

March 2026



Harbour View Haven

"A Community For Quality Care"

## Hilltop Highlights

### *National Social Work Month*

#### March is National Social Work Month

March is National Social Work Month in Canada, a time to recognize and celebrate the vital contributions of social workers within our communities. In the long-term care setting, social workers play an important role in providing support to residents and families, helping navigate transitions and services, advocating for the rights and well-being of residents, and promoting dignity, equity, quality of life, and person-centered care. We are thankful for the dedication, support, and positive impact social workers have on our community.



NOVA SCOTIA  
COLLEGE OF  
SOCIAL WORKERS

Please join us in welcoming Paige Jenkins to Harbour View Haven. Paige is currently a student at Dalhousie University in the Bachelor of Social Work Program and will be at Harbour View Haven for the next five months doing her placement. During her placement, Paige will be learning alongside the interdisciplinary team and our Programs Manager/Social Worker, Carrie Frazier. Paige is looking forward to the opportunity to meet with residents and families, learn more about long-term care, build meaningful connections, and contributing to resident well-being.

Welcome New Social Work Student – Paige

### *Harbour View Haven Bill of Resident Rights*

*As a Resident of  
Harbour View  
Haven;*

**10. "You have the right to your own religious beliefs and cultural background."**

All residents shall be treated equally, regardless of gender, race or creed. Residents shall have free access to religious support with the opportunity to practice their chosen religion while residing at HVH.



*St. Patty's Day  
Festivities will be  
taking place  
March 17th 2:00  
p.m. in the Floor  
Two Lounge.*

## Upcoming Events!

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



**Classical Music**  
Performance by “Claude  
and Clement Fulton” -  
March 2 at 2:00 p.m. in the  
Floor Two  
Lounge.



**Musical Entertainment with**  
“Sunny Side Up” - March  
23 at 2:00 p.m. in the Floor  
Two Lounge.

**Musical Entertainment with**  
“Running on MT” - March  
24 at  
2:00 p.m.  
in the  
Floor Two  
Lounge.



## Accreditation Update

Our self-assessment stage of the accreditation process has begun. Members of the management team have formed working groups that align with the different chapters of the accreditation manual. These teams are comparing our current practices and policies to the national standards and identifying where we meet requirements and where gaps exist to pursue future quality improvement activities.

There are eight chapters in the accreditation manual.

- Governing LTC homes strategies, activities and outcomes
- Upholding resident centered care
- Enabling a meaningful quality of life for residents
- Ensuring high-quality and safe care
- Enabling a healthy and competent workforce
- Enabling infection and prevention control practices
- Maintaining safe medication management practices
- Promoting quality improvement

It will take a few months for the working groups to complete the self-assessment and once that work is complete, I will provide another update on the next steps of the process.

Andre Brideau

*Food Services is planning the following special meal:*

*Tuesday March 17<sup>th</sup> St Patty's Day  
Lunch*

- *Bangers & Mash*
- *Onion & mushroom gravy*
- *Peas*
- *Vanilla cake*



*And ...*

*Friday March 20<sup>th</sup> first day of spring  
afternoon treat!*

- *Lemon cheesecake cup*
- *Iced tea*



# Nutrition Month



## Food Sources of Fats

### **Saturated: choose less than unsaturated**

- Meats, butter, hard margarine, coconut oil, cheese, whole milk, some baked goods, fast foods, processed foods (hot dogs, deli meats, donuts, cookies, cakes, etc.).

### **Unsaturated: Choose the most**

- Mono: choose the most - oils (olive, canola, peanut, non-hydrogenated margarine, avocado, some nuts)
- Poly: fatty fish, eggs, flax, some nuts, oils (canola, soybean), omega-6 (safflower, sunflower, corn oils)

### **Trans: limit or avoid**

- Partially hydrogenated oil, shortening, often in commercial baked goods, crackers, snack foods.

## Fats in our Diets

Fat is an essential part of a balanced diet and required for our bodies to utilize vitamins (A, E, K, D) important for brain and nerve function, cell formation & function, provides us with energy, keeps us feeling full, and adds flavour and texture to foods. Fat is broken down in the body into fatty acids. The 3 main types of fats are known as: Saturated, Unsaturated and Trans.

**Saturated:** usually solid at room temperature, mainly found in meats and dairy products, lard, shortening, some are found in coconut oil, palm oil and palm kernel oil. These fats are linked to raising cholesterol in the blood (both LDL “bad” cholesterol and HDL “good” cholesterol). LDL increases our risk for heart disease and vascular related diseases. A small % of evidence suggests a possible link to dementia.

**Unsaturated:** (mono and poly) usually liquid at room temperature, found in vegetable oils, nuts, fish, nuts, seeds. These fats are linked to decreasing the risk of heart disease, lowering bad blood cholesterol while increasing good cholesterol, reducing inflammation, and aiding to control blood glucose levels.

**Trans fats:** small amounts are found naturally occurring in our animal foods (meat/dairy) while most trans fats are found in chemically modified plant oils (ie: hydrogenated and partially hydrogenated oils). These fats increase bad cholesterol and decrease good cholesterol.

## Cholesterol

Most of our cholesterol (~80%) is made by our bodies in the liver. The other 20% comes from diet. Foods that raise your blood cholesterol are the ones high in saturated fats. Dietary cholesterol does not affect everyone in the same way. The best way to lower your cholesterol is a diet lower in saturated and trans fats, increase exercise and eat more unsaturated fats. Health risk factors come into play as well. If you have no history of heart disease, diabetes or high cholesterol, you have lowered risk.

# Nutrition Month

## Adding Fats to Meals and Snacks

- Prepare foods using vegetable oils, such as olive, canola, peanut or soybean instead of using butter
- Include fatty fish in your meals and snacks (canned salmon, tuna or sardines in sandwiches and wraps or on a salad).
- Try hummus or guacamole as a dip instead of creamy dips like spinach, artichoke or ranch
- Spread soft, non-hydrogenated margarine or nut or seed butters on toast, bagels or sandwiches instead of butter or cream cheese
- Use oil or lower fat yogurt-based salad dressings instead of cream or cheese-based dressings
- Sprinkle flax, chia or hemp seeds on lower fat yogurt, cereals, and salads
- Grab a handful of unsalted nuts and seeds for a quick snack

## Lowering Saturated Fat

- Choose low-fat dairy products
- Limit fatty processed foods
- Check nutritional labels for packaged foods (choose lower in saturated and trans). %DV tells you “a lot” (over 15%) or “a little” (under 5%).
- Choose cooking methods like steaming, broiling, grilling, poaching rather than frying or deep frying and recipes that use less fats such as hard margarine, coconut oil, palm oil, butter, shortening.
- For baking, substitute 1/2 the fat for unsweetened applesauce
- Incorporate more unsaturated fats into your diet (plant-based proteins such as tofu, nuts, seeds, beans, lentils).
- Remove visible fat prior to cooking and drain fat after cooking.

## Corn, Sweet Potato & Salmon Chowder

### Ingredients

- 2 tsp (10 mL) vegetable oil
- 1 onion, finely chopped
- 1 clove garlic, minced
- 1 tsp (5 mL) dried dill weed
- Pepper
- 1 sweet potato, peeled and cubed
- 1 1/2 cup (375 mL) corn kernels (fresh or frozen, thawed)
- 2 cups (500 mL) water
- 1/4 cup (50 mL) all-purpose flour
- 2 cups (500 mL) 1% milk
- 12 oz (375 g) skinless salmon fillet, cut into chunks
- 1 tsp (5 mL) grated lemon zest

### Directions

- In a large pot, heat oil over medium heat. Sauté onion, garlic, dill and 1/4 tsp (1 mL) pepper for about 5 minutes or until onions are softened. Stir in potatoes, corn and water; bring to a boil over high heat. Cover, reduce heat to medium-low and simmer for 5 to 10 minutes or until potatoes are almost tender.
- Increase heat to medium. Whisk flour into milk and gradually stir into pot. Stir in salmon. Simmer, uncovered and stirring often but gently, for about 5 minutes or until salmon is firm and opaque and soup is thickened (do not let boil). Stir in lemon zest to taste with pepper.