

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.

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.



Cheryl and Carrie planting the Sensory Garden!



Frances helping with planting the annuals!

Upcoming Events!

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

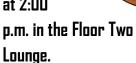
Canada Day Festivities in the Garden Park with Musical Entertainment by "The Dairy Farm Kids" -

July 1 at 2:00 p.m.



Musical Entertainment by "Sharon Rhyno & Country Round-Up"

- July 22 at 2:00



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



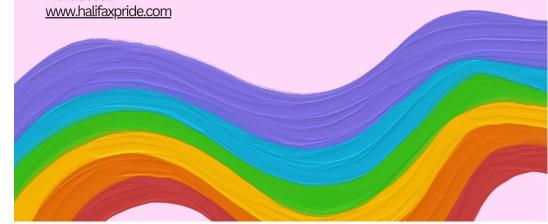


Harbour View Haven will hold its **Annual Pride Celebration on Friday, July 18th at 2:00pm including a flag-raising ceremony and cake**. Join us outside by the main entrance to the building (cake to be served in the main foyer)

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



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.