbi Bulka Kindness Project, with funding from Kind Canada, ensuring that the school contributes to the perpetuation of one of his enduring legacies.



# L'DOR VADOR: PASSING WISDOM FROM GENERATION TO GENERATION, A RABBI BULKA KINDNESS PROJECT

## Goals of the Program:

- **Strengthen Connections:** Build bonds between younger and older generations in the Jewish community.
- **Explore Together:** Discover Jewish history, values, and traditions through shared stories and learning.
- **Collaborate Creatively:** Work together on meaningful projects that celebrate their connections.



## Expected Outcomes:

- **Intergenerational Bonding:** Strengthen the sense of Jewish community and understanding between the generations.
- **Cultural Preservation:** Ensure that the knowledge, traditions, and values of the older generation are passed down to the younger.
- **Active Engagement:** Encourage students to connect with their Jewish identity through hands-on learning and collaboration.
- **Mutual Growth:** Both generations gain insight, empathy, and respect for one another's experiences and perspectives.

# L'DOR VADOR: PASSING WISDOM FROM GENERATION TO GENERATION, A RABBI BULKA KINDNESS PROJECT

## PROGRAM STRUCTURE:

- The program kicked off in **November** with Getting to Know Each Other. Participants engaged in icebreaker activities, sharing backgrounds, hobbies, and experiences. They discussed questions like how their families came to Canada and what they enjoyed doing for fun, followed by a "Then and Now" discussion about differences in childhood experiences.
- In **December**, Exploring Jewish Traditions allowed partners to share their favorite Jewish holidays and family customs. They discussed how these traditions had been passed down and what being part of the Jewish community meant to them. The session included playing dreidel and participating in Chanukah-related activities.
- **January's** theme, Jewish Life in the Past and Present, featured residents sharing significant memories from Jewish history, such as World War II and the founding of Israel. Students presented insights about modern Jewish life, culminating in a collaborative timeline reflecting key moments in both personal and collective Jewish history.
- In **February**, the focus shifted to Creative Collaboration, where partners discussed Tikkun Olam and the importance of caring for the environment. They worked on a creative project—be it artwork, poetry, or music—that expressed their thoughts on repairing the world. An alternative activity included creating an art piece for Tu B'Shevat.
- Looking ahead to **March**, We Learn Better Together will invite each participant to share a significant life story or lesson. Students will have the opportunity to record these stories with consent, celebrating the wisdom shared throughout the program.

Through the "L'Dor Vador" initiative, OJCS and Hillel Lodge are weaving a vibrant tapestry of shared experiences that enrich the lives of everyone involved. Together, we ensure that the wisdom of the past continues to shine brightly for future generations!

# NEWS FROM OUR GREEN THUMB CLUB

by Celia Glanville, Horticultural Specialist



## February Project - Tu B'Shevat Forest

This small forest was made by residents taking part in the Green Thumb Club to celebrate Tu B'Shevat (New Year of the Trees).

We traced our hands to form the trunks and branches for each tree - the individuality of each tree adding to the beauty of the forest. AS Tu B'Shevat particularly celebrates fruit trees, some bejewelled their trees with fruits made of orange, lemon and pomegranate peels.

Trees have many lessons for us about connectivity and longevity.

During Tu B'Shevat the long and deep roots of the trees are reminders of ties to past generations that still nurture and influence the growth of today.

The fruit of the trees, containing seeds for a new cycle of life, teach of patience and hope for the future.

The planting of trees is a symbol of renewed growth and the gifts that can be given today to future generations.



### Residents who collaborated in Tu B'Shevat Forest Project:

Seymour Brownstein  
Sylvia Calder  
Gloria DaSilva  
Ingrid Levitz  
Brenda Liff  
Diana Rachlis  
Judy Thivierge



# NEWS FROM OUR GREEN THUMB CLUB

by Celia Glanville, Horticultural Specialist



## February Project - Pressed Flower Frames

In another activity, a few of us took a look back at last summer's garden as we made pressed flower frames. Residents chose and artfully arranged their flowers for a beautiful reminder of summer blooms to decorate their walls.



# RESIDENTS



## Party Line



Section written by members of our Residents Council

## RESIDENTS COUNCIL

Join us at our next Residents Council Meeting!

When: Thursday, March 20th at 10.30 am

Residents Council is for the residents by the residents. Come join us! All residents are welcome and encouraged to participate.

## RESIDENTS COUNCIL BOARD

We encourage you to regularly check our Residents Board by the elevators, where you will find posters detailing the latest updates and changes at Hillel Lodge.

## FRIENDLY REMINDER

Hillel Lodge has a Minimal Scent Environment Policy.

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

## DID YOU KNOW?

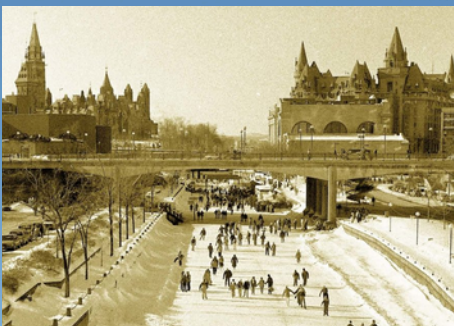
A third party dentist service provider, Multigen, offers in-house dental care to residents.

For more info, see the Connection section of Lodge Line.

## KUDOS

Special thanks to the students from OJCS school who participate in the "Passing Wisdom from Generation to Generation" program. These monthly visits bring us joy and a delightful break from routine.

## MEMORY LANE

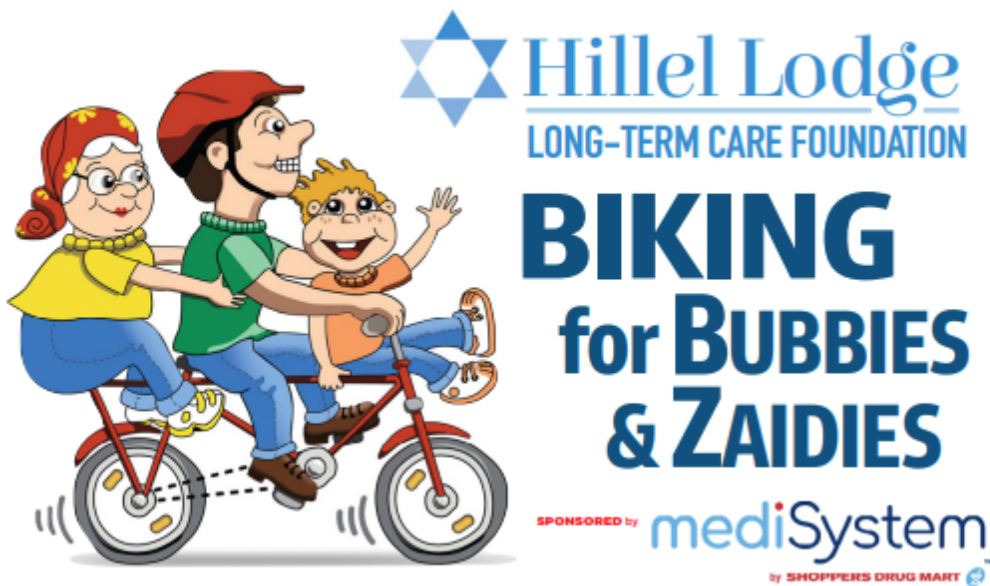


In the winter of 1970-71, the Rideau Canal was first opened as a skateway, becoming the world's largest naturally frozen ice skating rink.

This year, it opened at its full 7.8 km length for first time since 2022.







by Leslie Sher, Executive Director

## **Exciting News: MediSystem Returns as Title Sponsor for Biking for Bubbies & Zaidies!**

We are thrilled to announce that MediSystem has committed to returning as the title sponsor for the next two years of our beloved Biking for Bubbies & Zaidies! This remarkable partnership has been instrumental since the inception of the ride, and we are deeply grateful for their unwavering support.

Biking for Bubbies & Zaidies is not just an event; it's the single most important annual fundraising initiative for Hillel Lodge, embodying the spirit of community and commitment to our cherished residents. This year, we look forward to the 17th Annual ride on September 14, 2025, with excitement and anticipation.

Next year's event will be particularly special as we celebrate the 18th Annual Biking for Bubbies & Zaidies. In Jewish tradition, the number 18 symbolizes life and vitality, making this milestone a heartfelt occasion for our community. With MediSystem's two-year commitment we can ensure that this cherished tradition continues to flourish and make a lasting impact on the lives of those we serve.

We invite all of you to start thinking about how you can participate—whether by biking, sponsoring, volunteering or supporting this incredible event. Your involvement is crucial in helping us provide top-notch care to all our residents at The Bess and Moe Greenberg Family Hillel Lodge.

Let's come together to make the 17th Annual Biking for Bubbies & Zaidies an unforgettable celebration of life, community, and the legacy we share. Thank you, MediSystem, for your continued partnership, and thank you to everyone in our community for your support. Together, we can make a difference!

## Honouring Memories:

### Tribute & In-Memorial Gifts at Hillel Lodge LTC Foundation

As we reflect on the last few months, we acknowledge the challenges our community has faced. We've said goodbye to cherished residents and beloved members of our community. Yet, amidst the sorrow, there has been an inspiring outpouring of love and support.

Many families chose to honour their loved ones by naming the Hillel Lodge LTC Foundation as the recipient for in-memorial and tribute cards. During this time, we had the privilege of hearing heartfelt stories that celebrated lives filled with purpose and remarkable achievements.

Stories of lives that were truly inspiring—lives devoted to family, faith, and community service. The generosity shown through these tribute donations speaks volumes about our community's love and respect for the people who call Hillel home. Each contribution carries a piece of someone's memory and helps us continue providing exceptional care to our residents.

In times of loss, we discover how interconnected we truly are. Tribute donations remind us of the compassion that binds us together and the value of kindness that we carry forward. As we celebrate the incredible lives of those we've lost, we want to extend our gratitude to everyone who contributed to the Foundation. May their memories be a blessing.

If you would like information on how you can include the Hillel Lodge Foundation in your will, for in-memorial giving or tribute and celebratory giving, please call Leslie or Nicky at 613-728-3990 or [foundation@hillel-ltc.com](mailto:foundation@hillel-ltc.com)

#### **The Hillel Lodge LTC Foundation is currently recruiting 2-3 new Board 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/RIFF. 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

## March 2025

### Purim

Begins sunset of Thursday, March 13, 2025

Ends nightfall of Friday, March 14, 2025



Purim is a Jewish holiday that commemorates the saving of the Jewish people from annihilation at the hands of an official of the Achaemenid Empire named Haman, as it is recounted in the Book of Esther. The day of deliverance became a day of feasting and rejoicing.

Purim is celebrated in modern times by:

- Exchanging gifts of food and drink, known as mishloach manot
- Donating charity to the poor, known as mattanot la-eyyonim
- Eating a celebratory meal, known as se'udat Purim
- Public recitation of the Scroll of Esther or "reading of the Megillah", usually in synagogue
- Reciting additions to the daily prayers and the grace after meals, known as Al HaNissim

SOCIAL WORK WEEK | March 3 to 9, 2025

Recognizing  
social  
workers in

long-term care



Wherever you are  
so are we

SOCIAL  
WORKERS  
here for you

OASW.ORG



# ANNOUNCEMENTS

*the Café*

## MARCH 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 & Chips and a canned drink \$9

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



Do you celebrate your friends' and family's special occasions with a card?

You could purchase your next special occasion tribute cards from The Auxiliary of Hillel Lodge and feel good about raising funds at the same time!

A package of five is \$35 and/or \$12 per card written and sent out by Rena Cohen.

To order yours call Rena at 613.828.5070.

## FRIENDLY REMINDER

Hillel Lodge has a Minimal Scent Environment Policy.

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

## 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, March 2nd  
10:30 Music with Dani

Monday, March 3rd  
2:30 Music with Noel

Wednesday, March 5th  
2:15 Games with Boys from Torah Day School

Thursday, March 6th  
2:30 Keep on Singing with Al, Debbie & Howard

Sunday, March 9th  
10:30 Purim Concert with A Touch of Klez

Monday, March 10th  
2:30 "The Power of Women in the Purim Story" with  
Guest Speaker Rabbi Polansk

Tuesday, March 11th  
2:30 Mask-Making for Purim with OJCS Grade 1 Class

Wednesday, March 12th  
2:30 Music with Mike Steinberg

Monday, March 17th  
10:30 Music with Don  
2:30 An Hour with Guest Speaker Professor Gerry  
Cammy

Tuesday, March 18th  
2:30 Keep on Singing with Al, Debbie & Howard

Thursday, March 20th  
10:30 Resident Council Meeting  
2:30 Birthday Party with Eric Luca

Tuesday, March 25th  
3:00 Happy Hour



**March  
Birthday Party**  
Thursday, March 20th  
at 2:30 pm  
with Eric Luca



Special Activities  
week of March 4th  
to celebrate  
International  
Women's Day

### JOIN OUR GREEN THUMB CLUB

with Celia Glanville  
Horticultural Specialist  
(MONDAYS & THURSDAYS AT 10:00 AM)



MARCH 9TH  
DAYLIGHT SAVINGS  
SPRING FORWARD

### Oneg Shabbat - Fridays 10:30 am

March 7th with OJCS Grade 8 Class  
March 14th Megillah Reading with Hershel Caytak  
March 21st with The Ganon Preschool  
March 28th with OJCS Grade 2 Class

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

### Onsite Dentist Services

Did you know that a third party dentist service provider, Multigen, offers in-house dental care for our residents?

Would you like to sign up to participate? It's easy! Just fill out a Multigen Consent Form to get started.

If you prefer a digital form, feel free to reach out to Michaela Green at [mgreen@hillel-ltc.com](mailto:mgreen@hillel-ltc.com) or call her at 613-728-3900 ext. 689. If you would prefer a printed copy of the form, just ask at reception.

If you have any specific questions about Multigen services, our friendly representative, Sheena Berry-Wilson, is available at 1-877-459-3273 ext. 2004.

Additionally, don't forget that seniors can apply for the Canadian Dental Care Plan (CDCP).



**Wherever you are**  
*so are we*

**Social workers**  
*here for you*

In everyday places, on your best days or your worst days, in small towns, big cities, and everywhere in between – Ontario's 25,000+ social workers are here to help you navigate whatever challenges you may be facing.

This Social Work Week, let's celebrate the many ways that social workers are here for Ontarians, where and when it's needed most.