

LODGE LINE



GREAT GAMES EVENT 2026

IT TRULY TOOK A VILLAGE!

The Auxiliary's 4th Annual Great Games Event on Sunday, October 18th was a tremendous success, bringing together games, laughter, friendship, and community support in an unforgettable afternoon benefiting the residents of Hillel Lodge.

This event is a powerful reminder of what can be accomplished when a community unites. It truly took a village to make the Great Games Event such an outstanding success. From the Auxiliary volunteers who planned every detail, to all the sponsors, donors, participants, and supporters, each person played a vital role.



Great Games Event - Aptowitzer Room



TOPICS IN THIS ISSUE

Great Games Event 2026
Graduation - Champion Program
New & Happening
Good Health
LTC Foundation
Holidays & Observances
Resident Party Line
Announcements
Save The Date
Connection

GREAT GAMES EVENT 2026

IT TRULY TOOK A VILLAGE!



by Shelley Arron-Cohen

Our heartfelt thanks to the many volunteers who worked behind the scenes to organize raffle and auction items, prepare materials and gift bags, sell tickets, and help wherever needed. Special appreciation goes to Larry Gauzas, Steven Fremeth, Joel Cohen, Mort Ross, Sam Gauzas, and Gold Sponsors Leo and Oliver Grant of Grant Team Realty for their outstanding contributions.

With the support of staff at KBI, Shomrim Ottawa, and the Ottawa Police Service, their assistance helped ensure a safe and welcoming environment for everyone.

Under the leadership of Aliza Gauzas, the Auxiliary member who envisioned, and for the past four years has chaired the event, and an exceptional organizing team, months of planning came together seamlessly. Everything was ready when doors opened and the nearly 250 guests arrived to enjoy games, delicious food, and the opportunity to connect with friends old and new.



Marcia Cantor, Samanth Freedman, Aliza Gauzas



GGE 2026 Volunteer Committee



Mother & Daughter Volunteers Shari and Sylvia



Full house - Social Hall

GREAT GAMES EVENT 2026



One of the day's highlights was the raffle and silent auction, which featured more than \$25,000 in prizes donated by local businesses and community members including Michael Moskovic. Special thanks to Auxiliary member Shelley Goldenberg, who curated and bundled the items, along with Auxiliary President Fran Ross, Aliza Gauzas, Auxiliary Vice-President Rozlyn Fremeth, Ruth Mendell, Susan Marcus, Shelley Arron-Cohen, and Treasurer Gina Grant. We also appreciate Shari Aikins-Ford for managing the auction on event day. Diamond Sponsor France Lepine of Lepine Apartments, Gold Sponsor Jenna Roundell of Roundell Wealth Management, and catering sponsor Aviva Ben-Choreen of FHI Holdings Inc. joined Hillel Lodge CEO Ted Cohen and Fran Ross to draw the winning raffle tickets.



Amazing Silent Auction Items!



New table mats

Popular new additions this year were Mah Jongg mats sold by the Auxiliary, Mah Jongg accessories for purchase from New2Me, and Brymark donated the SWAG bags filled with goodies!

Thanks also to the meticulous catering planning of members Marcia Cantor and Samantha Freedman as there were plenty of snacks for everyone from Pita Pizza Prime, and Hillel Lodge's wonderful desserts disappeared almost as quickly as they arrived!

The feedback from attendees was overwhelmingly positive:

"The organization was superb, and everything ran with impressive precision."

"Registration was efficient and welcoming. What a great team effort!"

"A wonderful afternoon that continues to grow and improve every year."

"The atmosphere, fundraising, food, and community spirit were exceptional."



Players enjoying the afternoon

GREAT GAMES EVENT 2026



The Auxiliary of Hillel Lodge has donated these along with the 2025/26 Telethon's funds to refurbish the living rooms at Hillel lodge which are almost completed. Stay tuned for the November ribbon cutting ceremony!

GREAT GAMES EVENT

OCTOBER 18, 2026

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

A Fundraiser for the Residents of Hillel Lodge

THANK YOU TO OUR DONORS AND SPONSORS

4TH ANNUAL

DIAMOND SPONSOR

LÉPINE
LepineApartments.com

CATERING SPONSOR

FHI – The
Freedman Family

SILVER SPONSOR

Taryn Gunnlaugson
BMO Private Investment
Counsel

GOLD SPONSORS

Wealth Management
Dominion Securities
Roundell Wealth Management

DEBBIE AND
DAVID
WEINSTEIN

GRANT
REAL ESTATE
Leo Grant, Broker

\$136K donated to Hillel Lodge from the annual Telethon and Games Event

SILENT AUCTION AND GREAT PRIZES

We are deeply grateful for the continued support of our sponsors, volunteers, donors, players, and friends. It took a village to make a meaningful difference in the lives of Hillel Lodge residents and the 4th Annual Great Games Event such a memorable success. We are already looking forward to welcoming everyone back next year!

NEW & HAPPENING - RECAP OCTOBER



OUTING TO SOLOWAY JCC FOR ART EXHIBITION BY SHEILA NEMTIN LEVINE



MUSIC WITH NATE



AUTUMN CRAFT

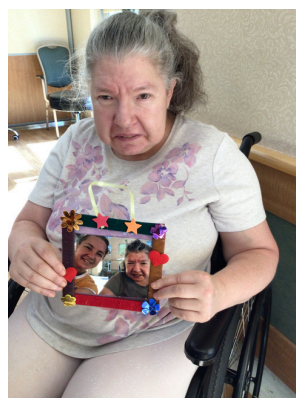


PHOTO FRAMES



WATER PAINTING

CHAMPIONING STUDENT SUCCESS

by Jennifer Rosenthal,
Learning & Development Manager

Please join us in celebrating the very first graduates of the Hillel Lodge Academy Champion Program! On Wednesday, October 28th, 17 proud graduates gathered in the Café to receive their diplomas and their blue scrub shirts — the mark of a Champion — in a warm celebration of this important milestone.

These experienced PSWs and Nurses were chosen for their outstanding leadership, professionalism, and commitment to best practices. As graduates, they now carry the title of Learning Champions. They will serve as role models, mentors, and coaches to nursing and PSW students who join us for clinical placements.



Prepared to Make a Difference

Over the past few months, our Learning Champions took part in an interactive training program that covered:

- Roles and Characteristics of an Effective Champion
- Training, Coaching & Mentoring Techniques
- Effective Communication Skills and Strategies
- Giving Feedback as a "Gift"
- Creating a Psychologically Safe Learning Environment
- Supporting Students in Clinical Placements
- Promoting Reflective Practice and Journalling
- Setting SMART Goals with Students

This training gave our Champions the tools to build supportive, trusting relationships with their students. Research shows that the best mentors are approachable, open-minded, and willing to have honest, constructive conversations. These qualities help create a safe and meaningful place to learn.

Championing Student Success (cont'd)

Where Great Caregivers Begin

Placements in hospitals, clinics, and long-term care homes are where future healthcare professionals receive practical, hands on experience, to complement their classroom education. Hillel Lodge is proud to welcome students for placements, giving them the chance to build the skills and attitudes that quality care depends on.

Every student who comes to Hillel Lodge is matched with a Learning Champion. With this guidance and encouragement, students feel they belong, grow in their profession, and gain confidence as they step into the working world. Along the way, they see firsthand the compassionate care our team provides every day.

Good for Students, Good for Our Community

Strong mentorship helps students grow in clinical judgment, decision-making, communication, and person-centred care, the very things that matter most to residents and families. Our Learning Champions are dedicated to building trusting relationships, strengthening students' skills, modelling ethical practice, and supporting their personal and professional growth.

Our Champions benefit too. They reflect on their own practice, build leadership skills, and keep growing through ongoing professional development.

Together, these relationships build a culture of learning, collaboration, and resilience, and they help encourage the next generation of caregivers to build their careers in long-term care. That is good news for everyone who calls Hillel Lodge home.



Spot a Champion

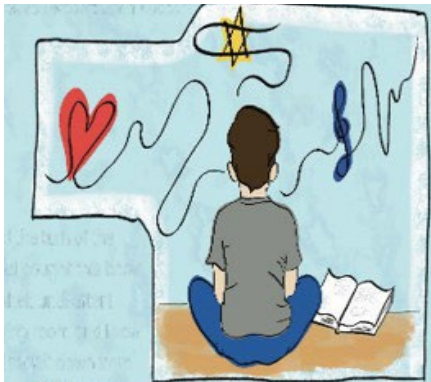
Look for the blue scrub shirts (as seen in the photo)! When you see a team member wearing one, you are meeting someone who has gone above and beyond to mentor and teach, and who is helping shape the next generation of compassionate caregivers. Please join us in thanking them!

Voices from Home: Chapter 3

On Tuesday, October 27th, Hillel Lodge was delighted to host the third “Voices from Home” Vernissage, honouring the life stories of Murray Citron, the late Jules Cogan, Myrna Marcus, and Marlyn Lerner, who all participated in this special project with architect Dorothy Stern and designer Charlie Laghi-Ford.



Each participant shared personal stories and meaningful insights, bringing to life the many ways home serves as both a foundation and a framework for who we are. The posters on display offered glimpses into these narratives, combining the participants' own words with illustrations brought to life by Charlie.



NEW & HAPPENING

Voices from Home: Chapter 3

The “Voices from Home” project captures the essence of home through intimate conversations with residents, exploring who they are and how the spaces and memories they carry have shaped their lives. As Dorothy explains, it is about residents telling their own stories — not guided by formal questions, but by what matters most to them.



“VOICES FROM HOME” IS A TESTAMENT TO THE RICHNESS OF THE LIVES LIVED WITHIN OUR WALLS, AND A REMINDER THAT THE STORIES WE CARRY ARE WHAT CONNECT US ALL.





EXPLORING ART GROUP RESIDENT GALLERY UPDATES

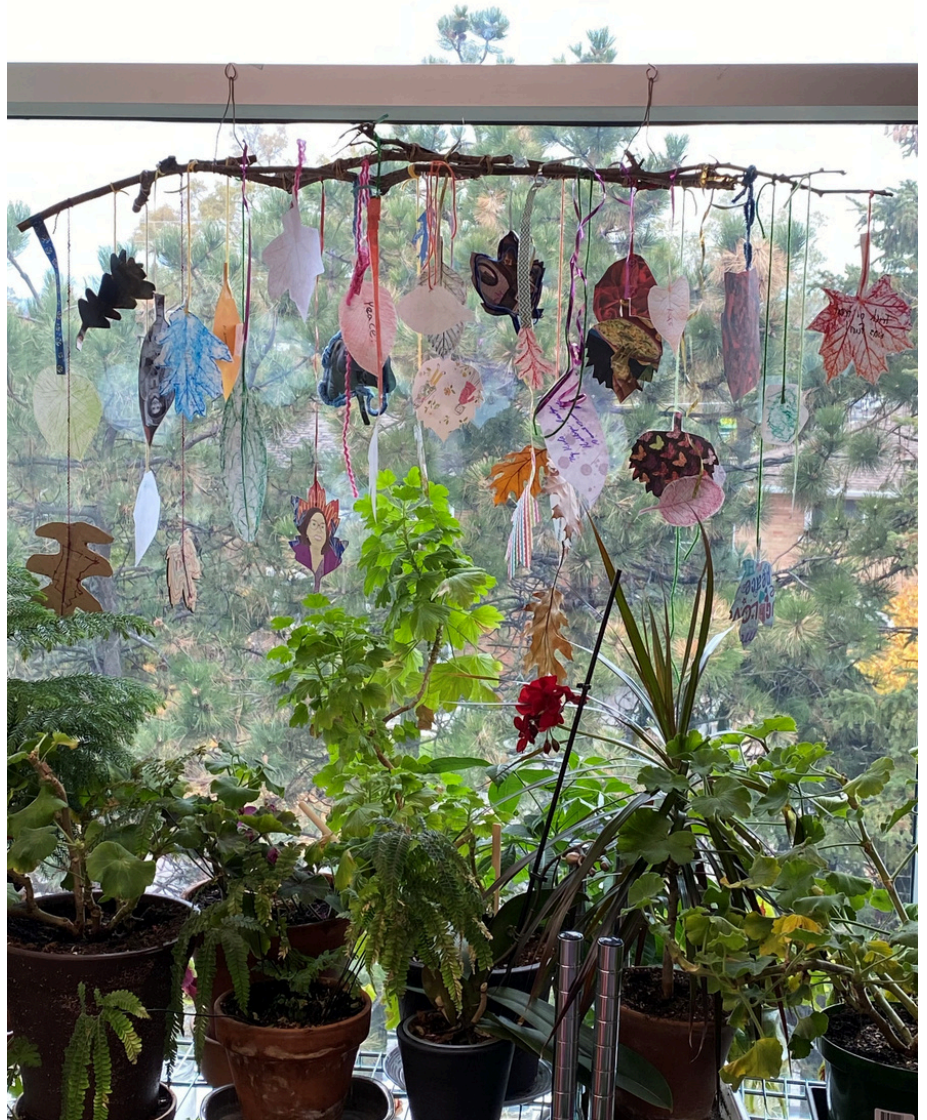


The Exploring Art Group spent the month of October reflecting on things for which they are thankful.

Each week, residents were invited to make a leaf using a different method, such as making a "rubbing" of the texture of real leaves using pencil crayons and pastels, or selecting meaningful collage images and patterned scrapbook paper to use as a base for tracing and cutting out leaf shapes. Residents were invited to add a word or phrase to each leaf that expressed their gratitude. The culminating session involved adding yarn or ribbon to each leaf and selecting where they would like it to be tied to the collective mobile.

The resulting collaborative artwork celebrates the aesthetic and abundance of the season (such as the harvest).

Notice how it interacts with the backdrop of trees out the window and the potted plants below!



THE COLLABORATIVE ARTWORK IS CURRENTLY ON DISPLAY IN THE 3RD FLOOR LOUNGE (BETWEEN THE ELEVATORS).

NEW & HAPPENING

A SAFE PLACE TO CALL HOME

We know that choosing a long-term care home for a loved one is one of the most important decisions a family can make — and that feeling confident in the safety of that home matters deeply. At Hillel Lodge, the security and wellbeing of our residents, families, and staff is something we take to heart every single day.

In recent years, the broader Jewish community has navigated a challenging environment, and we understand that this may give rise to questions and concerns about safety. We want to reassure you that Hillel Lodge is committed to providing a secure, peaceful, and welcoming home for all who live and work here.

Here is an overview of the security measures we have in place:

Controlled Access

All entrances to Hillel Lodge are secured. Visitors must be buzzed in by staff before entering the building, ensuring that only authorized individuals have access to our residents and our home.

Security Cameras

Cameras are in operation throughout the building and surrounding areas.

Campus Security

A campus security guard is present on site 24 hours a day, 7 days a week, providing an additional layer of protection.

Collaboration with the Jewish Federation of Ottawa

Hillel Lodge is located on the Jewish Community Campus of Ottawa and benefits from the campus-wide security infrastructure maintained by the Jewish Federation of Ottawa. This includes coordination with the Ottawa Police Service, regular training and emergency preparedness drills, and ongoing collaboration with community safety partners.

Protection from Protests

Hillel Lodge is among the institutions designated under the City of Ottawa's new bubble zone bylaw, which restricts protests within 50 metres of vulnerable sites including long-term care homes. Signage will be displayed at our entrances to reflect this designation once it is in place.

A Commitment to Vigilance

We continuously review and update our security protocols to reflect the current environment. Our team is trained to respond to a range of scenarios, and we work closely with law enforcement and our campus partners to stay informed and prepared.

We understand that the safety of your loved one is paramount. If you have any questions or concerns, please do not hesitate to reach out to our team.

YOUR VOICE MATTERS: 2026 FAMILY SURVEY RESULTS

Hillel Lodge's annual Family Survey was conducted over the month of June and we had a record 49 respondents! This represents 33% of individuals on the email distribution list. There was also opportunity to participate using paper copies. We are grateful for every family member who took the time to provide insight into their experience at Hillel Lodge and to be a voice for their loved one, who may not be able to speak for themselves.

The survey results were overall very positive, with the area of greatest concern being residents' ability to get help right away. Using adjusted response rates that excluded 'Sometimes', 'I don't know' and 'Prefer not to answer' responses, 87.5% of respondents reported residents receive help most of the time or always, while 12.5% reported their loved one rarely or never receives help right away.

That said, the comments that accompanied the survey provide a clearer picture of what families are satisfied with and where opportunities for growth exist. The results provide valuable insight into the experiences and perceptions of participating family members.

This year's survey results offered helpful feedback that reinforces what we pride ourselves on:

- Our compassionate and dedicated staff
- Recreation and cultural activities that significantly contribute to resident wellbeing
- Attractive gathering spaces for residents and families to visit. The café was highlighted as a particularly positive feature of Hillel Lodge

The survey also highlighted opportunities for us to improve, including:

- Providing more timely responses to resident needs
- Communication, including ensuring families can reach the right person and that information provided is consistent
- Enhancing consistency of care so that attentiveness and quality do not depend on "who is working"

Responding more promptly when a resident needs help remains a priority for the home through the remainder of 2026 and into 2027. While survey feedback identified opportunities for us to better understand what kind of help residents are seeking and where delays may occur, we also recognize that family perceptions and experiences are an important part of quality care. We believe our continued work through Hillel Lodge Academy, training staff on best practices, care routines, and customer service, along with the implementation of our Champions Program, will contribute to improvements in this area.

If you did not complete the survey this year, you will have another opportunity to participate when it returns in June 2027. Every response helps us better understand the needs and experiences of residents and their families and supports our ongoing quality improvement efforts. Remember, your voice matters.



Understanding Responsive Behaviours and Wellbeing

You may have heard the term “responsive behaviours” — but what does it really mean?

Responsive behaviours refer to actions, words, or gestures that a person may use to communicate an unmet need, discomfort, or emotion when they have difficulty expressing themselves verbally. This can apply to individuals living with dementia, as well as those affected by other cognitive or neurological conditions. Rather than seeing these behaviours as problems, we are encouraged to ask: “What is this person trying to tell us?”

A person may become restless, repeat certain words, resist care, or withdraw — and each of these responses can be a form of communication. It may signal pain, fear, loneliness, confusion, or simply a need for connection. Understanding what lies behind a behaviour is key. Small adjustments — a calm tone of voice, a familiar song, a gentle touch, or simply sitting quietly together — can go a long way in supporting your loved one’s wellbeing.

Looking Ahead at Hillel Lodge

Since the beginning of the year, **Hillel Lodge Academy** has been delivering a series of training initiatives to support our team in providing the best possible care. Over the coming months, a key area of focus will be **Responsive Behaviours and Wellbeing**, equipping our staff with enhanced tools and additional strategies to better understand and support each resident as an individual. This includes new resources, structured learning, and practical approaches that staff can apply every day to help residents feel safe, understood, and at ease.

We are committed to a care approach rooted in compassion, dignity, and connection, and this investment in training reflects that commitment.

We will keep families informed as this initiative unfolds. As always, if you have questions or observations, please don’t hesitate to reach out to our Director of Care, Cindy Garcia.



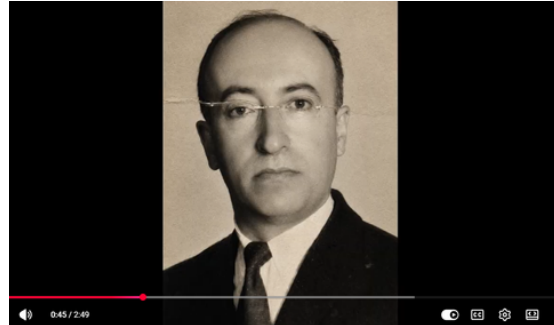
GOOD HEALTH

L'DOR V'DOR: IN THEIR OWN WORDS

Every day at Hillel Lodge, someone's mother is helped to dress, someone's father is sung to, and someone is simply listened to. Many of the people who make that care possible will never meet the residents they help. Some of them are no longer with us.

Shalom Perel was one of them. Before he passed, he chose to leave a gift to Hillel Lodge in his will. His story is now part of L'dor V'dor, a series of short videos made by young people in our community with donors who have remembered the Lodge in their estate plans. We're releasing each video on the donor's birthday. It felt like the right way to remember them.

Watch Shalom Perel's video



After 30+ years in this field, I've learned that a legacy gift has little to do with how much you have. It comes down to deciding that a place matters enough to look after it once you're gone. Many of our legacy donors are families who saw the care here up close.

LEAVING A LEGACY IS EASIER THAN YOU THINK

When people hear "legacy gift," many imagine a large estate and a team of lawyers. The reality is most of our legacy donors are people like you: families who have walked these halls, volunteers, and longtime friends of the Lodge.

A legacy gift does not require a financial commitment today. Your savings stay yours to use for as long as you need them. There are three simple ways to leave one:

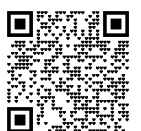
- Add a sentence to your will. Your lawyer can usually do this in a few minutes at your next update.
- Name the Foundation as a beneficiary of an RRSP, RRIF, TFSA or life insurance policy. This is often a single form from your bank or insurer.
- Leave a percentage. Even 5% or 10% of what remains after you've cared for your family makes a significant difference.

Your estate also receives a charitable tax receipt, which can reduce the taxes owing. Your own advisor can walk you through what's best for you and your family.

The impact is lasting. Gifts like these have helped buy new beds for residents, modernize our elevators, provide much-needed lifts for our residents or train our staff in dementia care. They let us say yes to what residents need next, long after any one campaign ends.

You don't have to tell us about your plans, but I hope you will. It lets us thank you properly and make sure your gift is used the way you intend.

To learn more, call me at 613-728-3990, email me at lsheer@hillel-ltc.com, or [visit our website](#)





A LITTLE-KNOWN WAY TO GIVE MORE FROM YOUR RRSP OR RRIF

Here's a tip I love sharing, because so few people know about it.

If you'd like to give a gift from your RRSP or RRIF, your bank will usually hold back some tax when you take the money out, up to 30%. So, if you take out \$10,000 to donate, you might only have \$7,000 to give. You'd get the rest back at tax time, but that's a long wait, and your gift ends up smaller than you planned.

The good news is that there's a simple fix. It's a CRA form called the T1213, and it lets your bank release the full amount, with nothing held back.

Here's all it takes:

1. Call or email us. Tell us how much you'd like to give, and we'll send you a short letter confirming it.
2. Send the form and our letter to the CRA.
3. CRA sends you a letter that tells your bank it's okay to release the full amount.
4. Take that letter to your bank, make your withdrawal, and send your gift to the Foundation.

That's it. Your whole gift goes to work at Hillel Lodge, and your tax receipt can help offset the tax on the withdrawal. This is especially helpful if you are already using your RRIF withdrawals as income. One friendly reminder: start soon. The CRA needs time to process the form, and gifts must reach us by December 31 to count for this year.

You don't have to figure it out on your own. I'm happy to walk you, or your advisor, through every step. Just call me at 613-728-3990 or email lsheer@hillel-ltc.com.

Black Friday is about getting. Giving Tuesday is about giving back.

At Hillel Lodge, that means a mother helped to her favourite chair in the café. A father hearing the Shabbat blessings he grew up with. A resident who has someone to talk to.

Government funding covers the basics. Our community makes it a home.

December 1st is Giving Tuesday. Please help us complete the Furniture Renewal Campaign. We are in the home stretch!

On December 1st, every gift will be matched, up to \$3,000, thanks to \$18, \$180, or more- every gift counts.

Give online or call 613-728-3990. You can also give in honour or in memory of someone you love.

Thank you for caring.

Holidays & Observances

November 2026

Remembrance Day Wednesday, November 11th



Remembrance Day, originally called Armistice Day, commemorates the November 11th, 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

This month of November, we invite you to take a moment to visit our Tribute Display Case, located near the elevators on the first floor, where we will be shining a spotlight on Remembrance Day with a special tribute to those who served and sacrificed for our country.

It is a meaningful opportunity to pause, reflect, and honour their memory.

November: Holocaust Education Month



November is Holocaust Education Month, a time for Jewish communities to promote the legacy and lessons of the Holocaust, in memory of the six million Jewish lives lost at the hands of the Nazi regime.

This month also marks the anniversary of Kristallnacht — the Night of Broken Glass — on November 9th, 1938, when Nazi forces carried out violent attacks against Jewish communities across Germany and Austria. It is widely regarded as a turning point that foreshadowed the horrors that were to follow.

As a Jewish long-term care home, this month holds deep meaning for our community. We encourage residents, families, and staff to take a moment to reflect, remember, and ensure that the lessons of history are never forgotten.

Never forget. Never again.



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:

Tuesday, November 24th at 11:00 AM
in the Synagogue

BILL OF RIGHTS

Did you know?

Residents Rights Booklets
can be found in Resident
Council Board
(next to the elevators).

From all corners of the world, our community
speaks many languages — so let's get talking!

How Do You Say Peace?

A word that transcends borders and
touches every heart 🕊️

- 🇬🇧 English — Peace (pees)
- 🇮🇱 Yiddish — Shalom (shah-LOHM) (שלום)
- 🇷🇺 Russian — Mir (meer) (Мир)
- 🇫🇷 French — Paix (pay)
- 🇪🇸 Spanish — Paz (pahz)
- 🇵🇱 Polish — Pokój (POH-kooy)
- 🇷🇴 Romanian — Pace (PAH-cheh)

The Poppy is a powerful symbol of Remembrance.

From October 24th through to Remembrance Day,
millions of Canadians wear a Poppy as a visual pledge to
never forget those who served and sacrificed.

Would you like to show your support?
Poppies will be available for sale at Reception Desk.



MEMORY LANE

Do you remember attending Remembrance Day ceremonies at the National War Memorial ?

in 1939, King George VI and Queen Elizabeth unveiled
the **National War Memorial** in a public ceremony during
the first visit by a ruling Canadian monarch to Canada.

The **National War Memorial** was built to commemorate
Canadians in the First World War 1914-1918. The
memorial has come to symbolize all military service and
sacrifice made by generations of Canadians, from the
end of the 19th century to today.

ANNOUNCEMENTS

NOVEMBER SPECIALS:

the Café

Sunday: Nachos \$9.00

Monday: Vegetable Quiche & Salad \$9.50

Tuesday: Southwestern Burrito Bowl \$9.50

Wednesday: Fish & Chips \$10.00

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

Friday: Pizza \$9.00



LOST & FOUND LAUNDRY EVENT

**Thursday, November 5th &
Friday, November 6th**

3rd Floor Lounge (by the elevators)



FAMILY COUNCIL

COME AND HELP - Hillel Lodge Family Council warmly welcomes you as family members and persons of importance to current residents. Please join us at our **next meeting on November 25th, at 10 am** in the board room.

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, muffins and a supportive network await you.

Even if you are unable to attend, please feel free to send your concerns, questions, suggestions or proposals to hillelfamilycouncil@outlook.com. We sincerely hope to see you at our next meeting.

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

1. Lisa, Director of Resident Experience, for her long and dedicated service to Hillel Family Council providing the invaluable link between families and management.
2. Pauline, Program Administrative Clerk, for offering welcome, skills and humour while supporting Hillel, the residents, the staff and the families.
3. All the the PSWs, RPNs and nurses, who continuously give their strength and their hearts to residents and families.

ANNOUNCEMENTS

Seasonal Vaccine Clinic — Coming Soon!

Protecting the health and wellbeing of our residents and staff during respiratory season is our top priority. As such, Hillel Lodge will shortly be offering a **Seasonal Vaccine Clinic for eligible residents and staff**, including vaccines for:

 Influenza

 COVID-19

 RSV

FOR QUESTIONS OR CONCERNS, PLEASE CONTACT OUR DIRECTOR OF CARE, CINDY GARCIA OR OUR IPAC LEAD, JOANNA WEXLER-LAYTON.



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.

MAH JONGG CARDS FOR SALE

Get your 2027 Mah Jongg cards through the Auxiliary of Hillel Lodge!

Standard - \$23 Large - \$26

Contact Shelley Goldenberg at sgoldenberg@rogers.com to order.





CALENDAR OF ACTIVITIES

Thursday, November 5th

2:30 Music with Luke Harris

Monday, November 9th

2:15 Monday Movie Matinee: Saving Mr. Banks

Wednesday, November 11th

10:30 Remembrance Day Ceremony

Monday, November 16th

2:30 Music with Noel

Tuesday, November 17th

10:15 Outing to Science and Tech museum
(contact Recreation Team for more information)

Wednesday, November 18th

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

Thursday, November 19th

3:30 Happy Hour with Eric Luca

Tuesday, November 24th

11:00 Resident Council

Wednesday, November 25th

10:30 Holocaust Education Month Program
by Joel Yan:

"One Woman's Holocaust Story told by her daughter"

Thursday, November 26th

2:30 Birthday Party with Evelyn Greenberg

Monday, November 30th

10:30 Balloon Volleyball: 2E VS 2W
2:30 Music with Arlene Quinn



**NOVEMBER
BIRTHDAY
CELEBRATION**

**THURSDAY,
NOVEMBER 26TH
2:30PM**

WITH EVELYN GREENBERG



**November 1st
Turn Back Clock
2am**

**Daylight
Savings**

Outing
TUESDAY, NOVEMBER 17



**CANADA SCIENCE AND
TECHNOLOGY MUSEUM**

Oneg Shabbat
Fridays at 10:30am in the Café

November 6th - with Recreation Team

November 13th - with OJCS Grade 6 Class

**November 20th - with The Ganon Preschool &
Zaidie Joel**

November 27th - with Joel Yan and Friends

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 one of our **Assistant Director of Care:**

Ali Kargbo
Office #370 | Ext. #372 | akargbo@hillel-ltc.com

Maninderjeet Kaur
Office #370 | Ext. #371 | mkaur@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

Getting Ready for the Colder Season

As the days get shorter and temperatures drop, here are a few simple ways to help keep your loved one comfortable and well through the colder months.

Daylight and Mood

Shorter days can affect mood and sleep patterns. Encouraging time near a window during your visit, or scheduling visits earlier in the day while there is still natural light, can have a positive impact on your loved one's energy and wellbeing.

Transition Moments

Going from indoors to outdoors and back can be a significant temperature shift. Having an extra layer ready for these transition moments — whether popping out to the garden or heading to an external family gathering — can prevent a chill. It is worth noting that Hillel Lodge aims to keep the Dream Garden accessible year round, weather permitting, so those fresh air moments need not stop when the season changes!

Warm Layers for Wheelchair Users

Residents in wheelchairs are more exposed to the cold, particularly their legs, feet, and hands. A warm blanket, lap throw, or fleece-lined leg cover can make a big difference. Don't forget warm socks and well-fitting footwear, as limited mobility can reduce circulation to the extremities.

The colder months can bring their own challenges, but with a little thought and preparation, they can also be a wonderful time for warmth, connection, and meaningful moments together.



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