

LODGE LINE



THE BESS AND MOE GREENBERG FAMILY

Hillel Lodge

LONG-TERM CARE HOME OF OTTAWA

THE HILLEL LODGE AUXILIARY: A REFLECTION IN CARING

WRITTEN BY: SHELLEY ARRON-COHEN

The Hillel Lodge Auxiliary is all about 'Caring in the Community' and this year celebrates its 60th anniversary.

The seeds of the Lodge itself started as early as 1956 as that included securing the land on Wurtemberg, hiring an architect, raising funds, getting permits, etc. and it took about nine years before the first resident moved into Hillel Lodge in 1965.

Guided by the commandment to, "Honour Thy Father and Thy Mother," a caring Jewish community member, Helen Beiles created the Auxiliary in order to provide the 'extras' that make a residence feel more like a home.



TOPICS IN THIS ISSUE

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Connection

THE HILLEL LODGE AUXILIARY: A REFLECTION IN CARING

WRITTEN BY: SHELLEY ARRON-COHEN

Helen was the first Auxiliary president and lay the foundation for her successors who include Freda Carlofsky, Elsie Baker, Dorothy Goldman, Rachel Nadolny, Celia Wynberg, Eva Epstein, Thelma Steinman, Dora Litwack, Pauline Litwack, Sarah Swedler, Elissa Iny, Naomi Lipsky Cracower, Roz Fremeth, Ruth Tal, Corinne Rothman-Taylor, Shelley Goldenberg and current President, Fran Ross.

Every year, each of these outstanding women led a group of caring volunteers who were and are still deeply committed to Hillel's residents' well-being and comfort by tirelessly raising the needed funds for extras. Extra touches such as flowers for the Shabbat tables and holiday decorations, gifts for Mothers' and Fathers' day, weekly Bingo prizes, birthday haircuts, fish tank maintenance, patient lifts, specialized bathtubs, blankets, new mattresses, furniture and the Dream Garden, have all improved the living environment and comfort of the residents, financed by the Auxiliary and the Lodge's community fundraising activities.



BOTTOM ROW FROM LEFT TO RIGHT: SHELLEY GOLDENBERG, FRAN ROSS, CAROLYN KATZ, ELISSA INY, ROZ FREMETH.
TOP ROW FROM LEFT TO RIGHT: ALIZA GAUZAS, CORINNE ROTHMAN-TAYLOR, SHELLEY ARRON-COHEN, HELEN ALVO, RUTH TAL, JULIE FINE, GLORIA HANFF, MONICA STEIN, NAOMI LIPSKY CRACOWER, SHELLEY ROTHMAN, RHODA ZAITLIN, MARCIA CANTOR, GINA GRANT, MARION SILVER.
MISSING MEMBERS: SARA BREINER, RENA COHEN, TELETHON CHAIR, DONNA HICKS, JULIE KANTER, SONJA KESTEN, DEBORAH SUSSMAN-SILVERMAN.

"The Hillel Lodge Auxiliary plays an extraordinary role in enriching the lives of our residents," remarks Ted Cohen, CEO of Hillel Lodge. "Through their tireless fundraising efforts and generous volunteerism, they ensure that our residents not only have what they need, but also experience the special moments, comforts, and connections that truly make life meaningful."

THE HILLEL LODGE AUXILIARY: A REFLECTION IN CARING

Auxiliary Tea: A Taste of Tradition

One very successful annual event was the Auxiliary Tea. They were well-attended and highly anticipated by the community. They featured fashion shows, musicals, dancing, and tables with polished silver serving sets, sandwiches, and fancy pastries. Occasionally the Auxiliary would honour diligent volunteers who made immeasurable contributions.



VICE-PRESIDENT ROZ FREMETH POURS TEA IN 2018



SHELLEY GOLDENBERG AT THE 2016 AUXILIARY TEA



What do Lodge residents think of the Auxiliary?

Resident **Marlyn Lerner** thinks, "The Auxiliary is fabulous...they're doing a wonderful job." She loves the Bingo and says, "If they ever stop running it, I'll be terribly upset! I go for the enjoyment and the callers, particularly Evelyn Monson... she and the others are always joking. The flowers are wonderful...they make me feel so good, especially in the winter."

Long-time Jewish community builder and Lodge resident **Morris Schachnow** feels very grateful and says, "My experience with the Auxiliary is that they do a lot for the Lodge. In contrast, a resident who came here from Toronto with experience in a Toronto home said that they did not have the same kind of support that our Auxiliary gives to this Lodge. They ask their residents to come up with additional funds to pay for things. We are fortunate to have the Auxiliary and the Foundation to help with the many things the Lodge needs. I have nothing but good things to say."

THE HILLEL LODGE AUXILIARY: A REFLECTION IN CARING

Play for a Cause: Fun and Fundraising at Great Games Event

When COVID-19 shut the Lodge and everything else down from 2020 to 2023, the teas were discontinued but the Telethon continued with volunteer callers starting each May. After activities resumed post-COVID, Auxiliary members looked for a new project. The first annual Great Games Event (GGE) became the vehicle to raise funds and involve the community. Auxiliary member Aliza Gauzas chaired this very successful afternoon that drew close to 150 attendees who played Bridge, Mah Jongg, Canasta and other board and card games, won an assortment of raffle prizes and ate delicious food catered by Creative Kosher Catering.



FIRST GREAT GAMES EVENT OCTOBER 2023 VOLUNTEERS FROM R. TO L. VICE-PRESIDENT - ROZ FREMETH, JULIE KANTER, PRESIDENT - FRAN ROSS, GAMES CHAIR - ALIZA GAUZAS, SHELLEY GOLDENBERG, TREASURER - CAROLYN KATZ, COMMUNICATIONS - SHELLEY ARRON-COHEN, SUSAN FINKELMAN



GREAT GAMES EVENT OCTOBER 2024 - MAH JONGG PLAYERS - KEHILLAT BETH ISRAEL SOCIAL HALL

Games day Chair, Aliza Gauzas, reflected on the genesis of the games. "The year was 2023. Was it time to gather a large group together again? Auxiliary members were looking for a new fundraiser to support the Lodge residents. We were so excited that the games day event, that we worked so hard to create for October 25th, was sold out! And then the horrific day of October 7th turned our world upside down. Should we cancel? We forged ahead for what was to be a successful, but most importantly, a day of emotional support for many, and it provided the opportunity to see old friends in person, for the first time in a very long time."

Due to the Great Games Event's impact on the community, its popularity blossomed with a 25% increase in attendance in 2024. A silent auction was added as well as the raffle, and the delectable treats were generously donated by Cater4U.

The Great Games Event is now in its third year and will be held on November 2nd at Kehillat Beth Israel. This year is expected to sell out as word spreads about how much fun it is! More information to come in another Lodge Line issue.

THE HILLEL LODGE AUXILIARY: A REFLECTION IN CARING

Passion and Purpose: What Drives Women to the Auxiliary?

Auxiliary President Fran Ross explains. "Auxiliary members are all volunteers who want to have a positive effect on the lives of residents. Their dedication, enthusiasm and creativity keeps us energized and forward thinking. We all know that provincial funding is never sufficient, so we canvass the whole community to raise money needed for the many important projects we fund.

It is a calling more than a charity effort as we see the residents as an extension of our own family, of our mothers and fathers. My Mother, Helen Fleming, spent two excellent years at the Lodge and that motivated me to become involved in the Auxiliary. We love to participate in various Lodge activities and listen to the feedback from residents and staff to find out how we can make an even bigger impact."

The Inspiring Commitment of Auxiliary Women

Long-time Auxiliary member Monica Stein explains what it means to her. "From the moment I was invited to join the Auxiliary of Hillel Lodge in 2007, I knew I was entering something truly special. The devotion of the "sisters of the Auxiliary" was an eye-opener—this incredible team puts their heart into everything they do. I quickly saw how our fundraising efforts were always tied to meaningful actions that directly benefited the residents.

My connection to the Lodge is also deeply personal. My beloved Mother-in-Law, Rose Stein, was a resident at Hillel Lodge for many years. She used to say, "If you need care, Hillel Lodge is the place to be!", and I've seen firsthand how true that is. One of the most humbling moments of my journey was receiving the Hillel Lodge Thelma Steinman Direct Service Award in 2020, recognizing my hands-on involvement with the residents. It's a privilege to give back to a place that has meant so much to my family and to be part of a team that leads with love, compassion, and purpose."

Former Auxiliary President Shelley Goldenberg got involved when her late father was a resident. "I saw firsthand the compassionate and friendly care that he and all residents received daily in their new home. It became my commitment to work to enrich the lives of all residents of Hillel Lodge.

Raising funds through our yearly Telethon and Great Games Event gives our residents the extras that would otherwise not be available. In recent years we have funded a number of projects including a team of volunteers who crocheted lap blankets for mothers' and fathers' days. What better way to honour your mother and father!!

I served as Telethon Chairwoman for four years, VP for two years, President for three years and now help coordinate the GGE and purchase of Mah Jongg cards. I was humbled to receive the Thelma Steinman Award for outstanding volunteering in 2021-2022. The residents and their well-being remain our focus today."

THE HILLEL LODGE AUXILIARY: A REFLECTION IN CARING

Former Auxiliary President Naomi Lipsky-Cracower and her husband were warmly welcomed by Dora Litwack and husband when they first arrived in Ottawa in 1972. Naomi recalls, "My first Auxiliary experience (then on Wurtemberg) was witnessing the members enthusiastically planning the still-existing fundraising Telethon. What really impacted me that afternoon was meeting with the residents and seeing the pleasure they derived from our interaction while we served them apple juice and cookies where they congregated in the lobby. 45 years later I'm thankful for my continued involvement in the state-of-the-art long term care facility, Hillel Lodge."



DORA AND SAM LITWACK 2017

Embracing the Future: Welcoming a New Generation of Members

Several new volunteers joined the Auxiliary in the past year. Gina Grant and Deborah Sussman-Silverman, Marcia Cantor, as well as Linda Laks and Sylvia Aikens, are all learning the ropes. Gina is the new Treasurer after Carolyn Katz handed her the reins.

As the older generation retires it is essential that younger women bring fresh ideas, energy and caring to the Auxiliary to ensure it is self-sustaining, and continues meeting the needs of future Lodge residents. If you or anyone you know would like to become a member of the Auxiliary of Hillel Lodge, email President Fran Ross at franross10@gmail.com or Vice-President Roz Fremeth at rfremeth@rogers.com. We would love for you to join us!

The Auxiliary wishes to thank the staff of the Lodge in particular, Ted Cohen, the CEO, Marilyn Adler, Life Enrichment Manager, Leslie Sher, Foundation Executive Director, Nicki Usher, Nathalie Gelineau, Sarah Legendre, and the administrative staff for their ever-welcoming and professional interactions.

As Anthropologist Margaret Mead once said, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

NEW & HAPPENING

Welcome Melissa Ruigrok: New Nurse Practitioner at Hillel Lodge

We are thrilled to announce that Melissa Ruigrok has joined Hillel Lodge as our new Nurse Practitioner (NP), effective Tuesday, April 15, 2025!



Melissa will begin her journey with us in a part-time capacity, working three days a week, with plans to transition to full-time hours after six months. In this vital role, she will support our clinical teams in providing high-quality, person-centred care to our residents, with a special emphasis on enhancing our approach to Palliative Care.

With over 20 years of experience in nursing and healthcare leadership, Melissa brings a wealth of knowledge to our community. Most recently, she served as the Medical Clinic Director and Primary Health Care Nurse Practitioner for the U.S. Embassy in Ottawa, where she provided comprehensive care to diplomats and their families across Canada. Her diverse career includes long-term care, acute care, and community practice, and she is known for her clinical expertise, warmth, and collaborative spirit.

At Hillel Lodge, Melissa will play a crucial role in supporting residents with complex chronic conditions and advancing Palliative Care practices that enhance comfort, dignity, and quality of life. She will also contribute to clinical education, interdisciplinary collaboration, and continuous quality improvement initiatives, ensuring that we continue to provide the best possible care.

We are delighted to welcome Melissa to our team and are looking forward to the positive impact her leadership and experience will bring to our community. Please join us in extending a warm welcome to her as she embarks on this new chapter at Hillel Lodge!

NEW & HAPPENING

FEDERAL ELECTION AT THE LODGE

Residents of Hillel Lodge enthusiastically participated in the federal election at the on-site polling station on April 28th, with many lining up independently or with the support of loved ones and recreational teams. The turnout was truly fantastic!



CONSERVATIVE CANDIDATE: RYAN TELFORD



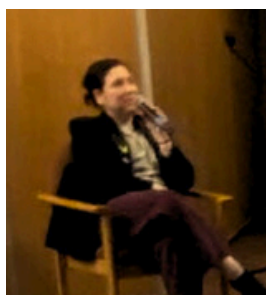
CANDIDATES FROM THE
OTTAWA WEST-NEPEAN RIDING
VISITED HILLEL LODGE TO
SHARE THEIR POLITICAL VIEWS
AND ENGAGE IN MEANINGFUL
DISCUSSIONS WITH
RESIDENTS.



LIBERAL CANDIDATE: ANITA VANDENBELD

ISRAEL MEMORIAL DAY

Residents gathered to commemorate Israel Memorial Day on April 30th, warmly welcoming guest speaker Mrs. Yifah Greenfield Mitvach, Public Diplomacy Director at the Embassy of Israel. Her engaging presentation left a positive impression on all in attendance.



NEW & HAPPENING





EXCITING ANNOUNCEMENT

**RESIDENT
WIFI SERVICE
NOW
AVAILABLE AT
HILLEL LODGE!**

**MONTHLY FEE OF ONLY
\$15!**



FOR MORE INFORMATION OR TO SIGN UP, PLEASE CONTACT SARAH AT
OFFICE #104, EXT. 790 OR SLEGENDRE@HILLEL-LTC.COM

RESIDENT SPOTLIGHT



PASQUALINA (PAT) ADAMO

LIFETIME ACHIEVEMENT AWARD PRESENTED TO PASQUALINA ADAMO

On April 1st, Ottawa Distinguished Women held its second annual award ceremony at La Maison de la Francophonie d'Ottawa, honoring the vital contributions of women in the community, with Pasqualina (Pat) Adamo receiving the prestigious Lifetime Achievement Award.

According to its website, Ottawa Distinguished Women's mission statement is about inspiring young women and reflecting on the city's rich diversity while "promoting local initiatives and organizations that recognize the positive value and impact" of the individuals. **Recipients are chosen by votes and a panel of jurors made up of volunteers from different communities to preview the nominations and supporting letters once they come in.**

The event gave the recipients of the awards a public acknowledgement of their achievements along with a custom pin and certificate signed by Mayor Mark Sutcliffe and presented by Anita Vandenberg, Member of Parliament for Ottawa-West Nepean. There were many prestigious government officials in attendance including Ontario Lieutenant-Governor Edith Dumont, who gave a passionate speech to the crowd.

"Ottawa is filled with inspiring and influential women leaders. It was an honor to celebrate them at the Ottawa Distinguished Women Awards at the Maison de la Francophonie. Many of the recipients are longtime friends and colleagues, and each has made a lasting impact on our community through their work in law, healthcare, business, social services, education, politics, environmental advocacy, communications, and the arts. Their dedication and leadership continue to inspire." states Anita Vandenberg in her Instagram post.



PAST NOTABLE AWARDS HONORING PASQUALINA ADAMO:

QUEEN ELIZABETH II GOLDEN JUBILEE AWARD (2002), A "CAVALIERE DELLA REPUBBLICA (KNIGHTHOOD) BY THE ITALIAN PRESIDENT (2002), ITALIAN WOMEN'S FILO AWARD (2006), CITY OF OTTAWA BUILDER'S AWARD (2006).

RESIDENT SPOTLIGHT



PASQUALINA (PAT) ADAMO

WRITTEN BY ANGELINA MANGONE
ADAPTED BY NATHALIE GELINEAU

ANGELINA MANGONE'S SUPPORT LETTER: A TRIBUTE TO PASQUALINA'S LIFETIME ACHIEVEMENT

"I am honoured to present a **support letter for the nomination of Pasqualina (Pat) Adamo** for the **Lifetime Achievement Award** for her many years of community service within Ottawa's Italian community as well as the City of Ottawa at large. Pat is now 97 years of age and lives at Hillel Lodge, a long-term care facility. Up until 5 years ago, one would find Pat at many events around the city, especially at organizations she robustly supported over the years. Her name is synomous with many associations and organizations and to this day, her reputation precedes her.

Pat came from one of the earliest Italian families, with her Adamo grandparents arriving in Canada in 1897 from San Giovanni in Fiore, Calabria. In 1912, Pat's father, Pasquale would move to Preston Street and open the first Italian grocery store in Ottawa, know as Guzzo and Adamo, which operated until 1977. As a young girl, Pat was often in the store, connecting with pioneer families and new immigrants in Ottawa during the 1950s and 1960s. This experience helped her build a strong community network as she continued working there on weekends.



Corso Italia Heritage
Mural Artist: Karole Marois.
Description: For 65 years, the Guzzo Adamo family supplied Italian groceries to Ottawa at 362 Preston Street. The main view is of the store built in 1912. The insert photos include the founders Francesco and Filomena Guzzo, Pasquale and Maria Capello Adamo and their two children Joseph and Pasqualina (Pat) who operated the business for the last 40 years until 1977.

Inspired by her grandparents and parents, Pat actively engaged in various social, cultural, and educational organizations. She began her community involvement at St. Anthony Church, establishing a language school for children to learn Italian, which expanded into the Centro Formativo (Italian Language School) for both children and adults—still thriving today with Pat's support. In 1965, Pat co-founded the Società Dante Alighieri with Father Sebastiano Pagano, promoting Italian culture globally. The Ottawa chapter collaborated with the Embassy of Italy to create extensive programming, with Pat in a leadership role. She also played a key part in founding the Italian Week Ottawa / Settimana Italiana di Ottawa, originally initiated by the University of Ottawa's Italian Language program, serving on its executive from 1977 to 2012. Another event held during Italian week was Parolissima, which began as a spelling bee, developing later into an art contest for children 4 to 12 years of age. Pat's benevolence with this program was stalwart.

RESIDENT SPOTLIGHT



PASQUALINA (PAT) ADAMO

WRITTEN BY ANGELINA MANGONE
ADAPTED BY NATHALIE GELINEAU

ANGELINA MANGONE'S SUPPORT LETTER: A TRIBUTE TO PASQUALINA'S LIFETIME ACHIEVEMENT (CONTINUED)

Pat was responsible for founding the Friday evening "Opera in the Piazza" along Preston Street / Corsa Italia. This much-loved program was supported by Pat for many years. Her connections due to her involvement with Opera Lyra Ottawa and eventually, the Pellegrini Opera Society, presented a wonderful opportunity for both seasoned and new operatic talents to reach a new and accessible audience.



This was the cheerful scene recently in the house of Pat Adamo, seen here standing between Eilana Lappalainen and Daniel Lipton, the Lucia and the conductor of Opera Lyra's *Lucia di Lammermoor*. Pat, a member of our Board, is also one of Opera Lyra's volunteers. She helped with looking after and entertaining the soprano during her two weeks in the city. Helping Pat on this occasion were her brother Joe Adamo (left) and a friend, Italo Tiezzi. Apart from this involvement with *Lucia*, Pat also interviewed Miss Lappalainen, Mr Lipton, and the tenor Louis Langelier for the local Italian TV station Tele-30, of which she is President.

Source: Photo and text from *National Capital Opera Society Newsletter* - October 1993

"I fondly remember meeting Pat Adamo while working as the Box Office Manager for Opera Lyra Ottawa in 1993, during their transition to the larger venue at the National Arts Centre. Pat was instrumental in this evolution, bringing a bold vision that transformed Ottawa's opera scene. Her passion for the arts inspired countless young adults, myself included. Thanks to her influence, I redirected my studies to specialize in marketing and fundraising for the performing arts, allowing me to collaborate with various Canadian arts organizations. Now, over 30 years later, our paths cross again as both a resident and a team member at Hillel Lodge. I am honored to feature Pat Adamo in our Resident Spotlight as she has been a cornerstone of my career journey and inspiration to many." - Nathalie Gelineau, Communications Lead at Hillel Lodge

In 1985, the CRTC advocated multicultural programming to cities and thus, Tele-30 (Italian language program) was born. Pat became a great contributor, in many ways, to the ongoing weekly programming. Working alongside Cavaliere Giovanna Panico the Executive Producer, Pat became President of Tele-30 organization. But it was her on air presence as both host and interviewer that cemented an even deeper relationship with the broader Italian diaspora. By this time the Italian community was 30,000 strong.

After retiring from 35 years in the Department of Agriculture in 1984, Pat increased her volunteer activities. She advocated for proper housing with the City of Ottawa Housing standing committee and was vocal in her efforts, readily contacting influential individuals to address social issues needing funding and attention. Pat also established a new relationship with the National Arts Centre, serving on the Board of Directors for the NAC Orchestra and the National Capital Opera Society. She volunteered in membership sales and fundraising, contributing to the "Piccolo Prize" for emerging NAC Orchestra members. Additionally, she provided translation services for Italian immigrants in the court system.

Having known Pat for many years, I can, reliably state, that her numerous years of service to both the Ottawa Italian community as well as the City of Ottawa at large, stand her as a wonderful nominee for the Lifetime Contribution Award. She is an integral part of Ottawa's life and deserves to be honoured as such." concludes long-time friend Angelina Mangone.



PHYSICIANS ASSIGNED PER NEIGHBORHOOD

We are pleased to announce an important transition that will enhance the care we provide at our long-term care home. Starting on May 12, 2025, each neighborhood will be assigned a specific physician dedicated to the residents in that area.

To facilitate a smooth transition over the coming months, we will implement a gradual reassignment of residents among physicians by neighborhood. Residents and families will be informed in advance about any transitions to new physicians, ensuring transparency as we implement these broader changes throughout the year.

Designated Physician Assignments by Neighbourhood:

1 West: Dr. Rusimovic

2 West: Dr. Malek

2 East: Dr. Levine

3 East: Dr. Miller

3 West: Dr. Uppal (20 residents) & Dr. Miller (5 residents)

Benefits of Having Dedicated Physicians:

Personalized Attention: With physicians no longer needing to move between neighborhoods, they will have more time to devote to each resident. This allows them to become more familiar with individual needs, leading to improved health outcomes and greater resident satisfaction.

Streamlined Communication: A dedicated physician for each neighbourhood enhances communication among staff, allowing for a more coordinated approach to care.

We look forward to this transition, as it will significantly enhance the quality of care and support for our residents.

IF YOU HAVE ANY QUESTIONS OR NEED FURTHER CLARIFICATION, PLEASE CONTACT OUR DIRECTOR OF RESIDENT EXPERIENCE, LISA ROSSMAN, AT LROSSMAN@HILLEL-LTC.COM OR AT EXT. 108.

Leave a Legacy Month: Create a Lasting Impact

As we observe Leave a Legacy Month, we invite you to consider the profound impact of legacy giving at Hillel Lodge LTC Foundation.

The Power of Legacy Giving

Legacy giving allows you to impact the lives of residents at Hillel Lodge significantly. By including Hillel Lodge in your will or estate plans, you help fund essential programs and resources that enhance the quality of life for our community members. Your legacy can take various forms, including bequests, life insurance policies, or retirement accounts and more.

How to Get Started

Reflect on Your Values: Consider what matters most and how Hillel Lodge has impacted your life.

Consult with Family and Advisors: Discuss your intentions with loved ones and financial advisors to ensure your wishes are respected.

Choose Your Gift: Decide on the type of legacy gift that aligns with your financial situation and goals.

Communicate Your Intentions: Let Hillel Lodge know about your plans so we can honour your generosity.

We encourage you to reflect on how you can make a lasting difference. Your legacy will transform lives and inspire others to contribute to our compassionate community.

If you have questions or need guidance on leaving a legacy gift, please contact Leslie Sher, the Executive Director of the Hillel Lodge LTC Foundation who can assist you in navigating this important decision.

Gift can be made at: <https://hillel-ltc.com/foundation/ways-to-give/estate-planning-and-legacy-giving>



Thank you for considering a legacy gift to Hillel Lodge.

Invite you to watch a short video on Leaving a Legacy

As we celebrate Leave a Legacy Month, we invite you to watch a touching 3-minute video featuring Sharon and David Appotive. In this inspiring video, they share their personal journey and the significance of leaving a legacy. Their story illustrates how each of us can make a meaningful contribution to a future rich in care and compassion.

<https://www.youtube.com/watch?v=vDAAA32Zj7c>





WRITTEN BY: LESLIE SHER

17th Annual Biking for Bubbies and Zaidies!

This is an especially exciting year. As you may have noticed, we've changed the name from Biking for Bubbies to include Zaidies too. We want everyone to feel welcome- this event supports everyone living at the lodge! Even those who are not Bubbies or Zaidies.

This year, 100% of every dollar raised will support the programs and services of the Bess and Moe Greenberg Family Hillel Lodge. We continue to support programs that help eliminate isolation and loneliness, such as the Mealtime Assistance Program and Companionship Connections. These vital programs depend on the funds raised from this event, and simply would not be possible without this critical funding.

Check out more info at: <https://hillel-ltc.com/foundation/biking-for-bubbies>



Also new! Join the Spin Bike Challenge!

Don't ride on the road? No problem! Join the Spin Bike Challenge! Set your personal target for kilometres (or hours) to pedal from now until September 14, 2025. Whether you're spinning at the gym, in a class, or at home, your challenge supports the wonderful residents of Hillel Lodge!

Here's How to Join the Fun:

1. Sign Up Online!

<https://hillel-ltc.crowdchange.ca/91526/add/registration/choose-registration-type>



2. Set Your Target!

Choose a target of kilometres or hours for your personal spin cycling challenge. Want to honour your Zaidie's birthday? Born in 1926? How about spinning 1926 or 98 minutes, one for each year of her life? You can change your target at any time during the challenge. Have fun with it!

3. Kick Off Your Challenge!

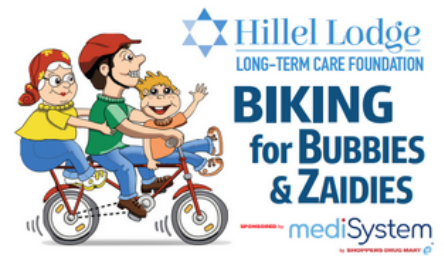
Create your personal page and set a goal to raise a minimum of \$500! Use your page to share your spin journey and update your friends and family as you pedal closer to your goals! The tools are there for you, and it is easy and fun.

4. Log Your Kilometres!

Track your progress! You can log your kilometres using our handy form or in your own way. Here's a quick guide to help you out:

Duration	Effective Distance
15 minutes	7.5 kilometres
30 minutes	15 kilometres
45 minutes	22.5 kilometres
60 minutes	30 kilometres

17th Annual Biking for Bubbies and Zaidies!



WRITTEN BY: LESLIE SHER

5. Track Your Progress and Inspire Others!

As you hit your milestones, ask your family and friends to sponsor you! Remember, this is all about having fun and supporting the amazing people at Hillel Lodge!

🎉 Exciting Perks! 🎉

Everyone who raises \$500 or more will receive a stylish T-shirt and be featured on our annual poster honouring our Biking for Bubbies bikers.

We're thrilled to include everyone who spins and uses stationary bikes this year. So, jump on, have fun, and make a difference together!

Are you ready to make every pedal count? Join the Spin Bike Challenge today!



Wait! We have more new items this year!

In addition to the Classic Challenge of 36K, this year we have the **Chia Century Challenge ride of 118K!** Seasoned cyclists can participate in this self-supported adventure as they navigate beautiful landscape and push their limits.

Still more!!! Ride Your Way - Even from AWAY!

Yes, you can still raise funds for Biking for Bubbies even if you can't attend the event or even own a bike! Rollerblade, swim, archery - whatever your speed is! It is about raising funds to make a difference in your community. You can create a fundraising page and ask friends and family to donate, or host your own event. People have biked for Bubbies in New York and Spain, and every year, we have a group that gets together in Toronto!

🎉 Exciting Perks! 🎉

Everyone who raises \$500 or more will receive a stylish T-shirt and be featured on our annual poster honouring our Biking for Bubbies bikers.

Register on your own or as a team today! <https://hillel-ltc.crowdchange.ca/91526/add/registration/choose-registration-type>

17th Annual Biking for Bubbies and Zaidies!

Spotlight on one of our Champion: An Interview with Jess Mender

Biking for Bubbies has always been more than just a fundraiser to me — it's something deeply personal, something that has circulated through my household for as long as I can remember. It was a cause close to both my parents' hearts. With both of their parents having lived at the Lodge, they understood firsthand the importance of supporting such a meaningful place — not just for its care, but for the dignity and warmth it offered to their loved ones.

My late father played a huge role in helping launch the Biking for Bubbies initiative. His passion and dedication to the cause was something I grew up watching, admiring, and absorbing. He believed in giving back, in showing gratitude, and in building something that could last beyond any one individual. I think, in a lot of ways, it was his way of saying thank you — and ensuring others had the same care and comfort his own mother received. When he passed away, I felt a shift. His absence left an enormous hole, but it also left a quiet, persistent voice reminding me of what mattered to him — and to us. Getting involved in Biking for Bubbies felt like the most natural, most meaningful way to honor him. It was more than just picking up where he left off; it was about continuing a legacy of compassion, community, and connection.

The **Family Fun Zone** holds a really special place in my heart — not just because of what it is, but because of where the idea came from. My dad always had a bigger vision for Biking for Bubbies. He didn't just want it to be a bike ride or a fundraiser — he wanted it to be something that brought people together. Something where families could connect with each other, and with the Lodge. He believed deeply in making it a community event, where everyone, young and old, could feel like they were part of something meaningful.

My dad had a soft spot for kids. He loved making them laugh, watching their faces light up. It was just who he was. So when I thought about how I could help carry his vision forward, creating a **Family Fun Zone** felt like the perfect way. I wanted to bring out young children and their families — to give them a space to have fun, to smile, and to feel connected to a cause that's so important.



17th Annual Biking for Bubbies and Zaidies!



Spotlight on one of our Champion: An Interview with Jess Mender

With the help of my amazing partner, Jen Zaret, and later on Rob and Chelsea Levine, we brought the **Family Fun Zone** to life. Together, we were able to build something that gave families a way to get involved — to experience the joy and the community spirit of Biking for Bubbies while giving back to the Lodge.

As Biking for Bubbies continues to grow, one of my biggest hopes is to see more young families get involved — not just in the **Family Fun Zone**, but eventually in the biking component as well. We're so lucky to have an incredible facility like the Lodge available to us as we age — a place that provides comfort, care, and dignity to the people we love most. I think it's important for the next generation to understand the value of that, and to be part of ensuring it continues to thrive.



FAMILY FUN ZONE IS BACK!

Get ready for a day filled with joy, laughter, and meaningful connections at the Family Fun Zone! Kids can dive into a world of excitement with face painting, fun games, and interactive activities alongside the residents of Hillel Lodge. This unique experience will create lasting memories as they engage in games that foster friendships and understanding across generations.

Don't miss out on the Pedal Palooza Parade, where young riders can showcase their creativity and spirit while supporting a great cause! Join us for a day of fun, learning, and community spirit that will leave a lasting impression on our children and significantly impact the lives of those at Hillel Lodge. Let's ride together, make memories, and support a worthy cause!

To register for free Family Fun Zone tickets: <https://hillel-ltc.crowdchange.ca/91526/add/ticket>



Holidays & Observances

May 2025



Yom Ha'atzmaut - Thursday, May 1st

Israel Independence Day is celebrated festively by Jews around the world, commemorating the Israeli Declaration of Independence in 1948.



Lag Ba'Omer - Friday, May 16th

Lag Ba'Omer is a minor holiday that occurs on the 33rd day of the Omer, the 49-day period between Passover and Shavuot. A break from the semi-mourning of the Omer, key aspects of Lag Ba'Omer include holding Jewish weddings as it's the one day during the Omer when Jewish law permits them, lighting bonfires and getting haircuts.



Yom Yerushalayim - Monday, May 26th

Jerusalem Day (Yom Yerushalayim) is the day that commemorates Israel's re-gain of control over the city in 1967.

Note: The holiday begins at sundown of the night beforehand, unless specified.



**Victoria Day -
Monday, May 19th**

Canadian statutory
holiday that honours
Queen Victoria's birthday.



**Mother's Day
Sunday, May 11th**

To all the mothers, whether
past, present, or soon to be
moms, may your day be filled
with love, joy, and laughter.

ANNOUNCEMENTS



MAY DAILY SPECIALS

Mondays: Pasta of the day with a side salad \$9

Tuesday: Quesadilla with salsa, guacamole \$9

Wednesdays: Pizza \$8

Thursdays: Fish & Chips \$9

Fridays: Nachos with guacamole and hot peppers \$9

SUMMER / FALL RESIDENTS MENU

We invite you to
share your menu
ideas for the
Summer/Fall.

Please send your
suggestions to
patricia@hillel-ltc.com

Celebrating Healthcare Recognition Days

National Nursing Week - May 12th to 18th

National Nursing Week recognizes the tremendous impact that nurses have on individuals and communities. From providing compassionate care to excellence in education, nurses play an important role in delivering high-quality health care.

Personal Support Workers Day - May 19th

Personal Support Worker Day is a day to recognize the invaluable work PSWs provide selflessly every day. PSWs are the backbone of the health system.

Congratulations to all nurses and PSWs !

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





CALENDAR OF ACTIVITIES

Thursday, May 1st
Yom Ha'Azmaut- Israel's Independence Day
and May Birthday Party
2:30 with Evelyn Greenberg

Monday, May 5th
3:30 Music with Noel

Thursday, May 8th
2:30 Reader's Theatre with OJSC Grade 2 class
7:00 Celebrating 80th anniversary of the End of
WWII with Ottawa Dance Group Kalinka

Sunday, May 11th
Mother's Day
10:30 Musical Entertainment with Kevin and
Aahron

Tuesday, May 13th
2:30 Keep on Singing with Al, Debbie & Howard

Monday, May 19th
Victoria Day
2:30 Musical Entertainment with Andrew

Tuesday, May 20th
10:30 The Usuals Jazz Band

Monday, May 26th
Yom Yerushalayim: Jerusalem Day
3:00 Songs with Am Israel Chai with Leslie
Sigman and Friends

Tuesday, May 27th
10:30 Shavuot Workshop with Rabbi Blum and
OJSC grade 1 class
3:00 Happy Hour with Eric Luca

Wednesday, May 28th
2:15 The Ottawa Israeli Folkdancers with
Hannah, Faigy and Friends

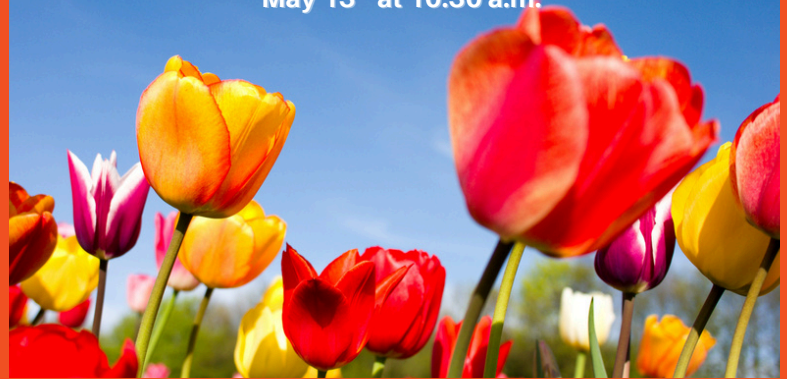
Thursday, May 29th
10:30 Residents Council
2:30 Keep on Singing with Alison, Debbie &
Howard



May Birthday Party

Thursday, May 1st
at 2:30 pm
with Evelyn Greenberg

Outing: Scenic Drive to
The Canadian Tulip Festival
May 13th at 10:30 a.m.



JOIN OUR BOOK CHAT

with volunteers Marcia and Arlene

(MONDAY, MAY 12TH AT 2:15 PM ON THIRD FLOOR)



GREEN THUMB CLUB

with Celia Glanville
Horticultural Specialist

MONDAYS & THURSDAYS AT 10 AM



Oneg Shabbat - Fridays 10:30 am

May 2nd with OJSC Grade 6 Class
May 9th with OJSC Grade 1 Class and Dr. Mitzmacher
May 16th with Westboro Jewish Montessori Preschool
May 23rd with Rabbi Mikelberg
May 30th with The Ganon Preschool

Download the full
calendar of activities at
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

Resident Safety Measures: Living Spaces

At Hillel Lodge, we value the importance of personalizing living spaces while ensuring everyone's safety and comfort. Here are some friendly reminders:

Room Organization

Personal Belongings: Keep items organized for easy staff access, and consider avoiding fragile items.

Security: You're responsible for your belongings. Lock valuables in your nightstand drawer, and we can help if you need a new key!

Safety Protocols

Electrical Devices: Avoid overloading circuits. Use approved power bars instead of extension cords.

Food Storage: Store food in clear, sealable containers to stay pest-free.

Fire Safety: Don't block sprinklers and follow fire safety guidelines.

Bed and Space Configuration

Bed Positioning: Keep beds in their original spots for quick access during emergencies.

Clear Spaces: Maintain clear areas under beds for cleaning and safety.

Shared Spaces

In basic rooms, please follow assigned furniture arrangements and keep daily use items in shared bathrooms.

Thank you for helping us create a safe and welcoming environment for everyone!



THE BESS AND MOE GREENBERG FAMILY

Hillel Lodge

LONG-TERM CARE HOME OF OTTAWA



HILLEL LODGE HAS A MINIMAL SCENT ENVIRONMENT POLICY

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