

LODGE LINE



THE BESS AND MOE GREENBERG FAMILY

Hillel Lodge

LONG-TERM CARE HOME OF OTTAWA

STAY CONNECTED: DISCOVER OUR NEW WEBSITE !

We're excited to announce the launch of our new website! Same url as before but with a brand new look and extra information: <https://hillel-ltc.com/>

This comprehensive redesign represents a significant step forward in how we connect with families, prospective residents, supporters, staff, volunteers, and our community at large.

A Better Experience for Everyone

Our new website has been designed with you in mind, offering an enhanced user experience that makes it easier to find the information you need. Whether you're exploring care options for a loved one, looking to support our mission, or seeking employment or volunteer opportunities, our streamlined navigation will guide you effortlessly.



TOPICS IN THIS ISSUE

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Connection

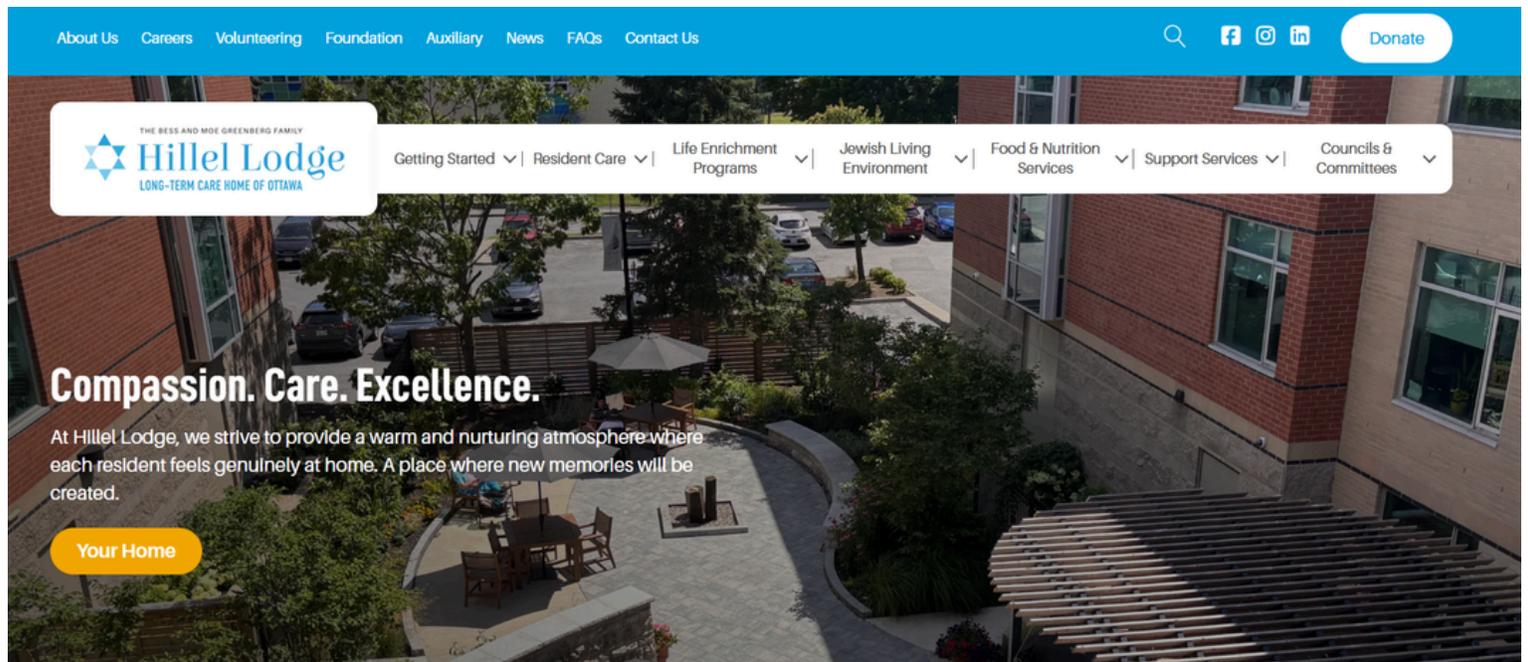
STAY CONNECTED: DISCOVER OUR NEW WEBSITE !

Celebrating Our Jewish Living Environment

A dedicated section highlights what makes Hillel Lodge so unique: our vibrant Jewish culture and strong Jewish community. Visitors can explore how we integrate Jewish traditions, values, and celebrations into daily life, creating a warm and meaningful environment for our residents.

Join Our Team

Our expanded Careers section explains why Hillel Lodge is an exceptional place to work and what sets us apart as an employer. The Volunteering section showcases the many opportunities to give your time and the profound difference volunteers make in our residents' lives.



Comprehensive Resident Information

Our resident-focused sections provide detailed information about:

- **Getting Started:** Admission procedures, living options, and fees/funding information.
- **Resident Care:** Person-centred care approach, nursing services, medical care, and more.
- **Life Enrichment:** Recreational activities and programs, intergenerational initiatives, rehabilitation services, and religious/spiritual programs.
- **Food and Nutrition:** Our commitment to keeping it kosher, our diverse menu options, person-centred dining approach, nutritional assessment services, and the Café.
- **Support Services:** The full range of additional services available to residents.

Continued on next page ...

STAY CONNECTED: DISCOVER OUR NEW WEBSITE !

Stay Connected With News and Updates

Our News section features articles from our monthly Lodge Line newsletter, with past editions available for download. This is where we share our accomplishments, celebrate milestones, and showcase the innovative programs and person-centred care that define Hillel Lodge.

Sign Up to receive our Monthly Lodge Line Newsletter!

Connect With Hillel Lodge LTC Foundation and the Auxiliary of Hillel Lodge

The Hillel Lodge LTC Foundation and the Auxiliary of Hillel Lodge play vital roles in enhancing lives at Hillel Lodge, and our new website makes it easier than ever to get involved.

The Auxiliary section highlights the incredible volunteer-led initiatives that bring joy and enrichment to our residents' lives and their fundraising efforts, such as the Telethon and the Great Games Event.

The dedicated LTC Foundation section showcases special campaigns and upcoming signature events. Equally important is seeing the real impact of your generosity. Our website illustrates how donations directly benefit our residents through enhanced programs, new equipment, facility improvements, and innovative care initiatives. From therapeutic recreation programs to specialized equipment that improves quality of life, every contribution makes a tangible difference.

Ready to make a difference? Our streamlined donation process makes it simple and secure to contribute to Hillel Lodge. Whether you're interested in one-time gifts, monthly giving, memorial donations, or planned giving options, you'll find all the information and tools you need on our new website to support our mission of compassionate care.

Visit Us Online

We invite you to take time and explore our new website. This modern, informational hub will keep you better informed about changes, accomplishments, and everything that makes Hillel Lodge a special place to call home.

Visit new website at:

<https://hillel-ltc.com/>

OR SCAN QR:



SUGGESTIONS OR COMMENTS ABOUT OUR NEW WEBSITE?

WE INVITE YOU TO REACH OUT TO OUR COMMUNICATIONS LEAD, NATHALIE GELINEAU, AT NGELINEAU@HILLEL-LTC.COM

Therapeutic Recreation Awareness

What is Therapeutic Recreation?

Therapeutic recreation is a purposeful approach to care that uses recreation and leisure activities to improve the physical, cognitive, emotional, spiritual and social well-being of individuals.

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

Meet our Therapeutic Recreation Team

In honour of **Therapeutic Recreation Awareness Month**, we're proud to spotlight our dedicated Therapeutic Recreation Team and share their insights on:

- What they love most about Therapeutic Recreation.
- Their favourite program or activity to lead.
- A fun fact about each of them.
- Therapeutic Recreation in one word.

Meet our Therapeutic Recreation Team

Hi! I'm Jess

Therapeutic Recreation Supervisor



What I love most about my job:

- I love spending time with residents, learning about their recreation interests and life stories. It brings me so much enjoyment to create meaningful and adaptable activities that are inclusive and aimed to improve their quality of life.

My favourite program or activity to lead:

- I have many favourite programs that I lead. Music programs like Java Music Club a wonderful program to lead because it is a perfect blend of a sing along and discussion group which allows residents to listen to great music and share their personal experiences. We have a lot of fun getting to know one another.
- I also love Balloon Toss because residents of all abilities can participate, be physically active, and it's a lot of fun!

A fun fact about me:

- I love animals! At home I have a cat and dog that keep me company and give me unconditional love, so to be part of our weekly Pet Visits program at Hillel Lodge always brightens my day.
- I also love going out to restaurants with friends and trying new cuisines.

If I had to describe Therapeutic Recreation in one word:
Meaningful!

Hi! I'm Aman

Therapeutic Recreation Team Member



What I love most about my job:

- I love building meaningful connections with residents. Learning their stories and preferences helps me create inclusive activities, and seeing them smile, laugh, or feel proud during a program makes my work truly rewarding.

My favourite program or activity to lead:

- Bingo is one of my favourite games to lead because it encourages friendly competition, sparks residents' curiosity, and creates lots of fun and connection. It is a popular activity at Hillel Lodge, and I love the energy of residents, volunteers, family members, and staff, which makes the program enjoyable for everyone.
- I enjoy leading mindfulness colouring as well because residents can relax, be creative, and enjoy a calm, social environment.

A fun fact about me:

- I love crafting with recycled materials and turning them into something new and creative—a hobby I've enjoyed since I was young and learned from my grandmother. I also enjoy peaceful walks in nature to feel relaxed.

If I had to describe Therapeutic Recreation in one word:
Joyful!

Meet our Therapeutic Recreation Team

Hi! I'm Fiona

Therapeutic Recreation Team Member



What I love most about my job:

- I love that I can help people to feel valued and to find moments of joy, connection and laughter in their daily lives through meaningful recreation. I enjoy getting to know each resident and learning about their life stories. Every day is different!

My favourite program or activity to lead:

- It's hard to pick just one! I do really enjoy leading discussion activities like 'Pass the Hat Conversation', 'Good News Discussion' or 'Poetry Readings' because it's so interesting when residents share their personal experiences and reminiscences. Physical activities such as parachute games or noodle ball are other favourites; they always bring lots of smiles and create social connections as residents of all abilities cheer each other on.

A fun fact about me:

- My 'happy place' is being outdoors in nature, whether that is cycling, canoeing or hiking up a mountain. I find great joy in trying new things and encouraging others to do the same. My most recent pursuit is dragonboat racing!

**If I had to describe Therapeutic Recreation in one word:
Meaningful!**

Hi! I'm Muskan

Therapeutic Recreation Team Member



What I love most about my job:

- I love bonding with the residents and learning about the lives they've lived. Listening to their stories and experiences is incredibly meaningful to me, and I gain so much wisdom from their resilience and perspective. Being able to make them feel heard and valued is one of the most rewarding parts of what I do.

My favourite program or activity to lead:

- One of my favourite activities to lead is a discussion group because it allows me to spend meaningful time with the residents. These conversations often bring back cherished memories and put smiles on their faces. It's incredibly rewarding to create a space where they feel comfortable sharing, reminiscing, and connecting with one another.

A fun fact about me:

- I was a Theatre Artist in college and that experience continues to shape my work in Recreation Therapy. Theatre taught me how to connect with diverse audiences, use creativity to engage emotions, and build meaningful experiences. These skills help me design programs that encourage participation, confidence, and joy among residents.

**If I had to describe Therapeutic Recreation in one word:
Empowerment!**

NEW & HAPPENING - RECAP FEBRUARY



FAMILY DAY 3RD FLOOR PARACHUTE GAMES



FAMILY DAY 2ND FLOOR BALLOON VOLLEYBALL TOURNAMENT



TU B'SHEVAT CRAFT WITH SEYMOUR



BAKING COOKIES 2 EAST PROGRAM,
RESIDENTS SUPPORTING EACH OTHER



CHINESE NEW YEAR PAPER LANTERN CRAFT WITH NINA & ZWI

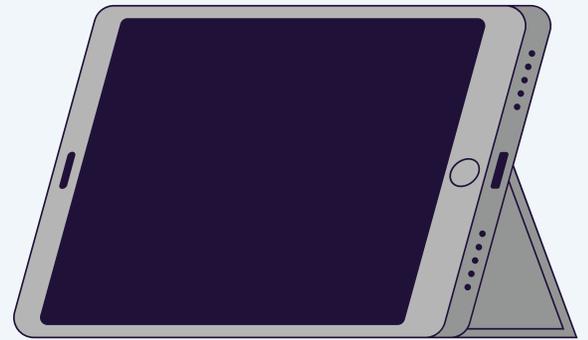
NEW & HAPPENING

NEW DIGITAL SIGN-IN STATION FOR VISITORS

We are pleased to announce the introduction of a new digital sign-in station at the entrance of Hillel Lodge beginning of March.

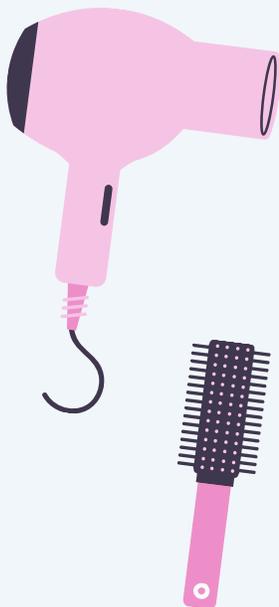
Conveniently set up on an iPad, this modern system will streamline the visitor check-in process, making your arrival quicker and more efficient.

We look forward to welcoming you with a smoother experience!

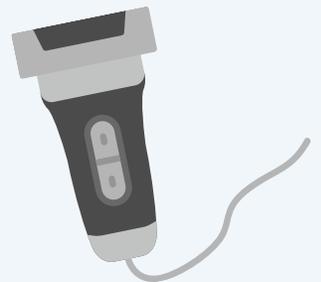
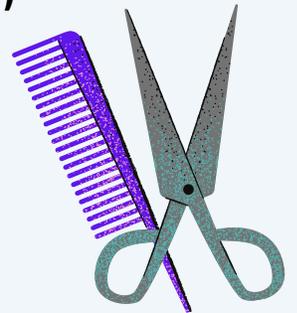


HAIRDRESSER SERVICES

NEW PRICING (EFFECTIVE MARCH 1, 2026)



- WOMEN'S SHAMPOO \$8.00
- WOMEN'S WASH AND DRY (FLUFF) \$15.00
- WOMEN'S CUT \$30.00
- WOMEN'S WASH AND SET \$32.00
- WOMEN'S WASH, CUT & DRY (FLUFF) \$35.00
- WOMEN'S CUT AND SET \$50.00
- WOMEN'S WASH, CUT, AND SET \$55.00
- COLOUR (ONLY) \$45.00
- COLOUR, CUT, AND SET \$85.00&UP
- PERM \$95.00
- MEN'S CUT (WITH/WITHOUT SHAMPOO) \$25.00
- BEARD TRIM \$12.00
- MOUSTACHE TRIM \$7.00



The Furniture Campaign is coming to life!

Thanks to the incredible generosity of our community, we are excited to begin the first phase of our furniture renewal — prioritising the pieces that are most deteriorated and in need of replacement. Seeing it come together is a real and visible sign that the support of this community is making a difference, and we are so grateful to everyone who has contributed to making it happen.



We are now just under \$25,000 away from our \$140,000 goal and are in the final stretch. For families who may be considering a gift, there is still time to be part of this transformation. Every dollar counts, and we are so close to ensuring that every resident benefits fully from this campaign.

At the heart of it all are our residents. Every decision made throughout this campaign has been made with you in mind, so that Hillel Lodge continues to be a place where you feel comfortable, cared for, and truly at home. ❤️

Ways to Donate Now:

Just scan QR code
OR click link below:

[Donate to Furniture Renewal for Comfort & Dignity](#)



IF YOU PREFER, YOU CAN ALSO DONATE BY CONTACTING LESLIE OR ELIZABETH IN LTC FOUNDATION
AT FOUNDATION@HILLEL-LTC.COM OR CALLING 613-728-3990.

Holidays & Observances

March 2026



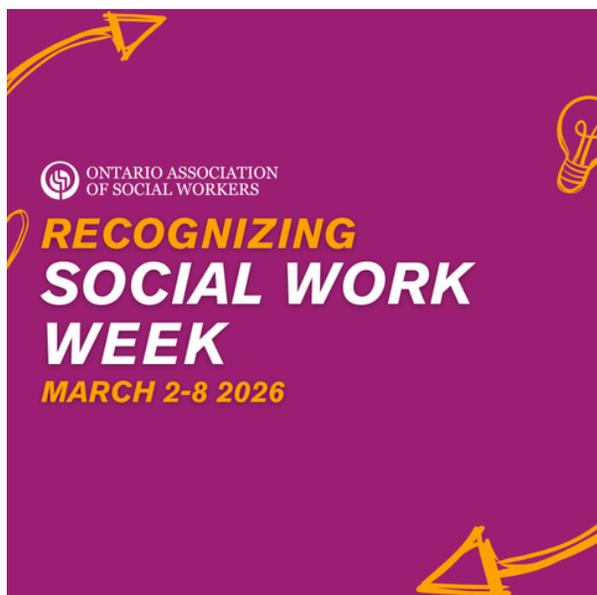
Purim is a joyous Jewish holiday that commemorates the survival of the Jewish people in the ancient Persian Empire from a plot to annihilate them.

Purim is celebrated in modern times by:

- Exchanging gifts of food and drink, known as mishloach manot
- Donating charity to the poor, known as mattanot la-evyonim
- Eating a celebratory meal, known as se'udat Purim
- Public recitation of the Scroll of Esther or "reading of the Megillah", usually in synagogue
- Reciting additions to the daily prayers and the grace after meals, known as Al HaNissim

Purim

Begins sunset of Monday, March 2, 2026
Ends nightfall of Tuesday, March 3, 2026



ANNOUNCEMENTS

the Café

MARCH DAILY SPECIALS

Monday: Eggplant Parmesan and salad \$10.00

Tuesday: Grilled Cheese Sandwich
& French Fries \$7.50

Wednesday: Pizza \$9.00

Thursday: Fish & Chips \$10.00

Friday: Nachos \$9.00

Re-opened for dining as of March 2nd



AUXILIARY
of Hillel Lodge

If you are a business owner interested in participating in the **2026 Great Games Event** as a Diamond, Gold or Silver sponsor, table sponsor, or a prize donor for the raffle and/or silent auction, please contact us by April 15th, 2026 at gamesday.hillellodgeaux@gmail.com



Lost & Found Laundry Event

3rd Floor March 9th & 10th
2nd Floor March 11th & 12th
(in the lounge by the elevators)



FAMILY COUNCIL

The Family Council is actively seeking new members! We meet on the fourth Wednesday of each month to discuss important issues and provide suggestions to management, all aimed at enhancing the experience for our loved ones at Hillel Lodge. **If you are interested in joining the Family Council please contact the Coordinator, Mike Cohen at macinmontreal@gmail.com**

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

- All volunteers including those who assist with Bingo and those who offer pet therapy and many others who help residents during programs and activities.
- The choir and music therapists who give up their weekends for the residents
- Lisa for her diligence and patience working with Family Council





CALENDAR OF ACTIVITIES

Sunday, March 1st
11:00 Purim Concert
with Joel Yan and friends

Tuesday, March 3rd
10:00 The OJCS SK to Grade 5 Classes
Purim Parade
2:00 The OJCS Grade 6 & 7 Classes
Visits for Purim

Wednesday, March 4th
11:00 Resident Council

Thursday, March 12th
2:30 Music with Luke Harris

Thursday, March 19th
3:00 Happy Hour with Off The Record
Jazz Band

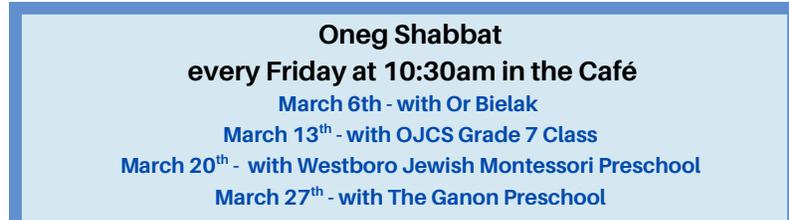
Monday, March 23rd
2:30 An Hour with Guest Speaker
Professor Gerry Cammy

Tuesday, March 24th
2:30 Musical Entertainment with Nate

Thursday, March 26th
2:30 Birthday Party with Evelyn Greenberg

Sunday, March 29th
10:30 Musical Performance by
Sound of Life

Tuesday, March 31st
10:30 The Usuals Jazz Band



CONNECTION

POINTS OF CONTACT

1- Your primary point of contact is always the **nurse in each neighborhood**. You can find them in the Nurses' Nook within each area, or reach them at 613-728-3900 using the following extension numbers:

From 7am to 11pm:

- 1 West Nurse:** Desk Phone #160 / Portable #694
- 2 East Nurse:** Desk Phone # 228 / Portable # 683
- 2 West Nurse:** Desk Phone # 260 / Portable # 676
- 3 East Nurse:** Desk Phone # 328 / Portable # 679
- 3 West Nurse:** Desk Phone # 360 / Portable # 677

From 11pm to 7am:

Charge Nurse: Portable # 688

2- If the issue needs further attention, the next step is to contact the **Assistant Director of Care-Operations:**

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

3- If further escalation is required then reach out to our **Director of Care:**

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

4- Should an issue require further escalation, contact our **CEO:**

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

CAREGIVER TIPS

Did You Know? Ontario Photo Card

If your loved one does not have a driver's licence, they may be eligible for an **Ontario Photo Card** — a government-issued photo ID that can be helpful when completing legal documents or banking.

To apply, the resident must visit a **ServiceOntario** centre in person (as the photo must be taken on-site).

The resident must:

- Not have a driver's licence
- Be an Ontario resident (not a visitor)

What to bring:

- Original identity documents (e.g., birth certificate) to prove legal name and date of birth
- Marriage certificate, if applying under a married name

The **closest wheelchair accessible ServiceOntario location** — with the option to book an appointment online — **is just 1.3 km away:** 2121 Carling Avenue, Unit 14, Ottawa, (Carling & Woodroffe)

Families are welcome to speak with Julie, Resident & Family Advocate, if they have questions or need further assistance.

More information:
Ontario Photo Card



CARE INSIGHT TOGETHER

The essence of social work —
combining empathy, understanding,
and evidence-based practice.

Social Work Week | March 2-8, 2026

#socialworkweek

Find out how Ontario's social workers
are combining expertise and empathy

