

# LODGE LINE



## SUKKAH NESTLED IN OUR DREAM GARDEN

This past October, we were excited to commemorate a meaningful occasion in our Dream Garden: the creation of our Sukkah! This beautiful tradition marked the Jewish holiday of Sukkot, a time for reflection on harvest and gratitude.

### What is Sukkot?

Sukkot is a weeklong festival that commemorates the 40 years the Israelites spent wandering in the wilderness after their exodus from Egypt. During this time, they lived in temporary shelters. The structure known as a Sukkah serves as a reminder of the huts the Israelites used for protection throughout their journey.



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# SUKKAH NESTLED IN OUR DREAM GARDEN

The Sukkot holiday emphasizes themes of gratitude, hospitality, and community. Families and friends gather to share meals in the Sukkah, reflecting on the blessings of nature and the importance of connection. Spending time in a Sukkah allows individuals to engage with the natural world while fostering spiritual reflection and personal growth.

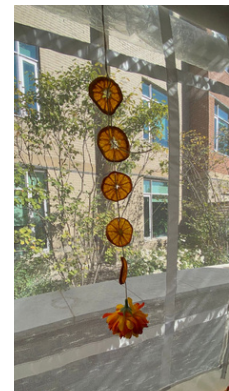


## What is a Sukkah and Why Put It Up

A Sukkah is a temporary dwelling constructed for the Jewish holiday of Sukkot, commemorating the Israelites' journey through the wilderness after their exodus from Egypt. Traditionally made of natural materials, the Sukkah serves as a reminder of the fragility of life and the importance of hospitality. During the festival, families gather in the sukkah to eat, celebrate, and reflect on their blessings, fostering a sense of community and connection to their heritage.

## Elements to Decorate a Sukkah

When decorating a Sukkah, traditional and nature-based decor enhances the festive spirit. Fruits and vegetables, such as garlands of dried fruit like grapes and pomegranates, symbolize abundance. Greenery, including leaf and vine garlands, adds a natural touch, while branches and dried wheat reflect the harvest theme. Additionally, paper garlands contribute a whimsical element that can be crafted by children, making decoration a fun family activity. Together, these elements create a warm, inviting atmosphere for gathering during the holiday.



# SUKKAH NESTLED IN OUR DREAM GARDEN

## Together We Create

We extend special appreciation to **Celia**, our Horticulture Specialist, and **Shelly**, our wonderful volunteer, for their hard work and creativity in the decorating process. A warm shout-out to the **Grade 8 students from The Ottawa Jewish Community School (OJCS)** for preparing the vibrant paper chain links garlands!



A heartfelt thank you goes to all our **residents** who contributed to decorating the Sukkah by attaching fruits to leaves and crafting beautiful window decorations from dried oranges. A huge thank you to our dedicated **Environmental Service Team** for their efforts in setting up the Sukkah. Your teamwork and enthusiasm made this celebration truly special!

We are also very grateful to the **Sam and Dora Litwack family** for their generous contribution, which made the construction of our Sukkah possible. Your support helped us create a meaningful experiences for everyone at Hillel Lodge.

## Our Sukkot Celebration

On October 10th, we had the pleasure of joining **Rabbi Teitlebaum** for a heartwarming celebration in our Sukkah. Residents gathered to enjoy a festive atmosphere filled with laughter and joy.



As we reflect on our Sukkot celebration, we cherish the time spent together in our Dream Garden, grateful for the sense of community and joy that filled the air.

# NEW & HAPPENING

## SNAPSHOT OF OUR OCTOBER RECREATIONAL ACTIVITIES



THE RESIDENT OUTING TO CHAMPLAIN LOOKOUT ON OCTOBER 22<sup>ND</sup> WAS A CAPTIVATING EXPERIENCE, WITH THE STUNNING FALL FOLIAGE ENCHANTING EVERYONE.



ONEG SHABBAT WITH JOEL YAN AND FRIENDS ON OCTOBER 10<sup>TH</sup>

ONEG SHABBAT WITH THE GANON PRESCHOOL AND JOEL YAN ON OCTOBER 24<sup>TH</sup>



PROGRAMS DEPARTMENT TEAM MEMBERS WORE VIBRANT ATTIRE FOR THE DIWALI FESTIVAL ON OCTOBER 20<sup>TH</sup> AND 21<sup>ST</sup>.

# NEW & HAPPENING

## HILLEL LODGE JOINS BLOOMING MOMENTS - HEALTHCARE PLANTER PROGRAM

Hillel Lodge is thrilled to announce our participation in the **Blooming Moments - Healthcare Planter Program**, an initiative aimed at enriching the lives of residents through the joys of indoor gardening. This program is part of a larger effort by the **Forget For A Moment Foundation** and will be implemented across 14 long-term care and health facilities in Ottawa until December 2025.

Thanks to the generous support of the **Ottawa Community Foundation**, the Blooming Moments Program builds on the success of the **JASMA Healthcare Planter Project**, from which Hillel Lodge is honored to have received one of the thirty mobile, height-adjustable indoor planters distributed to healthcare settings across the region last year.

**FORGET FOR A MOMENT FOUNDATION**

# BLOOMING MOMENTS

Thanks to the Ottawa Community Foundation's 2025 Community Initiative Grant, we are able to launch our Active Living Healthcare Planter Program.

- Five weeks of hour-long sessions to residents at healthcare facilities
- Guided by gardeners and horticultural therapists
- Provides gentle physical and cognitive activity
- Fully accessible for those with limited mobility or autonomy

**2025 Community Initiative Grant**

**OTTAWA COMMUNITY FOUNDATION**

- The Blooming Moments program offers a five-week indoor gardening experience that enables residents to reconnect with nature and stimulate their senses.
- At Hillel Lodge, the sessions will be facilitated by our dedicated horticulturalist, Celia Glanville. Through touch, conversation, and shared memories, residents will rediscover the simple joys of plants and gardening.

"The Blooming Moments Program serves as an invitation for residents to gather around an indoor mobile garden, creating a space where memories can be shared and curiosity can flourish. By selecting plants that resonate emotionally or cognitively with individuals, we aim to spark connections that extend beyond the garden, helping participants reignite their ties to nature and foster community through warm interactions and shared learning." — Celia Glanville, Horticulturist



THE BESS AND MOE GREENBERG FAMILY

Hillel Lodge  
LONG-TERM CARE HOME OF OTTAWA

# InterRAI Quality of Life Survey

## Why do we conduct the InterRAI Survey?

The InterRAI Quality of Life Survey benchmarks the quality of person-centred care at Hillel Lodge against other long-term care homes around the world enabling us to guide our quality improvement efforts and set meaningful goals to enhance the care we provide.

## What is InterRAI Survey?

Covers six areas:

- Social Life Food
- Personal Control
- Caring Staff Staff
- Responsiveness
- Miscellaneous



## How to participate in the Survey?

### In person option:

A group of **students from the Social Service Work program at Algonquin College**, currently enrolled in a Community Development course will be in the lobby of Hillel Lodge to assist friends and family members with the Family Survey. You will also see them in the home, engaging with residents to complete the Resident Survey.

**ALGONQUIN**  
COLLEGE

### Online Option:

If preferred, can opt to fill in an online version of the survey at [this link](#) or by scanning QR code:



## When will we conduct the Survey?

Survey will take place from November 3<sup>rd</sup> to 28<sup>th</sup> 2025.

# Leaving a Legacy: A Universal Perspective on Giving to Hillel Lodge LTC Foundation

by Leslie Sher, Executive Director



When we think about our legacies, we often focus on the tangible assets we'll leave behind—our homes, savings, and cherished belongings. However, one of the most profound ways to express our values is through our wills. By including the Hillel Lodge LTC Foundation in your estate plans, you can make a significant impact on the lives of our residents while conveying what truly matters to you.



## A Testament to Our Values

Choosing to leave a portion of your estate to Hillel Lodge is not just a financial decision; it reflects your commitment to community, compassion, and care. It signifies your belief in the importance of providing a nurturing environment for those who need it most. Your gift can help ensure that we continue to offer high-quality long-term care, enriching programs, and essential services that uphold the dignity and well-being of all our residents, regardless of their backgrounds.

## The Power of Collective Giving

Even a modest percentage of your estate can create a significant impact. When combined with contributions from others who share your values, your gift can help build a lasting legacy that supports our mission for generations to come. This spirit of giving embodies a universal principle of generosity that encourages us to uplift one another and strengthen our community.

## Creating a Future of Care

Your planned gift can help fund essential programs, upgrade facilities, and enhance the quality of life for residents at Hillel Lodge. By doing so, you become an integral part of our story, ensuring that future generations receive the care and support they deserve. Your legacy can help save and enrich many lives, creating a nurturing environment for all.

## Taking the Next Step

Additionally, to support anyone making a gift to the Ottawa Jewish Community Foundation of either \$10,000 (or more) or 1% in a will, or as part of their estate plan, the Foundation's Legacy Challenge Fund will pay for the professional/legal services to help create this bequest or codicil up to a maximum of \$1,000. You can direct this gift to be put into the Hillel Lodge LTC Foundation Life and Legacy Endowment. This initiative is designed to make it easier for you to establish a legacy that reflects your values and supports our community.



The act of leaving a portion of your estate to the Hillel Lodge LTC Foundation is not just a gift; it's a message of hope and solidarity. It demonstrates your care for the well-being of others and your belief in the power of community. As you reflect on your legacy, consider the profound impact your generosity can have on the lives of those we serve.

Thank you for your continued support and for believing in the mission of Hillel Lodge. Together, we are building a brighter, more inclusive future for our residents and our community. May your legacy inspire others to join in this important work of caring for one another.

IF YOU'RE CONSIDERING INCLUDING HILLEL LODGE IN YOUR WILL, WE ENCOURAGE YOU TO REACH OUT FOR GUIDANCE. NICKY AND LESLIE ARE HERE TO ASSIST YOU IN MAKING DECISIONS THAT ALIGN WITH YOUR VALUES AND GOALS. YOU CAN CONTACT THEM AT [LSHER@HILLEL-LTC.COM](mailto:LSHER@HILLEL-LTC.COM) OR [FOUNDATION@HILLEL-LTC.COM](mailto:FOUNDATION@HILLEL-LTC.COM).

## Use Form T1213 to offset tax on RRSP or RRIF withdrawals for your charitable gift to the Hillel Lodge LTC Foundation

by Leslie Sher, Executive Director

**Giving to charity is a powerful way to create impact, but in retirement, it needs to be done strategically.**

**There are several ways to support causes you care about while maximizing your tax efficiency. Using a T1213 form can be a way to avoid paying taxes and make a charitable gift.**

Here is an example of how Shlomo is using the T1213 to save thousands in taxes!

Shlomo didn't like paying taxes on his RRSP withdrawals. Each year, he withdrew \$30,000 and donated it to charity to reduce the tax bill.

But there was a problem. His financial institution withheld 30 percent in taxes upfront, leaving him with only \$21,000 to donate. Shlomo didn't like this.



He was being taxed on \$30,000 of income but could only claim a \$21,000 donation. That mismatch led to more tax than necessary. He was grumpy!

Shlomo could have used CRA Form T1213 to request no tax withholding. Once approved, his institution would have released the full \$30,000 without withholding tax. He'd still have to report the \$30,000 as income, but he'd also have a matching \$30,000 donation credit to offset the tax—the result: potentially no tax owing.

**This could be a great way to give more and pay less in taxes. Speak with your financial advisor or accountant to learn more. This strategy takes time to set up, so it shouldn't be left until the end of the year.**

**Here are some additional resources:**

**Find out more about withholding tax:**



**Find out more about RRIF payments and withdrawals:**



# ANNOUNCEMENTS

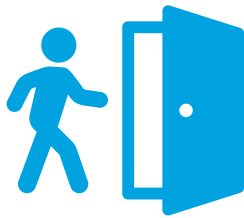
## NOVEMBER DAILY SPECIALS

*the Café*

|                   |                                                              |
|-------------------|--------------------------------------------------------------|
| <b>Mondays</b>    | <b>Eggplant Parmesan &amp; Salad \$10.00</b>                 |
| <b>Tuesdays</b>   | <b>Vegetable Enchilada with Salsa &amp; Guacamole \$9.00</b> |
| <b>Wednesdays</b> | <b>Vegetable Quiche &amp; Salad \$ 9.50</b>                  |
| <b>Thursdays</b>  | <b>Fish Tacos \$10.00</b>                                    |
| <b>Fridays</b>    | <b>Nachos with salsa \$9.00</b>                              |

### FRIENDLY REMINDER

Visitors need to be mindful when entering or leaving the facility to ensure that residents do not exit inadvertently.



### FRIENDLY REMINDER

Please be tolerant and respectful to our staff members, as they are entitled to a safe and supportive workplace.



In light of the Canada Post strike, e-cards are a wonderful alternative for tribute gifts! Don't let delays hinder your celebrations!

Scan QR code  
or click link below to make a tribute gift by e-card:  
<https://hillel-ltc.com/foundation/ways-to-give/e-cards>



### MESSAGE FROM THE FAMILY COUNCIL

A heartfelt thank you from the Family Council on behalf of all Hillel Family members to:

- Hillel staff and management for their hard work, compassion and diligence in caring for Hillel's residents.
- Jess and the whole recreation team for organizing activities and engaging the residents with kindness as well as portering them to events.
- Tony for his enthusiastic care of Hillel's bright and interesting fish tanks.
- Stephanie and the dietary team for devotedly operating the café for residents and visitors.
- All the Oneg Shabbat volunteer groups who provide programs that are warmly received by residents.
- Celia and the volunteers for a terrific, stimulating gardening program.

A sincere welcome to new staff and management who are joining the team at Hillel Lodge. Farewell and best wishes to the staff who have served Hillel residents and are exploring new avenues.

**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)

# Holidays & Observances

## November 2025

### Remembrance Day Tuesday, November 11<sup>th</sup>



Remembrance Day, originally called Armistice Day, commemorates the November 11<sup>th</sup>, 1918, armistice at 11 a.m. (hence "the eleventh hour of the eleventh day of the eleventh month"), which suspended active hostilities and effectively ended the First World War.

### Honouring Our Heroes - Tribute Display Case

We invite you to explore our Tribute Display Case, located near the elevators on the first floor. Starting November 3rd, the display will showcase archival photos of veterans, artifacts, and more. Taking a moment to engage with this exhibit is a meaningful way to honour their contributions and sacrifices.



### Paying Tribute to Veterans Affiliated with Hillel Lodge

Among the highlights of our Tribute Display Case will be a photograph honouring **Israel Feldman**, father of our long-time volunteer Evelyn Greenberg and Jaqueline Holzman, former mayor of Ottawa. Mr. Feldman served as a **Squadron Leader in the RCAF during World War II**. Originally from Russia, he spent a significant part of his life in Ottawa, where he worked as an actuary with Metropolitan Life.

Also honoured in our Tribute Display Case will be **Alfred Lerner**, husband of Hillel Lodge resident Marlyn Lerner. Mr. Lerner served with the **U.S. Army in the Pacific during WWII and the Korean War**, and he was a proud member of the Korean Veterans Association of Canada. The display will include Mr. Lerner's photos and a tribute letter from the President of the Republic of Korea.



## CALENDAR OF ACTIVITIES

### Thursday, November 6<sup>th</sup>

10:30 Reading Buddies Program  
with The OJCS Grade 1 class

2:30 Music with Noel

### Monday, November 10<sup>th</sup>

10:30 Keep on Singing with Alison,  
Al, Howard and Debbie

### Tuesday, November 11<sup>th</sup>

10:15 Remembrance Day Ceremony

### Thursday, November 13<sup>th</sup>

3:00 Happy Hour with Nate Hardy

### Monday, November 17<sup>th</sup>

2:30 An Hour with Guest Speaker  
Professor Gerry Cammy

### Tuesday, November 18<sup>th</sup>

10:30 Keep on Singing with Alison,  
Al, Howard and Debbie

### Wednesday, November 19<sup>th</sup>

11:00 Memorial Service

### Thursday, November 20<sup>th</sup>

10:30 Music with Luke Harris

2:30 Birthday Party with Evelyn Greenberg

### Thursday, November 27<sup>th</sup>

11:00 Resident Council

### Sunday, November 30<sup>th</sup>

3:00 Music with Mike Steinberg



## November Birthday Party

Thursday, November 20<sup>th</sup>  
at 2:30 pm  
with Evelyn Greenberg



## Daylight Savings

Clocks fall back  
one hour on  
November 2<sup>nd</sup> !



## Oneg Shabbat - Fridays 10:30 AM

Nov. 7<sup>th</sup> - with Or Bielak

Nov. 14<sup>th</sup> - with The OJCS Grade 7 Class

Nov. 21<sup>st</sup> - with The Ganon Preschool & Joel Yan

Nov. 28<sup>th</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



## Important Update for Residents and Families: Enhancing Nursing Leadership at Hillel Lodge

We want to keep you informed about recent changes in our nursing leadership at Hillel Lodge that aim to enhance the quality of care for our residents.

Macdala Etienne Andre, the Assistant Director of Care for the third floor, has officially departed from Hillel Lodge as of October 31st. We thank her for her contributions and wish her the best in her future endeavors.

In light of this change, we are excited to introduce a new Nursing Leadership Model designed to strengthen our leadership, accountability, and collaboration throughout the Home.

This **model includes two Assistant Directors of Care (ADOCs)**, both Registered Nurses, who will oversee different aspects of care and operations. Urduja Vilia Cariño will assume the role of **ADOC - Operations**, responsible for daily operations, staffing, attendance, scheduling, and compliance with policies. Additionally, we are in the process of hiring an **ADOC - Clinical Practice and Education**, who will focus on clinical excellence, mentoring, and continuous quality improvement.

### How Will This Affect Resident Care in the Short Term?

Residents and families can expect a seamless continuity of care, as the nurse on each neighborhood will remain the first point of contact for any concerns. For issues requiring further assistance, residents and their families on all floors, including the third, can now reach out directly to the Assistant Director of Care - Operations, Urduja Vilia Cariño, at Office #267, Ext. #371, or via email at [ucarino@hillel-ltc.com](mailto:ucarino@hillel-ltc.com). The nursing team is dedicated to maintaining high-quality care during this transition.

These enhancements are designed to provide clearer roles and responsibilities among our nursing leadership team, improve coordination, and ensure strong clinical oversight on every shift. We appreciate your understanding and continued support as we work to provide the best possible environment for our residents. Your feedback is invaluable as we continue on this journey of continuous improvement and excellence in care delivery.

# CONNECTION

## POINTS OF CONTACT

1- Your primary point of contact is always the **nurse in each neighborhood**. You can find them in the Nurses' Nook within each area, or reach them at 613-728-3900 using the following extension numbers:

### From 7am to 11pm:

- 1 West Nurse:** Desk Phone #160 / Portable #694
- 2 East Nurse:** Desk Phone # 228 / Portable # 683
- 2 West Nurse:** Desk Phone # 260 / Portable # 676
- 3 East Nurse:** Desk Phone # 328 / Portable # 679
- 3 West Nurse:** Desk Phone # 360 / Portable # 677

### From 11pm to 7am:

Charge Nurse: Portable # 688

2- If the issue needs further attention, the next step is to contact the **Assistant Director of Care:**

Urduja Vilia Cariño

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

3- If further escalation is required then reach out to our **Director of Care:**

Cindy Garcia

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

4- Should an issue require further escalation, contact our **CEO:**

Ted Cohen

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

## CAREGIVER TIPS

### The Importance of Self-Care

Caregivers play a crucial role in supporting their loved ones, often dedicating countless hours to provide physical, emotional, and practical assistance. However, in the midst of their caregiving responsibilities, it's essential for caregivers to prioritize their own well-being. Taking time for self-care is vital to prevent burnout and ensure they can continue to offer the best care possible. Engaging in regular self-care activities not only benefits caregivers but also enhances the quality of care they provide.

Fortunately, resources like **The Ontario Caregiver Organization's Toolkit** offer practical tools and strategies designed to help caregivers in long-term care manage their responsibilities while maintaining their health. This toolkit provides tips on stress management and accessing community support, enabling caregivers to find a healthier balance in their lives and improve their overall well-being.

To download Toolkit  
for Caregivers in  
Long-Term Care,  
scan QR code or  
click on link below:

[caregiver pdf](#)





**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