

LODGE LINE

THE BESS AND MOE GREENBERG FAMILY



Hillel Lodge

LONG-TERM CARE HOME OF OTTAWA

Green Thumb Marketplace Festive Plant Sale

On December 12th, a range of individual plants grown at Hillel Lodge, along with resident-curated mini gardens, were featured in a successful fundraiser sale at the Café.



Celia, our Horticulturalist, provided care guidelines to ensure all plants receive proper watering and sunlight.



TOPICS IN THIS ISSUE

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GREEN THUMB MARKETPLACE FESTIVE PLANT SALE



A Blooming Success

The Green Thumb Festive Plant Sale on December 12th, featuring plants grown at Hillel Lodge and resident-curated mini gardens, was a tremendous success.

The event raised over \$500, which was used to purchase an additional grow light, helping Hillel residents continue nurturing their green thumbs.

The Green Thumb Club is excited about adding this second grow light to our indoor garden space. This will allow the Club to start more seeds, propagate additional cuttings, and expand the variety of plants we can grow and share.



Grow light bought with raised funds.



Thank you to everyone who supported the Festive Plant Sale!

NEW & HAPPENING

ANNUAL CHANUKAH PARTY

Hillel Lodge celebrated its annual Chanukah party on Dec. 14th, the day of the first candle. Members of the Auxiliary helped with decorations and visited with residents to mark the miracle of having enough oil to light the temple for 8-days, instead of one.

The celebration featured delightful music performed by a talented group: Joel, Ruth, Eric, Al, Sol, Toby, Steve, and Marsha, whose performances added to the festive atmosphere.



Residents came together to celebrate the first day of the eight-day Festival of Lights. The traditional lighting of the menorah filled the room with warmth and reverence, uniting everyone in a joyful spirit of celebration.

As the music filled the air, residents enjoyed a gathering brimming with love, joy, singing, and laughter. The spirit of community shone brightly, creating cherished memories and strengthening bonds among the attendees. It was a heartwarming event that truly embodied the essence of Chanukah and brought joy to all who call Hillel Lodge home.



NEW & HAPPENING

A GLIMPSE OF SOME DECEMBER RECREATIONAL ACTIVITIES



KOL MIRIAM WOMEN TO WOMEN CHOIR PERFORMANCE: LIGHTS OF CHANUKAH



RUSSIAN AND YIDDISH MUSIC PERFORMANCE WITH ISAAC MUZIKANSKY AND TOM BIRKAN

NEW & HAPPENING

A GLIMPSE OF SOME DECEMBER RECREATIONAL ACTIVITIES



GREEN THUMB CLUB CREATING WINTER GREEN DECORATIONS



ENJOYING AN AFTERNOON OF CARD BINGO



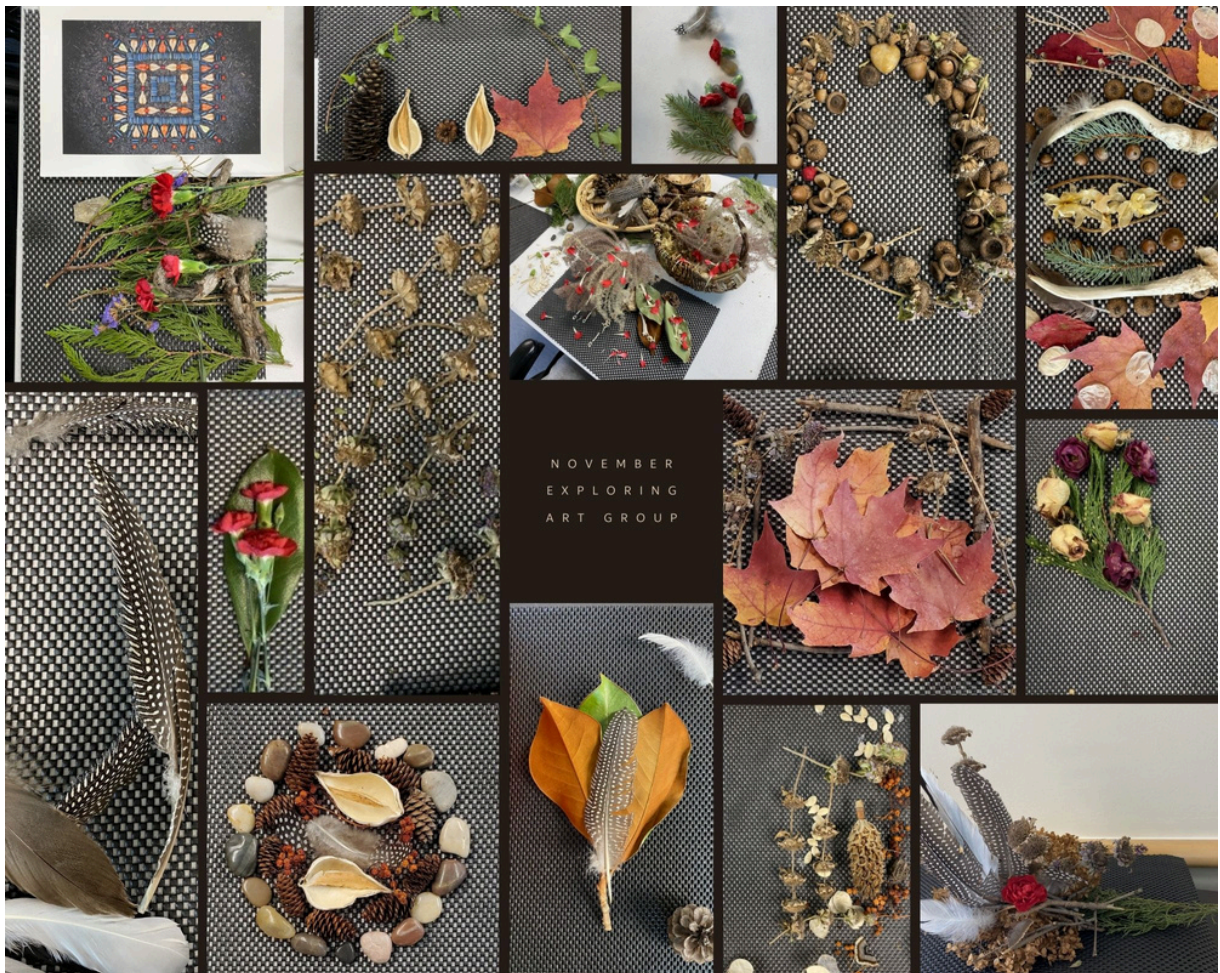
PEELING CARROTS AT THE COMFORT COOKING CLUB

NEW & HAPPENING

EXPLORING ART GROUP

In November the Exploring Art Group created temporary artworks using natural materials, inspired by the artist Day Schildkret's body of work called "Morning Altars". Art therapy practicum student Sarah Marcos led the month-long activity, aiming to offer the residents the therapeutic benefits of connecting to their senses and memories with nature.

The project involved the residents choosing, interacting with and creating arrangements with a changing selection of natural materials each week. The residents also practiced non-attachment, as the artworks were created and disassembled the same day, after being shared for all in the group to see. The art therapists took pictures of the resident creations, and those that consented had their pictures developed for display in the resident gallery.



YOU ARE INVITED TO SEE THE PHOTOS OF RESIDENTS' CREATIONS SHOWCASED IN THE 3RD FLOOR WEST LIVING ROOM, BEGINNING JANUARY 14TH. THIS BOOKCASE IS THE CURRENT HOME OF THE "EXPLORING ART GROUP" GALLERY, AN UNCURATED SPACE FOR RESIDENTS TO SHARE ART. 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.



Winter Wellness: Preventing Flu & Respiratory Illness

As winter sets in, the risk of flu and respiratory illnesses increases significantly.

To help protect our residents and minimize the risk of influenza entering Hillel Lodge, we have implemented universal masking for all staff and visitors.

These measures align with steps being taken by other long-term care facilities in our area and reflect our dedication to prioritizing the well-being of everyone in our care.



We also encourage frequent hand hygiene, covering coughs and sneezes, and staying home if feeling unwell.

Vaccination remains one of the most effective ways to prevent serious illness.

Early reporting of new symptoms allows our nursing team to respond promptly and keep our community safe.

Together, we can create a healthier winter season for everyone!

Key Prevention Tips:

- **Medical Mask:** Wearing a medical mask helps reduce transmission of respiratory droplets.
- **Frequent Hand Hygiene:** Regularly washing hands with soap and water or using hand sanitizer is essential in preventing infection.
- **Coughing and Sneezing Etiquette:** Always cover your mouth and nose with a tissue or your elbow when coughing or sneezing to protect those around you.
- **Staying Home When Unwell:** If feeling unwell, should stay home to minimize the risk of spreading illness.

Creating Home: Our Furniture Campaign Needs You

BY: LESLIE SHER -EXECUTIVE DIRECTOR

There's a moment every family dreads.

Ricki Baker's realization struck deeply when she faced the harsh truth that, despite the tireless efforts of her family in caring for her husband Barry—a man who had devoted his life to creating welcoming, homey spaces for others—he would be better cared for at Hillel Lodge.

As she reflects on this pivotal moment, Ricki, married to Barry for 53 years, understood that providing him with the best possible care meant making this challenging decision.

But when Ricki walked Barry into Hillel Lodge, something shifted. The kindness in everyone's eyes, the dignity with which staff treated him—she knew he would be okay. "They looked after me too," she said.



Hillel Lodge became Barry's home. Not an institution. Not a facility. A home—where his grandchildren could visit their beloved Zaidie, where Ricki could sit beside him in comfort, where his brother Allan could reminisce about their days together at European Glass and Paint, the family business where they spent decades creating welcoming spaces for others.

Furniture that Whispers "You're Home".

Barry understood the essence of welcoming homes. At their family business, Barry and his brother Alan didn't just provide glass, mirrors, and décor; they helped families transform their spaces into beautiful, warm sanctuaries.

We need your support to honour Barry's memory by creating that same comfort for families facing difficult decisions.

Donate today and help us double the comfort for our cherished residents!

Our goal is to raise \$140,000 for new furniture.

Thanks to a generous matching donor, every dollar you give RIGHT NOW is MATCHED—doubling your impact up to \$70,000 total.

- Your \$180 becomes \$360 —providing nightstands where families can place photos, flowers, treasured objects that say "this is YOUR space."
- Your \$500 becomes \$1,000—bringing in a beautiful dresser that offers dignity and privacy
- Your \$1,800 becomes \$3,600—giving a resident a complete, comfortable bed where they can rest in peace and comfort

With the generous and immediate response from the community to our email fundraising blasts, we are excited to share that we have already raised \$38,900, which has been matched to \$77,800—making us more than halfway to our target!

We need an additional \$31,100, which will be matched to \$62,200, to reach our goal of \$140,000. Your generosity will not only help replace aged furniture but also provide joy, dignity, and comfort to those who call our lodge home.

We have already reached \$77,800, we are doing well, but we need your help to finish strong.

Give today while your gift is matched. Help us honour Barry's memory—and ease the heartbreak of families like Ricki's.

Your gift—doubled right now—creates the warm, dignified spaces our residents deserve. Thank you for caring. Thank you for understanding why this matters.

Donate Now:
Just scan QR code
OR click link below
[Donate to Matching Gift Campaign](#)



IF YOU PREFER, YOU CAN ALSO DONATE BY CONTACTING LESLIE OR NICKY IN LTC FOUNDATION
AT FOUNDATION@HILLEL-LTC.COM OR CALLING 613-728-3990.

ANNOUNCEMENTS



JANUARY DAILY SPECIALS

Monday: Eggplant Parmesan & Salad \$10

Tuesday: New York Style Veggie Dog & Fries
(with sauerkraut & onions) \$9.50

Wednesday: Vegetable Quiche & Salad \$9.50

Thursday: Fish Tacos \$10

Friday: Nachos & Salsa \$9



AUXILIARY
of Hillel Lodge

If you are a business owner interested in participating in the **2026 Great Games Event** as a Diamond, Gold or Silver sponsor, table sponsor, or a prize donor for the raffle and/or silent auction, please contact gamesday.hillelodgeaux@gmail.com before March 1st, 2026.

OVERBED TABLES

Overbed tables are not standard items in resident rooms. They are intended for residents needing to eat in their rooms for medical reasons or during outbreaks.

During outbreaks, these tables will be required in outbreak units and removed from rooms that do not meet the criteria.

If families or residents want to have an overbed table in their room permanently, they can purchase one privately.

FRIENDLY REMINDERS

RESIDENT PRIVACY

Some family members have been seeking information about residents who are not their loved ones.

Please understand that our staff is both unable and unwilling to share any personal information about other residents.

FAMILY COUNCIL



**Wishing residents, families and staff a joyous New Year!
Here's to 2026 bringing happiness, warmth, and
unforgettable memories together.**

The Family Council is actively seeking new members! We meet on the fourth Wednesday of each month to discuss important issues and provide suggestions to management, all aimed at enhancing the experience for our loved ones at Hillel Lodge.

**IF YOU ARE INTERESTED IN JOINING PLEASE CONTACT
THE COORDINATOR, MIKE COHEN AT MACINMONTREAL@GMAIL.COM**

ANNOUNCEMENTS

WINTER/ SPRING MENU

NEW AND RETURNING MENU ITEMS:

APPLE & BEET SALAD, FALL HARVEST SOUP, POTATO ONION SOUP, SWEET POTATO SOUP,
CREAM OF CELERY SOUP, MULLIGATAWNY SOUP, TOMATO BASIL SOUP
RATATOUILLE PENNE, THREE CHEESE & VEGETABLE PASTA,
RED PEPPER & LEEK QUICHE, ITALIAN VEGETABLE FRITTATA,
BROCCOLI, MUSHROOM & CHEESE QUICHE,
LEMON PEPPER SOLE, COD ALMONDINE, PARMESAN BREADED SOLE,
CRANBERRY GLAZED CHICKEN, LEMON THYME CHICKEN, CHICKEN PUTANESCA,
TANDOORI CHICKEN, PORTUGUESE CHICKEN, CHICKEN TAGINE,
SWEET & SOUR CHICKEN, HERB BAKED CHICKEN, ROSEMARY CHICKEN,
TURKEY A LA KING, TURKEY & BEET SALAD PLATE,
CABBAGE ROLLS, BEEF BURGUNDY,
BRAISED LIVER & ONIONS, BBQ BEEF SHORT RIBS,
SHEPARD'S PIE, BEEF STEW, PEPPER STEAK,
MOROCCAN BEEF STEW, MEATLOAF,
MUSHROOM STUFFING, SCALLOPED POTATOES, AU GRATIN POTATOES,
MUSHROOM NOODLE KUGEL
BLACK FOREST CAKE, LEMON PIE, BREAD PUDDING, TRIPLE BERRY CRUMBLE,
DATE SQUARE, PUMPKIN MOUSSE, PEAR COFFEE CAKE, PUMPKIN PIE,
CINNAMON ROLLS, RASPBERRY TARTS, MOCHA CREAM MOUSSE CAKE,
BAKED CUSTARD, CAPPUCCINO PUDDING, CARROT CAKE, BLUEBERRY PIE,
APPLE CRUMBLE CAKE, LEMON CREAM SHORTCAKE, PEACH COBBLER



CALENDAR OF ACTIVITIES

January 1st to January 18th Neighbourhood Bingo

Thursdays 2:30 - 2 East
Thursdays 3:30 - 2 West
Fridays 2:00 - 3 West
Fridays 3:00 - 3 East
Fridays 4:00 - 1 West

Monday, January 19th

2:30 Planting Seeds for The Future: Horray for
Tu B'Shevat with Rabbi Mikelberg

Tuesday, January 20th

10:30 The Usuals Jazz Band

Wednesday, January 21st

2:15 Let's Dance! with Dance Therapist Lorraine

Thursday, January 22nd

10:30 String and Piano Concert from
Children Young and Old

Friday, January 23rd

2:30 Bingo (the Café)

Tuesday, January 27th

11:00 Resident Council

Wednesday, January 28th

10:30 Balloon Volleyball Olympic Tournament
2 East VS 2 West

2:15 Book Chat with Marcia, Arlene and Mimi with
special guest Award-winning Author Sheila Baslow

Thursday, January 29th

2:30 Birthday Party with Evelyn Greenberg

Friday, January 30th

2:30 Bingo (the Café)



Oneg Shabbat - Fridays 10:30 AM

Jan 2nd, 9th & 16th - with Rabbi Lesser (YouTube)

Jan 23rd - with The Ganon Preschool

Jan 30th - with Minda, Marsha and Karen



To minimize the risk of influenza, activities are tailored to specific neighborhoods until January 18th.

Large group activities scheduled for January 19th and beyond announced in **Save the Date** may be modified as needed.

This approach aligns with protocols adopted by other local long-term care facilities, reflecting our commitment to prioritizing everyone's well-being.

**Download
calendar of activities for
each floor at**
www.hillel-ltc.com/programs/recreation
or scan QR code:



SAVE THE DATE

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-Operations:**

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

Helping Kids Understand Dementia

When someone in the family, like a grandparent or great grandparent, has dementia, it affects everyone—especially kids. Each child reacts differently based on their closeness to the person and their living situation. It's essential to answer their questions honestly and discuss what changes may occur.

Kids may feel:

- Sad about changes in a loved one
- Curious about dementia
- Confused or scared by different behaviors
- Worried about getting the disease
- Angry or guilty about their feelings
- Jealous of the attention given to the affected person

They might also show their emotions through withdrawal, physical complaints, or struggles in school.

Tips for Supporting Kids:

1. **Encourage Expression:** Set aside time for fun activities where they feel comfortable sharing their feelings.
2. **Be Supportive:** Let them know their feelings are normal and that you're there for them.
3. **Learn Together:** Share age-appropriate books or videos about Alzheimer's.
4. **Be Honest:** Answer their questions truthfully to ease confusion.

By providing support, you can help kids better understand dementia and feel less alone during this challenging time.

The Alzheimer Society offers helpful resources for talking to kids about dementia.



the Café

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

Choose from a tempting selection of daily specials, sandwiches and wraps, grilled sandwiches, hearty soups, and fresh salads. Or treat yourself to our delightful offerings of ice cream, snacks, fresh muffins, Danish pastries, and bagels.

**Ask for your Coffee Card:
buy 9 coffees, get 1 free**

January Specials

Monday: Eggplant Parmesan & Salad \$10

Tuesday: New York Style Veggie Dog & Fries \$9.50
(with sauerkraut & onions)

Wednesday: Vegetable Quiche & Salad \$9.50

Thursday: Fish Tacos \$10

Friday: Nachos & Salsa \$9

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