

HILLTOP HERALD

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



Celebrating May

We will be busy in the courtyard and on the balconies getting the gardens ready and putting out the patio lights.

Seeds have been started and will be planted when mother nature gives us the ok.

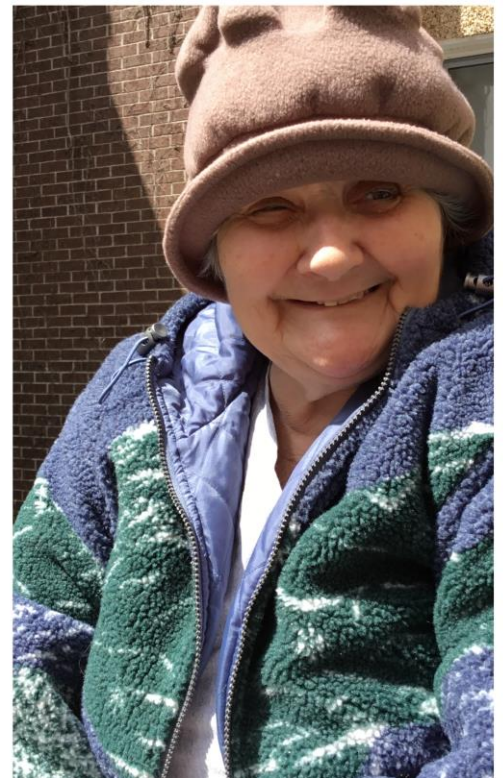
Mother's Day won't be quite the same as it has in the past years. We are hoping to plan something special for all our Hilltop Mama's!



While we continue to practice social distancing and limiting our groups to no more than 5, for the month of May there will not be our usual Recreation Calendar. Rest assured there are still programs going on in the home, many visits and staff assisting our virtual visits.

Thank you for understanding!

May 2020



Welcome Home

Laird, Al, Stanley and Michael

Happy Birthday to All those born
in May!

Alvine	1 st	Leonilda	15 th
Arminda	2 nd	Thomas	21 st
Keith	3 rd	Lynn	21 st
Clayton	4 th	Elisa	22 nd
Tommy	5 th	Hans	23 rd
Dagmar	14 th	Horst	27 th
Tita	14 th	Mira	29 th
Evan T	14 th	Jean	31 st
Bob M	15 th		

Flower: Lily of the Valley
Birthstone: Emerald



May Birthdays

In astrology, those born between May 1–20 are the Bulls of Taurus. Not only do Bulls work hard with a determined and tireless manner, but they enjoy the payoff, rewarding themselves for a job well done. These stable and reliable types won't finish the job until they are completely satisfied.

Those born from May 21–31 are the Twins of Gemini. Gemini's dual nature is expressed through its skillful communication and dynamic sociability. The Twins are energetic, quick-witted, optimistic, and emotionally intelligent.

Schedule a Video Call

We have begun to use a self-serve method of scheduling your own videocalls with your loved one. Please use the link below to connect to the website.

<https://peoplecare-hilltop-manor.appointlet.com/s/30-minute-block/kristen>

If you are having trouble please connect with reception or Kristen Leenders at extension 114.

Thank you!

In Memory Of



Glenna
Nancy
Lucien
Aidrey
Joan
David

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

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

A Message from the Executive Director

Dear families,

Our team continues to do all we can to keep everyone's spirits up in the Home and stay connected with all of you through phone calls, virtual visits and Facebook updates. While it is not as wonderful as seeing you all in person, we know it's best for the time being to help keep everyone safe in our Home and community.

As you are aware from recent phone calls and updates, Public Health has increased testing in long-term care homes as part of the government's Action Plan for LTC. We welcome this as the next step in the ongoing efforts to keep COVID out of our Home.

We are always looking for ways to increase resident and staff safety through new precautions. For example, we began asking for a negative COVID test for all residents being admitted/readmitted to our Home. This was before the government made it a directive for all Homes in the province.

Our teams continue to wear masks and we are practicing social distancing for dining and programs. We have the PPE we need for infection control now, and in the event of an outbreak.

Most importantly, we are paying very close attention to the physical and emotional health of your loved one each and every day. All of our wonderful families and community neighbours are a big part of that, and we are so touched with the continued outpouring of support.

We have created some special moments this past month as we adjust to our new environment. Timmie Tuesdays with coffee and donuts are hit for everyone in the home.

The government's latest estimates show that COVID numbers in Ontario are slowing down. This makes us excited and optimistic that soon, together, we will have gotten the best of this virus. Until then, keep in touch and stay well!

Sincerely, Mike Dickin

News and Notes

Three free resources to support good mental health during the pandemic

- **CAMH** – www.camh.ca – The Centre for Addiction and Mental Health offers information and suggestions about how best to cope during this difficult time on their [COVID-19 Resource Page](#).
- **#MindVine** – www.mindvine.ontarioshores.ca -- Social media home of Ontario Shores. Recent posts include: [COVID-19: Why Building a Fort Can Improve Your Mental Health](#).
- **Mental Health Commission of Canada** – www.mhfa.ca – Offers tips and resources to support mental well-being, such as this easy-to-use [worksheet](#) to create a self-care plan.

Family and Resident Councils COVID-19 webinar

The [Family Councils Ontario \(FCO\)](#) and [Ontario Association of Residents' Councils \(OARC\)](#) hosted a joint webinar in April titled "Courageously Living Through COVID-19 Together: Residents and Families." The session was designed to give families and others a safe forum to ask questions and talk about how COVID-19 has reshaped our lives.

A recording of the webinar and the slides are available to view free of charge:
<https://www.youtube.com/watch?v=ElZZTu6WTSM&feature=youtu.be>

Or click this link for a summary of Questions and Answers:

www.ontarc.com/documents/bulletins/20200423COVID19OARCwebinarQandA.pdf

Source: Family Councils of Ontario (FCO)
 Newsletter

Living the peopleCare Values

EXCELLENCE

Exceed Expectations

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

Strive to be better than the rest



Check us out, and like us on Facebook by typing
in "peopleCare Communities"
<https://www.facebook.com/PeopleCareCommunities/>

HEARTbeats

Congratulations to our March Draw Winners!

Name of Giver: Bertha
Name of Receiver: Cindy

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

Thank you for all you do!



Internal Phone List

Reception Desk	100
Executive Director – Mike	103
Business Office Manager –Vimla	112
Nursing Staff Manager – Jacklyn & Amy	104
Exc. Dir of Nursing – Deborah	222
Director of Resident Care – Raj	117
Director of Resident Care – Jenny	204
Director of Resident Care – Vickie	303
Director of Food Services –Harpreet	105
Dietician – Barbara	134
Director of Recreation- Kristen	114
Chaplain- Daria	232
Social Worker – Peter	
Physio- ARVAN Group	107
Director of Environmental Services – Carl	116
Hair Salon – Lorrie (closed at this time)	136

peopleCare Is here for You

peopleCare recognizes that we cannot
thrive without the hard work and
dedication our employees make every day
in our Homes. Please remember all 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



Flower Power



ASTER
 CROCUS
 DAFFODIL
 DAISY
 GERANIUM

HONEYSUCKLE
 LAVENDER
 LILAC
 LILY
 MARIGOLD

ORCHID
 PANSY
 SUNFLOWER
 TULIP
 VIOLET



Brain Teasers

Name: _____

See if you can figure out what these tricky brain teasers are trying to say.

A Rest
You're

S
I
T

Chair

1) _____

2) _____

3) _____



Mind
Matter

Heart

4) _____

5) _____

6) _____

R|E|A|D|I|N|G



Cycle
Cycle Cycle

9) _____

8) _____

7) _____



Lang4uage

Dance
Dance
Dance








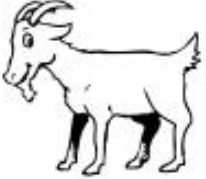


10) _____

11) _____

12) _____

Picture Puzzler

If you find the correct letter for each clue, you'll spell a word that should make you happy!

1. Find a letter that is in  but not in  _____
2. Find a letter that is in  but not in  _____
3. Find a letter that is in  but not in  _____
4. Find the letter that is in  but not in  _____
5. Find a letter that is in  but not in  _____

Write your letters again here to spell a happy word: _____

Try to make your own riddle like the one above for *cat*, *dog*, *sun*, or *fish*.



Mother's Day

Second Sunday of May



APPRECIATION
 BEAUTIFUL
 BREAKFAST
 CANDY
 CHARMING
 COMFORT
 DEVOTED
 FLOWERS
 FORGIVING
 GIFTS

GUIDANCE
 HUGS
 JEWELRY
 JOY
 KISSES
 LAUGHTER
 LOVE
 MATERNAL
 MOM
 MOTHER

NURTURE
 PERFUME
 PROTECTIVE
 SHARE
 TELEPHONE
 TENDER
 THE BEST
 WARM
 WISE

