# LODGE LINE



# OF CARF ACCREDITATION

The Bess and Moe Greenberg Family Hillel Lodge Long-Term Care Home is proud to announce that we have received a three-year accreditation from the Commission Accreditation of Rehabilitation **Facilities** (CARF). This accreditation renewed underscores our ongoing commitment to providing high-quality, person-centred longterm care.

### **A Significant Milestone**

Ted Cohen, our CEO, expressed his enthusiasm: "We are thrilled to announce that Hillel Lodge has received accreditation from CARF for the next three years. This important milestone highlights our dedication to delivering quality care and services to our residents. CARF accreditation is a rigorous process that evaluates our facility against high international standards, ensuring we provide safe, effective, and individualized care in a resident-centred environment."



### **TOPICS IN THIS ISSUE**

CARF Accreditation
Green Thumb Club
Sugar Hill Barnyard Buddies Event
New & Happening
LTC Foundation
Resident Party Line
Announcements
Holidays & Observances
Save The Date
Good Health
Connection

### HILLEL LODGE CELEBRATES RENEWAL OF CARF ACCREDITATION

#### **A Collective Effort**

This accomplishment is a testament to the hard work and dedication of our entire team. Shannon Fraser, our Director of Quality Improvement, noted, "This renewed accreditation is a direct result of the commitment and diligence of our staff. Every team member plays a vital role in upholding high standards of care, ensuring that the needs and preferences of our residents are always prioritized."

#### **Understanding CARF Accreditation**

Accreditation is a voluntary process involving a rigorous survey that assesses long-term care homes against internationally recognized standards. This comprehensive evaluation includes an on-site survey by reviewers who scrutinize our performance in delivering safe and quality care.

#### Why Accreditation Matters

Here's why accreditation is crucial for long-term care homes:

Quality Assurance: Accreditation signifies that our facility meets rigorous, internationally recognized standards for service delivery, organizational management, and continuous quality improvement.

Commitment to Excellence: It demonstrates our dedication to surpassing basic licensing requirements, ensuring top-notch care and services for our residents.

Transparency and Accountability: The accreditation process fosters transparency and accountability, requiring us to show our commitment to established standards and ongoing performance improvement.

Resident-Centred Approach: CARF standards emphasize a person-centred approach, ensuring that the needs and preferences of residents and their families are prioritized in all aspects of service planning and delivery.

Stakeholder Confidence: Accreditation provides assurance to residents, families, referral sources, and other stakeholders that we are committed to quality care and actively working to enhance our services.

Continuous Improvement: Choosing to participate in CARF accreditation requires homes commit to ongoing quality improvement, continuously evaluating performance, identifying areas for enhancement, and truly living the standards for person-centred care that CARF sets.

Recognition of Excellence: Often referred to as a "gold seal of approval," CARF accreditation signifies our commitment to the highest standards of quality.

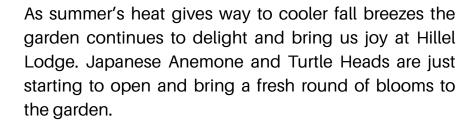
As we celebrate this renewed accreditation, we reaffirm our dedication to enhancing the quality of life for all our residents.

Thank you for your continued trust and support in Hillel Lodge!



## **NEWS FROM OUR GREEN THUMB CLUB**

### by Celia Glanville, Horticultural Specialist



This summer the garden was an important place of sharing and togetherness. It was a space residents came together to explore the garden, sharing observations and insights, a place to offer small gifts to each other (a single flower or a few) and share experiences.

Bouquets were shared, plants were tended and cared for and the beauty of the garden was carried throughout the Lodge in our vases and hearts.



#### Wonderful collaboration between the Green Club and the art program:

Residents from the art program had a delightful time decorating small vases, infusing them with creativity and personal touches.

Once the vases were beautifully adorned, the Green Club crafted simple floral arrangements to fill them, bringing a vibrant touch to our spaces.





### A HEARTWARMING DAY AT THE SUGAR HILL BARNYARD BUDDIES EVENT

We are thrilled to share that the Sugar Hill Barnyard Buddies event on August 6th was a remarkable success!

This delightful gathering brought together over 65 residents—more than half of Hillel Lodge—who came out to visit and feed the animals, enjoying the beautiful sunny day. The atmosphere was filled with laughter and joy as everyone engaged with the animals, creating cherished memories that will last a lifetime.









### A HEARTWARMING DAY AT THE SUGAR HILL BARNYARD BUDDIES EVENT

### **Community Involvement**

We had a fantastic turnout from the community, which speaks volumes about the supportive relationships we've built over time. Kids from the Soloway JCC Summer Camp and from Early Beginnings Multicultural Child Development Centre also joined in on the fun, adding a vibrant energy to the day. Their excitement was contagious, and watching the interactions between the children and the animals truly highlighted the spirit of community we cherish at Hillel Lodge. It was heartwarming to see residents and children alike bonding over their love for animals, bridging generations in a unique and joyful way.





### **A Special Thanks**

Our heartfelt thanks go to the recreation team for organizing such a wonderful event. Their hard work and dedication ensured that everything went smoothly and everyone had a great time!

Additionally, we want to extend a special shoutout to the volunteers, the physio staff and the nurses for their invaluable assistance. Your support was instrumental in helping our residents participate fully in the event, ensuring that everyone had the opportunity to enjoy the experience. Your commitment and enthusiasm truly made a difference!

Residents celebrated the joy of our Pup Parade on August 26th, coinciding with International Dog Day!

This heartwarming event brought visit from some furry friends, brightening everyone's day.

A heartfelt thank you to all the participants—both two-legged and four-legged—for making this occasion so special!











# **AUGUST OUTINGS**

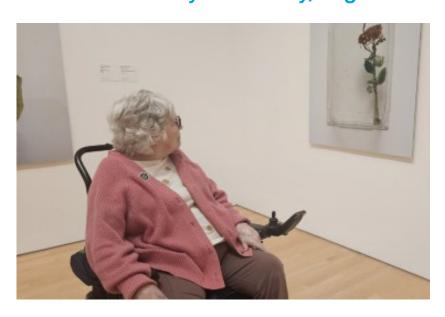
Residents soaked up sun and fun at Britannia Beach on Thursday, August 14<sup>th</sup> indulging in delicious ice cream from Beach Coners micro creamery!

(This outing was rescheduled from July)





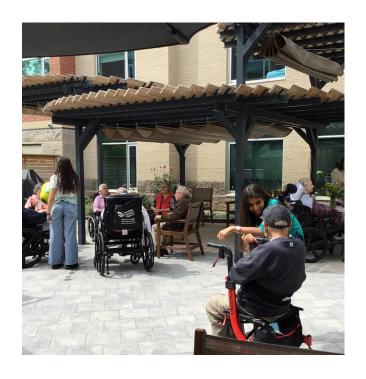
Residents also enjoyed an outing to the National Art Gallery on Monday, August 18<sup>th</sup>.





### DREAM GARDEN ACTIVITIES

Our Dream Garden has hosted a variety of activities throughout the summer. From Green Thumb sessions to balloon toss and even outside bingo, residents have truly enjoyed this beautiful space!





### **SOLOWAY JCC VISIT**

A select group of residents from Hillel Lodge visited the Soloway JCC on Wednesday, August 13<sup>th</sup>, where they met with Sarah Beutel, President of the center, to explore potential activities.



### **ATTENTION RESIDENTS!**

# WI-FI IS NOW AVAILABLE IN NEIGHBOURHOOD LOUNGES!

Whether you are using Guest Wi-Fi network or your own Resident Wi-Fi network, the newly installed access points will allow you to connect with ease.

### **VOLUNTEERS NEEDED!**

We're on the lookout for friendly volunteers to help with our games!

Bridge: Mondays and Thursdays from 1:15 PM to 3 PM Cribbage and other games: Times to be determined

If you're interested in joining the fun, just reach out to Marilyn Adler, Life Enrichment Manager at: marilyn@hillel-ltc.com or 613-728-3900 ext. 121

# **FLOOR REFINISHING**

We will be refinishing the floors on the **second and third floors** during September and October 2025.





#### 3 WEST:

SEP 3 - PHASE 1 - CORRIDOR BY RESIDENT ROOMS: 344, 345, 346, 347, 349, 350, 351, 352

**SEP 4 - PHASE 2** - CORRIDOR BY RESIDENT ROOMS: 340, 341, 342, 343, 353, 354, 355

**SEP 10 - PHASE 3** - CORRIDOR BY RESIDENT ROOMS: 333, 334, 335, 336, 337, 338, 339

#### 3 EAST:

**SEP 11 - PHASE 1** - CORRIDOR BY RESIDENT ROOMS: 312, 313, 314, 315, 317, 318, 319, 320

**SEP 17 - PHASE 2** - CORRIDOR BY RESIDENT ROOMS: 308, 309, 310, 311, 321, 322, 323

**SEP 18 - PHASE 3** - CORRIDOR BY RESIDENT ROOMS: 301, 302, 303, 304, 305, 306, 307

#### 2 WEST:

**SEP 25 - PHASE 1 - CORRIDOR BY RESIDENT ROOMS: 244, 245, 246, 247, 249, 250, 251, 252** 

OCT 1 - PHASE 2 - CORRIDOR BY RESIDENT ROOMS: 240, 241, 242, 243, 253, 254, 255

**OCT 9 - PHASE 3** - CORRIDOR BY RESIDENT ROOMS:233, 234, 235, 236, 237, 238, 239

#### 2 EAST:

OCT 16 - PHASE 1 - CORRIDOR BY RESIDENT ROOMS: 212, 213, 214, 215, 217, 218, 219, 220

OCT 22 - PHASE 2 - CORRIDOR BY RESIDENT ROOMS: 208, 209, 210, 211, 221, 222, 223

OCT 23 - PHASE 3 - CORRIDOR BY RESIDENT ROOMS: 201, 202, 203, 204, 205, 206, 207



Hillel Lodge LONG-TERM CARE FOUNDATION

17TH ANNUAL mediSystem

BIKING FOR BUBBIES & ZAIDIES



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

613-728-3990

foundation@hillel-ltc.com



Register to bike or sponsor a rider today!

**SCAN HERE!** 





### **Supporting Vital Programs**

Article written by: Cindy Garcia, Director of Care, Hillel Lodge

As the new Director of Care at Hillel Lodge, I am thrilled to return to a community that values its elders and embodies principles of kindness and respect. I have seen firsthand how crucial programs that promote quality of life are in long-term care settings. One of the most significant ways we can support our residents is through our annual Biking for Bubbies and Zaidies fundraiser, which supports two vital programs: the Mealtime Assistance Program (MAP) and Companionship Connections.

Mealtime Assistance Program (MAP) -In the Jewish culture and many others, mealtime is more than just eating; it's a cherished social ritual and an opportunity for connection. The MAP provides essential funding for additional staff time during mealtimes, allowing us to offer personalized assistance to our residents. This support not only helps promote independence but also ensures that each resident can enjoy their meal with dignity and respect.

As a nurse, I have witnessed how vital it is for residents to have the time and attention they need during meals. This fosters a sense of normalcy, encourages social interaction, and enhances their overall well-being. By ensuring our staff has the resources they need, we can create an environment where mealtime is a joyful experience, rich with connection and community.

Companionship Connections - Equally important is our Companionship Connections program. Many of our residents face isolation due to physical limitations or family circumstances. Some may not be able to participate in group activities or have family members who simply live too far away. This program provides funding for consistent companionship, ensuring that those who are most isolated have someone to connect with regularly.

From my years of experience, I have seen the profound impact that companionship and friendship can have on a person's mental and emotional health. Having a friendly face to talk to can reduce feelings of loneliness and isolation, fostering a sense of belonging. This connection can make all the difference in the lives of our residents, especially those who may feel forgotten.

Both the Mealtime Assistance Program and Companionship Connections are integral to helping Hillel Lodge provide the type of nurturing, supportive environment that our residents deserve.

#### Get involved!

As we gear up for **Biking for Bubbies and Zaidies on September 14**<sup>th</sup> **2025**, I encourage everyone to please - **get involved**—whether by biking, donating, or volunteering.

Your contributions directly support these essential programs and help us continue to provide the highest quality of care for our residents.

Let's work together to uplift our community and ensure that every resident feels valued and connected.

#### Register at:

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















BOWLING

SUNDAY SEPTEMBER 14TH

FACE PAINTING
GAMES AND
CRAFTS

**EXPLORE, LEARN AND PLAY!** 





# Join Us for a Day of Fun at the Biking for Bubbies & Zaidies' Family Fun Zone!

Article written by: Leslie Sher, Executive Director, LTC Foundation

As families seek meaningful ways to connect and give back, the **Biking for Bubbies & Zaidies' Family Fun Zone** offers an exciting opportunity for kids under 12 and families to enjoy a day filled with fun, games, and community spirit. This event is not just about fundraising; it's about creating lasting memories and fostering connections across generations.

Biking for Bubbies & Zaidies has deep roots in our community, driven by families who recognize the importance of supporting our elders and everyone who calls Hillel Lodge home. The Family Fun Zone embodies a vision of inclusivity, allowing families to honour the legacy of compassion and kindness that

defines this event.





The **Family Fun Zone** will feature a variety of activities, such as axe-throwing and bowling, encouraging interaction between children and residents. These activities not only entertain but also strengthen bonds across generations, fostering a sense of community.

A delicious BBQ lunch will be served, perfect for families to relax, enjoy great food, and share stories. While tickets for the **Family Fun Zone** are free, registration is required to ensure everyone can participate comfortably. Donations are warmly welcomed to support ongoing programs at Hillel Lodge.

One key goal of the **Family Fun Zone** is to engage young families in community service, instilling values of compassion and empathy in the next generation.

### **Be Part of Something Special**

Mark your calendars on September 14th for this exciting day of fun and connection at the **Biking for Bubbies** and **Zaidies' Family Fun Zone**. Celebrate the importance of community, laughter, and support for our beloved residents.

Be part of something special and mark your calendars for this exciting day of fun and connection at the Biking for Bubbies and Zaidies' Family Fun Zone. Come together with your family to celebrate the importance of community, laughter, and support for our beloved residents.

Register today at https://hillel-ltc.crowdchange.ca/91526/add/ticket Registration closes on September 8th.

Join us in creating a day filled with joy and connection. We can't wait to see you there!





Section written by members of our Residents Council

# CELEBRATING RESIDENT COUNCIL WEEK SEPTEMBER 15<sup>TH</sup> TO 21<sup>ST</sup>

**Residents' Council Week** is a great chance for us to come together and share more about our **Residents' Council.** We invite everyone to join in, connect with fellow residents, and make your voices heard!

Next Resident Council meeting: Thursday, September 18<sup>th</sup> at 11:00am in Synagogue

RESIDENT COUNCIL IS FOR THE RESIDENTS BY THE RESIDENTS!

# FRIENDLY REMINDER

For all **staff** to please **wear your name badges** at all times in area where residents can see them.

# DID YOU KNOW? MEALTIME

You can ask to mix and match food items from two meal options.

You can ask for half servings or for double servings (based on availability).

### **WELCOME**

We want to extend a warm welcome to all the new PSWs.

Interested in lunch outing? Any ideas for social outing?

Leave your suggestions in the box on our Resident Board.



### **KUDOS**

The initiative to bring together the **Food Committee** with residents from all neighborhoods at the same time was a great success! It was wonderful to see everyone collaborating and sharing ideas.

A big thank you and congratulations to Patty, Director of Food Services, for making this happen!

### STAFF RECOGNITION

Want to recognize a staff member for a meaningful moments of care and excellence?



Ask reception for the form to fill out or scan:

### FRIENDLY REMINDER

Colder weather has arrived! **Dress in layers**, so you can easily adjust. It's better to take off a sweater than wish you had one on. Stay cozy!

# ANNOUNCEMENTS



# SEPTEMBER DAILY SPECIALS

**Mondays** Eggplant Parmesan

& Salad \$10.00

**Tuesdays** Pizza \$9.00

Wednesdays Quiche & salad \$9.50

**Thursdays** Fish Tacos \$10.00

Fridays Nachos \$9.00

the Café will be closed for Jewish High Holidays: September 23 & 24 October 2, 7, 8,14 & 15

### **HIGH HOLIDAYS MEALS**

Friends and family members are welcome to join residents for dinner meals on:

SEPTEMBER 22,23 &24 OCTOBER 6,7,8,13,14,15

\$10 meal tickets can be purchased at reception

Reservations are limited and will be taken on a first come first serve basis.



#### Our Administrative Office will be closed:

Labour Day: Monday, September 1st

Rosh Hashana (Jewish New Year):

Tuesday, September 23<sup>rd</sup> and Wednesday, September 24<sup>th</sup>

National Day for Truth & Reconciliation:

Tuesday, September 30th

### **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



# Holidays & Observances September 2025

### **Jewish High Holidays**

The Jewish Year is ushered in with a period referred to as the High Holidays. During these holidays, one reviews their actions of the past year, asks forgiveness for misdeeds and commits to improving oneself for the coming year. Rosh Hashana, the Jewish New Year, is the start of the High Holidays. The period continues until Yom Kippur, the Day of Atonement, which is a 25 hour period of fasting that includes synagogue services. At the end of the Yom Kippur service, Jews believe that their sins of the past year have been forgiven. A few days after Yom Kippur, the celebratory holidays of Sukkot, Shemini Atzeret and Simchat Torah are observed.

Begins September 22, 2025 at sundown; Rosh Hashana - Jewish New Year Ends at nightfall on September 24, 2025

Rosh Hashana means "Head of the Year" and is the start of the Jewish New Year. It is a two-day period of reflection of our actions of the previous year and of the changes we want to make in the year ahead. Rosh Hashana also is observed with special holiday meals.



The sounding of the Shofar (the ram's horn) is a central observance of Rosh Hashana.



Traditionally dip apples in honey on Rosh Hashana to express the wish for a sweet new year.



Instead of a braided challah, a round challah is served on Rosh Hashana, symbolizing the circular nature of the

### Yom Kippur - Day of Atonement Begins October 1, 2025 at sundown; Ends at nightfall on October 2, 2025

Yom Kippur, the Day of Atonement, is one of the holiest days of the Jewish calendar. The observances include fasting (for those who are healthy enough to do so) and synagogue services.





Labour Day Monday, September 1st

The first Monday of September marks Labour Day and it is a statutory holiday in Canada.

### **National Day for Truth &** Reconciliation

Tuesday, 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.



#### **CALENDAR OF ACTIVITIES**

Monday, September 1st

2:30 Musical Entertainment with Malcom Wade

Monday, September 8<sup>th</sup>

2:30 An Hour with Guest Speaker Professor Gerry Cammy

Tuesday, September 9th

11:15 Holiday Craft with OJCS Grade 2 class
3:00 Musical Entertainment with Nate

Sunday, September 14th

10:00 Biking For Bubbies & Zaddies + Family Fun Zone

Tuesday, September 16<sup>th</sup>

2:30 Birthday Party with Evelyn Greenberg

Thursday, September 18th

11:00 Resident Council

3:00 Happy Hour with Sax & Piano Duo Edwin
Gans and Charles Guerin

Thursday, September 25<sup>th</sup>

10:15 Outing: Carlingwood Shopping Centre

Tuesday, September 30<sup>th</sup>

10:30 The Usuals Jazz Band



### September Birthday Party

Tuesday, September 16<sup>th</sup> at 2:30 pm with Evelyn Greenberg



### Biking for Bubbies & Zaidies

+ Family Fun Zone

Sunday, September 14th





Outing to
Carlingwood
Shopping Centre

Thursday, September 25<sup>th</sup> at 10:15am



### Oneg Shabbat - Fridays 10:30 am

Sept. 5<sup>th</sup> - Rabbi Lesser (Youtube)

Sept.12<sup>th</sup> - Westboro Jewish Montessori Preschool

Sept.19<sup>th</sup> (Oneg Shabbat and Shofar Factory) -

Rabbi Blum and The OJCS Grade 4 Class

Sept. 26th - Joel Yan and Friends

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









### **Understanding the Role of Personal Support Workers (PSWs)**

We appreciate your interest in understanding the vital role of Personal Support Workers (PSWs) at Hillel Lodge. Some residents and family members have expressed confusion about what PSWs can and cannot do, and we want to clarify these points to enhance communication and care.

### What Can You Request from a PSW?

Residents and families can seek assistance from PSWs for:

- Personal Care: Support with bathing, dressing, grooming, and toileting.
- Mobility Assistance: Help with walking and transferring between locations.
- Meal Support: Aid with feeding and ensuring meals are accessible.
- Companionship: Engaging in conversation and participating in activities.
- Basic Health Monitoring: Observing changes in health and reporting to nursing staff.

### What Cannot Be Requested from a PSW?

While PSWs are dedicated to providing care, there are professional boundaries to their roles:

- **Medical Procedures:** PSWs cannot perform medical tasks, such as administering medications or handling complex health care needs.
- **Personal Services:** Requests for errands or cleaning personal items should be directed to family members or other staff.

### **Encouraging Open Communication**

We encourage all residents and families to communicate openly about their needs. If you have specific requests, please reach out to our nursing staff for guidance on what is appropriate.

At Hillel Lodge, we are committed to fostering a supportive and respectful environment for everyone. By working together, we can ensure that all residents feel valued, cared for, and understood. Your feedback and communication are essential to achieving this goal.

# CONNECTION

### **POINTS OF CONTACT**

With several recent changes and the addition of new positions to our Core Care Team, we want to clarify the main points of contact for caregivers.

#### Who to contact:

- 1- The first point of contact is always the **nurse** in your neighbourhood.
- 2- If the issue needs further attention, the next step is to contact the **Assistant Director of Care** (ADOC).

Macdala Etienne André is the ADOC if the resident lives on the third floor.

Urduja Vilia Cariño is the ADOC if the resident lives on the first or second floor.

- 3- If further escalation is required then reach out to the **Director of Care**, Cindy Garcia.
- 4- Should an issue require further escalation, our CEO Ted Cohen is available to assist.

Notice: Consistent with her scope of practice as a Nurse Practitioner, Melissa Ruigrok will now focus on providing complex resident care and will no longer serve as the primary contact for general care inquiries.

#### **Contact Information:**

Nurses: Located in the nurses' nooks in each neighborhood.

#### **Assistant Director of Care:**

First and Second Floors ADOC: Urduja Vilia Cariño

Office #267 | Ext. 371 | ucarino@hillel-ltc.com

**Third Floor ADOC:** Macdala Etienne André Office #370 | Ext. 372 | metienne@hillel-ltc.com

**Director of Care: Cindy Garcia** 

Office #118 | Ext. 120 | cgarcia@hillel-ltc.com

**CEO:** Ted Cohen

Office #116 | Ext. 118 | tcohen@hillel-ltc.com

### 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

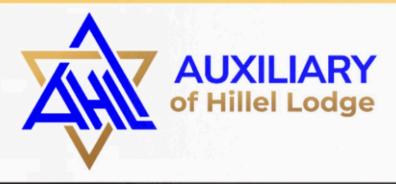
1-West Desk Phone - 160 Portable - 694

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



PRESENTS THE 3RD ANNUAL

# **GREAT GAMES EVENT**

In Loving Memory of Sheila Hartman



A fundraiser for the Residents of Hillel Lodge

NOVEMBER 2, 2025

12:30 PM - 4:30 PM

TICKETS

Refreshments & \$30 tax receipt

KEHILLAT BETH ISRAEL 1400 COLDREY AVENUE

\$60.00

### REGISTRATION

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

DIAMOND SPONSORS
TRACY HARTMAN

AND CINDY HARTMAN **GOLD SPONSOR: JENNA ROUNDELL** 



Wealth Management
Dominion Securities

**Roundell Wealth Management** 

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