

LODGE LINE



TEA, TREATS AND TOGETHERNESS

On July 29th, the **Auxiliary of Hillel Lodge** hosted its **Annual Tea Party**, and once again, it was an afternoon to remember.

Residents gathered in the Café, which had been beautifully transformed into an elegant tea house for the occasion, complete with delicate décor that set the perfect atmosphere for a truly special event.



TOPICS IN THIS ISSUE

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THE AUXILIARY ANNUAL TEA PARTY

A Time to Connect

Auxiliary members served tea and sweet treats throughout the event, but the heart of the Tea Party was something even more meaningful: the chance to sit, chat, and simply spend time with the residents. It is this connection, more than anything, that makes the event so special. The result was an afternoon filled with laughter, camaraderie, and cherished memories — the whole Café seemed to glow with warmth and good company.



"IT'S SO HEARTWARMING TO SEE MY SISTERS FROM THE AUXILIARY HAVING THE CHANCE AT THE TEA PARTY TO SIT DOWN AND REALLY CHAT WITH THE RESIDENTS AND GET TO KNOW THEM. WATCHING ALL THE WARM SMILES AS EVERYONE INTERACTED — THAT'S WHAT THIS EVENT IS ALL ABOUT." - MONICA STEIN, AUXILIARY MEMBER



THE AUXILIARY ANNUAL TEA PARTY

A Beloved Tradition

The Auxiliary is an entirely volunteer-run group dedicated to enriching the daily lives of Hillel Lodge residents, funding and organizing the extra touches that help the Lodge feel like home. The Annual Tea Party remains one of the group's most beloved traditions, offering residents and volunteers a chance to mingle over tea and treats in a friendly, festive setting.



The Auxiliary's dedication to creating meaningful moments like this one continues to bring joy to the Hillel Lodge community, one cup of tea at a time.

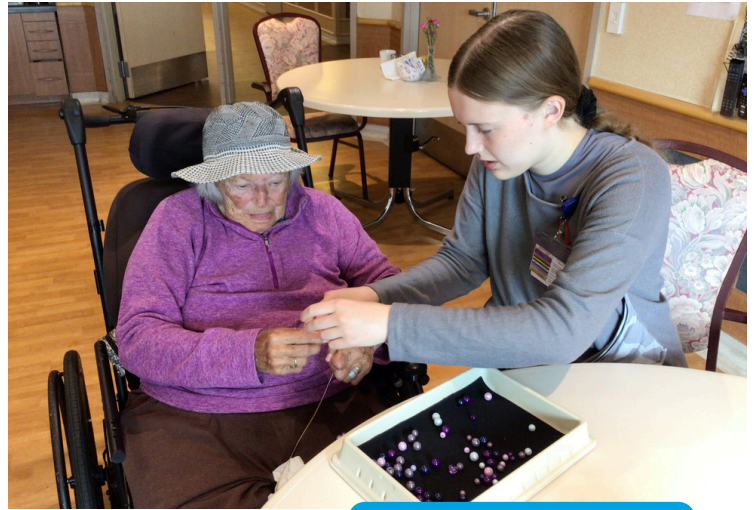


2026 AUXILIARY MEMBERS

NEW & HAPPENING - RECAP AUGUST



BAKING PROGRAM 3RD FLOOR



BRACELET MAKING



GATHERING IN THE DREAM GARDEN



ZUMBA GOLD IN THE DREAM GARDEN



NEW & HAPPENING - RECAP AUGUST



ONEG SHABBAT WITH JOEL YAN & FRIENDS



HAPPY HOUR WITH OFF THE RECORD



PUP PARADE



THE USUAL JAZZ BAND



MUSIC WITH NATE



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

SOLD OUT!

THANK YOU TO OUR SPONSORS, DONORS & GUESTS
FOR YOUR SUPPORT!

EXPERIENCED MAJ & BRIDGE PLAYERS CAN STILL SIGN
UP AS SPARES BY CALLING: 613-228-0718

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LepineApartments.com

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GROUP

SILENT AUCTION ITEMS AND SPONSORS WELCOME

INQUIRIES: 613.228.0718 OR gamesday.hillellodgeaux@gmail.com

MADOR LADOR—FROM GENERATION TO GENERATION

Article written by Aliza Gauzas and Shelley Cohen

*For the **Lépine Apartments** family, excellence means more than exceptional buildings; it means creating quality homes for the people who live in them. Today, this philosophy shapes Lépine rental communities across the National Capital Region. For Aliza Gallaman Gauzas, these values are a deep-rooted part of her family history.*

The connection began approximately 70 years ago in Montreal, when Aliza's father, Michael Gallaman, and René Lépine became partners in the construction industry. Together, they built thousands of homes, from the first condominiums to renowned communities like Le Sanctuaire and Château Bonavista. Their relationship went beyond business: the families became close, and their children grew up side-by-side.



FRANCE LÉPINE, ALIZA GAUZAS, FRANCESCA LÉPINE

Decades later, Aliza, Francesca, and France reconnected in Ottawa through a shared commitment to community and philanthropy. This reunion revived cherished memories of Laurentian summers and childhood visits to construction sites, where they first learned that excellence is built through vision, perseverance, and commitment. This spirit of service and philanthropy continues as France Lépine supports Ottawa's veterans and youth, while Aliza brings 30 years of event planning and project management expertise to charitable causes.

Today, that dedication drives the **4th annual Great Games Event on October 18th** at Kehillat Beth Israel. This sold-out community fundraiser—the largest games event in Ottawa with 230 players—is chaired by Aliza for the **Auxiliary of Hillel Lodge**. The event raises essential funds for the new living rooms and special projects that enrich residents' lives. **Lépine Apartments is a key sponsor**, reuniting the families in support of dignity and quality of life.

"We are grateful to the Lépine family for their support," says Hillel Lodge CEO Ted Cohen. "Their commitment to developing strong communities resonates deeply with us at Hillel Lodge, where dignity, belonging and meaningful connection are at the heart of all we do."

This shared purpose aligns naturally with the Lépine family's philosophy. France Lépine believes, "A home is more than a building. Whether in a rental residence or long-term care, people should feel respected and connected."

Today, the Lépine Apartments' team develops premier long-term rental communities in Kanata, Barrhaven, and Orléans, with numerous properties across the National Capital Region and the valley. This event joins past and present: two fathers whose partnership began 70 years ago, and children whose friendship has been renewed through service to others.

Mador Lador—From Generation to Generation

Some legacies endure in buildings; others live in the relationships and values passed down. In this story, they are inseparable.

Inquiries: lepineapartments.com or call 1-888-453-7463

Great Games Event: Silent auction items and donations welcome.

Contact: Aliza at 613.228.0718 or email: gamesday.hillellodgeaux@gmail.com



EXPLORING ART GROUP RESIDENT GALLERY UPDATES



Current Exhibit - Nature Neurographic Art

Exploring Art group participants mindfully connected with nature this summer through drawing and painting, inspired by the concept and style of neurographic art.

Residents were invited to trace leaves and flowers with permanent markers and to overlap the shapes if they chose. They then filled in their drawings with watercolour paint, inspired by the plants they saw in front of them, or their imagination. Additional details were added with pencil crayons or markers, and coloured paper was used to frame their work, if they wished.



APRIL & MAY ARTWORKS

**COME VISIT EXHIBIT
LOCATED IN 3 WEST
LIVING ROOM**



CURRENT EXHIBIT: NATURE NEUROGRAPHIC ART

Previous Exhibit - April - Cross-Pollination

April's project was inspired by the Spring theme of cross-pollination which encouraged a community focus of sharing and getting ideas from others in the group, along with visual themes of spring.

Residents were first invited to create paintings on paper, exploring the colours and textures of spring. Many of these paintings were then shared among the residents, torn or cut up to create mixed media collage. Other materials offered were coloured papers, scrapbooking paper, stickers, washi tape, and drawing media. The residents were asked about who inspired or influenced them, and what they enjoyed most about early spring.

Previous Exhibit - May - Shavuot/Receiving Gifts

May's creations were loosely inspired by the Jewish holiday Shavuot. Taking motivation from the idea that the Jewish people needed to be open to receiving the Torah, the artworks focused on receiving the gifts of the world.

Residents were encouraged to make and paint a clay vessel such as a bowl or plate to symbolically represent containing a gift. They were then invited to add symbols of what they would like to be open to receiving or gifts they have already received. Residents could write on a scroll or add whatever their ideas or creative intuition called for.

NEW & HAPPENING

NEWS FROM OUR GREEN THUMB CLUB

by Celia Glanville, Horticultural Specialist



A Closer Look at a Sensory Bouquet

For residents who are unable to come experience the garden in person, I bring a vase of cuttings from the garden to explore with them.

When choosing the plants to include I'm thinking of the senses - sight, touch, smell and sound and how to engage residents' various senses for physical, emotional and cognitive benefit. Different textures, scents, colours and sounds stimulate or soothe their nervous systems, relieve tension, and create feelings of connection with their past, their community at the Lodge and also as part of the natural world.

Today vase was filled with a selection of cosmos, hydrangea, astilbe, peppermint scented geranium, lemon verbena, straw flowers, lemon thyme, cornflowers, petunias, geranium, lamb's ears, bunny tails, echinacea, spearmint, bunny tails grass and an ornamental grass.



Considering each of the senses individually

Sight - Flowers in bright, bold colours for easier visual enjoyment. The cosmos and cornflowers were planted from seed in the Green Thumb Club, so can be a point of connection for some residents sparking memories and feeling of community as well as giving a sense of agency and having a direct affect on their surroundings.

Touch - especially important for those who have lost their sight - Tactile plants like fuzzy lamb's ear, velvety peppermint geranium and soft bunny tail grasses soothe and sometimes recall the soft touch of pets or animals in the past. Strawflowers offer surprise and stimulate the sense of touch, while the stiff seed heads of echinacea open conversations about their being a source of food for birds in the winter engaging thoughts of nature's rhythms and the cycle of the seasons.

Smell - scent, emotion and memory have a strong bond - fragrant lemon verbena, peppermint geranium, thyme and spearmint stimulate emotional response through olfactory stimulation. Sometimes bringing memories of gardens in the past, opening conversations about cooking and favourite meals, or simply an enjoyable escape through smell.

Sound - In the garden, birds in the garden and the burbling fountain are powerful soothing escapes but in a vase, dried seed pods of the baptisia that shake like rattles and the soft sounds of grasses rustling can recall soft winds and movement in the garden.

Interacting with sensory plants, whether in the garden or through a selection in a vase, creates a low stress environment that can tap into multiple sensory pathways fostering mental, emotional and cognitive wellness. Mindful engagement draws attention to the present interrupting cycles that can fuel anxiety and focus on discomfort. As one resident said recently "amazing things can happen when you look at a flower", I completely agree!





Supporting Brain Health and Living Well With Dementia

September is World Alzheimer's Month, a time to raise awareness about dementia, challenge stigma, and recognize that people living with dementia can continue to experience connection, purpose, joy, and a meaningful quality of life.

While some changes in memory can occur as we age, there are many ways we can support brain health at every stage of life. Staying physically active, eating well, getting enough sleep, maintaining social connections, participating in meaningful activities, and managing health conditions such as high blood pressure and diabetes all contribute to overall brain health.

Living Well With Dementia

A diagnosis of dementia does not define a person. Each individual continues to have their own history, preferences, abilities, relationships, and need for belonging.

We can help people living with dementia thrive by:

- Focusing on abilities, not limitations. Encourage participation and independence whenever possible.
- Creating meaningful moments. Music, familiar activities, conversation, time outdoors, and family traditions can provide enjoyment and connection.
- Communicating with patience. Speak calmly, allow time to respond, and avoid correcting or arguing when it isn't necessary.
- Maintaining familiar routines. Predictability can provide comfort and reduce anxiety.
- Looking beyond behaviours. Changes in behaviour may be a way of communicating pain, fear, frustration, loneliness, or an unmet need.
- Staying connected. Visits, shared meals, photographs, music, touch, and simply spending time together can remain meaningful even when words become difficult.

A Simple Reminder

See the person, not the dementia. Living well with dementia is about supporting dignity, choice, connection, safety, and the things that continue to bring meaning and joy to each person's day.

This World Alzheimer's Month, we encourage everyone to learn a little more about dementia, challenge misconceptions, and help create a community where every person feels valued and included.



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, September 16th at 11:00 AM
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.

JOKE

Why did the kangaroo
cross the road?

To get to the court!



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

How Do You Say Hello?

- 🇬🇧 English — Hello! (heh-LOH)
- 🇮🇱 Yiddish — Shalom! (shah-LOHM)
- 🇷🇺 Russian — Privet! (pree-VYET)
- 🇫🇷 French — Bonjour! (bohn-ZHOOR)
- 🇪🇸 Spanish — ¡Hola! (OH-lah)
- 🇵🇱 Polish — Cześć! (cheshch)
- 🇷🇴 Romanian — Bună! (BOO-nah)

KUDOS

- Pup Parade was an amazing event!
Thanks to all the dogs (and owners) who participated.
- Thanks to Celia and all the residents involved in the Green Thumb Club for tending the Dream Garden and the 3rd Floor lounge plants
Brings us so much joy.
- Thanks to the exceptional summer students in all departments, your presence lit up the place.

Summer Memories

Last week, the noise from Eleanor's wheelchair had us reminiscing — it sounded just like the cards we used to put in our bike spokes as kids to feel like we were riding a motorcycle!

Did you ever put cards in bike spokes or decorate your bicycle?

MEMORY LANE





In Morris's Memory: Join Us for the 18th Biking for Bubbies & Zaidies

We lost Morris Schachnow in early August. For many of you, that loss feels personal—he was a resident here, a board member, a donor, a father, a Zaidie, a man whose presence mattered. He lived in these halls with genuine care for this community. He believed deeply that our elders deserve not just care, but dignity, connection, and a place to truly belong.

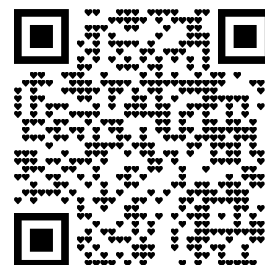
Morris never rode in Biking for Bubbies & Zaidies himself. But he understood what it meant—the power of a community coming together, year after year, to say: *We see you. We value you. We're here.*

For 18 years, this event has transformed the lives of residents at Hillel Lodge. This September, we're honouring Morris by continuing what he cherished—the work of building community.

There is still time to be part of this. Whether you ride, walk, or donate—your involvement matters. Every donation sustains the programs, the services, the care that made Morris proud to be part of this place. If you're a resident, invite your family to sponsor your participation. If you're family, talk with your loved one about supporting something that means so much to them. If you've ridden before, bring someone new. If you've never participated, this year is a beautiful time to start.

Morris showed us what it means to care for community. Now, we have the chance to show him—and every resident here—that his belief in us was worth it.

Join us on September 16th. Donate or register today!



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

LTC FOUNDATION

A Lasting Legacy: Honour Your Loved One on the Tree of Life

The Baker and Silverman families recently chose a beautiful way to honour their fathers—by purchasing leaves on our Tree of Life located at the front entrance to the Lodge. Each leaf, a permanent tribute etched with a name and message, becomes part of something enduring.

Starting at \$2,500, gifting a leaf creates a legacy that lasts.

This is more than a gift. It's a way to say: I remember. I honour. You matter.

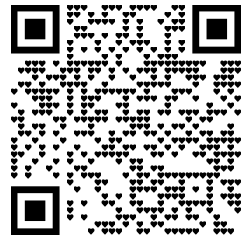
Families choose leaves to celebrate milestones—birthdays, anniversaries, moments that mark a life well-lived. Some honour fathers who've passed; others celebrate those still here.

Our Tree of Life grows with each leaf, a living symbol of the generosity that sustains Hillel Lodge.



**Ready to honour someone meaningful?
A leaf is a gift that endures.**

Contact the Foundation or [click here](#) to learn more.



Plan Your Year-End Gift Now—Don't Rush It

Year-end giving is coming, and if you've been thinking about supporting Hillel Lodge, now is the time to start planning. Not in December when you're rushed—do it now, when you can do it thoughtfully.

Talk with your accountant about what makes sense for you. Some options include:

- Donating appreciated securities is powerful—you avoid capital gains tax while receiving a Charitable Donations Tax Credit.
- Consider directing an RRSP withdrawal to us, which reduces the income inclusion.
- Life insurance and real estate gifts offer meaningful tax benefits too.

Even a modest gift generates a credit worth real money back.

The point isn't the tax benefit. It's knowing your gift is meaningful, planned with care, and truly sustainable for you. Our residents deserve that kind of intentionality.

Let's talk. Call us at 613-680-1197 or lsheer@hillel-ltc.com for more information about how you can make a positive impact on the lives of people living at the lodge and save on the taxes you need to pay.

Holidays & Observances September 2026

Jewish High Holidays

The Jewish Year is ushered in with a period referred to as the **High Holidays**. During these holidays, one reviews their actions of the past year, asks forgiveness for misdeeds and commits to improving oneself for the coming year. Rosh Hashana, the Jewish New Year, is the start of the High Holidays. The period continues until Yom Kippur, the Day of Atonement, which is a 25 hour period of fasting that includes synagogue services. At the end of the Yom Kippur service, Jews believe that their sins of the past year have been forgiven. A few days after Yom Kippur, the celebratory holidays of Sukkot, Shemini Atzeret and Simchat Torah are observed.

Rosh Hashana - Jewish New Year

Begins sundown on Friday, September 11, 2026;
Ends at nightfall on Sunday, September 13, 2026

Rosh Hashana means "Head of the Year" and is the start of the Jewish New Year. It is a two-day period of reflection of our actions of the previous year and of the changes we want to make in the year ahead. Rosh Hashana also is observed with special holiday meals.



The sounding of the Shofar (the ram's horn) is a central observance of Rosh Hashana.



Traditionally dip apples in honey on Rosh Hashana to express the wish for a sweet new year.



Instead of a braided challah, a round challah is served on Rosh Hashana, symbolizing the circular nature of the year.

Yom Kippur - Day of Atonement

Begins sundown on Sunday, September 20, 2026;
Ends at nightfall on Monday, September 21, 2026

Yom Kippur, the Day of Atonement, is one of the holiest days of the Jewish calendar. The observances include fasting (for those who are healthy enough to do so) and synagogue services.

Sukkot

Begins sundown on Friday, September 25, 2026;
Ends at nightfall on Friday, October 2, 2026

Sukkot is named after the booths or huts (sukkot in Hebrew) in which the Israelites dwelt during their 40 years of wandering in the desert after they were redeemed from the slavery in Egypt. It acknowledges that our lives are under God's protection. Today, it is customary to eat meals in a sukkot and to spend as much time as one can in the sukkot.

Labour Day Monday, September 7th

The first Monday of September marks Labour Day and it is a statutory holiday in Canada.



National Day for Truth & Reconciliation

Wednesday, September 30th

This day honours the survivors of residential schools, those who never returned home, as well as their families and communities.



ANNOUNCEMENTS



SEPTEMBER SPECIALS:

Sunday: All Day Breakfast Bagel \$7.50
Monday : Pizza \$9.00
Tuesday: Burrito Bowl \$9.50
Wednesday: Fish & Chips \$10.00
Thursday: Nachos \$9.00
Friday: Eggplant Parmesan & Salad \$10.00

the Café will be closed on:

Monday, September 7th
Sunday, September 13th
Monday, September 21th
Sunday, September 27th

Friendly Reminder: Safekeeping of Personal Belongings

We want to remind residents and families that Hillel Lodge is unable to take responsibility for the safekeeping, repair, or replacement of personal belongings, including hearing aids, eyeglasses, dentures, and other personal items.

Residents and families are responsible for the care and upkeep of these items. We encourage families to:

- Label personal items with the resident's name where possible
- Store items in a designated, consistent spot in the resident's room when not in use
- Consider personal property insurance to cover the repair or replacement of these items — check with your insurance provider, or the item's original retailer, about available coverage

Thank you for your understanding as we work together to care for your loved ones.

FAMILY COUNCIL

COME AND HELP! Hillel Lodge Family Council warmly welcomes family members and persons of importance to current residents. Please join us at our next meeting on Wednesday, September 23rd, 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 anne.hansonfinger@gmail.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. Julie, Resident & Family Advocate, for her constant calm and caring assistance to residents and families.
2. Lisa, Director of Resident Experience, for her continued support for Family Council as the liaison with Hillel management.
3. Nathalie, Director of Communications & Home Experience, for her help with wording, formatting and designing all Family Council communications.
4. Marilyn, Life Enrichment Manager, for her insight and explanation of the roles of volunteers at Hillel Lodge.



CALENDAR OF ACTIVITIES

Thursday, September 3rd
2:30 Music with Noel

Monday, September 7th
2:30 Music with Rick Crepin

Saturday, September 12th
ROSH HASHANAH DAY 1

Sunday, September 13th
ROSH HASHANAH DAY 2

Wednesday, September 16th
11:00 Resident Council
2:15 Let's Dance! with Dance Therapist Lorraine

Thursday, September 17th
3:00 Happy Hour with
Segue to Jazz with Deborah Davis

Monday, September 21st
YOM KIPPUR

Thursday, September 24th
2:30 Birthday Party with Evelyn Greenberg

Monday, September 28th
2:30 An Hour with Guest Speaker
Professor Gerry Cammy



SEPTEMBER BIRTHDAY CELEBRATION

**THURSDAY,
SEPTEMBER 24TH
2:30PM**

WITH EVELYN GREENBERG

Oneg Shabbat Fridays at 10:30am in the Café

September 4th -
Oneg Shabbat with Recreational Team

September 11th -
Oneg Shabbat and High Holiday Songs
with Joel Yan & Friends

September 18th -
Shofar Making Workshop and Oneg Shabbat
with Rabbi Blum & The OJCS Grade 2 Class



September 25th -
Oneg Shabbat and Sukkot Songs
with Joel Yan & 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

Caring for the Caregiver

If someone you care about — a family member, partner, friend, or neighbour — lives in long-term care, your role as a caregiver doesn't end — it just changes. You're still an essential part of the care team, and it's just as important to care for yourself as it is to care for them.

Here are three steps to help:

1. **Consider your circle of support.** Think about the tasks you manage versus what the care team handles — this can reveal where you're feeling overwhelmed and where you could use extra help from family or friends.

2. **Reflect on your needs.** Check in with yourself regularly. Are you feeling guilty, anxious, or having trouble sleeping? These are signs it may be time to seek extra support.

3. **Care for yourself.** Watch for exhaustion, irritability, or changes in sleep and eating — and don't hesitate to talk to a doctor, join a support group, or connect with your long-term care home's family council.

You're not alone. Free, confidential support is available 24/7 through the Ontario Caregiver Helpline: 1-833-416-2273 (CARE).

We also encourage you to
**download the Ontario Caregiver
"I am a Caregiver" toolkit**



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