

HILLTOP HERALD
DECEMBER 2025



From your Executive Director



As we reach the end of another wonderful year, I want to extend my heartfelt thanks to our residents, families, and dedicated staff. Your kindness, support, and spirit of community are what make our home feel so special every single day.

The holiday season is a time to pause, reflect, and celebrate the moments that bring us joy, big or small. I hope this month brings you warmth, laughter, and cherished memories with the people you love. May your holidays be safe, healthy, and filled with peace.

I'm very much looking forward to seeing many of you at our Resident Christmas Dinner on December 17th. It is always a beautiful evening of togetherness, and I'm excited to share that time with you.

As we look ahead to 2026, my wish is for a year filled with good health, continued connection, and new opportunities for enrichment and joy within our community. Thank you for being such an important part of this home, it truly wouldn't be the same without each of you.

Wishing you all a wonderful holiday season and a bright year to come.

Warmly,
Stella





FAVORITE CHRISTMAS MOVIES

CLASSICS

- 
- 
- | | |
|--|--|
| <input type="checkbox"/> ELF | <input type="checkbox"/> A CHRISTMAS CAROL |
| <input type="checkbox"/> THE GRINCH | <input type="checkbox"/> FOUR CHRISTMASES |
| <input type="checkbox"/> CHRISTMAS CHRONICLES | <input type="checkbox"/> DECK THE HALLS |
| <input type="checkbox"/> SANTA CLAUSE SERIES | <input type="checkbox"/> FRED CLAUS |
| <input type="checkbox"/> HOME ALONE | <input type="checkbox"/> RUDOLPH, 1964 |
| <input type="checkbox"/> SOUND OF MUSIC | <input type="checkbox"/> THE POLAR EXPRESS |
| <input type="checkbox"/> CHRISTMAS WITH THE CRANKS | <input type="checkbox"/> CHRISTMAS FAMILY VACATION |
- 



HALLMARK AND FEEL-GOOD

- 
- 
- | | |
|--|---|
| <input type="checkbox"/> 12 DATES OF CHRISTMAS | <input type="checkbox"/> CHRISTMAS WITH A VIEW |
| <input type="checkbox"/> CHRISTMAS INHERITANCE | <input type="checkbox"/> A CASTLE FOR CHRISTMAS |
| <input type="checkbox"/> THE PRINCESS SWITCH | <input type="checkbox"/> FALLING FOR CHRISTMAS |
| <input type="checkbox"/> A CHRISTMAS PRINCE | <input type="checkbox"/> NOELLE |
| <input type="checkbox"/> LOVE HARD | <input type="checkbox"/> JUST FRIENDS |
| <input type="checkbox"/> HOLIDATE | <input type="checkbox"/> THE HOLIDAY |
| <input type="checkbox"/> THE KNIGHT BEFORE CHRISTMAS | <input type="checkbox"/> LOVE ACTUALLY |

IPAC Corner

Holiday Food Safety in Our Home: Keeping Residents and Families Safe

The holiday season is a special time in our long-term care community. Families visit, treats are shared, and many of us enjoy traditional foods that bring comfort and connection. As we celebrate together, it's important to keep food safety in mind so that our gatherings remain enjoyable and our residents stay healthy.

Below are a few gentle reminders to help everyone—residents, families, and visitors—enjoy holiday foods safely.

Hand Hygiene Matters

Clean hands are one of the simplest and most effective ways to reduce the spread of illness.

Please sanitize your hands when entering the home, before sharing food with a loved one, and after touching your face or personal items.

Safe Food Brings Safe Celebrations

If you plan to bring homemade or store-bought treats for your loved one, please ensure they are transported and stored safely. Avoid items that spoil easily if they've been unrefrigerated for too long.

Cook Foods to the Right Temperatures

Proper cooking helps ensure foods are safe to enjoy.

- Pork: 71°C (160°F)
- Whole poultry: 82°C (180°F)
- Poultry pieces/ground: 74°C (165°F)
- Ground beef: 71°C (160°F)
- Fish/seafood: 70°C (158°F)
- Egg dishes: 74°C (165°F)
- Mixed dishes: 74°C (165°F)

Refrigerate Leftovers Promptly

If you are bringing food to share, please ensure that perishable items are kept cold during travel and refrigerated within two hours of preparation to keep them safe.

Leftovers: Store with Care

Leftovers brought in for residents should be placed in appropriate containers, labeled, and used within 72 hours as per policy.

Safe Thawing Practices at Home

If you're preparing foods for a holiday meal, remember to thaw frozen items in the refrigerator or under cold running water—not on the countertop. Your care and attention help keep our residents well, especially during the busy holiday season. By practicing safe food handling and hand hygiene, we can enjoy meaningful celebrations together while maintaining a healthy environment for all.

Chaplain Chit Chat

**“Christmas makes you feel emotional
It may bring parties or thoughts devotional
Whatever happens or what may be,
Here is what Christmastime means to me...”**

The title of the song quoted above may not come readily to most people’s mind. These 4 lines are the opening of the song, written to precede the more regularly-heard verses – a practice used by many song writers in the mid 20th century. Even if you cannot readily attach a tune to these words, you may find yourself trying to guess what words come next.

With such a diverse population in our country, there are several holidays observed during this time of year (see below). For each person, these hold their own special meaning, and often, special memories... perhaps bringing smiles and/or tears. I invite you to consider how you might respond to the final line of the quote above and think... “What does Christmastime mean to me?” There are no right or wrong answers! Whether you participate in religious observances or secular traditions this holiday season (or both), it is my hope that you will find hope, peace, joy and love that will carry you through each day this month.

If you haven’t guessed, the next line (and title) of the song above is...“Silver Bells.”

Continued blessings to you and yours... Chaplain Daria

December observances:

- 6 – St. Nicholas Day: Celebrating the patron saint of children.
- 8 – Bodhi Day: This Buddhist holiday remembers the day that Gautama Buddha is believed to attain enlightenment
- 15-22 – Hanukkah: Celebration of Lights in the Jewish faith that commemorates the rededication of the Second Temple in 2nd Century B.C.
- 22nd – Guru Gobind Singh’s Birthday: Commemorating the birthdate of Guru Gobind Singh, the tenth Sikh Guru and spiritual master.
- 25th – Christmas: Important Christian holiday commemorating the birth of Jesus Christ.
- 26th – Feast of St. Stephen: Commemorating St. Stephen, the first Christian martyr, remembered particularly for his service to the poor.
- 26th – Jan. 1 Kwanzaa: Originally a cultural holiday, it upholds 7 principles: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity and faith and is celebrated across many faith groups (Muslims, Christians, Black Hebrews, Jews, Buddhists, Baha’i and Hindus).

From Your Director of Programs

To my Hilltop Manor family,

As I prepare to begin my maternity leave, I wanted to take a moment to express how much I'll truly miss being here with all of you. Working at Hilltop Manor has been such a meaningful and rewarding part of my life, and I feel incredibly fortunate to have been surrounded by such a caring, talented, and supportive group of people every day.

To my amazing recreation team, social workers, physiotherapists, chaplain, music therapist, dietician, and resident service aides, thank you from the bottom of my heart for your creativity, enthusiasm, and compassion. The way you bring joy, laughter, and connection to our residents is inspiring, and it's been a privilege to be part of a team that pours so much heart into everything you do. I'm endlessly proud of the work we've accomplished together and the positive impact you continue to make. **Take care of each other in my absence.**

To the management team, I am so deeply grateful for your ongoing encouragement, flexibility, and understanding throughout my pregnancy. **Your support has meant more to me than words can express** and has made this transition so much easier and more positive. It's not every day you find a workplace that truly feels like family, and I'm so thankful to be part of one that does.

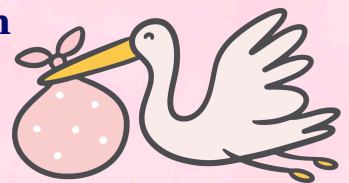
I have full confidence in Megan, who will be stepping into my role while I'm away. I know she will excel, bring her own wonderful strengths to the position, and continue to build on everything we've worked hard to create.

I'm completely at peace knowing the recreation/allied health department is in such capable and caring hands.

Though I'll be away for a while, I'll be thinking of everyone often and cheering you on from home. I look forward to visiting soon, and to introducing you all to my little one when the time comes! **I hope I can teach my daughter what it means to care for and show love to those around her, the way I do and receive every day at Hilltop.**

Thank you all again for your kindness, your teamwork, and the special memories we've shared. **Hilltop Manor will always hold a very special place in my heart.**

With love and gratitude,
Victoria



WELCOME

Germaine D
Marilyn E
Nancy H
Lenore M
Primitiva S

| | |
|-------------|----------|
| Kathleen B | Robert F |
| Cremilde B | Rowena G |
| Danuta C | Erhard G |
| Katherine C | Maria G |
| Maria D | Joyce H |
| Maria D | Trudy K |
| Marion D | Mary M |
| Margaret O | Irma P |
| Antonio P | Roger R |
| Maria V | |

HAPPY
BIRTHDAY

R.I.P.

Shirley G
Ruth H
Shirley K
Donald M
Kathleen S
Richard W



MEET YOUR NEW DIRECTOR OF
PROGRAMS

Megan!

We are pleased to share that Megan will be stepping into the Director of Programs role while Victoria is away on maternity leave. Megan brings 14 years of dedicated experience at Hilltop, where she excelled as a Recreationist and built strong, meaningful connections with residents, families, and staff.

Megan is also a highly involved member of the Health and Safety Committee, consistently advocating for safe, inclusive, and engaging environments for everyone in our community. Most recently, she broadened her leadership experience at Golden Years, where she served as Director of Programs, further developing her program development, team collaboration, and resident-centered care expertise.

Megan is known for her creativity, warm presence, and passion for enhancing quality of life through purposeful recreation and meaningful engagement.

We are confident she will bring great energy, innovation, and continuity to our programs during this transition.

Please join us in welcoming Megan to this role, we are grateful for her leadership and excited for the months ahead!



Hilltop Funnies

by Resident Lynda F



After having a heated argument, Frosty the snowman's wife gave him the cold shoulder.

Santa Claus was a little miffed after spending half his night filling up the Jolly Green Giant's Christmas stocking.

Pinocchio's nose grew to be two feet long after he finished writing his New Year's resolutions.

Rudolph the red-nosed reindeer couldn't believe his eyes when he read his light bill, the day after Christmas.

Due to an after Christmas lay-off Santa's elves are now taking positions as garden Gnomes.

Why did the snowman look in the bag of carrots? He was picking his nose.

Due to an unseasonably mild winter, Jack Frost was forced to take a part time job as a window washer.

After Christmas, the Island of misfit toys became a tourist resort.

Mrs Jones couldn't thank Santa Claus enough for bringing her little boy Tommy a drum set.

You know it is Christmas when you are calling Scotch tape by other names.





FAMILY COUNCIL: RESIDENT COUNCIL:

Next Meeting: Dec 11

When: 5:30 pm

Where: Boardroom in basement

Next Meeting: Dec 23

When: 2:00 pm

Where: Preston Dining Room

**Election for family council
chair
will be
held in January 2026**



HAIR SALON INFO

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 Manor Death Cafe

December 11th

2pm on Speed River





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**
116

HAIR SALON - **MARLENY** 136

RESIDENT/FAMILY COORDINATOR- **JANIRA** 459

