



# LODGE LINE

MARCH 2019



1 Hour - March 10<sup>th</sup>

## Birthdays

**The Birthday Party**  
*with Joel Yan & Friends*  
*will be held on*

Thursday, March 7<sup>th</sup>  
at

**2:30 p.m.**  
**in the Cafe**

*The residents celebrating are:*

**THOMAS BEVERIDGE**  
**ETTA BODNOFF**  
**ELIZABETH CAMPBELL**  
**MAIA GILLER**  
**REEVA GOLDBERG**  
**DAVID GORFINE**  
**TED KARIDIS**  
**BRENDA LIFF**  
**ANNA MCCAFFREY**  
**LAZARUS NEWMAN**  
**MORRIS SHAPIRO**  
**DAVID SHOIHET**

## **Family Council Meeting**

I have one family member who has expressed interest in resuming an active Family Council.

If anyone else is interested and wants to participate, please contact Joanna at 613-728-3900, ext. 114 or [joanna@hillel-ltc.com](mailto:joanna@hillel-ltc.com)

## Special Events

Monday, March 4<sup>th</sup>:

4:15 p.m. - Temple Israel Religious School Visit

Wednesday, March 6<sup>th</sup>:

2:15 p.m. - Singalong with Susan Krongold

Tuesday, March 12<sup>th</sup>:

3:00 p.m. - Memorial Service with  
Rabbi Teitlebaum

Wednesday, March 13<sup>th</sup>:

2:15 p.m. - V'Hadarta P'nei Zaken with the  
Ottawa Jewish Community School  
Grade 4 Class – 2<sup>nd</sup> Interviews

Thursday, March 14<sup>th</sup>:

2:30 p.m. - Making Hamentashen with Barbara  
& the Ottawa Jewish Community  
School & K2 Class & Morah Shira

Friday, March 15<sup>th</sup>:

2:00 p.m. - "Break Dance" with Tyler Basevitz

Monday, March 18<sup>th</sup>:

2:15 p.m. - Karaoke with Rozsa

Sunday, March 24<sup>th</sup>:

2:30 p.m. - Vocal Studio Student Performance  
With Accompanist Larry Tarof, The  
Piano Man

Tuesday, March 26<sup>th</sup>:

10:30 a.m. - "The Usual's" Jazz Band  
2:15 p.m. - Art & Crafts with the Ottawa Jewish  
Community School Grade 3 &  
Morah Sigal

Wednesday, March 27<sup>th</sup>:

7:00 p.m. - Vocal Studio Student Performance  
with Accompanist Larry Tarof, "The Piano Man"



*Our Sincere Condolences  
to the Family of:*

Joyce Miller

*May her memory be a blessing always*



### **Reminder**

When adding funds to the resident trust account, please make cheques out to "Hillel Lodge Resident Trust Fund".

As promised, Ted Cohen's Report from the November 2018 Open House is now available at Reception.

## **PURIM**

The Megillah Reading with Hershel Caytak will be held on

Wednesday Evening, March 20<sup>th</sup>  
@ 7:15 p.m.  
In the Café

and

Thursday Morning, March 21<sup>st</sup>  
@ 10:30 a.m.  
In the 3<sup>rd</sup> Floor Dining room

## **TAX CLINIC**

Will be held on  
Wednesday, March 13<sup>th</sup>  
from 2:00 – 5:00 p.m.

This service is based on eligibility and on a first come, first served basis.

## **THE AUXILIARY Purim Party**



**Thursday, March 21<sup>st</sup>**  
2:30 pm  
In the Cafe

Featuring the music of  
**"A TOUCH OF KLEZ"**

### **For Your Information**

The 2018 Year End Resident Accommodation Summaries were mailed out to residents and Continuing Power of Attorneys for Property.

If you have not received this summary, please contact Allison (ext. 231).

On behalf of the  
**The Bess and Moe Greenberg Family**  
Hillel Lodge

*Welcome New Residents...*



*Shirley Levine  
Eva Novak  
Sally Taller*

### **Welcome New Staff!**

**Jane Jiang, Finance Officer**  
Jane will be working with Allison Downey for Resident Trust Funds and Monthly Accommodation.

**Shari Cooper, Human Resources  
Manager**



**What is Purim?** The jolly festival of Purim is celebrated every year on the 14<sup>th</sup> of the Hebrew month of Adar (late Winter/early Spring). Purim 2019 begins on Wednesday night, March 20<sup>th</sup>, and continues through Thursday, March 21<sup>st</sup>, (March 22<sup>nd</sup> in Jerusalem). It commemorates the salvation of the Jewish people in ancient Persia from Haman's plot to "destroy, kill and annihilate all the Jews, Young and old, infants and women, in a single day," as recorded in the Megillah (book of Esther).

#### **Purim Observances:**

- Reading of the Megillah (book of Esther), which recounts the story of the Purim miracle. This is done once on the eve of Purim and then again on the following day.
- Giving money gifts to at least two poor people.
- Sending gifts of two kinds of food to at least one person.
- A festive Purim feast, which includes wine or other intoxicating beverages.

#### **Purim Customs**

There is a spirit of liveliness and fun on Purim that is unparalleled on the Jewish calendar. If there were ever a day to "let loose" and just be Jewish, this is it!

It is also customary for children (and adults, if they desire) to dress up in costumes.

A traditional Purim custom is hamantaschen, three-cornered pastries bursting with poppy seeds or another sweet filling.

On the day before Purim, it is customary to fast, commemorating Esther's fasting and praying to G-d that He save His people.

#### **When to Celebrate**

One of the unique aspects of Purim is the diverse timing for its celebration.

**Common Custom:** Jews all over the world celebrate Purim on Adar 14, the day when our ancestors rested from the war against their enemies.

**Walled Cities:** Since the Jews of Shushan rested one day later, their Purim was deferred to the 15<sup>th</sup>. This was extended to include any city that was surrounded by walls in the days of Joshua, notably Jerusalem.

## **“Raw, as opposed to processed fruits and vegetables, associated with better mental health”**

This is the simple message from researchers at the University of Otago\* in New Zealand who have discovered that raw fruits and vegetables may be better for one’s mental health than cooked, canned and processed fruits and vegetables.

### **‘Unmodified state’**

Dr. Tamlin Conner, Psychology Senior Lecturer and lead author, says public health campaigns have historically focused on aspects of quantity for the consumption of fruit and vegetables (such as 5 times a day).

However, the study, published in *Frontiers in Psychology*, found that for mental health in particular, it may also be important to consider the way in which produce was prepared and consumed. “Our research has highlighted that the consumption of fruit and vegetables in their ‘unmodified’ state is more strongly associated with better mental health compared to cooked/canned/processed fruit and vegetables,” Conner says.

### **Cooking and processing diminishes nutrient levels**

Dr. Conner believes this could be because the cooking and processing of fruit and vegetables has the potential to diminish nutrient levels. “This likely limits the delivery of nutrients that are essential for optimal emotional functioning.”

### **Vegetables and mental health**

For the study, more than 400 young adults from New Zealand and the United States aged 18 to 25 were surveyed. This age group was chosen as young adults typically have the lowest fruit and vegetable consumption of all age groups and are at high risk for mental health disorders.

The group’s typical consumption of raw versus cooked and processed fruits and vegetables were assessed, alongside their negative and positive mental health, and lifestyle and demographic variables that could affect the association between fruit and vegetable intake and mental health (such as exercise, sleep, unhealthy diet, chronic conditions, socio-economic status, ethnicity, and gender).

### **Psychological well-being**

“Controlling for the covariates, raw fruits and vegetable consumption predicted lower levels of mental illness symptomology, such as depression, and improved levels of psychological well-being including positive mood, life satisfaction and flourishing. These mental health benefits were significantly reduced for cooked, canned, and processed fruits and vegetables.

“This research is increasingly vital as lifestyle approaches, such as dietary change, may provide an accessible, safe, and adjuvant approach to improving mental health,” Dr. Conner says.

**Note:** According to research authors, top 10 raw foods related to better mental health are:

- carrots
- citrus fruits
- grapefruit
- cucumber
- berries
- kiwifruit
- banannas
- dark leafy greens (i.e., spinach)
- lettuce
- apples

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**Source:** Kate Brookie, Georgia Best and Tamlin Conner, “Intake of raw fruits and vegetables associated with better mental health than intake of processed fruits and vegetables,” *Frontiers in Psychology*, April 10, 2018. doi:10.3389/fpsyg.2018.00487

\* University of Otago is a ‘collegiate university’\*\* located in Dunedin, Otago, New Zealand.

\*\* A collegiate university is a university in which functions are divided between a central administration and several constituent colleges.

