

LODGE LINE



The Dream Garden: A Place to Flourish

With the warmth of May upon us, the Dream Garden is once again buzzing with life — and we invite residents, family members and friends to come outside and enjoy it.

Inaugurated on June 18th, 2024, thanks to the generosity of our donors, this beautiful green space has already transformed daily life for our 121 residents.

The Dream Garden provides residents with a serene space to enjoy nature and participate in horticultural programs, enhancing their well-being and connection to the environment.



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The Dream Garden: A Place to Flourish

A Modern, Accessible Green Space

This modern, fully accessible green space features canopies, seating areas, a soothing fountain, and raised garden beds that enable every resident to participate in horticultural programming, regardless of mobility challenges.

For many residents, this courtyard is their only outdoor space — it's their backyard. Throughout the warmer months, recreational activities and horticultural programming take place right here in the garden, creating a lively hub of engagement, creativity and community.



The Benefits of Time in the Garden

Research shows that regular time in gardens alleviates isolation, decreases anxiety and blood pressure, and inspires a sense of belonging. At Hillel Lodge, the Dream Garden offers residents the opportunity to:

- Access a welcoming, comfortable green space right outside their door
- Participate in horticultural programs and recreational activities throughout the warmer months
- Reduce feelings of isolation by connecting with fellow residents, family and staff in a shared, lively outdoor space
- Enjoy a three-season sensory experience alive with a variety of smells, colours, textures and sounds
- Host friends and family in a calm, beautiful outdoor environment

As Ted Cohen, CEO of Hillel Lodge, explains : "Green space is vital to healthy living — mentally and physically. In many cases, this is the only outdoor space our residents can readily access."

The Dream Garden: A Place to Flourish

Enjoy a Treat from the Café

Make your time in the Dream Garden even more enjoyable with a snack or beverage from our Café. Residents and visitors are welcome to purchase food, drinks, and — coming soon — ice cream, and bring them outside to savour in the fresh air. Please note that only food and beverages purchased at the Hillel Lodge Café are permitted to be consumed in the Dream Garden, as we maintain kosher dietary restrictions on the premises.

Join neighbourhood BBQs

The garden also comes alive with one of summer's most cherished traditions: our neighbourhood BBQs. Throughout the summer months, guests are warmly welcome to join residents for these festive outdoor gatherings. Each neighbourhood alternates weeks for these events — check with your neighbourhood team for upcoming dates. It's a wonderful opportunity to share a meal, enjoy the sunshine, and make lasting memories.



Rooted in Person-Centred Care

The Dream Garden is part of our comprehensive, multi-phased plan to improve the day-to-day lives of our residents, guided by an innovative model of person-centred care — one in which each resident's values, preferences and goals shape every aspect of their experience.

The Dream Garden stands as a testament to what's possible when our community comes together to support those in our care.



The Dream Garden is now open!

We invite you to come outside, breathe deeply, and enjoy every moment of this beautiful season.

NEW & HAPPENING - RECAP APRIL

FORGET FOR A MOMENT PERFORMANCE

On Thursday, April 23rd, Hillel Lodge proudly hosted a unique live violin performance by Italian violinist Sara Michieletto as part of the **Forget For A Moment Performance** initiative.



“THE MUSIC, THE WARMTH, THE WAY SARA MADE EACH PERSON FEEL TRULY SEEN, IT WAS EXTRAORDINARY. HER CONNECTION TO NATURE AND HER INCREDIBLE TALENT, WOW! WHAT MOVED US MOST WAS SIMPLY HOW PRESENT AND ENGAGING SARA WAS.”

STAFF & RESIDENTS



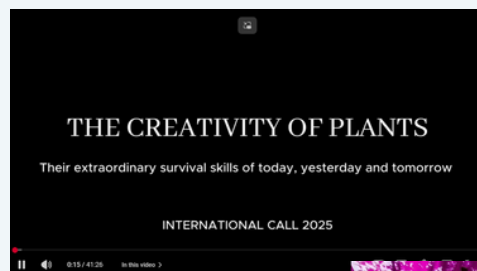
LA FONDATION
OUBLIE POUR
UN INSTANT



FORGET FOR
A MOMENT
FOUNDATION

This special musical experience, presented in connection with **The Creativity of Plants exhibition at the Ottawa Art Gallery**, brought together the beauty of nature and live music to support connection and well-being for our residents.

WE INVITE YOU TO VIEW THE VIDEO OF THE DIGITAL GALLERY OF THE CALL “THE CREATIVITY OF PLANTS” CURATED BY ARTISTS FOR PLANTS (2025)



NEW & HAPPENING - RECAP APRIL

JEWISH OBSERVANCES



YOM HASHOAH



YOM HAZIKARON CEREMONY

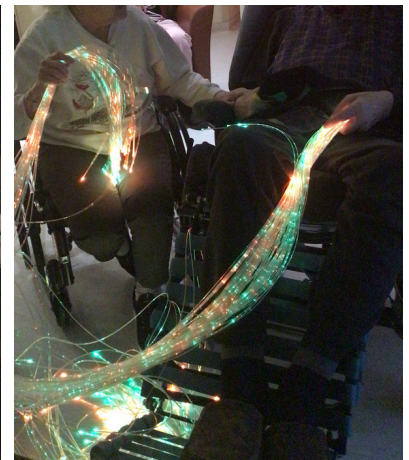


BIRTHDAY PARTY & YOM HA'AZMAUT CELEBRATION WITH EVELYN GREENBERG



LAG BA'OMER PREPARATION TALK WITH RABBI SCHER

SNOZELEN PROGRAM 2 EAST



NEW & HAPPENING

Summer is coming, and so is an amazing opportunity!

Thanks to the **Canada Summer Jobs program**, we are filling **eleven positions** this summer at Hillel Lodge and at Hillel Lodge LTC Foundation. Eleven chances to do work that is real, meaningful, and genuinely unforgettable. 🙌

Here is what we are looking for:

Event Coordinator — you will be the spark behind celebrations that light up our residents' days

Videographer — your lens will capture stories that deserve to be told and remembered

Historical Archivist — you will help preserve a legacy that spans generations

Database Administrator — your precision will keep our Foundation running at its very best

Recreation Assistant x3 — you will bring energy, laughter, and connection to our residents every single day

Dietary Aid x4 — you will be part of the team that nourishes and cares for the people we love most

These are not resume fillers. These are the kinds of experiences people talk about for years. You will spend your summer alongside residents who have lived extraordinary lives and will absolutely enrich your life for knowing them.

All Canada Summer Jobs program positions are open to applicants between the ages of 15 and 30.

Here is how to apply:

Event Coordinator, Videographer, Historical Archivist, and Database Administrator — www.hillel-ltc.com/foundation/about/foundation-careers

Recreation Assistant — lrossman@hillel-ltc.com

Dietary Aid — patricia@hillel-ltc.com



Know someone who would be perfect? Share this with them. You might change their summer and help us change the lives of our residents in the process.

A heartfelt thank you to the **Government of Canada's Canada Summer Jobs program** for making these opportunities possible and for investing in the futures of young Canadians.

The Hillel Lodge LTC Foundation is also hiring a Development Coordinator at the Foundation on a 3 to 6-month contract. Full details at www.hillel-ltc.com/foundation/about/foundation-careers

NEW & HAPPENING

The **Women's Collective Philanthropy Program (WCPP)** will be hosting a soup-making event in May at Hillel Lodge.

Event Highlights:

- **Purpose:** This hands-on event brings together collective members to prepare fresh, nutritious soup with some of the residents of Hillel Lodge.
- **Community Connection:** The initiative aligns with Hillel Lodge's mission to foster connections between community members and residents.
- **Hugs-in-a-bowl:** The soup made during the event will be distributed to the **Oshki Kizis Lodge Women's Shelter**.



Women's Collective
Philanthropy Program



SOUP-MAKING EVENT

When: May 12th, 2026, at 2:15pm
Where: in the Café of Hillel Lodge.

The **Women's Collective Philanthropy Program (WCPP)** is designed to use the power of Collective Philanthropy to nurture and maintain a systemic difference in the status of women and children.

The **WCPP's** goals are to ENGAGE, EDUCATE and EMPOWER women to become catalysts for social change.

FIND OUT MORE
ABOUT WCPP



INTERESTED IN VOLUNTEERING AT THIS EVENT? PLEASE CONTACT OUR LIFE ENRICHMENT MANAGER MARILYN ADLER AT MARILYN@HILLEL-LTC.COM AND PUT "SOUP-MAKING EVENT" IN SUBJECT LINE OF EMAIL.

NEW & HAPPENING

ENHANCING CONTINENCE CARE AT HILLEL LODGE

A commitment to dignity, comfort, and best practices in resident care

We are pleased to share some meaningful improvements to continence care at Hillel Lodge, taking effect on May 4, 2026. These changes have been carefully considered with resident comfort, dignity, and wellbeing at the forefront.

Hillel Lodge Academy: Building a Culture of Excellence

At the end of 2025, we launched the Hillel Lodge Academy — our in-house learning program dedicated to continuous staff development and best-practice care. Through the Academy, our team has the opportunity to grow their knowledge and continually improve the quality of care provided to residents.

To date, the Academy has covered:

- Falls Prevention
- Restraints
- Continence Care — our current focus



The Academy is not simply about introducing new protocols — it invites staff to reflect on existing practices and ask how care can be improved. We are proud of the dedication our team has brought to this process.

Staff Education & Training

The improvements to our continence program are the result of a thorough education and evaluation process carried out through the Hillel Lodge Academy:

- Refreshing our approach: Staff took a thoughtful look at day-to-day routines, identifying areas for improvement and committing to evidence-based practices.
- Individual resident assessments: Every resident was assessed to ensure they are in the right size brief with the appropriate level of absorbency for their needs.
- Brief change timing: Staff have been educated on the importance of reviewing and identifying individual continence patterns, and are expected to incorporate this into their ongoing care planning and daily practice — with the goal of avoiding changes that are too early or delayed, both of which can affect resident comfort and skin health.
- Hands-on training by TENA: Specialized hands-on training with TENA experts in continence care products is scheduled for mid-May 2026. This session will serve as both initial training and a refresher for all staff.



ENHANCING CONTINENCE CARE AT HILLEL LODGE

What this means for residents ?

These improvements work together to protect skin health, reduce the risk of infections and wounds, and ensure each resident receives care tailored to their individual needs. Understanding personal patterns and routines is key to providing person-centred care that is respectful, comfortable, and effective.

What Is Changing on May 4, 2026?

Two updates are being introduced as part of our continence product roll-out on May 4th:

Change 1: Disposable Periwipes

We are transitioning from cloth periwipes to single-use disposable periwipes.

- For one-time use only — more hygienic
- Helps reduce infection risk
- Softer and gentler on residents' skin

Change 2: Removal of Underpads

We are eliminating the continuous use of underpads on beds.

- Reduces pressure sore risk — underpads left under residents can work against pressure-reduction mattresses
- Residents in a properly fitted brief do not need an underpad beneath them
- Going forward, disposable underpads will be used during brief changes to protect the mattress and removed immediately after

Good to know about underpads:

Research shows that placing underpads under residents at all times can work against pressure-reduction mattresses and increase the risk of pressure sores — particularly when a resident is already wearing a well-fitted brief. Disposable underpads will be used only during brief changes, offering a safer and more comfortable approach.

WE APPRECIATE THE TRUST YOU PLACE IN OUR TEAM AND WELCOME ANY QUESTIONS YOU MAY HAVE. PLEASE FEEL FREE TO REACH OUT TO THE DIRECTOR OF CARE OR THE NURSING STAFF ON YOUR NEIGHBOURHOOD — WE ARE ALWAYS HAPPY TO CONNECT.



Best Wishes & A Warm Welcome — Celebrating Our RAI Coordinator Transition

Best Wishes, Victoria!

Victoria Lacroix's connection to Hillel Lodge runs deep. Her journey began here as a student on 2 West under preceptor Edna Batema during her final placement in 2021. After graduating, she gained experience at the Queensway Carleton Hospital and The Ottawa Hospital before following her heart back to Hillel Lodge — the place she has always called home. She joined the team as a night RPN on the 3rd floor in May 2022, transitioned to 1West days in September 2022, and has been in current position of RAI Coordinator since May 2023.

As Victoria heads off on maternity leave beginning May 8th, she shares with us: "I have always said that Hillel Lodge is my home and I am so proud to be a part of the Hillel Lodge Family. I will miss seeing the staff and residents almost every day and getting to be a part of the Hillel Lodge team while I am away. I can't wait to come back and visit with my son so he can meet my Hillel Lodge family."

The roots Victoria has grown here at Hillel Lodge run deep, and we couldn't be more excited to cheer her on as she begins this beautiful new chapter.

Welcome, Leslie!

We are pleased to **welcome Leslie Hollington, RPN, as RAI Coordinator at Hillel Lodge, covering Victoria's maternity leave.** Leslie brings over two decades of dedicated long-term care experience and is exceptionally well-positioned to step into this role.

Leslie comes to us from Granite Ridge Care Community, where she built an outstanding career spanning more than twenty years. Most recently serving as Associate Director of Care and IPAC Lead (2021-2025), she personally led the home's transition from RAI-MDS 2.0 to interRAI-LTC — overseeing staff education, workflow implementation, and quality assurance throughout. Prior to that, as Quality Management RPN for over a decade, Leslie was at the heart of CIHI reporting, quality indicator analysis, and nursing documentation support. She has also served twice as Acting RAI Coordinator, directly coordinating assessment submissions, auditing RUG classifications, and generating quality indicator reports to guide clinical decision-making.

In addition to her extensive practical experience, Leslie holds a Diploma in Practical Nursing from Algonquin College, a Bachelor of Arts in Psychology from Carleton University, and an Infection Prevention and Control Certificate from Queen's University.

Her breadth of knowledge in RAI systems, regulatory compliance, and interdisciplinary collaboration makes her a tremendous asset, and we look forward to the expertise and care she will bring to our residents and team.



Biking for Bubbies & Zaidies is back, and registration is NOW OPEN! This year, we're celebrating the 18th (chai year), and we want you to be part of it!

This is the single most important annual fundraiser for the lodge, and it is evolving to make it more accessible and inclusive than ever before.

This summer, you can Ride Your Way! And then join us for a celebration at 5:30pm on Wednesday, September 16th at Hillel Lodge.

Whether that means hopping on a stationary bike, cycling at a gentle pace around your neighbourhood, or spreading your kilometres out over the whole summer. There's no single route, no start line, no pressure- just the joy of moving at your own pace, in your own way, for a cause close to all of our hearts.

Every kilometre you log and every dollar you raise helps fund programs that make a real difference in the lives of residents here at Hillel Lodge. These include the Mealtime Assistance Program, which ensures residents receive the attentive, dignified support they deserve at the table; the Companionship Connections Program, which brings meaningful social connections to residents who might otherwise spend too much time alone; and training to help our staff provide even better care.

And when the rides are done, we'll come together to celebrate! On the evening of September 16th, riders, families, and sponsors will gather to mark another incredible year and share in the joy of what we've accomplished together.

Whether you're a seasoned cyclist or haven't been on a bike in years, there's a place for you in this ride. [Click here](#) or scan the QR code to register today and join us in making this chai year one to remember!



LEAVE A LEGACY MONTH: WHAT WILL YOUR LEGACY BE?

There is a moment when you walk through the doors of Hillel Lodge when something shifts. You hear it in the music, see it in the faces of residents lighting Shabbat candles together, Marilyn is running around, and feel it in the simple truth that no one here is alone.

That feeling exists because someone decided to make it last.

This May, we celebrate Legacy Month — exemplified by the Cantor family, who asked a question most of us quietly carry but rarely say aloud: **What will my legacy be?** Their answer was Hillel Lodge. Not because it was easy, but because they understood that the community we want to grow old in is one we must choose to protect.

**Watch Adam and his family share
their story in their own words.
It will stay with you.**
[Life & Legacy Video - Cantor Family](#)



A legacy gift doesn't require wealth. It can be as simple as one sentence in your will — and it means that twenty years from now, a resident will light Shabbat candles in a room that feels like home because you cared enough to act. But don't wait.

To find out more about legacy giving please contact Leslie Sher at foundation@hillel-ltc.com or call 613-728-3990 or read about [legacy_giving_on](#) our website.



Holidays & Observances

May 2026

Lag Ba'Omer - Tuesday, May 5th

Lag Ba'Omer is a minor holiday that occurs on the 33rd day of the Omer, the 49-day period between Passover and Shavuot. A break from the semi-mourning of the Omer, key aspects of Lag Ba'Omer include holding Jewish weddings as it's the one day during the Omer when Jewish law permits them, lighting bonfires and getting haircuts.



Yom Yerushalayim - Friday, May 15th

Jerusalem Day (Yom Yerushalayim) is the day that commemorates Israel's re-gain of control over the city in 1967.



Shavuot - May 22nd and 23rd

Shavuot commemorates the day when the Ten Commandments and the rest of the Torah were given by God, through Moses, to the Jewish people at Mount Sinai, forming the foundation of Jewish law and ethics.

Shavuot is a major holiday where no work is permitted.

The Ten Commandments are read in synagogues, including the one at Hillel Lodge. It is also a time to remember the giving of the Torah and to resolve to study it throughout the year.

This year, Shavuot is celebrated from the evening of Thursday, May 21st to the nightfall of Saturday, May 23rd.



Note: The holiday begins at sundown of the night beforehand, unless specified.




Victoria Day - Monday, May 18th


Canadian statutory holiday that honours Queen Victoria's birthday.



Mother's Day Sunday, May 10th


To all the mothers, whether past, present, or soon to be, may your day be filled with love, joy, and laughter.

ANNOUNCEMENTS

Kick Off 2026: Hillel Lodge Auxiliary Telethon is Now LIVE!

The Auxiliary's annual Telethon is its main fundraiser, helping enhance residents' lives at the Lodge. Each year the Auxiliary Telethon funds support projects like refurbishing living rooms, providing flowers for Shabbat, Bingo prizes, the residents' summer tea, maintaining fish tanks and more!

When volunteers call, every donation is appreciated and makes a difference. Donations can also be made online [here](#) or by scanning QR.

(Tax receipts are issued almost instantly, and no service fees are charged to the Auxiliary.)

You can also send your donation via e-transfer to hillelauxiliary@gmail.com.



Thank you for your generosity!



Celebrating Healthcare Recognition Days

National Nursing Week - May 11th to 17th

National Nursing Week recognizes the tremendous impact that nurses have on individuals and communities. This year's theme: **The Power of Nurses to Transform Health** is a true reflection of that impact. From providing compassionate care to excellence in education, nurses play an important role in delivering high-quality health care.

Personal Support Workers Day - May 19th

Personal Support Worker Day is a day to recognize the invaluable work PSWs provide selflessly every day. PSWs are the backbone of the health system.

Congratulations to all nurses and PSWs!



ANNOUNCEMENTS

the Café

**Monday: Eggplant Parmesan
& salad \$10.00**

**Tuesday: Breakfast wrap
\$7.50**

Wednesday: Pizza \$9.00

**Thursday: Fish & Chips
\$10.00**

Friday: Nachos \$9.00

KEEPING IT KOSHER: A FRIENDLY REMINDER



No Bringing in Outside Food & Drinks

Residents, visitors, volunteers, and staff members are reminded that **no outside food or drinks can be consumed in public areas** such as the main lobby, living rooms, lounges by the elevators, dining rooms, the Café, and the Dream Garden.

External food can be stored and consumed within residents' rooms only.

FAMILY COUNCIL

COME AND HELP!

Hillel Lodge Family Council warmly welcomes you to join us at our next meeting on May 27, 2026, at 10 am in the synagogue.

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 and muffins are served.

We sincerely hope to see you at our next meeting.

If you are unable to attend, please feel free to send your concerns, questions, suggestions or proposals to anne.hansonfinger@gmail.com.

If you have questions about Family Council, please don't hesitate to direct them to Mike Cohen at Macinmontreal@gmail.com



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

- Bookkeeping, accounting and procurement staff for keeping Hillel finances and supplies in order
- Human Resources staff for hiring the best staff available for Hillel residents
- Wadji, Nursing staffing and scheduling lead, for making sure the neighborhoods have front-line staff on each shift
- The Registered Practical Nurses who shoulder the everyday management role in each neighborhood



CALENDAR OF ACTIVITIES

Thursday, May 7th

10:30 The Usuals Jazz Band

Sunday, May 10th

MOTHER'S DAY

2:15 Mother's Day Celebration
with Rick Crepin

Tuesday, May 12th

2:15 WCPP Soup Making Event

Wednesday, May 13th

2:15 Let's Dance!

with Dance Therapist Lorraine

Thursday, May 14th

11:00 Christian Service with Father Adolphus

Monday, May 18th

VICTORIA DAY

10:30 Special Musical Performance with
Deborah Davis and Segue to Jazz

Thursday, May 21st

10:30 Outing: Scenic Drive of
The Canadian Tulip Festival

3:00 Happy Hour with
Off The Record Jazz Band

Sunday, May 24th

2:30 Ottawa K-Pop Hut Team
Dance Performance

Monday, May 25th

2:30 An Hour with Guest Speaker
Professor Gerry Cammy

Thursday, May 28th

2:30 Birthday Party with Evelyn Greenberg

Sunday, May 31st

10:30 "Hillel Harmonics"
Resident Choir Spring Concert

3:00 Musica Ebraica Concert



**MAY BIRTHDAY
CELEBRATION**

**THURSDAY,
MAY 28TH
2:30PM**

WITH EVELYN GREENBERG



Soup Making Event

May 12th at 2:15pm
in the Café



Women's Collective
Philanthropy Program

**Special Musical Performance
Deborah Davis and Segue to Jazz**



**Victoria Day - May 18th
at 10:30 am
in the Café**



**Outing: Scenic Drive of
The Canadian Tulip Festival
May 21st at 10:30 a.m.**

Oneg Shabbat

Fridays at 10:30am in the Café

May 1st - with Rabbi Lesser (Youtube)

May 8th - with The Ganon Preschool

May 15th - with Westboro Jewish Montessori Preschool

May 29th - with OJCS Grade 8Class

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:**

Urduja Vilia Cariño

Office #370 | Ext. #371 | ucarino@hillel-ltc.com

Ali Kargbo

Office #370 | Ext. #372 | 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

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

Ted Cohen

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

CAREGIVER TIPS

Dressing for Spring's Unpredictable Weather

Spring is finally here, and with it comes the familiar challenge of dressing for temperatures that can shift dramatically from one hour to the next. A cool morning can quickly turn into a warm afternoon — making layers everyone's best friend this season.

When updating your loved one's wardrobe, think versatility. Lightweight cardigans, zip-up fleeces, and breathable long-sleeve shirts are perfect for layering and easy to add or remove as the day warms up. Pack away the heavy winter coats and thick sweaters, and bring out lighter clothing such as cotton tops, comfortable pants, and easy-to-slip-on footwear. Don't forget to swap out winter accessories like scarves and toques for a light hat or sunglasses for sunny outings.

A gentle reminder that Hillel Lodge does not provide storage for out-of-season clothing. Also, please ensure any new clothing brought in is sent to laundry for labelling before use.

A little wardrobe planning goes a long way in keeping your loved one comfortable and ready to enjoy the beauty of the season!



"Every generation plants trees whose shade they may never sit beneath."

L'DOR V'DOR — GENERATION TO GENERATION

Your values and traditions can *live forever*.

At Hillel Lodge, we have cared for Ottawa's Jewish elders with dignity, compassion, and deep respect for the traditions that bind us together. **A gift through your will** ensures that same loving care endures for those who come after us.

A legacy gift—through your will, retirement plan, or life insurance—costs nothing today and means everything tomorrow.

START THE CONVERSATION

613-728-3990

hillel-ltc.com/foundation

