

# HILLTOP HERALD NOVEMBER 2025





# From your Executive Director

As we welcome the month of November, we take time to reflect and remember. On November 11th, we honour Remembrance Day, paying tribute to the brave men and women who have served and continue to serve our country.

Lest we forget.

Looking ahead to the festive season, we're excited to announce a few special events! Join us on Friday, November 8th for our Christmas Market from 10:00 a.m. to 3:00 p.m. in the lobby and Preston Lounge. We'll have a wonderful variety of vendors, perfect for getting a head start on your holiday shopping!

Then, mark your calendars for Tuesday, December 17th when we'll be hosting our Family and Residents' Christmas Dinner. Tickets for one family member per resident will be available for purchase at reception. We look forward to celebrating this joyful season together!

As the temperatures dip, we encourage everyone to stay warm, cozy, and connected. Thank you for being part of our caring community!

Warm regards,  
Stella





✨ Today at Hilltop, we celebrated our incredible residents with brand-new Hilltop Legends shirts! ✨

Our Resident Council dreamed up this idea, and we couldn't agree more—each person who calls Hilltop home is truly a legend in their own right. 💙👕

Here's to honoring their stories, their wisdom, and the community we share together.



# HILLTOP LEGENDS



# IPAC Corner

## True or false questions: Test your IPAC knowledge!

1. You should wash your hands for at least 20 seconds.
  - **True.** This is the recommended amount of time to ensure that all surfaces of the hands are properly cleaned.
2. Wearing gloves means you don't need to wash your hands as often.
  - **False.** Gloves do not provide 100% protection. You should always perform hand hygiene before putting on gloves and immediately after taking them off to prevent the spread of germs.
3. It is best to cover your mouth with your hand when you cough or sneeze.
  - **False.** Covering your mouth with your hand can spread germs to others when you touch surfaces. You should cough or sneeze into a tissue or your sleeve, immediately throw the tissue away, and then clean your hands.
4. Some people can have an infection and spread it to others even if they don't have any symptoms.
  - **True.** Some infections have an incubation period during which a person is contagious but has not yet developed symptoms. This is one reason why consistent infection control practices, such as hand hygiene, are so important.
5. If you visit a family member in a healthcare setting, you should always wear the personal protective equipment (PPE) you see staff wearing.
  - **False.** Your use of PPE should be based on a point-of-care risk assessment and any specific instructions given to you by staff. For example, you may not need a mask in a visitor waiting area but may be asked to wear one in your loved one's room.
6. Regular cleaning and disinfecting of frequently touched surfaces can help prevent infections.
  - **True.** Pathogens can survive on surfaces, so cleaning and disinfecting areas that are touched often is an important part of preventing infection.
7. It is okay to ask a healthcare worker or visitor if they have cleaned their hands.
  - **True.** Residents and their families should feel empowered to speak up and ensure that everyone, including care providers, practices proper hand hygiene.



# Chaplain Chit Chat

"If there is light in the soul, there will be beauty in the person.  
If there is beauty in the person, there will be harmony in the house.  
If there is harmony in the house, there will be order in the nation.  
If there is order in the nation, there will be peace in the world." - Chinese Proverb

During this month of November, we may find ourselves holding onto those wonderful memories of sunny and unusually warm autumn days, as we anticipate yet another changing season.

Just as the weather goes through seasonal changes, we as individuals, families and communities also go through changes, whether welcomed or not. These changes affect our whole person - body, mind, emotions and spirit - and our health and wellbeing depend on nurturing all of these aspects.

The Canadian Association for Spiritual Care (CASC) recently celebrated Spiritual Care Awareness Week, where they highlighted various aspects of spiritual care:

1. Connecting with our body and being aware of how we experience the sacred through our bodies;
2. Engaging with the mind and the stories that shape our lives;
3. Embracing the emotions, however varied they may be, and finding a balance;
4. Supporting the human spirit, proven to be an integral part of alleviating suffering and promoting healing.

In all these things, finding and establishing a healthy balance in ourselves can only work to bring peace of mind, which then can radiate out to affect our world in a positive way. The Chinese proverb above points to the possibility of something that may seem unattainable in our crazy world, but one step at a time, who knows? Maybe it's not so impossible...

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## November observances:

- 1<sup>st</sup> – All Saints Day: Honours all saints, known and unknown.
- 2<sup>nd</sup> – All Souls Day: Remembering all those who have died.
- 21<sup>st</sup> – Entrance of Theotokos into the temple: Eastern Orthodox Christians celebrate the presentation of Mary in the temple.
- 24<sup>th</sup> – Martyrdom of Guru Tegh Bahadur Sahib: Honours the martyrdom of the ninth Sikh Guru.
- 30<sup>th</sup> – Advent: Marks the beginning of the Christian liturgical year leading up to Christmas.

Continued blessings to you and yours... Chaplain Daria



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



# HAPPY BIRTHDAY

WELCOME

-Trudy Klompenhouwer  
-Susan Loney  
-Mary Rose

-Edith C	-Joyce J	-Eduardo P
-Joan C	-Vera J	-Maria R
-Lois G	-Donald K	-Russell R
-Gordon H	-Agnes L	
-Theresa H	-Donald M	
-Wayne H	-Shiela M	
-Miroslawa J		

R.I.P.

-Dawn Jewett  
-Ray Eaton  
-Janet Hexter









# Resident Fridges PSA

**Resident/Recreation fridges in the dining rooms: Any perishable food stored by family/resident must be labelled and refrigerated as soon as possible. A food label should include Name of resident, room number, name of food and date when provided.**

**Food left in the fridge that has expired or shows signs of food spoilage or doesn't have a food label will be disposed by the staff. Staff will discard any food items stored in the Resident's fridges after 72 hours of the date on the label.**



## Hair Salon PSA!

**Christmas Eve December 24 Closed**

**Christmas Day December 25 Closed**

**New years Eve December 31 Closed**

**New years day January 1st Closed**

**Returning January 7-2026**

**Also a friendly reminder during any outbreak on any home area, the hair salon can't provide any services to residents from it even if they are not sick.**



# **Hilltop Funnies**

**by Resident Lynda F**

**Pete the hawk was hired by Brinks Security because of his eagle eye.**

**Clarence the hound dog became a top-notch detective because of his ability to follow leads.**

**Herman the bottlenose dolphin was hired to promote proper communication and joy in the workplace because of his sunny disposition and bright attitude.**

**Oliver the octopus was hired at a print shop because of his ability to shoot ink out of his tentacles, thereby confusing the competition.**

**A medical supply company hired Randy the sea otter to promote proper hand washing on the job.**

**Edwardo the great white shark made a splash when he was hired as a stunt double in a remake of the movie Jaws! He was paid more than a fin for his role.**

**Rick the sea lion says he never does, but he was caught in the act twice.**

**Woodrow the woodpecker was credited with developing the newest, revamped system for Morse code.**



## **FAMILY COUNCIL:**

**Next Meeting: Nov 19**

**When: 5:30 pm**

**In Speed Lounge**

## **RESIDENT COUNCIL:**

**Next Meeting: Oct 21**

**When: 2:00 pm**

**In Preston Dining Room**

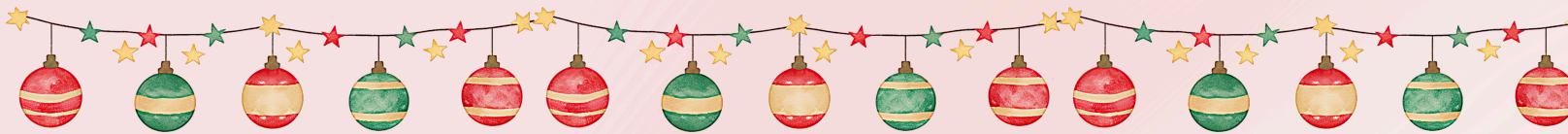


**Our Resident Council Leaders**

**Brian- Treasurer**

**Agnes- President**

**Grenville- Vice-President**



*Hilltop Manor's*

# **FAMILY & RESIDENT CHRISTMAS DINNER**



**December 17<sup>th</sup> at 5:00pm**



**Tickets are \$25 (one family member per resident)**

**Tickets on sale from November 1st-November 20th at  
reception desk**





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# 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

PHYSIO - **ARVAN GROUP** 107

DIRECTOR OF ENVIRONMENTAL SERVICES - **STEVE**  
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HAIR SALON - **MARLENY** 136

RESIDENT AND FAMILY COORDINATOR- **JANIRA** 459