



### Notable Quotable

“People still come up to me and ask me to sign their records. That’s right, records! Man, they don’t even make records no more!”

~ Al Green  
born April 13,  
1946

## April Horoscopes and Birthdays

In astrology, those born between April 1–19 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. As eternal optimists, no odds are ever considered insurmountable. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, are not shy about rewarding themselves for a job well done.



### Welcome to Hilltop

Mary Jane  
Don P  
James P  
Kathryn R  
Marilyn V  
Maria V



Susan K April 2<sup>nd</sup>  
Gary W April 3<sup>rd</sup>  
Donald W April 7<sup>th</sup>  
Marie W April 8<sup>th</sup>  
Kathryn P April 8<sup>th</sup>  
Edward Y April 9<sup>th</sup>  
Janet M April 9<sup>th</sup>  
Christel N April 10<sup>th</sup>  
Paul H April 11<sup>th</sup>  
Ralph P April 11<sup>th</sup>  
Leo B April 12<sup>th</sup>  
Joyce H April 13<sup>th</sup>  
Gordon W April 14<sup>th</sup>  
Paul S April 15<sup>th</sup>  
Manuel D April 18<sup>th</sup>  
Richard L April 19<sup>th</sup>  
Joan H April 24<sup>th</sup>  
Tina L April 25<sup>th</sup>

### Phone List

Reception Desk	100
Executive Director – Stella A	103
Office Manager – Jennifer	112
Nursing Staff Manager – Kim & Divyesh	104
Director of Care – Maureen	222
Director of Resident Care – Sharon	117
Director of Resident Care – Rubab	204
Director of Resident Care – Arden	303
Director of Nutrition – Janil	105
Director of Recreation – Megan S	114
Physio - ARVAN Group	107
Housekeeping and Laundry Manager – Vishav	108
Resident and Family Coordinator	
Hair Salon	136

# Newsletter Title

April 2026

**Celebrating April**

**Hilltop BINGO**  
April 3

**Smiles Theatre**  
April 4

**Easter Church Service**  
April 5

**Easter Drop In**  
April 6

**James’s Magic Moments**  
April 22

**Earth Day**  
April 22

**Spring Bake Sale**  
April 29

**Memorial Service**  
April 30

**peopleCare communities**

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





## Last Month Notes

Tina Cunningham -  
Chair of Family Council

Welcomed those in attendance then we moved into a on line Training Session with Family Councils of Ontario. We were joined by Natasha Dupis and Heather Webster. The group was well informed of the various support systems offered through FCO. We learned that our group overall is happy with how most of the family concerns are dealt with at the the management level. We would however like to see a bit more transparcy and lead sharing of the regular on-goings in the home prior to always having to ask first.

In follow up to our meeting with our local MPP Brian Riddell with regard to the current funding envelope for food supplies. We left after a progressive meeting to wait and see what the budget offered us on March 26<sup>th</sup>. Next steps will go from there.

Our group will move towards trying to connect and build a regional network of Family Councils

# family Council

of Hilltop Manor

## Agenda

Wednesday, April 29, 2026 - Lower Level Training Room \*3067  
B for elevator

- 5:30 pm - Welcome and Meet and Greet- Coffee, Water and Snacks available
- 5:45 pm - Settle in and take your seats
- 6:00 pm - Meeting to Begin

- Introductions by Tina Cunningham or PeopleCare Leadership
- Approval of last meeting minutes

### Welcome GUEST SPEAKER - New Manager of Housekeeping

Have you ever had questions about the roles of our Housekeeping staff. When a regular clean takes place compared to a deep clean. Rotations of staff etc. Vishau will share the various duties and support systems that isin place for your loved ones.

### Followup and Updates:

Executive Director Report -Stella Annan  
Staff Liaison - Megan Stratton ( Intern Director of Programs)  
Chair Family Council -Tina Cunningham

### Other Business

Meeting Close and set date and Time for the May meeting



## 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 hear 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:

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

# April Resident Council Meeting

What do you want to talk about?



April 21<sup>st</sup> at 2:00pm  
Preston Dining room

## Council Members

President: Agnes (4th floor)  
Vice President: Grenville (1st floor - Galt)  
Brian: Treasurer (1st floor - Preston)

Reach out to your council representatives with your thoughts and questions.

# Welcome Animal Visitors to Hilltop Manor



Our residents truly enjoy visits from family pets, pet therapy programs, and animal encounters organized by our Recreation Department. These special visits provide comfort, companionship, and meaningful support for residents' mental and emotional well-being.

## Restricted Animals

For infection prevention and safety reason, the following animals are not permitted:

- Reptiles and Amphibians
- Poultry and Birds
- Small rodents such as hamsters, gerbils, guinea pigs, rats, mice or hedgehogs

In the interest of safety, animals that are incompatible or pose safety risks must be supported by documentation and approval before being brought into the home.

## Before your First Visit

- Contact Megan, Director of Programs (DOP), to complete required documentation prior to your visit
- Ensure your pet is calm, well-trained, and responsive to verbal commands
- Do not bring pets that are easily stressed, overly excitable, or prone to loud behavior

## During your Visit

To ensure the safe and enjoyable experience remains for all, please review, respect, and follow these guidelines. Bathe your pet the night before your visit

- Wipe down your pet beforehand to reduce dander
- Ensure nails are trimmed and smooth (booties are welcome!)
- Bring water for your pet
- If you would like a quiet or private visiting space, please speak with the DOP or your DRC

## Helpful Recommendations

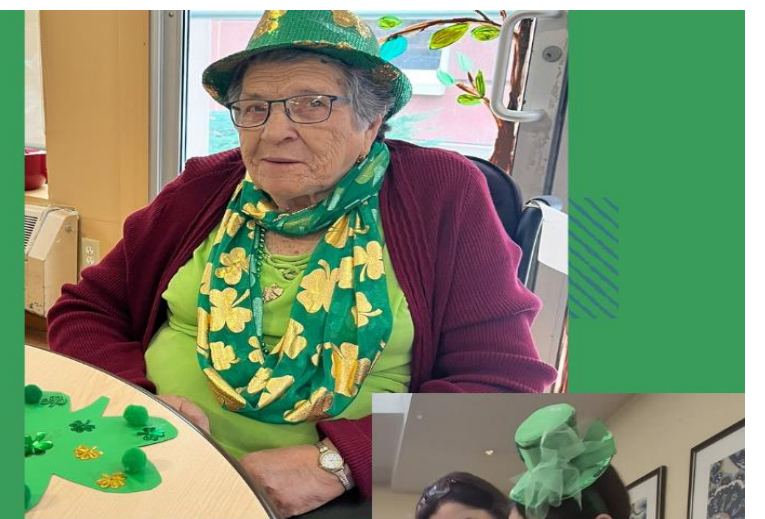
- Visit only with your loved one while your pet is in the home
- Keep your pet on a short leash or in a carrier when moving through the building
- Do not bring your pet if they are unwell
- Be mindful that some residents and staff may have allergies or may feel uncomfortable around animals
- If your pet has an accident (urine, stool, or vomiting), notify a staff member immediately so proper cleaning procedures can be followed

By following these health and safety guidelines, you help create a safe, respectful, and enjoyable environment for all residents, staff, and visitors.

*Thank you*

Jill Kropf, IPAC Coordinator

# Happy St. Patrick's Day



HAPPY



ST PATRICKS



# Happy DAY! St. Patrick's

## Chaplin Chat

“... *The colours of the rainbow, so pretty in the sky  
Are also on the faces of people going by.  
I see friends shaking hands, saying ‘How do you do?’  
They’re really saying...*”

I wonder how many people began humming or even singing the lyrics quoted above? It is a song that usually puts a smile on the faces of those assembled for sing-alongs, spirit circle gatherings or even memorial services here in our home. The writers of the song - Bob Thiele and George David Weiss - wanted to respond to the ‘deepening national traumas of the Kennedy assassination, Vietnam, racial strife, and turmoil everywhere’. They wrote the song in 1967 for Louis Armstrong, inspired by his ability to bring together people of different races. While the song enjoyed great popularity in the UK after being recorded, it took a bit longer to receive attention in the USA, but eventually earned a place in the Grammy Hall of Fame in 1999. Since 2004, the month of April has been designated as *Diversity Month*. With the increase of new faces from all over the globe in our midst, we can experience different styles of clothing, different ways of preparing foods, and different ideas about spirituality. I see this as a wonderful opportunity to learn about beliefs and traditions of our neighbours - those next door, across the country and around the globe.



We must be willing to try to understand our neighbours so that we may live together peacefully... not always an easy task, but I think it is well worth the effort. And the words to finish off the quote above? If you don’t know it already: ‘*I love you!*’

### April observances ...

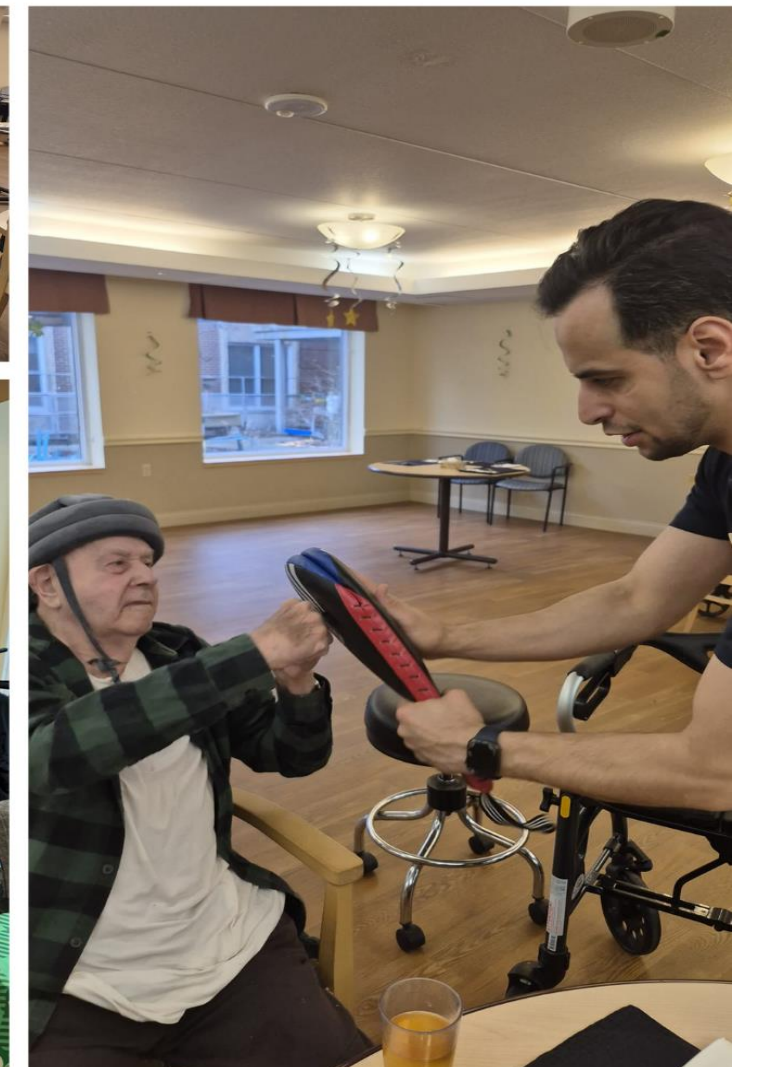
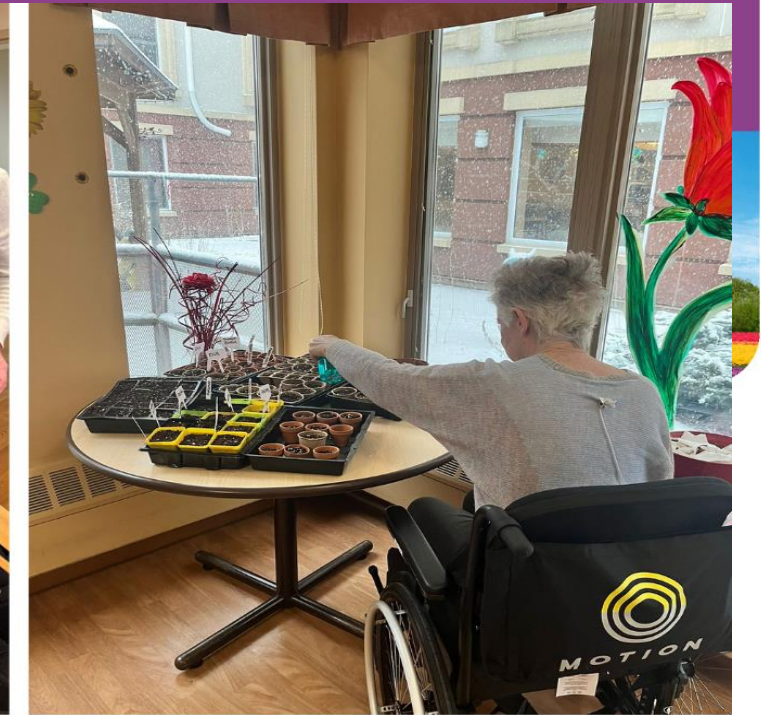
April 2: **Memorial of Jesus’ Death** is observed by **Jehovah’s Witnesses**, commemorating the death of Jesus Christ.

April 2-9: **Passover** commemorated by followers of **Judaism**, includes special meals (seder) and recounting stories of the deliverance from slavery of the Jews from Egypt during biblical times.

April 5: **Easter Sunday - Christians** celebrate Christ’s Resurrection. Preceded by **Holy Week**, including **Palm Sunday** - March 29 (Christ’s entry into Jerusalem), **Maundy Thursday** - April 2 (Last Supper), and **Good Friday** - April 3 (Christ’s Crucifixion).

April 14: **Vaisakhi** is an ancient festival for **Hindus** and **Sikhs** that simultaneously celebrates the Solar New Year and spring harvest. Feasting and dancing play an important part in this observance, as well as sharing with those less fortunate.

Continued blessings to you and yours... Chaplain Daria





Living the peopleCare  
Values

# GROWTH

**Embrace Change,  
maximize Opportunity**

Are you the best you can  
be?

Knowledge=Growth  
Learn something new  
today!

*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



# Nowruz



# Persian New Year



### April Funnies

According to information gained through an unidentified source, tax season was meant to be an April Fool's joke. Unfortunately, the government has decided to take it seriously.

Edward Bear decided to take a refreshing walk in the Spring rain, wearing his brand-new yellow rain slicker and rain hat and was mistaken for Winnie the Pooh.

Harry grumbled and complained when all the neighbourhood frogs decided to use the puddles in his driveway as a swimming pool and a place to sunbath.

Sally Brown thought she should start her Spring cleaning before the dust bunnies multiplied even further and took over her home completely.

Mable announced that Spring was not the season to be jolly after numerous family members tracked mud on her newly washed kitchen floor.

Arnold blessed the city multiple times when he accidentally stepped into a six-foot-deep skink-hole in the middle of the road, thinking it to be a mud puddle.

Charlie thought it was a rainy day and refused to go outside. Later, he realized his neighbour had left his lawn sprinkler pointed directly at his front door security camera.

On a windy day, Mildred, being a wee little bit of a thing, rose several feet in the air while trying to deliver two dozen helium balloons to a birthday party.



## From the Desk of the Executive Director

Dear Residents, Families, and Community Members,

As April arrives, we are greeted by the refreshing rains of spring. This season offers us a wonderful opportunity to reconnect with the outdoors, spend time together, and appreciate the vibrant community we share.

Over the past month, we enjoyed several special moments together. Our St. Patrick's Day brunch was a wonderful success. A big thanks to our Social Committee it was filled with great food, laughter, and a strong sense of community spirit. It also provided a meaningful opportunity to recognize and thank our staff for the compassion, commitment, and hard work they bring to our residents each and every day.

We were also delighted to celebrate the start of spring with a Persian New Year gathering alongside our residents. This celebration embraced the spirit of renewal while honouring the cultural diversity that makes our home so special, particularly as it coincided with Eid and allowed us to recognize and celebrate with our staff observing this important time.

I am very proud to share that our home has been recognized by the Ontario Long Term Care Association (OLTCA) for excellence in resident engagement. This recognition highlights the success of our weekly karate program and the meaningful sense of purpose and engagement it brings to our residents. This achievement reflects both the enthusiasm of our residents and the creativity and dedication of our team.

April is Volunteer Recognition month, and I am pleased to welcome several new volunteers to our community Kushi, Kabir, Karen, Jenny, and Sarah. At the same time, I would like to extend my sincere gratitude to our long-standing volunteers, Catherine, Fr. Michael, Fr Gary, Rev. Fran, Susan, Mira, John, Estefania, and Ava as well as our Youth Volunteers: Alianna and Eva. Your continued support and generosity of time truly enrich the lives of our residents. Our volunteers contribute in many meaningful ways, from friendly visits, church services, and end of life support to reading programs and dining room support. They help foster a warm, inclusive, and welcoming environment that reflects the very heart of our home.

As we look ahead, we will also be celebrating Earth Day with a spring clean-up of our building and courtyard an opportunity to care for our shared environment while coming together as a community. Spring is a season of renewal, and I look forward to all the moments of connection and joy it will bring.

- Stella A-

# COMMUNITY VOLUNTEER

## INCOME TAX PROGRAM

Clinics run 9:30 AM- 11:30 AM & 1:30 PM-3:30 PM

### ABOUT CVITP

*The CVITP is a community organization that hosts FREE Tax Clinics where volunteers complete tax returns for residents with a modest income and a simple tax situation.*

### DATES

Thursday April 16th- 10 spots available

Thursday April 23rd- 10 spots available



### ELIGIBILITY

- Under \$40,000 Income Threshold
- Receiving Employment income
- Receiving CPP, OAS, Disability Insurance, Employment Insurance & Social Assistance
- Registered Retirement Savings Plan
- Scholarships, Fellowships, Bursaries, Grants
- Interest (under \$1,200)
- **NOT RECEIVING INTERNATIONAL INCOME**

## Lost and Found

Unlabeled clothing and blankets will be on display from April 1<sup>st</sup> to April 5<sup>th</sup> in the Library (on the first floor by the elevators). Please take a peek and ensure you get your lost items labeled.



Items not claimed will be donated to the local donation center

# CELEBRATING VOLUNTEERS

Volunteer Week is a time to celebrate and thank Canada's 12.7 million volunteers. Join Volunteer Canada on April 15-21, 2025 to recognize the contributions of volunteers in our communities.

Volunteering is often seen as a selfless act; a person gives their time, skills, experience, and passion to help others, without expecting anything in return. And while volunteering is a form of service, many volunteers will tell you that "you get more than you give". From opportunities to develop new skills, to finding deep and meaningful personal connections, the magic of volunteering is that it creates social and economic value for all.

*Hilltop Thanks you all*