

# LODGE LINE



## Country Western Week

Hillel Lodge held “Country Western” themed activities from July 2nd to July 5th.

The highlight of the Country Western week was the *Sugarhill Petting Farm* (set up in front entrance) where residents from *Hillel Lodge*, kids from *Early Beginnings Multicultural Child Development Centre*, kids from *Soloway Jewish Community Centre Summer Camp*, and members from the community at large, got together for petting and feeding the animals. An entertaining Dog Fashion Show Parade also took place where dogs dressed up in western gear to walked down the fashion runway (our hallway). The week concluded with a fun western dress up day.



Llama fun on Country Western Week!



## TOPICS IN THIS ISSUE

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# COUNTRY WESTERN WEEK - Continued



**Sugarhill  
Petting  
Farm**



**Dog  
Fashion  
Show  
Parade**





# WHAT IS BLOOMING IN OUR



**Bobo Hydrangea**

The non-potted part of the Dream Garden is planted only with perennials (come back year after year) whereas the raised beds and pots are mostly annuals (their complete life cycle is one year so they will not come back again unless they self-seed and grow again from seed in the same place, replacing the original plant). Many of the annual plants in the raised beds and pots the residents grew from seed.



**Echinacea**



**Sedum and Lamb's Ears**



**Herbs**



**Geraniums & straw flower**



**Trailing tomato, chamomile,  
Thai basil, Genovese basil**

## News from our "Green Thumb Club with Celia":

An adapted version of the Green Thumb Club occurred in July during our outbreak where some residents from non-outbreak floors were maintaining the raised beds on an individual basis and others were making bouquets (using phlox, rudbeckia, sedum, hosta leaves, hydrangea, and Shasta daisies brought in from Celia's garden). The residents made bouquets for their own room and also shared with those who were room bound on other floors. Later, as cases declined, we were able to resume sessions in very small groups outside with some of the other floors and start exploring planting of herbs.



# NEW & HAPPENING



Residents enjoyed Canada Day - July 1st celebration with a morning concert by "Music from Tony True" in the Dream Garden and afternoon Karaoke in the Café.





# NEW & HAPPENING

The Recreation Department's Annual Flea Market was a great success raising over \$1,200! It was wonderful to have the community's support in donations of items and participation. Thank you for your continued support!





# NEW & HAPPENING

## Weekly BBQ in Dream Garden

Every Wednesday at 5pm our residents get to enjoy a BBQ in our Dream Garden (weather permitting).

Check out the calendar of activities to know which neighbourhood will be out enjoying next Wednesday!

Families and friends are welcome to join the activity by purchasing dinner tickets at reception minimum 24 hours prior to event.





# NEW & HAPPENING

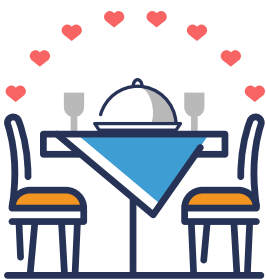
## MEAL SUITE

**All-in-one technology platform that helps digitize foodservice operations**

In keeping with our vision to continually strive to be at the forefront of person-centred care, Hillel Lodge has recently implemented Meal Suite in the dining rooms of each neighbourhoods.

**“Meal Suite is linked to our Point Click Care system where our dietician inputs the individualized dietary needs of each resident” describes Hillel Lodge Director of Food & Nutrition Services, Patricia Haas. “The information is easily retrieved during table side ordering. This is primordial as it captures unique needs like dietary preferences, allergies, food textures and fluid thicknesses so staff will have all the important details about diners at their fingertips.”**

Meal Suite comes complete with integrated People Profiles to keep record of resident likes, dislikes, allergens, food textures and diet orders to ensure the right meal is delivered to the right person, every time.



**“Meal Suite is a game changer for the whole dining experience at Hillel Lodge, not only for our residents but for our staff as well”, describes Patricia. “Each table side order is sent directly to the kitchen via Meal Suite. The overall dining experience is now a more enjoyable and peaceful environment as our PSW no longer need to verbally do the meal request to the kitchen staff.”**

A great behind-the-scenes feature is that all the menus and recipes are imported to Meal Suite thus permitting more efficient kitchen production. Meal Suite is very easy to use with training for PSW and kitchen staff requiring less than 15 minutes.

The implementation of Meal Suite at Hillel Lodge is a key ingredient to a more personalized care at mealtime.





mediSystem  
by SHOPPERS DRUG MART

## Biking for Bubbies: Inspiring the Next Generation to Care for Their Elders

Article written by Max Rosenberg, Development Officer, Hillel Lodge LTC Foundation

As we gear up for the 16th Annual Biking for Bubbies on September 15, 2024, we are delighted to share a heartwarming story that beautifully captures the essence of our event and the values we cherish at Hillel Lodge. Meet Evan, a spirited 10-year-old, who has made a touching video about why Biking for Bubbies is so important to him and his family.

By involving the younger generation, like Evan, we instill valuable lessons about empathy and the importance of supporting our elders. It's heartwarming to see our youth taking an active role in events like these, learning from their families, and understanding the significance of community support.

Evan's grandfather, Frank, lovingly referred to as "Zaidy," is a resident at Hillel Lodge. Evan's video highlights the deep bond he shares with his Zaidy and the profound impact the Biking for Bubbies fundraiser has on the lives of our residents. His grandmother, Margo, shared some touching insights with us: "He loves his Zaidy," she said, emphasizing how this event is "all about being taught values from a young age."



Check out Evan's inspiring video about Biking for Bubbies by scanning QR code or go to <https://youtu.be/BbyWAcQm0tg>







## Biking for Bubbies: Inspiring the Next Generation to Care for Their Elders

(continued)

The essence of Biking for Bubbies goes beyond just riding a bike; it's about fostering a sense of community and teaching the next generation the importance of caring for our elders. It's a family event that embodies love, compassion, and support for our senior community members. We want to encourage more families to participate, either by biking, sponsoring a rider, fundraising, or buying a ticket to our Family Fun Zone.

Our Family Fun Zone is packed with activities for children and families, ensuring a day filled with joy and excitement. It's the perfect way to spend time with loved ones while supporting a great cause. So, bring your kids along, and let them be a part of this wonderful community event.

Whether you're an avid cyclist or prefer to support from the sidelines, there are many ways to get involved. You can register to bike, sponsor a rider, or simply help raise funds. Every contribution, big or small, makes a difference and helps us provide essential programs and activities that enrich the lives of our residents.

Margo's dedication to Biking for Bubbies is truly inspiring. Although she is not always able to attend the event in person, she has been actively fundraising for six years. Her commitment demonstrates that you don't have to physically participate in the biking event to make a significant impact. "I may not be here every year, but I always make sure to raise funds because I know how much it means to our residents," Margo said.



Let's come together and make this year's Biking for Bubbies the most successful one yet. Together, we can show our residents how much they are loved and valued by their community. Thank you for your continued support, and we look forward to seeing you, either on the bike trails or cheering from afar!

**The Biking for Bubbies event not only aims to raise funds to support the residents of Hillel Lodge but also to strengthen community bonds.**

**Interested participants or sponsors can find more information and register at [hillel-ltc.com/foundation](http://hillel-ltc.com/foundation) or scan QR code:**



# Announcements



RESIDENTS OF  
HILLEL LODGE

GET A 10 %  
DISCOUNT \*

the Café

**NEW:**

**DAILY SPECIALS**

including eggplant parmesan,  
lasagna, quesadillas, pizza,  
alfredo pasta and baked ziti

Are you a frequent  
coffee buyer??  
Take advantage of  
our promotional card:  
**Buy 9 coffees,  
get the 10th coffee free!**  
Request promotional  
card on your next  
purchase:



## COMING SOON: RESIDENT AND FAMILY SATISFACTION SURVEYS

We will be conducting our annual satisfaction surveys in September.  
Resident surveys will be conducted in-person.  
Family surveys will be conducted via email or via paper.

## FRIENDLY REMINDER

Only food prepared at Hillel Lodge can be consumed in common areas including the Café, the Dream Garden, and the Patio in the Front Entrance.

Thank you for your cooperation

## 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)





# RESIDENTS



**NEW** section written by members of our Residents Council.

**RESIDENTS PARTY LINE** will include great topics such as:

Useful Tips, News / Kudos, Trip Down Memory Lane, and Fun Facts/Jokes!

For suggestions or questions, please reach out to Sandra or Devora.

## NEWS:

Finally out of outbreak! Kudos to all the residents for their patience through outbreak period!

Thanks to all the staff and to families for following the precautionary measures in place and limiting the spread.

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KU

Special thanks to the Auxiliary for all the wonderful things you do for the residents. From fish tanks to bingo to lending helping hands with our events - your support is greatly appreciated!

## TRIP DOWN MEMORY LANE:

Do you remember the old Ottawa Auditorium where Elvis played when he was in town on April 3, 1957?

Hint: Ottawa Auditorium was located between O'Connor and Argyle.

## USEFUL TIPS FOR RESIDENTS:

- Did you know you can set up a "residents trust" for your every day spending? No need to go back to your room to get payment for that succulent treat at the Café! Ask at reception on how to set it up.
- Did you know that every resident that lives in resident care is automatically a member of the Residents Council? Come join us at our next meeting!

"We are not seniors,  
we are recycled  
teenagers"



MAHJONG | BRIDGE | CANASTA | POKER | CHESS | SAMBA | SCRABBLE

THE AUXILIARY OF HILLEL LODGE AND KBI  
PRESENT

The 2nd Annual  
**GREAT GAMES EVENT**

A Fundraiser for the Residents of Hillel Lodge

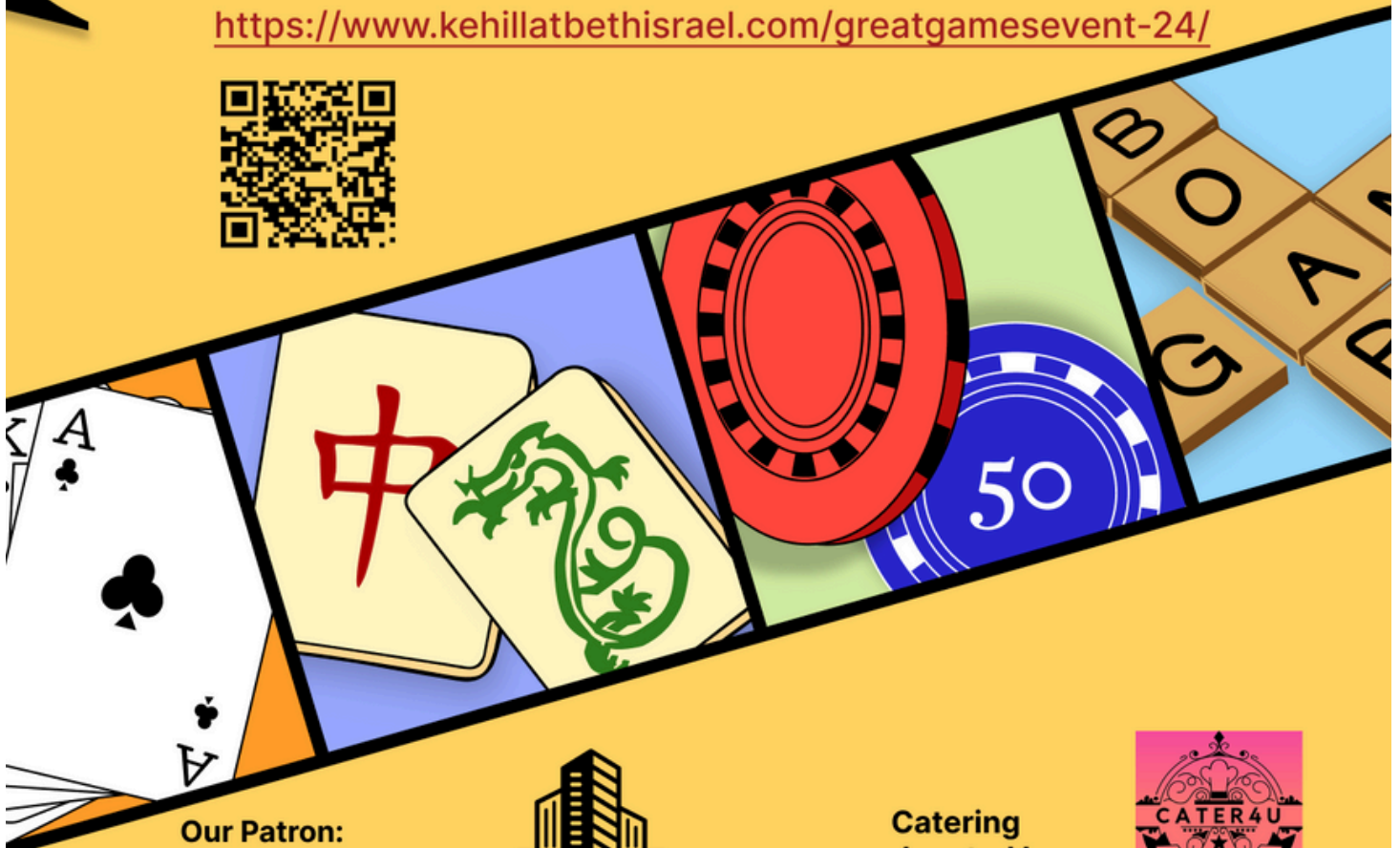
**\$54** Refreshments & \$25  
tax receipt included

**OCT 27 2024**

**12:30 PM - 5:00 PM**

REGISTER HERE

<https://www.kehillatbethisrael.com/greatgamesevent-24/>



Our Patron:



**MY OTTAWA AGENT**  
COMMERCIAL REAL ESTATE  
MITCH GAUZAS, REALTOR®  
MYOTTAWAAGENT.COM  
613.302.5752

Catering  
donated by:



Hen Amiel  
**CATER4U.CA**  
613.415.7867





## CALENDAR OF ACTIVITIES

Friday, August 2nd

Oneg Shabbat with Camp Gan Israel

Monday, August 5th - Civic Holiday

10:30 Balloon Volleyball Olympic Tournament

3East VS 3West

2:30 Balloon Volleyball Olympic Tournament

2nd Floor VS 1West

Tuesday, August 6th

10:30 A Fun Chat with Rabbi Scher

Wednesday, August 7th

5:00 BBQ (3West)

Friday, August 9th

Camp B'nai Brith of Ottawa - CIT Shabbat Olympics

Monday, August 12th

Baking Buddies with JCC Summer Day Camp

Wednesday, August 14th

5:00 BBQ (2East)

Thursday, August 15th

10:00 Musical Wellness Drum Circle

Tuesday, August 20th

10:30 The Usuals Jazz Band

Tuesday, August 20th, 2024

5:00 Outing

Wednesday, August 21st

5:00 BBQ (2West)

Thursday, August 22nd

2:30 Jewish Songs and Prayers with Cantor Bielak

Wednesday, August 28th

5:00 BBQ (1West)

Friday, August 30th

Oneg Shabbat with 30 Joel Yan and Friends



## July & August Birthday Party

Thursday, August 29th

at 2:30 pm

with Evelyn Greenberg

### Music Program

Sundays  
with Rachel



### Art Program

Wednesdays  
with Mindy &  
Andrea



Paris 2024 Olympics  
July 26th - August 11th

Viewing available on Dining  
Room TVs in all neighbourhoods

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





# Holidays & Observances

## August 2024

### The Three Weeks and Tisha B'Av

#### What are the Three Weeks?

The Three Weeks is an annual mourning period that falls during the summer. This is a solemn period of mourning that commemorates a series of tragic events in Jewish history, primarily the destruction of the First and Second Temples in Jerusalem.

#### When are the Three Weeks and Tisha B'Av in 2024?

The period begins on the 17th of the Hebrew month of Tammuz, Tuesday, July 23rd, which is a fast day that marks the day when the walls of Jerusalem were breached. The Three Weeks concludes with Tisha B'Av, the fast of the 9th of Av, on Tuesday, August 13th, the date when both Holy Temples were set aflame.

During the last nine days of The Three Weeks the mourning is heightened and the tradition for Jewish people is to refrain from eating meat or drinking wine except for the Sabbath meals. Individuals who are elderly or infirmed would be permitted to eat meat.

### Civic Holiday - Colonel By Day - Monday, August 5th



In Ottawa, Colonel By Day is the name given to the Ontario August Civic Holiday.

In recognition of the history of the Rideau Canal and Bytown's founder, Lieutenant Colonel John By, and in recognition of his birth date of August 7, 1779, Colonel By Day is celebrated on the first weekend of August each year.



# 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 Tip

### Take care of yourself

Being a caregiver is hard. Caregivers put a lot of time and energy into worrying about and advocating for their loved one in long-term care and it can result in caregiver fatigue or burn out.

Here are three things all caregivers can do to be the best caregiver possible:

- Take care of yourself. Exercise regularly, get proper rest and nutrition, and have regular medical checkups. And take time off to take part in pleasant, nurturing activities.
- Don't help too much. Help the person you care for to be as independent as possible. For example, let the person make as many decisions as possible. Ask for help.
- Accept support from others. A helping hand at the right time can make all the difference. For example, ask family or friends to pick up a few items at the grocery store.

Source: <https://www.healthlinkbc.ca/health-topics/caregiver-tips>



# Biking for Bubbies

+ Family Fun Zone!



Register to bike  
or Sponsor a  
rider today!



Make a difference in your  
community and join us in supporting  
the Hillel Lodge LTC Foundation

**09.15.24 | 8:30 AM**

For more info, contact  
[development@hillel-ltc.com](mailto:development@hillel-ltc.com)

