

LODGE LINE

THE BESS AND MOE GREENBERG FAMILY



Hillel Lodge

LONG-TERM CARE HOME OF OTTAWA

V'HADARTA P'NEI ZAKEN PROGRAM: CELEBRATING, HONOURING, AND RESPECTING THE ELDERLY

On June 19th, Hillel Lodge hosted a special "Lifetime Achievement Ceremony" where grade 4 students from the Ottawa Jewish Community School (OJCS) presented booklets they created about the residents they connected with through the V'Hadarta Pnei Zaken program.



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V'HADARTA P'NEI ZAKEN PROGRAM: CELEBRATING, HONOURING, AND RESPECTING THE ELDERLY

The V'Hadarta Pnei Zaken educational program began in 2006 when Ruthie Lebovitch's students from Hillel Academy (now the OJCS) sought to support her mother at Hillel Lodge, inspiring a project that celebrates, honours, and respects the elderly through meaningful interactions.

The program Ruthie developed, working along with Rachel Kugler and Marilyn Adler (then Recreation Program Manager at Hillel Lodge, now as Life Enrichment Manager), has succeeded beyond all expectations in building connections between the students and the residents. After a hiatus during the pandemic, the program resumed this year, much to everyone's delight.

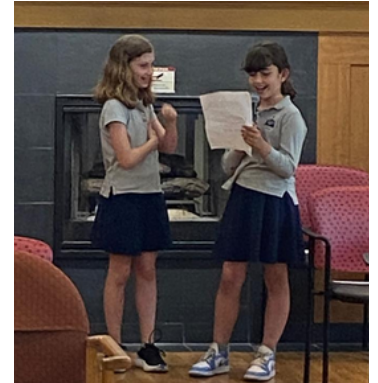


Orchestrated by the Life Enrichment Team at Hillel Lodge, the initiative aims to foster meaningful interactions between the OJSC students and the residents, celebrating, honouring, and respecting their lives. The students visited Hillel Lodge twice to interview residents about their histories, memories, likes, and dislikes, engaging in meaningful conversations and creating a booklet on their lives, all while accompanied by Hillel Lodge volunteers or staff members. A heartfelt thank you goes to the volunteers who participated in the whole journey of the program.

Ted Cohen, CEO of Hillel Lodge, discusses the program's impact: "There's a beautiful Jewish teaching that comes from Leviticus, 'V'Hadarta Pnei Zaken' (You shall honour the presence of the elderly). But honoring our elders means more than just respecting them; it means listening deeply and creating space for their stories. This program is a living example of that. Through conversations and their writing, the students have become keepers of memory, while our residents have found a voice and a new audience."

V'HADARTA P'NEI ZAKEN PROGRAM: CELEBRATING, HONOURING, AND RESPECTING THE ELDERLY

The "Lifetime Achievement Ceremony" held on June 19th was filled with heartfelt speeches from students, residents, and volunteers, evoking laughter and tears from the audience. Parents, teachers, and friends were invited to share in this touching occasion.



The students described their experience as both fun and enriching. Many expressed how much they learned from their assigned residents, emphasizing the joy of connecting across generations. Sigal Baray, the grade 4 Jewish Studies teacher at the OJCS, remarked, "Our students discovered the true meaning of mitzvah through connecting with residents. Students approached this program with open hearts and genuine curiosity, proving that friendship has no age barriers and that giving brings joy to both giver and receiver."



V'HADARTA P'NEI ZAKEN PROGRAM: CELEBRATING, HONOURING, AND RESPECTING THE ELDERLY

Max Rosenberg from the Hillel Lodge LTC Foundation shared his personal connection to the V'Hadarta P'Nei Zaken Program: "I had the privilege of being a part of this program when I was in grade 4. I just graduated university on Tuesday, and I can honestly say that this was one of the most meaningful and memorable experiences I've had in school. I still remember the resident I interviewed and the profound insights he shared about his life."



The V'Hadarta Pnei Zaken program has successfully built bridges between generations, highlighting the importance of community and understanding. This initiative not only enriches the lives of students and residents alike but also fosters a sense of belonging and connection within the broader Ottawa Jewish Community.

We look forward to continuing this beautiful intergenerational program and nurturing valuable relationships at Hillel Lodge!

Auxiliary 60th Anniversary Resident Tea Party



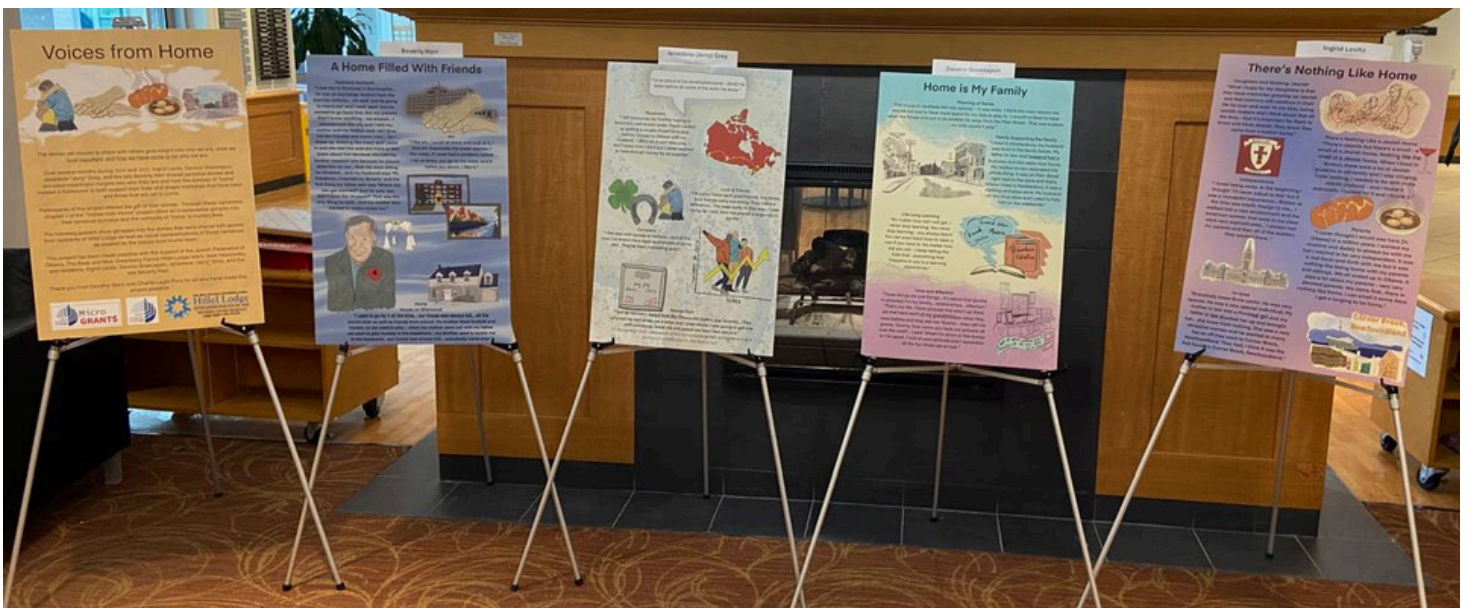
NEW & HAPPENING

Voices from Home: Chapter 2

Voices from Home Vernissage was held on Wednesday, June 18th to honour the life stories of Devora Greenspon, Jeraldene (Jerry) Grey, Ingrid Levitz and the late Beverly Harr, who all participated in this special project with architect Dorothy Stern and designer Charlie Laghi-Ford.



"The Voices from Home project is about the many stories that make up the lives of residents at Hillel Lodge. It is primarily focused upon residents telling their own stories in a very informal conversation. We don't ask questions like 'who are you,' 'what do you do?' It's about them telling their stories within the framework of the meaningful spaces that they live in." explains Dorothy.



NEW & HAPPENING

Voices from Home: Chapter 2

Over several months during 2024 and 2025, Ingrid Levitz, Devora Greenspon, Jeraldene "Jerry" Grey, and the late Beverly Harr shared personal stories and provided meaningful insights into who they are and how the concept of "home" created a framework to both support their lives and shape memories.

The posters created show glimpses into the stories that were shared with quotes from the participants as well as visual representations of those narratives as created by the Voices from Home team.



At the vernissage, the Voices from Home team and the Hillel Lodge team delivered heartfelt speeches emphasizing the importance of sharing life stories through this project. Participants recounted the significance of having their narratives told, highlighting the emotional impact of their experiences.

Michael Harr, son of the late Beverly Harr, spoke movingly about discovering new aspects of his mother's life through previously untold stories that were featured in her poster. He also expressed his gratitude to Hillel Lodge for the exceptional care she received during her stay.



Participants of the "Voices from Home" project shared the gift of their stories, offering an invaluable insight into their personal journeys. The project highlights the central role of "home" in human life.

THE STORIES WE CHOOSE TO SHARE WITH OTHERS GIVE INSIGHT INTO WHO WE ARE,
WHAT WE HOLD IMPORTANT, AND HOW WE HAVE COME TO BE WHO WE ARE.



NEW & HAPPENING

The **HILLEL HARMONICS** resident choir proudly presented its third annual concert on Sunday, June 1st. The audience was delighted by an engaging program of **SHOWTUNES**, performed with enthusiasm by our Hillel Lodge choir. Members of the **HILLEL HARMONICS** selected the pieces they wished to present at the concert.

Under the direction of Rachel Ntambwe, MTA, the choir practices diligently throughout the year. The music program aims to foster social connections and encourage active participation in music-making.



SHOWTUNES PROGRAM

Oh What a Beautiful Morning - Rodgers and Hammerstein
Singing in the Rain - Freed and Brown
Do a Deer - Rodgers and Hammerstein
If I Were a Rich Man - Harnick and Bock
Favourite Things - Rodgers and Hammerstein
Spoonful of Sugar - Sherman and Sherman
Summertime - Gershwin and Heyward
Zip-a-dee-doo-dah - Wrubel and Gilbert
Getting to Know You - Rodgers and Hammerstein
Moon River - Mancini and Mercer



NEW & HAPPENING

Jewish Family Services (JFS) Ottawa and **AJA 50+** have come together to launch a new digital community space aimed at keeping Jewish seniors in Ottawa connected, informed, and engaged.

This group was created in response to growing needs for connection, especially in an increasingly digital world. The group offers the senior community a familiar and accessible platform to exchange cultural traditions, stay updated on local events, and access community resources—all in one convenient space.



YOU CAN JOIN THE GROUP NOW AT:

[HTTPS://WWW.FACEBOOK.COM/GROUPS/OTTAWAJEWISHSENIORSGROUP/](https://www.facebook.com/groups/ottawajewishseniorsgroup/)



A **Launch & Lunch** was held on June 24th at KBI to promote the **Facebook Ottawa Jewish Seniors Group**. It was wonderful to see so many people gather to learn about the group's benefits while enjoying a delicious meal prepared by dedicated volunteers.



Hillel Lodge and the **Hillel Lodge LTC Foundation** participated in the **Launch & Lunch** event to support the project. We set up a table to share information about our upcoming **Biking for Bubbies & Zaddies** event on September 14th. It was a great opportunity to connect with everyone!

Congratulations to the **JFS Ottawa** and **AJA 50+** for launching such a great initiative!



NEW & HAPPENING



Our flea market is a vibrant and eclectic marketplace where you can explore a wide variety of collectibles, home decor and so much more.

TUESDAY, JULY 8TH
9:00 AM TO 1:30 PM
(RAIN OR SHINE)

NOW ACCEPTING DONATIONS OF ITEMS
(NO CLOTHING/HATS OR BOOKS/MAGAZINES)

DROP OFF DONATIONS OF ITEMS BY
FRIDAY, JULY 4TH - 3:00 P.M

Please contact Marilyn and/or Jess via email to schedule a date and time to drop off items.
marilyn@hillel-ltc.com / jstewart@hillel-ltc.com



THE BESS AND MOE GREENBERG FAMILY

Hillel Lodge
LONG-TERM CARE HOME OF OTTAWA



Introducing Our New Nursing Leadership Model with Dual Assistant Director of Care

IT IS WITH GREAT PLEASURE THAT WE ANNOUNCE THE APPOINTMENT OF MACDALA ÉTIENNE ANDRÉ, RN, WHO JOINED US ON TUESDAY, JUNE 10TH, AS ONE OF OUR TWO ASSISTANT DIRECTOR OF CARE (ADOC), ALONGSIDE URDUJA CARIÑO, RN.



Macdala Etienne André, RN



Urduja Cariño, RN

This new Nursing Leadership model marks an exciting evolution in how we support person-centred care delivery at Hillel Lodge.

As our home has grown in complexity and resident needs, we have transitioned from a single Resident Care Manager (RCM) role to a shared leadership approach with two Assistant Director of Care—each responsible for a specific area of the home.

Urduja, who has been leading resident care across all three floors, will now focus on the first and second floors. Macdala will oversee the third floor, allowing for greater presence, responsiveness, and support for both residents and staff.

Thank you for your continued support as we strengthen our leadership capacity and ensure the highest standards of person-centred care.

NEWS FROM OUR GREEN THUMB CLUB

by Celia Glanville, Horticultural Specialist



As the **Dream Garden** comes into its **second season** it is filling out wonderfully - chartreuse sprays of Lady's Mantle play against the purples of Nepeta, Baptisia and Alliums. The delicate flowers of the service berries have matured into ripe red berries that attract robins and finches into garden - reminding us of their reciprocal relationship of nourishing and prosperity along with their joyful song.



The **Green Thumb Club** has amplified all this beauty planting cheerful pots of marigolds, petunias, etc, in addition to a trio of sensory gardens featuring herbs and scented geraniums.



It's been a wonderful season so far, with a never growing number of residents coming out to explore and play in the garden. And now, thanks to a grant received by the 2025 Women's Collective Endowment Fund (see article on next page), we will add an additional morning of horticulture programming on Friday mornings! The timing is perfect as the garden comes into full bloom!

WOMEN'S COLLECTIVE ENDOWMENT FUND GRANT

We are excited to announce that Hillel Lodge's Green Thumb Horticultural Program has been awarded a grant from the 2025 Women's Collective Endowment Fund! The grant was presented during the Ottawa Jewish Community Foundation's Annual General Meeting on June 4th, 2025. Hillel Lodge's Director of Resident Experience, Lisa Rossman, accepted the award on our behalf.

The Green Thumb Horticultural Program aims to enhance the quality of life of residents by providing therapeutic gardening activities. This initiative addresses the need for social engagement and mental well-being while fostering a deeper connection with nature.

We extend an heartfelt thank you to The Ottawa Jewish Community Foundation and Women's Collective Endowment Fund for supporting the Green Thumb Horticultural program.



**We need to raise an additional \$1,900 to complete the grant!
Please donate today!**

You can make a direct donation to the Horticulture for Residents Fund, or contact Nicky at foundation-ltc.com for more information.



Celebrate with E-Giving Cards!

During Canada Post strike, consider our E-Giving Cards as the perfect way to honour a loved one, mark a special occasion, or express gratitude.



Let's celebrate life's special moments together!

Scan QR code
or click the link below to get started!

<https://hillel-ltc.crowdfunder.ca/52987/add/cards>





09.14.25



17TH ANNUAL **mediSystem**

BIKING FOR BUBBIES & ZAIDIES



Register to bike or
sponsor a rider
today!

SCAN HERE!



<https://hillel-ltc.crowdchange.ca/91526>

613-728-3990

foundation@hillel-ltc.com

Why is this year's Biking for Bubbies and Zaidies more than just the ride?

Seventeen years ago, a group of committed community members hopped on their bikes with a simple, powerful goal: support the residents of Hillel Lodge—the very people who raised us, taught us, loved us, and helped build the Ottawa Jewish community we know today.

Seventeen years later, that mission is stronger than ever.

On Sunday, September 14, 2025, we ride again!

If you've ever pedalled for Bubby or Zaidie or sponsored a friend who did, you already know how meaningful this day can be. But if you've never been part of Biking for Bubbies and Zaidies, this is the year to jump in—because this event isn't just about distance and dollars (though yes, we are aiming high again!). It's about community, connection, and coming together for the people who made our community what it is today.

Here's how you can be part of it:

- ◆ Register to ride. Whether you're a hardcore cyclist or love a scenic Sunday cruise, there's a route that works for you. Ride in memory of someone you love—or in honour of someone who inspires you.
- ◆ Fundraise. Every dollar raised goes directly to improving the lives of Hillel Lodge residents. Your fundraising efforts make a real, tangible impact. (And we have the tools you need to make it easy and fun to fundraise!)
- ◆ Bring the kids to the Family Fun Zone. This isn't just a bike ride—it's a celebration. Our Family Fun Zone is back and better than ever, packed with games, crafts, and activities that keep kids laughing and playing. It's the perfect way to show our children what it means to support their community—and have a blast while doing it.

This year, as we celebrate our 17th ride, we're inviting families, synagogue teams, first-time riders, longtime sponsors, and everyone in between to come together. We've built something special over these past seventeen years.

Let's keep the wheels turning!

Let's ride for our Bubbies. Let's ride for our Zaidies.

Let's ride for the people who gave so much so we can have a better life—

[Register today to be part of Biking for Bubbies and Zaidies 2025 !](#)



Holidays & Observances

July 2025

The Three Weeks Observances

The Three Weeks is a period of mourning in Judaism, commemorating the destruction of the First and Second Temples in Jerusalem.

It begins on the 17th of Tammuz and ends on Tisha B'Av.

17th of Tammuz (Sun, Jul 13, 2025):

Marks the breach of Jerusalem's walls; a fast day.

Three Weeks (Sun, Jul 13 - Sun, Aug 3, 2025):

A time for reflection, during which joyful activities and celebrations are minimized.

Tisha B'Av (Sun, Aug 3, 2025):

The culmination of the mourning period, commemorating the destruction of the Temples with fasting and the reading of Lamentations.



CANADA DAY

JULY 1ST

Canada Day is a federal public holiday celebrated in honour of Canada's Confederation on July 1, 1867.



ANNOUNCEMENTS



JULY DAILY SPECIALS

Mondays: Eggplant Parmesan and salad \$9.50

Tuesdays: Burrito Bowl \$9.00

Wednesdays: Fish Tacos \$9.50

Thursdays : Vegetable Enchilada \$9.50

Fridays: Pizza \$9

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



FRIENDLY REMINDER

Respect the privacy of our residents and of our staff.



Please take pictures and/or videos of your loved ones only.

Thank you for your cooperation.

FRIENDLY REMINDER

Please return transfer chairs to the front desk immediately upon arrival.



Transfer chairs should not be stored in a resident's room for future use, as supplies are limited.



CALENDAR OF ACTIVITIES

Tuesday, July 1st

Canada Day
3:15 Musical Celebration with Rick

Thursday, July 3rd

2:30 Birthday Party with Joel Yan and
Marsha Black

Monday, July 7th

2:30 Country Music with Luke

Tuesday, July 8th

9:00 Annual Flea Market

Wednesday, July 9th

5:00 BBQ for 3E*

Thursday, July 10th

10:30 The Usuals Jazz Band

Wednesday, July 16th

2:15 Book Chat with Marcia and Arlene
5:00 BBQ for 2W*

Thursday, July 17th

10:30 Music with Malcom Wade
11:00 July Outing

Monday, July 21st

2:30 An Hour with Guest Speaker Professor
Gerry Cammy

Wednesday, July 23rd

5:00 BBQ for 2E*

Thursday, July 24th

3:00 Happy Hour with Deborah

Wednesday, July 30th

2:15 Book Chat with Marcia and Arlene
5:00 BBQ for 1W*

*Neighbourhood BBQs are moved to the Café
when the weather is not suitable.

SAVE THE
DATE



**July
Birthday Party**

**Thursday, July 3rd
at 2:30 pm**

with Joel Yan and Marsha Black



**TUESDAY,
JULY 8TH**

**9:00 AM TO
1:30 PM
(RAIN OR SHINE)**

JOIN OUR BOOK CHAT

with volunteers Marcia and Arlene

(JULY 16 & 30 AT 2:15 PM ON THIRD FLOOR)



GREEN THUMB CLUB

**with Celia Glanville
Horticultural Specialist**

MONDAYS / THURSDAYS / FRIDAYS AT 10 AM



Oneg Shabbat - Fridays 10:30 am

**July 4th with JCC Day Camp
July 11th with Camp Gan Israel
July 18th with Camp Gan Israel
July 25th with Camp Gan Israel**

**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

CAREGIVER TIPS

Summer Safety Tips for Residents

As summer temperatures rise, it is crucial for residents at Hillel Lodge to **stay cool and hydrated** during heat waves. Proper hydration is essential for maintaining health and preventing dehydration. Caregivers are encouraged to remind residents to drink water regularly throughout the day, as this helps keep everyone comfortable and safe in the heat.

In addition to hydration, applying **sunscreen** is vital for protecting the skin from harmful UV rays. Hillel Lodge has taken proactive measures by providing sunscreen for residents, ensuring they can enjoy outdoor activities without the risk of sunburn. Care staff are available to assist with applying sunscreen, helping to safeguard the well-being of all residents.

We also encourage family members and caregivers to consider bringing in additional sunscreen, particularly for those with specific skin sensitivities or needs. Your contributions are greatly appreciated and enhance our collective efforts to ensure a safe and enjoyable summer for everyone at Hillel Lodge. Together, we can make this season both pleasant and protective for all residents.



In Loving Memory of Sheila Hartman



\$30 tax receipt

www.zeffy.com/ticketing/great-games-event--2025

Roundell Wealth Management

Game Table Sponsors and prize | auction items are welcome!
Please email gamesday.hillellodge@gmail.com for inquiries