

October 2019

Hilltop Herald

peopleCare Hilltop Manor * 42 Elliott St, Cambridge * 519-621-3067* visit www.peopleCare.ca



Celebrating October Smiles Theatre

Monday October 7th at 3pm in the
Preston Dining Room

Deborah's Thanksgiving Chocolate Sale

Saturday October 12th at 9am

Thanksgiving Service

Monday October 14th at 3pm in the
Preston Dining Room

Oktoberfest with Sandy McDonald

Tuesday October 15th at 2pm in the
Blair Dining Room

Federal Election

Monday October 21st 9:30-3:30pm
Polls are in the Preston Lounge

**Please note some programs have
moved location that day*

Halloween

Halloween Bash Thursday October
31st from 2-3pm in the Preston
Dining Room

Trick O' Treating 5pm in the Front

peopleCare
communities



Welcome Home

We welcome Maria, Joseph, Jenny,
Jim, Frank, Marjorie, Margaret and
Jeanette

Happy Birthday to
All those born in October!

Resident Name	Date
Katherine M	2 nd
Sam S	2 nd
Norma K	6 th
Ahti L	11 th
Pat B	11 th
Cecile A	12 th
Ruby S	12 th
Peggy E	14 th
Margaret R	16 th
Harriet M	16 th
Eileen P	21 st
Margaret V	25 th
Joan F	25 th

Stone: Opal

Flower: Calendula

October Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities.

Those born between October 23–31 are Scorpions of Scorpio. Scorpions are passionate and assertive yet are known to keep cool and calm. This composure makes them good, steadfast leaders and loyal and honest friends



There will be a polling station set up at Hilltop from 9:30am until 3:30pm in the Preston Lounge. Rec Team members will be around to assist people to the polling station. Below are a list of the local candidates.

- Sunny Attwal: Conservative Party
- Michele Braniff; Green Party
- Manuel Couto: Marxist-Leninist Party
- Scott Hamilton: New Democratic Party
- David Haskell: People's Party
- Bryan May: Liberal Party
- George McMorow: Veterans Coalition Party



In Memory Of

Lorraine S

Bill

Gerda

Leona

Betty

Helen

*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 Longfellow

Message from the Executive Director

Dear Residents, Families and Loved Ones,

Accreditation is here! From November 4-8, 2019 peopleCare will undergo accreditation. This is an activity we undertake every four years to ensure we are meeting the highest standards of care and quality. Surveyors will be visiting Hilltop on November 7 to review various programs. We have traditionally done very well with accreditation, achieving the highest award possible: Accreditation with Exemplary Status. If you would like to know more about the process, please visit our accreditation board in the front lobby and look for our Breaking News documents contained in this newsletter. Thank you to all of you who have been involved in preparing for this important event.

Road construction at our front entrance is ongoing with intermittent closures of our driveway. We continue to request that all able visitors park at Cambridge Gospel Hall at 31 South Street. It is 450 metres from Hilltop, or about a 4 minute walk. For those who need to access our parking lot when our main entrance is closed, a reminder that our temporary rear entrance can be accessed by turning right from Concession St. onto Centre St. and then a quick right into the laneway - follow the signage. Our latest information is that they plan to be finished work in front of Hilltop by October 31 and our main driveway will reopen permanently.

A reminder to all visitors that you must be parked in a designated parking lot. Parking in our lot is strictly enforced in order to ensure that emergency vehicles and deliveries have unrestricted access.

Please join me in welcoming our 2019-2020 St. Louis Adult Education PSW class. Currently we have 19 students who you may see completing their training in various areas of our home. We were fortunate to have hired six PSWs from our 2018-2019 class, three of whom were sponsored by Hilltop Manor.

Hosting PSW classes is part of our overall staffing strategy to hire qualified PSWs who align with peopleCare's values. As you may know, there is currently a shortage of PSWs in the health sector and this creates challenges in maintaining our staffing levels. For the last six months, Hilltop Manor has also been hosting a weekly PSW group interview. We typically see 3-10 candidates per week and our hiring team consists of two residents of Hilltop. Through this process we have been able to significantly increase our staffing numbers.

Sincerely,
Mike Dickin
Executive Director

Living the peopleCare Values

INTEGRITY

Dare to be transparent

Are all of your decisions made with
integrity?



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**

HEARTbeats

Congratulations to our August Draw
Winners!

Name of Giver: Barbara Judway
Name of Receiver: Debbie Kember

They have received a \$25 gift
card for displaying the
peopleCare Values!



Phone Directory

Reception Desk	100
Executive Director – Mike	103
Business Office Manager - Vimla	112
Nursing Staff Manager – Corina	104
Exc. Dir of Nursing – Deborah	222
Director of Resident Care (1 st floor)– Raj	117
Director of Resident Care (2 nd Floor) – Jenny	204
Director of Resident Care (3 rd & 4 th floor)- Vickie	303
Director of Nutrition – Brent	105
Asst. Director of Nutrition – Mrunali	106
Director of Recreation- Kristen	114
Social Work – Peter & Chaplain- Daria	232
Physiotherapist- Sam	107
Director of Environmental Services	116
Hair Salon – Lorrie	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



Save THE Dates

Resident Council Bazaar and
Chocolate Sale - November 23rd

Family Christmas Dinner -
December 18th

Santa's Breakfast - December 21st

More details to come



Why Getting the Flu Shot Matters

This year more than ever before

Every autumn we hear the same message: Get the Flu Shot! And every year too many of us do not. Some think “oh I never get sick.” Others question the effectiveness of the vaccine. But did you know that statistics show one flu shot can save up to 8 lives?!

That’s because when we get our flu shot, not only do we protect ourselves from getting sick (or at least reduce the severity of symptoms if we do get the flu), we also help stop the spread of the virus to others. This includes seniors, children, and anyone with chronic health conditions that puts them at increased risk for serious complications – or even death – from the flu.

Based on the experience of countries in the southern hemisphere, where flu season occurs earlier than here in Canada, experts are warning our upcoming flu season could be a rough one. In fact, Australia’s flu season started early this year and was the worst on record: 254,000 confirmed cases as of mid-September, with 587 deaths, the majority of which were elderly people. By comparison, in 2018 there were only 52,000 confirmed cases and 73 deaths. Seems getting our flu shot this year is more important than ever.

Throughout October, residents and staff will receive their flu shot at the Home, supporting our goal to improve the immunization rates at every peopleCare Home. Families, volunteers and other visitors have lots of convenient options for getting their shot including local pharmacies and Public Health flu shot clinics (watch our bulletin boards for dates, times and locations).

Flu viruses spread quickly through coughing, sneezing and touching contaminated surfaces like doorknobs or unwashed hands. So, in addition to getting your flu shot, you can also easily help reduce the spread of influenza and other viruses like colds if you:

Wash your hands often with soap and warm water, or use an alcohol-based hand sanitizer
Cough and sneeze into your sleeve or a tissue that you use only once before discarding
Postpone visiting the Home if you are sick, or wear a mask if you feel unwell

This year, join us in staying healthy and stopping the spread of influenza – get your flu shot. Do it for us all!

Breaking News: Accreditation

As you are aware, accreditation is taking place from Monday, November 4th through to Friday, November 8th, 2019.

Accreditation assesses an organization against standards of excellence to identify what is being done well and what needs improvement with the goal of enhancing quality and safety, reducing risk and increasing efficiencies. This involves all members of peopleCare team from owners, staff, residents, families, and community partners.

Dion Mouland will be the Team Lead for the Accreditation; he is surveying with Lori Turcotte. Dion works in continuing care system in Halifax, Nova Scotia, while Lori works in long term care in the Niagara Region.

Please help us in welcoming Dion and Lori to the peopleCare Homes.

.....

How do I access my personal health information?

You are able to have access to the information we retain about you with a reasonable time, upon presentation of a written request and satisfactory identification. There is a fee of \$75.00 that will be charged to the resident or the SDM. All written request must go the Executive Director or the Executive Director of Nursing in the home. Any questions please connect with Deborah Beckman at extension 222.

Family & Friends Circle of Support

Invites you to attend our meeting on Wednesday October 9th at 6:00pm in the Preston Home Area (on the first floor)

Agenda Items

- Mike, Executive Director will be in attendance
- Accreditation Update – Erna
- Education on Food Services Program – Brent

Come advocate, Share ideas and make suggestions! Connect with Family Council Chair Tina at familycouncilhilltopmanor@gmail.com

Support through Changes

Invites you to attend our monthly group.

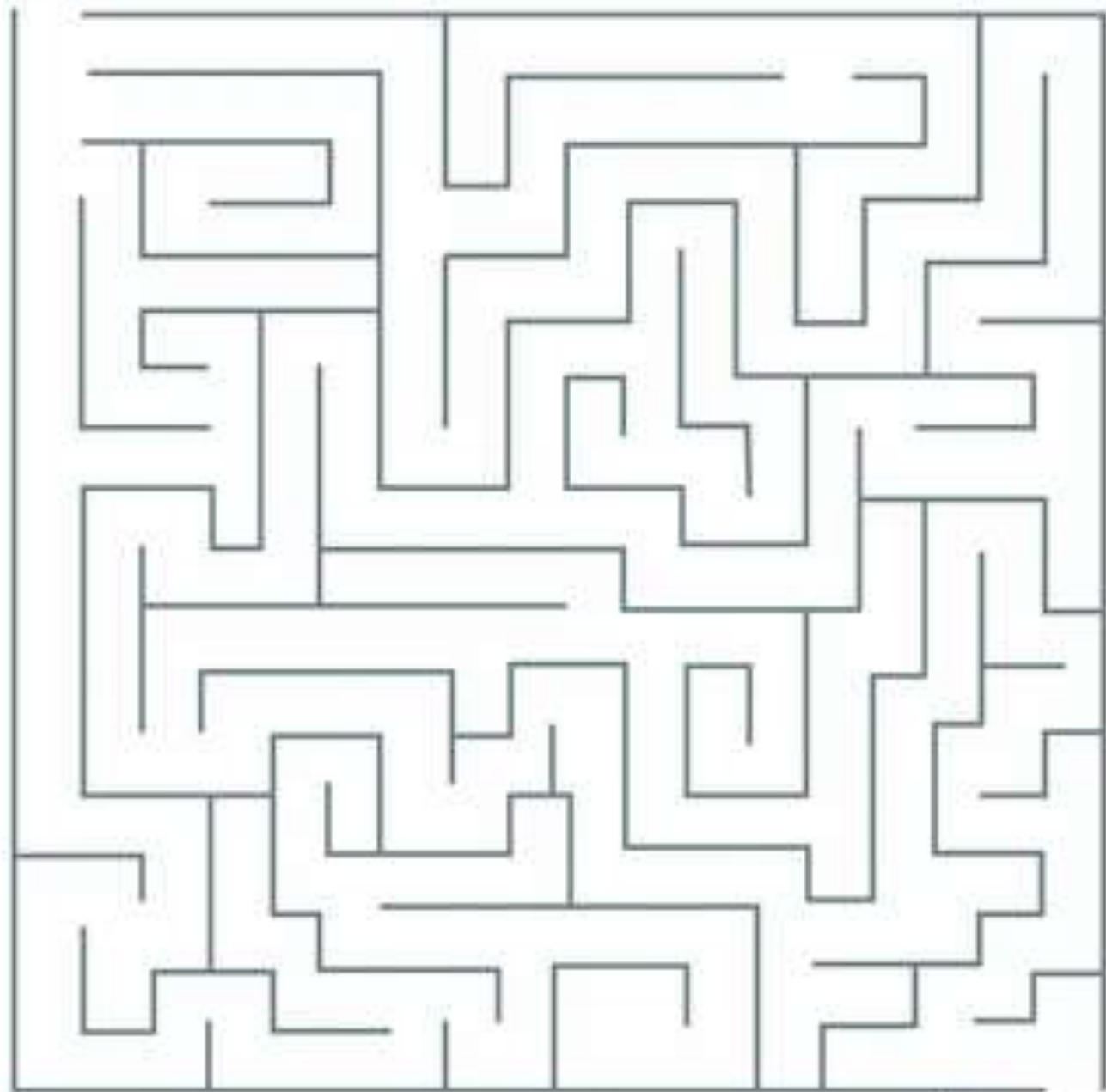
Wednesday October 16th at 1pm on the 4th floor in the Family Meeting Room.

Discussion will be about Self Care.

Pumpkin Patch

MAZE

Start



Finish

Fall Word Search



ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD

HALLOWEEN
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN

QUILT
RAKE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING



Concentration Puzzle

Use the visual clues in the puzzle boxes to figure out the phrases.

