

LODGE LINE

THE BESS AND MOE GREENBERG FAMILY



Hillel Lodge

LONG-TERM CARE HOME OF OTTAWA

CELEBRATING THERAPEUTIC RECREATION AWARENESS MONTH

As we welcome February, we're proud to recognize Therapeutic Recreation Awareness Month and celebrate the vital role that therapeutic recreation plays in enhancing the lives of our residents at Hillel Lodge.



TOPICS IN THIS ISSUE

Therapeutical Recreation Awareness
New & Happening
Green Thumb Club
Good Health
LTC Foundation
Holidays & Observances
Announcements
Save The Date
Connection

CELEBRATING THERAPEUTIC RECREATION AWARENESS MONTH (CONTINUED)

What is Therapeutic Recreation?

Therapeutic recreation is a purposeful approach to care that uses recreation and leisure activities to improve the physical, cognitive, emotional, spiritual and social well-being of individuals. In long-term care settings like ours, therapeutic recreation professionals are person-centred and design meaningful programs tailored to each resident's abilities, interests, and therapeutic goals.

The Impact at Hillel Lodge

Every day, our therapeutic recreation team provides opportunities for residents to engage in activities that bring joy while promoting health and wellness. Whether it's a music therapy session that awakens cherished memories, an art program that encourages creative expression, or gardening activities that connect residents with nature, each activity is thoughtfully designed with therapeutic outcomes in mind.

Our diverse programming includes our **Music Therapy Program**, where residents participate in activities that enhance memory and emotional well-being, including our resident choir The Hillel Harmonics, which performs each year.

The **Exploring Art Group**, led by professional art therapists, provides meaningful creative outlets for self-expression.

Our **Green Thumb Club** offers gardening in the Dream Garden and indoor mobile garden, sparking connections through shared memories and nature.

The **Java Music programs** provide person-centred care for those with late-stage dementia and peer-supported music groups that build lasting friendships.

Finally, our **Companionship Connections Program** offers one-on-one engagements to combat loneliness for residents who may face isolation.



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CELEBRATING THERAPEUTIC RECREATION AWARENESS MONTH (CONTINUED)

Coming Soon: Dance Program

We're excited to announce that Hillel Lodge will soon be launching a new Dance Program called "Let's Dance!" as part of our therapeutic recreation offerings. Dance therapy has shown remarkable benefits in long-term care settings, including improved balance and mobility, enhanced mood and self-expression, increased social engagement, and cognitive stimulation through movement and music. Stay tuned for more details about this exciting addition to our programming.



The Benefits

The benefits of therapeutic recreation in long-term care are far-reaching. Regular participation in therapeutic recreation programs can reduce depression and anxiety, improve physical function and balance, enhance cognitive abilities, strengthen social connections, and most importantly, improve overall quality of life. These programs support residents in maintaining their dignity, independence, and personal identity as they transition through the various stages of aging.

Join Us in Celebrating

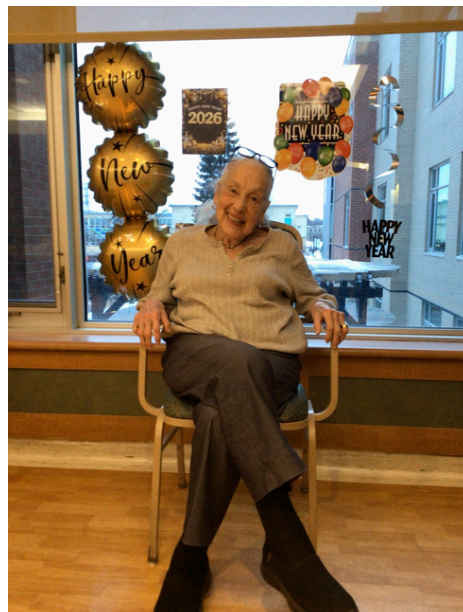
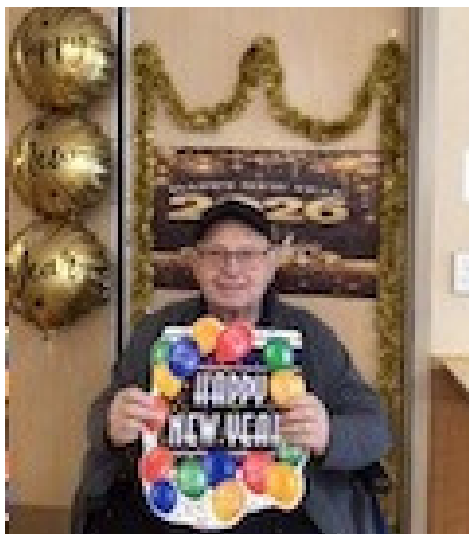
This February, we invite families and visitors to learn more about our therapeutic recreation programs and witness firsthand the positive impact they have on our Hillel Lodge community. Together, we're proving that meaningful engagement and purposeful activity are essential ingredients in compassionate, person-centred care.



**FOR MORE INFORMATION ABOUT OUR THERAPEUTIC RECREATION PROGRAMS,
PLEASE CONTACT OUR RECREATION DEPARTMENT.**

NEW & HAPPENING - RECAP JANUARY

Happy
New Year!



NEW & HAPPENING

HAIRDRESSER SERVICES

PRICE UPDATE NOTICE EFFECTIVE MARCH 1, 2026

Hairdresser service prices will be increasing as of March 1st, 2026. This is the first price adjustment in years, aimed at continuing the high quality of service you deserve.

NEW PRICING (EFFECTIVE MARCH 1, 2026)

WOMEN'S SHAMPOO \$8.00

WOMEN'S WASH AND DRY (FLUFF) \$15.00

WOMEN'S CUT \$30.00

WOMEN'S WASH AND SET \$32.00

WOMEN'S WASH, CUT & DRY (FLUFF) \$35.00

WOMEN'S CUT AND SET \$50.00

WOMEN'S WASH, CUT, AND SET \$55.00

COLOUR (ONLY) \$45.00

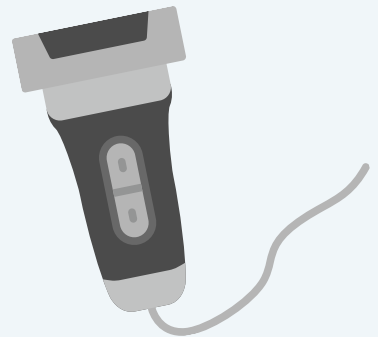
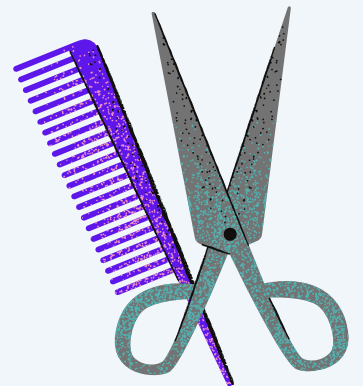
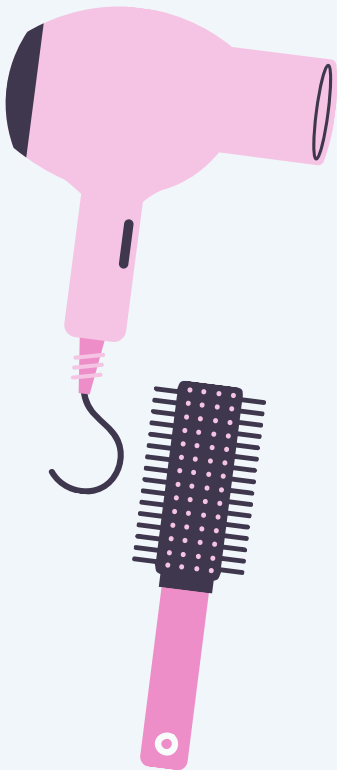
COLOUR, CUT, AND SET \$85.00&UP

PERM \$95.00

MEN'S CUT (WITH/WITHOUT SHAMPOO) \$25.00

BEARD TRIM \$12.00

MOUSTACHE TRIM \$7.00



THANK YOU FOR YOUR UNDERSTANDING.

IF YOU HAVE ANY QUESTIONS ABOUT THE NEW PRICING, PLEASE SPEAK DIRECTLY WITH SHANNAH (HAIRDRESSER), WITH LISA (DIRECTOR OF RESIDENT EXPERIENCE), OR WITH JULIE (RESIDENT & FAMILY ADVOCATE).

NEWS FROM OUR GREEN THUMB CLUB

by Celia Glanville, Horticultural Specialist



WINTER SOWING - GERMINATING SEEDS OUTDOORS IN MINI GREENHOUSES

The Green Thumb Club has started the new year thinking of... spring!

We're experimenting with winter sowing to add more native plants to our beautiful Dream Garden while preserving space under our grow light for tender seedlings later in the spring.

Winter sowing is an easy, low-cost method to germinate seeds outdoors in miniature greenhouses (4L water bottles).

Many native seeds need a period of cold to break dormancy. These greenhouses allow the seeds to experience a lengthy period of moisture and cold temperatures needed to germinate while providing protection against the worst of the weather.



As the seedlings mature in their greenhouses they will become cold hardy while being protected from hungry rabbits and squirrels, preparing them to be transplanted directly into the garden later in the spring.

If our winter sowing goes well, we'll have some beautiful Red columbine, Anemone, White Turtlehead, Poppies, Pearly Everlasting and more to add to the Dream Garden!

A VERY SPECIAL THANK YOU TO CYNTHIA CALDER FOR PROVIDING INSPIRATION, AND SUPPLIES, FOR THIS PROJECT.



Hillel Lodge Bedrail Review: Progress Update

We are pleased to provide an update on our bedrail safety initiative, an important care improvement project designed to enhance resident safety, dignity, and comfort while aligning with clinical best practices.

Background

Bedrails are metal bars attached to a bed and are intended only to support mobility and transfers—for example, helping a resident reposition or turn in bed. Bedrails are not intended to prevent falls or define the edge of the bed, and are not recognized as a general safety measure.

While bedrails can be clinically appropriate in limited circumstances, they can also present risks such as entrapment or a sense of physical restriction. Best practice recommends that bedrails be used only when there is a clear clinical need and after alternatives have been considered.

Our Progress

Beginning the week of January 19th, 2026, our nursing team completed individualized assessments for all residents who were using bedrails.

The results:

- Original number of beds with bedrails: 73
- Current number of beds with bedrails: 29
- Reduction achieved: 60% decrease in bedrail use

This reduction reflects our commitment to safer and more dignified care approaches.

Resident & Family Experience

We recognize that bedrail removal will be a change, particularly for those who perceived the bedrail as a safety device.

To support a person-centred approach:

- Families were contacted to review findings and proposed care plans.
- For residents in whom bedrails remain clinically appropriate, approval was obtained from the resident's Power of Attorney.

Monitoring & Ongoing Quality Oversight

Following removal, we are closely monitoring clinical outcomes. Where needed, individualized supports are put in place to ensure resident comfort and safety. Further adjustments to care plans will be made as required.

Moving Forward

This initiative reflects Hillel Lodge's commitment to evidence-based care and the wellbeing of our residents. By reducing unnecessary bedrail use and prioritizing safer, resident-centred alternatives, we continue our pursuit of a dignified and clinically sound care environment.



Strengthening Nursing Care at Hillel Lodge

We are excited to present an update about improvements to our nursing department that are designed to better support the care and well-being of our residents.

New Leadership, Fresh Perspective

Six months ago, Cindy Garcia stepped into the role of Director of Care, bringing with her over 20 years of experience at Hillel Lodge. Having worked her way up through positions including Charge Nurse and Assistant Director of Care, Cindy knows our home inside and out. After carefully reviewing the needs of our residents and nursing team, she introduced several improvements to strengthen the care we provide.

A Stronger Leadership Team

A Dual-Focus Nursing Leadership Model has been introduced that creates clearer roles and better support for our nursing staff. This new approach divides leadership responsibilities between two Assistant Directors of Care (ADOCs), each specializing in a distinct area of nursing excellence:

ADOC - Operations: Responsible for daily operations, staffing, attendance, scheduling, investigations, and compliance with policies and procedures. Urduja Vilia Cariño has stepped into this vital role.

ADOC - Clinical Practice & Education: Responsible for clinical excellence, mentoring and coaching, professional development, and continuous quality improvement. Ali Kargbo brings expertise to this important position.

These two leaders work closely together to make sure our clinical goals align with our daily operations, supporting quality initiatives and ongoing learning for our entire team.

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Strengthening Nursing Care at Hillel Lodge (continued)

Enhanced Charge Nurse Support

Important improvements have been made to how our Charge Nurses provide support across the home. A Charge Nurse is a senior nurse who provides leadership and oversight during each shift. They respond to urgent situations, guide other nurses through complex care decisions, and ensure smooth coordination of care across all neighbourhoods.

In the past, Charge Nurses were assigned to one specific neighbourhood while also handling their leadership duties. Now, Charge Nurses focus entirely on their leadership role across all neighbourhoods. This allows them to support the entire nursing team and work closely with other departments, ensuring consistent expert guidance across all shifts.

Thoughtful Nurse-to-Neighbourhood Reassignments

Nurses have been thoughtfully reassigned to neighbourhoods based on a careful assessment of both resident needs and each nurse's individual strengths and experience. By matching the right skill sets to the different levels of complexity in each neighbourhood, stronger and more effective care teams have been created. This means residents benefit from nurses whose expertise aligns with their specific needs.

What's Coming Next

Work is currently underway to reassign some Personal Support Workers (PSWs) using this same thoughtful approach, matching their skills and strengths to the needs of each neighbourhood. These changes will help provide even more personalized, high-quality care to all our residents.

WE'RE EXCITED ABOUT THESE IMPROVEMENTS AND THE POSITIVE IMPACT THEY'RE ALREADY HAVING ON THE CARE AND SUPPORT WE PROVIDE. IF YOU HAVE ANY QUESTIONS ABOUT THESE CHANGES, PLEASE DON'T HESITATE TO REACH OUT TO OUR DIRECTOR OF CARE, CINDY GARCIA, AT CGARCIA@HILLEL-LTC.COM.

Furniture Campaign Update

There's something special happening at Hillel Lodge ...

Thanks to the generosity of our community, the first pieces of new furniture will be arriving soon!



A visible and exciting milestone in our Furniture Campaign. This campaign was created with one simple goal in mind: to ensure that every resident's room feels like home.

We are excited to share that \$115,000 has already been raised toward our \$140,000 goal.

We are incredibly grateful to everyone who has contributed so far. Because of you, meaningful change is already underway.

We are now in the final stretch, with \$25,000 still needed to fully complete the project and ensure more resident benefits from these upgrades.

For families who may still be considering a gift, there is still time to be part of this transformation. Your support helps create spaces where loved ones can feel settled and at ease and where visits feel more comfortable and welcoming for everyone.

Most importantly, to our residents: this is about you. Your rooms are being refreshed with care, intention, and respect, so that Hillel Lodge continues to be a place that truly feels like home.

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 ELIZABETH IN LTC FOUNDATION
AT FOUNDATION@HILLEL-LTC.COM OR CALLING 613-728-3990.

A Legacy of Love: Planned Giving at Hillel Lodge



BY: LESLIE SHER -EXECUTIVE DIRECTOR

February is here, bringing with it heart-shaped chocolates, romantic dinners, and- let's be honest- more than a few awkward first dates. But this month isn't just for lovers; it's a time to reflect on love in all its forms: family, community, and the values we hope to pass on. The Hillel Lodge LTC Home Foundation invites you to consider planned giving, a heartfelt gesture that can leave a legacy even sweeter than your favourite box of truffles!

What Is Planned Giving?

Think of planned giving like a beloved family kugel recipe- thoughtfully prepared, passed down, and shared across generations. It's your chance to make a lasting impact, whether through a bequest or a charitable gift annuity. Spoiler alert: no actual cooking is required!

Why Consider It?

Make a Difference: Your contributions can help fund activities and care for our residents. Did someone say bingo? Your legacy helps to keep the fun going!

Flexibility: Just as you wouldn't serve the same dish every day, planned giving comes in many flavours. Choose what suits you best, whether it's a bequest or donating appreciated stock. You can be the chef of your own legacy!

Tax Benefits: Who doesn't love a good deal? Planned giving can offer tax advantages that are kind to both your heart and your wallet.



Start the Conversation

This February, as we gather with loved ones, perhaps over chocolate, conversation, or even kugel recipes- it's a meaningful time to reflect on our values. As you spread the love this month, think about how your planned giving can create a brighter tomorrow for our Hillel Lodge community. Your generosity will not only honour what matters to you most but also keep the great work happening at the lodge for many years to come.

So, this February, let's turn those sweet sentiments into action. Your legacy can be a wonderful gift for the future—because nothing says "I love you" like generous giving!

If you're looking to make a meaningful gift that will support our cherished community, consider making a planned gift directly to the **Hillel Lodge LTC Foundation** or through the **Life and Legacy Plus Program**. Both options allow you to create a lasting legacy that reflects our shared values and commitment to caring for one another.

For more information, feel free to reach out to Leslie Sher, Executive Director, at lsheer@hillel-ltc.com or by calling 613-680-1197. We would be happy to help you!



ANNOUNCEMENTS



FEBRUARY DAILY SPECIALS

Monday: Eggplant Parmesan & salad \$10

Tuesday: Southwest Veggie Burger with salsa and Guacamole & French Fries \$10

Wednesday: Pizza \$9

Thursday: Veggie Meatball sub sandwich & salad \$10

Friday: Nachos \$ 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.

Celebrating 130 Years of Jewish Weddings in Ottawa



Love is in the air this February! In collaboration with the Ottawa Jewish Archives, we're excited to share a new photo display now on view: Celebrating 130 Years of Jewish Weddings in Ottawa.

Filled with joyful moments, big smiles, and timeless style, this collection captures the love stories that have helped shape our community across generations.

As we mark Heart Month, this display is a perfect reminder that love shows up in many ways—through family, friendship, and shared memories.

Stop by the Foundation office to take a look, enjoy a stroll down memory lane, and keep an eye out... you might just recognize a few familiar faces! ❤️

FAMILY COUNCIL

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

On behalf of all the families of Hillel Lodge residents, Family Council thanks:

- Morris Schachnow for his devoted work for the residents and the board of directors
- Dr. Uppal, Dr. Levine, Dr. Rusimovic, Dr. Miller and Dr. Mallek for their diligent and compassionate care
- The hidden but dedicated laundry staff
- The environmental staff who keep Hillel Lodge meticulously clean
- Max, Francois and Ruslan whose tremendous efforts ensure everything stays in working order

Holidays & Observances

February 2026

Jewish Holiday - Tu B'Shevat



Tu B'Shevat (also spelled Tu BiShvat) or the birthday of all fruit trees, is a minor festival and a Jewish holiday often referred to as the "New Year for Trees." It falls on the 15th day of the Hebrew month of Shevat and has both historical and contemporary significance.

Common Traditions and Observances

- **Eating Fruit:** It is customary to eat fruit, particularly those associated with Israel (figs, dates, pomegranates, olives, grapes, almonds).
- **Tu B'Shevat Seder:** Holding a Tu B'Shevat seder with four cups of wine and various fruits.
- **Planting Trees:** In modern Israel and across the world, the day is celebrated as an environmental awareness day where people plant trees or donate to reforestation efforts.

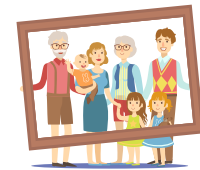
Tu B'Shevat begins at sundown on Sunday, February 1st and ends at nightfall on Monday, February 2nd.

National Flag Day - February 15th



At the stroke of noon on February 15, 1965, Canada's red and white maple leaf flag was raised for the very first time on Parliament Hill. In 1996, the date was officially declared National Flag of Canada Day by Prime Minister Jean Chrétien.

Family Day - February 16th



Family Day is celebrated on the 3rd Monday of February. At its core, Family Day is a celebration of the values that bind families together: love, respect, and support. It provides an opportunity for families to reconnect and strengthen their bonds through shared experiences and quality time spent together.

Black History Month



During the Black History Month of February, people in Canada celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada a culturally diverse, compassionate, and prosperous country. Black History Month is a time to learn more about these Canadian stories and the many other important contributions that Black Canadians and their communities have made to the history and continued growth of this country.



February 1st -
February 14th

CALENDAR OF ACTIVITIES

Sunday, February 1st

- 11:00 Christian Community Gathering
-2 East Living Room
- 2:00 One-to-one Individual Sessions
with Music Therapist
- 2:30 Choir Practice for 3rd Floor

Monday, February 2nd

- 2:30 Special Tu B'Shevat Program
with Rabbi Mikelberg for 3rd floor

Wednesday, February 4th

- 9:45 Exploring Art Group for 3 East
- 11:00 Exploring Art Group for 2 West

Friday, February 6th

- 2:00 Bingo for 3rd floor
- 3:00 Bingo for 2nd floor
- 4:00 Bingo for 1 West

Sunday, February 8th

- 11:00 Christian Community Gathering
- 2 East Living Room
- 2:00 One-to-one Individual Sessions
with Music Therapist
- 2:30 Choir Practice for 3rd Floor

Tuesday, February 10th

- 2:30 Music with Rick Crepin for 3rd Floor
- 3:00 Music with Rick Crepin for 1 West

Wednesday, February 11th

- 9:45 Exploring Art Group for 3 West
- 11:00 Exploring Art Group for 1 West
- 11:00 Resident Council in 3 East Living Room

Friday, February 13th

- 2:00 Lovers Day Bingo for 3rd floor
- 3:00 Lovers Day Bingo for 2nd floor
- 4:00 Lovers Day Bingo for 1 West

Oneg Shabbat

Friday, February 6th

10:30 with OJCS Grade 6 Class for 3rd Floor

10:30 with Rabbi Lesser on You Tube
for 2nd Floor and for 1 West

Friday, February 13th

10:30 with Joel and Friends for 3rd Floor

10:30 with Rabbi Lesser on You Tube
for 2nd Floor and for 1 West



The Save the Date calendar of activities is covering a two-week period. An additional calendar will be posted for activities starting on the 15th.

Please note that there will be **no distribution of printed copies of the calendar of activities for each floor**. We invite you to check out the calendar online (see below) or check daily on INFO TV for each neighborhood.

As a reminder that, to minimize the risk of influenza, activities have been tailored to specific neighbourhoods and/or floors.

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

Planning Ahead for Your Loved One

As a family caregiver, one of the most difficult tasks is helping your loved one plan for end-of-life arrangements. While these conversations are never easy, having them now can bring peace of mind and spare you from making hard decisions during a time of grief.

Starting the Conversation

Choose a quiet moment when your loved one seems receptive. You might say, "I want to make sure I honor your wishes when the time comes. Can we talk about what's important to you?" Some residents feel relieved to share their preferences, while others may need time. Be patient and return to the conversation gently if needed.

Essential Information to Gather

Ask if any religious or cultural traditions to honor, preferred funeral home or cemetery location, preferences for burial or cremation (if non-Jewish), and whether they have existing pre-arrangements or funeral insurance. Also confirm where important documents are kept and who else should be involved in decisions.

Practical Steps You Can Take

Schedule a pre-planning consultation with a funeral home—many offer these at no cost and without obligation. Organize important documents including wills, insurance policies, deeds, and advance directives in one accessible location. Document your loved one's wishes in writing and share them with other family members to ensure everyone is informed. Let our staff know about any arrangements so we can include this information in your loved one's care file.

You're Not Alone

This is one of the hardest parts of caregiving, but you're doing important work by planning ahead. If you need support having these conversations or want guidance on next steps, please reach out to our staff. We're here to help you through this process.

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**

February Specials

Monday: Eggplant Parmesan & salad \$10

Tuesday: Southwest Veggie Burger with salsa and
Guacamole & French Fries \$10

Wednesday: Pizza \$9

Thursday: Veggie Meatball sub sandwich & salad \$10

Friday: Nachos \$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