

## 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.

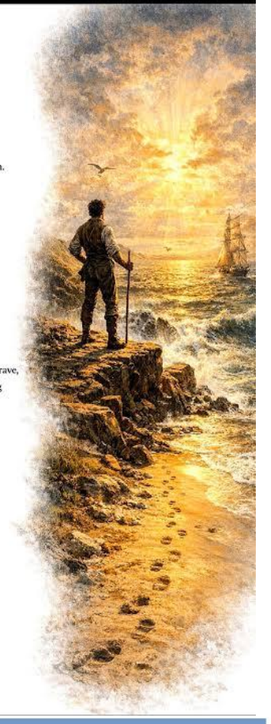
Art is long, and Time is fleeting,
And our hearts, though stout and brave,
Still, like muffled drums, are beating
Funeral marches to the grave.

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, Dhur!

We are also pleased to welcome Dhur 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, 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 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!*






Living the peopleCare Values

**EXCELLENCE**

**Exceed Expectations**

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 Fun

| | |
|---|---|
| **Reception Desk** | 100 |
| **Executive Director** | 103 |
| **Business Office Manager** | 112 |
| **Nursing Staff Manager** | 104 |
| **Dir of Nursing** | 222 |
| **Director of Resident Care (1st floor)** | 138 |
| **Director of Resident Care (2nd Floor)** | 204 |
| **Director of Resident Care (3rd & 4th floor)** | 117 |
| **Director of Food Services** | 105 |
| **Dietician** | 134 |
| **Director of Program** | 114 |
| **Social Work & Chaplain** | 232 |
| **Resident and Family Coordinator** | 459 |
| **Physiotherapist** | 107 |
| **Environmental Services Manager** | 116 |
| **Hair Salon – Marleny** | 136 |




Christmas
Donations
Let's make the season brighter
for our residents!
We are looking for donations to help
with our Christmas celebrations.
Suggested Items:
Small gifts or gift cards
Treats (individually wrapped)
Craft supplies
Holiday decorations
Word games and puzzles
CROSSWORD
SUDOKU
Thank you!
Your generosity helps make
Christmas special at Hilltop Manor!


There's no place like
HilltopManor
The Wizard of HilltopManor

















Family Council Initiative

# Fish & Chip Dinner

## Nov. Wed. 18th 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. 15th.**
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.





# family Council November

**of Hilltop Manor**

## Last Month Notes

**Arden Conlinn,** our Interim ED shared with us the latest follow-up from the Ministry, updated us on the recent building challenges etc.

**Welcome Kerrin Franklin as our new interim DORC - filling the vacant position due to Arden moving to our new interim ED. Welcome Kerrin :)**

**Drew Patel has moved into the supporting role of the BSO team. Behavourial Support Ontario while Kerrin is still there as a support system for the team, residents and family members.**

**Family Council hosted their first resident Clothing Pick Me Up Boutique during our Fall Market on October 3rd. We will continue to offer this to all residents on a rotating schedule from now until January where we will then evaluate the need and interest.**

**FIRST RESIDENT DINER'S CLUB**
**NOVEMBER 18th**
**Fish n Chips from OFF THE ROCK**
**ALL Residents will have the option of placing an order for Fish n Chips to either enjoy in their dining room, personal rooms or for those who may want to join family members in the family dining room.**

**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 November 18th to learn how you can be a VOICE that Counts**

## Wednesday, NOVEMER 18 - AGENDA

**- Lower Level Training Room 3067* B for elevator**

- 5:30 pm - DINER CLUB Dinner - Off the Rock for Fish n Chips, Join us in an evening meal of down home COD and CHIPS with all the fixins.
- 6:00 pm. :Welcome and Meet and Greet-
  - Light Refreshments available
- 6:15 pm - Settle in and take your seats
- Guest speaker - New Chaplin
- Can we run a December Market? If so, where and what would you like to see
- Implementation of a RESIDENT ANGEL Tree, sponsored by Family Council - how can you support this initiative?
- 2027 Planning Session -

## 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

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

**To Register for Fish n Chips please reach out to Janira Lopez or Tina Cunningham directly.**
**CASH payment is due prior to Nov. 18th and can be left with the front desk staff.**