

To Be A Real Leprechaun

To be a real leprechaun,
 and have a pot of gold.
 To be able to enjoy the music,
 and not be left out in the cold.
 Their life of enjoyment,
 can be seen in their face.
 To be a living leprechaun,
 is something I can embrace.
 Their little deeds of mischief,
 and the matching of their wit.
 And a toast of Irish whiskey,
 to make this seem legit.
 I'd love to be a leprechaun,
 So life can be a treasure.
 I know that I would love this,
 beyond any kind of measure.
 Dancing in the moonlight,
 and hiding in the flowers.
 The weeks are so carefree,
 that days seem like hours.
 From a thousand shades of green,
 that's called the emerald isle.
 I know the life of merriment,
 is really quite worthwhile.
 To be a living leprechaun,
 is something of what I dream.
 For if I really was one,
 I would be held in high esteem.



Message from the Fire Prevention Officer

Please be reminded that **parking is not permitted in any areas marked with FIRE ROUTE signs at any time.** This includes the turn around area by the front entrance as well as along the fence line heading towards staff parking.

“Please ensure the fire route remains unobstructed at all times, as tickets may be issued. I have contacted the Cambridge Buildings Department to confirm that this is a required fire route. Until confirmation is received, please follow this direction and do not park vehicles in this area. Thank you.”
 — Brooklyn Reid, Cambridge Fire Prevention Officer

For your convenience, **additional parking is available along the roadside or at the church.** Please see reception for a parking pass if wanting to park at the church.

Thank you for your cooperation in keeping our site safe and accessible.



Celebrating March

Irish American Heritage Month

Mad for Plaid Month

Women's History Month

Hilltop BINGO
 March 6

International Women's Day
 March 7

Daylight Saving Time Begins
 March 8

Plant a Flower Day
 March 12

St. Patrick's Day
 March 17

Persian New Year
 March 20

Pub Night
 March 25

From the Desk of the Executive Director 🌸

As we welcome the month of March, we begin to see the signs of spring all around us. After what has felt like a long and heavy winter, the longer days and brighter sunshine bring a renewed sense of hope and energy to our home at Hilltop.

Winter often asks a lot of us. It can be a season of reflection, resilience, and at times, loss. Over the past few months, we have walked alongside families and residents through tender moments, particularly within our palliative care journeys. Providing compassionate, dignified end-of-life care is one of the most meaningful responsibilities we hold. I am deeply proud of our team for the gentleness, respect, and heartfelt support they show residents and loved ones during these times. To the families who have entrusted us with such sacred moments, thank you. It is truly an honour.

At the same time, spring reminds us that new beginnings are always possible. We have recently welcomed several new residents to Hilltop, and with each new arrival comes new stories, new friendships, and new opportunities to grow our beautiful, caring community. I encourage everyone residents, families, and team members to extend a warm Hilltop welcome and help our newest members feel at home.

March also brings fresh energy to our programming. As the snow begins to melt, we look forward to seasonal activities, brighter gathering spaces, and reconnecting with one another in celebration of the warmer days ahead. Spring symbolizes renewal, and here at Hilltop, we are embracing that spirit fully.

Thank you to our dedicated team, our supportive families, and our incredible residents who make Hilltop such a special place. Together, we continue to create life-enriching experiences and meaningful connections every single day.

Wishing you all a month filled with light, hope, and the promise of spring.

Warmly,
 Stella Annan
 Executive Director





Searching for March

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

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



AQUAMARINE

JONQUIL

RENEWAL

ARIES

LAMB

SPRING BREAK

DAYLIGHT SAVING

LION

ST. PATRICK'S DAY

EQUINOX

LUCKY

THAW

FRESH

PISCES

WINDY

HOLI

PURIM

WORM MOON



Outbreaks. How did we get there and how do we get out?

Who decides if the home is in outbreak?

Hilltop is required to report certain types of illnesses to our local Public Health Unit (ie, COVID-19, influenza, Norovirus.) If the home meets what is called a 'case definition' then our Public Health Unit will declare an outbreak in the home. This can be on a single unit or sometimes, the entire home.

When are outbreaks declared?

An outbreak is recognized if 2 or more residents have 2 or more symptoms of a transmissible infection, and it is occurring within a designated time frame and in a confined area or unit.

When are outbreak terminated?

Outbreaks are declared over when specific criteria have been met (i.e. 7 days without new cases for COVID, or 5 days for enteric/gastro infection.)

Who decides if the outbreak is terminated?

The home is required to follow the direction of our local Public Health Unit.

When Public Health gives us the 'all clear,' then we can remove our outbreak precautions.

What things are done in the home to stop the spread of infection?

Routine action to stop the spread of any infection are always present in the home. When we enter an outbreak, these actions go into overdrive to limit and/or stop the spread. Hand hygiene and respiratory etiquette are the most important infection control measures. Extra cleaning, routine screening for staff, limiting visitors on the outbreak units, as well as education for residents and visitors are also vital if any outbreak is going to be stopped quickly. Part of this is ensuring family members do not visit when feeling unwell as well self screening before visiting.

If you ever have any questions regarding outbreaks or infection prevention and control in the home, please reach out to our IPAC Coordinator Jill (ext.)

March Birthdays

In astrology, those born between March 1–20 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." Those born between March 21–31 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. For these eternal optimists, no odds are ever considered insurmountable.

Linda W - March 1

Maria B – March 7

Susan W – March 10

Alan S - March 13th

Barbara G - March 14th

Tadeusz M - March 15

David M -March 19th

Anne W - March 25th

Lenor M – March 26th

Monica A – March

Spring Cleaning

Please keep wardrobes tidy and the tops of furniture free of large, bulky items. Staff have identified certain rooms that require a purge - please continue to work with us to ensure a safe environment for all and start to switch out winter items for spring/summer items.

Looking for Donations

We are looking for Tea cups, and for a small upright Piano. If you have any you would like to donate please call Megan – Director of Programs ext. 114

Chaplin Chats

"In the bleak midwinter, frosty wind made moan, Earth stood hard as iron, water like a stone. Snow had fallen snow on snow, snow on snow. In the bleak midwinter long ago." - Christina Rossetti

For those of you who recognize this poem as the first verse of a well-known Christmas carol (actually my favourite), it is one that speaks to us as we prepare to say goodbye to winter and await the coming of spring. It also reminds us that we are not the first people to endure a cold and (sometimes seemingly) endless winter. This can be encouraging if we choose to look at it in those terms... spring does always come!

Let us remember that the hours of sunlight have been steadily increasing since the winter solstice in December, and we have had a couple of days that teased us with above zero temperatures. In our individual and communal lives, the coming of spring sees many celebrations and anticipated observances that are pivotal in various spiritual traditions. Some of these are listed below and will continue into next month as well. I couldn't help but smile when one of my friends from high school recently commented, "I'm giving up winter for Lent!" As we look forward to seeing the snowdrops and crocuses peeking through the frozen carpet. I offer my own haiku poem...

Beauty of the snow

Flowers sleeping underground

Welcome thoughts of spring

Continued blessings to you and yours...

Chaplain Daria

In Memory Of

Margaret M

Angie B

Antonio P

Cremilde B

Carol H

Lois G

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

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

~Henry Wadsworth Longfellow

March Observances

4th – Holi: Beginning on the evening of the full moon, followers of Hinduism hold celebrations for a night and a day to honour three deities – Lord Vishnu, Lord Krishna and the Goddess Radha. Festive meals and large joyous celebrations are shared, including people throwing brightly-coloured dye on each other.

4th – Hola Mohalla: A Sikh festival featuring martial arts, poetry and community gatherings.

17th – St. Patrick's Day: Originally a religious holiday commemorating the death of St. Patrick, the patron saint of Ireland who lived in the 5th century, this day has developed into a wider celebration of Irish culture.

21st – Naw-Ruz: This day begins the New Year for Persians and people of the Baha'i faith.

21st – Eid al-Fitr: One of the most important Islamic holy days – this marks the end of the month of Ramadan, celebrated with a feast and prayers.

31st – Mahavir Jayanti: This is the celebration of the birth of Lord Mahavira, the founder of Jainism, an East Indian religion that focuses on non-violence or harm to all living organisms.

Writer Extraordinaire Lynda

March Funnies

Philbert Frog won first prize in his company's annual puddle jumping contest.

Getting ready for a fun night out on the town, Willameana Rabbit purchased a new Hare brush, Hare comb and expensive Hare spray.

Ironically, Morton's bed springs broke on the first day of Spring.

Suzie decided to do some Spring cleaning and found dust bunnies under her bed that had taken on a life of their own and resented the intrusion.

Chuck the groundhog was forced into hiding after the media misunderstood his prediction for a shorter winter. He stated, "It was only a publicity stunt."

Robyn Robin was quite taken aback when she returned to the same nest that she made last year to lay her eggs and found out it had been sublet.

Mrs Duck was in a real flap when a nosey neighbor accused her of not having all her ducks in a row.

Mrs Betty Rabbit was called into her daughter's school after Billy Bunny pulled her daughter's hare in class.

After giving it some more thought, Reginald decided his get rich quick scheme of selling umbrellas in a rain forest was a bad idea.



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- ✓ Social Workers are **trained professionals** with a university degree at the Bachelor or Master's level.
- ✓ Social Workers' **specialized training** combined with our knowledge and experience makes it possible for us to understand, **advocate** for and assist residents with **complex challenges**.
- ✓ Social Workers do **more than just "talk"** with residents. We employ highly developed skills to help residents identify and address their psychosocial needs. We utilize various therapeutic approaches during assessments, counselling and psychotherapy.
- ✓ Social Workers help residents with challenges such as **adjustment**, depression, anxiety, grief/loss, **conflict mediation**, strained family or co-resident dynamics, problem-solving, ineffective coping, and connections with community supports/resources.
- ✓ Social Workers help **empower** residents to recognize and use their strengths and abilities, increase coping skills and find their voice.
- ✓ Social Workers offer **caregiver support** to residents' family/friends, which helps foster a supportive circle of care.
- ✓ Residents and family/friends can make a **referral** for Social Work support. Front-line staff can make a referral on a resident's behalf through Registered staff or their supervisor.

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



Congratulations to our January & Feburary Draw Winners!

Name of Giver:

Name of Receiver:

They have received a \$25 gift card for displaying the peopleCare Values!

Thank you for all you do!



Living the peopleCare Values

PEOPLE

Educate, Mentor, Recognize

Who have you recognized lately?

Mentoring = Leadership

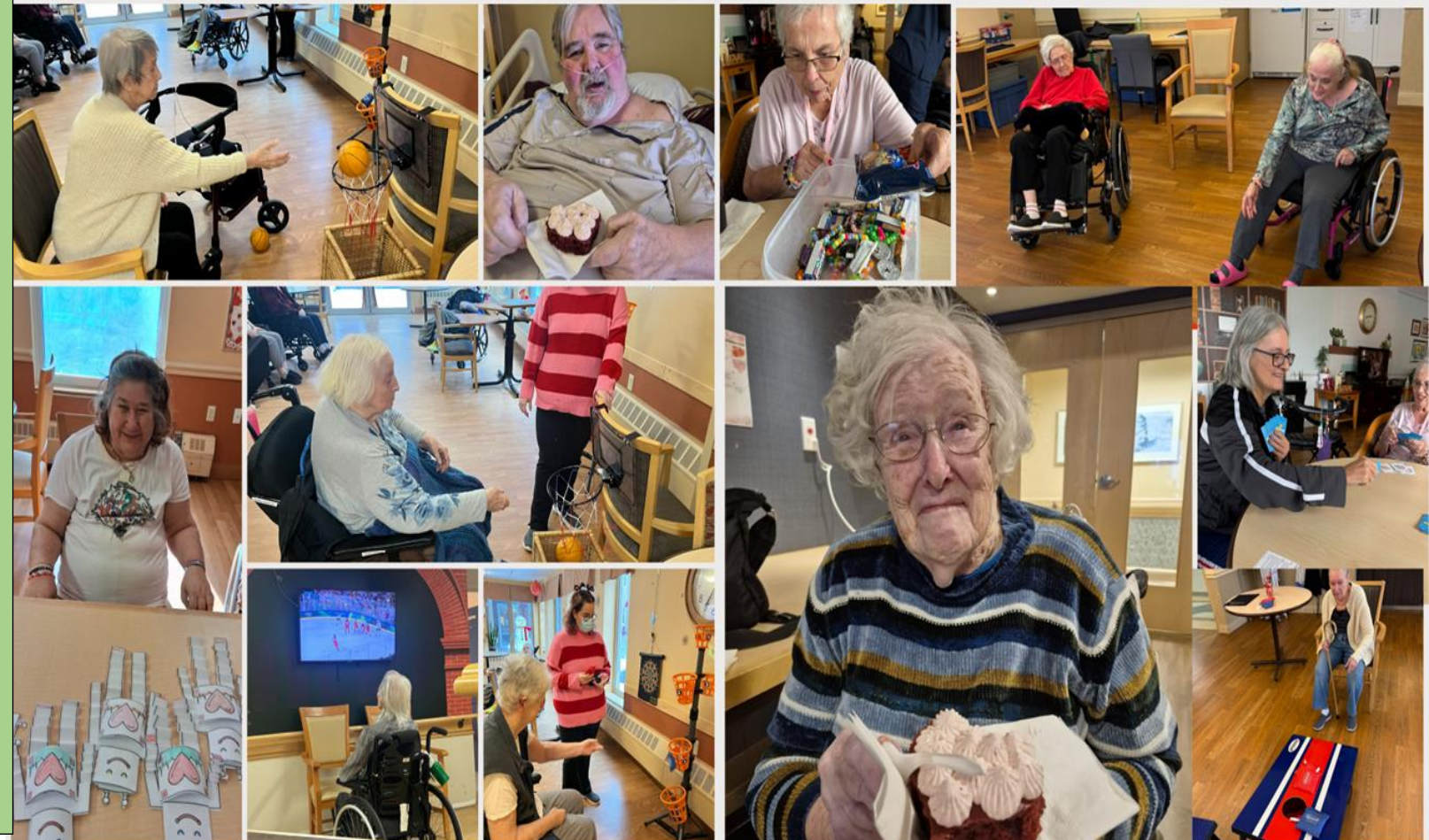
ATTENTION: All Pet Owners

With the nice weather we are expecting more pets to visit with loved one. with us please remember you are responsible for your pet's behavior at Hilltop.

From the animal handler agreement: Owner has the responsibility to ensure that:

Visiting animals must be under the full custody and control of a designated handler at all times and must be on a leash or similarly restrained while on the property.

Animals will be allowed in resident rooms only under strictly supervised conditions with expressed verbal consent that they wish to visit with the pet; considering that a roommate does not object and if the residents medical condition does not prohibit it.





February Follow-Up

Members of Leadership

Most of the leadership team joined us this evening to discuss their roles in the home as well as the time they have worked at Hilltop. Most of the management team was in attendance, with only a few absent. For a more detailed scope of their positions and roles, please reference our meeting minutes. These can be obtained via email or can be read in our Family Council minute book, which is located in the front lobby on the wall just past the hair salon.

Tina Cunningham - Chair of Family Council

The group in attendance passed a new code of conduct and terms of reference for our Family Council.

Discussions also included the inclusion of the Resident Council executive to help bridge the gap in communication. The upcoming meeting with our local MPP, Brian Ridell, is regarding the budget for providing food to the residents. First steps towards this major concern in long-term care.

Discussion on topics for a year

family Council of Hilltop Manor

Agenda

Wednesday, March 25, 2026 - Lower Level Training Room *3067 B for elevator

- **5:15 pm - Welcome and Meet and Greet- Coffee, Water and Snacks available**
- 5:20 pm - Settle in and take your seats
- 5:30 pm - Meeting to Begin - with FCO

- Introductions by Tina Cunningham
- Review of last month's meeting minutes? Approval and lock in.

Welcome, GUEST SPEAKER - Family Council of Ontario

Have you ever had questions about how a Family Council supports our home? Join us for a virtual meeting with the FCO liaison to learn what our Family Council is all about and how, as a group, we can support the home and the residents who reside here. Join us and bring along your questions.

- **Staff Liaison - Janira Lopez (Resident & Family Coordinator)**
- ---- Sharing of any specific updates from Management
- **Chair Family Council - Tina Cunningham**
- ---- Discussion of topics for our upcoming educational series
- ---- Planning of our May High Tea event for residents and families, etc.

Other Business

Open for Other business
Meeting Close and set date and Time for the April meeting



Who Is Family Council?

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 as a point person to share information communicated by staff, residents and loved ones
- Supporting the change in where fundraising monies are allocated

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 hear to listen and support ALL family members with their questions and concerns with regard to their daily or general experiences of Hilltop.

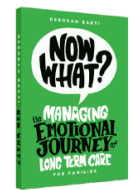
Contact: Tina Cunningham - for any questions: 519-240-1418

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one conversation at a time.

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A limited series podcast for families navigating seniors' care, hosted by Deborah Bakti, author of *Now What?*



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You're not alone.

The Empathy Exchange is a limited-series podcast created for you – a family member navigating this emotional journey.

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