



Notable Quotable

“The secret of staying young is to live honestly, eat slowly, and lie about your age.”

~ Lucille Ball, born Aug. 6, 1911

August Horoscopes and Birthdays

In astrology, those born between August 1 and 22 are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals. Those born between August 23 and 31 are Virgos. Virginal Virgos are considered shy, pure of spirit, and self-sufficient. They take incredible pride in their work, show diligent habits, and are well respected in their circles.

Jane C	Aug 02
Michael M	Aug 03
Marie W	Aug 04
Jim Perry	Aug 04
Jim Cowan	Aug 05
Pamela C	Aug 08
Violet L	Aug 10
Stan K	Aug 11
Joao M	Aug 11
Irene A	Aug 12
Patricia N	Aug 16
Margaret F	Aug 16
Erwin J	Aug 17
Eugenia T	Aug 21
Donna H	Aug 23
Millie R	Aug 25
Betty Y	Aug 28
Diane W	Aug 28



In Memory Of

Marion N

Eduardo P

Jose P

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

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

August 2026

Celebrating August

Read a Romance Month

Golf Month

**Lunch at LA Franks
August 5**

**St Jacobs Market
August 13**

**August Birthday Party
August 19**

**Resident Council
August 18**

**Resident BBQ Lunch
August 21**

**Resident Car Wash
August 21**

**LA Franks Lunch
August 27**

peopleCare communities

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



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FROM THE DESK OF THE
Executive Director

Thank You! Christmas in July



A heartfelt thank you to everyone who helped make our Christmas in July celebration such a wonderful success! Seeing residents, families, volunteers, and team members come together to celebrate, laugh, and create lasting memories was truly special. Your participation and support highlighted the strong sense of connection that makes Hilltop Manor feel like home.



We're excited for
**peopleCare
Camp!**

SEPTEMBER 11-18

Camp Week is one of the most anticipated weeks of the year, filled with outdoor adventures, themed activities, entertainment, and plenty of opportunities for residents to enjoy the great outdoors.

We can't wait for a week full of memories, fun, and connection for everyone!



You're Invited!

Join us on
**THURSDAY,
SEPTEMBER 18**



WALK TO WELLNESS

Proudly concluding -
RESIDENT COUNCIL WEEK

The Walk to Wellness brings Resident Council Week to a close as we celebrate the residents and family members whose voices, dedication, and involvement help make Hilltop Manor feel like home.

Thank you for your continued support and for helping us create a community where residents thrive, families feel connected, and meaningful moments are made every day. We look forward to celebrating with you throughout Camp Week and on September 18!

From Stella Annan
EXECUTIVE DIRECTOR, HILLTOP MANOR



A TIME TO CELEBRATE

We celebrate the residents and family members whose voices, dedication, and involvement help make Hilltop Manor such a welcoming and vibrant place to call home.



OLTCA AWARDS CELEBRATION

Recognizing excellence in long-term care and the incredible people who make our community so special.



LOCAL POLITICIANS IN ATTENDANCE

We are honoured that several of our local elected officials will be joining us for this special celebration.

*Together, we
celebrate the
people who make
Hilltop Manor
such a caring,
vibrant and
welcoming place
to call home.*



EXCELLENCE

Exceed Expectations
Living the peopleCare Values

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

Strive to be better than the
rest

peopleCare Is here for you!

peopleCare recognizes that we cannot thrive without the hard work and dedication our employees make every day in all 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
- Disaster Relief Fund

HEARTbeats

Congratulations to our June
Draw Winners!

Fummi & BDS

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

Thank you for all you do





ANNUAL CAMPING RETREAT

At Hidden Acres

September 8th -11th

Campfires - Outdoor Games - Music - Connection

We are recruiting residents who are ready for a fun few days at Hidden Acres Retreat Centre this September! Day and overnight trips available - resident sleeping quarters are shared rooms.

To sign up please talk to or call the
Director of Program Megan at 519 621 3067 x114



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Spiritual Care Newsletter

AUGUST 2026

Resting in the Beauty of Creation



August invites us to slow down and notice the abundance that surrounds us. Gardens are full, trees offer generous shade, birds continue their songs, and long summer days remind us to pause and breathe in the beauty of creation. Whether we spend time outdoors, on a balcony, or simply looking out a window, nature offers quiet moments that can nourish the spirit.



This past month, I joined our residents and Recreation team on a stroll to the park. This was a perfect opportunity to lead the group in the spiritual practice of guided meditation, expressing gratitude to God/Our Creator, and to experience the beauty in creation by engaging the five basic human senses of sight, sound, smell, taste and touch. (That is until the construction trucks came onto the street and disturbed our peaceful meditation!)



Many faith traditions speak of creation as a gift—one that reflects beauty, wisdom, and care. The changing seasons remind us that life moves in rhythms of growth, rest, change, and renewal. Summer's warmth encourages us to be present, to appreciate simple joys, and to recognize the sacred in everyday moments.



During our Spirit Circles, I have encouraged our residents to begin each new morning with gratitude and to connect with creation. Notice the colours of a flower, the movement of clouds, the sound of rain, or the warmth of the sun. These small moments can become opportunities for gratitude, prayer, meditation, or peaceful reflection.



As we enjoy the final weeks of summer, may we find rest for our bodies, renewal for our spirits, and hope in the beauty that surrounds us. May the gifts of creation remind us that we are connected to one another, held to live with gratitude each day.



I encourage each of you to share in this daily spiritual practice, and reflect on the following:



What part of nature brings me the greatest sense of peace?



Where have I experienced wonder or gratitude this summer?



How can I care for myself, others, and the world around me?



From Spiritual Care
Cheryl S

Thank you for allowing me
to walk this spiritual journey with you.



August Funnies Lynda F. Resident

Harold was so excited when he opened his fortune cookie and thought it said he was going to find a piece of gold bouillon, but when he put on his reading glasses he realized the fortune cookie actually read, "You are going to find a piece of chicken bouillon."

The tomato juice company thought they had come up with a brilliant idea when they used a skunk in its advertising campaign.

Did you hear the one about the guy who bought the sailfish on sale?

Louise was disappointed when she realized that when her boss at the supermarket said he was going to increase her salary that he meant they were going to stalk extra celery in the produce section.

Lenard fell asleep in the hammock in his back yard while barbecuing chicken. His chicken is now, bricks.

The situation with the racoons got really out of control in Steven's neighborhood when they started returning his garbage. His wife couldn't resist giving him a dig, saying "What did I say about your cooking Steven?"

Walter purchased a tin of sauve for a cut on his pinky toe, only to realize there was a fly in the ointment. He has since returned the tin.

Have a happy Summer from your amateur comedy writer.



SUMMER

bucket list

- 
- | | |
|--|--|
| ☐ Make homemade popsicles | ☐ Make lemonade |
| ☐ Visit an aquarium | ☐ Attend a parade |
| ☐ Go on a nature hike | ☐ Have a picnic in the park |
| ☐ Have a DIY pizza party | ☐ Go out for ice cream |
| ☐ Fly a kite | ☐ Have a movie night with friends |
| ☐ Visit a museum | ☐ Build a sandcastle at the beach |
| ☐ Campfire & s'mores | ☐ Visit a farmer's market |
| ☐ Go berry picking | ☐ Have a scavenger hunt |
| ☐ Have a sleepover | ☐ Go on a day trip |
| ☐ Create sidewalk chalk art | ☐ Grow a garden |
| ☐ Go miniature golfing | ☐ Go to the lake or beach |
| ☐ Have a BBQ with family | ☐ Have a game night with friends |
| ☐ Read a book | ☐ Visit a waterpark |
| ☐ Visit the zoo | ☐ Stargazing & spot constellations |
| ☐ Go on a canoe ride | ☐ Attend an outdoor concert |
| ☐ Go to a baseball game | ☐ Go on a bike ride adventure |
| ☐ Backyard camping night | ☐ Have a day at the pool with friends |

Happy Canada Day! 🍁

Hilltop Manor Celebrations



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Caring Through Memories

♥ CREATING MEMORY BOOKS TOGETHER ♥

Join us for a joyful program where residents and caregivers come together to celebrate **life stories**, **treasured memories**, and meaningful relationships.

Through conversation, photographs, keepsakes, and creativity, we will work together to create a personalized memory book that celebrates each resident's unique journey.

Every
Memory
Matters



What We'll Do

- ♥ Share stories and favourite memories
- ♥ Look through photographs and keepsakes
- ♥ Create personalized memory book pages
- ♥ Decorate with colourful materials, stickers, and images
- ♥ Strengthen connections through meaningful conversations
- ♥ Celebrate a lifetime of experiences



Who Can Attend?

Residents and their:



Family
Members



Friends



Caregivers



Volunteers
(where applicable)

♥ No artistic experience is needed—just bring your stories, smiles, and creativity! ♥

Benefits



Encourages
meaningful
conversation



Preserves
treasured
life stories



Strengthens
resident and
caregiver
relationships



Promotes
creativity and
self-expression



Creates lasting
keepsakes for
families

JOIN US!

📅 DATE: Wednesday August 5

🕒 TIME: 1:30 pm

📅 DATE: Wednesday August 19

🕒 TIME: 6:00 pm

📍 LOCATION: Preston Lounge

📷 PLEASE BRING:
Favourite photos, copies of meaningful pictures, or small mementos you would like to include (optional).



We look forward to caring, connecting,
and creating memories together!



August Resident Council Meeting

What do you want to talk about?

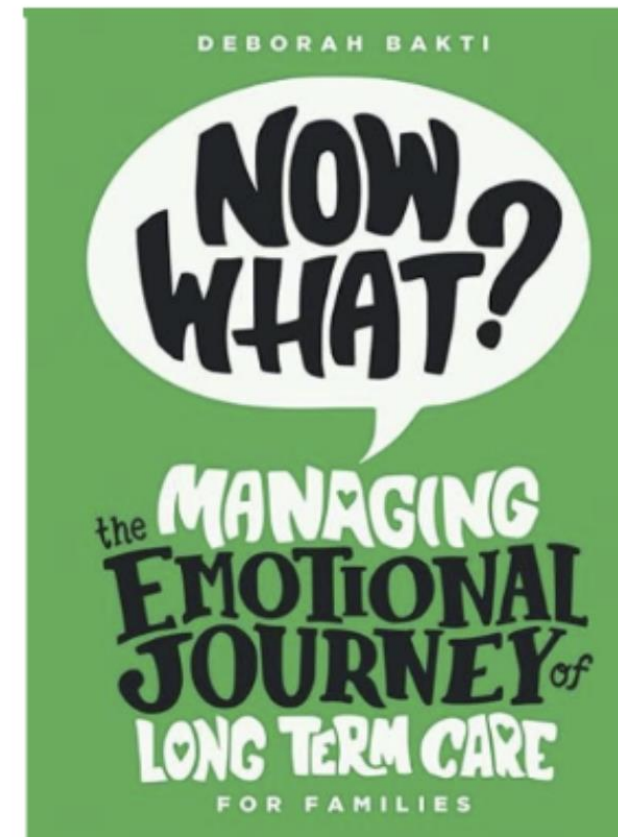


Tuesday August 18st at 2:00pm
Preston Dining room

Council Members

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

We will be talking about Camping trip and the Resident Council Week



Whether you're a family member or working as a caregiver inside a seniors' home, the tools in this book are designed to help you establish a Family Relationship Strategy and become a true partner in care.

Did you know that almost 400 families in Canada go through the life-changing experience of entering a loved-one into long-term care, every single day? While it's a vital part of our health care system, it's not an easy transition for anyone - including residents, their families, even for caregivers at the home.

This book serves as a detailed roadmap for navigating the emotional and practical challenges of transitioning to long-term care. From understanding the initial steps to building effective partnerships, it provides essential guidance for everyone.

If you have not yet received a copy of 'Now What', please visit Josie in Social Services.



More of a Podcast Person? Follow the QR Code to visit Deb Bakti's Podcast about the Relational Approach!



SOCIAL SERVICES TIP OF THE MONTH:

Care conferences are held annually for all residents, and roughly 6 weeks after admission. You will receive an email for your care conference invitation.

If the home does not receive a response via email or phone call, we are under the impression that you will not be attending the care conference.

Your input into the care conference is extremely important. Please respond to this email thread of your care conference invitation or call the home via phone to confirm attendance.

Please also ensure that if you do not plan on attending the care conference to reply to this email stating that you will not be attending, or phone the home to let us know.

If you are planning to attend, please ensure timely arrival and check in at our reception desk. The receptionist will guide you to our conference area in the home.



Bulletin to Residents of Long-Term Care Homes: Important News Regarding Long-Term Care Home Accommodations Charges

Ministry of Long-Term Care

SPRING 2026

Renseignements aussi disponibles en français

Basic Accommodation Rates

On July 1, 2026, the maximum co-payment that residents pay for basic accommodation in Long-Term Care (LTC) homes **will increase by \$1.44 per day from \$68.56 per day to \$70.00 per day**, consistent with recent inflationary increases. This will help cover the rising costs of meals and accommodation.

Preferred Accommodation Rates

The maximum charges will also be increasing for residents in preferred accommodation beds as of July 1, 2026. The premium charged for a newer bed in semi-private accommodation will increase by \$0.30 from \$14.10 to \$14.40 per day, and the premium for a newer bed in private accommodation will increase by \$0.62 from \$29.39 to \$30.01 per day.

The table below provides the new rates that will apply as of July 1, 2026 to all types of accommodation based on a resident's date of admission to the bed.

Type of Accommodation	Daily Rate	Monthly
Long-Stay Resident:		
Basic	\$70.00	\$2,129.17
Semi-Private		
Residents admitted to newer beds on or after July 1, 2015.	\$84.40	\$2,567.17
Residents admitted to newer beds on or after September 1, 2014, but prior to July 1, 2015.	\$83.19	\$2,530.37
Residents admitted to newer beds on or after July 1, 2013, but prior to September 1, 2014.	\$82.00	\$2,494.17
Residents admitted to newer beds on or after July 1, 2012, but prior to July 1, 2013.	\$80.77	\$2,465.76
Residents occupying older beds, or residents admitted to newer beds prior to July 1, 2012.	\$79.61	\$2,421.47

Important Update:

Spring 2026

Accomodation

Charges have been released. Copies have been included in your monthly statement, and are available at reception.

Private

Residents admitted to newer beds on or after July 1, 2015.	\$100.01	\$3,041.97
Residents admitted to newer beds on or after September 1, 2014, but prior to July 1, 2015.	\$97.90	\$2,977.79
Residents admitted to newer beds on or after July 1, 2013, but prior to September 1, 2014.	\$95.79	\$2,913.62
Residents admitted to newer beds on or after July 1, 2012, but prior to July 1, 2013.	\$93.70	\$2,850.04
Residents occupying older beds, or residents admitted to newer beds prior to July 1, 2012.	\$91.58	\$2,785.56

Short-Stay Resident (Respite Bed)

\$45.31 N/A

NOTE: "Newer beds" – beds classified as "NEW" or "A" according to ministry design standards

"Older beds" – beds classified as "B", "C", "Upgraded D" or "D" according to ministry design standards

Effective from July 1, 2026, the basic accommodation rate is determined using the following formula:

- July 2025 rate x (1 + CPI Rate up to a maximum of 2.5%) = 2026 co-payment rate.
[i.e., \$68.56 x (1+2.1%) = \$70.00]
- The monthly rate is determined by multiplying the daily rate by 30.4167.
[i.e., \$70.00 x 30.4167 = \$2,129.17]

If you have requested a transfer from your current accommodation into a preferred accommodation bed, please call the LTC home administrator to confirm the rate that you will be required to pay. Preferred rates for semi-private and private accommodation in your current LTC home or in another LTC home may be different if you are offered a bed on or after July 1, 2026.

If you are currently paying less than \$68.56 per day because you are receiving a reduction in the basic co-payment, known as a "Rate Reduction," then you should reapply for a rate reduction as the current rate reduction term ends on June 30, 2026. All residents receiving a rate reduction should re-apply for a reduction in the basic co-payment rate for the 2026-27 cycle, beginning on July 1, 2026. Staff at your LTC home will provide you with the application form and will help you to submit your application to the Ministry of Long-Term Care.

For more information on co-payment rates or the changes to the rate reduction application process, please speak with your home's Administrator. Should you have any additional questions, please contact: LTC.RateReduction@ontario.ca.

August

family Council

of Hilltop Manor



Agenda

Thursday August 27th, 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, Meeting to begin

- Introductions by Tina Cunningham or PeopleCare Leadership

Invited guests – Agnes Laing – President of Resident Council

General and Open discussions this evening – come and share with other family members of our home your insights, concerns, thoughts on upcoming events etc.

Family Council will be working in partnership with Hilltop leadrship in the planning of an Educational Fair. We hope you can join us for discussions on workshop session ideas.

The idea is to run the fair for the day with offering various workshop sessions with a question and answer period. These could include: dementia education, wound care, palliative care, POA and Wills, fees & funding, MAID, etc. We need your input. What can we support you with.



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
familycouncilhilltopmanor@gmail.com

For any questions or concerns, contact Office Manager, Jennifer at ext. 112



Thursday

AUGUST 27th

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



Who Is Family Council?

All Things Citrus

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

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

ACIDIC	KUMQUAT	POMELO
BRIGHT	LEMON	SOUR
CLEMENTINE	LIME	TANGERINE
FRESH	MANDARIN	TANGY
GRAPEFRUIT	ORANGE	TART
JUICE	PEEL	ZESTY



Sunny Days

Match the clues to words associated with a sunny day.

- | | |
|------------------------------------|----------------|
| 1. Relaxing in the rays _____ | A. visor |
| 2. Burn protection number _____ | B. sundial |
| 3. Backyard swim spots _____ | C. sundress |
| 4. Lightly tanned _____ | D. pools |
| 5. Sunshine beams _____ | E. beach towel |
| 6. "Sunshine" nutrient _____ | F. sunbathing |
| 7. Open-toed shoes _____ | G. sunglasses |
| 8. Not quite hot _____ | H. Suncoast |
| 9. Light summer frock _____ | I. warm |
| 10. Brim-only cap _____ | J. SPF |
| 11. Shades _____ | K. sandals |
| 12. Sleeveless shirt _____ | L. sun hat |
| 13. Painful overexposure _____ | M. sun-kissed |
| 14. Timepiece using shadows _____ | N. sunburn |
| 15. Indoor sun spot _____ | O. vitamin D |
| 16. Florida's Gulf shoreline _____ | P. sunroom |
| 17. Wide-brimmed topper _____ | Q. rays |
| 18. Post-swim dryer _____ | R. tank top |



Ice Cream Truck

Sweet Treats on Wheels



Grand River Activities

