

LODGE LINE

THE BESS AND MOE GREENBERG FAMILY



Hillel Lodge

LONG-TERM CARE HOME OF OTTAWA

Diana is Biking for Bubbies!

Anyone can make a difference and participate in Biking for Bubbies! One of our residents is taking part in Biking for Bubbies in a very creative way: riding the stationary bicycle in our therapeutic room. All can contribute to this event: whether in person on September 15th, biking from offsite locations in other cities or accumulating distance on a stationary bicycle, all can participate and help raise funds.

[Register to join now!](#)



Diana pedaling for Biking for Bubbies.



TOPICS IN THIS ISSUE

Diana is Biking for Bubbies!
What is blooming?
New & Happening
Resident Spotlight
Announcements
Residents Party Line
Save The Date
Holidays & Observances
Connection



Diana is Biking for Bubbies!

(continued)

Fourteen years ago, at the young age of 36, Diana was diagnosed with early onset Parkinson's disease – a progressive disorder that has robbed her of so much. Yet, Diana refuses to let it define her. With the unwavering support of her loving family, she has channeled her energy into fighting this disease with remarkable determination. Diana's family is always by her side, providing the love and support that are vital to her well-being. They visit her often, sharing meals, playing games, and simply lifting her spirits.



Members of Diana's family joined her for the Second Seder at Hillel Lodge.

“I am here because of my early onset Parkinson's, diagnosed 14 years ago when I was 36. Parkinson's is a progressive disorder of the central nervous system that may lead to tremors, rigidity, slowness of movement, gait disorder and a loss of balance.” explains Diana.



Diana's journey is truly inspiring.

Despite the tremors, the rigidity, and the slowness of movement that Parkinson's has inflicted upon her, Diana participates in every activity she can that Hillel Lodge has to offer – from Bingo and Java Music Club to Art Therapy. Her smile and her laughter are infectious, lifting the spirits of her fellow residents and the dedicated staff who have become her extended family.

Java Music Club is one of Diana's favourite activities.

“ Everyone at Hillel Lodge, residents and staff, is like family to me. We all have each other's back and help each other. I love the activities like Bingo, Java Music Club and Art Therapy.” says Diana.



Diana is Biking for Bubbies!

(continued)

**And now, Diana is taking on a new challenge:
Biking for Bubbies.**

As she pedals that indoor bike, her determination shines through, a testament to her resilience and unwavering commitment to making a difference. Diana knows that the funds raised through this event will help ensure that all the residents of Hillel Lodge continue to live with the dignity and joy they deserve.



Diana enjoying our Dream Garden.

“I’m grateful to be riding indoors on my exercise bike for the Annual Biking for Bubbies event on September 15th. You can find me on my [donations page](#), raising much needed funds for my long-term care centre which has been my home since April 2023.” says Diana.

The essence of Biking for Bubbies.

Biking for Bubbies is about fostering a sense of community. It’s a family event that embodies love, compassion and support for our community members. We want to encourage more families to participate, either [by biking](#), [sponsoring a rider](#), or [buying a ticket to our Family Fun Zone](#).

Your gift, no matter the size, will help turn Diana's dreams into reality.

Thanks to the generosity of an anonymous donor, every gift in support of Diana and the Biking for Bubbies event will be matched up to \$3,600 per week! This is an incredible opportunity to make your donation have twice the impact in supporting the residents of Hillel Lodge. Thank you for your kindness and generosity. Today and always.

[Donate Now & Double Your Gift!](#)

**Find more information on our
16th edition of Biking for Bubbies
on September 15, 2024
at hillel-ltc.com/foundation or scan QR code:**



WHAT IS BLOOMING IN OUR



← **Turtlehead flowers:** (scientific name *Chelone galbra*) are called this because of their blooms resemblance to the head of a turtle. In Greek mythology, there was a nymph called Chelone who insulted the gods; in punishment she was turned into a turtle. This story lives on in these flowers.



Japanese Anemones (beautiful late season blooms): The Anemones are also sometimes known as Windflowers because their long stems allow them to dance gracefully in the breeze.

Pink and orange straw flowers: The straw flowers are truly unique. Also known as paper daisies, when picked in their prime they will retain their colour and form and can be used as everlasting flowers. The Green Thumb Club will use the strawflower blooms that we grow in botanical crafts in the winter months to keep the joy of the garden fresh in our minds.



← **Dragonfly** that was visiting the morning glories and was spotted by one of the residents. An exciting reminder of the incredible camouflaging abilities in nature!

NEW & HAPPENING

Mock Emergency Exercises

August was a busy month for staff training with many mock emergency exercises taking place. These mock exercises are crucial for learning best emergency practices to ensure Resident safety.

A special evacuation mock exercise took place on August 21st that included sled training and counted on participation from all staff including management staff who acted as residents.

Warm thanks to the staff who are executing these drills with enthusiasm. You all made valuable contributions to our exercise.

Special thank you to residents and families for their patience during these mock exercises.



Residents participated in a **Baking Buddies** activity with the kids from JCC Summer Day Camp on August 12th.



Summer Olympics frenzy at Hillel Lodge!

Many residents participated in Olympics themed activities such as Volleyball Olympic Tournament and the CIT Shabbat Olympics from Camp B'nai Brith of Ottawa or simply viewed the Olympics on the Dining Room TVs.



RESIDENT SPOTLIGHT



Previous Olympic caliber swimmer, Madeleine Dubé

While 2024 Paris Olympics were taking place, we found out that one of Hillel Lodge very own resident, Madeleine Dubé (born Madeleine Boivin) was a previous Olympic caliber swimmer. Let's go down memory lane, back to the 1948 London Olympics...



Young Madeleine (top) with swimming teammates.

Young 14-year-old Madeleine Boivin had high hopes and dreams. She was selected as part of Canada swimming team for the 1948 London Olympics. But faith would have it other way. Here is her story...



Some of Madeleine's awards.

Madeleine's father, Richard Boivin, was the key to her interest in swimming. Richard oversaw Ottawa's first public municipal swimming pool (and one of the first indoor pools in Canada!): the Champagne Bath.



Champagne Bath present time.

Madeleine's family was fortunate to live in the apartment loft on top of the Champagne Bath, where Madeleine was actually born. From an early age, she would train at the pool, making her way up the ranks as one of Canada's best swimmer until she was invited to join the Canada Team for the 1948 London Olympics. Unfortunately, two incidents stopped Madeleine from achieving her dream. Firstly, she pulled a ligament muscle while training. This incident was followed by another more definite fluke incident.

RESIDENT SPOTLIGHT



Previous Olympic caliber swimmer, Madeleine Dubé (continued)

Madeleine was asked to participate in Canada's first National Sportsmen's Show in April 1947 at the Coliseum. The giant Show, covering thousands of square feet of display space, contained 80 exhibits from all over the world. The most spectacular part of the exhibit was the water show: in the world's largest aluminum tank. Madeleine was invited to represent Champagne Bath Swimming Club and give an exhibition of swimming and diving in this tank. The tank was used for animal shows as well including a show with seals. A seal's hair sealed Madeleine's career - the hair got into her ear causing an ear infection that would put her swimming training on hold thus losing the opportunity to participate in the 1948 Olympics.

When asked what advice she would give to future athletes, Madeleine says "There is no age to start something, anyone can do anything."

Rest assured; Madeleine's story does have a happy ending. Madeleine continued to do what she loved and pursued a career in swimming. She focused on sharing her swimming talents to give swimming and lifeguard classes at the Champagne Bath. This is where she eventually met the love of her life, and future husband, who was training as a lifeguard!



Madeleine in Hillel Lodge's Dream Garden.

When asked what is her fondest memory, Madeleine says "Training people with disabilities at Champagne Bath. They went from being afraid of getting in the water, to not wanting to come out. The sense of freedom they experienced in the water and seeing the happy look on their faces was truly rewarding."

Madeleine's story is a true inspiration for us all!

Announcements

the Café

NEW DAILY SPECIALS

Mexican Mondays- Quesadilla, salsa, guacamole with a side salad and a canned drink \$9

Tuesday: Falafel wrap in pita with tzatziki with a salad and a canned drink for \$9

Italian Wednesdays - Pasta of the day with a side Caesar salad and a canned drink for \$9

Thursday: Pizza and a canned drink \$8

Wrap it up Fridays - Assorted wraps and a canned drink for \$8

FAMILY SATISFACTION SURVEY

Friendly reminder that we will be conducting our annual family satisfaction survey from Tuesday, September 3rd until Wednesday, September 18th.

3 simple ways to fill out survey:

- 1- Click on link from email you will receive on September 3rd.
- 2- Hardcopies will be available at the front desk.
- 3- Scan QR code to fill out survey:



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



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:

Kudos to management for changing the name tag holders. The new “clip that won’t flip” is great as we can now see staff names at all times.

Special thanks to the kids from the JCC Summer Day Camp who came to bake with us on August 12th. It was a very fulfilling activity filled with special moments.

TRIP DOWN MEMORY LANE:

What do you remember most of Morrison Lamothe Bakery? The smell of fresh baking goods that spread all over town? Or the end of the day bargains on baked goods?

USEFUL TIPS FOR RESIDENTS:

- **Beware of telephone scams! Some callers will try to identify as your family member. When in doubt, ask for their phone number and mention you will call back.**
- **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. Your opinions matter.**

“Would like to put myself in a dryer to come out wrinkle-free and 2 sizes smaller”



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/>



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CALENDAR OF ACTIVITIES

Monday, September 2nd (Labour Day)
2:00 Monday Movie Matinee

Friday, September 6th
10:30 Oneg Shabbat with Rabbi Lesser

Tuesday, September 10th
10:30 The Usuals Jazz Band

Wednesday, September 11th
2:15 Starting the Year off Right, Jewish Traditions
to Begin with Wholeness with Rabbi Mikelberg
5:00 BBQ (2 West)

Thursday, September 12th
11:00 Memorial Service
2:30 Music with Rick Crepin

Friday, September 13th
10:30 Oneg Shabbat with Rabbi T

Monday, September 16th
2:30 An Hour with Guest Speaker Professor
Gerry Cammy

Wednesday, September 18th
2:30 Music with Mike Steinberg
5:00 BBQ (1 West)

Thursday, September 19th
2:30 Ottawa Israeli Dancers with Hannah, Faigy
and Friends

Friday, September 20th
10:30 Oneg Shabbat with Joel Yan and Friends

Monday, September 23rd
2:30 Jewish Songs and Prayers with Cantor Bielak

Tuesday, September 24th
2:30 A Classical Musical Performance with Anna
and Natalia

Friday, September 27th
10:30 Oneg Shabbat and Shofar Factory with
Rabbi Blum



September Birthday Party

Thursday, September 26th
at 2:30 pm
with Evelyn Greenberg



mediSystem
by SHOPPERS DRUG MART

Biking for Bubbies

+ Family Fun Zone
Sunday, September 15th
at 8:30am



**Lost clothing from laundry will
be on display:**

September 9 & 10 Third Floor
September 11, 12 & 13 Second Floor
in Lounges located close to elevator

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



Holidays & Observances

September 2024

September Jewish Observance - Month of Elul

The month of Elul is before the High Holidays; Rosh Hashana, the Jewish New Year and the Day of Atonement, Yom Kippur. It is the time to reflect on the passing year; to examine our behaviour and to correct any shortcomings. In Synagogues throughout the world, extra prayers are recited daily and the Shofar is sounded every day except on Shabbat.



Labour Day Monday, September 2nd

The first Monday of September marks Labour Day and it is a statutory holiday in Canada. The origins of Labour Day go back to 1894 with the first workers rallies of the Victorian era.



National Day for Truth & Reconciliation Monday, September 30th

This day honours the survivors of residential schools, those who never returned home, as well as their families and communities. Canadians wear orange on this day as a tribute to the residential school survivors and it is symbolic of the stripping away of the children's culture and freedom when entering the residential school system. Many Federal buildings are illuminated with orange lights on this day. Many First Nations organizations hold ceremonies of remembrance in communities across the country.

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

Ontario Health Cards:

Following a resident's admission, Hillel Lodge takes over the responsibility to complete the address change, renew expired health cards and discharge Health Cards from the system in the event of death.

We keep all resident Health Cards at the nurse's station so that they are easily accessible in the case of an emergency. You are welcome to request the card to take to any outside appointments.

Labeling of Clothing:

Friendly reminder that all new clothing should be labeled with resident's name.



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

