

# LODGE LINE



## Celebrating Our Volunteers: The Heart of Hillel Lodge

**National Volunteer Week** offers us a cherished opportunity to pause and reflect on the remarkable individuals who give so freely of their time, talent, and heart.

This **April 19-25**, Canada joins a worldwide celebration under the banner of **Ignite Volunteerism** — a theme that resonates deeply with us.

At The Bess and Moe Greenberg Family Hillel Lodge, the spark of volunteerism is not just alive; it blazes brightly every single day. It glows in every friendly visit, every shared laugh, every hand held during a quiet moment. Our volunteers show up — not because they have to, but because they genuinely care. They are remarkable individuals who choose, time and again, to give of themselves so that others may flourish. Their dedication is a testament to the best of our community, and we are proud to celebrate and honour every one of them.



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# Celebrating Our Volunteers: The Heart of Hillel Lodge

## The Difference Volunteers Make

Volunteering at Hillel Lodge is far more than giving time — it is about the connections made, the purpose found, and the joy brought to others. Guided by our credo, “Honour Thy Father and Thy Mother,” our volunteers embrace the sacred responsibility of caring for our elders with dignity, respect, and love. In honouring our residents, volunteers discover something extraordinary in return: meaningful relationships, the warmth of gratitude, and the privilege of belonging to a community that truly feels like family.

## Special Thanks to Our Volunteers

We owe an immense debt of gratitude to the dedicated volunteers who tirelessly enrich the lives of our residents, day in and day out. Their presence transforms ordinary moments into memorable ones, and their compassion puts smiles on faces throughout Hillel Lodge. Among the many gifts our volunteers bring are:

- Providing warm companionship and one-on-one visits that brighten a resident’s day
- Portering residents to activities, ensuring everyone can join in and participate
- Organizing a beloved Book Club that sparks conversation and keeps minds engaged
- Conducting weekly Pet Visits that bring boundless joy and comfort to residents
- Participating in Bingo — a cherished weekly highlight for so many
- Leading card games that foster friendship, laughter, and friendly competition
- Sharing musical entertainment that stirs memories and lifts spirits

Each and every contribution — large or small — matters profoundly. You are the heart and soul of the Lodge, and we extend our deepest thanks.



## Special Thanks to the Auxiliary of Hillel Lodge

The **Auxiliary of Hillel Lodge** stands as a shining example of volunteerism in action. Their mission is both simple and profound: to enhance the lives of our residents and make each day a little brighter. They view our residents as family, listen to their feedback, and show up — again and again — with open hearts.



# Celebrating Our Volunteers: The Heart of Hillel Lodge

## Special Thanks to the Community

The Jewish community plays a vital role in sustaining the warmth and vitality of Hillel Lodge. The **Hillel Lodge LTC Foundation** channels that communal spirit into meaningful action, most visibly through the annual **Biking for Bubbies and Zaidies** fundraiser — a joyful event that brings community members together in support of our residents. We are deeply grateful for the Foundation’s ongoing dedication and creative energy in raising the resources that make a real difference in residents’ lives. Community can join the 18<sup>th</sup> edition of the Biking for Bubbies and Zaidies this upcoming September 16<sup>th</sup>, 2026!



## Special Thanks to Our Board Members

We extend our heartfelt gratitude to the **Hillel Lodge Board of Directors** and the **Hillel Lodge LTC Foundation Board of Directors** for their tireless leadership, strategic vision, and unwavering commitment to our residents and community. Your volunteer service at the governance level ensures that Hillel Lodge continues to thrive as a place of excellence, compassion, and dignity.

## You Are the Heart of Hillel Lodge

Our volunteers come from all walks of life, bringing diverse backgrounds, talents, and perspectives that enrich our residents and strengthen our ties to the broader community. We are deeply grateful for each and every one of you.

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## WE ARE ACTIVELY RECRUITING VOLUNTEERS!

Do you have a few hours to spare and a heart full of compassion? Join our growing family of volunteers and make a real difference in the lives of our residents. New volunteers are always welcome!

**FOR MORE INFORMATION, VISIT: [HILLEL-LTC.COM/VOLUNTEERING/](https://hillel-ltc.com/volunteering/)**



# NEW & HAPPENING

## Purim Celebrations Bring Joy at Hillel Lodge!

Hillel Lodge came alive with the festive spirit of Purim this March! The celebrations kicked off with a wonderful **Purim Concert** featuring **Joel Yan and friends**, filling the Lodge with festive music and joy.

The fun continued with a **lively costume parade** with **SK to Grade 5 students** from the **Ottawa Jewish Community School (OJCS)**, bringing smiles and excitement to the residents, followed by a **special Purim visit** from the **Grade 6 & 7 classes** who had prepared **Mishloach Manot** to distribute to the residents.

The mitzvah of **Mishloach Manot** was also beautifully fulfilled through the generous efforts of **The Auxiliary of Hillel Lodge** and the **Congregation Machzikei Hadas BAT Mitzvah Club**.

The meaningful tradition of **Megillah Reading** with **Hershel Caytak** and **Issie Scarowsky** brought everyone together to hear the story of Purim, followed by **joyful carnival games** with the recreational team that delighted the residents.

Thank you to all the volunteers, organizers, and participants who made this year's Purim celebrations so special for the residents of Hillel Lodge!



Every year the Auxiliary prepare **Mishloach Manot** for the residents.



**Purim Concert** featuring Joel Yan and friends.



**Megillah Reading** with Hershel Caytak and Issie Scarowsky.



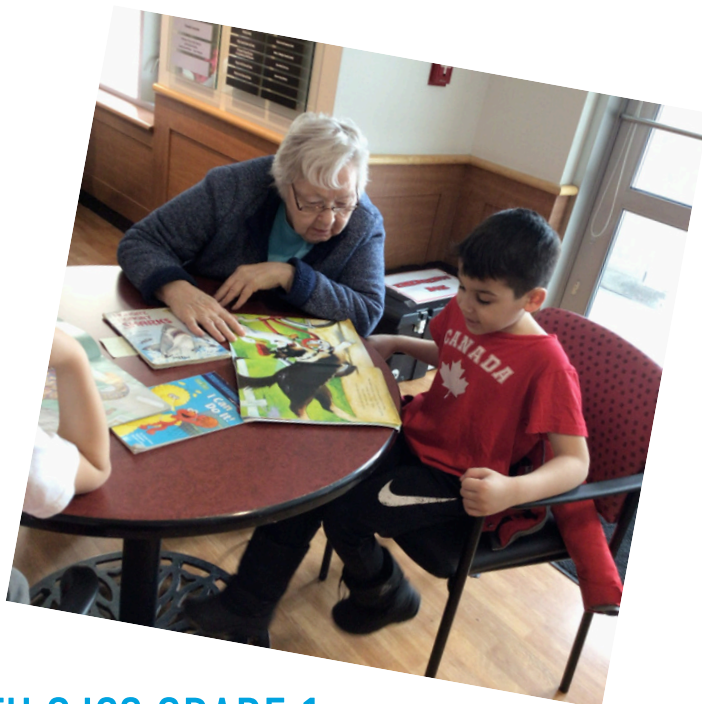
Congregation Machzikei Hadas BAT Mitzvah Club



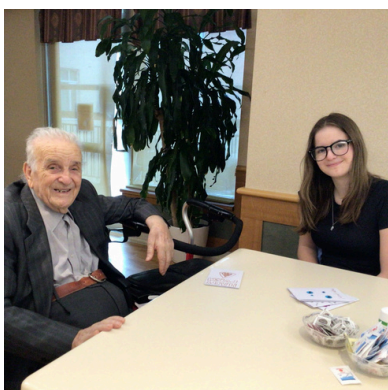
OJCS Grade 6 & 7



# NEW & HAPPENING - RECAP MARCH



READING BUDDIES WITH OJCS GRADE 1



TEMPLE ISRAEL YOUTH GROUP DELIVERS GREETING CARDS

# NEW & HAPPENING - RECAP MARCH



## HAPPY HOUR WITH OFF THE RECORD JAZZ BAND



# NEW & HAPPENING

## Exploring Art Group: Collective Storytelling

Residents who participated in the Exploring Art group were invited into a process of collective storytelling. The images and format is from a project called TimeSlips, which uses evidence-based methods to creatively engage older adults, and falls under the umbrella of which is part of an art technique using photographs.

The residents began by looking at a photograph and used their imagination to develop a story based on the picture. The art therapists facilitated discussion by asking questions about the photo such as asking what could be happening, the senses one might experience if they were in the photograph, and what may have happened before, or could happen next.

The story was created by the group and written down by the facilitators. Both Exploring Art groups used the same picture on the same day, and each came up with their own version of a story, included below.

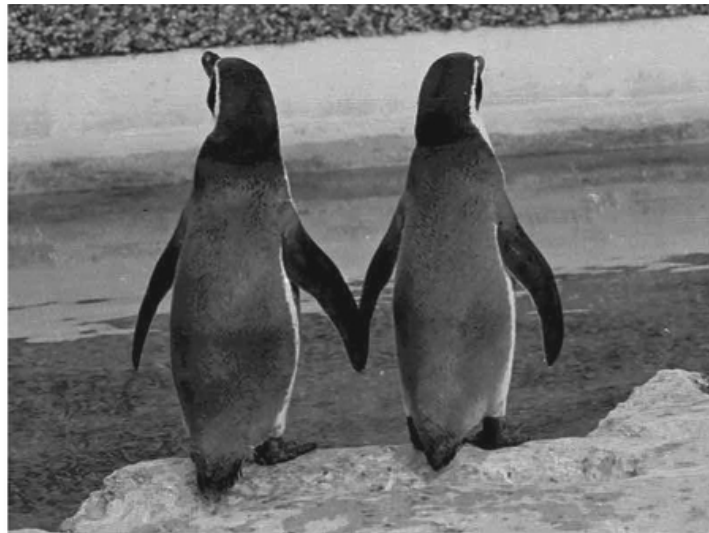


Photo by John Burke

### **Title: Getting to Know You**

They are beautiful birds, obviously a couple that mate for life.

They wanted to go for a walk on the beach, holding hands. They are looking around to see which way they should go. They are looking for a secluded spot, looking for work, looking for other people, walking and talking, planning to go back to the water.

The male penguin is called Emperor, the other is Empress.

They go into the water, it is pretty crowded. They see lots of friends and they decide to join them. We hear the splash of the water as they dive in.

They are lovers, and they have lots of babies. They are looking to get some quiet time away from the kids. It takes time.

### **Title : Two Best Friends**

They are going for a walk, enjoying quality time together. They want to be alone together, but they are looking away from each other, checking out their surroundings and enjoying the scenery. It's white and cold and they are close to the water.

They just saw a big black bear behind them, and they are looking for where to run. They jump into the water to get away. The bear jumps into the water after them. They see the bear licking his chops. The penguins make it to safety on the other side.

The bear follows them, they get to chatting. They walk back together holding hands, the bear in the middle holding hands with each of them, leading them to the breakfast table.

If there was time, residents were also invited to use drawing and collage materials to create individual artwork inspired by the story. This provided an opportunity for residents to take the story in their own direction and make their own personal associations.

# NEW & HAPPENING

## FORGET FOR A MOMENT PERFORMANCE

Hillel Lodge is proud to have been selected to participate in the **Forget For A Moment Performance** initiative. This upcoming Thursday, April 23<sup>rd</sup> we will host a unique musical experience created especially for residents. Building on the success of the Blooming Moments program, this initiative brings together the calming presence of nature and the emotional resonance of live music to support connection, deep listening, and well-being.

Presented on the occasion of the exhibition of **The Creativity of Plants International Call for Artists 2025** created and curated by Artists for Plants presented at the **Ottawa Art Gallery**, the performance will feature **Italian violinist and composer Sara Michieletto**. Her gentle, live solo violin performances are thoughtfully adapted, offering moments of beauty, dignity, and calm.



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FORGET FOR  
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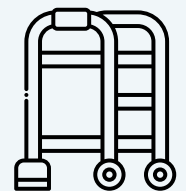
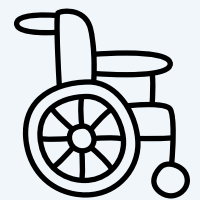
## PREVENTATIVE MAINTENANCE CLINIC (MOBILITY AIDS)

Throughout the month of May, **Good Access** will be onsite at Hillel Lodge to complete a **preventative maintenance clinic for residents' mobility devices**.

These clinics will take place **weekly**, and a **member of the Therapeutic Staff will accompany the technician** while they carry out the equipment assessments and maintenance.

If residents or family members have any concerns about a resident's mobility equipment, please bring them forward in advance to our **Director of Resident Experience, Lisa Rossman**, so they can be reviewed during these clinics.

Thank you for your cooperation as we work to ensure residents' mobility equipment remains safe and functioning properly.



**CONCERNS CAN BE SHARED WITH LISA ROSSMAN, DIRECTOR OF RESIDENT EXPERIENCE, AT [LROSSMAN@HILLEL-LTC.COM](mailto:lrossman@hillel-ltc.com).**

# NEWS FROM OUR GREEN THUMB CLUB

by Celia Glanville, Horticultural Specialist



This month we've thrown open our arms to welcome spring, even if Mother Nature still needs some convincing.



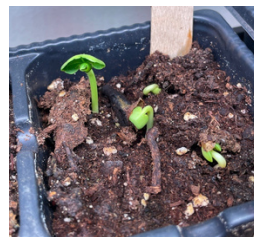
Spring in the Dream Garden?



The growing warmth of the sun's rays are waking our hibiscus and geraniums into bloom.



We've planted the mobile garden with bright tulips and daffodils to share with residents all around the Lodge.



Lastly, our seeds are sprouting! Hopefully we'll have cosmos, nasturtiums, snapdragons, chamomile, 4 o'clocks, and pansies ready for May planting into the Dream Garden.



## Parkinson's Awareness Month: Promoting Understanding and Support

April is Parkinson Awareness Month, a time to deepen our understanding of this complex brain condition. More than 110,000 people in Canada are living with Parkinson's, and each individual's journey is uniquely their own. This month aims to raise awareness and provide insights that can help families and residents of long-term care homes navigate the challenges and opportunities associated with Parkinson's.

Parkinson's disease primarily affects movement, but its impact extends far beyond physical symptoms. While many people are familiar with the hallmark signs—such as tremors, stiffness, and difficulty with balance—it's essential to recognize that the experience of Parkinson's varies widely among individuals. Some may encounter changes in speech, energy levels, or even cognitive function. Understanding these symptoms is the first step in creating a supportive environment for those affected.

Emotional and mental health are critical components of living with Parkinson's. The diagnosis can bring about feelings of uncertainty, anxiety, and depression, not only for those diagnosed but also for their families. Open communication and emotional support can go a long way in helping both residents and their loved ones cope with these changes.

Parkinson Canada offers numerous resources, including educational tools and community support, accessible at [www.parkinson.ca](http://www.parkinson.ca). Whether newly diagnosed or long-term, these resources assist in managing daily challenges and improving quality of life.

Staying informed empowers families to advocate for their loved ones, seek appropriate treatments, and access support. Parkinson Canada hosts support groups and educational events that foster community and shared understanding.

This Parkinson Awareness Month, let's commit to learning more about the condition to provide better support and reduce stigma, ultimately helping individuals with Parkinson's thrive. Together, we can make a difference in their lives. Visit [www.parkinson.ca](http://www.parkinson.ca) for more information.

## The Furniture Campaign Update!

Since our last update, the generosity of this community has continued to move us forward. We are now just \$21,000 away from our \$140,000 goal.

This campaign has always been about steady, thoughtful progress, prioritizing the most worn and outdated pieces first, to refresh some of the resident's furniture intentionally, so that it always feels warm and welcoming. That approach is working, and the difference is visible.

If you have been thinking about making a gift, now is a wonderful moment to do so. Every contribution, no matter the size, brings us one step closer to completing this phase together. Together, we all make Hillel Lodge feel like home.

### WAYS TO DONATE NOW:

- SCAN QR CODE OR CLICK: [DONATE TO FURNITURE CAMPAIGN](#)
- CONTACT LESLIE OR ELIZABETH IN LTC FOUNDATION  
AT FOUNDATION@HILLEL-LTC.COM OR CALLING 613-728-3990



## Send a Passover E-Card!

Looking for a meaningful way to wish your loved ones a Happy Passover?

Send a Hillel Lodge e-card — a beautiful and easy way to share the holiday spirit while supporting our community.



Not sure where to start? Stop by the Foundation office- we would love to help you pick a design and get your cards sent off. Our door is always open!

Scan the QR code or [click to browse designs](#) and send your tribute card today.



# Holidays & Observances

## April 2026

### Pesach (Passover)

Begins sunset of Wednesday, April 1, 2026

Ends nightfall of Thursday, April 9, 2026

Pesach (Passover) celebrates the birth of the Jewish nation with its miraculous redemption from Egypt. Pesach is celebrated by refraining from eating any foods which are leavened (chametz), and by participating in a Seder on the first two nights of the holiday. The Seder is the central event of the Passover festivities.



Pesach 2026 begins before sundown on Wednesday, April 1<sup>st</sup>, 2026, and ends after nightfall on Thursday, April 9<sup>th</sup>, 2026. The First Seder is on Wednesday evening, April 1<sup>st</sup>. The Second Seder is on Thursday evening, April 2<sup>nd</sup>. Chag Pesach Sameach!

Wishing a happy Easter  
to all who celebrate it  
on Sunday, April 5<sup>th</sup>, 2026!

# ANNOUNCEMENTS

*the Café*

**CLOSED FOR  
PASSOVER:  
MARCH 30<sup>TH</sup>  
TO APRIL 12<sup>TH</sup>**



**April Daily Specials** will be published on April 13<sup>th</sup> directly on the **Café wall** and on our **website**:



**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 15<sup>th</sup>, 2026** at [gamesday.hillelodgeaux@gmail.com](mailto:gamesday.hillelodgeaux@gmail.com)

## **NO PARKING OR IDLING IN FRONT OF THE ENTRANCE**

The **area** directly in front of our main entrance is a **designated Fire Lane** and a primary access route for emergency vehicles, including ambulances.

**Parking or leaving a vehicle idling in this area — even briefly — is not permitted.**

- Safety risk: Blocking this lane can delay emergency response for our residents.
- Environmental concern: Vehicle exhaust from idling engines creates unpleasant carbon monoxide fumes.

Caregivers are welcome to briefly stop at the entrance to assist residents in getting in or out of vehicles. Once the resident is safely inside, the vehicle needs to be moved immediately to the assigned parking area. Thank you for your cooperation.

## **FRIENDLY REMINDERS**



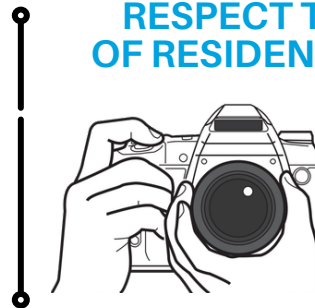
### **LAUNDRY BIN FRONT ENTRANCE**

**Use for tagging clothes:**

1. Fill out a form. \*
2. Put form and your clothes in bag.\*
3. Put bag in laundry bin.

\* (located in holders on left of bin)

### **RESPECT THE PRIVACY OF RESIDENTS AND STAFF**



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

## **FAMILY COUNCIL**

**The Family Council is actively seeking new members!**

Our monthly meetings (fourth Wednesday) focus on improving the experience for our loved ones at Hillel Lodge. To join, please contact the Coordinator, Mike Cohen at [macinmontreal@gmail.com](mailto:macinmontreal@gmail.com)



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

- The PSW students who are working alongside their preceptors and improving the lives of residents at Hillel Lodge while advancing their careers.
- The administration student who is working on a project of identifying residents' hearing aids by serial number.
- The members of FC who see the value of our work together and return after their loved ones have passed away.
- Tom (from 613 Home Care Services and an invaluable FC member) for inviting Hillel Lodge families to his caregiver presentation earlier in March.



## CALENDAR OF ACTIVITIES

**Tuesday, April 14<sup>th</sup>**

10:30 Special Presentation  
for Yom Hashoah with Joel Yan

**Thursday, April 16<sup>th</sup>**

3:00 Happy Hour  
with Off The Record Jazz Band

**Monday, April 20<sup>th</sup>**

2:30 An Hour with Guest Speaker  
Professor Gerry Cammy

**Wednesday, April 22<sup>nd</sup>**

2:45 Birthday Party &  
Yom Ha'Azmaut Celebration  
with Evelyn Greenberg

**Thursday, April 23<sup>rd</sup>**

3:30 Forget For A Moment Performance  
by Italian violinist and composer  
Sara Michieletto

**Tuesday, April 28<sup>th</sup>**

10:30 The Usuals Jazz Band

10:30 A Lag Ba'Omer conversation  
with Rabbi Scher

**Wednesday, April 29<sup>th</sup>**

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

**BIRTHDAY  
&  
YOM HA'AZMAUT  
CELEBRATION**  
WEDNESDAY, APRIL 22<sup>ND</sup>  
2:45 PM  
WITH EVELYN GREENBERG

**FORGET FOR A MOMENT  
PERFORMANCE**  
Thursday April 23<sup>rd</sup>  
at 3:30 pm

LA FONDATION  
OUBLIE POUR  
UN INSTANT

FORGET FOR  
A MOMENT  
FOUNDATION

Italian violinist and composer  
Sara Michieletto

**Let's Dance!**

**Wednesday, April 29<sup>th</sup>**  
at 2:15 pm

with Dance Therapist  
Lorraine

**Oneg Shabbat**  
**Fridays at 10:30am in the Café**

**April 10<sup>th</sup> - with Joel Yan and Friends**  
**April 17<sup>th</sup> - with OJCS Grade 7 Class**  
**April 24<sup>th</sup> - with The Ganon Preschool  
& Zaidie Joel**

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.

# 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:**

Urduja Vilia Cariño

Office #370 | Ext. #371 | [ucarino@hillel-ltc.com](mailto:ucarino@hillel-ltc.com)

Ali Kargbo

Office #370 | Ext. #372 | [akargbo@hillel-ltc.com](mailto:akargbo@hillel-ltc.com)

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

Cindy Garcia

Office #118 | Ext. #120 | [cgarcia@hillel-ltc.com](mailto:cgarcia@hillel-ltc.com)

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

Ted Cohen

Office #116 | Ext. #118 | [tcohen@hillel-ltc.com](mailto:tcohen@hillel-ltc.com)

## CAREGIVER TIPS

### Did You Know?

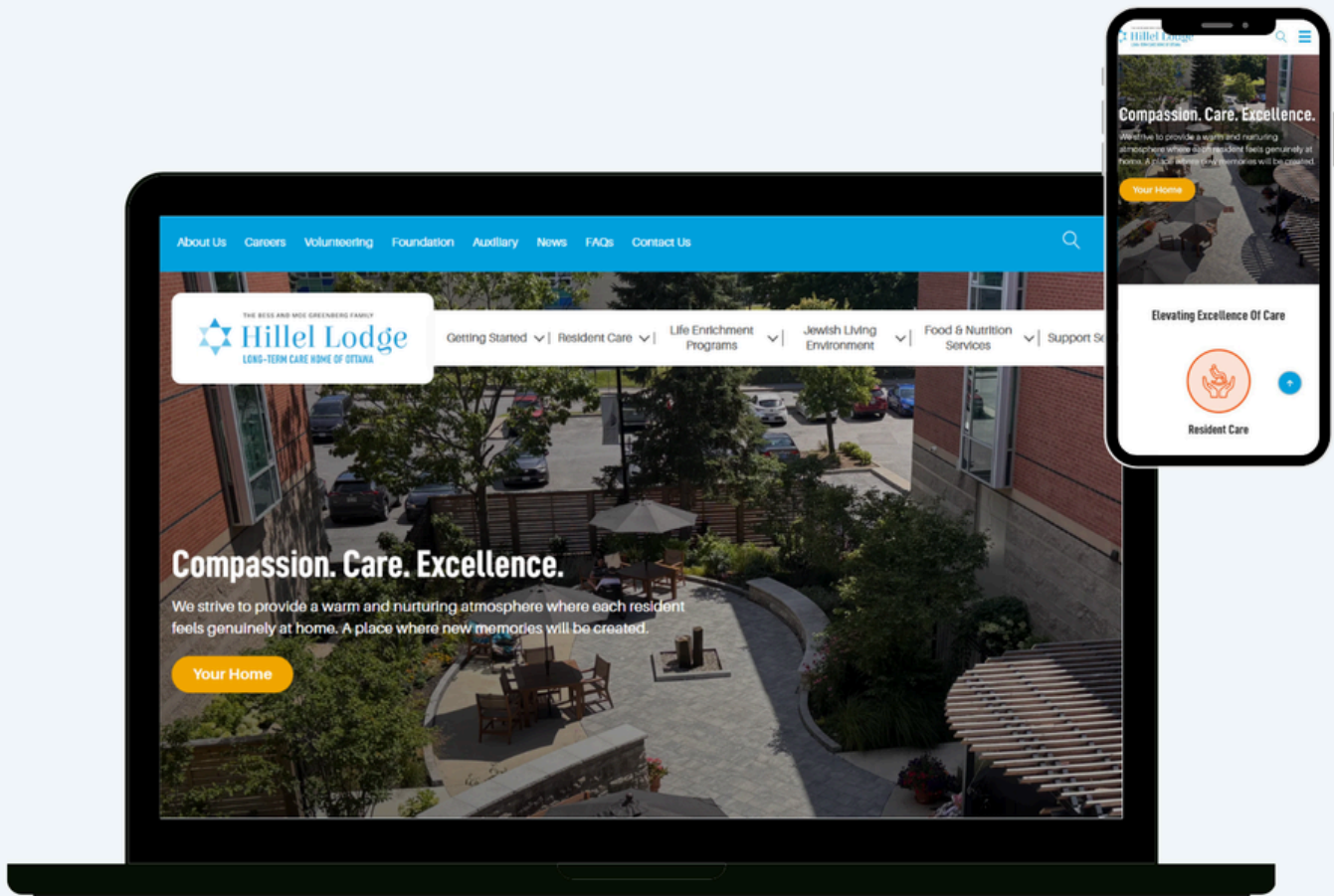
Hillel Lodge has several **foldable, porter-style wheelchairs** available for residents to use when attending outside appointments. Whether it's a medical visit or an outing, these wheelchairs are here to make your journey a little easier.



Wheelchairs are stored near the reception desk. Simply **sign one out with reception** before your appointment and **return it promptly** after use so it is available for the next resident who needs it.

Questions? Please speak with reception — we're happy to help!

# VISIT OUR NEW WEBSITE!



[www.hillel-ltc.com](http://www.hillel-ltc.com)

