



Notable Quotable

"We should all do what, in the long run, gives us joy, even if it is only picking grapes or sorting the laundry."

~ E.B. White, writer



July Horoscopes and Birthdays

In astrology, those born between July 1–22 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony. Those born between July 23–31 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 a Leo's mascot. Whether in Hollywood or the home, Leos always accomplish their goals.



June M	Jul 02
Les T	Jul 02
Julia B	Jul 03
Yvette N	Jul 03
Isabel C	Jul 04
Dennis B	Jul 04
Malcolm D	Jul 08
Mary F	Jul 08
Davide W	Jul 09
Joyce C	Jul 14
Joyce M	Jul 15
Stella M	Jul 18
Beatrice A	Jul 18
Hannelore R	Jul 19
Shirley K	Jul 22
Cheryl E	Jul 23
Joe C	Jul 27
Aaron M	Jul 27
Yonas G	Jul 30
Helen C	Jul 31



peopleCare
communities
July 2026

Hilltop Herald

CANADA BEST
MANAGED
COMPANIES
Platinum member

Celebrating July

Canada Day

July 1

MEDA Walk to the Park

July 9

Outing to St Jacobs Market

July 14

July Birthday Party

July 15

Death Cafe

July 16

Family Christmas in July

July 22

Jeff Music

July 23

Memorial Service

July 30

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



OH CANADA!

Our home and native land

true patriot love

in all thy sons command

with glowing hearts we see thee rise

**THE TRUE NORTH
STRONG & FREE**



From far and wide, Oh Canada
we stand on guard for thee

God keep our land

GLORIOUS AND FREE

Oh Canada
we stand on guard for thee



Join the Resident Council at Hilltop Manor



July 21th 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.

The Rhythm of Early Canada and Today

In 2026, Canada marks the

- 150th anniversary of the passage of the Indian Act and Treaty 6
- 150th anniversary of the first phone call
- 100th anniversary of the Canadian legion
- 50th anniversary of Canada hosting its first Olympics. The 1976 Summer Olympic Games held in Montréal.
- 25th anniversary of the first spacewalk by a Canadian astronaut Chris Hatfield

These milestones that invite reflection, not just on historic events but on the texture of everyday life in the years that have gone by and that all Canadians were new once. Long before modern conveniences, daily routines were shaped by necessity, skill, and community.

Food, for example, was seasonal and local by default. Families relied on what they could grow, hunt, or trade. Cornmeal, beans, and salted meats were staples, while gardens supplied herbs and vegetables. Preserving food through drying, smoking, or pickling, was essential for surviving the winter. Meals were simple but sustaining, and little went to waste.

Craftsmanship was equally central to daily life. Many households produced what they needed, from clothing to tools. Spinning wool, weaving fabric, and sewing garments were common skills, as were woodworking and blacksmithing. Objects were made to last, repaired when broken, and valued for their function as much as their form. Community ties helped hold everything together.

Neighbors shared labor during harvests, barn raisings, and other large tasks. Churches, markets, and town gatherings provided structure and connection. In a world without instant communication, relationships were built face-to-face and maintained through mutual reliance.

The rhythms of life in Canada a 159 years ago highlight a resilience that feels both distant and familiar. Colonists adapted constantly to weather, to shortages, to uncertainty. This Canada Day offers a chance to consider what endures and what stays the same. While the tools and technologies of daily life have evolved, the underlying values of resourcefulness, cooperation, and persistence remain recognizable.



Staying Hydrated

— A SIMPLE KEY TO BETTER HEALTH —

Water is essential for life, and staying hydrated is one of the most important things we can do to support our health and well-being.

As we age, our bodies naturally contain less water, and the sensation of thirst may become less noticeable. This means older adults are at a higher risk of dehydration, especially during warmer weather or when recovering from illness.

WHY HYDRATION MATTERS

Drinking enough fluids helps your body:

- Support healthy digestion and prevent constipation
- Help regulate body temperature
- Maintain healthy blood pressure
- Reduce the risk of urinary tract infections
- Improve energy levels and reduce fatigue
- Support brain function, concentration, and mood
- Prevent dizziness and reduce the risk of falls

SIGNS OF DEHYDRATION

Watch for signs that someone may not be getting enough fluids, including:

- Dry mouth or lips
- Dark yellow urine
- Headaches
- Dizziness or lightheadedness
- Increased confusion or irritability
- Fatigue or weakness
- Reduced appetite

If you notice these symptoms, encourage fluid intake and notify nursing staff if concerns persist.

TIPS FOR STAYING HYDRATED

Getting enough fluids does not have to mean drinking only water. Many beverages and foods can help keep the body hydrated, including:

- Water
- Milk
- Tea and coffee (in moderation)
- Juice
- Soup and broth
- Fruits such as watermelon, oranges, grapes, and berries
- Vegetables such as cucumbers and tomatoes
- Gelatin desserts and popsicles

Sip fluids throughout the day rather than waiting until you feel thirsty.

HOW WE SUPPORT HYDRATION

Our team is committed to promoting hydration through:

- Regular beverage rounds
- A variety of drink choices
- Monitoring residents who may be at risk for dehydration
- Encouraging fluid intake during meals and activities

FAMILY SUPPORT MATTERS

Family members can also help by:

- Offering beverages during visits
- Encouraging loved ones to enjoy a few extra sips
- Reminding them that hydration is an important part of staying healthy

A HEALTHY HABIT EVERY DAY

Staying hydrated is a simple but powerful way to support overall health, comfort, and quality of life. Whether it's a glass of water, a cup of tea, or a bowl of soup, every sip counts.

Let's make hydration a daily priority and work together to keep everyone healthy and feeling their best.

Thank you
for helping our community thrive.

Celebrating Canada

— with —
Spiritual Care
Cheryl S

Together in Gratitude, Respect, and Hope



GRATITUDE



RESPECT



HOPE

As we welcome Canada Day, we are invited to reflect on the rich diversity that shapes our communities, workplaces, and relationships. Canada is home to people from many cultures, languages, faith traditions, and life experiences. This diversity is one of our greatest strengths, reminding us that every person brings unique gifts, wisdom, and perspectives to the shared journey of life.

In Spiritual Care, we recognize the sacred value and dignity of every individual. Whether we gather in prayer, reflection, conversation, or community events, we are enriched by the stories and traditions that each person carries. Diversity challenges us to listen with open hearts, learn from one another, and build bridges of understanding.

Canada Day offers an opportunity not only to celebrate our country's achievements but also to acknowledge our ongoing commitment to inclusion, reconciliation, and belonging. We honour the Indigenous Peoples of this land, whose cultures, histories, and contributions continue to guide and enrich our nation. We also celebrate the many newcomers and generations of Canadians who have helped shape the vibrant mosaic we call home.

As we reflect on what it means to belong, may we embrace the values of compassion, respect, and kindness. Let us seek opportunities to welcome others, appreciate differences, and foster communities where everyone feels seen, heard, and valued.

Canada Day Blessing for Residents and Staff

On this Canada Day, we give thanks for the many people, cultures, and stories that make our Hilltop community strong and beautiful. We are grateful for our residents, whose lives, wisdom, and experiences enrich us every day. We are thankful for our staff, whose compassion, dedication, and care bring comfort, dignity, and hope to those they serve. May this day remind us of the blessings of friendship, kindness, and belonging. May we celebrate the diversity that strengthens our Hilltop community and honour the unique gifts each person brings. May our home be a place of welcome, respect, and peace, where every resident, family member, volunteer, and staff member feels valued and cared for.

And may God's blessing rest upon us all this Canada Day – bringing joy to our hearts, peace to our spirits, strength for each new day, and gratitude for the gift of community.

Amen.

Happy Canada Day to all!

Living the peopleCare Values

PEOPLE

Educate, Mentor, Recognize

Who have you recognized lately?

Mentoring = Leadership
Be a Leader today!

<https://www.facebook.com/PeopleCareCommunities/>



Internal Phone List

Reception Desk	100
Executive Director – Stella	103
Business Office Manager – Jennifer	112
Nursing Staff Manager – Divyesh	366
Director of Care - Maureen	222
Director of Resident Care (1 st floor) – Sharon	117
Director of Resident Care (2 nd floor)–Rubab	204
Director of Resident Care (3 rd & 4 th floor)–Arden	303
Director of Food Services – Jinal	105
Dietician – Rebecca	134
Director of Recreation- Megan	114
Chaplain- Cheryl	232
Social Worker – Laura	
Physio- ARVAN Group	107
Maintenance	118
Hair Salon	136

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



YOU'RE INVITED TO

Christmas IN July

Celebrate the magic of Christmas
in the warmth of summer!

 JULY 22ND  5:00 PM

FOOD CHOICE (INDOOR)

CHOICE BETWEEN
TURKEY SUPPER
OR
ROAST BEEF
with all the trimmings!

 **MUSIC AFTER SUPPER**
in the courtyard

FAMILY ATTENDANCE INFORMATION

 ONE FAMILY MEMBER PER RESIDENT MAY ATTEND.

 COST: **\$25.00** PER FAMILY MEMBER

 PLEASE RSVP TO HILLTOP RECEPTION BY JULY 1ST.

 ADDITIONAL FAMILY MEMBERS MAY BE INVITED AFTER JULY 1ST IF SPACE IS AVAILABLE.

PLEASE NOTE: This special celebration is being held in lieu of our Family Christmas Dinner in December.

Whether you wear a Santa hat, your favorite Christmas shirt, or simply bring your *holiday spirit*, we look forward to celebrating with you! ♥

Merry Christmas in July!

Resident Fridge and Freezer Etiquette

Do...

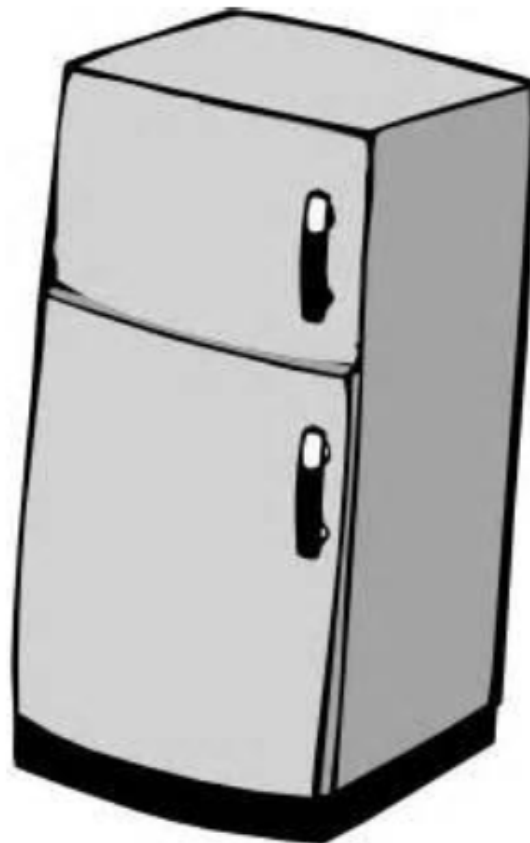
- Keep track of what is yours – label your items clearly with you name and date
- Throw away spoiled food, perishable items need to dated and can stay for up to 2 days
- Clean up any leaks or spills

Don't...

- Leave food uncovered
- Don't take items that are not yours

Please note, any items not following the "Fridge Etiquette" will be thrown out

Thank you all for making this fridge extra clean!



July family Council

of Hilltop Manor



Thursday

JULY 23rd

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?

Agenda

Thursday July 23rd, 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

Meet our Newest Team Members -

- * Rutwa Kakadiya - Assistant Director Food Services
- * Cheryl Schade - Spiritual Care Provider

Invited guests - Agnes Laing - President of Resident Council

Management Team Reports - Updates and Reports from

- *Stella Annan - Executive Director
- * Chris H.- Building Co-ordinator
- * Vishav P. - Director of Housekeeping
- * - Staffing Manager - follow up re July and August

Open Tour of Grand River Home Area- sharing the environment of our secure unit to family members showing off the theme based painting and various activity areas.

Topics for an upcoming Educational Day for Family Members and loved ones. Share with us the topics of interest to you for a fun filled day of educational sessions

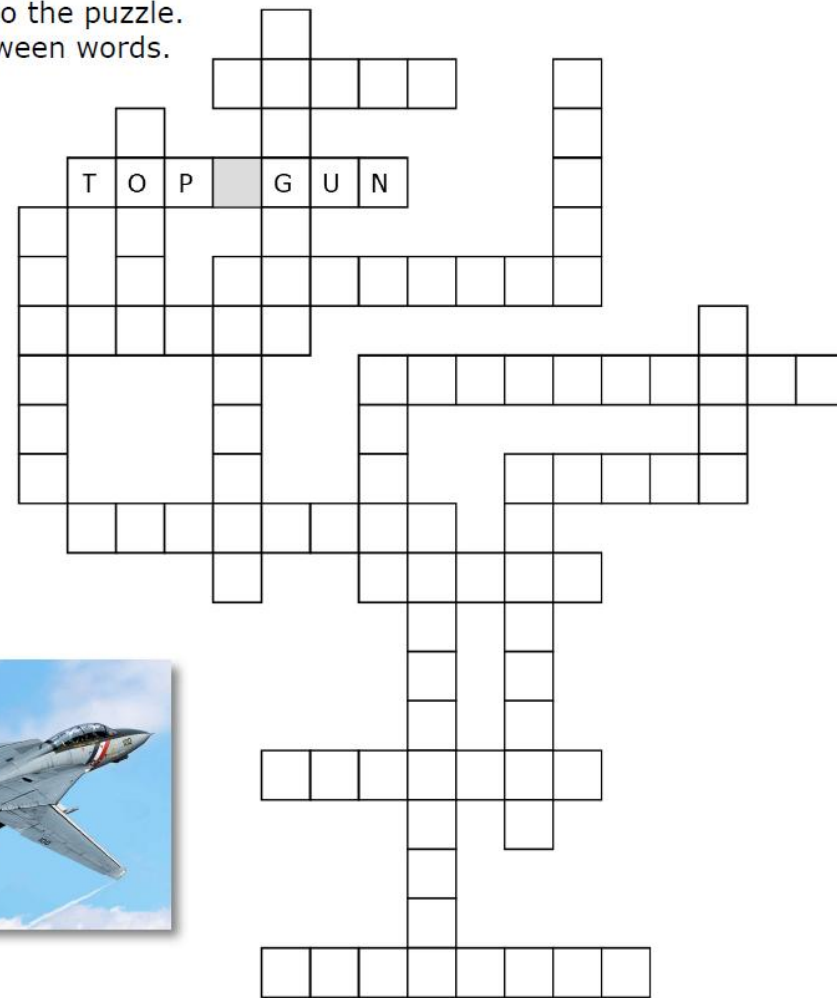
We are a group of family and friends of the residents of Hilltop Manor. Our group meets every month to learn about and discuss the on goings of the home.

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

Top Gun

Fit the list of words into the puzzle.
Disregard spaces between words.



NAVY
EJECT
FLYBY
GOOSE
PILOT
RADAR
VIPER
ICEMAN
SLIDER
TOP-GUN
CARRIER
CHARLIE
WINGMAN
CATAPULT
FLAT SPIN
INVERTED
MAVERICK
DANGER ZONE
VOLLEYBALL

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In Memory Of

David B
Pauline S

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

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



Toronto Blue Jays

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

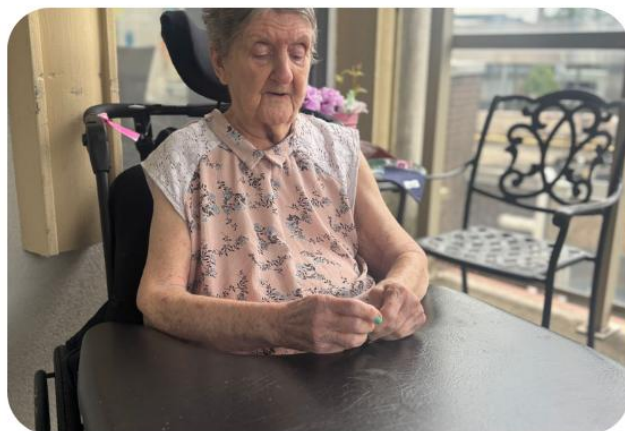
R	B	Q	X	W	R	S	I	Y	Q	F	F	H	L	G
E	L	B	A	T	C	A	R	T	E	R	V	L	A	M
N	E	L	W	F	M	V	U	E	O	K	Q	C	I	I
E	A	A	N	I	A	T	J	A	G	S	Q	A	I	P
I	V	S	Q	A	P	D	I	X	O	O	R	N	U	Y
E	B	O	E	X	L	C	A	R	T	E	R	A	A	N
J	S	U	Q	I	E	J	B	A	E	V	D	D	A	O
Y	L	K	T	Z	R	A	E	M	L	I	A	A	D	I
B	B	E	Y	L	I	E	X	O	G	L	H	X	K	T
E	D	E	D	D	Q	A	S	L	L	C	E	A	R	I
B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

ACE
BAT FLIP
BJ BIRDY
CANADA
JOE CARTER
EXHIBITION STADIUM
MAPLE LEAF
RALLY TOWEL WAVE



RED
RETRACTABLE ROOF
ROBERTO ALOMAR
ROGERS CENTRE
ROY HALLADAY
ROYAL BLUE
SKYDOME
WORLD SERIES
WHITE

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Happy Canada Day!

Celebrating the Country We Call Home

As we welcome July, I would like to wish everyone a very happy **Canada Day!** For many of our residents, Canada Day brings back cherished memories of family gatherings, community parades, fireworks, music, and summer celebrations. It is an opportunity to share stories, traditions, and experiences that have helped shape our nation and our lives.

This year is especially exciting as Canada proudly welcomes the world as one of the host nations for the 2026 FIFA World Cup. Seeing our country on the world stage and cheering on Team Canada as they got to the quarter finals is a wonderful reminder of what can be achieved through teamwork, determination, and national pride.

We're also looking forward to a new summer tradition Christmas in July! Our residents and staff are excited to host this year's celebration, and we can't wait to welcome families for an evening of great food, music, laughter, and festive fun. It's a wonderful opportunity to create new memories together and celebrate the joy of being part of our Hilltop Manor family.

Thank you to everyone who helps make Hilltop Manor such a caring and welcoming community. Wishing you and your loved ones a safe, happy, and memorable Canada Day and a wonderful summer ahead.

Canada is more than a place on a map—it is a community built on caring for one another. In long-term care, we see these values every day through the compassion of our staff, the strength of our residents, the support of families, and the connections we build together.

May this day be filled with pride, gratitude, friendship, and celebration.

From the Executive Director Stella A





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communities

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 19**



TIME: **1:30 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!

