

LODGE LINE



THE BESS AND MOE GREENBERG FAMILY

Hillel Lodge

LONG-TERM CARE HOME OF OTTAWA

LEARNING BY DOING AT HILLEL LODGE

We are thrilled to share some exciting news about a special group joining our community this summer. Beginning June 29 through August 13, Hillel Lodge will be hosting 14 Personal Support Worker (PSW) students from Collège Boréal as part of their practical placement.

Collège Boréal is a long-standing and valued partner of Hillel Lodge. Their PSW program trains students in personal care, patient mobilization, and interpersonal communication, equipping graduates with the practical skills and compassionate approach essential for working in the health and social services field.



TOPICS IN THIS ISSUE

Learning by Doing
New & Happening
Green Thumb Club
Good Health
LTC Foundation
Holidays & Observances
Announcements
Save The Date
Connection

LEARNING BY DOING AT HILLEL LODGE: HOW STUDENT PLACEMENTS STRENGTHEN CARE

Meet Our Learning Champions

Throughout their placement, students will be integrated into our neighbourhood model of care, working closely alongside experienced Hillel Lodge PSWs. These dedicated staff members now carry a special title: Learning Champions — a name that reflects their enhanced role in teaching, mentoring, and leading the next generation of caregivers.

To support this, we have recently revitalized our preceptor program — strengthening our partnerships with Collège Boréal, Willis College, and Algonquin College. This updated program provides our Learning Champions with comprehensive education in:

- Coaching and mentoring students with skill and confidence
- Delivering constructive feedback that encourages growth
- Creating a positive clinical learning experience that students carry with them throughout their careers



Our Learning Champions are now better equipped than ever to foster student confidence, support hands-on skill development, and ensure every learner receives consistent, high-quality guidance.

How to Spot a Learning Champion

Look for the special Hillel Lodge Champion scrub shirts! If you see a team member wearing one, you are looking at someone who has gone above and beyond in their commitment to mentorship, teaching, and shaping the next generation of compassionate caregivers.

LEARNING BY DOING AT HILLEL LODGE: HOW STUDENT PLACEMENTS STRENGTHEN CARE

What This Means for Residents and Families

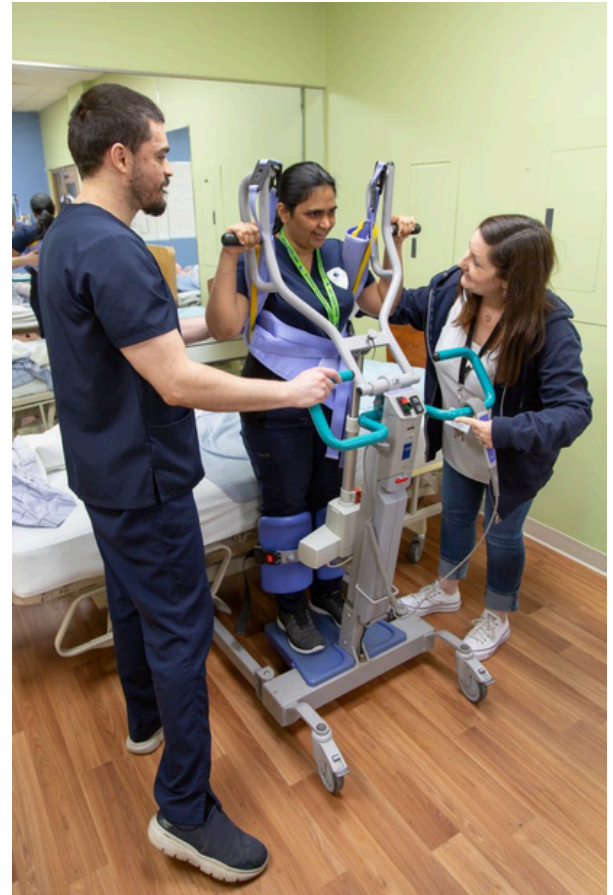
Between June 29 and August 13, you may notice some new, enthusiastic faces on the neighbourhoods. The Collège Boréal PSW students will be working side-by-side with our experienced team — learning through meaningful interaction and hands-on practice. They are supervised at all times and guided by our Learning Champions.

This is truly a win for everyone. Students gain real-world confidence and clinical experience they cannot get in a classroom. Our staff deepen their own knowledge and grow as leaders and mentors. And residents benefit from a care team that is continuously learning, energized, and growing together — with the highest quality of care at the centre of everything we do.

This initiative reflects Hillel Lodge's ongoing commitment to building a strong, skilled, and compassionate workforce, and to delivering an exceptional living and care experience for every resident we have the privilege of serving.

About the Living Classroom Program

Hillel Lodge participates in Ontario's Living Classroom program, a province-wide initiative that places PSW students directly within long-term care homes for their training. By integrating learning early and often in a real care environment, the model has been shown to build student confidence, improve staff skills, and enhance the overall quality of resident care. The program is funded by the Government of Ontario — a recognition of the vital role long-term care homes play in training the next generation of caregivers. Hillel Lodge is proud to be part of this growing network, which now includes Living Classrooms in every health region across Ontario.



IF YOU HAVE ANY QUESTIONS ABOUT OUR STUDENT PLACEMENT PROGRAM OR THE LIVING CLASSROOM MODEL, WE WELCOME YOU TO CONNECT WITH SHANNON FRASER, DIRECTOR OF QUALITY IMPROVEMENT & LEARNING, OR CINDY GARCIA, DIRECTOR OF CARE.

NEW & HAPPENING - RECAP JUNE



CELEBRATING AND RECOGNIZING PRIDE MONTH AT HILLEL LODGE
WITH SPECIAL THEMED ACTIVITIES SUCH AS BINGO, HAPPY HOUR & BAKING



NEW & HAPPENING

NEW & HAPPENING - RECAP JUNE



TAI CHI WITH RUTH



AXE THROWING



JEWELRY MAKING WITH 3 EAST



COLORING WITH 1 WEST



FATHER'S DAY CONCERT WITH NOEL DIMAR



MUSIC WITH MALCOM WADE



MUSIC WITH LUKE HARRIS



CONCERT BY THE RESIDENT CHOIR HILLEL HARMONICS



MUSIC WITH NATE



READING BUDDIES
WITH OJCS GRADE 1-3



Itching for a deal?



HILLEL LODGE FLEA MARKET SALE

Join us at our Annual Flea Market Sale for vintage
finds and great deals!
All proceeds will go to the Recreation Department

SAVE
THE DATE!

See you there!

Wednesday, July 8th

When: 9:00AM - 1:30PM

Where: Front Parking Lot



THE BESS AND MOE GREENBERG FAMILY



Hillel Lodge

LONG-TERM CARE HOME OF OTTAWA

NEW & HAPPENING - RECAP JUNE

Family Council Hosts Dementia Society Presentation: Key Takeaways for Families

On June 11th, the Hillel Lodge Family Council organized an educational presentation for families of residents, welcoming Whitney Hale, a Dementia Care Coach from the Dementia Society of Ottawa and Renfrew County. Family members turned out in great numbers to learn, ask questions, and connect with one another.

What Is Dementia?

Whitney began by explaining that dementia is not a single disease, but an umbrella term for over 100 conditions that affect brain function. It is a progressive, chronic illness with no current cure — but one that can be managed with the right support. Dementia goes beyond memory loss. It affects planning, language, judgment, physical coordination, and mood. Common types include Alzheimer's disease, Vascular dementia, Lewy Body dementia, Frontotemporal dementia, and Parkinson's disease dementia. Many people live with more than one type simultaneously.

An important takeaway

Dementia is not simply "normal aging." There is a meaningful difference between occasionally forgetting an appointment and consistently losing track of time, seasons, or recently learned information.

Communicating With Your Loved One

Whitney shared practical communication strategies tailored to each stage of dementia. Some key tips: set a positive mood for interaction, approach from the front, introduce yourself by name, maintain eye contact, use the person's name, present one idea at a time, and ask yes/no questions. As dementia progresses, non-verbal communication — touch, gestures, and signals — becomes increasingly important. If something isn't working, the guiding advice is: Stop, Evaluate, Re-Approach.

How the Dementia Society Can Help

The Dementia Society offers free, confidential support to families and caregivers at every stage of the journey, including:

- Dementia Care Coaches — one-on-one guidance on managing behaviours, communication strategies, navigating the healthcare system, and transitioning to long-term care
- 28 Support Groups per month — virtual and in-person, including a group specifically for families of residents in Long-Term Care and Retirement Homes
- Education programs — including the free online Dementia Learning Hub with 7 bilingual modules
- Social programs and a Lending Library — activity kits, companion animals, and adaptive tools available to borrow at no cost

Join Long-Term Care Family Support Group

The Dementia Society hosts a monthly support group specifically for families of Long-Term Care and Retirement Home residents. This is a welcoming space to share experiences and receive guidance from others who understand what you're going through. No one should face dementia alone.

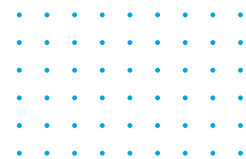
Next virtual meeting: July 8th, 2:00–3:30 PM

[Register online](#) or scan:



YOUR VOICE MATTERS

Fill out Family Survey before
deadline: July 5th, 2026!



Still time until July 5th!

Our **InterRAI Quality of Life Family Survey** is still open, and we would love to hear from you.

Why Your Response Is So Powerful

Your feedback matters more than you may realize. When families like yours take 10 minutes to complete 29 questions, it helps us see what we're doing well and where we can do better — all for the benefit of your loved one.

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:



29 QUESTIONS. 6 AREAS OF CARE. 10 MINUTES.

THE SURVEY COVERS:

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

Every response counts. Every voice matters.
Together, we make a difference for those who matter most.



Are you interested in being part of a research study on Trauma-Informed Care in Long-Term Care? We Want to Hear From You!



You are eligible if you:

- Are a resident or family care partner in long-term care
- Are 18+ years old
- Read & speak English

Trent University is partnering with Long-Term Care Homes to develop Trauma-Informed Care training.

Participation involves taking part in a one-time virtual or in-person interview that will last 60-90 minutes and the completion of a short demographic survey that will take 5-10 minutes. Results will be used to develop education and training on trauma-informed care in long-term care homes.

For more information, please contact:
kimberlyritchie@trentu.ca

This study has been reviewed by Trent University Ethics Board #29808 .



V2

Questions about Hillel Lodge's participation in this research study?
Contact our Director of Quality Improvement & Learning, Shannon Fraser at sfraser@hillel-ltc.com

NEW & HAPPENING

Hillel Lodge Joins The Canadian Health Care Forests

We are proud to share that Hillel Lodge has been recognized as part of **The Canadian Health Care Forests** — a national initiative launched by the **Forget For A Moment Foundation** in partnership with the **Canadian Coalition for Green Health Care**, celebrating care organizations that bring nature into their environments through biophilic design, therapeutic gardens, and indoor greenery.

Hillel Lodge is now featured on the Canadian Health Care Forests national map — a recognition of our commitment to creating greener, more restorative spaces for our residents, families, and care teams. Research has shown that access to nature reduces stress, boosts mood, and supports overall well-being, making this a meaningful step for everyone in our community.

Together, we are bringing nature into health care — one space, one residence, and one blooming moment at a time.



[Explore the national map](#)



WE ARE PROUD TO BE A PART OF
THE CANADIAN HEALTH CARE FORESTS



NOUS SOMMES FIERS DE FAIRE PARTIE
DES FORÊTS DE SOINS DE SANTÉ DU CANADA

LA FONDATION
OUBLIE POUR
UN INSTANT



FORGET FOR
A MOMENT
FOUNDATION



The Canadian Coalition
for Green Health Care
Coalition canadienne pour
un système de santé écologique

NEWS FROM OUR GREEN THUMB CLUB

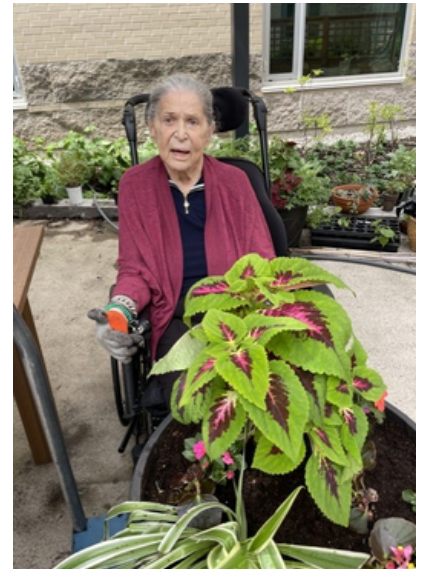
by Celia Glanville, Horticultural Specialist



The Dream garden is awakening with colour and energy this month. The peonies have filled the garden with their playful, oversized blooms, the petunias and marigolds are overflowing and pots of mixed coleus brighten shady nooks. This extensive array of plants and seedlings have made their way into pots and containers thanks to the hard work of many residents. Our winter seedlings are now making putting out flower buds and soon there will be even more variety and colour to enjoy in the garden.



The Serviceberries that ring the garden are now displaying beautiful rich red berries that are attracting robins and cedar waxwings to the garden. A Prometheus Silkworm was also spotted in the garden this month.



It is such a joy to see more and more of the residents out enjoying the many sides of the garden - in the quiet solitude of the morning, as a gathering place with family and friends, a place to play and exercise, a place to be curious and explore with all their senses - a place to look closely and be curious.



CARING FOR SKIN & WOUNDS AT HILLEL LODGE

Strengthening our approach to prevention, early identification, and the best possible care for every resident

We are pleased to share that Hillel Lodge is strengthening its Skin and Wounds Program through the Hillel Lodge Academy, with additional staff training taking place in June/July and enhancements rolling out in July 2026. As residents arrive older and more frail, proactive skin and wound care is more important than ever — and keeping you informed is a key part of how we work.

Why Skin Care Matters More Than Ever

As we age, skin becomes thinner, drier, and more fragile. Once a wound develops in older, more frail skin, healing is more difficult and skin may not fully recover. Several factors increase the risk of skin breakdown:

- Reduced mobility and limited physical activity
- Friction, shear, and moisture
- Poor nutrition and inadequate hydration
- Conditions such as diabetes, poor circulation, stroke, and advanced dementia
- Sensory impairment and age-related skin changes
- Age-related changes: thinner, drier, and more fragile skin that, once broken, heals less completely

The Goals of Our Skin & Wounds Program

Our program is built around five core objectives:

1. Prevention — reducing the risk of wounds before they develop
2. Early identification — recognizing the earliest signs of skin changes
3. Timely treatment — responding quickly when a wound is identified
4. Assessment — thoroughly evaluating each wound to determine the best course of care
5. Monitoring — tracking the progress or healing of wounds over time

Understanding the Stages of Wounds

Wounds are classified into four stages, reflecting their depth and severity. Early detection at Stage 1 or 2 allows for much faster healing and less discomfort for the resident.

Stage 1	Stage 2	Stage 3	Stage 4
Redness that stays red when pressed. Can heal in less than a week with prompt care.	Top layer of skin is broken or gone.	Wound extends deeper into the tissue.	Deep wound that may extend to the bone.



Who Is Involved in Skin & Wound Care?

Skin and wound care at Hillel Lodge is delivered by our nursing team and Personal Support Workers, who work together daily on prevention, monitoring, and treatment. When a resident's needs require additional expertise, our care team triages to the appropriate specialist — which may include the Physician or Nurse Practitioner for medical oversight, a Physiotherapist when mobility is a factor, or a Dietician to ensure nutrition and hydration are supporting healing. For complex cases, Hillel Lodge has been working with a NSWOC — a Nurse Specialized in Wounds, Ostomy, and Continence — whose expertise is available when the situation calls for it.

Did you know?

A resident with a wound may need 25% to 50% more protein than usual. Our Dietician works with the team to ensure nutrition supports healing.

Staff Training & Specialized Equipment

In June, staff are completing two training sessions through the Hillel Lodge Academy. The first, for all registered staff and PSWs, covers wound theory and healing. The second is delivered separately: nursing staff focus on dressing techniques, orders, and photo assessment; PSWs focus on prevention, turning and repositioning, continence care, and reporting.

Hillel Lodge is also using specialized equipment:

- Pressure-relief wedge pillows placed under calves to relieve heel pressure
- Extra foot space bedsheets to reduce pressure on feet and toes
- The swift® ultraslide sheet system providing gentler, smoother movements during transitions.
- Our clinical system includes a visual progress tracker with photo documentation that allows the care team to see, at a glance, whether a wound is healing or requires additional intervention.

How You Can Help

Families and friends play a meaningful role in the wellbeing of our residents. Here is how you can support our skin and wound care efforts:

- Report any redness or skin changes you notice to the nursing team right away — early reporting makes a real difference.
- Encourage residents to drink fluids during your visits to support skin health and healing.
- Support nutrition — encouraging eating, especially protein-rich foods, is a meaningful contribution when a resident has a wound.

IF YOU HAVE ANY QUESTIONS ABOUT THE SKIN AND WOUNDS PROGRAM, PLEASE FEEL FREE TO REACH OUT TO THE DIRECTOR OF CARE OR THE NURSING TEAM ON YOUR UNIT.



Biking for Bubbies & Zaidies: 18 Years of Cycling for a Cause

In Jewish tradition, the number 18 represents chai - life. It's a very fitting milestone for this fundraiser, as that is exactly what **Biking for Bubbies & Zaidies** is about. Celebrating the lives of the residents we love, and the community that shows up for them year after year.

This community has taken something simple with friends and transformed it into a truly impactful and fulfilling occasion.

Together, we've raised over \$2.2 million for the residents of Hillel Lodge. That's programs, care, dignity, and joy for the people who call Hillel home.



Biking for Bubbies & Zaidies has always been about showing up for the people who call Hillel Lodge home. That hasn't changed. What has changed is how you can show up. This year, we're moving from a single group ride to a format that works for everyone — wherever you are, however you ride — called **Ride Your Way**.

18TH ANNUAL BIKING FOR BUBBIES & ZAIDIES



NEW What is Ride Your Way?

Instead of one set route on one set day, you choose your own distance, location, and format. The way it works is simple. Bike as you wish and raise money doing so. Then, on **September 16**, all who were involved get together to celebrate the event. This year, the celebration will take place in the evening, and will involve BBQ-style food, extra special music, and fun for all!

Why the change?

Because great supporters live everywhere, ride differently, and have different abilities. This format means someone in Toronto can ride alongside someone in Ottawa, and a first-time cyclist can participate alongside a seasoned century rider. More ways to ride means more people riding — and more impact for Hillel Lodge residents.

What stays the same?

Everything that matters. The cause, the community, the chai spirit. And on **September 16**, a wonderful day to celebrate all you'll have accomplished, with those you care about.

How do I sign up?

Register at this [link](#) and set up your personal fundraising page.



Not ready to ride? You can also [donate](#) in honour of a resident or sponsor a rider you love.



If you need any support, reach out to Leslie Sher at lsheer@hillel-ltc.com or Alivia Greenberg at development@hillel-ltc.com.

NEW Super Sunday Bike Days - A New Way to Ride

If what you love about **Biking for Bubbies & Zaidies** is the group ride, then you're in luck! We're thrilled to introduce **Super Sunday Bike Days** — informal community rides hosted by **Biking for Bubbies & Zaidies** bikers throughout the summer, leading up to the big celebration in September.

Super Sunday Bike Days will involve different bikers, just like you, planning and hosting their very own bike trips, where anyone who wishes to can join! It's a great way to get your kilometers in with those in the community, biking for the same reason as you. Led by you, with our help and support!

Our **first Super Sunday** is already on the calendar, hosted by the wonderful Susan Marcus on **July 12**. Register and find details [here](#)



Want to lead a ride in your neighbourhood this summer? We would LOVE that! The more Super Sunday Bike Rides, the better! Reach out to Leslie at lsheer@hillel-ltc.com or Alivia at development@hillel-ltc.com to get on the calendar, and help us make 2026 the best Biking for Bubbies & Zaidies yet!



**PEDAL
FOR A
PURPOSE**

mediSystem

by SHOPPERS DRUG MART

NEW! RIDE YOUR WAY

18TH ANNUAL BIKING FOR BUBBIES & ZAIDIES



Ride on your own schedule, at your own pace, while helping make a meaningful difference in the lives of residents at The Bess and Moe Greenberg Family Hillel Lodge.



**FIGHT
LONELINESS
& ISOLATION**



**SUPPORT
MEANINGFUL
CONNECTION**



**RIDE AT
YOUR OWN
PACE**



**EVERY
KILOMETRE
MAKES A
DIFFERENCE**

HOW IT WORKS



1 REGISTER
Sign up in minutes
and be part of
something great.



**2 SET YOUR
FUNDRAISING GOAL**
Raise funds.
Make an impact.



3 RIDE YOUR WAY
On your time,
your pace,
anywhere.



4 TRACK YOUR KMS
Log your kilometres
as you go.



**5 CELEBRATE
WITH US**
Join us on
September 16th!



REGISTER TODAY!
SCAN THE QR CODE



Scan
Me!

 **Hillel Lodge**
LONG-TERM CARE FOUNDATION

Together, we can make every ride
count for our bobbies and zaidies.

Holidays & Observances

July 2026

The Three Weeks

Thursday, July 2nd through Thursday, July 23rd

The "Three Weeks" and Tisha B'Av are designated as a time of mourning over the destruction of the Holy Temple and over the exile.

17th of Tammuz

Thursday, July 2nd

This minor dawn-to-nightfall fast commemorates the day the walls of Jerusalem were breached before the destruction of the Second Temple. It also marks the beginning of the "Three Weeks" of mourning, leading up to Tisha B'Av.

Tisha B'Av

July 22nd sundown to July 23rd nightfall

This is a major day of fasting and solemn reflection, mourning the destruction of both the First and Second Temples in Jerusalem and other tragedies in Jewish history.

Tu B'Av

July 28th sundown to July 29th nightfall

No days were as festive for Israel as the 15th of Av (Tu B'Av) and Yom Kippur. Tu B'Av signifies the atonement for the sin of the Spies, where ten came bearing such negative reports which reduced the entire nation to panic. Numerous positive events through history also occurred on Tu B'Av: Tu B'Av was the day when engagements were made between single men and women in historical Israel. To this day, we celebrate Tu B'Av as a minor festival.



HAPPY CANADA DAY
Wednesday, JULY 1ST

Canada Day is a federal public holiday celebrated in honour of Canada's Confederation on July 1, 1867.



ANNOUNCEMENTS

FRIENDLY REMINDER ABOUT TAGGING CLOTHING



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)

FRIENDLY REMINDER ABOUT DOG VISITS

All dogs visiting Hillel Lodge must be pre-registered at the Front Desk.



All dogs must be kept on a leash at all times, including in the Dream Garden.



Annual Telethon



AUXILIARY
of Hillel Lodge

The Auxiliary's annual Telethon is on until July 24th!

It is the Auxiliary's 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 be made online [here](#) or by scanning QR.

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

Thank you for your generosity!



ANNOUNCEMENTS

the Café

JULY DAILY SPECIALS

Sunday: All Day Breakfast Bagel \$7.50

Monday: Burrito Bowl \$9.50

Tuesday: Nachos \$9.00

Wednesday: Vegetable Quiche & Salad \$9.50

Thursday: Vegetarian Meatball Sandwich & salad \$10.00

Friday: Lasagna & Salad \$10.00



STARTING JULY 5TH
OPEN SUNDAYS 10 AM TO 4PM
SUMMER TRIAL PERIOD

FAMILY COUNCIL

Come and help !

Hillel Lodge Family Council warmly welcomes you to join us at our next meeting on July 22nd 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 . If you have questions about Family Council, please don't hesitate to direct them to Mike Cohen at Macinmontreal@gmail.com

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

1. Sarah for her consistently approachable, positive attitude as Office Manager and wishing her well as Manager, HR Systems and Operations
2. Catherine, FC member, for the fantastic job she did of organizing this month's dementia presentation for family members
3. Whitney, Dementia Society of Ottawa and Renfrew County Care Coach, for her valuable presentation on June 11, 2026
4. Marilyn, Life Enrichment Manager, for recruiting volunteers and offering their priceless help to residents
5. Jess, Recreation Therapist Supervisor, for constantly offering stimulating and enjoyable programs for residents



CALENDAR OF ACTIVITIES

Wednesday, July 1st

10:30 Canada Day Musical Celebration
with Nate

Tuesday, July 7th

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

Wednesday, July 8th

9:00 Annual Flea Market Sale
11:00 Resident Council
5:00 BBQ for 2 East

Thursday, July 9th

10:00 Visiting Farm Animals
with Sugar Hill Farm

Wednesday, July 15th

5:00 BBQ for 3 West

Monday, July 20th

2:30 An Hour with Guest Speaker
Professor Gerry Cammy

Wednesday, July 22nd

5:00 BBQ for 3 East

Tuesday, July 28th

3:15 Birthday Party with Rick Crepin

Wednesday, July 29th

2:30 The Auxiliary Tea Party
5:00 BBQ for 1 West



**MUSICAL CELEBRATION
WITH NATE**

**WEDNESDAY, JULY 1ST
10:30 AM**



Itching for a deal?



HILLEL LODGE FLEA MARKET SALE

Wednesday, July 8th

When: 9:00AM-1:30PM

Where: Front Parking Lot



**Visiting
Farm Animals
with
Sugar Hill Farm**

**THURSDAY,
JULY 9TH
10:00 AM**



The Auxiliary Tea Party
Wednesday, July 29th
at 2:30pm

Invitation
For Residents Only

**Oneg Shabbat
Fridays at 10:30am in the Café
July 3, 10, 17, 24, and 31
with Camp Gan Israel**

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



Summer Safety Tips for Residents

As summer temperatures rise, it is crucial for residents at Hillel Lodge to stay cool and hydrated during heat waves. **Proper hydration** is essential for maintaining health and preventing dehydration. Caregivers are encouraged to remind residents to drink water regularly throughout the day, as this helps keep everyone comfortable and safe in the heat.

In addition to hydration, **applying sunscreen** is vital for protecting the skin from harmful UV rays. Hillel Lodge has taken proactive measures by providing sunscreen for residents, ensuring they can enjoy outdoor activities without the risk of sunburn. Care staff are available to assist with applying sunscreen, helping to safeguard the well-being of all residents.

We also encourage family members and caregivers to consider bringing in additional sunscreen, particularly for those with specific skin sensitivities or needs. Your contributions are greatly appreciated and enhance our collective efforts to ensure a safe and enjoyable summer for everyone at Hillel Lodge. Together, we can make this season both pleasant and protective for all residents.



THE AUXILIARY
of Hillel Lodge

JOIN US FOR THE
4TH ANNUAL

GREAT GAMES EVENT

A Fundraiser for the Residents of Hillel Lodge



OCTOBER 18, 2026

12:30 PM – 5:00 PM | KBI-1400 COLDREY AVENUE

REGISTER EARLY
Space is limited
www.zeffy.com



\$60
PER PERSON

REFRESHMENTS &
\$30 TAX RECEIPT

BRIDGE • MAHJONGG • POKER • CANASTA • GAME OF YOUR CHOICE

DIAMOND SPONSOR



LÉPINE
LepineApartments.com

CATERING SPONSOR

FHI – THE FREEDMAN FAMILY



ROUNDELL
WEALTH
MANAGEMENT

DEBBIE AND
DAVID
WEINSTEIN

GOLD SPONSORS

GRANT
REAL ESTATE
LEO GRANT, BROKER



THE
PROPERTIES
GROUP

SILENT AUCTION ITEMS AND SPONSORS WELCOME

INQUIRIES: 613.228.0718 OR gamesday.hillellodgeaux@gmail.com