



Notable Quotable

"Heart power is
stronger than
horsepower."

~ Henry John
Heinz,
born Oct. 11,
1844

October Horoscopes and Birthdays

In astrology, those born October 1–22 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and goodwill. Those born October 23–31 are Scorpios. Scorpios are passionate and assertive leaders who value honesty and fairness above all—but betray a Scorpio and suffer the scorpion sting. Befriend a Scorpio, and you will have not just a friend for life but an advocate and confidant.



In Memory Of

Kislon J

Verna J

Violet L

Susan W

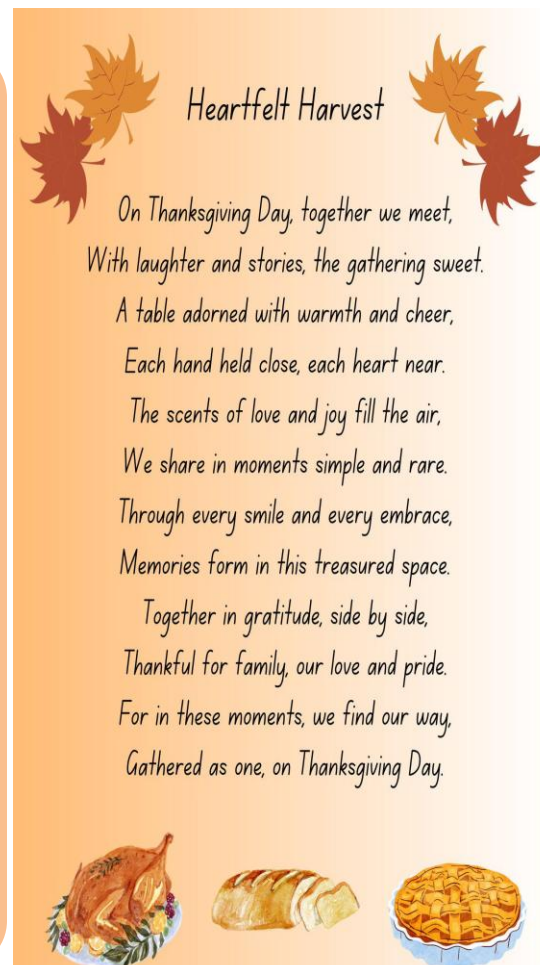
Debbie C

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

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

~Henry Wadsworth

Ray C	Oct 2 nd
Kathryn R	Oct 3 rd
Mark J	Oct 5 th
Norma K	Oct 6 th
Mark G	Oct 8 th
Shelley M	Oct 8 th
Mavis R	Oct 11 th
Fatima G	Oct 11 th
Grenville W	Oct 12 th
Anna P	Oct 14 th
Jean C	Oct 14 th
Lynda F	Oct 14 th
Ron B	Oct 15 th
Jeannine L	Oct 18 th
Pamela R	Oct 18 th
Patricia P	Oct 18 th
Marian W	Oct 19 th
Helen S	Oct 23 rd
Ela S	Oct 24 th
Don B	Oct 27 th



Hilltop Herald

October 2026

**Celebrating
October**

**Fall Market &
Pick Me Up
Boutique
October 3**

**Latte Day!
October 6**

**Shopping
Outing
October 7**

**Thanksgiving
Drop In
October 12**

**Trinity
Anglican
Service and
Lunch
October 15**

**Butterfly
Conservatory
Outing
October 22**

**Halloween
Spirit Week
October 26-31**

**Pumpkin
Carving
Contest
October 27**

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





From the Desk of the Executive Director

Together we make Hilltop special



Stella Annan

Executive Director

I am writing to share an upcoming leadership transition at Hilltop.

Effective October 5, I will be transitioning over to provide interim Executive Director support at our new peopleCare Tillsonburg long-term care home while we recruit for a permanent Executive Director there.

Stella will be transitioning to provide interim Executive Director support at our new peopleCare Tillsonburg long-term care home. We are grateful for her leadership, dedication and the strong foundation she has built at Hilltop.



Thank you for your continued support, flexibility and dedication to Hilltop.



Thank you for your continued support, flexibility and dedication to Hilltop.

Arden Conlinn

Interim Executive Director

Arden has had 30+ years of clinical nursing experience and we are very excited to have her with us.



Arden brings a wealth of experience, compassion and strong leadership to this role.

Please join me in welcoming Arden to her new position at Hilltop.

Look forward to ongoing collaboration to continuous quality care.




Living the peopleCare Values

INTEGRITY

Dare to be transparent

Are all of your decisions made with integrity?



Happy Thanksgiving

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

Phone Directory	
Reception Desk	100
Executive Director	103
Business Office Manager	112
Nursing Staff Manager	104
Director of Nursing	222
Director of Resident Care Preston & Galt	117
Director of Resident Care Blair & Hespeler	204
Director of Resident Care Grand and Speed Rivers	303
Director of Nutrition	105
Asst. Director of Nutrition	106
Director of Recreation-	114
Social Work & Chaplain	232
Physiotherapist	107
Environmental Services Manager	116
Hair Salon	136



Check us out, and like us on Facebook!

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

Newsletters and calendars can be accessed online at www.peoplecare.ca under the specific peopleCare Community location

Hilltop Food Committee Meeting

 **October 6th**
 **at 2:00 p.m.**
 **in the Preston Dining Room**

*All residents are welcome
to attend!*

We will be discussing the
Fall/Winter Menu

*Good Food
Brings People
Together ♥*



From the Desk of the
Executive Director
Stella Annan

*Together
we make
Hilltop special* ♥

PeopleCare Camp!

Our annual peopleCare Camp was a huge success! Four of our residents had the wonderful opportunity to experience an overnight stay at camp, while another 20 residents joined us for one of our two-day trips.

It was a fantastic multi-home program that brought residents together, created new friendships, and gave everyone the chance to enjoy the outdoors, laughter and new experiences. We look forward to this special event every year!



Walk to Wellness

Our Walk to Wellness was a wonderful success! We were thrilled to welcome our MPP and other local officials, who joined our residents, families, and staff for a community event filled with connection, celebration, and support. It was a beautiful reminder of the strength and spirit of our Hilltop community.



*Community
makes us stronger* ♥

Looking Ahead...

As we move into the fall season, we are excited for our upcoming events, including our Fall Market, Thanksgiving celebrations, and our Halloween events.



*Thank you to our residents, families, volunteers,
and staff for continuing to make Hilltop such a
vibrant and caring community!* ♥

*We can't wait
to celebrate together!* ♥

Stella Annan
Executive Director



HALLOWEEN

Spirit Week

GET READY FOR A SPOOKTACULAR WEEK OF FUN!

MONDAY
Halloween Headgear Day
 Wear your favourite Halloween hat, headband, or spooky headgear!

TUESDAY
Black & Orange Pumpkin Day
 Show your Halloween spirit by wearing black and orange or anything pumpkin-themed!

WEDNESDAY
Pirate Day
 Ahoy, matey! Dress up like a pirate and sail into the Halloween fun!

THURSDAY
Witch Day
 Put on your best witchy look—hats, capes, and spooky accessories welcome!

FRIDAY & SATURDAY
Halloween Costume Days
 Come dressed in your favourite Halloween costume and celebrate in style!

Let's make this a
Spooktacular Week!

HAVE FUN • BE CREATIVE • SHOW YOUR HALLOWEEN SPIRIT!

October Funnies

From the desk of Lynda F

Mr Stevens was more than a little annoyed after raking his very large backyard when his next-door neighbour used it as an opportunity to test his new leaf blower.

What did the strawberry do after he fell and scraped his knee? He put on a strawberry patch.

What did one pumpkin say to the other pumpkin? I've got the seeds of an idea.

Two squirrels got into a tug-of-war over a peanut.

An argument between a skunk and a German Shepard ended in no time flat.

Being the practical joker that he was, Fritz the black cat kept walking across the path of everyone he could think of.

What is a pumpkin's favorite sport? Squash.

Upon hearing Thanksgiving was coming up, two turkeys packed their suitcases and flew the coop.

Two witches were seen together and nobody could tell which witch was which.

Two pumpkins went out and got half-lit.

Have a Spooktacular October! Your amateur comedy writer.

Election Day



Tuesday, October 13, 2026
9:30 a.m.-11:30 a.m.

City of Cambridge Elections staff
will be at Hilltop so that you may vote.

Polling will be set up in the Front Lobby

Ward 6

Councillors

- CARTER, Randy
- COOPER, Adam
- HARRINGTON, Barbara A.
- MCCORMICK, Chris

Mayoral

- BOLENDER, Ryan
- CHAVES, Tony
- HAMILTON, Scott
- HAQ, Ihtsham
- LIGGETT, Jan
- ROCHE, Ken

FAMILY COUNCIL DINER'S CLUB Fish & Chips

FROM
off the ROCK
SEAFOOD • WINE • SPIRITS

Good food,
great company,
memorable
evening!

**FRIDAY,
OCTOBER 16, 2026**

5:00 PM

BOARD ROOM

\$15.00
per person

**ONLY 15 SPACES
AVAILABLE!**
Spots are limited, so sign up
early before they're gone!

**Family is
encouraged to join!**

RSVP TO MEGAN
DIRECTOR OF PROGRAMS
mstretton@peoplecare.ca

We look forward to a fun and delicious evening together!

peopleCare
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.

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 October 14
-  **TIME:** 1:30 pm
-  **LOCATION:** Preston Lounge
-  **DATE:** Wednesday October 28
-  **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!



*For everything there is a season,
and a time for every matter
under heaven...*

Ecclesiastes 3:1 (ESV)

This is a scripture verse that I hold dear to my heart. It was one of my Mom's favourite verses, and as you may have noticed is what I chose to use in the branding for my business name and logo, Seasons of Life. Our journey throughout our lives, from the day we are born, to the day we leave this earth, is reflected through seasons – some which bring us great joy, peace, and comfort, and others more challenging, filled with sadness, grief, sorrow and even suffering. Indeed, regardless of the season we are in, one thing is for certain, our Creator has not abandoned us!

We have spent the summer reflecting on this during our Spirit Circles and Interdenominational Services, as we explored finding meaning, purpose, hope and joy at this season in our lives, specifically with the transition to living in long-term care, when many of our residents begin to question the value, meaning and purpose at this stage of their lives. Our discussions resonated deeply with one another through sharing memories and stories and allowing one another to be vulnerable to those feelings of loss in search of meaning, and with this, I had the blessing of bearing witness to and supporting residents in newfound hope, meaning and purpose, and for that I am truly grateful.

As you may be aware by now, my season here at Hilltop Manor, although much shorter than I had expected, is coming to an end as I have accepted an offer for the position of full-time Spiritual Care Lead with another long-term care community. My last day here at Hilltop Manor will be October 15th.

I want to express my sincere gratitude for the opportunity to serve as Spiritual Care Coordinator within the Hilltop Manor community. It has been a privilege to walk alongside residents, families, and staff during some of life's most meaningful and challenging moments. It has allowed me to share in many sacred moments—from offering prayer, comfort, and spiritual support, to celebrating birthdays, milestones, and special occasions. I have been especially grateful for the opportunity to walk alongside residents and families during times of illness, transition, and loss, and to provide a listening ear when it was most needed. The relationships I have developed with residents have been particularly meaningful to me. Each person has brought their own story, spiritual journey, memories, hopes, and experiences, and I have felt honoured to be welcomed into those stories. I will carry many of these moments and relationships with me with deep appreciation.

I am also grateful for the staff members and colleagues with whom I have had the privilege of working. The compassion, dedication, and commitment demonstrated each day in caring for residents is something I deeply respect. I appreciate the support and collaboration I have received throughout my time here.

Thank you ♥

*For the memories, the friendships,
and the shared journey.*



SPRING
brings new beginnings



SUMMER
brings growth



FALL
brings change



WINTER
brings rest



IPAC CORNER

Outbreak Preparedness

What is an outbreak?

An outbreak is declared when 2-3 residents develop similar symptoms, around the same time and within the same unit. In long-term care, this most commonly means respiratory symptoms (like cough, runny nose, or fever) or gastrointestinal symptoms (like nausea, vomiting, or diarrhea). While the word "outbreak" can sound alarming, it simply means our team has identified a potential spread of illness and has initiated extra precautions to protect our residents as quickly as possible.

Who decides if the home is in outbreak?

LTC homes are required to report certain types of illnesses to our local Public Health Unit (ie, COVID-19, influenza, Norovirus.) If the home meets what is called a 'case definition' then our Public Health Unit will declare an outbreak in the home. This can be on a single unit or sometimes, the entire home.

When are outbreaks declared?

If 2 or more residents have 2 or more symptoms of a transmissible infection, and it is occurring within a designated time frame and in a confined area or unit.

When are outbreak terminated?

Outbreaks are declared over when there have not been cases in a specific number of days. These time frames are determined by Public Health.

Any further questions please reach out to the IPAC Coordinator at your home

What can be done to help prevent an outbreak?

- Hand hygiene is the most important infection control measure. Ensure visitors are washing their hands upon entering/exiting the unit and a residents room.
- Visitors are reminded to not visit when ill. Monitor yourself for any respiratory symptoms such as new/worsening cough, sore throat, hoarse voice, runny nose ect. and please stay home if you are feeling unwell.
- When wearing a mask please ensure this is worn appropriately, covering both your nose and mouth.

Reminders

For all those who consented, the influenza vaccine will be administered in mid-late October and the COVID vaccine will be administered late October-early November



family Council **October** of Hilltop Manor

Last Month Notes

Stella Annan, our ED shared with us the latest follow-up from the Ministry, updated us with the on-going changes with peopleCare Communities

Change in Leadership - Welcome Ardin as our NEW interm Executive Director

Laura - Social Worker

Informed us of the CREATIVE MEMORIES workshops that she is hosting every other week. A great opportunity to build a memory book with your loved one. Check out one of the sessions as this is a great time to spend building memories and a wonderful keepsake.

Family Council will host a resident and family Clothing Pick Me Up Boutique at our upcoming Fall Market being held on October 3rd.

FIRST RESIDENT DINER'S CLUB
October's Club Night - Oct 16: -
Fish n Chips from OFF THE ROCK
Reach out to your REC Staff for
Tickets as there is limited space.

CALLING ALL NEW and SEASONED FAMILIES to join our Family Council group. We are looking for new members to support us with advocacy within the peopleCare community as well as start a regional group to help build insight within the long term care community.

JOIN US this MONTH on October 21 to learn how you can be a VOICE that Counts

Wednesday, OCTOBER 21st - AGENDA

- Lower Level Training Room 3067* B for elevator

- 5:30 pm - Welcome and Meet and Greet-
 - Refreshments available
- 5:45 pm - Settle in and take your seats
- 6:00 pm - Start Meeting - how to advocate for your loved ones in long term care. Where to start.

LOOKING TO LEARN MORE ABOUT Hilltop Manor & How You Can Further Support Your Loved Ones?

Please JOIN Us!

MEET YOUR FAMILY COUNCIL & RESIDENT COUNCIL MEMBERS

Upcoming topics:

Working along side our local government to
help improve the allocation of funds,
Education on What is All Involved with Living in
Long Term Care

What exactly are my loved ones rights compared
to my rights as a family member?



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