

Notable Quotable

“When people laugh at Mickey Mouse, it’s because he’s so human; and that is the secret of his popularity.”

~ Walt Disney, creator of Mickey Mouse

November Horoscopes and Birthdays

In astrology, those born between November 1–21 are Scorpios. Scorpios are passionate and assertive leaders who value honesty and fairness above all. Betray a Scorpio and suffer the sting, but befriend a Scorpio, and you will have a friend for life. Those born between November 22–30t are Archers of Sagittarius. Confident and lucky, Archers often find success. Their infectious enthusiasm attracts friends who help them achieve their ambitious and lofty goals.



Edith C	Nov 1st
Joyce J	Nov 6th
Idalina B	Nov 10th
Dave H	Nov 13th
Sheila M	Nov 16th
Theresa H	Nov 18th
Joan C	Nov 20th
Maria R	Nov 22nd
Russell R	Nov 22nd
Wayne H	Nov 26th
Don M	Nov 30th
Agnes L	Nov 30th



In Memory of

Jean C

Bruce C

Michelle D

Joyce H

Gordon W

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

“

A Psalm of Life
Henry Wadsworth Longfellow

Tell me not, in mournful numbers,
Life is but an empty dream!
For the soul is dead that slumbers,
And things are not what they seem.

Life is real! Life is earnest!
And the grave is not its goal;
Dust thou art, to dust returnest,
Was not spoken of the soul.

Not enjoyment, and not sorrow,
Is our destined end or way;
But to act, that each to-morrow
Find us farther than to-day.

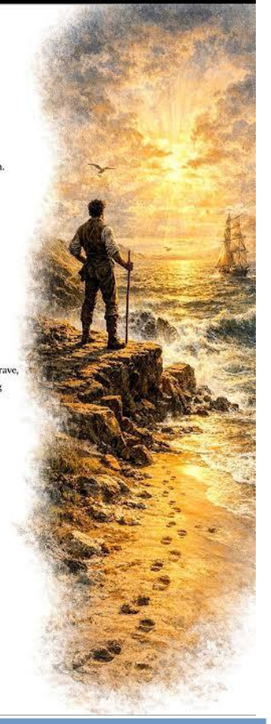
Art is long, and Time is fleeting,
And our hearts, though stout and brave,
Still, like muffled drums, are beating
Funeral marches to the grave.

In the world’s broad field of battle,
In the bivouac of Life,
Be not like dumb, driven cattle!
Be a hero in the strife!

Trust no Future, howe’er pleasant!
Let the dead Past bury its dead!
Act,—act in the living Present!
Heart within, and God o’erhead!

Lives of great men all remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time;

Footprints, that perhaps another,
Sailing o’er life’s solemn main,
Seeing, shall take heart again.



Hilltop Herald

November 2026



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

Celebrating November

Butterfly Conservatory Outing
November 10th

Remembrance Day
November 11th

Happy Hour
November 13th

Apple Cider Day
November 18th

November Birthday Party
November 18th

Cambridge 50+ Choir
November 19th

Walmart Outing
November 20th

Casino Day
November 25th

Butterfly Conservatory Outing
November 26th





IPAC CORNER

Vaccine Update

In October residents were administered their influenza vaccination! In November all residents who consented will received the COVID vaccinations.

Have you had your flu shot yet?

Getting vaccinated lowers your chance of getting sick and bringing illness in when you visit. Flu shots are available at most pharmacies and through your family doctor.

What Do the Precaution Signs on the Resident Doors Mean?

You may see a sign on a resident's door, sometimes with a cart of supplies nearby. These are Additional Precautions signs. They tell staff and visitors that extra steps are needed to stop germs from spreading.

Did you know?

- A sign doesn't mean you can't visit. It means you may need to wear a gown, gloves, mask, or eye protection in the room.
- Signs are used for many reasons, like a cough or cold, a stomach bug, or certain germs that need extra care.
- Not sure what to do? Check with the nurse before going in. We're happy to show you how to put on and take off the equipment.
- Please remember to wash your hands before you go in and after you come out of the residents room

Germs Love Your Gadgets

Phones, tablets, glasses, and walkers get touched all day, but they rarely get cleaned.

Did you know?

- Your phone can carry more germs than a toilet seat!
- Wipe down phones and tablets before and after video calls or visits with your loved one.
- Don't forget glasses, canes, walkers, and wheelchair handles. These are high-touch too.
- Ask staff for a disinfectant wipe anytime. We're happy to help.

Myth vs. Fact

MYTH: The flu shot can give you the flu.
FACT: The flu shot can't give you the flu. A sore arm or feeling tired for a day is normal and means your body is building protection.

MYTH: If I feel fine, I can't spread germs.
FACT: Many germs can spread a day or two before symptoms start, which is why hand hygiene matters every visit.

MYTH: Hand sanitizer kills everything.
FACT: Sanitizer is great for most germs, but some, like the stomach flu, need soap and water.

MYTH: Antibiotics will help a cold get better faster.
FACT: Colds are caused by viruses, and antibiotics don't work on viruses.



From the Desk of the Executive Director

Together we make a difference

NOVEMBER NEWSLETTER • HILLTOP MANOR

A New Chapter at Hilltop

As we move into November, I want to take a moment to share how excited I am to begin this next chapter at Hilltop Manor. I feel truly fortunate to continue my journey alongside our wonderful residents, families, and staff. Hilltop is a community built on relationships, compassion, and the little moments that make a big difference in the lives of those we care for. I look forward to getting to know everyone even better, building on the great work already happening here, and continuing to make Hilltop a place where residents feel valued, supported, and at home. Thank you for your warm welcome and for all that you do each day to make our community so special.

— Arden

Thank you for being part of our Hilltop family!

Welcome, Kerrin!

We are pleased to welcome Kerrin Franklin as our new Director of Resident Care for Grand River and Speed River! Please join me in welcoming Kerrin to this role and offering your support as she begins this new chapter. We look forward to working together to continue providing compassionate, person-centred care and creating meaningful experiences for our residents.

Welcome, Drew!

We are also pleased to welcome Drew as the Nursing Lead for the BSO team. He has been the charge nurse on Grand River and brings his expertise to the role.

Please Stay Home When You're Sick

As we enter the colder months, we are seeing more colds and influenza in our community. To help protect our residents, families, and team members, we kindly ask that anyone who is feeling unwell please stay home and avoid visiting or coming into work until they are feeling better and able to safely return. Our residents can be especially vulnerable to respiratory illnesses, and taking these precautions is one of the simplest and most important ways we can care for one another.

Thank you for helping us keep Hilltop a safe and healthy place for everyone.

Remembrance Day

HONOURING THOSE WHO SERVED

November 11 is a time for us to pause, reflect, and remember the brave men and women who have served our country and those who continue to serve today. As we look around our world and see the ongoing wars and conflicts affecting so many lives, we are reminded that peace, freedom, and the safety of our loved ones are never things to take for granted.

At Hilltop, this day holds special meaning as we remember our own residents who served our country throughout their lives. Their courage, sacrifice, and dedication have helped shape the world we live in today. We are grateful for their service and for the stories, memories, and experiences they share with us. Let us take a moment to honour them, remember those who never returned home, and hold in our thoughts all those who continue to experience the hardships of war.

We will remember them.



November Funnies Lynda F. Resident

Bill bought himself a nice hot cup of Tim Horton's coffee, but after standing outside for fifteen minutes it was now an Ice Capp.
You know it's getting cold out when the chinchillas are wearing fur coats.

The one good thing about winter is, you don't need a walk-in freezer.

Jack Frost has now returned to work full time.

If anyone runs out of ice cubes, it's nice to know they can be easily found in the closest eavestroff.

Local spiders have now purchased insulation for their webs.

Well, since Halloween is over we can now expect Christmas decorations to be put up asap.

If you catch a snowflake on your tongue, it's seven years of good luck.

A snow shovel and a snow plow at the end of a driveway, do not mix.

Ralph came in from outside, looked in the mirror thinking he had dandruff and then realized it had been snowing out.

Happy November from your amateur comedy writer.

PLEASE JOIN US IN

Welcome

TO OUR TEAM

Alvin Carreon

Spiritual Care Provider/Chaplain
Hilltop Manor

It is my pleasure to announce and warmly welcome Alvin Carreon as the new Spiritual Care Provider/Chaplain for Hilltop Manor.

Alvin brings valuable experience in pastoral care and aging support within the community. He specializes in holistic care that recognizes the importance of spiritual, religious, emotional, and personal well-being. Through his compassionate approach and excellent communication skills, Alvin is dedicated to supporting residents, families, and team members in a respectful and meaningful way.

In his role, Alvin will provide spiritual and religious care, emotional support, and supportive counselling based on individual needs. He is committed to fostering an environment where all individuals feel heard, respected, and supported, regardless of their faith tradition, beliefs, or personal circumstances.

Spiritual care plays an important role in enhancing quality of life, offering comfort during challenging times, and helping individuals find meaning, connection, and hope. We are pleased to have Alvin join our team and look forward to the positive impact he will have on our home community.

Welcome, Alvin!



Family Council Initiative

Fish & Chip Dinner

Nov. Wed. 21st at 5:00 pm

Enjoy a Fresh Fish n Chip meal from OFF THE ROCK restaurant, $15.00 per meal.

Open to the first 15 residents, enjoy a Private Restaurant style setting in our Speed River Lounge. Family members are invited to join their loved one.

Orders to be placed prior to Nov. 18th.
Cash payment to be made at reception anytime between 8 am to 8 pm.
Trust payments from 9 am to 3 pm.

Please register your participation and payment with front desk.
Any questions reach out to Pam Jewell at 519-498-1409 or Tina Cunningham at 519-240-1418.

You can also chat with Janira Lopez with any questions on the process of evening etc.



Living the peopleCare Values

EXCELLENCE

Exceed Expectations

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

Strive to be better than the rest

Reception Desk	100
Executive Director	103
Business Office Manager	112
Nursing Staff Manager	104
Dir of Nursing	222
Director of Resident Care (1st floor)	117
Director of Resident Care (2nd Floor)	204
Director of Resident Care (3rd & 4th floor)	303
Director of Nutrition	105
Dietician	134
Director of Program	114
Social Work & Chaplain	232
Physiotherapist-	107
Environmental Services Manager	116
Hair Salon – Marleny	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 Fun

