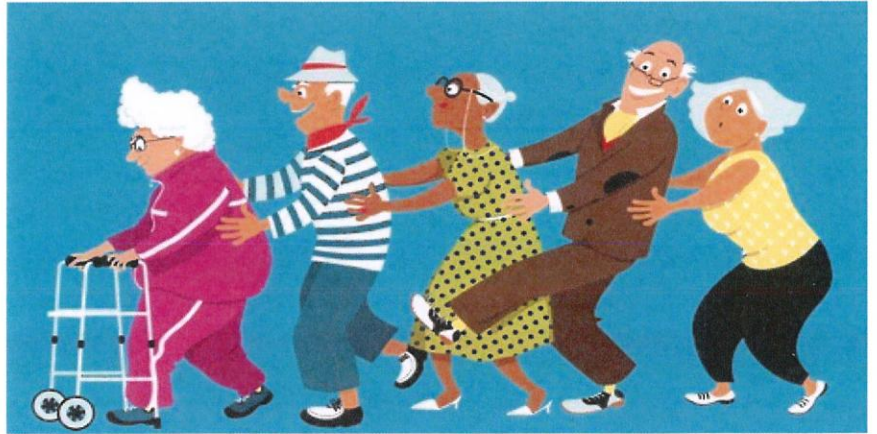


HILLVIEW MANOR NEWSLETTER 2024



ISSUE NINE

September was another month that flew by. We left summer behind and entered fall. The month saw quite a bit of rain but for most part harvest was able to continue without too many delays. Weather was also above the normal temperature so that was appreciated by everyone. There are still lots of robins and other birds around.

At the start of the month about a dozen of the folks went out for a Country Cruise. We had hoped to see some farmers out combining but, alas, that was not to be. Most still enjoyed just getting out and seeing the countryside.

Also this month we took a group out to the golf course for lunch and cart rides around the course. The day was slightly windy but beautiful. That was our last outing there until next summer. We can't wait!!!

Another outing to Walmart then Blackbeards for lunch was enjoyed by the folks

The first (of what may become an annual event) Multicultural Day was held this month. It was a great celebration of the different cultures within our home. The reviews were outstanding. Our residents thought it was a great day. Fun and informative. Heather and Jim made the trip down to see us , so that was extra special to have them join us

4 of our folks celebrated a Birthday in September

Marie Mooney....Sept 4th

Shirley Peters.....Sept 5th

Sylvestor Maksymetz..... Sept 13th

Albert Piche.....Sept 20th



The two September birth flowers are *Asters* and *Morning Glories*, both of which love the crisp air of early fall and each evokes the best aspects of those fading summer days. The aster's starlike flowers bloom in a range of colours reminiscent of sunsets, and morning glories revel in the crisp, dewy morning air.

Morning Glories are symbols of love and affection. Aster flowers symbolize love, wisdom and faith



Grandparents Day is celebrated on the 2nd Sunday of September every year in Canada. It is an opportunity to celebrate the bond between grandparents and grandchildren.

Grandparents serve as sources of unconditional love, positive influence, and emotional support for their grandchildren, They contribute to their character development, offer support to parents, and provide a link to family history and traditions.



I asked my 9 year old grandson, "What did you learn in school today?" He replied, "Apparently not enough because I have to go back tomorrow,"

I Was spending time with my grandchildren ,
ages 6 and 2. I overheard my 6 year old
grandaughter comforting her crying
brother:"It's okay to be sad. Sometimes we
need to let our feelings out."

Me: "Oh darling, that's so lovely. Well done.
Why is he crying?"

"Oh, I hit him."

My 3 year old grandson asked if they had
batteries inside them. When I told him no, he
asked, "Then how can I talk?"

Our 4 year old granddaughter has trouble
falling asleep. She said it;s because she
wonders what she looks like when she's
sleeping and it's keeping her awake.

My 4 year old learned all about wrinkles today after she asked me where I got my forehead stripes!!!

I was writing in my journal at the kitchen table while my grandson was eating his cereal. He watched my cursive carefully for several minutes, then said, "You should learn how to print. Nobody's ever going to be able to read that."

My grandson was looking through the family Bible when a large pressed maple leaf fell from the pages. His eyes grew huge! "Grandma I didn't know you had Adam's underwear in your Bible!"

Musical entertainment is always a highlight. We are fortunate to have a number of entertainers who love to come and share their talents with us.

Many thanks to Keith and Gary, Wilma and Val, Garth Ternes and Caragana Ramblers.

Garth is the brother of Janet Ternes. He lives in Calgary. This was the second time Garth came and shared his music. The residents really enjoyed listening to Garth. He is primarily country but also has many stories to share about the artists and the history behind the songs. Of course Janet has a proud big sister moment when he performs.

One day I looked in the mirror and said, "Oh, I look terrible" to which my grandson replied, "But I love you anyway."

Sept 6th was a Multicultural Day Celebration at Hillview. It was a day to celebrate and learn about some of the other cultures we have within our Hillview family.

Our first stop in our travels took us to the Phillipines. With the help of our staff...Shielo, Arman, Sheena, Margie, Daryl and their families we experienced the Phillipines in music, dance, song and food.

Sabeta shared the music and dance of Nepal. Her beautiful smile radiated throughout the room. Her cultural dress was breathtaking. She was so proud to be able to share a bit of Nepal with all of us

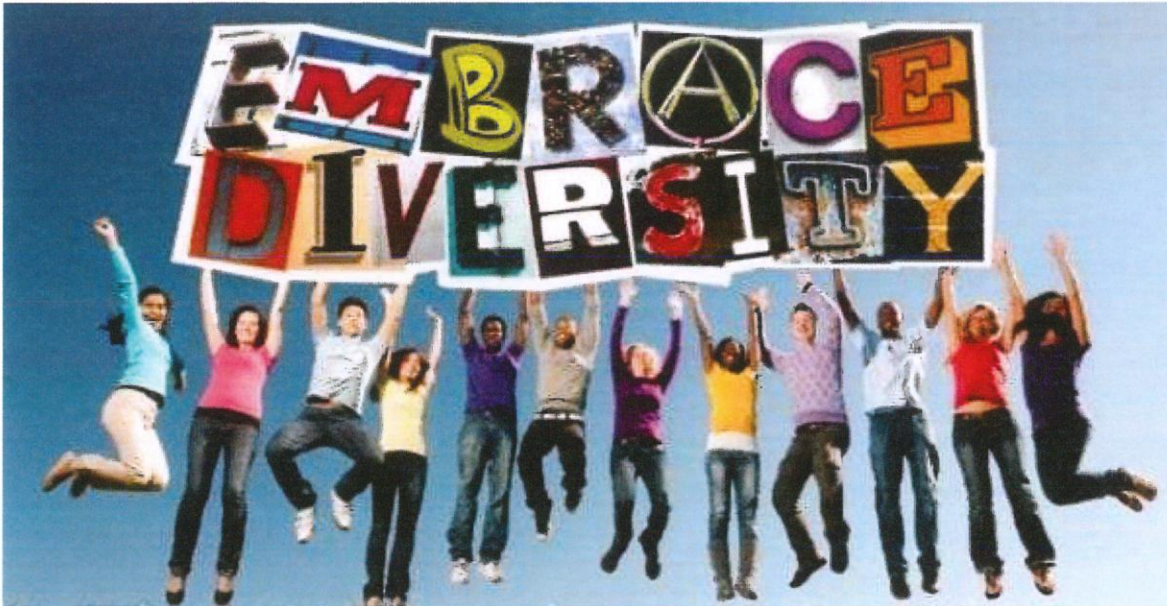
Raman took us to India. Wearing her cultural dress she shared what each piece of her outfit is called. Raman also did a dance which everyone enjoyed. It is obvious the pride that Raman had in sharing a piece of "home" with all of us

Last but not least, Grace took us to the continent of Africa. She also was wearing a beautiful colourful dress to celebrate her country. Grace shared a bit about where she came from then she also did a dance for our folks. She never stopped smiling.

This was Jeannettes brainstorm and it was a huge success. Margie helped with decorations etc. We can't wait for next year!!!

MULTICULTURAL DAY CELEBRATION

September 6th 2024



What is diversity?

Diversity refers to the variety of differences among people, encompassing race, gender, age, experiences, talents, skills, and opinions. In the workplace, it means having employees with varied backgrounds and perspectives, ensuring a broader range of ideas and fostering creativity and innovation.

What is diversity in the workplace?

To come up with a workplace diversity definition, we have to think about all the different characteristics that employees (could) have. First, we have the protected characteristics, such as race, age, gender and sexual orientation. And secondly, we have all the different:

- Experiences
- Talents
- Skills
- Opinions
- Personalities

These differences, are less obvious and require the organization's effort and proactiveness to shine.

Reference: resources.workable.com/hrterms/diversity-definition

Diversity in the workplace

Having a healthy workplace culture is paramount to ensuring a good workplace where everyone can feel secure and work together in harmony.

Working together and understanding our differences is healthy, thus creating a good workplace culture, this makes for happier staff, residents, visitors, where everyone can join together as one, as we respect each others differences, we can grow together to create a healthy beautiful home for all.



Let's explore other countries and cultures as we travel around the world.

10:00- Philippines

11:00- Africa

1:00-Nepal

2:00- India

Thank you to all participants and to everyone who came to enjoy and appreciate and understand our very Diverse Workplace, lets embrace it and the opportunities it brings as we all work towards one common goal a healthy workplace culture and a happy home.

Special thank you to Margie our nurse for all your help with the events very much appreciated.

Thank you to Desiree D. for drawing out the hands and cutting them out very much appreciated, thank you Chris for helping get all our hand designs up and Jenna for your help with the events of the day. A great Team effort.

Jeannette Betteridge

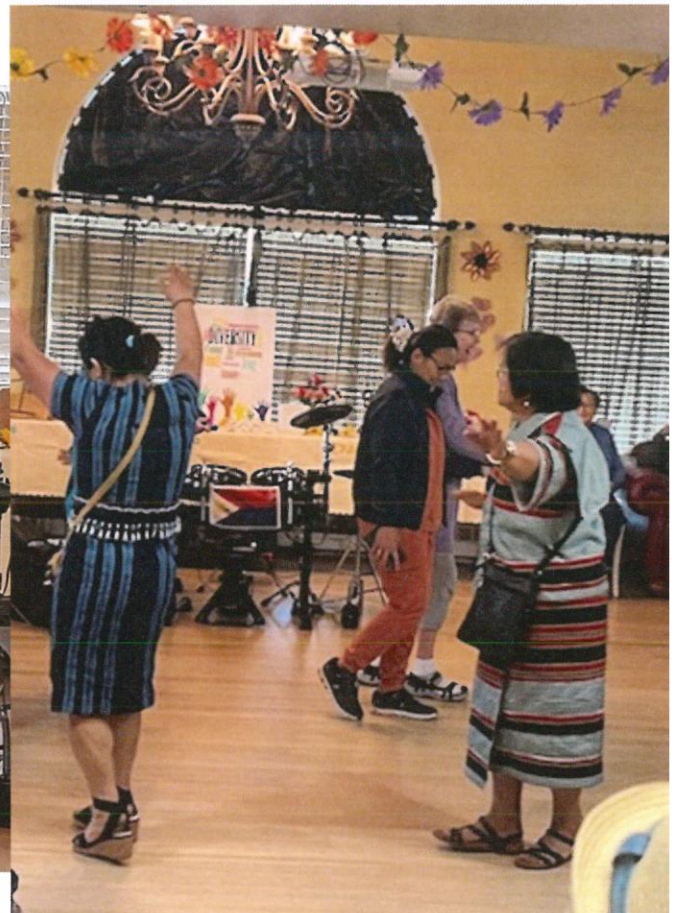
Activity Manager Hillview Manor, Estevan Sask.



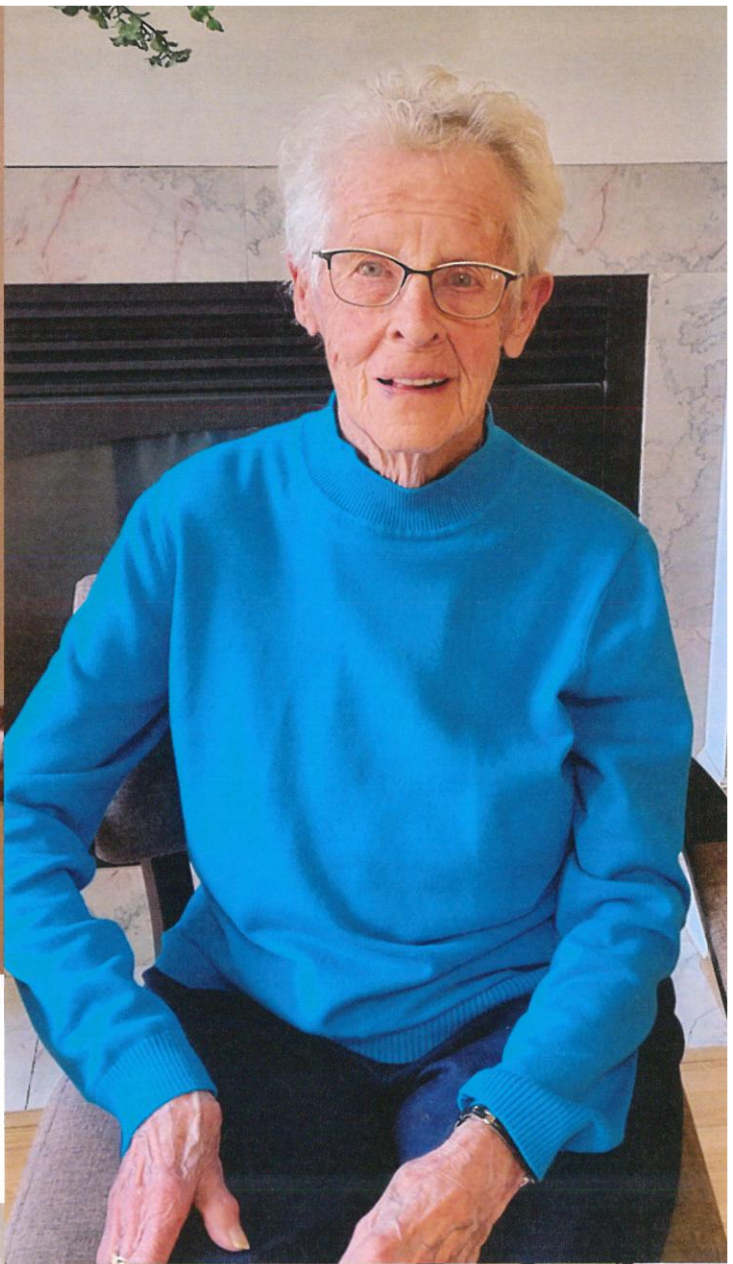




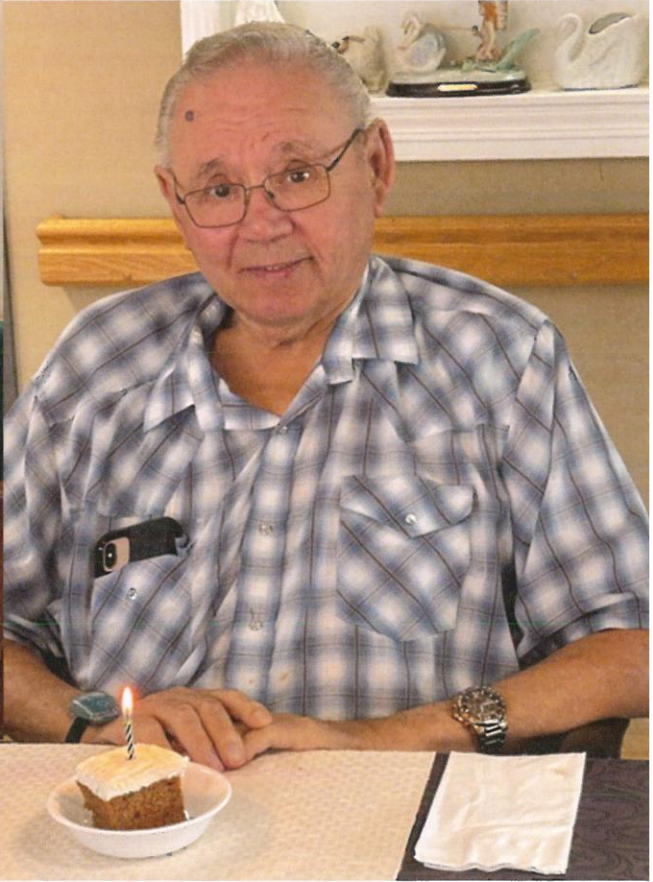
















	<h1>2024</h1>	<p>1 No Activities Revamping Decorations in storage</p>	<p>2 10:00- Catholic Mass 11:00-Exercise 1:15-Trinity Lutheran Communion (H3) 2:00-Card Bingo 3:45-Yahtzee (FR)</p>	<p>3 10:30-Resident Meeting 2:00- Card Bingo 3:45-Snakes & Ladders (FR)</p>	<p>4 10:00-Exercise 11:00-Bean Bag Toss 1:45-Bingo 3:45-Skip Bo</p>	<p>5 </p>
<p>6 </p>	<p>7 10:00-Communion 10:30-Baking 11:00-Manicures 1:30-4:00- Make Music with Friends</p>	<p>8 10:00 Exercise 11:00-Card Bingo 1:15- Anglican Church (H4) small service 2:00-Crafts (FR) 3:45- Snakes & Ladders (FR)</p>	<p>9 10:00-Exercise 11:00-Card Bingo 1:30- Kieth & Garry 4:00- Devotions Pat Stubel 89</p>	<p>10 10:00- Exercise 11:00- Card Bingo 1:15 SR (H1&2) 2:00- Indoor Curling 3:45- Crokinole (FR)</p>	<p>11 10:00-Exercise 11:00-Bean Bag Toss 1:45-Bingo 3:45-Skip Bo</p>	<p>12 </p>
<p>13 </p>	<p>14 No Activities</p>	<p>15 10:00 Exercise 11:00-Card Bingo 1:15 SR (H1&2) 2:00-Indoor Curling 3:45-Skip Bo</p>	<p>16 10:00 Exercise 11:00-Card Bingo 2:00-Wilma & Val 3:45-Yahtzee (FR)</p>	<p>17 10:00 Exercise 11:00-Card Bingo 2:00-Caragana Ramblers 3:45-Snakes & Ladders (FR) Joyce Beggs 91</p>	<p>18 10:00-Exercise 11:00-Bingo 2:00- Shirley Andrist Entertainment (FR) 3:45-Skip Bo</p>	<p>19 </p>
<p>20 Gospel Chapel 1:30</p>	<p>21 10:00-Communion 10:30-Baking 11:00-Manicures 1:15 SR (H1&2) 2:00-Card Bingo 3:45-Skip Bo</p>	<p>22 10:00-Exercise 11:00-Card Bingo 1:00- Voting Poles for Residents Open in Family Room</p>	<p>23 9:45-1:00- Walmart/Fired up Grill 2:00- Card Bingo 3:45-Snakes & Ladders Ron Edwards 91</p>	<p>24 10:00 Exercise 11:00-Card Bingo 1:15 SR (H1&2) 2:00-Indoor Curling 3:45-Yahtzee (FR)</p>	<p>25 10:00-Exercise 11:00-Bean Bag Toss 1:45-Loonie Bingo 3:00- Wine & Cheese 3:45-Skip Bo</p>	<p>26 </p>
<p>27 </p>	<p>28 10:00-Communion 10:30-Monthly BP check 11:00-Manicures 1:15 SR (H1&2) 2:00-Card Bingo 3:45-Skip Bo</p>	<p>29 10:00- Exercise 11:00-Card Bingo 2:00-Colouring 3:45-Snakes& Ladders (FR)</p>	<p>30 10:00- Exercise 11:00-Card Bingo 1:15 SR (H1&2) 2:00-Bean Bag Toss 4:00- Devotions</p>	<p>31 10:00-Exercise 11:00-Card Bingo 2:00- Halloween Party monthly Birthdays 4:00-7:00- Hand out treats at the door for the children</p>	<p></p>	<p>*Activities subject to change* FR)-Family Room (H)- House</p>