



June Horoscopes and Birthdays

In astrology, those born between June 1–20 are Gemini's Twins. The Twins represent communication and interaction. Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues. Those born between June 21–30 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. Cancers are tenacious in their pursuit of domestic harmony.

All June Birthday Residents are welcome to join us for a Birthday Luncheon on June 23rd in the Speed River Lounge.

Christine K	Jun 01
Maria P	Jun 03
Lyn V	Jun 03
Eleanor B	Jun 06
Janina R	Jun 07
Carol F	Jun 11
Iris M	Jun 13
Lucy O	Jun 16
Adda R	Jun 18
Wayne S	Jun 18
Maria V	Jun 20
Bob S	Jun 21
Paulina R	Jun 22
Donald J	Jun 22
Gerry H	Jun 23
Terry O	Jun 23
Robert R	Jun 24
Mary Jane M	Jun 30

Notable Quotable

"Life literally abounds in comedy if you just look around you."

~ Mel Brooks



*Gordon H
Willam P*

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



Hilltop Herald

June 2026

Celebrating June

Pride Month

Cruise Week
June 16th - 19th

Suzie Q
June 10

Molly Kwle Drag Show
June 19

Father's Day & First Day of Summer
June 21

Birthday Party
June 26

Canada Day Celebrations
July 1st

peopleCare Hilltop | 42 Elliott St | 519 621-3067



Congratulations to our Value Award Winners

At peopleCare, our Vision is "To change the world of senior living," and our Mission is to "Create beautiful, caring communities for life-enriching experiences for residents, their families and everyone touched by our services." These words are more than a statement they are reflected every day in the kindness, compassion, and dedication shown by our team members.

This year, as we recognize our nominees and winners, we celebrate those who truly embody the peopleCare Values of People, Professionalism, Excellence, Integrity, and Growth. These individuals go above and beyond to create meaningful moments for our residents, support their coworkers, and make our communities feel like home. Through their patience, warmth, leadership, and commitment to care, they help bring our mission and vision to life in ways both big and small.

The impact they make is felt not only by the residents we serve, but also by families, coworkers, and everyone who walks through our doors. Whether through a comforting conversation, a helping hand, or their unwavering dedication to excellence, these nominees remind us what compassionate care truly looks like.

We are sincerely grateful for the time, expertise, heart, and energy that each nominee brings to peopleCare every single day. Thank you for the difference you make and for helping create the caring, supportive, and enriching Environment that defines our communities.



Chaplain Chit Chat...

♪ “So long, farewell, auf wiedersehen, goodbye...” ♪

I am willing to bet that a good percentage of the folks reading the quote above will have a very clear image coming to their mind... a group of 7 young people standing on a grand indoor staircase of a sprawling stately home, bidding party guests a good night. Their goodbyes were bittersweet – wanting to stay but knowing that wiser ones were saying, “It’s time.”

On January 4, 2017, I embarked upon a journey as spiritual care provider (chaplain) here at Hilltop Manor, and on May 30th I will move on to a new journey. For nearly 9.5 years, it has been a privilege for me to support residents, their families and staff during days of both contentment, fulfilment and challenge. We have experienced many changes over the years - many joys and sorrows - but as we persevered together, I have felt supported and appreciated at Hilltop Manor. My work here has strengthened my belief that everyone needs to be listened to and heard without judgement or bias... and that spiritual care is still a much-needed component of health care.

To my co-workers (in all departments), I offer sincere thanks for making me laugh, for making me feel loved, and for challenging me and encouraging me to do my best. I hope that I have been able to do the same for you.

To the residents and your families, I thank you for the honour of affording me your trust. As I enter retirement, the smiling faces and compassionate hearts encountered here will stay with me and remind me for years to come that I am truly blessed.

News of my replacement will come in the near future and I am confident that you will welcome them with the same openness and cooperation that was shown to me.

I leave you with the words of our Spirit Circle blessing song (written by former chaplain Ellen) that we shared as we ended our time together each week...

“May God bless my good friends;
may you feel a smile inside and know you’re not alone.”

Peace and blessings to you and yours! Chaplain Daria



To everything there is a season....

Ecclesiastes 3:1-12

Greetings Hilltop Community!



As we move through seasons of change, we are reminded that life continually invites us into new beginnings. Retirement is one of those sacred transitions — a time to reflect on years of service, relationships, growth, and purpose, while also opening the door to fresh possibilities, rest, discovery, and renewed meaning.

As you know, Chaplain Daria is retiring at the end of May. We wish her all the best, give thanks for the care and compassion she has shared with our Hilltop families and staff throughout her 9 years with us, and I would like to pray God’s blessings over her as she enters this new chapter in her life.



Congratulations on your retirement Chaplain Daria, you will be missed!



In spiritual care, we recognize that every transition carries both gratitude and uncertainty. Whether beginning a new chapter after retirement, starting a different role, or simply embracing change in our personal lives, we are invited to honour the journey that brought us here and the hope that guides us forward.

With that being said, I would like to take a few minutes to introduce myself to you, my name is **Chaplain Cheryl**, and I feel truly blessed to serve as your new Spiritual Care Coordinator here at Hilltop!

Over the past few weeks, I have had the opportunity to meet many of you in the various spiritual care programs, and while visiting on the home areas with Chaplain Daria.

I look forward to meeting each of you in the coming weeks and learning how I can support you in your faith and spiritual journey to finding meaning, hope and joy in your daily life.



In the meantime, if you have a spiritual care need, I can be reached by email by visiting this link: spiritualcareHT@peoplecare.ca



If you would like to learn a bit more about me, I have attached my bio for anyone who would like to give it a read.

JUNE IS PRIDE MONTH



As we enter into the month of June, we have the opportunity to celebrate Pride Month — a meaningful reminder of the beauty and strength found in diversity, authenticity, and inclusion. We affirm the dignity and worth of every person and acknowledge the importance of creating communities where all individuals feel welcomed, respected, safe, and valued for who they are.

Our differences enrich us. Every culture, identity, story, faith tradition, and lived experience contributes to the compassionate community we continue to build together. Inclusiveness is not only a value; it is a practice of listening deeply, caring generously, and walking alongside one another with empathy and understanding.



As we celebrate retirements, honour new beginnings, and recognize Pride Month, may we continue to cultivate spaces of belonging, kindness, and hope. May we encourage one another to live authentically, embrace change with courage, and support one another through every season of life.



Wishing everyone a joyful and meaningful month ahead!

Peace be with you,
Chaplain Cheryl





Welcome Cheryl



With a calm presence and a heart rooted in compassion, I have the privilege of walking alongside individuals, couples, and families through life's most meaningful moments—from beginnings to endings, and everything in between.



Spiritual Care

For over twelve years, I have served as a Spiritual Care Practitioner in retirement and long-term care communities, offering an ecumenical approach to spiritual care and programs. I walk alongside individuals and their loved ones, supporting joy, meaning, and purpose at all stages of life and offering compassionate care through the end-of-life journey.



Ministry & Leadership

I am actively involved in serving as the Women's Ministry and Family Care Ministry Leader, and on occasion, preaching the Sunday message at my home church, Breslau Evangelical Missionary Church. I am currently pursuing a Master's Degree in Theological Studies at Conrad Grebel, University of Waterloo. I hold a Bachelor's Degree in Religious Education and Counselling from Emmanuel Bible College and a diploma in Social Services from Conestoga College. My background in the Social Services sector has been deeply rewarding and continues to shape my work today.



Celebrating Life's Moments

I am an award-winning Wedding Officiant & Coordinator, Relationship Coach, Funeral Celebrant, and End-of-Life Doula. I have officiated over 500 wedding ceremonies and services and have had the honour of walking alongside several hundred individuals and their loved ones at the end of life. I am passionate about celebrating love in all its forms and embracing the richness of diversity in life, culture, and spirituality. My approach is grounded in empathy, genuineness, and care—creating space for connection, reflection, and celebration, always honouring each person's unique story.



Life Outside of Work

I cherish time with my daughters, Hailey and Jorja—taking day trips and exploring new adventures, singing (way too loud!) at our favourite concerts, an evening at the theatre, or catching a great film. I find peace in the beauty of creation in nature, whether it's a beach day with my girls or a trail walk with my shepherd, Bailey. I also cherish the simple moments: a good book, a warm cup of coffee, and time in solitude.

I feel so blessed to be part of the peopleCare family here at Hilltop and look forward to getting to know each of you!

Guided by

- Compassion
- Empathy
- Respect
- Hope
- Connection
- Celebration

"The greatest gift we can give to one another in this life is our time."

Join the Resident Council at Hilltop Manor



June 16th at 2:00pm

President Agnes Laing
Vice President Grenville White
Treasurer Brian Butler

All residents are invited to become members to learn about current issues, food supplies, and policies in Preston Dining Room.

We would like to extend a thank you to the families of Hilltop with the donations of rafflebaskets and money for the Spring Market.

Congratulations
TO OUR
VALUE AWARDS
Nominees!



YOUR COMPASSION. YOUR DEDICATION. OUR COMMUNITY. ♥

These incredible team members have been nominated for our Value Awards in recognition of their **compassion, dedication, teamwork, and commitment** to resident-centered care.

Every day, they go above and beyond to support our residents, families, and one another, creating a community filled with kindness, respect, and excellence.

We are so proud to recognize each nominee for the meaningful difference they make every single day. Thank you for your hard work, your caring hearts, and the positive impact you bring to our peopleCare family. ♥



Congratulations to all of our nominees - your efforts do not go unnoticed! ♥

peopleCare communities

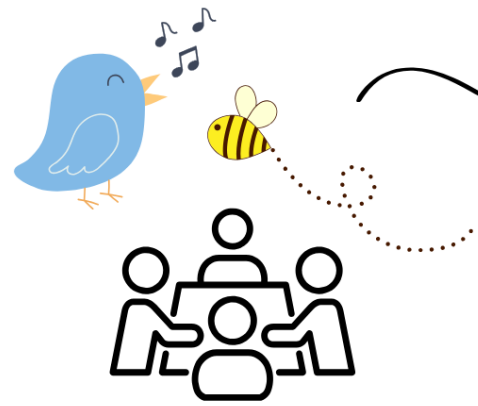
VALUES AWARDS

Congratulations
Winners

- Bhawanpreet Kaur - People Award
- Dhruvin Patel - Professionalism Award
- Meaghan Morris - Professionalism Award
- Yvette McCullough - Excellence Award
- Subham Singh - Growth Award

Award Luncheon with take place May 20th 2026

See your email for more details



family Council of Hilltop Manor



Welcome GUEST SPEAKERS/INVITED GUESTS

Sharon Khan -

Director of Resident Care - Incontinence

*** Discussions re the NEW Incontinence Briefs/Undergarments

How are you finding the new products working or not working for your loved one? Please come and share your experiences with the team.

Rubab Qureshi -

Director of Resident Care - Falls and Alarms

*** Discussions re monitoring alarms for safety
Ever wonder what the wait and response times are for those call bells? Also how are the resident wheelchair/Walker alarms monitored?

Follow-up and Updates:

Executive Director Report - Stella Annan
Family Council - Family/Resident Info. Fair

Join us this evening for discussions and planning for our upcoming INFORMATION FAIR in August 2026. Who or what types of speakers would you be interested in? - Physio, Pharmacy, Behaviour Support, Recreation, POA's, Substitute Decision Makers, MAID, Residents Rights, Family's Rights, Transportation, LTC- Next Steps. We are looking for your input.

The format will consist of a 4 - 6 hour day offering rotating information sessions from different speakers. Locations will be throughout the building where participants will rotate and move on a planned schedule. Help Us Help You

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

familycouncilhilltopmanor@gmail.com

Agenda

Thursday
JUNE 11th

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

Meeting to Begin

Thank You!

To Our Friends at



St. Vincent de Paul

We would like to extend our sincere gratitude for your generous donation of a wheelchair for our residents.

Your kindness and support make a meaningful difference in the comfort, mobility, and quality of life of those we care for each day.

Acts of generosity like yours remind us of the strength of community and the impact that compassion can have on others. The wheelchair will be greatly appreciated and put to good use by our residents and staff alike.

Thank you again for your continued support and generosity toward our home and community.



With heartfelt appreciation,

The Residents and Staff at
Hilltop Manor



Thank you for helping us make every day a little better for those we serve.



COMPASSION ♥ DIGNITY ♥ RESPECT ♥ COMMUNITY

Hello JUNE!



SUMMER IS HERE!

We look forward to warmer days, outdoor visits, special events, themed activities and making more meaningful memories together.



HAPPY FATHER'S DAY!



To all the fathers, grandfathers, brothers, sons and mentors in our home—thank you for your love, wisdom, strength and the meaningful impact you make every day.



CELEBRATING THE MEN WHO MAKE A DIFFERENCE IN LONG-TERM CARE



From nursing and recreation to dietary, housekeeping, maintenance and leadership roles, our male team members play an important role in the care, comfort and well-being of our residents every day.



Compassion, patience and kindness come in many forms.



Whether sharing a laugh, lending a hand or offering a listening ear, your presence truly matters.



Thank you for the care, commitment and positivity you bring every day!



Thank you!

To all of our team members for the care, teamwork and commitment you bring every day.



Caring for those who care for others.

Hilltop is a **0 HARASSMENT**

Respect. Dignity. Belonging.
Every person. Every day.

At Hilltop, we build healing relationships grounded in respect, trust and partnership. Harassment has no place here. We are committed to a safe, caring and inclusive environment for everyone—staff, residents and families.



INSPIRED BY DEBORAH BAKTI'S RELATIONAL APPROACH

When we lead with empathy and communicate with kindness, we create connection, resolve conflict and strengthen relationships.



WE CHOOSE RESPECT

We speak and act with kindness and professionalism. We value each person and their unique story.



WE BUILD PARTNERSHIPS

We work together with residents and families as partners in care. Everyone's voice matters.



WE COMMUNICATE WITH CARE

We listen, ask questions, and speak up—respectfully and respectfully.



WE TAKE RESPONSIBILITY

We all play a role in creating a safe and supportive environment.



OUR PROMISE

Zero tolerance for harassment. Always.

Harassment can be verbal, physical, written or electronic. It may be intentional or unintentional. It is never acceptable.

Speak up. We will listen. We will act. Together, we create a culture of care.



SPEAK UP. WE'RE HERE TO LISTEN.

If you experience or witness harassment, please speak with:

- Your Manager
- Any Leader
- People & Culture



Together, we honour the dignity of every person and the sacredness of our relationships.

Thank you for being part of Hilltop.



We see you. We value you. We're in this together.



Caring for those who care for others.



Compassionate care. A community of care.



CRUISE Week

JUNE 16TH TO 19TH

SET SAIL
FOR FUN!
DRESS UP.
SHOW UP.
MAKE WAVES!

DAY 1 *Welcome Aboard*
LET'S KICK OFF CRUISE WEEK!

DAY 2 *Mediterranean and Blue & White Spirit Day*
VIBES OF THE MEDITERRANEAN!
WEAR BLUE & WHITE!

DAY 3 *Caribbean*
GOOD VIBES. TROPICAL TIDES.
ISLAND PRIDE!

DAY 4 *Hawaii and Bright Colour Spirit Day*
ALOHA VIBES!
WEAR BRIGHT COLOURS!

BE PART OF THE CREW.
MAKE MEMORIES. ENJOY THE VOYAGE!

June Funnies - Lynda F. Hilltop Resident

A group of various disgruntled bugs got together to discuss why June Bugs shared the title of a month. A house fly piped up and grumbled, "Yeah and what about those May flies? What's up with that and don't even get me started on those flies that light up at night!"

Gilda was in for a nasty surprise when she bought pepper spray thinking it was something to put on her potatoes as a seasoning.

Recently it was discovered that the reason snail mail is so slow is due to the fact that it is being sorted by actual snails. When contacted, the postal service quickly replied, "No comment."

The three little pigs and a beaver got together to build a series of log homes. They are now living high off the hog.

Just to throw off his neighbors, Waldo carved out three pumpkins, lit them up and stuck them in his front window on the fourth of July.

A group of pigeon-toed pigeons broke into a feed store. When questioned, they openly stated that they were tired of the slim pickings at the park and were looking for greener pastures. They were given community service hours, white washing fences.

Enjoy a wonderful Summer and make hay while the sun shines.
Signed your friend, the amateur comedy writer.