

HILLTOP HERALD

February





IPAC CORNER



WHAT ARE ADDITIONAL PRECAUTIONS?

It is respiratory season, and with that comes signs that pop up on resident room doors in our home. These signs show how visitors, staff, and other residents can remain safe by stopping the transmission of communicable diseases like Influenza, COVID-19, RSV, and many other viruses and bacteria that can make us sick. It is vital to follow the instructions on the signs, and if you are every unsure, ask one of our staff members.

They will be happy to help you to remain safe.

Below is the most common sign you will see in our home during respiratory season. It is referred to as Droplet Contact Precautions and there are 2 versions. These signs are put in place on resident room doors when there is the possibility of ‘catching’ something that could make us ill while in the room. In this case, the illness would be transferred by germs on hard and soft surfaces, and by germs in the air in the form of moisture droplets. These droplets are because of coughing, sneezing, and nasal secretions.

These signs show us how to remain safe. The pictures show us the personal protective equipment that we need to enter the room. – Mask, gloves, gown. They also remind us that any shared equipment must be disinfected between rooms when staff or visitors are on the move.

A MESSAGE FROM YOUR EXECUTIVE DIRECTOR

Groundhog Day, Valentine's Day, Family Day, Black History Month and National Flag Day of Canada are all celebrated in February!! It'll be a jam-packed month at Hilltop Manor. We continue with our Air Conditioning Enhancement Project in our Galt home area. There will be two resident rooms a day under renovation to accommodate the new AC units. This started January 29th and will continue systematically throughout the home until completion. We have a strong plan to assist our residents as they are temporarily relocated during the day. Please check out our construction board near the front living room for updates and pictures. Did you know that we host annual care conferences for each of our residents on or near their move in anniversary date? Our team comes together with each resident and/or their family to discuss the plan of care and ensure it is up to date. Haven't received a call; please reach out to reception to book your date and time. At that time, we also ask that you complete the annual Family Satisfaction Survey. Last year, we had 78 families participate. We are hoping to double that number for 2024. Hard copies are available at the front desk or you can use this link to complete yours (<https://www.surveymonkey.com/r/G7C3CBV>). Interested in volunteering at Hilltop Manor? There is no better time to get involved. We are looking for program assistants, family council members, resident support aides and one to one visitors. Want more information, please reach out to Victoria Atabakhsh-Todd for more information (vatodd@peoplecare.ca) We continue to strive for the best experience at Hilltop Manor for our residents, their families and our staff. As Andre De Grasse said, "You [can be] physically tired...but at the same time, you've got to tell yourself, 'I can do it. I can't give up.' You've got to go out there and perform. Just make magic, make it happen." Help us make it happen; get involved!

Cathy

CHAPLAIN CHIT CHAT...



**What the world needs now is love, sweet love;
It's the only thing that there's just too little of!
What the world needs now is love, sweet love,
No not just for some but for everyone!**

The year is 1965...

- world population is almost 4.5 billion people
 - a 1st class postage stamp costs 5 cents
- Lester B. Pearson is Prime Minister of Canada
- Montreal Canadiens defeat the Chicago Black Hawks to win the Stanley Cup
 - Dr. Zhivago, The Sound of Music and My Fair Lady are the top films
 - UNICEF is awarded the Nobel Peace Prize
 - American civil rights movement is very active - Martin Luther King Jr. is arrested along with 2,600 others for demonstrating against voter registration rules
 - War has broken out in Vietnam

No wonder the song quoted above struck a nerve with so many people. We still need that message today. Each of us can do our part to spread the love.

February Observances

2nd - Candlemas: Celebrated 40 days after Christmas and marked by the blessing of all candles to be used by a church during the coming year, this day observes the birth of light.

8th - Lailat al Miraj: Muslims celebrate Muhammad's pilgrimage from Mecca to Jerusalem, after which he ascended into Heaven.

14th - Ash Wednesday: For Christians, the 40-day period of prayer and fasting leading up to Easter, called Lent, begins.

15th - Parinirvana: Mahāyāna Buddhists commemorate the Buddha's death and his attainment of final nirvana.

26-29th - Ayyam-i-ha: This celebration and period of fasting celebrate giving back to the community and giving gifts to loved ones, which honors the Divine Essence of God. This celebration marks the start of the fasting month, where Bahá'ís 15 years and older abstain from food and drink between sunrise and sunset.

Continued blessings to you and yours...

Chaplain Daria



Resident Council
Feb 21st at 10:30
in the Preston
lounge!



WANT YOUR FAMILY MEMBER TO JOIN AN OUTING?

They need a mobility Plus number. Please go on line and fill out
the form.

<https://forms.grt.ca/MobilityPLUS-Application>

A Health/Disability Form also needs to be filled out by a nurse,
physio, or doctor.

Please email mstretton@peoplecare.ca so we can assist you.

Thank you and happy travels



INTERNAL PHONE LIST

RECEPTION DESK-100

EXECUTIVE DIRECTOR - CATHY 103

BUSINESS OFFICE MANAGER - EILEEN 112

DIRECTOR OF NURSING - MAUREEN 222

DIRECTOR OF QUALITY/IPAC - LEEANN 303

DIRECTOR OF RESIDENT CARE - MOYO 138

(GALT, PRESTON)

DIRECTOR OF RESIDENT CARE - ARDEN 117

(GRAND RIVER, SPEED RIVER)

DIRECTOR OF RESIDENT CARE- JULIA 204

(HESPELER, BLAIR)

DIRECTOR OF FOOD SERVICES - HARPREET 105

ASST. DIRECTOR OF FOOD SERVICES - JINAL 106

DIETICIAN - LAURA 134

DIRECTOR OF PROGRAMS - VICTORIA 114

CHAPLAIN - DARIA | SOCIAL WORKER - COLLEEN 232

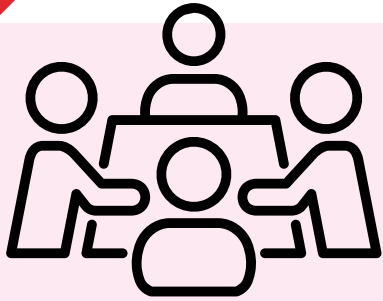
PHYSIO - ARVAN GROUP 107

DIRECTOR OF ENVIRONMENTAL SERVICES - MOE 116

HAIR SALON - MARLENY 136



family Council of Hilltop Manor



Last Month Notes

Cathy Donahue our Executive Director shared with us the latest building maintenance, staffing, Ministry, project and general updates of the day to day happenings of Hilltop.

Victoria Atabakhsh-Todd- Director of Programs and Staff Liaison shared with us the upcoming main events for the first quarter of 2024, gave a report on the response from the Christmas Market, Family Christmas and other planned fundraising events for the home and Resident Council. We also discussed part of Hilltop Manor's overall policy procedures and strategy plan.

Tina Cunningham our Chair of Family Council discussed with the group the upcoming days and times for our meetings, what type of fundraising events are of interest and who would family members like to join our meetings as guest speakers.

Who Is Family Council?

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.

Misconceptions are that we are a group of individuals who just sit and complain about anything and everything. THIS IS NOT THE CASE. We are here to support in all areas of the home that we can. Some of our past projects and or suggestions have been:

Bringing in St. Louis Adult Education program to set up on site their PSW program
Adding a communication TV in the front lobby to help visitors learn who the management team are and to stay up to date with on-going activities
Working hand in hand with the Executive Director as a point person to share information communicated by staff, residents and loved ones
Supporting the change in where fundraising monies are allocated

Agenda

Wednesday, February 7, 2024 - 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
- 6:00 pm - Meeting to Begin

- Introductions by Tina Cunningham or Cathy Donahue
- Approval of last meeting minutes

Welcome GUEST SPEAKER - Moe El Torky - Director of Environmental Services
Have you ever had questions about requesting a maintenance request in your loved ones room? Questions about general paint colour, what you can put up on the walls, etc? Wondered about the general cleaning of your loved ones room? The overall cleanliness of the building overall? And let's not forget about the laundry. Ever wondered how the home takes care of the laundry for 185 residents not to mention the linens? Join us to have all your questions answered.

Executive Director Report - Cathy Donahue

- ---- Outbreak Updates, Ministry Visit Update, Building Mechanical/Service Updates
- ---- Staffing Updates
- Staff Liaison - Victoria Atabakhsh-Todd (Director of Programs)
- ---- Policy Review and Approval of Family Council
- ---- Summary and Update of the Planned Activities from January and into February
- ---- Special Dates of Upcoming Events
- Chair Family Council -Tina Cunningham
- ---- Setting up a New Caring and Sharing Networking Group for Family
- ---- Update on Guest Speakers for March, April, May, June
- Other Business
- Meeting Close and set date and Time for March meeting

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

Welcome Home

Margaret A Gary T

Robert D Ruth S

Patricia S Edward B



IN MEMORY OF:

Vincenza C

Iris L

Theresa S

(Placide) Parrent M



HAPPY BIRTHDAY

RUTH S - FEBRUARY 1

EILEEN O - FEBRUARY 1

ADA M - FEBRUARY 1

PIERRETTE D - FEBRUARY 2

DONALD D - FEBRUARY 3

JOANNE V - FEBRUARY 3

GLENN D - FEBRUARY 7

ANGIE B - FEBRUARY 10

LINDA K - FEBRUARY 28

GERALD W - FEBRUARY 10

SALOME H - FEBRUARY 12

JOAN N - FEBRUARY 14

HELEN-MARIE R - FEBRUARY 16

VERNA D - FEBRUARY 20

ERIC M - FEBRUARY 22

MARGARET K - FEBRUARY 23

JOHN A - FEBRUARY 24

LINDA G - FEBRUARY 28



SPIRIT DAYS

Feb 6: Red Day

Feb 13: Purple, Gold & Green

Feb 14: Wear Red or Pink

Feb 29: Winter PJ Day





CLUB 418

ME OF 100
New York
1997



Free Aug.
Hello Darling,
I have been
for a letter from
everyday.
don't have
me



HEART TO HEART
VALENTINE PARTY

May I have
the key to
your HEART?



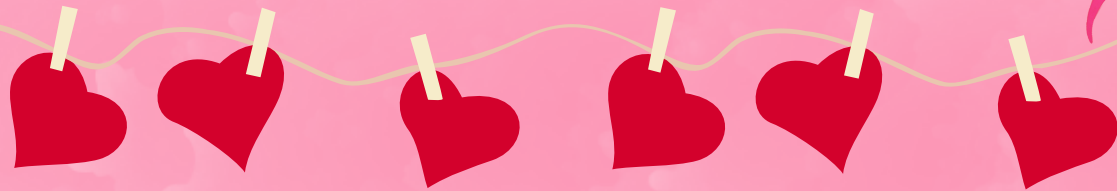
February 14th ...
a lovely date
to CELEBRATE



BALLOON BADMINTON



Valentine's Day





BEST FRIENDS





*Happy
Valentine's
Day*

 Find us on
Facebook
<https://www.facebook.com/PeopleCareCommunities/>

peopleCare
communities



**42 ELLIOTT STREET OUR PEOPLE WILL CHANGE
519-621-3067 THE WORLD OF SENIOR LIVING**