

April 2026



Harbour View Haven

"A Community For Quality Care"

Hilltop Highlights

FAMILY COUNCIL MEETING

A Family Council Meeting will be held April 16 at 6:00 p.m. in the Conference Room.

We are requesting one family representative per resident. Should meeting space allow, requests for attendance of additional family representatives may be added to a waiting list.

Please confirm attendance with Meghan Walsh, Director of Recreation and Volunteer Services at 902-634-8836 ext. 244 or mwalsh@hvh.ca

Confirmation for Family Council is important for room bookings, guest speakers/presenters, and catering. Where confirmation of attendance for Family Council is less than 5, the meeting will be cancelled.



Volunteer, Ann Moore with Resident, Lois Hilchey at a Bingo game.

Harbour View Haven Bill of Resident Rights

As a Resident of Harbour View Haven;

- 1. "You have the right to be treated with respect and dignity at all times."**

Residents are to be provided the appropriate privacy in treatment and caring for any personal needs.

National Volunteer Appreciation Week April 19 - 25, 2026.

Harbour View Haven extends a huge and heartfelt thank you to each and every one of our volunteers. Your continued dedication and support is greatly appreciated.

Thank you!
Volunteers!

Upcoming Events!

Bingo—Wednesdays at 2:00 p.m. in the Floor Two Lounge.



Musical Entertainment with "Bluenose Fiddlers"—April 8 at 2:00 p.m. in the Floor Two Lounge.



"Music Memories with Kelly and Dave Barnes" - April 14 at 2:00 p.m. in the Floor Two Lounge.



Musical Entertainment with "Sunny Side Up" - April 27 at 2:00 p.m. in the Floor Two Lounge.



Some of our Volunteers

Musical Entertainers, Bluenose Fiddlers



Musical Entertainers, Mike and Tim of "Running on MT"



Worship Service led by Deacon Pat Morris and his team



MEALTIMES AT HVH

At our last Resident Council meeting, it was discussed and primarily opted for, flipping our bigger meal from noon to supper time. With providing a very large breakfast, followed by the large main meal for lunch, many residents are too full to consume that meal (which contains most of their daily calories and protein). Due to this, many are quite hungry by supper time when the lighter meal is served.

With residents' input, we are looking at moving our largest meal to supper time.

Benefits of this include:

- Improved satiety throughout the evening
- Less hypoglycemia with morning blood sugars
- Increased likelihood of consuming the large, main meal
- The ability to sleep in & have a late breakfast, without compromising intake of the larger meal

Stay tuned for results of our residents' votes!

~ FOOD SERVICES TEAM



Food Services is planning a special Easter Meal

April 5th Easter Sunday

- *Glazed pineapple ham*
- *Mashed Potato & Squash*
- *Peas & Carrots*
- *Dinner Roll*
- *Carrot Cake*



Submitted by Maggie Jenkins, Director of Food Services



*Classical Music Performers,
Claude and Clement Fulton*

Notice of Mock Disaster – June 2026

HVH will be responding to a mock disaster exercise (drill) in June this year (date to be determined and posted). Family and visitors should be aware that this will likely take 30-40 minutes and potentially impact visit times. We hope to limit disruptions to our residents during this important drill exercise. More information coming soon!

What is a Mock Disaster?

Every 3 years, Department of Seniors and Long-term Care request that HVH's Emergency Preparedness Committee propose an idea for a mock drill in which the staff must respond. This can include scenarios such as a fire or flood that would involve an emergency evacuation. Mock disasters provide the opportunity for staff to discuss and practice evacuation exercises to ensure they are prepared in the case of an emergency. Monthly drills on a smaller scale also take place at HVH including fire drills and other codes within our All-Hazards Plan (reference the chart below).

Medical Emergency/Fire Safety Plan

CODE BLUE	Cardiac Arrest (Non-Resident)
CODE RED	Fire
CODE GREEN	Evacuation
CODE YELLOW	Missing Resident
CODE WHITE	Violent Person(s) – Need Additional Assistance
CODE ORANGE	Reception or Expansion (accommodating residents or citizens from outside of the facility due to an emergency elsewhere)
CODE BLACK	Bomb Threat
CODE BROWN	Hazardous Substance Spill
CODE GREY	External Air Exclusion (due to external environmental factors. (ie. smoke from forest fires, fumes from chemical spill))
CODE SILVER	Lockdown