

July 2025



Harbour View Haven
"A Community For Quality Care"

Hilltop Highlights

Sensory Garden

Did you know that HVH plants a sensory garden each summer?

Sensory gardens help to provide meaningful and stimulating outdoor engagement opportunities for our residents. Research has shown benefits and positive outcomes for seniors' mental health when provided access to the outdoors.

This includes:

- Improved sleep patterns
- Positive impacts of natural light on mood
- Promotes physical movement, social engagement, stress reduction, and opportunities for relaxation.
- Stimulates positive memories.

The goals of our sensory garden experiences include providing opportunities for increased relaxation, well-being, and enjoyment of the outdoors! Volunteers, family, staff, and residents are all welcome to enjoy our wonderful garden space during the summer months.



*Cheryl and Carrie planting the
Sensory Garden!*



*Frances helping with planting
the annuals!*

Harbour View Haven Bill of Resident Rights

*As a Resident of
Harbour View
Haven;*

**2. "You have the
right to be involved
in decisions about
your care."**

Residents may give or
refuse consent for
treatment, including
medication, in
accordance with law,
and must be informed
of the consequences of
giving or refusing
consent.

Upcoming Events!

**Bingo— Every Wednesday
afternoon at 2:00 p.m. in
the Floor
Two Lounge.**



**Canada Day Festivities in
the Garden Park with
Musical Entertainment by
"The Dairy Farm Kids" -
July 1 at
2:00 p.m.**



**Musical Entertainment by
"Sharon Rhyno & Country
Round-Up"
- July 22
at 2:00
p.m. in the Floor Two
Lounge.**



**Musical Entertainment by
"Guit Bass Duo" - July 28
at 2:00 p.m. in the Floor 2**



PRIDE Week 2025– July 17–20th

Harbour View Haven will hold its **Annual Pride Celebration on Friday, July 18th at 2:00pm including a flag-raising ceremony and cake.** Join us outside by the main entrance to the building (cake to be served in the main foyer)

What does 2SLGBTQ+ Stand for?

2S (TwoSpirit), L (Lesbian), G (Gay), B (Bisexual), T (Transgender/trans), Q (Queer/questioning), + (other identities covered under but not included in the acronym such as, non-binary, gender-fluid, etc). No acronym can reflect the full spectrum of unique and distinct identities and communities (Halifax Pride, 2022).

Checkout Halifax Pride for more information and education on events taking place in Nova Scotia

www.halifaxpride.com

*Food Services is planning a special lunch
meal for Canada Day, July 1st.*

- *Fish & Chips*
- *Homemade Coleslaw Salad*
- *Strawberry Short cake*



Resident Menu Committee



The Resident Menu Committee met for the first time June 2, 2025 where a new Chicken Apple Soup recipe was sampled, along with biscuits, tomato sandwiches, and cucumber and cream cheese sandwiches. Residents provided feedback on the items sampled as well as suggestions for the future. The Chicken Apple Soup was a highlight, and suggestions for next time included stewed rhubarb and rice pudding. The Committee will meet at least once a month to review menus and resident input.