

HILLTOP HERALD



OCTOBER



From your Executive Director

As autumn graces us with its beauty, we are reminded of the importance of community, connection, and wellness. On our recent Walk to Wellness day, we were truly uplifted by the warmth and support of everyone who joined us.

A special thank you to our residents and their families for walking alongside us, and to our wonderful guests, MPP Brian Riddell, City Councilor Ward 6 Adam Cooper, and RNAO Representative Brittany Young, RN, BScN, Implementation Manager, RNAO Clinical Pathways, for taking the time to be part of this meaningful event. Your presence made the day even more inspiring. I also wanted to congratulate our new resident council members, our president is **Agnes L**, vice-president is **Grenville W**, and treasurer is **Brian B**!

Together, we celebrated the season, the joy of movement, and the power of community. Here's to carrying this spirit of wellness with us throughout the autumn months ahead!

Stella





★ Star of the Month: Carina ★

We are proud to recognize Carina as our Star of the Month! As our dedicated housekeeper on Grand, Carina goes above and beyond every day to ensure our residents feel comfortable, cared for, and respected. Her attention to detail and commitment to maintaining a clean, welcoming environment not only makes our spaces shine, but also helps preserve the dignity and well-being of those we serve. Thank you, Carina, for your hard work, compassion, and the pride you take in your role, you truly make a difference!



IPAC Corner

As we are fast approaching respiratory season, we wanted to provide information on commonly used antiviral medication in the event of an influenza or COVID infection.

COVID Infection

- Paxlovid is a prescription medication that helps prevent the COVID virus from multiplying and spreading in the body.
- It is recommended for individuals at high risk for severe illness and complications from COVID, including seniors, immunocompromised individuals, and those living in retirement or long-term care homes.
- Paxlovid has been shown to lower the risk of hospitalization and death in people with COVID.
 - It can also reduce the severity and duration of symptoms.
- Paxlovid is used for early treatment of COVID and must be started within the first five days of symptom onset.

Influenza Infection

- Tamiflu is a prescription medication that targets the influenza virus to stop it from multiplying and spreading in the body.
- It is recommended for individuals at high risk for severe illness and complications from influenza, including seniors, immunocompromised individuals, and those living in retirement or long-term care homes.
- Tamiflu helps reduce the severity and duration of influenza symptoms.
- It is most effective when started within two days of symptom onset.
 - All unvaccinated staff are required to take Tamiflu if the home is experiencing an influenza outbreak, to help prevent further spread.

Both Paxlovid and Tamiflu may be used regardless of vaccination status.

The use of these medications will be determined by the Medical Director or attending physicians, based on each resident's health status and current medications.

Vaccination remains the most effective way to prevent respiratory infections.

Please reach out to **Jill Kropf RPN IPAC coordinator** with any questions.

Chaplain Chit Chat



"The falling leaves drift by my window,
The autumn leaves of red and gold..."

If you have read my previous "chit chats", you will no doubt know that I often quote song lyrics, partially because music has been and continues to be a large part of my life. I also know that when presented with words to a familiar song, our brain often comes up with the matching melody, and the combination of the two – melody and words – can bring up some strong memories, even if accessing some memories challenge us. My father used to sing "Autumn Leaves", and it makes me smile.

Our changing seasons are a fact of life in Canada, much to the chagrin of some who would prefer to have warm, sunny weather greet them every morning. As we enter the autumn season, we may think about traditions, such as Thanksgiving. The first Thanksgiving in Canada 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. We may also think about changes around us... the leaves changing colour and eventually drifting to the ground, reminding us of the ever-present cycle of life. May we be inspired to see the beauty in each day and give thanks for those things that bring us joy - as well as things that challenge us.

I am at Hilltop Manor every Tuesday from 10am-5pm and Thursdays from 9am-4pm. Looking forward to connecting with you... Peace to you and yours!

Chaplain Daria

The month of October sees several spiritual observances...

2nd – Yom Kippur (Jewish): One of the most important Jewish high holy days, dedicated to atonement and repentance.

7th to 13th – Sukkot (Jewish): A week-long festival celebrating the fall harvest.

12th – Thanksgiving: Though not based on a religious event, Thanksgiving is observed by various faith groups, giving thanks to the Creator.

20th to 25th – Diwali: A 5-day festival of light that combines several different festivals celebrating the triumph of light over darkness; observed by Hindus, Sikhs, Jains and some Buddhists.

26th / 27th – Birthday of the Bab / Birthday of Baha'u'llah (Baha'i): Days honouring the birthdays of God's messenger / prophet / founder of the faith.



If you'd like to be a vendor
please contact the Director
of Programs, Victoria at
vatodd@peoplecare.ca

HAPPY BIRTHDAY

WELCOME

Joseph C
Kathleen W
Susan W
Antonio P
Mary C

Deborah C
Gwendolyn C
Joseph C
Lynda F
Mark G
Mark J
Norma K
Jeannine L

Paul L
Rachelle (Shelly) M
Anna P
Patty P
Eleonora S
Grenville W
Marian W

R.I.P.

Alvin S
Chris D
Maria L





CAMP



Families! Buy a T-Shirt **\$25 Each!**

Match your loved one! (Every resident will receive a T-Shirt)

If you would like to order a shirt, there are two easy options:

- 1. Email our Director of Programs, Victoria, at vatodd@peoplecare.ca**
- 2. Stop by the front lobby next week on Monday, Thursday, or Friday, where we will be taking orders and accepting payment.**
- 3. T-Shirts are \$25 each.**

FAMILY



RESIDENT



FAMILY COUNCIL:

NEXT MEETING: OCT 15

WHEN: 5.30 PM

LOCATION: SPEED LOUNGE



RESIDENT COUNCIL:

NEXT MEETING: OCTOBER 21, 2025

WHEN: 2:00 PM

WHERE: PRESTON DINING ROOM



HILLTOP FUNNIES

It was no surprise when Merton the ghost got a job folding fitted sheets.

Mr and Mrs O'Lantern finally settled on the name Jack for their baby boy.

What kind of phone plan does a ghost use? Ghost to ghost network.

What is a pumpkin's favourite game to play? Squash!

Two pumpkins went out to a local pub for the evening and ended up getting lit.

Snickering the whole time, Leroy, the black cat, sat under a ladder in the middle of the road, daring anyone to cross his path.

Petunia the witch thought she had purchased a book of spells, only to find out it was a cookbook.

Larry the spider got a part-time job at Halloween doing web design.

What does a ghost like on his cereal? Boo-berries.

What if ghosts like to sit around a campfire telling people stories?

By: Lynda F, Resident at Hilltop Manor



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- **JILL** 303

DIRECTOR OF RESIDENT CARE - **SHARON** 138 (GALT,
PRESTON)

DIRECTOR OF RESIDENT CARE - **ARDEN** 117 (GRAND,
SPEED)

DIRECTOR OF RESIDENT CARE- **RUBAB** 204 (BLAIR,
HESPELER)

DIRECTOR OF FOOD SERVICES - **JINAL** 105

ASST. DIRECTOR OF FOOD SERVICES - **SWOSTIKA** 106

DIETITIAN - **EDEN** 134

STAFFING- **KIM & JENNIFER** 104

CHAPLAIN - DARIA | SOCIAL WORKER -**LAURA** 232

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DIRECTOR OF ENVIRONMENTAL SERVICES - **STEVE**
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RESIDENT AND FAMILY COORDINATOR- **JANIRA** 459