

# LODGE LINE



## An Evening of Recognition and Reflection Hillel Lodge's 71<sup>st</sup> Annual General Meeting

On Tuesday, May 26, 2026, around 80 members of the Ottawa Jewish community gathered at the Soloway Jewish Community Centre for Hillel Lodge's 71<sup>st</sup> Annual General Meeting — an evening defined by celebration, reflection, and an inspiring look ahead. The mood was joyous, the company wonderful, and the speeches uplifting.

The evening unfolded around two central themes. The first was recognition — honouring some of the individuals and an organization whose dedication has made an enduring difference in the lives of our residents. Their acceptance speeches were truly touching, each a heartfelt reflection on what it means to give their time and devotion to the people who call Hillel Lodge home. The second theme was reflection and vision — our speakers looked back on a year of meaningful accomplishments and forward to the opportunities that await.



Award recipients: Evelyn Greenberg and Dr. Ralph Paroli



## TOPICS IN THIS ISSUE

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# 2025/26 AWARD PRESENTATIONS

Four awards were presented on at our 71<sup>st</sup> Annual General Meeting, each recognizing a unique form of dedication to Hillel Lodge and its residents.

## Shalom Perel President's Award of Merit — Evelyn Greenberg

The Shalom Perel President's Award of Merit is given annually to an individual who works diligently, often behind the scenes, to make an outstanding and lasting contribution to Hillel Lodge and its residents. The award is named in memory of Shalom Perel, a quiet, unassuming gentleman whose profound generosity — endowing the Lodge with nearly his entire estate — reflected a lifelong desire to make life better for those who would call Hillel Lodge home.



Evelyn opens AGM with national anthems



President Dr. Janet Dollin, recipient Evelyn Greenberg, CEO Ted Cohen and artist Rino



Grateful words from the heart

This year's recipient, Evelyn Greenberg, embodies that spirit fully. For approximately forty years, Evelyn has been a cherished and constant presence at the Lodge, enriching the lives of residents through music, celebration, and genuine human connection. Her monthly birthday celebrations have become a beloved tradition, bringing residents together through song — Hava Nagila, Oseh Shalom, Hevenu Shalom Aleichem, and Tumbalalaika — and ensuring each resident feels truly honoured and celebrated. She has served as accompanist for visiting artists, performed at landmark moments in the Lodge's history, and helped mark cultural and Jewish occasions throughout the year with warmth and professionalism.

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## Thelma Steinman Direct Service Award — Dr. Ralph Paroli

Named in honour of Thelma Steinman, of blessed memory — a woman of tremendous warmth, energy, compassion, and humour — this award recognizes an individual whose direct engagement with residents meaningfully enhances their quality of life.



Past President Marty Black and recipient Dr. Ralph Paroli



President Dr. Janet Dollin, recipient Dr. Ralph Paroli, artist Rino and CEO Ted Cohen



A heartfelt moment of gratitude

Dr. Ralph Paroli has been an unwavering presence at Hillel Lodge's synagogue for approximately eleven years, faithfully attending Shabbat and Yom Tov services and helping to form the minyan that makes communal prayer meaningful and complete. He ensures residents can participate fully — helping them don a kippah or tallit, assisting them in following the Torah reading, and ensuring siddurim and ritual items are always available. His contributions also include facilitating the acquisition of new siddurim through the Beth Shalom Legacy Fund. Beyond the service itself, Ralph extends the same warmth and attentiveness at Kiddush, ensuring every resident and visitor feels welcomed and included.

## Outstanding Service Award — Ottawa Paramedic Service

The Outstanding Service Award is presented periodically to a group or organization that has made a significant contribution to Hillel Lodge and its residents. This year, the award was presented to the Ottawa Paramedic Service in recognition of its exceptional partnership with the Lodge and its profound impact on resident well-being.



Chief Pierre Poirier receiving award on behalf of Ottawa Paramedic Service



President Dr. Janet Dollin, Commander Susan Leduc, Chief Pierre Poirier, Paramedic Ziyi Dou, CEO Ted Cohen and artist Rino

Hillel Lodge had the privilege of serving as a pilot site for the City of Ottawa's Community Paramedicine Program — an innovative model enabling paramedics to assess and treat residents directly in the home, avoiding unnecessary hospital transfers. The program has benefited countless residents by improving clinical outcomes, preserving dignity, reducing anxiety, and supporting a more person-centred approach to care. The Ottawa Paramedic Service demonstrated not only clinical excellence but also a genuine willingness to collaborate, adapt, and refine the program alongside the Hillel Lodge team. The award was accepted on behalf of the Ottawa Paramedic Service by Chief Pierre Poirier.

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## Sarah Lithwick Green Award — Yulie Smolensky, student at OJCS

The Sarah Lithwick Green Award honours a young individual who embodies the spirit of compassion, leadership, and civic engagement that defined Sarah Lithwick Green's remarkable legacy.



Heartfelt words from Yulie Smolensky



President Dr. Janet Dollin, recipient Yulie Smolensky, OJCS Director Keren Gordon and CEO Ted Cohen

This year's recipient, Yulie Smolensky, a student from the Ottawa Jewish Community School (OJCS), was selected for her heartfelt and deeply personal essay reflecting on her experience in the L'dor Vador intergenerational program. Through her participation, Yulie formed a genuine and meaningful bond with one of our residents, discovering the extraordinary value of cross-generational connection. Her essay demonstrated rare maturity and empathy — recognizing the loneliness that can affect both seniors and teenagers, and choosing to do something about it. Yulie received a certificate of distinction and a \$500 prize, generously provided by the family of Sarah Lithwick Green.

## A NEW SCULPTURAL AWARD - "GUARDIANS OF THE LIGHT"

In a meaningful addition to Hillel Lodge's tradition of recognition, the Lodge commissioned internationally renowned artist Rino — Raul Estudillo Alvarado — to create "Guardians of the Light", a sculptural award that gives enduring form to the values at the heart of this community.



"Guardians of the Light"



CEO Ted Cohen, artist Rino and President Dr. Janet Dollin

The "Guardians of the Light" award sculpture depicts two hands sheltering a blue flame — the Eternal Light — representing the living essence of each resident: precious, irreplaceable, and worthy of protection. The rock-carved texture of the hands speaks to steady, selfless dedication shaped by time and devotion. The open form reflects the spirit of giving freely and without condition.

Artist Rino generously donated the original piece to Hillel Lodge and hand-crafted a limited series of twelve individually signed and numbered replicas. Three awards will be presented annually over four years. Evelyn Greenberg, Dr. Ralph Paroli and the Ottawa Paramedics Service received the first three award sculptures.

*About the Artist: Raul Estudillo Alvarado — known as Rino — is an international artist originally from Mexico, now based in Canada. He is widely recognized for his monumental wooden sculptures in Playa del Carmen, Mexico, including the 15-metre Goddess AiA and the 8-metre Mayan-inspired Xi'Paal Kaab (Bee Child), as well as his two large-scale Calaveritas sculptures presented at Ottawa's Day of the Dead Festival in 2024. [Learn more about the artist and his work.](#)*



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## VOICES OF THE EVENING

### Dr. Janet Dollin, President of the Board

Outgoing Board President Dr. Janet Dollin shared Hillel Lodge's new Strategic Plan for 2026–2031, reflecting on two years of progress rooted in the Lodge's core Jewish values of dignity, compassion, and community. Key achievements included Ontario's designation of Hillel Lodge as a cultural home, the restoration of the Jewish resident population to pre-pandemic levels, the launch of the Hillel Lodge Academy, and CARF Accreditation — while looking ahead to the future of seniors' care and the Lodge's continued leadership role.

*"It will be because of everyone here today — your generosity of spirit, of time and of money — that these opportunities are realized."*

### Ted Cohen, CEO

Ted Cohen spoke of a year defined as much by purpose as by achievement — reminding attendees that residents come to Hillel Lodge to continue living lives of meaning, connection, and dignity. Ted spoke of clinical excellence, the launch of the Hillel Lodge Academy, and paid tribute to Janet Dollin for her dedicated board leadership. He closed with a reflection that captured the spirit of the evening:

*"The meaning of life is to find your gift. The purpose of life is to give it away."*

## Adam Silver, President & CEO, Jewish Federation of Ottawa

Adam Silver affirmed Hillel Lodge's place as a cornerstone of the Ottawa Jewish community, noting its lead role in Federation's Aging and Vitality Sector Roundtable. He underscored the vital importance of community philanthropy in sustaining the Lodge's work for generations to come.

*It is often said a community is judged by how it treats its most vulnerable members. Hillel Lodge embodies that principle every day."*

## David Baker, President & CEO, Hillel Lodge Foundation

David Baker delivered a moving speech, drawing on a personal injury earlier in the year that gave him a profound new appreciation for the care and kindness Hillel Lodge extends to its residents every day. He reported another strong year for the Foundation, with investments in therapeutic bathing tubs and elevator repairs, the furniture campaign nearly at its goal, and Biking for Bubbies & Zaidies, now in its 18th year, having raised over \$2.4 million for the Lodge over its lifetime.

*"When you need help — really need help — what you remember isn't the task. You remember the kindness. You remember the hand that reached out, the person who preserved your dignity when you felt vulnerable."*

## Fran Ross, President, Auxiliary of Hillel Lodge

Fran Ross brought warmth and humour to the podium, summing up the Auxiliary's mission with characteristic simplicity: raise as much as possible, spend as little as possible, and put every dollar to work for residents. The all-volunteer organization provides Shabbat flowers, birthday gifts, holiday celebrations, lounge refurbishments, fish tank care. She reminded everyone that the annual Great Games Event will take place on October 18<sup>th</sup>. Fran noted with delight that interest from members in their 50s has never been stronger — a wonderful sign of the Auxiliary's growing appeal across generations.

*"We are present at the monthly birthday parties where Evelyn plays the piano, and everyone feels like dancing — even from their wheelchair."*

## A COMMUNITY UNITED

The 71st AGM was a reminder of everything that makes Hillel Lodge so much more than a long-term care home. It is a community — one shaped by the generosity of volunteers, the professionalism of staff, the vision of its leadership, and the deep commitment of everyone who believes our residents deserve to live with dignity, joy, and a sense of belonging.

As Hillel Lodge looks ahead to its next chapter, it does so with a clear mission, a strong team, and a community that continues to show up in the most meaningful ways. The spirit in that room on May 26<sup>th</sup> said it all: when a community comes together with purpose and heart, extraordinary things happen.

**Thank you to everyone who attended, volunteered, donated, and celebrated with us.**

### VIEW OUR 2025 ANNUAL REPORT

We invite you to browse our [Digital 2025 Annual Report](#) for a comprehensive view of Hillel Lodge's accomplishments, financial highlights, Strategic Plan 2026–2031, and detailed profile of each award recipient.



# Soup for the Soul

## Hillel Lodge and OJCF's Women's Collective Philanthropy Program partner for a great cause

Article by: Ethan Rode  
Jewish Federation of Ottawa

More than 15 large containers of soup have been distributed to an Ottawa women's shelter following a recent collaboration between the Bess and Moe Greenberg Family Hillel Lodge and the Women's Collective Philanthropy Program (WCPP).

Inspired by Soup Sisters, a program founded by Calgary businesswoman and philanthropist Sharon Hapton that invites participants to prepare large batches of soup for local shelters, the Hillel Lodge partnership reflects something close to Lynne Oreck-Wener's heart. Oreck-Wener founded the WCPP 15 years ago to bring women together through meaningful, hands-on philanthropy.

Having participated in several soup-making events herself, she knew the model would be a natural fit for Hillel Lodge, uniting residents, their family members, and staff around the shared joy of cooking for a good cause.

"I remembered that we had done something similar in a retirement home setting before," she said. "And after working with Hillel Lodge previously, I thought it could work well."

For Oreck-Wener, making soup carries a deeper symbolism tied to memory, tradition, and caregiving.

"Making soup is part of our DNA; it's what was done to nourish the soul," she said.

What unfolded at Hillel Lodge exceeded her expectations. Residents joined volunteers and staff in peeling, chopping, labeling, and preparing vegetables that would later become hearty soup for a local shelter.



"Hillel Lodge staff worked with us to ensure the program would be safe and accessible for the residents. They were talking, peeling, and chopping; they were active participants," said Marilyn Adler, Life Enrichment Manager, Hillel Lodge. "There wasn't a minute of hesitation. It just happened."

# Soup for the Soul

The event also highlighted the collaborative spirit behind the project. Local chef Jonah Greenbaum Shinder prepared the soup in the Hillel Lodge kitchen while residents delivered their prepared ingredients downstairs, giving them the opportunity to see the process firsthand.

"I think that really drove home the feeling that we're doing something for somebody else," Oreck-Wener said. "That was the mitzvah."

Oreck-Wener emphasized that beyond providing nourishment, the soup helps shelters stretch limited resources during a time of increasing financial pressures.

"The shelters are extremely appreciative because there are a lot of cutbacks," she said. "This not only provides a nourishing meal, but it saves on their costs."

She added that soup offers comfort and accessibility for families arriving at shelters at all hours.

"When people come in for intake, they can throw it in the microwave and have a nice hot meal," she said. "Soup is comfort, so it's perfect."

The soup itself was also a success among Hillel Lodge residents.

"It was a hit," said Adler. "It was a tasty vegetable soup that could be appreciated by all, and there was enough soup to feed residents the next day."

Although the initiative was initially envisioned as a one-time event, enthusiasm from participants suggests it may become an ongoing collaboration.



THE PROJECT REFLECTS WCPP'S COMMITMENT TO BRINGING WOMEN TOGETHER TO CREATE MEANINGFUL  
COMMUNITY IMPACT THROUGH COMPASSION, COLLECTIVE ACTION, AND HANDS-ON PHILANTHROPY.  
[LEARN MORE](#) ABOUT THE WOMEN'S COLLECTIVE PHILANTHROPY PROGRAM AND THE IMPORTANT WORK THEY DO.



*Women's Collective*  
Philanthropy Program

# NEW & HAPPENING - RECAP MAY



EACH MOTHER'S DAY, AUXILIARY VOLUNTEERS COME TOGETHER TO PREPARE AND DELIVER GIFTS TO RESIDENTS — A WARM AND PERSONAL TRADITION THAT NEVER FAILS TO BRIGHTEN THE DAY.



HAPPY  
Mother's  
Day



# NEW & HAPPENING - RECAP MAY



PARACHUTE GAMES ON VICTORIA DAY



HAPPY HOUR WITH OFF THE RECORD JAZZ BAND



KABBALAT SHABBAT WITH SUE



LET'S DANCE WITH LORRAINE



LAG BA'OMER COLOURING



BBYO YOUTH GROUP DELIVERY OF PAPER FLOWERS

# NEWS FROM OUR GREEN THUMB CLUB

by Celia Glanville, Horticultural Specialist



Signs of spring are everywhere in the garden now. The very early, airy white flowers of the Serviceberries have passed and now we wait for the red berries to come and bring the birds.

Our experiment with miniature winter greenhouses worked surprisingly well and we now have poppies, snapdragons, pansies and white turtleheads to add to the garden!



We've been moving our seedlings gradually outside, slowly acclimatizing them to the cool spring weather. This week, as the temperatures seemed to finally commit to more consistent warmth we have the rewarding experience of moving the seedlings to pots and planters to brighten the Dream Garden.

It's a beautiful and revitalizing time of year. As the sun warms our skin and we can have our hands in the soil, we are reminded what a special space we have in the Dream Garden and what a nourishing experience it is to be able to keep growing it's beauty and find new ways to harvest it's joy.





## OUR NURSE PRACTITIONER: A CORNERSTONE OF CARE AT HILLEL LODGE

### Meet Lauren Lovold, NP

Lauren joins Hillel Lodge with a strong foundation in both clinical practice and academic achievement. She holds a Master of Nursing (NP) from Athabasca University, and brings eight years of emergency department nursing experience at the Ottawa Hospital and Trillium Health Partners. Her NP clinical placements totalled over 800 hours across two settings: at Connexion Family Health Team in Ottawa, she conducted comprehensive health assessments, diagnosed and managed both acute and chronic conditions, and developed pharmacologic and non-pharmacologic treatment plans across the lifespan; and at Dundas Manor Long-term Care in Winchester, she managed residents with complex conditions, multiple comorbidities, and palliative and end-of-life needs. Beyond her clinical skills, Lauren has demonstrated a commitment to collaborative, evidence-based practice and has contributed to peer-reviewed publications and presentations in areas including palliative care and interprofessional education.

### What Does Our NP Do?

Unlike a traditional model where residents wait for an external physician, Lauren is here Monday to Friday, assessing acute changes immediately, ordering labs and diagnostics without delay, initiating same-day treatment, and determining whether a hospital visit is truly necessary. She works in every neighbourhood and can make independent clinical decisions when needed — eliminating gaps and delays in care.

Her clinical scope includes:

- Complex chronic disease management (heart failure, COPD, diabetes, kidney disease)
- Medication reviews and deprescribing to reduce polypharmacy
- Wound care, dementia-related behavioural management, and antimicrobial stewardship
- Advanced assessments and procedures, reducing the need for hospital-based care

### Leading Our Palliative Care Program

A special focus for Lauren is Palliative and End-of-Life Care. Working closely with Dr. Miller, she is helping shape Hillel Lodge's Palliative Care Program — ensuring residents and families receive compassionate support, effective symptom management, and dignity throughout every stage of life.

### Keeping Residents Home When It's Safe to Do So

Lauren's primary goal is reducing unnecessary emergency department transfers. Hospital visits can be disorienting for frail older adults, and not every health change requires one. Her on-site presence means residents are assessed quickly, treated promptly, and only transferred when it is truly in their best interest.

Hillel Lodge also partners with the Ottawa Hospital's Nursing Led Outreach Team (NLOT), whose NP is available weekdays to support complex cases and follow residents admitted to hospital. Lauren works closely with the NLOT NP to ensure seamless continuity of care.

### Building a Stronger Care Team

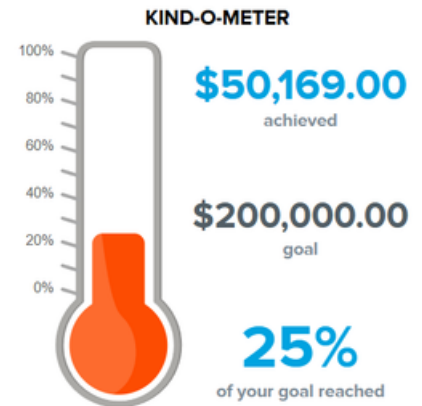
Beyond direct resident care, Lauren mentors our nursing staff daily — strengthening assessment skills and fostering a culture of clinical excellence across all neighbourhoods. Her presence elevates care for every resident she touches.



Biking for Bubbies & Zaidies is back, and has already raised over \$50,000! 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.

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

Whether that means hopping on a stationary bike, cycling around your neighbourhood, or spreading your kilometres out over the whole summer. This year 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- Hillel Lodge Academy.

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

[Click here](#) or scan the QR code to register today and join us in making this chai year one to remember! Have any questions, reach out to the foundation at 613-728-3990.



# OUR FURNITURE RENEWAL CAMPAIGN

## What does it mean to have a home?

For Leon Gluzman, to have a home meant to have a community.

He spent his childhood years in the famous Warsaw orphanage run by Janusz Korczak, who instilled in Leon the belief that every individual was worthy of dignity, honour, respect and independence. And if each child lived up to those values together, they would build a happy home.

When he arrived in Ottawa, he put those values to work. He and his partners built a successful accounting practice, which would go on to become a pillar of the Ottawa community. With his beloved Ann, he became the patriarch of a beautiful family of four children -- Cally (Kardash), Arlene (Bonn), Ingrid (Levitz) and David Gluzman.

When Leon needed to choose what community institutions his estate would support upon his death, the values that underpinned his life were at the forefront: how could he help provide community and a home? His will provided for funds to support Hillel Lodge.

The Lodge is a place where the values that directed Leon's life play out in real time. Ensuring that those who need additional support in life are treated with dignity, honour, and respect, and given as much independence as possible, is fundamental to the work the Lodge does. Leon's family knows this firsthand. His daughter, Ingrid, is now a resident.

But like in any house, some of the furnishings at the Lodge have aged with time and use.

So when it came time to decide how the gift from Leon's estate could be used to make the Lodge even more of a home, his family chose to provide a generous match for the New Furniture Campaign to replace many of the items so crucial to making residents' spaces feel like the homes they once built themselves. They generously offered to match every dollar raised!

We have now raised \$125,000 and need your help to reach our goal of ensuring that the residents of Hillel Lodge have a comfortable space and furnishings that allow them to live with dignity and comfort. This is more than just pieces of furniture.

It is a bed that offers a good night's rest. A night table within reach, holding the things that matter most — a photograph, a book, a glass of water. These are the small, essential anchors that help someone feel settled and cared for, even in a space that is not the home they once knew. Hillel Lodge is a long-term care residence, and the staff and community surrounding it work every day to make it as warm and homelike as that setting allows. Good furnishings are part of that promise.

Leon Gluzman understood that. He learned it as a boy in Warsaw, carried it across an ocean, and built it into every corner of his life in Ottawa. Now, his family is honouring that legacy in the most personal way imaginable — with the quiet, daily comfort of a resident who feels at home.

We are \$15,000 away from completing this campaign. We need to place our final order by the end of May. Gifts made in the coming weeks will determine whether every resident who needs new furnishings receives them this year. Leon's family has made their gift. Ingrid lives at the Lodge. This cause could not be more real, or more urgent, to the people behind it.

**Will you help us close the gap? A gift of any size — \$180, \$500, \$2,500 — brings us closer to the finish line and closer to the kind of home Leon Gluzman believed every person deserves. Please make your gift today or contact us at [foundation@hillel-ltc.com](mailto:foundation@hillel-ltc.com) or 613-728-3990.**



Because when we make the Lodge more of a home, we are doing exactly what Leon spent his whole life doing. We are saying, without reservation: you belong here. You matter here. This place is yours.

# Holidays & Observances

## June 2026



### Father's Day

#### Sunday, June 21<sup>st</sup>

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



### National Indigenous Peoples Day

#### Sunday, June 21<sup>st</sup>

Day recognizing and celebrating the cultures and contributions of the First Nations, Inuit, and Métis Indigenous peoples of Canada.



## ANNOUNCEMENTS



The Foundation windows are dressed with a beautiful new display in honour of Mother's and Father's Day, featuring a glimpse into our community's past through the Jewish Archives.

Come take a look!

### FRIENDLY REMINDER

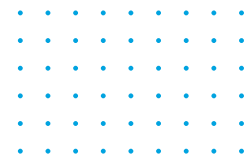
#### Respecting Resident Privacy

Our staff are not able to share personal information about any resident other than your own family member.

We kindly ask all families to respect this, and thank you for helping us protect everyone's privacy and dignity.

# YOUR VOICE MATTERS

Fill out Survey  
For Your Loved One





## Why Your Response Is So Powerful

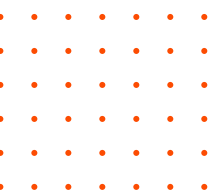
Your loved one may not always be able to speak for themselves — you are their voice.

The InterRAI Quality of Life Survey is an internationally validated tool used by long-term care homes around the world. Your answers allow us to benchmark the care at Hillel Lodge against homes globally, set meaningful goals, and make real, measurable improvements.

## How to Complete the Survey

 Paper copy — Available at the Quality Improvement Board next to the elevators. Return your completed survey to the receptionist in the sealed envelope provided at the Quality Improvement Board.

 Online survey — [click here](#)  
or scan QR:



**Survey Open: June 1 - July 5, 2026**

**Every response counts. Every voice matters.**

**Thank you for helping us care better for the ones you love.**



**29 QUESTIONS. 6 AREAS OF CARE. 10 MINUTES.**

### THE SURVEY COVERS:

-  SOCIAL LIFE
-  FOOD
-  PERSONAL CONTROL
-  CARING STAFF
-  STAFF RESPONSIVENESS
-  MISCELLANEOUS

## We Listened. Here's What Changed.

Based on your feedback from the last survey, we took action: Call bell response times are being audited and improvements will be implemented to ensure residents are attended to more promptly.

When you speak, we act.



# ANNOUNCEMENTS

## Annual Telethon

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:

[hillelauxiliary@gmail.com](mailto:hillelauxiliary@gmail.com)



Thank you for your generosity!



## Tribute Cards

Celebrate your friends' and family's special occasions, or when sad things happen, you can purchase a get-well or in-memory card for someone you care about. Send them a customized, heartfelt message in an Auxiliary of Hillel Lodge Tribute Card.

A package of five is only \$50 or \$15 per card written and sent out by Marcia Cantor. To order yours, email [mecantor6@rogers.com](mailto:mecantor6@rogers.com) or call 613-762-2772.

Auxiliary tribute cards show how much you care, and you can feel good about raising funds at the same time!

Thank you for your support!

# ANNOUNCEMENTS

*the Café*

## JUNE DAILY SPECIALS

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

**Tuesday:** All day Breakfast Bagel \$7.50

**Wednesday:** Pizza \$9.00

**Thursday:** Grilled Cheese & French Fries & Pickle \$9.00

**Friday:** Nachos \$9.00

## KEEPING IT KOSHER: A FRIENDLY REMINDER



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 June 24<sup>th</sup>, 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.

If you are unable to attend, please feel free to send your concerns, questions, suggestions or proposals to [anne.hansonfinger@gmail.com](mailto: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](mailto:Macinmontreal@gmail.com)



### Thanks, from Family Council on behalf of all the families of Hillel Lodge Residents:

1. To Pauline, Cheryl, Sedonie and Kim in Reception, for their warm smiles and friendly voices as they greet each visitor.
2. To those Nursing staff who have changed neighbourhoods, with our best wishes for a successful transition.
3. To Dan, Max, Francois and Ruslan, Hillel's Environmental Services Team, for keeping the building and equipment up and running.



## CALENDAR OF ACTIVITIES

**Tuesday, June 2<sup>nd</sup>**  
11:00 Resident Council

**Thursday, June 4<sup>th</sup>**  
2:30 Music with Luke Harris

**Tuesday, June 9<sup>th</sup>**  
10:30 The Usuals Jazz Band

**Thursday, June 11<sup>th</sup>**  
2:30 Musical Entertainment with Nate

**Monday, June 15<sup>th</sup>**  
10:30 Musical Entertainment  
with Malcom Wade

**Wednesday, June 17<sup>th</sup>**  
5:00 BBQ for 1 West

**Thursday, June 18<sup>th</sup>**  
3:00 Happy Hour with Tony True

**Sunday, June 21<sup>st</sup>**  
10:30 Father's Day Concert  
with Noel Dimar

**Monday, June 22<sup>nd</sup>**  
2:30 An Hour with Guest Speaker  
Professor Gerry Cammy

**Wednesday, June 24<sup>th</sup>**  
5:00 BBQ for 2 West

**Thursday, June 25<sup>th</sup>**  
2:30 Birthday Party with  
Evelyn Greenberg

**Monday, June 29<sup>th</sup>**  
2:00 Outing to The Beachconers

**Tuesday, June 30<sup>th</sup>**  
10:30 Musical Wellness Drum Circle  
with Nigel



## JUNE BIRTHDAY CELEBRATION

**THURSDAY,  
JUNE 25<sup>TH</sup>  
2:30PM**

WITH EVELYN GREENBERG

♥ HAPPY ♥  
**FATHER'S**  
♥ DAY ♥

**Sunday, June 21<sup>st</sup>**  
**10:30 Father's Day**  
**Concert**  
**with Noel Dimar**

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

**June 5<sup>th</sup> - with Westboro Jewish**  
**Montessori Preschool**

**June 12<sup>th</sup> - with OJCS Grade 6 Class**

**June 19<sup>th</sup> - with Minda, Marsha and**  
**Karen**

**June 26<sup>th</sup> - with Or Bielak**

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

### Visiting a Loved One with Dementia

Visits matter deeply — but they can also bring unexpected challenges. Here are a few tips to help make your visit more meaningful and comfortable for everyone.

Plan ahead by bringing a simple activity like a photo album, familiar music, or a favourite snack.

Timing matters too — late morning or early afternoon tends to work best, when your loved one is most alert.

Keep visits short and calm, avoiding busy or noisy settings that can feel overwhelming.

When you arrive, use verbal cues and introduce yourself by name and your connection — for example, "It's Sarah, your daughter" — to help orient them gently.

Most importantly, your presence is what counts. Even a brief, peaceful visit can make a lasting difference.

Source: "Tips When Visiting Someone with Dementia," Sinai Health



The  
**Dementia  
Society**

Ottawa and Renfrew County



**AN  
INVITATION  
FROM  
HILLEL LODGE'S  
FAMILY COUNCIL:**

Join us for a presentation lead by a  
**DEMENTIA CARE COACH**

Approaches, strategies and tips will be shared  
to help us navigate the dementia journey.

**Date: June 11, 2026**

**Time: 1:30 p.m.**

**Location: TBD**



RSVP with the number of attendees  
by email to [ahansen1899@gmail.com](mailto:ahansen1899@gmail.com)  
**Deadline to RSVP: June 5, 2026**

