

HILLTOP HERALD JANUARY 2025



From your Executive Director

Dear Hilltoppers,

As we step into the new year, myself and my team want to take a moment to express our heartfelt gratitude for the incredible support that made our 2024 holiday season so special.

First and foremost, a big thank you to our generous donors, including the Dollar Tree, Zehrs Markets, and the Salvation Army, for their kindness in providing Christmas presents for every one of our residents. Your thoughtfulness truly made this season brighter for all of us. For the donors who wish to remain anonymous, we thank you and we cherish your kindness.

To our amazing staff, we want to extend a sincere thank you for your dedication and hard work, especially to those who worked on Christmas Day. Your care, attention, and love for our residents made the day memorable and filled with joy.

As we celebrate the close of 2024, we wish each of you a safe and joyous New Year's Eve. May 2025 bring you all continued health, happiness, and wonderful moments with your loved ones. We look forward to another year of community, care, and shared memories here at Hilltop Manor.

With warmest regards and deepest gratitude,

Stella



2025



OUR HILLTOP

BOOK CLUB

We will meet every quarter to discuss our book! The first book is "A Court of Thorns and Roses" by Sarah J Maas.

**When: February 19th
Where: The Galt Lounge
Time: 2:00pm**

Bring your own copy of the book!

Please sign up on the sheets around the home

Capricorn



CAPRICORN

[December 22 - January 19]



Symbol
Sea Goat



Ruling Planet
Saturn



House Ruled
Tenth



Element
Earth



Mode
Cardinal



Keyword
"Achieve"

Capricorn people are ambitious, practical, and are likely to have an excellent sense of social responsibility. They also tend to be conscious of social mores, perhaps to the point of over-concern, and can suffer from feeling insecure. They are driven, yet cautious, which allows them to advance slowly and steadily to the top.

JANUARY

1. What does January mean to you?
2. Reflect on the past year. What were your most significant accomplishments and challenges?
3. Write about your aspirations and goals for this new year.
4. Pick one word to define this new year. Why is this word important?
5. What positive self-talk can you add to your daily routine to support your goals and dreams?
6. Write a letter to your future self, envisioning where you see yourself at the end of the year.
7. Describe who you are without using any labels, titles or the money you have in your bank account.
8. Summarise last year in 5 words.
9. How has your life changed since last January? What events or experiences stand out?
10. What incomplete tasks do you need to finish by the end of January? What steps will you take to ensure it's done by the end of this month?
11. What do you wish to experience this year?
12. What excites you most about January?
13. Do a brain dump on your most challenging goal.
14. Reflect on your favorite winter memories and the emotions they evoke.
15. Think of the people who have had a positive influence on your life. How can you express gratitude to them?
16. What's one thing you can do right now to bring yourself closer to your dream?
17. Schedule a non-negotiable solo date for every month of the year.
18. What is your current energy? Does it make you feel expensive or expansive? What actions can you take to shift your energy towards a more positive and expansive state?
19. List five things that you are grateful for.
20. Explore the idea of self-love. How can you give yourself more love, kindness, and compassion this month and the months to come?
21. Write about a moment when you felt a strong sense of achievement.
22. Consider the lessons you've learned from the previous year. How can they guide you in the months ahead?
23. What skills do you need to accelerate your personal and professional growth?
24. Who are you when no one is looking?
25. What new experiences do you want to have this year?
26. What new practices would you like to add to your daily routine? What positive impact will it have on your life?
27. Write a letter to your past self, offering words of encouragement, guidance, and advice.
28. Reflect on a time when you stepped out of your comfort zone. What did you learn from that experience?
29. Explore the theme of community. How can you contribute to and connect with your community this year?
30. Reflect on the people who make you feel supported and loved. How can you nurture those relationships?
31. What intentions do you want to set for this month and the coming months? What steps will you take to ensure you stay on track?

NEW YEAR'S RESOLUTIONS IDEAS FOR 2025

- Meditate for 10 minutes daily
- Set a bedtime routine
- Buy yourself flowers monthly
- Start a gratitude journal
- Try a new workout class
- Walk 10,000 steps each day
- Schedule monthly "me-time" days
- Cook homemade meals 5x a week
- Limit fast food to once a week
- Declutter your living space
- Read one personal growth book monthly
- Set a monthly budget and track expenses
- Host a game night or potluck
- Plan a weekly family meal
- Create a 2025 vision board
- Take a weekly digital detox day
- Start a side hustle
- Join a club or interest group
- Practice mindful eating
- Try a new hobby like painting or cooking
- Plan a weekend getaway
- Compliment someone daily
- Track your daily mood
- Reflect on monthly progress and celebrate

2025



NEW YEAR RESET 2025

1. Do an end of year reflection
2. Journal with New Year writing prompts
3. Write down what you're leaving in the past year
4. Write down what you're calling into the New Year
5. Clean
6. Bring positive energy into your home
7. Rest
8. Move your body
9. Assess your goals / intentions for the past year
10. Plan your goals / intentions for the New Year
11. De-clutter closet and donate clothes
12. Create a personal re-brand Pinterest / mood board
13. Note the word that sums up your past year
14. Choose your word of the year
15. Stop a bad habit
16. Start a good habit
17. Enjoy fun NYE food
18. Enjoy healthy food (80/20)
19. Purge expired beauty products
20. Do self care
21. Go through your pantry
22. Get some nutrient dense groceries
23. Journal / think about what alignment looks like for you
24. Make a vision board

2025 NEW YEAR JOURNAL PROMPTS FOR LETTING GO

- What do I most need to let go of now?
- What do I want to leave behind in the past year?
- Who do I want to leave in the past year?
- What am I struggling to let go of but need to for my highest good in the new year?
- What do I need to do to be able to finally let this go this year?
- What causes me the most stress? How can I better manage them and/or release them?
- What negative thoughts do I say and/or think all the time?
- Scratch through each negative thought and write a positive thought instead.
- What limiting beliefs would I like to overcome this year?
- What are new beliefs that I can work towards adopting instead?

JANUARY

The days are short,
The sun a spark
Hung thin between
The dark and dark.

Fat snowy footsteps
Track the floor.
Milk bottles burst
Outside the door.

The river is
A frozen place
Held still beneath
The trees of lace.

The sky is low.
The wind is gray.
The radiator
Purrs all day.

JOHN UPDIKE

Wellness Mood

9 WAYS TO REDUCE STRESS FOR CAREGIVERS

Healthy habits, strong connections and resources are important for the well-being of caregivers. By Yvonne M. Feltman

<h3>STAY CONNECTED TO OTHERS</h3> <p>Sharing experiences with others can help caregivers manage stress, reduce feelings of isolation, and recognize that they are not alone. Caregivers should find someone they can talk to about their feelings like a therapist, a fellow caregiver, clergy, friend or family member.</p>	<h3>SEEK AND ACCEPT HELP</h3> <p>Speak up when you need support or assistance. Join a support network. Help can come from community resources, online support forums, local groups and professionals. Consider getting help to manage meals, transportation, social activities, and services to assist with other daily needs.</p>	<h3>GET EDUCATED</h3> <p>It can help to talk to medical staff about options that are available for every stage of aging or disease. Area Agencies on Aging, Aging and Disability Resources Centers, Aging Info and Referral services, and other programs are trusted community links to information and services for older adults and their caregivers.</p>
<h3>FIND RESPITE SOLUTIONS</h3> <p>Get a break for a few hours, a few days or even longer. Respite is offered in or outside the home, in a community or faith-based agency or organization, at an adult day care program, in a hospital or healthcare facility, a nursing home, an assisted living facility, or adult foster home. Family members, friends or neighbors may also be available to act as a respite provider.</p>	<h3>PRACTICE SELF-CARE</h3> <p>Don't forget to participate in enjoyable or relaxing activities. Partake in a social outing or a hobby such as art or another creative endeavor. Read a good book, listen to music, watch a movie or relax in a warm bath. Regular self-care is a must for caregivers!</p>	<h3>EXERCISE REGULARLY</h3> <p>A quick 10-minute walk outside can help improve mood, offer fresh air and a change of scenery. Daily exercise breaks can change a hectic pace & mindset. Yoga and stretching can also relax the mind and reduce the feeling of overwhelm & stress.</p>
<h3>STAY HEALTHY</h3> <p>Reactions to stress can include lack of sleep, overeating, undereating, increased alcohol consumption and smoking. Be aware of these detrimental responses and receive regular health check-ups to ensure good health practices.</p>	<h3>KEEP A POSITIVE PERSPECTIVE</h3> <p>Striving to maintain a positive outlook can make a real difference. Writing in a gratitude journal or simply choosing to focus on the good in daily situations can help to reduce negative thoughts and feelings resulting from stress or overwhelm.</p>	<h3>MENTATION & BREATHING PRACTICES</h3> <p>There is increasing evidence that mindful meditation can help ease psychological stresses like anxiety, depression, and pain. An effective relaxation method developed at Harvard Medical school involves deep breathing exercises.</p>

SeniorAdvice

TIPS FOR MANAGING BURNOUT

TALK TO A THERAPIST	SCHEDULE YOUR TIME TO SIT AND REST	SET BOUNDARIES
EXERCISE REGULARLY	SPEND TIME WITH YOUR LOVED ONES	MAINTAIN A HEALTHY SLEEP SCHEDULE
MAKE TIME FOR THINGS YOU LOVE AND ENJOY DOING	TAKE TIME OFF TO TRAVEL	EXPLORE YOUR OPTIONS

How to instantly feel better

1. If you feel stressed, practice deep breathing.
2. If you feel restless, go for a walk outside.
3. If you feel bored, engage in a creative activity
4. If you feel lonely, connect with a loved one.
5. If you feel overwhelmed, practice mindfulness or meditation.

When you feel SAD

Drink some hot tea	Clean your space	Write down your feelings
Get some sunlight	Read a book	Turn off your phone
Listen to motivational talks	Challenge your negative thoughts	Cry it out

this too shall pass

Self-Care Tips for Burnout for Women

cut out tasks from your to-do list	delegate tasks	set healthy work hours
create daily routines	take regular breaks	connect to all five senses
go outside	set "me" time daily	set healthy digital boundaries
talk to a trusted person	maintain a healthy sleep schedule	reassess priorities

Ways to Stop the Cycle of Caregiver Overwhelm

<h3>Deep Breathing</h3> <p>Take slow, deep breaths to calm your nervous system and reduce immediate stress.</p>	<h3>Set Clear Boundaries</h3> <p>Learn to say no to additional tasks that overwhelm you, and protect your time.</p>
<h3>Prioritize Sleep</h3> <p>Aim for 7-8 hours of sleep nightly to recharge and better manage stress.</p>	<h3>Move Your body</h3> <p>Regular movement, like walking or yoga, can help lower stress levels.</p>
<h3>Take Short Breaks</h3> <p>Step away from caregiving tasks for a few minutes to reset your mind.</p>	<h3>Practice Gratitude</h3> <p>Focus on what you're thankful for to shift your mindset from stress to positivity.</p>
<h3>Connect with Others</h3> <p>Reach out to support groups or friends to share your experiences and relieve emotional burden.</p>	

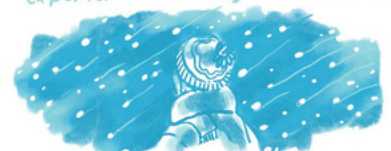
caregiver CUP

BIOLOGICAL FACTORS CAUSING SAD

REDUCED EXPOSURE TO SUNLIGHT	SEROTONIN IMBALANCE
VITAMIN D DEFICIENCY	MELATONIN PRODUCTION

What is it?

Seasonal Affective Disorder (SAD) is a mood disorder characterized by depression that occurs at the same time every year. Generally people experience it during the winter.



VALENTINES SALE

COME BUY BAKED GOODS,
BOOKMARKS, BRACELETS,
AND SO MUCH MORE!

WED FEB 5TH

9:30-3:30
FRONT LOBBY

**HAPPY
BIRTHDAY**

W E L C O M E

**Happy
Birthday**

Hughie Richard
Theresa Elenora

Margaret A Jan 24
Margaret B Jan 16
Joanne C Jan 18
Henry D Jan 02
Florence H Jan 30
Catherine H Jan 08
Wanda J Jan 17

2

Debbie K Jan 30
Cecilia L Jan 23
Frances L Jan 15
Lamia H Jan 01
Janet R Jan 24
Lorna S Jan 05
Frederick S Jan 11
Pauline S Jan 11
Richard W Jan 23

**HAPPY
New
YEAR**

R.I.P.

Lea
Eileen
Rosemary

IPAC CORNER

OUTBREAK Q & A

Who decides if the home is in outbreak?

Hilltop is required to report certain types of illnesses to our local Public Health Unit (ie, COVID-19, influenza, Norovirus.) If the home meets what is called a 'case definition' then our Public Health Unit will declare an outbreak in the home. This can be on a single unit or sometimes, the entire home.

When are outbreaks declared?

An outbreak is recognized if 2 or more residents have 2 or more symptoms of a transmissible infection, and it is occurring within a designated time frame and in a confined area or unit.

When are outbreak terminated?

Outbreaks are declared over when specific criteria have been met (i.e. 7 days without new cases for COVID, or 5 days for enteric/gastro infection.)

Who decides if the outbreak is terminated?

The home is required to follow the direction of our local Public Health Unit. When Public Health gives us the 'all clear,' then we can remove our outbreak precautions.

What things are done in the home to stop the spread of infection?

Routine action to stop the spread of any infection are always present in the home. When we enter an outbreak, these actions go into overdrive to limit and/or stop the spread. Hand hygiene and respiratory etiquette are the most important infection control measures. Extra cleaning, routine screening for staff, limiting visitors on the outbreak units, as well as education for residents and visitors are also vital if any outbreak is going to be stopped quickly. Part of this is ensuring family members do not visit when feeling unwell as well self screening before visiting.

Look for more outbreak information and FAQ in the next newsletter!

If you ever have any questions regarding outbreaks or infection prevention and control in the home, please reach out to Lee Ann Mitchell RPN, LTC-CIP, our IPAC Coordinator, at extension 303.





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 - JINAL
105

ASST. DIRECTOR OF FOOD SERVICES -
SOURAV 106

DIETITIAN - EDEN 134

STAFFING- KOSTANA 104

CHAPLAIN - DARIA |

SOCIAL WORKER - COLLEEN 232

PHYSIO - ARVAN GROUP 107

DIRECTOR OF ENVIRONMENTAL
SERVICES - BRENNAN 116

HAIR SALON - MARLENY 136