

# HILL VIEW MANOR

PERSONAL CARE HOME



The Meaning of Life is to Find Your Gift. The Purpose of Life is to Give it Away.



**Golden Health Care**  
*Here to care for you*

# HILL VIEW MANOR

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## OUR PHILOSOPHY

There is a world of difference at Hill View Manor. We are dedicated to creating a “home” which provides residents with an enhanced quality of life, comfortable and thoughtful accommodations and the freedom of choice. This includes developing and maintaining strong ties within the community and with family and friends. Hill View Manor believes everyone is equal and all residents, despite their different levels of care, deserve to live in an environment that makes them feel right at “home”. Our philosophy is based on the traditional values of caring for those who cared for us throughout our lifetimes.

## OUR STORY

**Our Vision:** Golden Health Care will provide a home that supports every resident to have a “better everyday life” surrounded by love, laughter and respect.

Thank you for your interest in Hill View Manor. Hill View Manor is a personal care home that offers independent living, assisted living, personal care, skilled nursing care, convalescent care, respite or short term care and memory care, an “Aging in Place” philosophy.

Hill View Manor is located at 1401 1st Street in a beautiful residential area in Estevan, Saskatchewan. This location was chosen for its scenic beauty and peaceful surroundings. This home will provide residents with access to safe outdoors areas for fresh air, walking, gardening, privacy and literally a different view of the world.



## OUR ENVIRONMENT

There may be a substantial difference between what residents are currently doing and what they could be doing with the assistance of good programming and effective design. Many residents are more independent with the right environment, opportunities, equipment and help. The more responsive the environment is to the needs of the resident, by addressing the lengthy walking distances and the need for sunshine and access to safe and stimulating outdoor spaces, the more likely it is that the environment will also serve as a therapeutic tool for residents.

Hill View Manor recognizes that the way we design and build living environments has a significant impact on the health and well-being of the resident who lives there. Hill View Manor is designed to provide an environment that adapts to the needs of the resident instead of the resident trying to adapt to the environment.

### A PLACE TO FEEL AT HOME

Home is in our minds. It is an emotional memory, and such a comforting idea that it does not require a lot of thinking. Hill View Manor believes it is important for residents to maintain a sense of dignity and ties to what is familiar and comfortable. If the environment seems familiar, residents are more likely to be able to understand and cope with the change of relocating to a new place to continue their lives. A homelike environment can make one feel cozy and comfortable, safe and secure and improve the quality of life.

Hill View Manor is architecturally designed and operated to provide a living environment that is as close to "home" as possible with every effort made to pattern the environment after the familiar, "the home" and the past. This helps to provide a soft transition to a new setting.

### ESSENTIAL DESIGN ELEMENTS

Special attention is given to details such as tasteful wall coverings, fabric, furniture, carpeting, pets and plants. These details humanize the environment, making the inside warm and cozy and making the house a home.

Color influences human behavior; consciously or unconsciously and people respond to the colors around them. The right colors can help to change moods from sad to happy, dispel loneliness, encourage conversation and create a sense of peace and well being.

The key to happiness  
is to have family  
and friends share  
our lives.





## OUR ENVIRONMENT CONTINUED

Hill View Manor's environment uses color as an important tool in creating and defining space within each household and to enhance the lives of residents and create a sense of peace and well-being. Different colors are used to:

- Accommodate ease of visibility for the elderly eye
- Provide good contrast - especially between the walls and the floor
- Provide an attractive color scheme
- Help in area identification

Hill View Manor was specifically designed with many large windows to bring in the sun. The therapeutic benefits of sunshine are countless. The warm pastel colors, domestic furnishing and concealed lighting create a warm "home", something we all cherish in our lives.

### SMALL GROUP SETTINGS

To every extent possible, Hill View Manor's 40 suites are designed to ensure that residents feel that they are a part of a small (rather than large) group. The transition from the small-scale residential environment to a large-scale group living situation can be very stressful and confusing. Some of the stress and confusion can be eliminated by the creation of smaller groups of residents on the scale of "family" rather than "institutional".

Hill View Manor's environment is designed into four small groups often referred to as "households" or "clusters" in which residents live in small groups of 10. Clustering creates a smaller, more personal environment, which adds continuity and familiarity to the lives of residents. Hill View Manor supports the "Aging in Place" concept so residents have the comfort of knowing that a cluster in the home is designated to provide a higher level of care for residents who require this service.

Each cluster has its own kitchen, dining room, living room, and laundry room to provide an environment in which residents are familiar and comfortable and the opportunity for a range of activities (cooking, baking, laundry and exercise) typically found in homes. In addition, clustering eliminates long corridors, a centralized nursing station and one large dining room and day room, all of which are components that create an institutional looking environment. Instead, residents have a short walk to their kitchen, dining room and living room. This smaller living arrangement decreases noise and confusion and provides a therapeutic environment for residents.





## OUR OUTDOOR SPACES AND ACTIVITIES

The “activity” of life is a search for meaning and purpose. Dignity and the inner sense of worth arise from work, daily living, relationships, recreation and other meaningful productive activities. Hill View Manor is designed to support residents to function at “their best” to participate and to find value in living and in themselves.

Activities make up residents lives, including the basic activities of daily living, rising for a new day, bathing, dressing, grooming, eating and sharing experiences with friends. Activities and activity spaces frequently play a major role in establishing the non-institutional atmosphere of a setting, bringing more community and normalcy to a home setting. Hill View Manor has a kitchen, living room, dining room, and laundry area in each of the 4 houses to reinforce the sense of “home” for the residents, as well as a hair salon. We look forward to support new ideas and requests from our residents so they can continue to participate and find value in life and function at their best.



Be in love with your life, every minute of it.

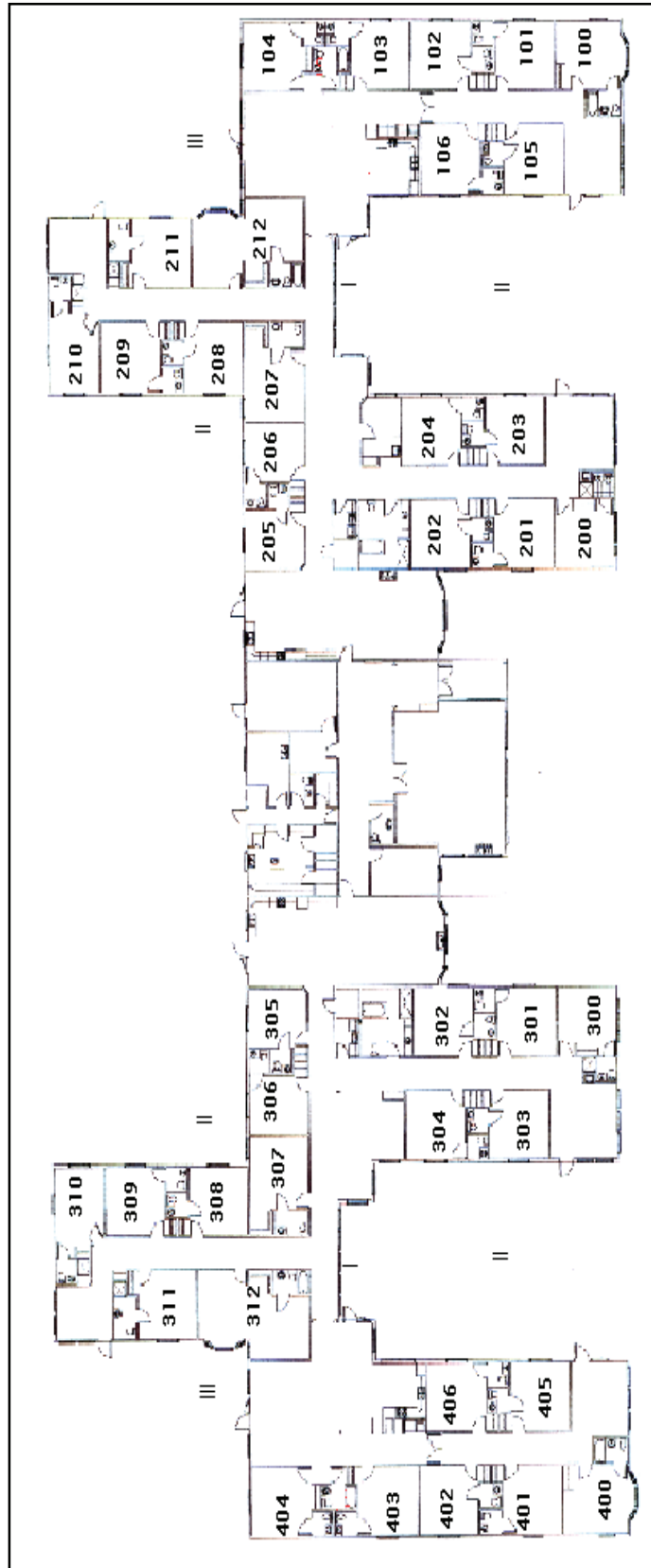
### GROUP SOCIALIZATION

Hill View Manor’s environment supports involving residents in meaningful activities, in a home setting that encourages success and a sense of self-worth in the following ways:

- Social activity in small groups helps residents feel they are members of a community that cares. At Hill View Manor, most groups will be fewer than twenty people and provide another opportunity for socialization.
- Exercise is also a good small group activity. The cumulative effects of even light exercise performed a few minutes at a time throughout the day are beneficial. Regular exercise is vital to maintaining maximum range of motion and use of joints.



## OUR FLOORPLAN





## OUR LITTLE EXTRAS

All residents will have access to a call system that is worn as a pendant. This provides the resident with access to assistance when needed in the home.

Raised garden areas, gazebos and large decks are available to provide residents with ample space to enjoy the scenic country view and outdoor living.

## THE BENEFITS OF OUR CARE

- Nursing Care is available 40 hours per week.
- Personal care is provided 24 hours a day, 7 days a week.
- Physicians and allied health care professionals provide specialized care during their visits.
- Fun filled calendar of activities and recreational programs are available for resident enjoyment.
- Nutritious home-cooked meals planned to ensure individual and dietary needs are met.
- Family members are welcome to join the resident for breakfast, lunch or supper, except during Covid. Private dining is available upon request. There is also an additional cost to the family member and 24 hours notice is required.

## OUR QUALITY OF SERVICE

Hill View Manor's team consists of a Nurse Administrator, Personal Support Workers, Recreational Activity Workers, Housekeepers, Dietary, Maintenance and Volunteers.

### STAFFING PHILOSOPHY

Clustering provides the opportunity for staff members to work with small groups of residents which helps to intensify and enhance resident-staff relationships.

To maintain a high standard of care for our residents, all staff are trained in the following areas:

- First Aid
- Safe Food Handling
- Medication Admin Course
- Personal Care Aide Course
- WHMIS
- TLR (transfer, lifting, repositioning)
- Handwashing Protocols
- Diabetic Care
- OH & S
- Fire Safety
- Dementia Care
- End of Life Care

Learning is an ongoing process that is part of our philosophy of care. As Albert Einstein said "Education is an easy thing to carry around".



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1401 1st Street, Estevan, SK S4A 2W7

This information package should answer most of the questions you may have regarding Hill View Manor.

If you require additional information or would like to schedule a tour, please contact us at:

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Email: [hillview@sasktel.net](mailto:hillview@sasktel.net)  
Website: [www.goldenhealthcare.ca](http://www.goldenhealthcare.ca)



HILL VIEW MANOR IS PART OF GOLDEN HEALTH CARE INC., ONE OF SASKATCHEWAN'S LEADERS IN PROVIDING QUALITY CARE TO OUR SENIORS.



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