

LODGE LINE



SUMMER FUN AT HILLEL LODGE

Summer has been in full swing at Hillel Lodge, bringing residents, staff, families, and neighbours together for beloved seasonal traditions — from treasure-hunting at the Flea Market to hands-on visits with farm animals to an ice cream outing and Canada Day celebrations.

Whether browsing donated treasures in the sun, sharing a laugh over a friendly goat, or savouring a scoop with friends, residents enjoyed every moment surrounded by familiar faces and new ones. Read on for a closer look at July events!



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SUMMER FUN AT HILLEL LODGE

Special Canada Day celebrations! 🇨🇦

Residents kicked back with live music from Nate and cooled off with popsicles on a beautiful summer day. Nothing but good vibes, great tunes, and sweet treats to celebrate the true north, strong and free! 🍁🎵



SUMMER FUN AT HILLEL LODGE

Traditional Annual Flea Market!

On July 8th, our **Annual Flea Market** filled the grounds with sunshine, smiles, and treasure-hunting excitement! Residents, families, and staff browsed tables of donated items, chatting and laughing together throughout the day.

Thanks to everyone's generosity, the **event raised an impressive \$700 for the Recreation Department**. A heartfelt thank you to everyone who donated items and volunteered their time — your generosity made this day a true success.



Summer Outing at Beachconers!

Residents enjoyed a sweet summer outing to The Beachconers Microcreamery near Britannia Beach, savouring delicious ice cream on a beautiful summer day. A perfect treat and a lovely change of scenery for all who joined!



SUMMER FUN AT HILLEL LODGE

Sugar Hill Animal Farms!

On Monday, July 13th, **Sugar Hill Animal Farms** visited Hillel Lodge, **drawing 80 enthusiastic residents** to enjoy the fun. The event became truly intergenerational as local summer camps joined in, filling the air with laughter and joyful exchanges between residents and children as they bonded over their new furry friends.

A special thank you to our incredible PSWs, whose dedication in portering residents made this heartwarming day possible. Their collaboration with our Recreation Team made a tremendous difference, helping many more residents take part in the celebration than would have otherwise.



These Summer Fun moments remind us that community and connection are what make Hillel Lodge feel like home. Whether through a shared laugh, a friendly deal, or a visit from a new furry friend, it's these simple joys — enjoyed together — that bring our residents, families, and staff closer as one big Hillel Lodge family.

NEW & HAPPENING

Special visit on July 27th from Mayor Mark Sutcliffe at Hillel Lodge!

Mayor Sutcliffe joined residents decorating cookies with summer camp kids for Tu B'Av, the Jewish holiday of love ❤️ — campers even brought handmade cards for our residents. A beautiful moment of connection.



The Mayor also took part in new staff orientation, where he spoke about the importance of working at a place like Hillel Lodge, and heard directly from Doug, our Resident Council representative, on what it means to call Hillel Lodge home. He wrapped up with a tour, including our Dream Garden. 🌿

Thank you, Mayor Mark Sutcliffe, for seeing firsthand the comfort, care, dignity, and joy at the heart of Hillel Lodge!



Hillel Lodge CEO Honoured with Ottawa 200th Commemorative Coin

Congratulations to our CEO, Ted Cohen, who was presented with the Ottawa 200th commemorative coin by Ottawa Mayor Mark Sutcliffe on July 7th. Created in celebration of the city's 200th anniversary, this coin recognizes individuals who have helped build our city and shape our community. Ted's recognition reflects his years of dedicated leadership at Hillel Lodge and his ongoing commitment to advancing seniors' care and well-being across our community. Congratulations, Ted, on this well-deserved honour!



NEW & HAPPENING

HILLEL LODGE MEETS WITH BAYCREST AND SHALOM VILLAGE

Members of Hillel Lodge's leadership team recently travelled to Baycrest's Apotex, Jewish Home for the Aged, to join CEOs and senior leaders from Baycrest and Shalom Village for a first-of-its-kind exchange. Together, the three organizations — Ontario's only Jewish long-term care homes — came together to strengthen relationships, share knowledge, and explore new ways of working together for the benefit of the residents and the communities they serve.



The day began with a tour of Baycrest's campus, followed by candid discussions on the unique opportunities and challenges facing Jewish long-term care homes today, from the added costs of culturally appropriate programming and security to the importance of advocating for the needs of Jewish residents across the province. Leaders also explored exciting opportunities for collaboration in areas such as nutrition, education and cultural programming, care delivery, safety and security, and advocacy.

By the end of the retreat, the three homes had identified several promising short-term initiatives, including regular meetings between CEOs, shared staff training resources, and opportunities to broaden cultural programming across all three sites. This gathering marks the beginning of an ongoing partnership between Hillel Lodge, Baycrest, and Shalom Village — one rooted in a shared commitment to providing the very best culturally sensitive care to Jewish seniors across Ontario.

NEW & HAPPENING

We had a special **visit in July from MP Anita Vandenberg**, who met with our summer students. Her support for the Canada Summer Jobs program makes a real difference for Hillel Lodge and the Hillel Lodge Foundation — it's what allows us to welcome incredible summer students to our team each year, bringing the extra hands (and hearts!) we need to keep providing comfort, care, dignity, and joy to our residents.



ALGONQUIN COLLEGE

Welcome to Our Algonquin Nursing Students!

We're pleased to welcome six practical nursing students from Algonquin College — four on days and two on evenings — who will be with us until the end of September.

These students are completing their consolidation, the final placement of their program. During this time, they'll be working alongside their nurse preceptor, practicing within their preceptor's scope. Upon successful completion of consolidation, they'll be eligible to write their licensure exam to become Registered Practical Nurses.

Please join us in welcoming them!

LEARN HOW TO PLAY MAHJONGG

**JOIN LESSONS FOR BEGINNERS
GIVEN BY FRANCES COGAN & LEAH MILLER**

THURSDAYS AT 1:30PM

(STARTING ON AUGUST 6TH)

Where: Lessons will take place in the Café
or in the 3rd floor lounge (between elevators)



Interested? Register directly in person with Frances or
with Marilyn in person or at marilyn@hillel-ltc.com



THE AUXILIARY
of Hillel Lodge

JOIN US FOR THE
4TH ANNUAL

GREAT GAMES EVENT

A Fundraiser for the Residents of Hillel Lodge



OCTOBER 18, 2026

12:30 PM – 5:00 PM | KBI-1400 COLDREY AVENUE

REGISTER EARLY

Space is limited
www.zeffy.com



\$60
PER PERSON

REFRESHMENTS &
\$30 TAX RECEIPT

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INQUIRIES: 613.228.0718 OR gamesday.hillellodgeaux@gmail.com



GOOD
♥
HEALTH



Welcome to the Team, Manu Kaur!

Hillel Lodge is pleased to welcome **Maninderjeet (Manu) Kaur**, who joined us on Monday, July 27th, as our new Assistant Director of Care Operations



Manu is a Registered Nurse with the College of Nurses of Ontario, bringing hands-on experience across medical/surgical, long-term care, home care, and oncology/palliative settings. She recently completed the Enhanced Practice for Internationally Educated Nurses (EPIEN) program at Conestoga College with distinction, and her career includes roles with Brant Community Healthcare System, Nurse Next Door as a care designer, and Rajiv Gandhi Cancer Hospital, where she cared for acute medical, palliative, and chemotherapy patients.

In her new role, Manu will provide leadership within the Nursing Department, overseeing staffing, scheduling, and attendance management to support safe, high-quality, person-centred care. She will work closely with our ADOC – Clinical Practice & Education to align operational and clinical priorities across the home.

Please join us in welcoming Manu to the Hillel Lodge family! mkaur@hillel-ltc.com | Ext. 371 | Office #370

Preventing Falls Together

Fall prevention is a top priority at Hillel Lodge, and families can play an important role in helping to keep residents safe.

When visiting, you can help by:

- Leaving mobility aids within reach — please make sure walkers, wheelchairs, and call bells are placed close to the resident before you leave.
- Letting staff know when you're heading out — if your loved one is at high risk for falls, please tell a staff member when you're leaving, or bring them to a common area first so they can be monitored.

Thank you for your help — it's often the small gestures that go a long way in keeping residents safe. Together, we can make a difference.

Milestone - This August marks one year since Cindy Garcia stepped into the role of Director of Care at Hillel Lodge — she shares her reflections:

"My first year as Director of Care at Hillel Lodge has reinforced why I chose long-term care. Every day, I see the dedication and compassion of our team as they care for residents who have entrusted us with their home. I'm proud of the progress we've made together to strengthen quality, safety, and person-centred care, and I'm excited to continue building on that work. It's a privilege to be part of a team that is so committed to making a meaningful difference in the lives of our residents and their families.

For me, quality care is about more than meeting standards—it's about creating an environment where residents feel safe, respected, and truly at home, while ensuring our staff have the support they need to provide their very best."

Are you interested in being part of a research study on Trauma-Informed Care in Long-Term Care? We Want to Hear From You!



You are eligible if you:

- Are a resident or family care partner in long-term care
- Are 18+ years old
- Read & speak English

Trent University is partnering with Long-Term Care Homes to develop Trauma-Informed Care training.

Participation involves taking part in a one-time virtual or in-person interview that will last 60-90 minutes and the completion of a short demographic survey that will take 5-10 minutes. Results will be used to develop education and training on trauma-informed care in long-term care homes.

For more information, please contact:
kimberlyritchie@trentu.ca

This study has been reviewed by Trent University Ethics Board #29808 .



V2

Questions about Hillel Lodge's participation in this research study?
Contact our Director of Quality Improvement & Learning, Shannon Fraser at sfraser@hillel-ltc.com



Section written by members of our Residents Council

RESIDENTS COUNCIL

Residents Council is for the residents by the residents.

Join us at our next Residents Council Meeting:

Wednesday, August 12th
at 11:00
in the Synagogue

WELCOME

We're happy to welcome Eleanor and Brenda as our new Party Line contributors.

If you have any ideas for our Party Line Page please let them know.

Protect yourself!



When going out to the Dream Garden, remember to protect yourself from the sun.

Grab a floppy hat on your way out to the garden! Hats are conveniently stocked beside the exit door.

A Bowlful of Truth

Life is a bowl of cherries

just be sure to spit out the pits



KUDOS

- Thanks to the Recreational Team for organizing great July activities such as FIFA watch parties, Flea Market, and Animal Petting Farm. Thanks to the PSWs that are helping to porter us to the activities.
- Thanks to the Café for offering alternative food choices.
- Grateful for the amazing Dream Garden and being able to enjoy during summer months and to do activities in the garden.

"the EX" or "Super EX"

Do you remember heading to the Central Canada Exhibition ("the Ex") at Lansdowne Park every August?

The midway, the farm animals, the grandstand shows?

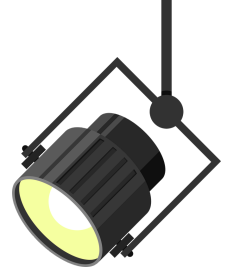
Did you know it was a 122-year annual summer tradition?

MEMORY LANE



RESIDENT SPOTLIGHT

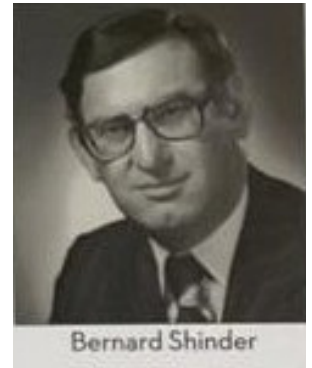
BERNARD (BERNIE) SHINDER



A Life Spent Planting Seeds

For decades, Bernie Shinder helped shape Ottawa's Jewish community. Today, as a resident of Hillel Lodge, he's part of it in a different way.

Never in a million years, he says, did he imagine he would one day be a resident himself at Hillel Lodge. It's a pattern he's seen play out his whole life — people in their 40s and 50s simply don't picture themselves growing old, and the previous generation's model of adult children caring for aging parents at home is no longer realistic, as families work longer hours and live farther away than ever before.



Building a Foundation for the Future

That instinct — to plan today for a need no one else could yet see — is what defines Bernie's greatest legacy: the *Ottawa Jewish Community Foundation*, built on the Talmudic precept, "As my ancestors planted for me, so do I plant for those who will come after me."

It wasn't an easy sell. "Nobody wanted it at first," Bernie recalls. "People felt there was no need for it." The province of Ontario resisted the idea of a Jewish foundation outright, and even some within the Jewish community feared it would pull donations away from the annual campaign.



Bernie, beside the OJCF Founders' plaque in his room at Hillel Lodge

In 1971, Bernie joined twelve other community leaders (Alex Betcherman z"l, Hyman Bessin z"l, Gilbert Greenberg z"l, Hy Harris z"l, Hy Hochberg z"l, David Loeb z"l, Abe Palmer z"l, Harold Shenkman z"l, Hyman Soloway z"l, Casey Swedlove z"l, Sam Taller z"l and Norman Zagerman z"l) to establish the *Ottawa Jewish Community Foundation*, described in its own tribute as a resource "to maintain the Jewish community's fiscal structure and safeguard our future."

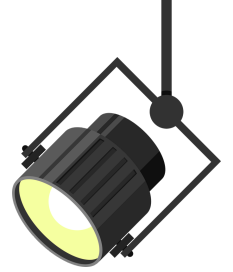
Working with one of Canada's top tax lawyers, Bernie helped draft the charter that solved it — a foundation structured for the benefit of the Ottawa Jewish community, rather than a "Jewish foundation" in name. He went on to serve as the Foundation's second president, and today, more than 50 years later, is the sole surviving member of the original 13 founders.



OJCF Founders' plaque—
The legacy of 13 great leaders

RESIDENT SPOTLIGHT

BERNARD (BERNIE) SHINDER



From Piano to Practice

Bernie's path to law wasn't the plan. He trained seriously as a pianist in his youth — until a teacher's honest verdict, "you are good, but not good enough," sent him instead toward the study of accounting, and later, law.

That combination of numbers and law defined his career. Bernie became Ottawa's first lawyer to specialize in tax law, founding his own practice, Shinder and Gardner, with partner Chuck Gardner, and went on to spend more than 40 years working across domestic and international tax, trade, and commercial law.

A Seat at the Table in Ottawa

Bernie's expertise carried him into government, where he served as principal advisor to the Deputy Minister of Finance. There, he led the task force that overhauled how Canada taxed corporations — work that reshaped small business taxation and was incorporated into a federal budget in the 1980s.

The system's success reached beyond Canada's borders: the European Union invited Bernie to consult on building a similar corporate tax structure of its own, using Canada's model as its example. He was in Europe on assignment when the Berlin Wall came down — and while there, became a committed advocate for preserving Jewish memory across the continent.

The Man Behind the Canada Day Celebrations

Bernie's ties to the Trudeau government went beyond tax policy. Years earlier, the Prime Minister had come to him with a different kind of task: the country, he felt, needed more patriotism, and July 1st deserved to be properly celebrated. Bernie chaired the community group the Prime Minister charged with building that celebration from the ground up. The first version of it, in 1976, was *The Great Canadian Birthday Party*, centred on a parade through the streets of Ottawa. Within a year, it had grown into Canada Day — and Bernie's committee took the celebration national, coordinating fireworks displays for cities across the country so that, for the first time, Canadians from coast to coast were marking July 1st together on the same day, in the same spirit.



Harvesting What Was Planted

Decades before arriving at Hillel Lodge, Bernie Shinder helped shape not only Ottawa's Jewish community, but the country as a whole. Through the *Ottawa Jewish Community Foundation*, that same work helped plant seeds that continue to grow today — sustaining places like Hillel Lodge, the very place Bernie now calls home.

PEDAL FOR A PURPOSE: CELEBRATING 18 YEARS OF BIKING FOR BUBBIES & ZAIDIES

Get ready to pedal for a purpose! This year marks the 18th anniversary of *Biking for Bubbies & Zaidies*, the *Bess and Moe Greenberg Family Hillel Lodge's* biggest annual fundraiser for the Lodge. Over the years, *Biking for Bubbies & Zaidies* has grown from a small group of friends getting together for a cause they care about, to a great legacy, having raised over \$2.2 million!

This milestone year holds extra meaning: in Jewish culture, 18 represents Chai, life. It's fitting, as that is exactly what we bike for, year after year. Funds raised through *Biking for Bubbies & Zaidies* directly support the programs at the heart of our work to fight loneliness and isolation: our Companionship Connections program, our Mealtime Assistance program, and our efforts to enhance excellence in care.

For its 18th year, *Biking for Bubbies & Zaidies* is taking an exciting new route, introducing a Ride Your Way format: bike as you'd like, whenever you'd like, with whomever you'd like. Instead of one fixed route on one set day, riders choose their own personal kilometer goal and ride at their own pace, on their own schedule, anytime over the summer, whether that's 1km or 180km, alone or with friends. You don't even need a bike to take part — walking, running, or simply fundraising as a supporter all count.

It all comes together on **September 16th**, when riders, supporters, sponsors, and residents gather at Hillel Lodge to celebrate the milestone together. Starting at **5:30pm**, the event will be full of ***Biking for Bubbies & Zaidies*** nostalgia, and tons of fun! With excellent food, music, and great vibes! You won't want to miss it!

A big congratulations to those on our fundraising leaderboard, you are on fire!



Margo Rosen
\$2,940.00



Mender Family
\$5,759.00



The Schachnow Family
\$15,957.00



Jeffrey Pleet & Family
\$4,293.00



Robert Meagher
\$2,834.00

If you're interested in joining this leaderboard,
or just biking for a good cause, [register now!](#)



PEDAL FOR A PURPOSE: CELEBRATING 18 YEARS OF BIKING FOR BUBBIES & ZAIIDIES

Super Sunday Bike Days: Riding YOUR Way

Love the group ride energy of *Biking for Bubbies & Zaidies*? Introducing **Super Sunday Bike Days** — casual community rides hosted by fellow riders all summer, building excitement toward our September celebration. Each ride is planned and led by a different community member, and everyone's welcome to join. It's a great way to log kilometers alongside others riding for the same reason: our residents at Hillel Lodge. *Biking for Bubbies & Zaidies* is not just about fundraising – it's about the lives changed.

Our first **Super Sunday Bike Day** on July 12 was a roaring success! Hosted by Susan Marcus, 16 bikers tackled a 36km ride, capped off with ice cream and coffee at the Hillel Lodge café, now open Sundays.



Up Next:

August 16th's ride, hosted by Sandra Zagon, is a scenic route for riders ready to enjoy themselves – the ride will last about 3 hours. Meet at Hillel Lodge at 9:00am. Interested? [RSVP here](#)



Super Sunday Family Bike Day

A ride the whole family can enjoy! Hosted by Oren and Ariel Potechin, this relaxed 18km ride is a fun way to get outside together for a cause close to your heart. Whether you're a seasoned cyclist or wanting to try something new, we have a spot for you! Bring the whole crew and ride alongside other families pedaling for the residents of Hillel Lodge.

Afterward, cool off with a treat at the Hillel Lodge café — a sweet way to celebrate your kilometers together, and show your kids what community and giving back looks like.

Come to the lodge on August 23rd, and get ready to pedal at 9:00am!

Interested? [RSVP here](#)



QUESTIONS ABOUT BIKING FOR BUBBIES & ZAIIDIES? CONTACT ALIVIA GREENBERG AT DEVELOPMENT@HILLEL-LTC.COM OR 613-728-3990.

ANNOUNCEMENTS

the Café

AUGUST SPECIALS

Sunday:
All Day Breakfast Bagel \$7.50

Monday:
New York Style Veggie Hot Dog
(with Sauerkraut & onions) & Fries \$10.00

Tuesday:
Vegetable Enchilada with Salsa &
Guacamole \$9.50

Wednesday:
Pizza \$9.00

Thursday:
Nachos with Salsa & Guacamole \$9.00

Friday:
Eggplant Parmesan & Salad \$10.00



TRIBUTE CARDS



A heartfelt, hand-written tribute card is a meaningful way to honour a loved one, mark a special moment, or say thank you.

Pricing:
1 card — \$15; 2 cards — \$30
1 package of 5 cards — \$50
1 package of 10 cards — \$100

How to order — two easy steps:

1- Make your payment through Zeffy
for the number of cards you'd like to send.

2- Contact Marcia Cantor at mecantor6@rogers.com or 613-762-2772, and let her know how many cards you purchased and who the tribute is for. Marcia will send the card(s) on your behalf.



FAMILY COUNCIL

Come and help! Hillel Lodge Family Council warmly welcomes family members and friends to join us at our next meeting on August 26th, 2026, at 10 am in the synagogue.

The Family Council aims to help improve the experience for our loved ones living at Hillel Lodge by providing proposals and suggestions to management.

We meet on the fourth Wednesday of each month. Every effort is made to keep the meeting to one hour. Coffee and muffins are served.

If you have questions about Family Council, or if you are unable to attend the meeting and want to share any concerns, suggestions, or proposals, please contact Anne Hanson-Finger at anne.hansonfinger@gmail.com.

Thanks, from Family Council on behalf of all the families of Hillel Lodge Residents:

A Special Thanks to Mike Cohen: For many years, Mike has served as Coordinator of the Family Council, bringing consistency, warmth, and good judgment to the role. Under his leadership, Family Council has been a steady, caring presence for our residents and their families, leaving a lasting mark on our community at Hillel Lodge.

We are so grateful for all he has given to Hillel Lodge. Thank you, Mike, for everything.

Thank you to:

1. Hamza, who is transitioning to work as Hillel's Finance and Procurement Officer after ably serving Hillel as Finance Officer.
2. The PSWs for their ongoing compassionate care for all the residents when most new admissions arrive with advanced, complex health issues.
3. Stephanie and the dietary team for devotedly operating the café 6 days a week for residents and visitors.
4. Celia and the volunteers for the beauty of Hillel Lodge's garden and for a terrific, stimulating gardening program
5. All the students who provide recreation and dietary service during their summer vacations

ANNOUNCEMENTS

SUMMER / FALL MENU 2026

NEW & RETURNING ITEMS:

Mushroom Leek Soup, Caramelized Onion Soup, Mushroom Barley Soup, Cream of Cauliflower & Sweet Potato Soup, Lentil Vegetable Soup, Israeli Salad, Roast Lamb, Middle Eastern Kofta & Hummus, Greek Lemon Chicken, Alsation Onion Torte, Beef Taco Casserole, Curry Beef, Greek Salad Plate, Mushroom Vegetable & Cheese Quiche, Asian Style Chicken, Portuguese Cod, Moroccan Garlic Chicken, Falafel & Tzatziki, Red Pepper Parmesan Frittata, Thai Beef & Peanut Sauce, Beef Tourtière, Breaded Herb & Garlic Fish Fillet, Turkey Pot Pie, Romanian Style Liver, Oven Fried Chicken, Lemon Herb Orzo, Baked Zucchini, Chicken with peach ginger BBQ sauce, Mediterranean Chicken, Salmon Shepherd's Pie, Honey Ginger Chicken, Korean Beef Short ribs, Tuna melt sandwich, English Muffin, Sauteed Mushrooms, Parmesan Cauliflower Sage Bread Stuffing, Pasta Primavera, Nanaimo Bar, Apple Brown Betty, Carrot Cake, Chocolate Coconut Cake, Date Square, Coconut Cream Pie, Peaches & Cream Pie, Chocolate Cherry Cloud, Banana Cake, Caramel Swirl Cake, Cherry Pie, Triple Fudge Chocolate Cake, Banana Cake

**View full weekly menus
on our website**





CALENDAR OF ACTIVITIES

Tuesday, August 4th

10:30 Musical Entertainment with Nate

Wednesday, August 5th

5:00 BBQ for 1 West

Tuesday, August 11th

10:30 The Usuals Jazz Band

Wednesday, August 12th

5:00 BBQ for 2 West

Tuesday, August 18th

10:00 Visiting Farm Animals with Sugarhill Farm
(rain date Thursday, August 20th)

Wednesday, August 19th

5:00 BBQ for 2 East

Monday, August 24th

10:00 Outing: Shopping and Lunch

2:30 An Hour with Guest Speaker
Professor Gerry Cammy

Tuesday, August 25th

10:30 Pup-Parade

Wednesday, August 26th

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

5:00 BBQ for 3 West

Thursday, August 27th

2:30 Birthday Party with Evelyn Greenberg



**AUGUST BIRTHDAY
CELEBRATION**

**THURSDAY,
AUGUST 27TH
2:30PM**

WITH EVELYN GREENBERG

**Visiting Farm Animals
with Sugar Hill Farm**

**TUESDAY,
AUGUST 18TH
10:00 - 2:00**



Tuesday, August 25th at 10:30

Oneg Shabbat

Fridays at 10:30am in the Café

August 7th with The SJCC Camp

August 14th Joel Yan and Friends

August 21st t.b.d.

August 28th t.b.d.

Get your online copy of the **full calendar of activities** here: [download calendar.](#)

We also invite you to **check daily for activities on INFO TV** on each neighborhood.



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 our **Assistant Director of Care:**

Ali Kargbo
Office #370 | Ext. #372 | akargbo@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

Keeping Minds Active

Just like our bodies, our brains benefit from regular activity. Meaningful mental stimulation can help support memory, improve mood, reduce feelings of loneliness, and enhance overall quality of life.

One of the best ways to keep the mind active is through connection. Spending time with loved ones, sharing stories, looking through family photos, listening to favourite music, or talking about cherished memories can spark conversation and bring joy.

Here are a few simple ways families can help keep minds engaged during visits:

 Share stories and reminisce about family traditions or special occasions.

 Bring photo albums or look through pictures together.

 Listen to favourite music or sing familiar songs.

 Enjoy a puzzle, card game, or simple word game together.

 Take a stroll through the garden or enjoy the fresh air while chatting.

 Read a favourite book, newspaper, or devotional aloud.

Remember, there is no "right" way to engage. Even a few minutes of meaningful conversation, laughter, or quiet companionship can have a positive impact. The greatest gift you can give is your time and presence.

mediSystem
by SHOPPERS DRUG MART



18th ANNUAL BIKING for BUBBIES & ZAIDIES SEPTEMBER 16



Ride on your own schedule, at your own pace, while helping to make a meaningful difference in the lives of residents at the Bess and Moe Greenberg Family Hillel Lodge.



FIGHT LONELINESS
and ISOLATION



SUPPORT MEANINGFUL
CONNECTION



FOSTER EXCELLENCE
in CARE

HOW IT WORKS



REGISTER



SET YOUR
FUNDRAISING GOAL



RIDE YOUR WAY



CELEBRATE
WITH US



**REGISTER
TODAY!**

 **Hillel Lodge**
LONG-TERM CARE FOUNDATION

Questions?

Contact Alivia Greenberg at
development@hillel-ltc.com or 613-728-3990