

October 2026



Harbour View Haven
"A Community For Quality Care"

Hilltop Highlights

National Infection Control Week October 19-23, 2026

POWERED BY YOU!

Education and prevention are fundamental in reducing the spread of infections. By everyone working together, as a team, we can prevent infections protecting our vulnerable population, reduce healthcare costs and minimize the impact on public health.

INFECTION PREVENTION AND CONTROL

Powered by you!



Harbour View Haven Bill of Resident Rights

*As a Resident of
Harbour View
Haven;*

6. "You have the right to voice complaints regarding the facility or facility staff without facing discrimination."

In accordance with HVH policy regarding complaints, residents are encouraged to direct complaints to the CEO, the Director of Resident Care, the Assistant Director of Care, and/or Nurse Manager.

October is Continuing Care Month

The month of October is Continuing Care Month in Nova Scotia. Continuing Care Month is a celebration of the staff and volunteers working in Long Term Care.

We are fortunate at Harbour View Haven to have a compassionate and caring group of people that go above and beyond the call of duty to ensure the wellbeing of our residents.

We wish to thank our staff and volunteers for their hard work and dedication.



October 12, 2026

Upcoming Events!

Musical Entertainment by
"Sidetrack" - October 6 at
2:00 p.m.
in the Floor
2 Lounge.



Musical Entertainment by
"Sunny Side Up" - October
26 at 2:00 p.m. in the Floor
2 Lounge.

Musical Entertainment by
"Running on MT" - October
27 at 2:00 p.m. in the Floor
2 Lounge.



Musical Entertainment by
"Bluenose Fiddlers" -
October 28 at 2:00 p.m. in
the Floor 2
Lounge.



SPIRITUAL CARE/ PASTORAL CARE WEEK

October 18-24, 2026

Theme: "Healing Through
Presence and Grace"

A special worship service will
take place in October. Please
refer to Recreation Programming
Calendar for date. All welcome!

*Special Thanks to all our
Pastoral Care Providers*

"Kintsugi Heart"
Healing Through Presence and Grace



**Spiritual Care Week
2026**

FAMILY COUNCIL MEETING

A Family Council Meeting will be held October 7th 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.

REFLECTIONS OF GRATITUDE

*On this day, let us pause and reflect, On the blessings we often neglect.
From the morning sun's gentle rays, To the love that brightens our days.*

*Gratitude flows from a humble heart, For the simple joys life imparts.
A warm meal, a friend's kind word, The beauty in nature's song, often
unheard.*

*So, let's share our thanks far and wide, In every gesture, let gratitude
reside. For in giving thanks, we find our way, To peace and joy, on this
special day.*

Kitchen Corner - Submission by Dallas Smith, RD Director of Dietetics

Apple Pie Breakfast Bowl

Ingredients

- 125 mL (½ cup) uncooked quinoa
- 250 mL (1 cup) unsweetened fortified plant-based beverage or lower fat milk
- 125 mL (½ cup) water
- 1 mL (¼ tsp) ground cinnamon
- ½ mL (⅛ tsp) ground nutmeg
- 20 mL (1 ½ tbsp) honey
- 1 apple, finely diced
- 5 mL (1 tsp) vanilla extract
- 60 mL (¼ cup) raisin

Directions

1. Thoroughly rinse quinoa using a strainer and place in a small pot with a tight-fitting lid.
2. Stir in milk, water, cinnamon, nutmeg, honey, and apple.
3. Bring to a boil and reduce to a simmer. Cover and cook for 10 minutes or until all the liquid is absorbed.
4. Stir in vanilla extract and top with raisins.

[Apple pie breakfast bowl - Canada's Food Guide](#)

Upcoming Special Meal

The Thanksgiving Meal will be on Sunday October 11th at noon and will consist of:

- Turkey & Gravy
- Mashed Potatoes, Peas & Carrots
- Stuffing & Cranberry Sauce
- Roll

Family members wanting to have a thanksgiving meal with your loved one, tickets to be purchased in advance at the administration office (8:30—4:30). Special pricing and limit 2 guests per resident for the meal.

