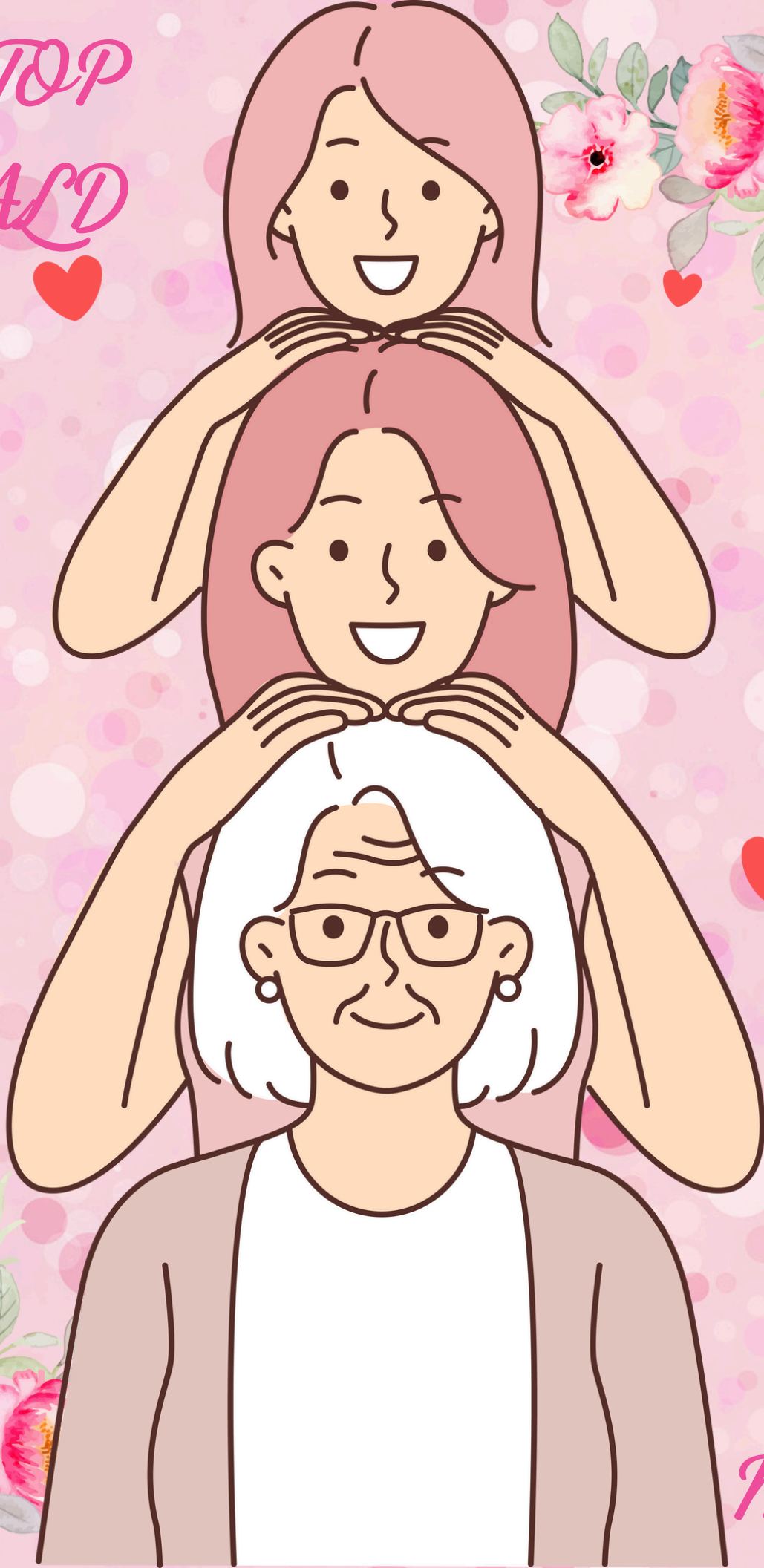


HILLTOP  
HERALD



MAY

# Meet Your Management Team



**Lee-Ann Mitchell**  
**Director of Resident Care/IPAC**



**Moyo Adedibu**  
**Director of Resident Care**  
**Galt/Preston**



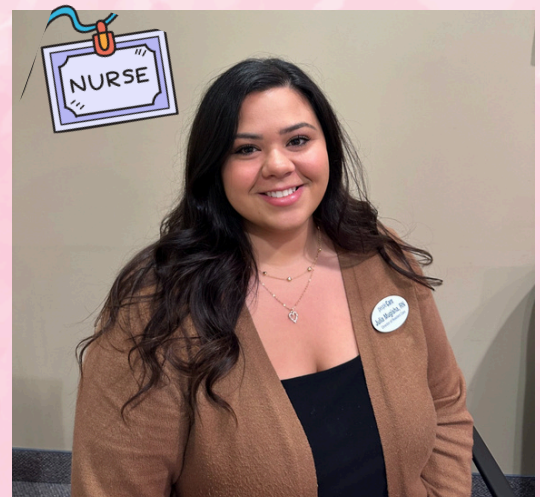
**Arden Conlinn**  
**Director of Resident Care**  
**Grand/Speed**



**Jinal Shah**  
**Assistant Director of Food Services**



**Kostana Trivanovic**  
**Staffing Manager**



**Julia Mugisha**  
**Director of Resident Care**  
**Blair and Hespeler**



**Harpreet Batth**  
**Director of Food Services**



**Moe El-Torky**  
**Director of Environmental Services**



**Victoria Atabakhsh-Todd**  
**Director of Programs**



**Maureen Pauls**  
**Director of Care**



**Stella Annan**  
**Executive Director**



**Elizabeth Balfour**  
**Office Manager**

# Chaplain Chit Chat

“Though April showers may come your way,  
they bring the flowers that bloom in May...”

Although the song these lines are taken from speaks more about April, it always reminds me of holding an umbrella, walking carefully across the stage as I sang it. I think I was about 10 years old. My mother had curled my hair and made sure that I looked presentable in front of the audience at the long term care home we were performing for. Especially at this time of year, I give thanks for my mother and all women who choose to nurture others, regardless of blood relation.

When I used to sing these words, I am pretty sure my thoughts were simply about rain falling on the ground to nourish the plants. Over the decades, when I think of this song, it reminds me of a few things:

- 1) Nature is amazing.
- 2) Grey, rainy weather is one component necessary for the growth of flowers.
- 3) It usually takes time for good things to happen.
- 4) Sometimes, having patience is hard.
- 5) Even though we might not see it, there is always a rainbow after the rain.
- 6) Good things can come out of unfortunate situations.
- 7) The way we choose to view life determines how happy we will be.

The month of May continues with more spiritual events...

May 5 – Coptic (Egyptian) & Eastern Orthodox Easter, celebrated with worship services, traditional foods and community gatherings

May 23 – Vesak, marks the birth, enlightenment and death of the Buddha in Theravada Buddhism

May 23 – Declaration of the Bab - This day honors the day that a revelation was sent to Bahá'u'lláh, the founder of the Bahá'í Faith. Many followers do not work on this day.

May 26 – Ascension Day, a Christian observance that marks Jesus's return to heaven after his resurrection

Peace to you and yours, Chaplain Daria



# Birthdays

**Vasco Ellen**

**Thomas Gillian**

**Rosalina James M**

**Maria DM Leilani**

**Eugene Mira**

**Francesca Gail**

**Paul Clayton**

**Ruth**

## In Memory of:

**Margaret B,**

**Brazilina P, Louis D,**

**Tony D, Peter W,**

**Marion N, Elaine B,**

**Gloria C**



## Welcome Home

**Lorna S, Dennis R,**

**Rachelle M,**

**John MacF, Joyce J,**

**Isabel C,**

**Shirley G, Florence H,**

**Kislon J, Jose M**

# Special Events

**May 1st: International Treats Day**

**May 8: Mother's Day Bracelet Making (Sign Up)**

**May 18: Courtyard Cleanup**

## **Resident Council Election**

**We are looking for a president, vice president, secretary, and treasurer**

**Voting Takes Place: May 15th from**

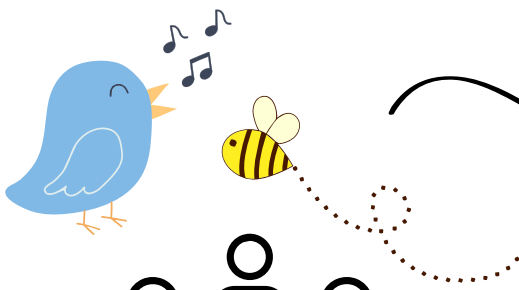
**10:30-11:30am in the Preston**

**Lounge**

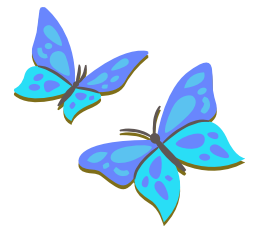
**If you want your name in the**

**running, please tell your**

**recreationist**



# family Council



of Hilltop Manor

## Agenda



### Last Month Notes

**Jeremy Zinger** our Interim ED was unable to attend this meeting. He did however send a report which Victoria shared with the group. Information will be added to the Family Council Minute Binder in the front hallway.

**Victoria Atabakhsh-Todd**- Director of Programs and Staff Liaison shared the various activities and daily events. The big hit was TATOO Parlour Day. There was a wait time for residents to get that special tattoo for themselves. Some even had more than one henna done.

An upcoming special day is the Spring Market. Let's hope for a great turnout.

**Tina Cunningham** - Chair of the Family Council welcomed everyone to the meeting with a few new faces joining the group. There were various conversations about family members' care. She shared the process to take when these issues arise.

Contact to resolve:

- Speak with the Home area Nurse
- Speak to the DOC Home Area
- Contact Maureen the Director of Nursing
- Stella the Executive Director.
- Complete a Concern/Complaint form if no resolve and submit to ED & DON

Wednesday, May 29, 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 - NEW LEADERSHIP- Come and MEET our NEW Executive Director Stella and Kostana who is the Staffing Manager**

Follow-up and Updates:

Executive Director Report - Interim ED

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

Chair Family Council -Tina Cunningham - NEW BUSINESS

Other Business

Meeting Close and set date and Time for the May meeting

Join in PERSON or ZOOM



## 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



# SOLAR ECLIPSE







Family



...ON YOUR EASTER BONNET



HOPPY Easter



Never Too Old For Sillies



HOMEMADE POTTERY



FUNNY bunny



HAPPY Easter

Easter Eggie dice game



Family



HAPPY SPRING



SOME BUNNY LOVES YOU!



EGG HUNT



EasterDrop In Social



I LOVE YOU TO THE MOON

I love you to the moon and back  
It's a phrase that may seem hack  
But it's true, Mom, with all my heart  
You're the one who's been there from the start

You held my hand when I was small  
And taught me how to stand up tall  
You gave me wings to fly so high  
And caught me when I fell from the sky

You've been my rock, my guiding light  
Through every day, through every night  
You've cheered me on, and wiped my tears  
And chased away all of my fears

Your love for me is endless and pure  
A bond that nothing can obscure  
It reaches to the moon and beyond  
And in my heart, it will always respond

So on this special day, Mom, I say  
Thank you for being there every step of the way  
I love you to the moon and back  
and I'll always be grateful for that.

#HappyMothersDay

Thank you, dear Mom,  
For all you do,  
You fill my life with love so true.  
On this special day, I want to say,

*Happy Mothers day  
In every way!*

Love U  
MOM



## MOTHERS

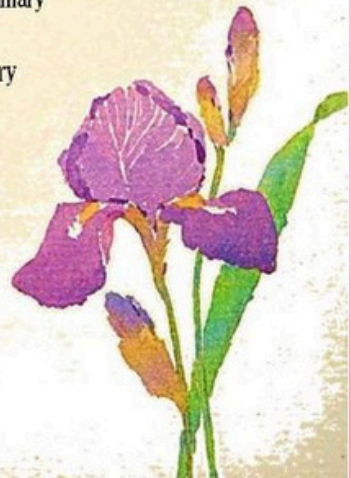
Mothers are precious  
Without them where would we be?  
Mothers are tireless  
Caring for us whatever time it may be.

Mothers are faithful  
They are there when need be.  
Mothers are prayerful  
Trusting God for every child's safety.

Mothers are strong  
Doing things with strength extraordinary  
Mothers are gentle  
Kissing away every hurt that we carry

Most of all, mothers are loving  
No matter how stubborn or hyper  
Or playful or difficult we are  
She loves us just the same  
Simply for who we are.

*Written by Chin chin*  
<http://stavathomeblessings.com>



*Mom*

For all the times that I forgot to  
"Thank You"  
For all the special, little things  
you do,  
For all the words that  
sometimes go unspoken,  
I need to say, I love you Mom. I  
do.  
I love you for the way you stop  
and listen,  
And for your kind support  
throughout the years for  
teaching me the meaning of  
compassion, And sharing in my  
triumphs and my tears,  
And, if at times, I may have  
seemed ungrateful, I want to  
say, "I truly hope you see, That  
nothing you have done has  
been forgotten, And day by day  
you just mean more to me

Bestwishesfor.com



MOM



# IPAC Corner



## Resident Fridges

*As many residents and families may be aware, there is a fridge and freezer in each units' dining room that is allocated for resident use. This space can be for treats left for the resident from visitors, the homemade soup that your loved one has always enjoyed, or simply for day-to-day preferred foods that the resident would like access to.*

*When using the fridge and freezers to store food we ask that these hygiene steps are followed:*

- ensure the container containing the food item is covered and is spill-proof.*
- if the food item is in a container that you would like returned, please ensure that the container is labeled with your name.*
- always label the food item with the resident's name, date the item was placed in the fridge, and what the food item is.*

*Any food items that are expired or do not meet the labeling requirements will be discarded to maintain food safety for our residents. The fridges and small kitchen areas are routinely inspected by our staff and periodically inspected by Public Health as well as the Ministry of Long-Term Care to ensure the ongoing hygiene and food safety for our residents.*

*Please help us in maintaining the high standard for these fridges.*

*Thank you, Infection Prevention and Control.*

# Internal Call List

**Reception Desk-100**

**Executive Director - Stella 103**

**Office Manager - Elizabeth 112**

**Director of Nursing - Maureen 222**

**Director of Programs- Victoria 114**

**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**

**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**

**Our people will change  
the world of senior living.**



<https://www.facebook.com/PeopleCareCommunities/>

**peopleCare  
communities**

