

May 2026



Harbour View Haven
"A Community For Quality Care"

Hilltop Highlights



ANNUAL BUTTERFLY PROJECT

Our annual Painted Lady Butterfly project will commence again this spring. We anticipate receiving our Painted Lady caterpillars during the last week of May.

We will watch their transition from caterpillars to butterflies, and then release them into the garden park in early June. Stay tuned for details!

UPDATE ON MEALTIMES AT HVH

Resident Council has voted in unanimous favor during the March meeting to move the larger meal from lunch time to supper time. This was implemented and residents are enjoying the change based on the majority of feedback collected so far. Special holiday meals will be scheduled for lunches as specified.

~ FOOD SERVICES TEAM

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."

Food Services is planning a special lunch meal on Mother's Day May 10th

- Chicken Pot Pie
- Mashed Potatoes
- Green Beans
- Coffee Cake



Upcoming Events!

Mother's Day
Tea!

We will be
celebrating
Mother's Day May
8 at 2:00 p.m. in
the Floor Two
Lounge.



Musical Entertainment with
"Running on MT" - May 19
at 2:00 p.m.
in the Floor
Two Lounge.



Musical Entertainment with
"Sunny Side Up" - May 25
at 2:00 p.m. in the Floor 2
Lounge.



Flatbread Pizza

INGREDIENTS

- 4 small whole grain flour tortillas
- 60 mL (¼ cup) pasta sauce
- 5 mL (1 tsp) Italian seasoning
- 1 clove garlic, minced
- 1 small red bell pepper, chopped
- 175 mL (¾ cup) chopped fresh mushrooms
- 60 mL (¼ cup) chopped lean roast turkey
- 250 mL (1 cup) shredded part skim mozzarella
- 30 mL (2 tbsp) chopped fresh parsley, optional

DIRECTIONS

1. Place tortillas on large baking sheet in a single layer; set aside.
2. In a small bowl, stir together pasta sauce, herb seasoning and garlic. Spread evenly among tortillas. Sprinkle each with red pepper, mushrooms and turkey. Top with mozzarella.
3. Bake in preheated 200°C (400°F) oven for about 8 minutes or until cheese is melted. Sprinkle with parsley before serving, if using.

[Flatbread pizza - Canada's Food Guide](#)

Submitted By: Nikki O'Melia, Director of Dietetics

Dementia Understanding the Journey



HVH staff completed a 9-week, 27-hour foundational course called “Dementia Understanding the Journey”. Below are some of the students and their projects, which were a requirement of the course. Highlighted is a beautiful woodworking project that was hand-painted. Thank you to all who participated and continue to contribute to a better understanding of dementia and to improving the quality of life for our residents.

