

LODGE LINE

THE BESS AND MOE GREENBERG FAMILY



Hillel Lodge

LONG-TERM CARE HOME OF OTTAWA

WELCOMING CINDY GARCIA AS OUR NEW DIRECTOR OF CARE

We are excited to announce the appointment of Cindy Garcia as our new Director of Care, effective August 5, 2025.

Cindy is no stranger to Hillel Lodge, having dedicated over two decades of her career to our organization growing through various roles, including Charge Nurse and Assistant Director of Care.

Her recent position as Associate Director of Care at Dundas Manor has further enriched her background, where she implemented policies to enhance resident care, fostered a collaborative nursing environment, and led palliative care initiatives that significantly improved patient comfort and quality of life.



TOPICS IN THIS ISSUE

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WELCOMING CINDY GARCIA AS OUR NEW DIRECTOR OF CARE

As Cindy prepares to return to Hillel Lodge, we had a heartfelt Q&A session that captures her warmth, dedication, and insights. In this reflective conversation, she shares her emotions about returning, her initial motivations for joining, memorable moments from her journey, and her vision for enhancing resident comfort. Join us as we explore her plans for the future of care at Hillel Lodge.

Welcome Back: What emotions do you feel returning to Hillel Lodge as the Director of Care after your extensive experience here and at Dundas Manor?

Cindy: It's wonderful to be back with my Hillel family and step into this new role as Director of Care. There's a real excitement bubbling about rejoining this incredible community.

Of course, there's a touch of nervousness that comes with taking on such an important position. My top priority is to ensure our residents continue to receive the highest quality of care, and I'm deeply committed to that. My extensive experience, both here at Hillel Lodge and at Dundas Manor, has only deepened my dedication to resident well-being, and I'm eager to bring all of that back home.



Initial Motivation: What initially drew you to Hillel Lodge when you first began your career here, and how has that motivation evolved over the years?

Cindy: When I first started at Hillel Lodge as a private duty sitter through an agency, it was the residents themselves who truly drew me in. Getting to know them was a privilege, and I was particularly captivated by their fascinating stories of surviving the Holocaust. Their resilience and experiences were incredibly moving. I also quickly noticed the unwavering dedication of their families, who truly honored their parents in every sense.

My initial motivation to stay and become a Personal Support Worker (PSW) was rooted in the supportive work environment and the dedicated staff. Hillel became a place where I felt I could genuinely grow as a person. This foundation of care and personal development then propelled me through various roles, including charge nurse, RAI coordinator, and Assistant Director of Care. My motivation has since evolved to embrace a love for challenges and a deep satisfaction in knowing that my efforts directly impact the well-being of the residents. It's incredibly rewarding to be back and continue contributing to their care.

WELCOMING CINDY GARCIA AS OUR NEW DIRECTOR OF CARE

Memorable Moments: Looking back on your two decades at Hillel Lodge, what is one of your most memorable experiences that has shaped your dedication to this organization?

Cindy: There are countless memories that have shaped my dedication – from immersing myself in the rich Jewish culture to the momentous move from 125 Wurtemberg into this building. However, if I have to choose one experience that truly stands out, it's how we came together during the pandemic.

The early days were filled with so much unknown and fear. But our leadership team was incredible; we met daily, sometimes even more often, constantly planning and strategizing. What really struck me was how all departments worked together with a common goal: to protect our residents. Staff showed up every day, they smiled even when they were scared, and our residents truly always came first. That collective effort, that unwavering dedication in the face of such adversity, profoundly reinforced my commitment to Hillel Lodge and everyone here.



Cultural Sensitivity: How has your understanding of Jewish culture and traditions influenced your approach to resident care at Hillel Lodge over the years?

Cindy: My understanding of Jewish culture and traditions has profoundly shaped my approach to resident care at Hillel Lodge, fundamentally strengthening my commitment to person-centred care. From my earliest days here, I've had the privilege of learning about the unique values and practices that are central to our residents' lives, and understanding the extent to which they follow their faith.

A significant part of this learning has come from the incredible opportunity to hear Rabbi Levy Teitlbaum's insightful perspectives on ethical issues and how the Jewish faith informs them. These discussions have consistently enriched my comprehension of our residents' spiritual and cultural needs, enabling me to advocate for and ensure care that truly respects their individual beliefs and traditions. This deep immersion has allowed us to create an environment where every resident's personal and spiritual well-being is not just acknowledged, but deeply integrated into their daily care.

Driven by the Jewish community's unity in supporting the Annual Biking for Bubbies, Cindy is a dedicated advocate, consistently engaging in fundraising, volunteering, and participating.

WELCOMING CINDY GARCIA AS OUR NEW DIRECTOR OF CARE

Palliative Care Initiatives: Given your experience with palliative care and pain management at Dundas Manor, what specific initiatives do you plan to introduce at Hillel Lodge to improve resident comfort?

Cindy: Hillel Lodge has always been recognized for its strong commitment to excellent palliative care and pain management. As I'm returning after three years, my first step will be to conduct a comprehensive assessment of our current practices and protocols. It's essential to understand what is currently in place before identifying areas where my experience, particularly from Dundas Manor, can best contribute to improvements.

Once I have a clear picture, my focus will be on strengthening key areas that promote resident comfort and dignity. A core initiative will be to further enhance open and ongoing communication with residents and their families about end-of-life care. This crucial dialogue should ideally begin upon admission and be thoughtfully adjusted over time as needs and wishes evolve.

Furthermore, we need to ensure that these deeply personal goals of care are effectively communicated and understood across all shifts and departments. My aim is to develop robust internal communication strategies and educational programs for staff, empowering everyone to support residents in achieving their end-of-life wishes with compassion and precision. Ultimately, it's about building on Hillel's existing strengths to ensure every resident experiences the highest possible level of comfort and peace.

Hopes for the Future: What are your hopes for enhancing resident care at Hillel Lodge, and how do you envision your role contributing to the well-being of both yourself and the residents in your new position?

Cindy: My primary hope for enhancing resident care at Hillel Lodge is to strengthen the already established excellent practices. My role will be to ensure our residents are not only safe and well-cared for but also that our dedicated staff are working to their full potential and feel happy in their roles, all while consistently meeting regulatory standards.

I envision my contribution as a nursing leader to be multifaceted. By focusing on these core areas, I'm confident it will push me to grow professionally. Ultimately, what truly motivates me is seeing our residents smile and live happy lives here at Hillel Lodge, and equally, seeing our staff come in smiling, happy, and proud to be a part of this incredible team. Their well-being and the residents' happiness are inextricably linked, and that will be my driving force.

Please join us in warmly welcoming Cindy back to Hillel Lodge. We eagerly anticipate the leadership, compassion, and dedication she will bring to residents care and to our team.

NEW & HAPPENING

A HEARTFELT WELCOME TO RABBI ORIT ROZENBLIT AT HILLEL LODGE

This July, we were honoured to welcome Rabbi Orit Rozenblit from Kiryat Shmona, Israel, to Hillel Lodge. As the founder of *Poteach Shearim*, Rabbi Rozenblit has devoted her life to strengthening Jewish community ties, both in Israel and abroad. Her visit was part of a larger initiative by the Jewish Federation of Ottawa to deepen connections between Canadian Jews and their counterparts in Northern Israel.



"Jewish life in Israel is a given, but in the diaspora, it's a choice," reflected Rabbi Rozenblit, emphasizing the significance of community in both settings.



Rabbi Rozenblit spent part of her time in Ottawa engaging with our residents through one-on-one weekly visits, sharing stories and discussing Jewish culture. "Every conversation is unique," she added. "We talk about backgrounds, families, and even concerns about Israel. These connections are vital."

"MEETING RABBI ROZENBLIT WAS A REFRESHING EXPERIENCE! IT'S A UNIQUE OPPORTUNITY TO CONNECT WITH A FEMALE RABBI IN A TRADITIONALLY MALE ROLE. HER PERSPECTIVE AND WARMTH REALLY MAKE SPIRITUAL GUIDANCE FEEL EXTRA SPECIAL!" – CLAIRE MILLER, RESIDENT AT HILLEL LODGE

In Israel, Rabbi Rozenblit works closely with seniors and retirees, facilitating group readings and discussions in a round-table format that fosters an environment where every voice is heard. "It's a spiritual experience," she explained. "We apply what we learn to our lives, looking both forward and backward. It's rewarding for everyone involved."

We are immensely grateful for Rabbi Rozenblit's time and dedication during her visit. Her passion for building bridges between communities reminds us of the strength we find in our shared Jewish identity. "We must do whatever we can to build a better place," she said, reflecting on the importance of our collective journey.

Thank you, Rabbi Rozenblit, for your invaluable contributions to Hillel Lodge and for reinforcing the bonds between our communities. We look forward to continuing this journey together!

NEW & HAPPENING

FUN CANADA DAY CELEBRATION



ENJOYING BINGO IN OUR DREAM GARDEN





FLEA Market

BARGAINS GALORE

We are excited to share that our Flea Market Sale on July 8th was a huge success! Thanks to your generous purchases, we raised nearly \$800. These funds will directly support recreational team activities, enhancing the quality of life for our residents.

We sincerely appreciate everyone's kindness in donating gently loved items, as well as the invaluable time our volunteers dedicated on the day of the event. Your contributions truly made a significant impact.

Thank you once again for making this event a tremendous success. We look forward to your continued support in our future endeavors!

Sincerely,
Aman, Ella, Janet, Jess, Maya, Preya, and Marilyn



NEW & HAPPENING

SUMMER /FALL 2025

NEW & RETURNING MENU ITEMS:

Mushroom Leek Soup, Roast Lamb Middle Eastern Kofta & Hummus, Greek Lemon Chicken, Coconut Cream Pie, Cream of Cauliflower Soup, Israeli Salad, Alsation Onion Torte, Mexican Beef & Peppers, Curry Beef, Peaches & Cream Pie, Greek Salad Plate, Mushroom Vegetable & Cheese Quiche, Brownie, Chocolate Cherry Cloud, Asian Style Chicken, Portuguese Cod, Lemon Buttermilk Cake, Caramel Swirl Cake, Cherry Pie Moroccan Garlic Chicken, Strawberry Shortcake, Falafel & Tzatziki, Lentil Vegetable Soup, Red Pepper Parmesan Frittata, Thai Beef & Peanut Sauce, Beef Tourtière, Banana Cake, Breaded Herb & Garlic Fish Fillet, Turkey Pot Pie, Pecan Tart Romanian Style Liver, Oven Fried Chicken, Lemon Herb Orzo, Baked Zucchini, Chicken with peach ginger BBQ sauce, Salmon Pie, Honey Ginger Chicken, Captain Burger, Korean Beef Short ribs, Parmesan Cauliflower, English Muffin, Sauteed Mushrooms, Sage Bread Stuffing, Pasta Primavera Mediterranean Chicken, Vegetable Enchilada with Salsa & Guacamole, Chocolate Chip Banana Bar, Tiger Brownie, Maple Chocolate Mania Cake, Nanaimo Bar

NEW & HAPPENING

SAVE THE DATE: GRANDPARENTS DAY EVENT

On September 7th from 2-4 PM, join PJ Library, the Ottawa Jewish Community Foundation, the Jewish Federation of Ottawa, Jewish Family Services, AJA 50+, The Bess and Moe Greenberg Family Hillel Lodge Long-Term Care Home, and the Soloway Jewish Community Centre for a day of fun and intergenerational connection for grandparents and their grandchildren.

Enjoy a Babka Bake, followed by a creative challah cover craft. Plus, explore the Ottawa Soft Play activity center, generously sponsored by the Ottawa Jewish Community Foundation. Don't miss this opportunity to make lasting memories together!



ELEVATING CARE STANDARDS

We are pleased to announce that a new toilet paper product, *Select by Cascade*, will be rolled out across the neighborhoods starting Monday, August 4th.

This decision comes after a successful trial with toilet paper samples in June, during which *Select* was chosen for its improved durability and reduced shredding.

The change will provide PSWs with a better product for use during resident care.

UPDATES TO INFO TV

We've enhanced the InfoTv layout to make it easier to read menus and activities at Hillel Lodge.

With a larger font and a slower transition time, accessing information is now simpler and more user-friendly.

SUGAR HILL BARNYARD BUDDIES

WEDNESDAY, AUGUST 6TH 10AM-2PM

HILLEL LODGE - OUTSIDE FRONT ENTRANCE

JOIN US FOR A DAY OF FUN!
BRING YOUR FAMILY, INVITE YOUR
FRIENDS, AND GET READY TO ENJOY
OUR BARNYARD BUDDIES

FUN FOR ALL

WEATHER
PERMITTING





VOLUNTEER DOGS & OWNERS NEEDED
IF INTERESTED IN VOLUNTEERING, PLEASE CONTACT JESS
BEFORE AUGUST 15TH

JSTEWART@HILLEL-LTC.COM

AUGUST 26TH, 11AM



**Experience the joy of our Pup
Parade - a heartwarming visit
from furry friends to brighten your
day!**



NEWS FROM OUR GREEN THUMB CLUB

by Celia Glanville, Horticultural Specialist



Now in it's second summer, the Dream Garden is maturing into a wonderful space full of rich colour, texture and life.

This month the echinacea is in full bloom and buzzing with bees, as is the purple astilbe and nepeta. The terracotta pots the residents planted in the spring are overflowing with petunias, cosmos, nasturtiums and cherry tomatoes and marigolds are making carpets of gold in the garden.



In the raised beds this year we've focused on herbs and sensory plants. Scented geraniums, basil, thyme, za'atar (from Israel), thyme, oregano, rosemary, and lemon balm are all invitations to explore and rub the leaves and take in the different scents and textures.



RESIDENTS



Section written by members of our Residents Council

RESIDENTS COUNCIL

Join us at our next Residents Council Meeting!

Residents Council is for the residents by the residents.
Come join us! All residents are welcome and encouraged to participate.

Upcoming meeting date will be posted on resident board.

RESIDENTS COUNCIL BOARD

We encourage you to regularly check our Residents Board by the elevators, where you will find posters detailing the latest updates and changes at Hillel Lodge.

FRIENDLY REMINDER

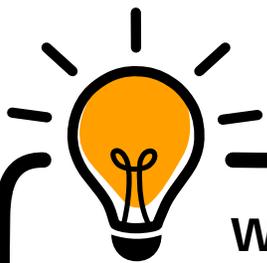
Be mindful of Heat Warnings!

Remember to stay hydrated by drinking plenty of water, and don't forget to apply sunscreen if you'll be outside for an extended period.

KUDOS

A heartfelt thank you to PSWs, nurses, housekeeping, and culinary staff for your outstanding dedication to keeping us safe and healthy.

We extend our gratitude for all your hard work and care. Your efforts truly make a difference in our lives!



Where would you like to go for an outing?

Leave your suggestions in the box on our Resident Board.



- What did the left eye say to the right eye? Between you and me something smells.
- What would bears be without bees? Ears.
- I ordered a chicken and egg online... Let's see what comes first.

The 17th Annual **mediSystem**
**BIKING FOR BUBBIES
& ZAIIDIES**



LAST CHANCE!

There's only a bit more time to register for the 17th Annual Biking for Bubbies & Zaidies on September 14th. Get ready to ride to support the residents at Hillel Lodge and make their quality of care even better!



Don't feel like biking this year? No problem! You can still be part of the action by volunteering or sponsoring another rider. Come on out and register for Biking for Bubbies & Zaidies with the information below!



613-728-3990



hillel-ltc.crowdchange.ca

 **Hillel Lodge**
LONG-TERM CARE FOUNDATION



Enhancements to Your Donation Experience

At the Hillel Lodge Long-Term Care Foundation, we are beyond grateful for all your support. Your generosity is the heartbeat of our mission, and we're thrilled to share some exciting updates that will enhance your donation experience!

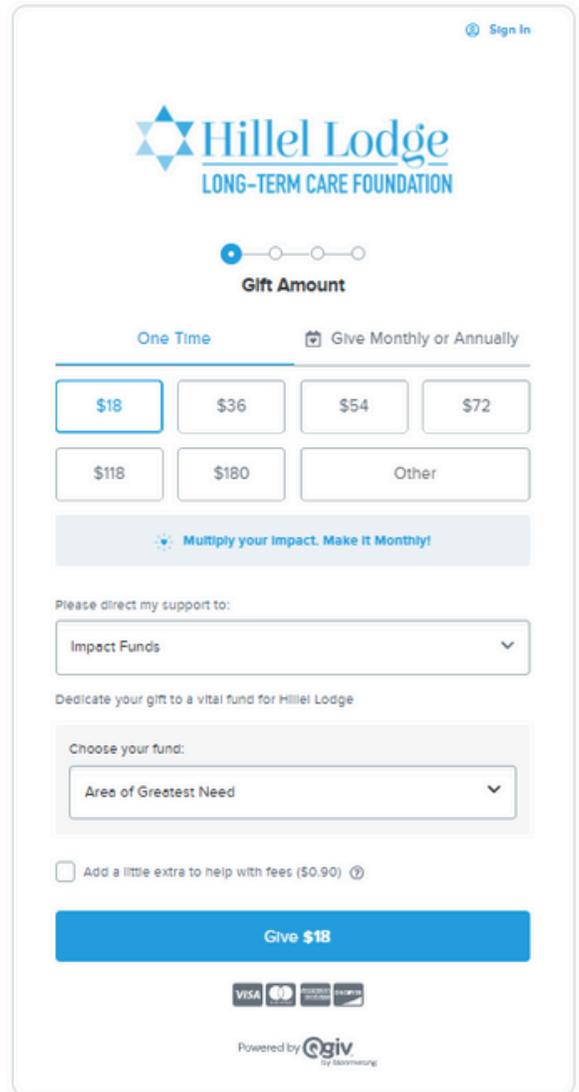
We're rebuilding our donation forms from scratch!

Improved visuals and layout will make them more modern, easier to read and navigate. We're creating a new, user-friendly design to provide a seamless experience on mobile devices.

You'll be able to create accounts and save your information for quicker, hassle-free donations! Monthly giving is now easier than before. These updates aim to make the donation process more intuitive while keeping the key features you value, and we hope you're excited to use them!

We're also transitioning to a new donor database to serve you better.

We kindly ask for your patience and understanding as we undertake this big job. Our current systems are based on outdated technology, and we are transitioning to a single, more modern system.



The screenshot shows a mobile donation form for Hillel Lodge Long-Term Care Foundation. At the top right is a "Sign In" link. The Hillel Lodge logo is centered at the top. Below it is a progress indicator for "Gift Amount" with a blue dot on the first step. There are two tabs: "One Time" (selected) and "Give Monthly or Annually". The "One Time" tab shows a grid of donation amounts: \$18, \$36, \$54, \$72, \$118, \$180, and an "Other" option. A blue button below the grid says "Multiply your impact. Make it Monthly!". Below that is a dropdown menu for "Please direct my support to:" with "Impact Funds" selected. Another dropdown menu says "Dedicate your gift to a vital fund for Hillel Lodge" with "Choose your fund:" and "Area of Greatest Need" selected. A checkbox option is "Add a little extra to help with fees (\$0.90)". At the bottom is a large blue button labeled "Give \$18". Below the button are logos for VISA, American Express, Discover, and Mastercard. At the very bottom, it says "Powered by Cgiving by GiveNow.org".

Your input is not just welcome, it's essential! Your feedback will enable us to make corrections to our records and files and help us create the donor experience you deserve. Please reach out to foundation@hillel-ltc.com or call 613-728-3990 for all questions, ideas, corrections or concerns.



Holidays & Observances

August 2025

The Three Weeks

The Three Weeks is a period of mourning in Judaism, commemorating the destruction of the First and Second Temples in Jerusalem. It is a time for reflection, during which joyful activities and celebrations are minimized.

**This year the Three Weeks began on Sunday, July 13th, 2025
and will end on Sunday, August 3rd, 2025**

**Tisha B'Av (9th of Av):
Sunset, August 2th - Nightfall, August 3rd:**

The culmination of the Three Weeks mourning period, with fasting and the reading of Lamentations.



Civic Holiday - Colonel By Day - Monday, August 4th



In Ottawa, Colonel By Day is the name given to the Ontario August Civic Holiday.

In recognition of the history of the Rideau Canal and Bytown's founder, Lieutenant Colonel John By, and in recognition of his birth date of August 7, 1779, Colonel By Day is celebrated on the first weekend of August each year.

ANNOUNCEMENTS

the Café

AUGUST DAILY SPECIALS

Mondays: Lasagna & Salad \$9.50

Tuesdays: Cheese Blintzes & Fruit Salad & Sour Cream \$9.50

Wednesdays: Quiche & Salad \$9.50

Thursdays: Fish & Chips \$9.50

Fridays: Nachos \$9.00

FAMILY COUNCIL

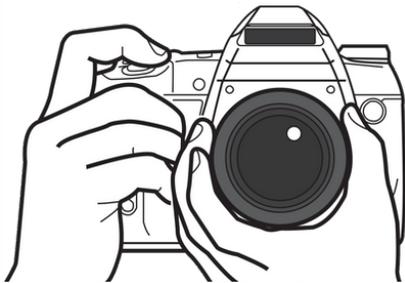
The Family Council is always looking for new members to contribute to improving life at the Lodge for all residents.

If you are interested in joining the Council please contact the Coordinator, Mike Cohen, at macinmontreal@gmail.com



FRIENDLY REMINDER

Respect the privacy of our residents and of our staff.



Please take pictures and/or videos of your loved ones only.

Thank you for your cooperation.

2025 SUMMER / FALL RESIDENTS' MENU

Can view weekly 2025 Summer / Fall Residents' Menu on our website at:

<https://hillel-ltc.com/programs/food-services>





CALENDAR OF ACTIVITIES

Monday, August 4th

2:30 Musical Entertainment with Edwin and Frank

Wednesday, August 6th

10:00 Visiting Farm Animals with Sugar Hill Farm

5:00 BBQ for 1W*

Sunday, August 10th

10:30 Music with Noel

Monday, August 11th

2:30 An Hour with Guest Speaker Professor Gerry Cammy

Wednesday, August 13th

2:30 Tour of The Jewish Community Centre

Wednesday, August 20th

5:00 BBQ for 3W*

Thursday, August 21st

3:00 Happy Hour with Eric Luca

Tuesday, August 26th

11:00 Pup-Parade

Wednesday, August 27th

5:00 BBQ for 3E*

Thursday, August 28th

2:30 Birthday Party with Evelyn Greenberg

*Neighbourhood BBQs are moved to the Café when the weather is not suitable.



August Birthday Party
Thursday, August 28th
at 2:30 pm
with Evelyn Greenberg



On National Dog Day: AUGUST 26th at 11 AM

SUGAR HILL BARNYARD BUDDIES

WEDNESDAY, AUGUST 6th 10AM-2PM
HILLEL LODGE - OUTSIDE FRONT ENTRANCE



GREEN THUMB CLUB

with Celia Glanville
Horticultural Specialist

MONDAYS & THURSDAYS AT 10 AM / FRIDAYS AT 11 AM



Oneg Shabbat - Fridays 10:30 am

August 1st with Camp Gan Israel
August 8th with JCC Day Camp
August 15th with Marsha Black and Minda Wershof
August 22nd with Joel Yan and Friends
August 29th with Or Bielak

Download the full
calendar of activities at
hillel-ltc.com/programs/recreation
or scan QR code:



SAVE THE DATE

CONNECTION

POINTS OF CONTACT

(AS OF AUGUST 4TH, 2025)

With several recent changes and the addition of new positions to our Core Care Team, we want to clarify the main points of contact for caregivers.

Who to contact:

1- The first point of contact is always the nurse in your neighbourhood.

2- If the issue needs further attention, the next step is to contact the Assistant Director of Care (ADOC). Macdala Etienne André is the ADOC if the resident lives on the third floor. Urduja Vilia Cariño is the ADOC if the resident lives on the first or second floor.

3- If further escalation is required then reach out to the Director of Care, Cindy Garcia.

4- Should an issue require further escalation, our CEO Ted Cohen is available to assist.

Notice: Consistent with her scope of practice as a Nurse Practitioner, Melissa Ruigrok will now focus on providing complex resident care and will no longer serve as the primary contact for general care inquiries.

Contact Information:

Nurses: Located in the nurses' nooks in each neighborhood.

Assistant Director of Care:

First and Second Floors ADOC: Urduja Vilia Cariño

Office #267 | Ext. 371 | ucarino@hillel-ltc.com

Third Floor ADOC: Macdala Etienne André

Office #370 | Ext. 372 | metienne@hillel-ltc.com

Director of Care: Cindy Garcia

Office #118 | Ext. 120 | cgarcia@hillel-ltc.com

CEO: Ted Cohen

Office #116 | Ext. 118 | tcohen@hillel-ltc.com

NURSING EXTENSIONS

If you need to speak with your loved one's nursing staff, you may use the phone extensions below. Please note, only the desk phones have an option to leave a voicemail.

Charge Nurse - 688

1-West

Desk Phone - 160

Portable - 694

2-East

Desk Phone - 228

Portable - 683

2-West

Desk Phone - 260

Portable - 676

3-East

Desk Phone - 328

Portable - 679

3-West

Desk Phone - 360

Portable - 677



AUXILIARY
of Hillel Lodge

PRESENTS THE 3RD ANNUAL

GREAT GAMES EVENT

In Loving Memory of Sheila Hartman



A fundraiser for the Residents of Hillel Lodge

NOVEMBER 2, 2025

12:30 PM - 4:30 PM

TICKETS

Refreshments &

KEHILLAT BETH ISRAEL 1400 COLDREY AVENUE

\$60.00

\$30 tax receipt

REGISTRATION

www.zeffy.com/ticketing/great-games-event--2025

DIAMOND SPONSORS

TRACY HARTMAN
AND
CINDY HARTMAN

GOLD SPONSOR: JENNA ROUNDELL



Wealth Management
Dominion Securities

Roundell Wealth Management

Game Table Sponsors and prize | auction items are welcome!
Please email Gamesday.hillellodgeaux@gmail.com for inquiries