

HILLTOP HERALD

OCTOBER 2024



From your Executive Director



Hello Hilltoppers and happy October. Wow can you believe we are already entering the colder months? Time to grab your hot tea and warm blankets!

I wanted to first thank everyone who participated in our Walk to Wellness event and our camping trip. Both events were so successful. A big thank you to all family, friends, staff, and residents who help keep these events so fun and lively. A special thank you to our City Counsellor Adam Cooper for his participation in our walk, it was great to have him. Next I wanted to discuss our Fire Safety Plan. Your role as a loved one will be highlighted in a sheet at the front reception desk. As well, if you would like further information, please look at the public binder in the front. Please look into it so you are familiar of what to do in case of a fire emergency.



To add, I am pleased to share that we have recently completed a successful Annual Fire Evacuation with the City of Cambridge Fire Marshalls! I am proud and confident to say Hilltop is fire safety educated and proactive.

Next, I am excited to introduce Brennan Hieblinger as our new Director of Environmental Services. Brennan holds a Diploma in Horticulture, possesses in-depth knowledge of long-term care regulations, as well as environmental/facilities management. He is eager to embark on this new chapter, and our team is looking forward to supporting his growth within this leadership role.

We hope to see you all October 5th at our Hilltop Garage Sale in the front lobby and Preston lounge!

As always, my door is always open!

Stella



UPCOMING EVENTS

October 5th- Garage Sale (vendors, food and so much more in the front lobby and Preston lounge)

November 2nd- Christmas Market (come do your Christmas shopping with all local vendors in the front lobby and Preston lounge)

**WALK TO
WELLNESS**



Chaplain Chit Chat

During our Spirit Circle gatherings, I have shared that autumn is my favourite time of the year. Indeed, there are

so

many things in our world to delight our senses... the mesmerizing sight of the harvest moon and beauty of the changing leaves; the smell and taste of fresh fruits & vegetables from the garden; the sound of busy squirrels chattering as they collect walnuts for the winter; the feel of the breeze in the cool of the evening. In my mind, it all adds up to a lot to be thankful for, and I'm sure each person who reads this can come up with their own examples.

Though not based on a religious event, Thanksgiving is observed by various faith groups, giving thanks to the Creator. The first Canadian Thanksgiving was reportedly celebrated in Newfoundland in 1578 by explorer Martin Frobisher, following his successful travels by the northwest passage and safe arrival in the New World.

Obviously, everyone experiences challenges and disappointments. Comedian / talk show host Ellen Degeneres once interviewed a man who experimented with verbalizing his thankfulness each morning & night for six weeks. He found that although this practice didn't always come easy, it did become more effortless as time went on and his outlook on life changed for the better. He decided that his new-found attitude of gratitude was definitely a keeper! Food for thought...

The month of October continues with several spiritual observances...

3rd – Navratri (Hindu): A 10-day festival that celebrates the crop season. A different goddess is worshiped each day. Hindu scriptures are read and fasting is observed.

3rd-4th – Rosh Hashanah (Jewish): Two holy days that remember the creation of the world, marking the 10 Days of Awe, focusing on repentance and reflection.

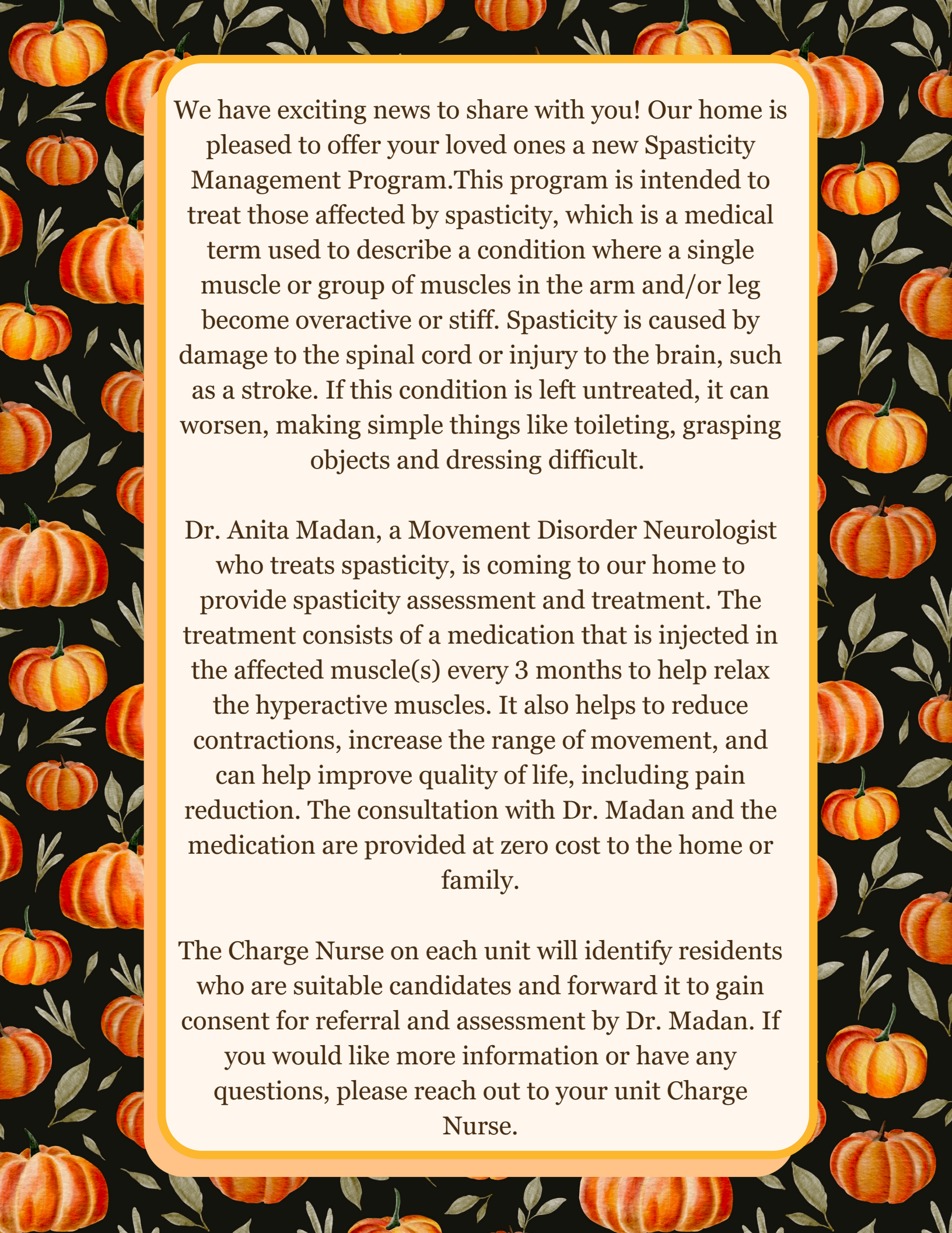
12th – Yom Kippur (Jewish): A day of atonement, seeking forgiveness of sins.

17th to 23rd – Sukkot (Jewish): A day to remember when the Jews journeyed to the desert on the way to the promised land.

31st – Nov. 4th – Diwali: A 5-day Festival of Light that symbolizes struggles between good and evil, believing the victory of good. It is celebrated by Hindus, Sikhs, and Jains.

Chaplain Daria



The background of the entire page is a repeating pattern of orange pumpkins and green leaves on a dark background. The pumpkins are of various sizes and are scattered throughout the page. The leaves are also scattered, some attached to stems. The pattern is dense and covers the entire area.

We have exciting news to share with you! Our home is pleased to offer your loved ones a new Spasticity Management Program. This program is intended to treat those affected by spasticity, which is a medical term used to describe a condition where a single muscle or group of muscles in the arm and/or leg become overactive or stiff. Spasticity is caused by damage to the spinal cord or injury to the brain, such as a stroke. If this condition is left untreated, it can worsen, making simple things like toileting, grasping objects and dressing difficult.

Dr. Anita Madan, a Movement Disorder Neurologist who treats spasticity, is coming to our home to provide spasticity assessment and treatment. The treatment consists of a medication that is injected in the affected muscle(s) every 3 months to help relax the hyperactive muscles. It also helps to reduce contractions, increase the range of movement, and can help improve quality of life, including pain reduction. The consultation with Dr. Madan and the medication are provided at zero cost to the home or family.

The Charge Nurse on each unit will identify residents who are suitable candidates and forward it to gain consent for referral and assessment by Dr. Madan. If you would like more information or have any questions, please reach out to your unit Charge Nurse.



family Council

October

of Hilltop Manor

Last Month Notes

Stella Annan, our ED shared with us the latest follow-up from the Ministry, updated us with the on-going maintenance of the building due to a water leak, advised of the upcoming annual Fire Evacuation with the Cambridge Fire Department

Dr. Victoria Atabakhsh-Todd- Director of Programs and Staff Liaison shared an update on the Fall Fair that took place where residents enjoyed FREE Ice Cream and meals from Fo Cheesey and Caribbean Food Trucks. What a wonderful day enjoying the various vendors tables and food. The weather was perfect. THANK YOU Victoria and her AMAZING rec staff for everything you do. Check the newsletter or website for upcoming events.

Harpreet Batth- Director of Food Services - presented a wonderful PowerPoint on how food services works at Hilltop. From setting the menus, food suppliers, funding and advocacy for our home and residents. THANK YOU. Kudos for making it work each and everyday with what you have to work with.

Tina Cunningham - Chair of the Family Council welcomed everyone to the meeting. A warm welcome to Aggie, a representative from Resident Council of Hilltop. We look forward to working with the residents in a few new initiatives planned for the home. We are excited for the Lost & Found re purpose project just for starters. We would love a few new volunteers to help with this project. Please reach out to Tina Cunningham, 519-240-1418 for more information.

NO OCTOBER MEETING

Wednesday, November 13th 2024 - AGENDA

- Lower Level Training Room 3067* B for elevator

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

WHO ARE WE?????

Please JOIN Us!

MEET YOUR FAMILY COUNCIL and RESIDENT COUNCIL MEMBERS

Ever wondered exactly what it is that Family and Resident Council do in your home here at Hilltop Manor?

- Who is Your Family Council?
- Who is Your Resident Council?
- How do I get involved?
- What kind of commitment do I need to offer?
- How does either Council support the home and its residents and or staff?

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



GOBLIN TREATS

EASY PEANUT BUTTER COOKIES

(Makes about 5 dozen)
 1 (14-oz) can Eagle Brand Sweetened Condensed Milk
 (NOT evaporated milk)
 3/4 to 1 cup peanut butter
 1 egg
 1 teaspoon vanilla extract
 2 cups biscuit baking mix
 Granulated sugar
 Preheat oven to 350°. In large mixer bowl, beat sweetened condensed milk, peanut butter, egg and vanilla until smooth. Add biscuit mix, mix well. Chill at least 1 hour. Shape into 1-inch balls. Roll in sugar. Place 2 inches apart on ungreased baking sheets. Flatten with fork. Bake 6 to 8 minutes or until lightly browned (do not overbake). Cool. Store tightly covered at room temperature.

DOUBLE DELICIOUS HALLOWEEN BARS

(Makes 24 to 36 bars)
 1/2 cup margarine or butter
 1 1/2 cups graham cracker crumbs
 1 (14-oz) can Eagle Brand Sweetened Condensed Milk
 (NOT evaporated milk)
 1 (12-oz) package semi-sweet chocolate chips
 1 cup peanut butter chips
 Preheat oven to 350° (325° for glass dish). In 13x9-inch baking pan, melt margarine in oven. Sprinkle crumbs evenly over margarine; pour sweetened condensed milk evenly over crumbs. Top with chips; press down firmly. Bake 25 to 30 minutes or until lightly browned. Cool. Cut into bars.

BUBBLIN' PARTY PUNCH

(Makes about 3 1/2 quarts)
 1 (4-serving size) package orange-flavored gelatin
 1 1/2 cups sugar
 2 cups boiling water
 1 (64-oz) can pineapple juice, chilled
 2 cups RealLemon® Lemon Juice from Concentrate
 1 quart orange sherbet
 1 (32-oz) bottle club soda, chilled
 In bowl, dissolve gelatin and sugar in water; set aside. In large bowl, combine pineapple juice, RealLemon® brand and gelatin mixture. Chill. Just before serving, pour juice mixture into punch bowl; add sherbet and club soda.

CARAMEL APPLES

See recipe on the back of Eagle Brand Caramel bags. Free sticks inside each package.



Treats for tricks and spicy snacks for Fall parties

Caramel Apples—

Licking good, these crisp candy-coated favorites—extra easy, too!
 Just melt caramels with a little water. Then dip apples and roll in nuts. A quick trip to the refrigerator and they're all ready for sampling!

Caramel Apples

1 pound (56) vanilla caramels
 2 tablespoons water
 6 crisp medium apples
 Chopped California walnuts

Melt caramels with water in double boiler; stir till smooth. Stick a wooden skewer into blossom end of each apple; dip apple in caramel syrup; turn until completely coated. (If syrup is too stiff, add few drops water.) At once roll bottom half of each apple in chopped nuts. Set on cookie sheet covered with waxed paper. Chill till coating's firm.

Hot Mulled Cider

3/5 cup brown sugar
 3/4 teaspoon salt
 2 quarts cider
 1 teaspoon whole allspice
 1 teaspoon whole cloves
 3 inches stick cinnamon

Combine brown sugar, salt, and cider. Tie spices in small piece of cheesecloth; add. Slowly bring to boiling; simmer, covered, 20 minutes. Remove spices. Serve hot. Float clove-studded orange slices atop. Serves 10.

Gingersnaps

3/4 cup shortening
 1 cup brown sugar
 3/4 cup molasses
 1 egg
 2 3/4 cups sifted enriched flour
 2 teaspoons soda
 1/2 teaspoon salt
 1 teaspoon ginger
 1 teaspoon cinnamon
 1/2 teaspoon ground cloves

Cream together shortening, brown sugar, molasses, and egg till light and fluffy. Sift together dry ingredients; stir into molasses mixture till blended. Form in small balls. Roll in granulated sugar and place 2 inches apart on greased cookie sheet. Bake in moderate oven (375°) about 10 minutes. Cool slightly; remove from pan. Makes 5 dozen.

Snow Ghost Pie

A tale told to Hershey's



Snow Ghost Pie tastes as good today as it did when Grandma baked it back in '33.

Snow Ghost Cocoa Cream Pie

1 (8-oz) instant pudding mix
 1 (14-oz) can Eagle Brand Sweetened Condensed Milk
 1/2 cup Hershey's Cocoa
 1/2 cup sugar
 1/2 cup milk
 1/2 cup whipping cream
 1/2 cup marshmallows
 1/2 cup chocolate chips

Combine pudding mix, sugar, milk and marshmallows in a medium saucepan. Cook, stirring constantly, until thick and bubbly. Remove from heat. Stir in condensed milk, cocoa, sugar and milk. Beat in whipping cream. Pour into pie shell. Bake at 350° for 30 minutes. Cool. Sprinkle with chocolate chips.



Hershey's Baking Chocolate and Hershey's Cocoa. They're still 100% good.

Lots of things have changed, but Hershey's goodness hasn't.

I remember when I was a boy, we had this handyman who shovelled our snow in the winter. Now he wasn't your ordinary handyman, no sir. He was a cunning old devil. He was in direct contact with leprechauns, witches... trolls... and ghosts.

We kids didn't know whether to be scared of the handyman, or laugh at him. Mostly I guess we were scared.

Now one day I got snowed in from school and I hung around while my grandmother did her baking. Round noontime she poured the creamy chocolate middle into a pie crust, and when the smell of that chocolate hit me, I swear I nearly fainted from hunger.

She stuck it out on the windowsill to cool and I saw the handyman stop shovelling snow and give that pie a long, slow look. Then I saw his nose twitch as he got a whiff of the chocolate and sort of got pulled toward the pie like it was magic.

My grandmother was no fool and she said, "Hands off that pie. It's for dinner."

Well the handyman and I hung around the pie awhile. It had a golden crust and fluffy whipped cream on top but what really got to us was the chocolate middle. It was the kind of middle that melts in your mouth and warms you from the inside out.

The handyman stared at the pie and looked like he couldn't stand it any longer. He leaned over me, real tall, and he said, "Sonny, I know a snow ghost who lives in a snowbank and eats pie when Grandma whipped her pie right out from under

our noses and hid it away. The handyman grabbed me and whispered, "Listen, when your grandma ain't lookin' get a big piece of that pie for the snow ghost, because snow ghosts are mighty big ghosts."

I said I couldn't do that. He said, "If y'do, the snow ghost will fix it so it keeps on snowin' and you'll get outta school."

I said I still couldn't do it. He said, "If you don't do it for me, the snow ghost'll come out of his snowbank and ask you himself."

I said I'd do it. Sure enough, Grandma thought I'd stolen the piece of pie for myself. She wouldn't believe it was for a ghost. She made me open my mouth wide, and she looked inside to see if there was any chocolate in there. And then she said she believed me. But she said she didn't believe in the snow ghost, not on your life.

Punny thing is, it snowed for a whole week after that and I got out of so much school I got bored.

And next time Grandma made her chocolate pie, she made the whipped cream on top look just like a snow ghost. And when she served it at dinner, there was already a big piece missing.

Only Grandma and I knew why. To this day, when my wife makes Grandma's recipe for Snow Ghost Pie, we leave a piece for the ghost. Just in case.

Get Hershey's 1934 Cookbook, 123 recipes for cakes, cookies, pies, breads, beverages, candies, icings and sauces. 96 pages, illustrated in color. Send \$1.50 to: Hershey's 1934 Cookbook, Box 5348, Clinton, Iowa 52732.



National Banana Association

Banana Spook Cake

1 package (1 pound, 3 ounces) white cake mix
 4 medium bananas, all-yellow yellow
 1 cup sugar
 1/4 cup lemon juice
 1 cup heavy cream, whipped
 1/4 cup butter or margarine

1/2 cup semi-sweet chocolate pieces (plus 8 pieces for decoration)
 1 egg
 2 medium bananas, all-yellow
 Lemon juice
 4 strips licorice
 Marshmallow cat faces

Prepare cake mix and bake in 2 layer pans according to package directions. Cool. Meanwhile, mash 4 bananas in saucepan; add sugar and 1/4 cup lemon juice. Cook, stirring constantly until mixture comes to a full boil. Chill; fold in whipped cream. Combine 1/2 cup semi-sweet chocolate pieces and butter in saucepan; cook over low heat, stirring constantly until smooth. Beat egg until frothy; gradually stir in chocolate mixture and beat until smooth. Chill until spreading consistency. Spread about 1/3 of banana cream between cake layers. Spread chocolate glaze over top of cake. Frost sides with remaining banana cream. Just before serving, halve 2 bananas and brush with lemon juice; insert chocolate pieces for eyes and licorice for mouths. Insert toothpicks in cut parts of bananas and secure spooks on top of cake. Secure marshmallow cat faces on toothpicks and insert around sides of cake.

www.midcenturymenu.com



**HAPPY
BIRTHDAY**

WELCOME

**Happy
Birthday**

Helena T!

**Ray E, Marion G, Dianne S,
Erna S, Ruth H, Frank S, Mary
H, Armande T, Dawn J, Ziva
T, Kislou J, Darlene L,
Richard P, Susan S**



R.I.P.

**Michael C
Ruth S**

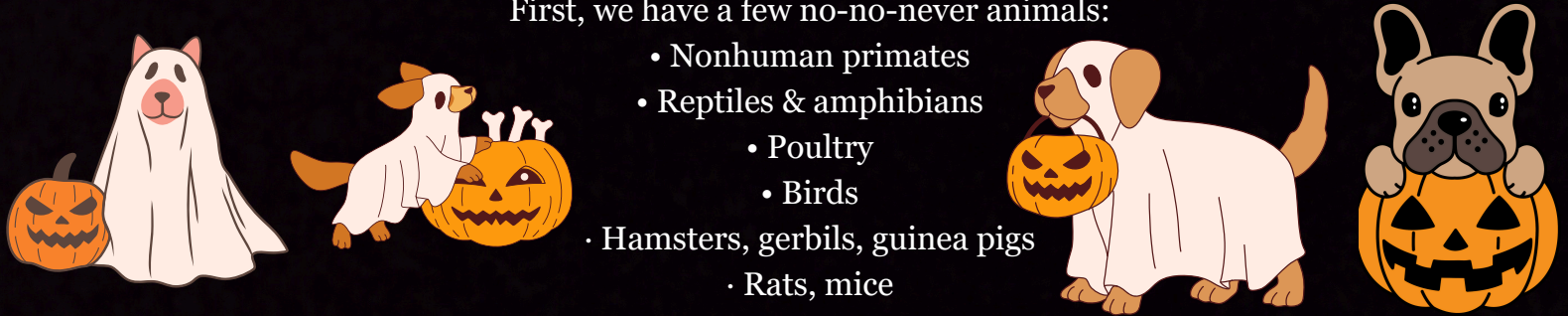
IPAC CORNER

Our residents love visits from family pets, pet therapy programs, and animal encounters planned by our recreation department. These cuddly visits can be an essential part of our residents' ongoing mental and emotional well-being. It's something Hilltop Manor highly supports.

Before arriving with your family pet, you should be aware there are guidelines we are required to follow for health and safety when it comes to visiting with our furry and not so furry friends.

First, we have a few no-no-never animals:

- Nonhuman primates
- Reptiles & amphibians
 - Poultry
 - Birds
- Hamsters, gerbils, guinea pigs
- Rats, mice
- Hedgehog



These animals can carry bacteria/viruses that are dangerous to humans, such as - salmonella, Coxiella, mycobacterium, clostridium perfringens, lymphocytic choriomeningitis, Chlamydia, avian influenza, Campylobacter. (Have fun trying to pronounce those!!)

What to do before bringing your pet into the home to visit a family member for the first time:

- ü Contact Victoria, our Director of Programs (DOP,) to ensure you have completed our required documentation before your visit
- ü Do not visit if your pet is high-strung, poorly trained to verbal commands, loud, or becomes easily stressed or over-stimulated

What we require when you visit:

- ü Visit only with your loved one while in the home with your pet
- ü Keep your pet on a short leash or in a carrier while traveling through the home
- ü Do not bring your pet to visit if they are unwell
- ü Please be respectful while visiting. Some residents & staff have allergies. We also have residents & staff who are not comfortable around animals, even if you feel your pet is harmless.
- ü If your pet has an accident (stool/vomiting) while visiting, please inform a staff member so proper cleanup/disposal can be done that meets the Infection Prevention Standards we meet every day in our home.

Recommendations to keep in mind:

- ü Bathe your pet the night before visiting
- ü Wipe down your pet before visiting to reduce dandruff
- ü Ensure nails are trimmed short and have smooth edges – consider using booties – they are always cute!
- ü Have water at the ready
- ü If you prefer a quiet, private space to visit, just ask our DOP or your DRC to help with the arrangements

Following these requirements & suggestions will allow you and our residents to get the most out of the visits from our furry friends and keep everyone in the home safe and healthy!

Thank you, Infection Prevention and Control.

A large collage of 30 photographs showing various activities at a camp for people with disabilities. The word "CAMP" is written in large white letters on a red background at the top center. The photos depict individuals and groups participating in fishing, sports (basketball, swimming, volleyball), dining, socializing, and outdoor recreation. Many participants are wearing name tags and some are using wheelchairs or other mobility aids.





FRIENDS

Pizza

HAPPINES

Phone 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 - SHARON 138
(GALT, PRESTON)

DIRECTOR OF RESIDENT CARE - ARDEN 117

DIRECTOR OF RESIDENT CARE- JULIA 204
(BLAIR, HESPELER)

DIRECTOR OF FOOD SERVICES - HARPREET
105

ASST. DIRECTOR OF FOOD SERVICES -
SOORAV 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