

# LODGE LINE



### **WHEELS OF UNITY: A SUCCESSFUL 17<sup>TH</sup> BIKING FOR BUBBIES & ZAIDIES, SPONSORED BY MEDISYSTEM**

On Sunday, September 14<sup>th</sup>, the 17<sup>th</sup> Annual Biking for Bubbies & Zaidies event proved to be an incredible success, thanks to the passion, generosity, and unstoppable energy of our community!

**We not only reached our goal but surpassed it, raising over \$227,000 in support of our cherished residents.**

Your participation—whether you conquered the course or surpassed your fundraising targets—made a significant impact. Your commitment helps provide the programs and person-centred care that ensure our residents feel connected, supported, and loved every day.



### **TOPICS IN THIS ISSUE**

Biking for Bubbies & Zaidies Event  
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Announcements  
Holidays & Observances  
Save The Date  
Good Health  
Connection



The Biking for Bubbies & Zaidies event is more than just a biking challenge; it's a celebration of honoring those who came before us, fulfilling the commandment to "honor thy father and thy mother." It demonstrates to our Bubbies and Zaidies that their stories, smiles, and spirits matter deeply to us.

The ride was electric! From the starting line to the finish, the atmosphere was filled with warmth, laughter, and heart. Witnessing our community unite for such an important cause was truly inspiring.



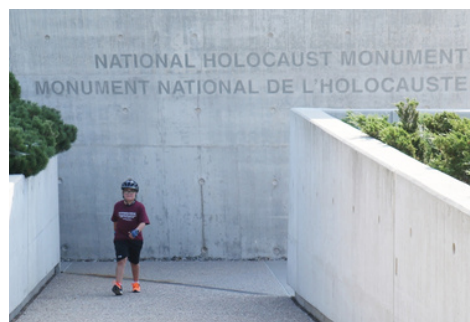
**We extend our heartfelt gratitude from all of us at Hillel Lodge and the Hillel Lodge Foundation to all of you that participated in making this 17<sup>th</sup> edition of Biking for Bubbies & Zaidies such a success. A special thank you to the sponsors whose support is critical to the success of the day.**

## Thank You, Bikers!

**Fundraising Efforts:** Each biker played a crucial role in raising funds for vital programs. This year, we aimed for \$200,000 and exceeded that goal, with bikers raising between \$500 and \$12,000 by reaching out to friends, family, and colleagues for sponsorship. Their online pages shared personal stories, highlighting why Hillel Lodge is so important and encouraging donations.

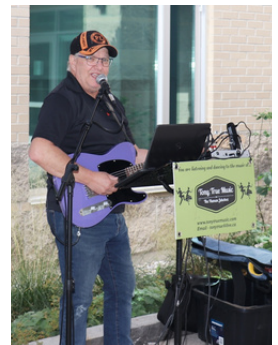
**Awareness:** By biking, bikers shine a light on long-term care in our community, fostering greater support and involvement.

**Community Spirit:** Your participation reflects a commitment to caring for our elders and strengthens community bonds, demonstrating that we value and respect our residents.



The Family Fun Zone was a highlight of the day! This special area for families of bikers and our residents featured games, crafts, and entertainment that added a joyful touch to the event.

To wrap up the day, we hosted a Thank You BBQ in the Dream Garden to express our appreciation to everyone involved in the fundraiser. It was a wonderful opportunity to relax, enjoy music, savor delicious food, and celebrate the hard work of all bikers, participants, volunteers, and supporters.



**A big thank you to our incredible community for making this year's Biking for Bubbies & Zaidies a fantastic success! Together, we are making a difference. See you next year!**

# NEW & HAPPENING

## “EXPLORING ART GROUP” GALLERY

Last August residents from the “Exploring Art Group” were invited to make **circular weavings inspired by the meditative practice of loving kindness**.

Residents chose colours and textures of yarns inspired by different components of a loving kindness meditation -starting with love and well-wishes for oneself in the middle, followed by loved ones, acquaintances, and finally, all beings.

Residents were invited to work in concentric circles in a more traditional form of weaving, or play with the process "yarn doodling" that doesn't follow a specific pattern.

The completed artworks from residents who consented to public display are showcased in the 3rd floor west living room.

The showcase bookcase currently houses the "Exploring Art Group" gallery, an uncurated space where residents can share their artwork.

Though not all work in the “Exploring Art Group” is created for public display, we offer this space to enliven the residence and demonstrate the creativity and capacity of group members.

We strive to change the offerings on a regular basis. Check back to discover new art!



# NEW & HAPPENING

## ELEVATING EXCELLENCE: WHAT'S COMING TO HILLEL LODGE

At Hillel Lodge, we are embarking on an exciting new journey to strengthen the care and support we provide to residents and families. As part of our broader Elevating Excellence vision, we are in the early stages of developing the **Hillel Lodge Academy** — a hub for staff learning, growth, and innovation.



Building on the strong foundation our staff already provide, the **Hillel Lodge Academy** will offer additional training and support to help ensure care remains safe, consistent, and of the highest quality. In its early stages, the **Academy** will focus on nursing and compliance, supporting our teams with enhanced resources to continue meeting and exceeding standards of care. Over time, it will grow to include every department, creating opportunities for teamwork, leadership development, and culture-building across the Lodge.

For our residents and families, this means smoother routines, more personalized care, and more time for meaningful interactions. For our staff, it brings new opportunities to grow their skills, feel valued, and work together in rewarding ways.

*"The Hillel Lodge Academy is about raising the bar for care and creating an environment where our staff feel supported to succeed," says Ted Cohen, CEO of Hillel Lodge. "We are investing in both our people and our culture, because when our staff thrive, our residents and families thrive too."*

The **Hillel Lodge Academy** is still in design, but it represents a significant step in our long-term commitment to care, culture, and community. We look forward to sharing more details as this work unfolds, with a progressive launch in the coming months.

# NEW & HAPPENING

## A SNAPSHOT OF OUR RECREATIONAL ACTIVITIES



**THANK YOU TO EVELYN GREENBERG AND MONICA STEIN, FOR THEIR OUTSTANDING DEDICATION OVER THE YEARS IN CELEBRATING THE MONTHLY BIRTHDAY PARTIES.**



**THE AUXILIARY GENEROUSLY GIFTS EACH MONTH A SPECIAL CERTIFICATE TO THE HAIR SALON TO ALL RESIDENTS CELEBRATING THEIR BIRTHDAY.**



**ONEG SHABBAT AND SHOFAR FACTORY WITH RABBI BLUM AND THE OJCS GRADE 1 AND SK CLASSES**



**KABBALAT WITH SUE**

# NEW & HAPPENING

## WORKING TOGETHER WITH PRIVATE-DUTY CAREGIVERS

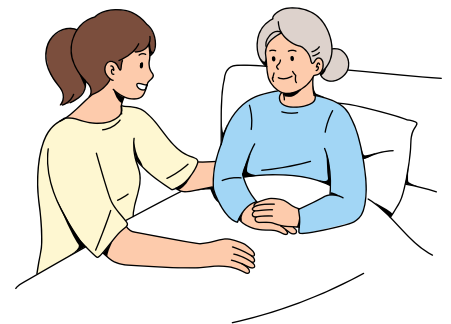
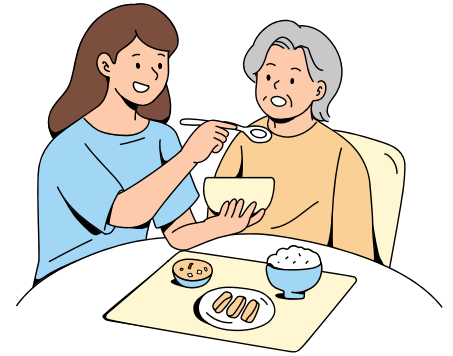
At Hillel Lodge, our mission is to provide safe, compassionate, and high-quality care for every resident. Families sometimes choose to supplement the care provided at the Lodge by hiring private-duty caregivers. These caregivers are employed directly by families, not by the Lodge, and are considered visitors in our Home.

We recognize that private-duty caregivers can play a meaningful role for families — whether it is keeping residents engaged, providing companionship, or offering additional support at the family's request. While these individuals are not under the Lodge's direction or control, our team appreciates understanding how families would like them to contribute, so that we can remain aware and ensure consistency in the resident's overall care experience.

At the same time, it is important to maintain clear professional boundaries. Our Standards of Conduct do not allow Lodge employees to also be privately employed by residents or their families, as this creates a conflict of interest. For example, an individual cannot be both a Hillel Lodge PSW, Dietary Aide, or Dining Assistant and a private-duty caregiver for a resident.

To address this, we are implementing a phased approach that provides time for residents, families, and staff to adjust. This will help preserve fairness, safeguard professional boundaries, and maintain the trust that is central to our care environment.

We value the relationships that families build with private-duty caregivers and respect the choices families make in arranging additional support for their loved ones.



# NEW & HAPPENING

## Upcoming InterRAI Quality of Life Survey for Our Residents and Families

**We will be conducting our InterRAI Quality of Life survey with residents and families in October. You might remember that we just completed a survey with residents and families in June, so you might be wondering why we are doing another one so soon.**

### Which Surveys Are Required by the Fixing Long-Term Care Act?

The Fixing Long-Term Care Act, 2021 (FLTCA) mandates that we conduct annual resident and family satisfaction surveys. The FLTCA requires that the Residents' and Family Councils contribute to the questions in both satisfaction surveys. This collaboration ensures that the questions are meaningful and clear, allowing everyone who participates to fully understand what is being asked. In June 2025, we carried out these surveys as mandated by FLTCA. The responses were largely positive, and we also gathered constructive feedback that highlights areas for potential improvement.

### Why do we also conduct the InterRAI Survey?

The InterRAI Quality of Life survey for residents and families is an internationally validated survey tool. Using the InterRAI tool allows us to benchmark the quality of person centred care at Hillel Lodge against other long-term care homes around the world. This comparison is essential for our quality improvement efforts, enabling us to set meaningful goals to enhance the care we provide.

### The InterRAI Survey covers six key areas:

1. Social Life
2. Food
3. Personal Control
4. Caring Staff
5. Staff Responsiveness
6. Miscellaneous



Scoring well in these domains indicates that we are successfully providing high quality person-centred care. Last year's survey provided critical insights into where we excel and areas for improvement. As we continue to enhance our Quality Improvement program, the InterRAI survey remains an essential tool for setting goals and measuring our progress.

### Looking Ahead

Since the InterRAI Quality of Life survey introduction three years ago, we are now able to customize the survey by adding additional questions. As the current questions are internationally validated, they cannot be removed, but customizing the tool will provide the Residents' Council and Family Council the opportunity to engage in adding meaningful questions to the tool. Moving forward in 2026, the InterRAI Quality of Life survey will be Hillel Lodge's survey to gather meaningful feedback on our performance. The InterRAI Quality of Life survey will be conducted in September/October (with adjustments for Jewish holidays). This schedule will allow us to annually compare the insights from the resident and family surveys—crafted with your input—to assess the effectiveness of our improvement actions.

Thank you for your ongoing participation and support as we work together to create an exceptional living experience for everyone at Hillel Lodge!

# Transform Lives This Season: The Power of Gifting Stocks

At this time of year, which is traditionally filled with reflection and gratitude, we invite you to join us in making a meaningful impact in the lives of our residents at Hillel Lodge Long-Term Care Foundation. Rooted in Jewish values of compassion and community, our mission is to enhance the quality of life for those we serve, and your support is vital to that mission.

## **Gifting Stocks is easy and can save on the taxes you need to pay!**

One powerful way to contribute is by gifting stocks. This method of giving is financially savvy and generous. In Canada, when you donate publicly traded securities to a registered charity, like the Hillel Lodge Foundation, you can avoid paying capital gains tax on any appreciation in the stock's value. This means that if you have held a stock that has grown over the years, you can donate it without incurring tax liabilities AND you will receive a charitable tax receipt for the full market value of the securities at the time of donation. This allows you to maximize your contribution, making it possible to give more while benefiting from a tax deduction.

All you need to do is complete this form <https://hillel-ltc.com/uploads/64525e1e1afd5.pdf> and share it with your broker and the Foundation at [foundation@hillel-ltc.com](mailto:foundation@hillel-ltc.com).

## **Lending a Hand: Your Contribution Matters**

At Hillel Lodge, we believe that everyone deserves dignity, respect, and joy, regardless of their socioeconomic background. Every dollar you donate—whether through stocks, cash, or other means—directly supports programs that enhance our residents' quality of life.

With your generosity, we have been able to implement initiatives that support not only physical health but also emotional well-being. From art therapy sessions to music programs that uplift spirits, every contribution helps us create a vibrant community where residents can thrive.



Your gift, no matter the size, counts and makes a difference. Whether it's a donation of stocks, a financial gift, or even volunteering your time, each act of kindness enriches our community.

As you contemplate your year-end giving, consider the impact of gifting stocks. Not only does this decision benefit your financial situation, but it also helps us continue our mission of providing exceptional care and support to all residents, regardless of their backgrounds.

In this season of giving, let us come together as a community to support one another. Your generosity lights the way for our residents, ensuring that Hillel Lodge remains a place of compassion, care, and connection.

Thank you for considering Hillel Lodge Long-Term Care Foundation in your charitable giving plans. Together, we can create a brighter future for our residents and embody the values that unite us all. Your support is not just a gift; it is a blessing that transforms lives.

# ANNOUNCEMENTS



## OCTOBER DAILY SPECIALS

<b>Mondays</b>	<b>Lasagna &amp; Salad \$ 10</b>
<b>Tuesdays</b>	<b>Cheese Blintzes &amp; Fruit Salad &amp; Sour Cream \$ 9</b>
<b>Wednesdays</b>	<b>Pizza \$ 9</b>
<b>Thursdays</b>	<b>Fish &amp; Chips \$ 10</b>
<b>Fridays</b>	<b>Nachos \$ 9</b>

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

## HIGH HOLIDAYS MEALS

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

**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.



**CLOSED**

**Our Administrative  
Office will be closed:**

**Yom Kippur (Day of  
Atonement):**  
Thursday, October 2<sup>nd</sup>

**Thanksgiving:**  
Monday, October 13<sup>th</sup>



Just a friendly reminder in light of the  
Canada Post strike that e-cards are a  
great alternative for tribute gifts!

Don't let delays hinder your  
celebrations!

Scan QR code  
or click the link below to make  
a tribute gift by e-card:  
[https://hillel-  
ltc.com/foundation/ways-  
to-give/e-cards](https://hillel-ltc.com/foundation/ways-to-give/e-cards)



## FAMILY COUNCIL

The Family Council is always  
looking for new members to  
contribute to improving life at  
the Lodge for all residents.

If you are interested in joining the  
Council please contact the  
Coordinator, Mike Cohen, at  
[macinmontreal@gmail.com](mailto:macinmontreal@gmail.com)



# *the Café*

**Join us for lunch and savor our  
diverse dairy kosher menu!**

Choose from an enticing array of sandwiches and wraps, grilled specialties, hearty soups, and vibrant salads. Sweeten your visit with our delightful selection of ice cream, snacks, fresh muffins, Danish pastries, and bagels.

Try our daily specials, such as Lasagna, Cheese Blintzes, Quiche, Pizza, Fish & Chips, and Nachos.

All priced under \$10!

OPENING HOURS: MONDAYS - THURSDAYS 10AM TO 4PM  
FRIDAYS 10AM TO 3.30PM - NOT OPEN ON WEEKENDS



THE BESS AND MOE GREENBERG FAMILY

**Hillel Lodge**

LONG-TERM CARE HOME OF OTTAWA

# Holidays & Observances

## October 2025

### Jewish High Holidays

The Jewish Year begins with a significant period known as the High Holidays. During this time, individuals reflect on their actions from the past year, seek forgiveness for their misdeeds, and make commitments to improve in the year to come.

The High Holidays kicked off with Rosh Hashanah, the Jewish New Year, which began at sundown on September 22<sup>nd</sup> and continued until nightfall on September 24<sup>th</sup>. The period continues to 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.

#### Yom Kippur

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.

#### Sukkot

Begins October 6, 2025 at sundown;  
Ends at nightfall on October 13, 2025

Sukkot is named after the booths or huts (sukkot in Hebrew) in which the Israelites dwelt during their 40 years of wandering in the desert after they were redeemed from the slavery in Egypt. It acknowledges that our lives are under God's protection. Today, it is customary to eat meals in a sukkot and to spend as much time as one can in the sukkot.

#### Shemini Atzeret

Begins October 13, 2025 at sundown;  
Ends at nightfall on October 14, 2025

&

#### Simchat Torah

Begins October 14, 2025 at sundown;  
Ends at nightfall on October 15, 2025

These two days end the holiday period. On Simchat Torah, we celebrate the completion of the annual cycle of Torah reading and start the cycle anew.



**Happy**  
**THANKSGIVING**  
Monday, October 13<sup>th</sup>

An annual Canadian holiday and harvest festival, held on the second Monday in October, which celebrates the harvest and other blessings of the past year.



## CALENDAR OF ACTIVITIES

**Thursday, October 9<sup>th</sup>**

10:30 Musical Wellness Drum Circle

**Thursday, October 16<sup>th</sup>**

2:30 Musical Entertainment with  
Gustave & Joanne

**Monday, October 20<sup>th</sup>**

2:30 An Hour with Guest Speaker  
Professor Gerry Cammy

**Tuesday, October 21<sup>st</sup>**

11:00 Resident Council  
  
2:30 Keep on Singing with  
Al, Debbie & Howard

**Thursday, October 23<sup>rd</sup>**

2:30 Happy Hour with Rick Crepin

**Monday, October 27<sup>th</sup>**

2:30 Music with Arlene Quinn

**Tuesday, October 28<sup>th</sup>**

10:30 The Usuals Jazz Band

**Thursday, October 30<sup>th</sup>**

2:30 Birthday Party with  
Evelyn Greenberg & Dr. Fraser Reubens



## October Birthday Party

**Thursday, October 30<sup>th</sup>**  
**at 2:30 pm**  
with Evelyn Greenberg &  
Dr. Fraser Reubens

Happy  
HOUR

**THURSDAY, OCTOBER 23<sup>RD</sup>**  
**AT 2:30 PM**



**EXPLORING ART GROUP**  
WITH MINDY & ANDREA

WEDNESDAY, OCT 1  
MONDAY, OCT 6  
THURSDAY, OCT 16  
WEDNESDAY, OCT 22  
WEDNESDAY, OCT 29

9:45 AM & 11:00 AM  
3RD FLOOR LOUNGE

## Oneg Shabbat - Fridays 10:30 AM

**Oct. 3<sup>rd</sup> - with Rabbi Lesser (on YouTube)**

**Oct. 10<sup>th</sup> - with Joel Yan and Friends**

**Oct. 17<sup>th</sup> - with Minda, Marsha and Karen**

**Oct. 24<sup>th</sup> - with The Ganon Preschool**

**Oct 31<sup>st</sup> - with Westboro Jewish  
Montessori Preschool**

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



SAVE THE DATE



## Colder Season Advisory: Health Precautions and Vaccination Clinics

With the onset of cooler weather, it's essential to be vigilant as respiratory illnesses can become more prevalent.

### Seasonal Vaccination Clinic

We are pleased to announce that our seasonal vaccination clinic will soon be available for residents and team members. This clinic will offer vaccinations for:

- Respiratory Syncytial Virus (RSV)
- COVID-19 Boosters
- Influenza

Further details regarding the dates and times will be shared shortly. We encourage all residents to take advantage of these clinics to help protect their health and well-being.

### Importance of Hand Hygiene

One of the most effective ways to prevent the spread of germs is through proper hand hygiene. Here are some best practices to follow:

- **Wash Your Hands Regularly:** Use soap and water to wash your hands for at least 20 seconds, especially after using the restroom, before meals, and after coughing or sneezing.
- **Use Hand Sanitizer:** Public health guidelines recommend using an alcohol-based hand sanitizer with at least 70% alcohol when hands are not visibly soiled. Ensure you apply enough product to cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid Touching Your Face:** Try to avoid touching your eyes, nose, and mouth with unwashed hands, as this can introduce germs into your body.
- **Cough and Sneeze Responsibly:** Always cover your mouth and nose with a tissue or your elbow when you cough or sneeze. Dispose of tissues immediately and wash your hands afterward.

By following these guidelines, we can ensure the health and safety of our community throughout the colder months.

We kindly remind families and friends who are feeling unwell to avoid visiting their loved ones.

Thank you for your cooperation and commitment to our shared well-being.

# 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



**AUXILIARY**  
of Hillel Lodge

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 &

**KEHILLAT BETH ISRAEL 1400 COLDREY AVENUE**

**\$60.00**

**\$30 tax receipt**

## REGISTRATION

[www.zeffy.com/ticketing/great-games-event--2025](http://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](mailto:Gamesday.hillellodgeaux@gmail.com) for inquiries