

September 2026



Harbour View Haven
"A Community For Quality Care"

Hilltop Highlights

New "Trishaw to Trails" Program

This summer residents enjoyed the fresh air and viewing nature on various scenic drives through our local trails. We look forward to continuing to offer this program in September and beyond if weather permits, and watch the trees change their colour as Autumn approaches.



Harbour View Haven Bill of Resident Rights

*As a Resident of
Harbour View
Haven;*

**5. "You have the
right to a safe and
comfortable
environment."**

Residents have the right to be protected and prevented from harm in areas that require such an approach. Residents will not be abused mentally, physically or otherwise.



Upcoming Events!

**"Music Memories" with
Kelly & Dave Barnes—
September 11 at 2:00 p.m.
in the Floor 2 Lounge.**



**Musical Entertainment by
"Midlife Crisis" -
September 18, at 2:00 p.m.
in the Floor 2 Lounge.**

**Musical Entertainment with
the "Bluenose Fiddlers"-
September 23 at 2:00 p.m.
in the Floor 2 Lounge.**



**Musical Entertainment by
"Sunny Side Up" -
September 28 at 2:00 p.m.
in the Floor 2 Lounge.**

National Day for Truth and Reconciliation

HVH recognizes that September 30th, 2026, marks the National Day for Truth and Reconciliation. This day honors the lost children and Survivors of residential schools, their families, and communities. Please join us throughout the week of September 28th-October 2nd in wearing orange as an act of solidarity, awareness, and remembrance. HVH will be raising a flag on September 29th in recognition.

What is Orange Shirt Day?

Orange Shirt Day is an Indigenous-led grassroots initiative that honours the children and survivors of residential schools and remembers those who did not. The day relates to the experience of Phyllis Webstad, a Northern Secwepemc (Shuswap) from the Stswecem'c Xgat'tem First Nation, on her first day of school, where she arrived dressed in a new orange shirt, which was taken from her. It is now a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.



Source: Government of Canada (2022). National Day for Truth and Reconciliation. <https://www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html>

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Back to Routine: Easy Meal Idea Using the Snack Plate Method

Submitted by: Dallas Smith, RD

September often marks the return of familiar routines. When it comes to balancing busy schedules, mealtimes can start to feel like another item on the to-do list. Fortunately, eating nutritiously does not have to be complicated or involve spending several hours prepping. A simple “snack plate” is an easy way to create a balanced meal in a few minutes. This method is based on Canada’s Food Guide Recommendations (1/2 plate vegetables and/or fruit, 1/4 plate protein, and 1/4 plate carbohydrates focusing on whole grain foods). Using the below groups, you can mix and match combinations to reduce fatigue.



Elements:

Pick Protein(s) to fill up 1/4 of plate (you can pick more than one):

- Tuna salad
- Salmon salad
- Cheese
- Cottage cheese
- Low sodium beef jerky
- Low sodium turkey slices
- Low sodium chicken slices
- Roasted chickpeas
- Cooked chicken breast, sliced
- Nuts (almonds, walnuts, pecans, cashews)
- Edamame
- Seeds (pumpkin, sunflower)
- Boiled egg

Pick Carb(s) to fill up 1/4 of plate (you can pick more than one):

- Crackers of choice
- Tortilla Chips
- Naan Bread
- Pretzels
- Pita
- Popcorn
- Rice Cakes

Pick Vegetables/Fruit to fill up 1/2 of plate (you can pick more than one):

- Tomatoes
- Carrots
- Peaches
- Celery
- Bell Peppers
- Apple
- Orange
- Grapes
- Berries
- Cucumber
- Snow Peas
- Snap Peas
- Radishes
- Mushrooms

Other Fun Items to add:

- Dips such as guacamole, tzatziki, hummus, baba ganoush, or Greek yogurt dip.
- Dark Chocolate
- Olives , Pickles
- Medjool Dates, Nut Butter