

APRIL 2024

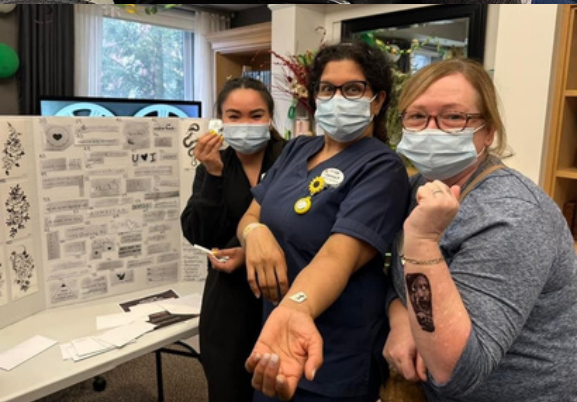
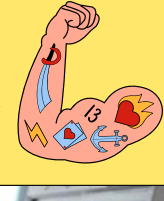
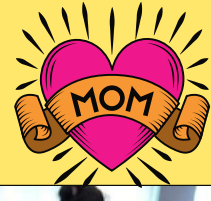
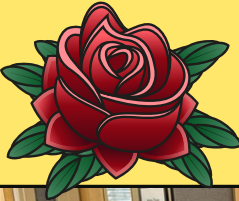


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HILLTOP HERALD

Tattoo Shop!



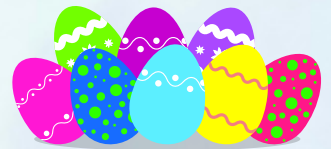


Chaplain Chit Chat



“Study, my brothers! Think! Read!
Study that which is unfamiliar,
Do not shun that which is your own.”

Taras Shevchenko, Ukrainian poet



Officially designated in 2004 as Diversity Month, April is full of opportunities to foster greater understanding of beliefs and traditions of our neighbours – those next door, around the corner and across the globe. As a result, our “Chit Chat” this month will focus solely on information about upcoming festivals during April.

Laylat al-Qadr is the holiest night of the year for Muslims as they believe it was this night that the Quran was sent down from Heaven. It is observed toward the end of Ramadan, the most sacred religious observance of Islam (a time of strict fasting, introspection, and prayer that began March 11). It continues until Eid al-Fitr (April 9-12), a holiday that marks the end of Ramadan, and its primary event is a feast.

Passover (April 5-13), commemorated by followers of Judaism, includes special meals (seder) and recounting stories of the deliverance from slavery of the Jews from Egypt during biblical times.

Vaisakhi (April 13) is an ancient festival for Hindus and Sikhs that simultaneously celebrates that Solar New Year and spring harvest. Feasting and dancing play an important part in this observance, as well as sharing with those less fortunate.

Buddhists observe this occasion with a purpose to commemorating the birth, enlightenment and death of the historical Buddha. It is marked with deep meditation, sharing vegetarian meals and donations to charity.

Ridvan (April 21) is a Baha’i 12-day festival. The name means “Paradise” and is named after a garden found outside of Baghdad, where the founder Bahauallah was exiled before travelling to Constantinople.

Passover (April 22-30) is a major holiday observed by followers of Judaism to honour the freeing of Jewish slaves from Egypt during Biblical times.

Continued blessings to you and yours...

Chaplain Daria





Birthdays

Doreen A

Maria B

David B

Carol G

Donald M

David M

Brazilina P

Cani P

Henry P



**HAPPY
BIRTHDAY**



**Happy
Birthday**

In Memory of:

John A

Verna G

Salome H

Maria M

Annette V

Norma V



Welcome Home

Gwendolyn C

Iris M

Marion N

Adda R

Marian W



Special Events

Birthday Party- April 17

Resident Council- April 17

Solar Eclipse/Elementary School Coming- April 8

Tim McGraw- April 10

Coffee in the Garden- April 22

Scottish Bagpipe Live Performance- April 24

Spring Market- April 27

**we are looking for vendors for the
spring market on april 27! please e-
mail vatodd@peoplecare.ca if you
are interested in being a vendor!**



New Group Gathering!

April 17th at 1:00pm



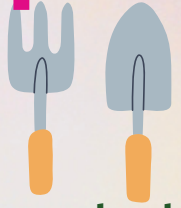
**Caring, Sharing & Coffee in
the Family Dining Room (in
the basement)**





Spring Garden Clean Up

May 18, 2024



(Rain Date Sat. May 25th)

9am to 12:00am

Family & Friends

Volunteers Needed



For more info, please contact
Shannon Lemay (Family Council)

ShannonLemay@hotmail.com

Megan Stretton (Rec)

mstretton@peoplecare.ca

On Saturday May 18, 2024 (Rain Date Sat. May 25th) it is our hope that together with staff, families & friends we can get the homes' garden beds & outdoor spaces cleaned up and ready for spring plantings and to be enjoyed.

Our Goals for the day will be the front gardens & if time permits, the garden area behind the library (accessible through the gate at the rear of the parking area) This will be 2nd annual clean up in an ongoing effort to make the outdoor spaces the best they can be for our Loved Ones. For many of them their world is very small, let's give them a beautiful space.

There are many ways you can help, no experience needed. Just join us between 9am – 12:00 noon.

We will be:

Turning the existing Mulch, loosening soil and cutting out and removing dead wood and weeds. We will happily accept donations of Perennials. And if anyone knows of any Rain Barrels, we could really use some. The city has free compost and that would also be greatly appreciated.

Although we will have some tools on hand, please bring your own gardening tools, rakes, clippers, wheelbarrows if you have them.

I am also looking for someone with a gas or battery-operated Roto Tiller for the rear garden under the hanging ladder. The area is clay and will require some compost mixed in.

Questions: ShannonLemay@hotmail.com or mstretton@peoplecare.ca

Please reach out to your Family Members, Older children and Teens welcome.

family Council

of Hilltop Manor

Agenda



Last Month Notes

Jeremy Zinger our Interim ED shared with us the latest info on building maintenance, staffing, Ministry, project and general updates of the day-to-day happenings of Hilltop.

Victoria Atabakhsh-Todd Director of Programs and Staff Liaison shared the various activities and daily events enjoyed by our residents.

Tina Cunningham - Chair of the Family Council welcomed the guest speaker for the evening. Daniel shared a lot of information on residents' rights and the various positions of the Power of Attorney.

The decision was made to CANCEL the upcoming bake sale due to the change in leadership and to allow the new staff to settle in once they join Hilltop. We have set this on the shelf for now and will revisit it later in the year. Chocolate sales will take place and we thank Debra Beckman for all her dedication and support.

Wednesday, April 24, 2024 - Lower Level Training Room *3067 B for elevator

- 5:30 pm - Welcome and Meet and Greet- Coffee, Water and Snacks available
- 5:45 pm - Settle in and take your seats
- 6:00 pm - Meeting to Begin

- Introductions by Tina Cunningham or PeopleCare Leadership
- Approval of last meeting minutes

Welcome GUEST SPEAKER - Colleen Walker - Social Worker at Hilltop Manor

Have you ever had questions about the role of our social worker on-site? Colleen will share the various duties and support systems that is offered to your loved ones.

Followup and Updates:

Executive Director Report - Interim ED

Staff Liaison - Victoria Atabakhsh-Todd (Director of Programs)

Chair Family Council - Tina Cunningham

Other Business

Meeting Close and set date and Time for the May meeting



Who Is Family Council?

We are a group of family and friends of the residents of Hilltop Manor. Our group meets every month to learn about and discuss the on goings of the home.

We are a group who is hear to listen and support ALL family members with their questions and concerns with regard to their daily or general experiences of Hilltop.

Misconceptions are that we are a group of individuals who just sit and complain about anything and everything. THIS IS NOT THE CASE. We are here to support in all areas of the home that we can. Some of our past projects and or suggestions have been:

Contact: Tina Cunningham - for any questions: 519-240-1418
familycouncilhilltopmanor@gmail.com

We love when family members get engaged in programs!





IPAC Corner

Measles

Considering the increased media attention to a rise in measles cases in Canada, and more specifically our region, here are some of the facts you should know to protect yourself, your family, and the staff and residents in our home.

You are considered immune to measles if:

- You received two doses of the measles vaccine after your first birthday,
- A blood titre shows you are immune to measles, or you have had a confirmed case of measles in your lifetime.

NOTE: Most people born before 1970 are presumed to have natural immunity to measles. According to the Canadian Immunization Guide - adults born before 1970 can be presumed to have acquired natural immunity to measles.

- Everyone should know the status of their immunity to measles – either from immunization or previous measles exposure
- Having your immunization status will be importance should we have an event of a positive case in the home
 - Anyone who is not immunized is at risk
- Susceptible healthcare workers, travelers to destinations outside of Canada, and military personnel should receive the MMR vaccine, regardless of year of birth.

How is Measles Spread?

- o Measles is an airborne disease. It spreads via an infected person breathing, coughing, and/or sneezing.
 - o The measles virus can live on infected surfaces for up to two hours.
 - o Symptoms typically begin 7 to 18 days after exposure to the virus.
 - o Symptoms include runny nose, cough, red and watery eyes, and small white spots inside the cheeks, followed by a rash of small red spots.
- *** You should not visit the home if you have come in contact with some who has measles or suspect you might have measles.

All suspected cases of measles should immediately be reported to your local public health unit at 519-575-4400.

Internal Call List

Reception Desk-100

Executive Director - 103

Business Office Manager - 112

Director of Nursing - Maureen 222

IPAC Coordinator- LeeAnn 303

Director of Resident Care - Moyo 138

(Galt, Preston)

Director of Resident Care - Arden 117

(Grand River, Speed River)

Director of Resident Care- Julia 204 (Blair,
Hespeler)

Director of Food Services - Harpreet 105

Asst. Director of Food Services - Jinal 106

Dietician - Eden 134

Director of Programs - Victoria 114

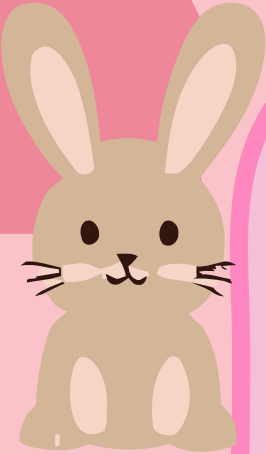
Staffing- Kostana 104

Chaplain - Daria | Social Worker - Colleen
232

Physio - ARVAN Group 107

Director of Environmental Services - Moe
116

Hair Salon - Marleny 136



42 Elliott Street

519-621-3067

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the world of senior living.**



peopleCare
communities

