

Chaplin's Chit Chat

Love is All There Is
Words are spoken, words left unsaid;
Hearts are broken, in time they mend;
The sound of laughter or quiet rest,

Cherished memories recall the best.
The sound of music has filled our ears,
Giving cause for joy and dancing through the years.

Our strength may falter, but this I know...
Love will lift us up where e're we go.
Bonds that join us all as one as we travel under moon and sun.
Friends and family and strangers too, as we join together, even just a few.
Who can help us dry our tears, help heal our wounds and calm our fears?
There is no greater power I know. Share it day by day and watch it grow! For Love is all there is to help along the way, And Love is what we have when dreams seem to fade away. Sometimes we think it's hiding, but this I do believe: That Love is always with us... a gift that we receive. DS

February Observances

2nd - Candlemas: Celebrated 40 days after Christmas and marked by the blessing of all candles to be used by a church during the coming year, this day observes the birth of light.

15th – Parinirvana: Buddhists commemorate the Buddha's death and his attainment of final nirvana.

15th – Maha Shivaratri: A major Hindu festival celebrating Lord Shiva.

18th – Ash Wednesday: For Christians, the 40-day period of prayer and fasting leading up to Easter, called Lent, begins.

19th – Ramadan: This day begins the holy month for Muslims dedicated to fasting, prayer, reflection and supporting those less fortunate.

Continued blessings to you and yours... Chaplain Daria

February Birthdays

In astrology, those born February 1–18 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. Those born between February 19–29 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who go with the flow.

Ada M	Feb 01, 1937
Joanne	Feb 03, 1955
Glenn D	Feb 07, 1957
Angeline B	Feb 10, 1931
Kathleen W	Feb 11, 1944
Joan N	Feb 14, 1933
Helen-Marie R	Feb 16, 1932
Margaret M	Feb 17, 1938
Verna D	Feb 20, 1928
Margaret K	Feb 23, 1935
Lynne M	Feb 23, 1949
Brian B	Feb 24, 1956
Primitiva S	Feb 25, 1940
Lionel B	Feb 25, 1941
Jose M	Feb 25, 1946

In Memory

Barry C
Marilyn E
Joyce J
Robert K
Allan S
Harold T



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

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

Hilltop Herald

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

Celebrating February**Chocolate Chip Cookies Contest**

February 2

Groundhog Day

February 2

Olympic Games Begin

February 6

Valentine's Day

February 14

Valentine's Couples Luncheon

February 14 & 21

Casino Outing

February 23

Butterfly Conservatory Outing

February 24

Welcome Tea

February 25

Pub Night

February 25

Music with Jeff

February 27

Chasing Winter Glory

The 2026 Winter Olympics are headed to the stunning landscapes of northern Italy, bringing together athletes and fans for a celebration of winter sports, culture, and camaraderie. Set across Milan and Cortina d'Ampezzo, the Games promise a picturesque backdrop of snow-capped Dolomite peaks, charming Alpine villages, and historic cities bursting with Italian flair. Visitors can expect not only thrilling competitions but also the chance to savor local traditions—from hearty mountain cheeses and cured meats to rich pastries and steaming bowls of polenta. Northern Italy's cuisine, hospitality, and vibrant markets offer a unique flavor to the global event, making the Olympics more than just an athletic spectacle.

At the heart of the Games are the timeless Olympic values: teamwork, perseverance, and friendly rivalry. Whether athletes are coordinating flawless relay passes on the ice, supporting teammates in grueling downhill runs, or striving to shave precious seconds off their times, the Olympics showcase how dedication and collaboration turn individual effort into shared achievement. Even the competition itself, while intense, is framed by respect and admiration, highlighting the joy of challenging oneself and connecting with others from around the world.

For winter sports enthusiasts, the 2026 Olympics also carry a strong sense of nostalgia. Fans will relive the thrill of skiing down glittering slopes, the elegance of figure skating routines, and the exhilaration of sledding through icy tracks. From alpine skiing and snowboarding to speed skating and bobsled, the Games celebrate the full spectrum of winter sports, each steeped in history and tradition.

The Milan-Cortina Olympics offer a rare combination: breathtaking scenery, rich cultural experiences, and the universal language of sport. As nations gather to compete, cheer, and share in this global festival, the event promises to leave lasting memories for athletes and spectators alike. Whether you're drawn by the chance to witness record-breaking performances or simply to enjoy the snowy landscapes and Italian charm, the 2026 Winter Olympics are shaping up to be a spectacular, heartwarming celebration of skill, spirit, and wintertime joy.



Oral Wellness, Pneumonia and Infection Prevention

As you may already know, Hilltop Manor receives regular visits from the Tooth Fairy. She helps us follow the recommendations of the Canadian Dental Association, which instructs us to discard our resident's toothbrushes every 3 months and replace them with new ones. She also discards all disposable denture cups and lids, and thoroughly cleans & disinfects all reusable denture cups. She is a very busy lady when she visits, helping us care for our 188 residents.

This process of toothbrush and denture cup replacement allows us to provide optimum oral care and hygiene for our residents when done in conjunction with regular visits from the dentist. It reduces the chances of infections of the teeth, gums, and tongue, but did you know that simply discarding a toothbrush can reduce the risk of acquiring pneumonia as well?

Pneumonia is a common lung infection, but it poses substantial challenges to older individuals. Pneumonia can lead to more days in bed and/or extended hospital stays. Pneumonia requires antibiotic usage and can even cause the occurrence of sepsis (a blood infection.)

Although vaccination against respiratory viruses is our best way to avoid severe illness from pneumonia, simple things like a new toothbrush and regular dental visits are extremely beneficial.

When we realize that more than 700 bacterial species coexist in our mouth and throat, it makes sense that our mouth can significantly impact what is happening in our lungs.

Vaccination against influenza, COVID-19, RSV, and pneumococcal viruses is a great place to start, but also speak to our office manager or your DRC to inquire about a visit from our dental hygienist if your loved-one is not already set-up on a schedule for this care and consider dropping off a new toothbrush and/or denture cup for your loved-one as well.

Living the peopleCare Values

EXCELLENCE

Exceed Expectations

Do you do your best work, each and every day?

peopleCare is there 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



From Our Executive Director

Dear Community Members,

I am pleased to share a message with you and to reflect on the peopleCare values that guide our work each day. It is truly a privilege to serve as Executive Director and to work alongside such a dedicated team, supportive families, and engaged community members.

Our mission is to create beautiful, caring communities that provide life-enriching experiences for residents, their

families, and everyone touched by our services. This mission is at the heart of everything we do at Hilltop—from the care we provide to the relationships we build and the welcoming environments we create. Guided by the peopleCare vision, we believe that our people will change the world of senior living. Through compassion,

innovation, and a deep commitment to quality and dignity, our team continues to set a standard of care that truly puts people first.

As we begin the month of January, we are pleased to welcome our new Staffing Manager, **Divyesh Shekha**, to the Hilltop team. This addition reflects our ongoing commitment to strengthening our workforce and ensuring consistent, high-quality care for our residents. We are excited about the experience and leadership Divyesh brings and look forward to the positive impact he will have in supporting both staff and residents.

February is shaping up to be an exciting and joyful month at Hilltop. We will be celebrating the **Winter Olympics** with a variety of themed activities, including a **Torch Run on February 9**, a **Bonspiel on February 9**, and a **Karate presentation on February 11**, along with ongoing medal updates to keep everyone engaged in the Olympic spirit.



To celebrate **Valentine's Day**, we are hosting a special **Couples Luncheon** for families who may be separated. The response was overwhelming, and the event filled up quickly, so we were delighted to add an additional weekend to allow more families the opportunity to spend meaningful time together.

We are also looking forward to two favourite outings—our **annual trip to Flamboro Casino** and a visit to the **Butterfly Conservatory**, both of which promise fun, connection, and memorable experiences.

Finally, as we welcome new residents to our Hilltop community, we warmly invite them and their families to attend a **Welcome Tea**, where they can meet our team, connect with one another, and enjoy a brief tour of our home. Thank you for your continued support and partnership. Together, we look forward to a vibrant and fulfilling year ahead at Hilltop.

Trekkies Rejoice



This year, *Star Trek* celebrates an incredible milestone: 60 years of exploring strange new worlds. Since its first broadcast in 1966, the franchise has captivated audiences of all ages with its stories of courage, friendship, and hope for a better future.

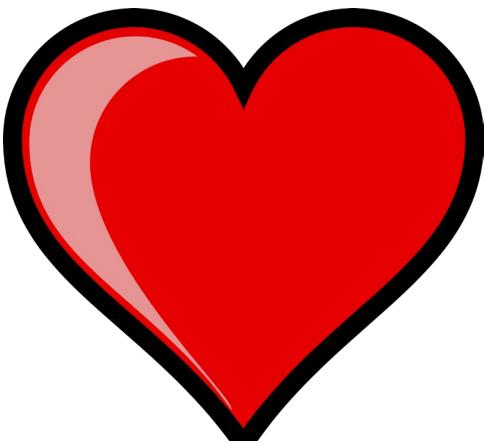
For longtime fans, the anniversary is a chance to reconnect with cherished memories. Special events are planned across the country, including fan conventions, commemorative exhibits, and even themed museum displays showcasing classic costumes and props. Streaming services will highlight favorite episodes and launch new series like *Star Trek: Starfleet Academy*.

Whether revisiting the adventures of Captains Kirk and Jean-Luc Picard or discovering new stories, the 60th anniversary is a joyful reminder of the optimism and imagination that *Star Trek* has inspired for six decades.

Who would you like 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

February 2026



Welcome To Hilltop

Hespeler Home Area

Pamela C
Gloria L
Arron M

Blair Home Area

Paula C
Elizabeth L

Preston Home Area

Paul H

Galt Home Area

Stanislaw K

Speed River Home Area

Caros S
Alice T



From the Resident Council

An Old Lady's Poem

What do you see, nurses, what do you see?
What are you thinking when you're looking at me?
A crabby old woman, not very wise,
Uncertain of habit, with faraway eyes?
Who dribbles her food and makes no reply
When you say in a loud voice, "I do wish you'd try!"
Who seems not to notice the things that you do,
And forever is losing a stocking or shoe...
Who, resisting or not, lets you do as you will,
With bathing and feeding, the long day to fill...
Is that what you're thinking? Is that what you see?
Then open your eyes, nurse; you're not looking at me.

I'll tell you who I am as I sit here so still,
As I do at your bidding, as I eat at your will.
I'm a small child of ten ...with a father and mother,
Brothers and sisters, who love one another.
A young girl of sixteen, with wings on her feet,
Dreaming that soon now a lover she'll meet.
A bride soon at twenty — my heart gives a leap,
Remembering the vows that I promised to keep.
At twenty-five now, I have young of my own,
Who need me to guide and a secure happy home.
A woman of thirty, my young now grown fast,
Bound to each other with ties that should last.
At forty, my young sons have grown and are gone,
But my man's beside me to see I don't mourn.
At fifty once more, babies play round my knee,
Again we know children, my loved one and me.
Dark days are upon me, my husband is dead;
I look at the future, I shudder with dread.
For my young are all rearing young of their own,
And I think of the years and the love that I've known.

I'm now an old woman...and nature is cruel;
'Tis jest to make old age look like a fool.
The body, it crumbles, grace and vigour depart,
There is now a stone where I once had a heart.
But inside this old carcass a young girl still dwells,
And now and again my battered heart swells.
I remember the joys, I remember the pain,
And I'm loving and living life over again.
I think of the years...all too few, gone too fast,
And accept the stark fact that nothing can last.

So open your eyes, nurses, open and see,
Not a crabby old woman; look closer... see me.

THE NURSES REPLY

What do we see, you ask, what do we see?
Yes, we are thinking when looking at thee!
We may see to be hard when we hurry and fuss,
But there's so many of you, and too few of us.

We would like far more time to sit by you and talk,
To bathe you and feed you and help you to walk.
To hear of your lives and the things you have done;
Your childhood, your husband, your daughter, your son.

But time is against us, there's too much to do –
Patients too many and nurses too few.
We grieve when we see you so sad and alone
With nobody near you, no friends of your own.

We feel all your pain and know the fear
That nobody cares now your end is so near

But nurses are people with feelings as well
And when we're together you'll often hear us tell
Of the dearest old Gran in the very end bed,
And the lovely old Dad, and the things that he said,

When you sleep the long sleep, no more worry or care,
There are other old people, and we must be there.

So please understand if we hurry and fuss
There are so many of you, And so few of us



January was a month to elect a new Chair person of our Family Council at Hilltop. There were 2 members who put forward their names for Chair, Cathy Tassone and Tina Cunningham, current chair. The votes were tallied and Tina Cunningham was voted back into the position of Chair with the ballot votes of 8 to 5.

Members stayed back to discuss how they would like the next meeting to look like.

A few notes on that:

- Steve B – Director of Environmental Services – to provide a full run down and written report of the on-going building and mechanical concerns. Provide the findings of the recent Ministry inspection and how Hilltop plans to comply with the findings and suggestions. The report also include the full scope of issues and concerns since last September 1, 2025 including all repairs to the building and any home area.

- Stella A- Executive Director – to provide a staffing update or report offered by the Staff manager. Introduction and information on our new staff manager. How many open lines does the home currently have including all departments. What changes have been made regarding the current recreation staff and department.

- Follow up on the planned meeting with the MPP, Brian Riddell regarding the quality of food in our home along with the beginning of an advocacy group to improve the food funding envelope. How does that look?



Who Is Family Council?

We are a group of family and friends of the residents of Hilltop Manor. Our group meets every month to learn about and discuss the on goings of the home. We are a group who is here to listen and support ALL family members with their questions and concerns with regard to their daily or general experiences of Hilltop.

Misconceptions are that we are a group of individuals who just sit and complain about anything and everything. THIS IS NOT THE CASE. We are here to support in all areas of the home that we can. Some of our past projects and or suggestions have been:

- Bringing in St. Louis Adult Education program to set up on site their PSW program
- Adding a communication TV in the front lobby to help visitors learn who the management team are and to stay up to date with on-going activities
- Working hand in hand with the Executive Director and President of Resident Council to share information communicated by staff, residents and loved ones
- Supporting the change in where fundraising monies are allocated

Agenda

Wednesday, February 19, 2026 – Lower Level Training Room *3067 B for elevator

- 5:30 pm – Welcome and Meet and Greet- refreshments available
- 5:45 pm – Settle in and take your seats
- 6:00 pm – Meeting to Begin

- Welcome & Introductions by Tina Cunningham
- Approval of last meeting minutes

Welcome GUEST SPEAKER – Steve

- Director of Environmental Services & Housekeeping

Steve will be providing us with a report from the 2 day investigation completed by the Ministry which will also include a follow up on how his staff and the home plan to comply to all the recommendations including any plans set in place by peopleCare

- Executive Director Report – Stella Annan
- Ministry Visit Update, Building Mechanical/Service Updates
- Staffing Updates, Introduction of New Staff Manager
- Other New Business

- Chair Family Council –Tina Cunningham
- Setting up a New Terms of Reference for FC / New FC Member Input Form
- Discussion of Upcoming Guest Speakers/Educator Series for Other Business – Next Steps re meeting regarding Meeting Close and set date and Time for March meeting

Contact: Tina Cunningham – for any questions:
519-240-1418 or familycouncilhilltopmanor@gmail.com



Hilltop Funnies February

The love bug bit Suzie Mae, and it took three people to remove the stinger.

Because of Cupid's sharp aim, he won first place overall at his local dart tournament.

Lucy and Ethel were fired from their job at the chocolate factory for eating up the profits.

After a stern talking to by his wife, Petunia, Porky the pig soon realized his name was mud for forgetting to get her a gift for Valentine's Day.

Oscar the Grouch amazed everyone when he was hired by a greeting card company to write Valentine's Day cards.

After work, Syd was in such a hurry to buy his wife a Valentine's Day gift he became flustered and accidentally mixed up the holidays and bought her a basket of Easter eggs. The good news is, she still enjoyed the chocolate.

Gary was at a loss when it came to buying his girlfriend a Valentine's Day gift, so instead he wrote her a poem which read:

Roses are red
Violets are blue
Sugar is sweet and so are you
Your the apple of my eye
And we are a peach of a pair
Here and everywhere, I'll always be there for you. xoxo

Olympic Events

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

D	E	P	I	P	F	L	A	H	D	I	B	H	S	D
R	R	G	N	I	I	K	S	E	O	I	F	O	Q	O
R	W	A	I	Z	I	N	L	K	A	T	J	C	F	W
A	Y	V	O	A	R	S	S	T	E	T	Q	K	Z	N
L	U	G	E	B	B	L	H	A	I	L	W	E	Z	H
C	S	M	O	O	W	L	J	B	G	D	E	Y	T	I
Q	G	F	B	V	O	O	T	P	N	L	E	T	D	L
B	Q	P	L	N	Z	R	N	L	I	V	O	E	O	L
E	R	U	G	I	F	A	M	S	L	C	I	O	P	N
S	R	O	D	S	M	C	I	D	R	O	N	Q	M	S
U	L	C	R	O	S	S	C	O	U	N	T	R	Y	Y
W	I	A	G	Y	L	Y	D	C	C	Z	B	F	J	E
C	W	U	L	F	R	E	E	S	T	Y	L	E	W	S
L	L	S	H	O	R	T	T	R	A	C	K	Q	C	X
S	Z	N	I	L	M	H	Z	L	N	H	N	F	R	P



BIATHLON	FREESTYLE (skiing)	SHORT TRACK
BOBSLED	HALF-PIPE	SKELETON
CROSS-COUNTRY	HOCKEY	SKIING
CURLING	LUGE	SLALOM
DOWNHILL	MOGULS	SNOWBOARD
FIGURE (skating)	NORDIC (combined)	SPEED (skating)