

## Hillel Lodge: A Vibrant Jewish Environment

Hillel Lodge is a culturally designated long-term care facility. By choosing Hillel Lodge, residents can look forward to joining an environment that wholeheartedly embraces and supports Jewish culture, values, and traditions, such as:

### Exclusively Kosher Food

All meals are thoughtfully prepared in accordance with kosher dietary laws, adhering to Kashruth compliance, which outlines guidelines for permissible foods, preparation techniques, and the separation of meat and dairy products. Our kitchen is certified kosher by the Ottawa Vaad HaKashrut, guaranteeing that food preparation meets rigorous standards of observance.

- **Permissible Foods:**
  - **Meat:** Only meat from kosher animals (like cows, sheep, and chickens) are used, and the slaughtering process must follow shechita, ensuring humane treatment.
  - **Fish:** Fish are kosher if they have fins and scales, which includes options like salmon and tuna.
  - **Dairy:** All dairy products must come from kosher animals and be produced in compliance with kosher standards, including certified cheeses, milk, and yogurt.
  - **Grains and Vegetables:** Most grains, fruits, and vegetables are permitted, as long as they are free from non-kosher additives.
- **Non-Permitted Foods:**
  - **Mixing Meat and Dairy:** No combining of the two food groups. Foods like cheeseburgers or spaghetti with meatballs with parmesan are forbidden.
  - **Non-Kosher Animals:** Pork, shellfish, and other non-kosher creatures are strictly forbidden.

### Celebrating Jewish Traditions, Holidays, and Observances

Hillel Lodge integrates Jewish customs into daily life, fostering a sense of belonging through various traditions:

- **Shabbat:** Shabbat, the weekly day of rest, begins at sunset on Friday and lasts until nightfall on Saturday. It is a time for spiritual renewal and communal prayers. During Shabbat, turning on appliances is prohibited (music and TV are not available in common areas). A special elevator operates during this time for residents observing Shabbat.
- **High Holiday Celebrations:** Rosh Hashanah and Yom Kippur services are complemented by tailored activities and reflections.
- **Passover Observance:** Special meals and programming, including the Seder, allow residents to celebrate this holiday.
- **Mezuzahs and Decor:** Each door features a mezuzah, symbolizing Jewish faith, while common areas display artwork and symbols that reflect Jewish culture.
- **Synagogue Access:** Dedicated synagogue onsite where Shabbat and holiday services are held, guided by knowledgeable Rabbis.

### Engaging Recreational Programs

Our commitment to enriching resident experiences is reflected in our diverse recreational offerings:

- **Oneg Shabbat:** Every Friday morning, residents, local schoolchildren, and community volunteers gather for joyful songs, activities, and shared merriment.
- **Kabbalat Shabbat Services:** Special services each Friday evening create a peaceful environment for residents to welcome the Sabbath.
- **Lessons from the Parsha:** This weekly discussion group delves into Torah readings, fostering spiritual growth and shared learning.
- **Intergenerational Connections:** In partnership with the Ottawa Jewish Community School, we facilitate programs that connect generations, such as the L'Dor Vador program, V'Hadarta Pnei Zaken, and baking traditional Jewish treats.