

January 2026

The Hilltop Herald

peopleCare Hilltop Manor | 42 Elliott St | 519 621 3067 |



Celebrating January

Book Blitz Month

**International Brain
Teaser Month**

New Year's Day
January 1

**Someday We'll Laugh
About This Week**
January 2–8

Bobblehead Day
January 7

**Make Your Dream
Come True Day**
January 13

Fresh Squeezed Juice Week
January 18–24

Disc Jockey Day
January 20

Belly Laugh Day
January 24

Curmudgeons Day
January 29

Dear Residents, Families, and Loved Ones,

As we welcome a new year, we would like to take a moment to reflect on the year behind us and look ahead with hope, gratitude, and optimism.

The past year brought many shared moments – Walks to the park, Persian new year, and Philippines day, the MEDA Walk, Camping, the Christmas Market and Resident Dinner, Birthday celebrations, and everyday acts of kindness. We are deeply thankful for the trust you place in us and for the strong sense of community we continue to build together.

With the arrival of the New Year, we renew our commitment to providing compassionate care, comfort, and support to every resident, while continuing to work closely with families and loved ones. We look forward to creating new memories, strengthening connections, and embracing the opportunities that the year ahead will bring.

On behalf of our entire team, we wish you and your families a New Year filled with good health, peace, joy, and warmth.

Thank you for being part of our community.

With sincere wishes,
Hilltop Manor Staff, Friends and Volunteers

Welcome Home!!
Michelle, Sheila, Jose and Paul



Happy Birthday to
all those born in January

Germaine D	1 st
Henry D	2 nd
Cynthia N	4 th
Catherine H	8 th
Allen S	8 th
Pauline S	11 th
Frederick S	11 th
Margaret B	16 th
Wanda J	17 th
Margaret A	24 th
David B	24 th
Florence H	30 th
Debbie N	30 th

In Memory Of

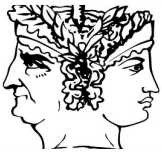
Our deepest thoughts and sympathies go out
to the family and friend

Maria V
Donald K
Nancy H
Vasco B

"He spoke well who said that graves are the
footprints of angels."

~Henry Wadsworth Longfellow





Chaplain Chit Chat...

"No matter how hard the past, you can always begin again." Buddha

The image shown depicts the Roman god Janus, for whom our calendar month of January was named. This mythological deity, represented by a two-headed figure, appears as a mix of an older man (on the left) and a younger woman (on the right). We can interpret this image in many ways... 1) the ending of the old calendar year and the beginning of the new year, or 2) the changing of old ideas to new ideas. Regardless of your take on this picture, change is at the heart of its message, and we know that everyone deals with change differently. Some of us are happy to welcome a new year, for the previous year may have seen sadness and disappointment. Others may be wary of the uncertainty of the future. Some find comfort in cherished memories, while others revel in anticipating what is to come.

I invite you to consider the quote above, that states that it is never too late to *"begin again"*, regardless of difficulties you may have encountered before. No matter how you feel about the changes at this time of year, may you find the courage to greet each day open to the possibility of good things coming your way and find joy in the simple pleasures in life. May this New Year bring contentment and good health to you and those you love!

January Observances:

3rd – *Mahayana New Year* : Mahayana Buddhists celebrate the New Year

5th – *Guru Gobind Singh Gurburab*: Sikhs celebrate the birth of their 10th master and teacher.

6th – *Feast of the Epiphany*: Marking the end of the "12 Days of Christmas" and bringing the Christmas Season to a close, Epiphany is observed by Christians to celebrate the Wise Men's journey of faith to find the Christ Child.

7th – *Orthodox Christmas*: using the Julian calendar, Orthodox Christians celebrate the birth of Jesus

14th – *Pongal* : Hindu festival giving thanks for a bountiful harvest.

18th – *World Religion Day*: Initiated in the Baha'i faith but observed worldwide, celebrating common themes across various faiths and religions across the globe

I am at Hilltop Manor every Tuesday and Thursday. Looking forward to connecting with you... Peace and Happy New Year to all! Chaplain Daria

Who Do you Need to Talk to?

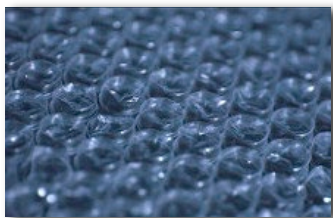
Reception Desk	100
Executive Director - Stella	103
Business Office Manager – Jennifer	112
Exc. Dir of Nursing - Maureen	222
Director of Resident Care (1 st floor) – Sharon K	117
Director of Resident Care (2 nd floor) – Rubab	204
Director of Resident Care (3 rd Floor) – Arden	303
Director of Nutrition - Jinal and Swostika	105
Dietician – Eden	134
Director of Programs – Megan	114
Social Work – Laura /Chaplain- Daria	232
Physio- ARVAN Group- Sam	107
Director of Environmental Services -Steve	116
Hair Salon – Marleny	136

Welcome to the Hilltop Team

Jennifer N – She has joined us from our sister home Golden years and is our Staffing Manager as well as our Business manager.

Megan S – Has come on to be our interim Director of Programs. She has been a part of Hilltop for more than 10 years.

Pop Therapy



All those who love the sensation of popping Bubble Wrap can hardly wait for January 25, Bubble Wrap

Appreciation Day, to arrive. Why on earth do so many of us insist on popping those tiny little bubbles? Professor of psychology Kathleen M. Dillon believed that the answer stems from the power of touch.

In ancient Greece, it was common for people to carry a smooth stone called a “fingering piece” or “worry bead” in their pockets. Touching or petting the stone created a calming effect. These stones, Dillon observed, are similar to Catholic rosary beads or needlework projects like embroidery or knitting in their ability to calm the mind. Dillon even went so far as to conduct experiments on her students using sheets of Bubble Wrap. As it turns out, students who popped the bubbles were more relaxed and more focused than those who did not pop. She concluded that releasing muscle tension in the hands reduces stress in the rest of the body.

Sealed Air Corporation, the maker of Bubble Wrap since 1957, has updated its packaging options in recent years. In 2024, the company introduced a new fiber-based wrap that provides cushioning while being recyclable and more space-efficient for shipping. The design is intended to protect products during transit and reduce material use, though the classic poppable Bubble Wrap is still produced for those who enjoy the traditional experience.

That’s good news for people like April Holliday, a member of an online group called “Popping Bubble Wrap.” She loves the material so much that she has even wrapped herself in a blanket of it. And if several YouTube videos are any indication, even raccoons would be sad to see the pop go out of Bubble Wrap. If you feel the urge to pop but don’t have any Bubble Wrap on hand, you can virtually pop the bubbles in a number of online games. Clicking a bubble and hearing the familiar popping sound is *almost* as satisfying as the real thing!

January Birthdays

In astrology, if you were born between January 1–19, you are a Goat of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians. Those born between January 20–31 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity. Some of note:

J. R. R. Tolkien (writer) – Jan. 3, 1892
Soupy Sales (comedian) – Jan. 8, 1926
Robert Stack (actor) – Jan. 13, 1919
Rakesh Sharma (cosmonaut) – Jan. 13, 1949
Ethel Merman (singer) – Jan. 16, 1908
Oliver Hardy (comedian) – Jan. 18, 1892
Dolly Parton (singer) – Jan. 19, 1946
Neil Diamond (singer) – Jan. 24, 1941
Oprah Winfrey (host) – Jan. 29, 1954
Jackie Robinson (ballplayer) – Jan. 31, 1919

peopleCare is here for You

peopleCare recognizes that we cannot thrive without the hard work and dedication our employees make every day in our Homes. Please remember all of the programs that peopleCare has to assist you in your personal lives, educational pursuits and Employee Recognition! If you are unfamiliar with any of the following, please speak to your manager:

- Employee Assistance Program
- Education Assistance Program
- HEARTbeats Rewards and Recognition Program
 - Disaster Relief Fund

Family Council

January 15th 2025 at 5:30pm

We are having elections.

If you are interested in being a candidate please email : familycouncilhilltopmanor@gmail.com

All votes must be casted in person! All Families Members welcome!

Open positions and their responsibilities:

Chair person/President:

- Leads council meetings
- Creates Agendas,
- Enforces council terms of reference & code of conduct
- Oversees the creation &review of Terms of Reference & Code of Conduct
- Communicates issues on behalf of Council to Administration
- Supports Vice-Chair person

Chair/President

- Leads meetings when the Chair/President is absent

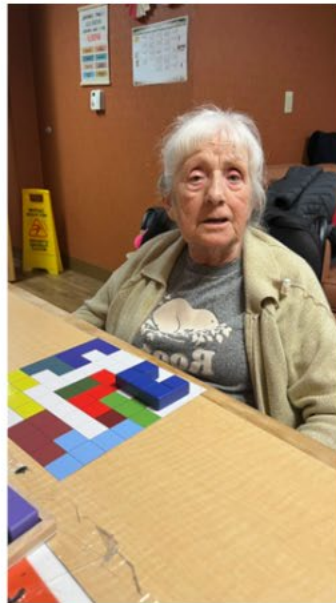
Secretary

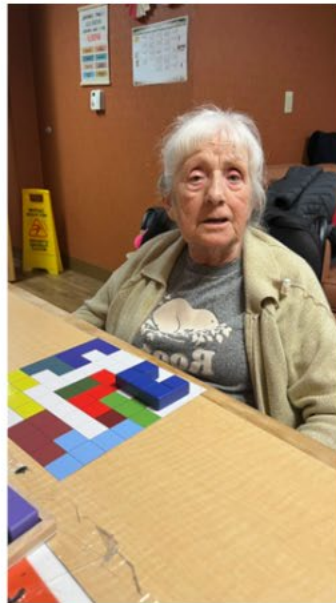
- Take meeting notes/minutes
- Support the promotion of the Council (i.e. meetings, events)

A Family Council is a group of family members and friends of residents in a long-term care home who come together to support one another, share experiences, fundraise and collaborate with home staff to enhance the quality of life for all residents. For more information: <https://www.fco.ngo/><https://www.fco.ngo/>



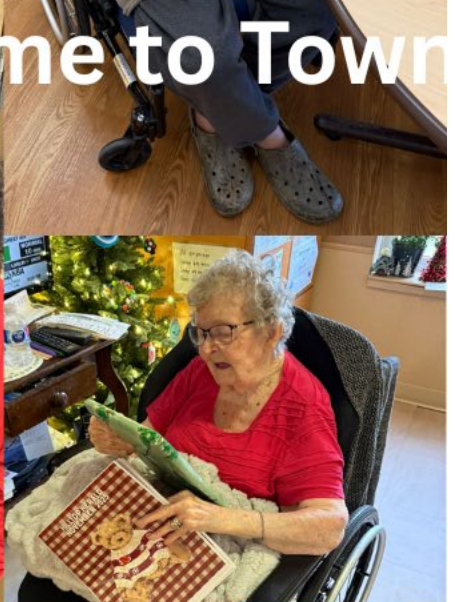


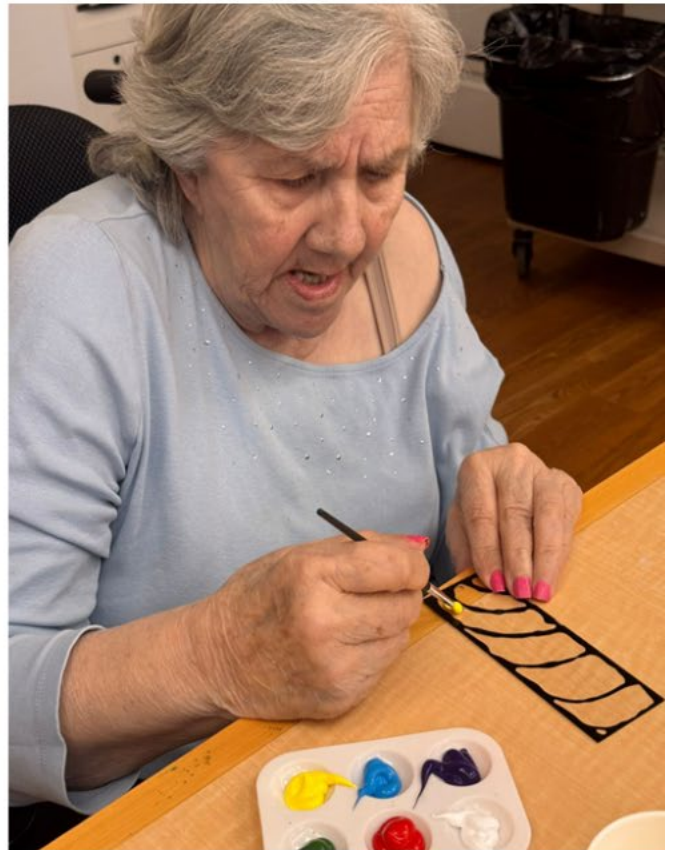






Santa's Elfs Came to Town





Hilltop Funnies for January

After going over his January budget, Milton Realized he would be taking his next vacation at the Dollar store.

On January 2nd, Charlie decided to clean out the attic of an old home he had recently purchased. He discovered an old soud case , and when he looked inside h, he found it was a case of the January blahs and put it ack where he found it.



Howard the Duck was a big flap come January when he was overrun by Bills

Fred was surprised when he received a letter from his credit card company with the January bill, stating that they had never seen anything like it and a big thank you for keeping them in business



IF there was one thing Florence enjoyed after Christmas, it was watching her little corner of the the world turn into a snow globe

A huge celebration was held after Christmas in the barnyard with all the remaining turkeys in attendance



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