

April 2024

TAVISTOCK INSIDER

peopleCare Tavistock | 28 William St S, Tavistock | 519-655-2031 | www.peopleCare.ca



Celebrating April

Easter Monday
April 1

April Fools' Day
April 1

Peanut Butter and Jelly Day
April 2

International Day of Pink
April 10

Blue Jays Home Opener
April 8

Eclipse
April 8

National Volunteer Week
April 14-20

PJ Day
April 16

Earth Day
April 22

Passover
April 22-30

International Dance Day
April 29



peopleCare
communities

"No rain, no flowers." -Haruki Mirakami





**Happy Birthday to all
those born in April!**

Name	Date
Bob C	<i>April 2nd</i>
Doreen C	<i>April 5th</i>
Sandra B	<i>April 5th</i>
Margaret T	<i>April 13th</i>
Mike M	<i>April 20th</i>
Leslie H	<i>April 20th</i>

April Birthdays

If you were born between April 1–19, you are Aries, the Ram. These



independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence give them big, outgoing personalities. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they like to reward themselves for a job well done.

April babies' birthstone, the diamond! It is as sparkly as you are. Diamonds symbolize clarity and strength. In fact, the word diamond comes from the Greek word "adamas," which means "unbreakable". April babies have two birth flowers: the perky daisy and the delicate sweet pea. They symbolize innocence and bliss, respectively.

peopleCare Tavistock
Invites all Friends and Family

**VIRTUAL
Town Hall
Meeting**

Wednesday, April 30th
TIME: 3:00PM - 4:00pm
VIA Microsoft Teams

Agenda items include:

- Policy Review
- Inspection Reports
- Satisfaction Surveys
- Infection Control Update
- Update from our Executive Director
- Changes in last Quarter
- General Discussion (i.e. New Home, Family Council)

Join us thru Teams
Meeting ID: 267 402 478 754
Passcode: 2qS5yw

For More Information:
email or call Kristen at kleenders@peoplecare.ca

Here is the link to join us through Teams
<https://tinyurl.com/45snvu48>

In Memory Of

Betty

*Our deepest thoughts and sympathies go out
to all the family and friends.*

"He spoke well who said that graves are the
footprints of angels."

~Henry Wadsworth Longfellow

HAPPY APRIL!

Hello Everyone

Hope you are all enjoying the Springtime and had a Wonderful Easter Season!

Our next virtual Family Town Hall Meeting is scheduled for April 24th at 3 pm

– watch for your invitation! Hope to see you there.

A reminder – we are a Low-Scent Home. We would ask that you be mindful of sending any strong-smelling flowers to the Home, e.g., Easter Lilies or Hyacinths.

The construction of our New Build is well underway and on Schedule. Have a look at the construction process from the C-Wing Lounge! Our current focus is on Staffing the new Home. We will be bringing on Internationally Educated Nurses to work as PSW's. We will also be preparing for Practice Changes for PSW and Dietary Staff in the coming months.

“Name the Home Area” contest – we will be announcing the chosen Names soon!! Thanks to everyone for participating – we received a great variety of suggestions.

Stay Healthy & Safe!

Looking forward to April Showers bringing May Flowers! 🌸

Deb Wettlaufer, Executive Director

Infection Prevention and Control (IPAC)

Measles cases are on the rise globally and across the province as you may have heard from recent media reports. I wanted to share a little information for your awareness, but rest assured we have policies and procedures in place to mitigate risks related to Measles within our home.

In Canada, the measles vaccine (MMR – Measles, Mumps and Rubella) is part of our routine immunization schedule. You are considered immune to measles if you have had: 1 dose of MMR if born before 1970; if born after 1970, received 2 doses of MMR after your 1st birthday; a blood titre indicating you are immune to measles; or you have had a laboratory confirmed case of measles in your lifetime.

Measles is an Airborne disease. It spreads from an infected person breathing, coughing and/or sneezing. Symptoms typically begin 7 to 18 days after exposure to the virus. Symptoms include runny nose, cough, red and watery eyes, and small white spots inside the cheeks, followed by a rash of small red spots. For more information on measles, refer to [Public Health Agency of Canada \(PHAC\): Global measles notice](#) or feel free to contact me.

To continue to protect our residents, per Public Health recommendations we will be providing another COVID vaccine to residents in April (date is to be determined). If you haven't received a call for consent and wish for your loved one to receive a COVID vaccine, please contact me at ext. 440. Residents and/or families who have previously refused additional doses of COVID vaccines will not be offered this vaccination unless the resident and/or family reach out to us prior to the clinic. A friendly reminder to please refrain from visiting if you are experiencing respiratory or gastrointestinal symptoms and washing/sanitizing our hands is key!!

~ Meghan Davies, RN, IPAC Coordinator



Palliative Corner

Please review the attached chart for some additional things that you may observe during end-of-life care. If you have questions reach out to the unit nurse or myself. Sheri Gallivan, ADOC- Palliative Team Lead.

What to Expect

Common Changes experienced during the dying process

Observable Signs

Fatigue and weakness

Decreased function, inability to move about in bed, inability to lift the head of the pillow, loss of muscle tone

Cutaneous ischemia

Redness over bony prominences, cyanosis, skin breakdown, wounds

Pain

Verbal report of conscious, facial grimacing, tension in the forehead or between eyebrows

Decreasing food intake and wasting

Loss of appetite, poor intake, weight loss noticeable in temples (due to loss of muscle and fat)

Inability to close the eyes

☐ People that are dying typically do not experience hunger

Eyelids not closing, whites of eyes showing with or without pupils visible

Altered handling of fluids

Decreased fluid intake, peripheral edema from hypoalbuminemia, dehydration, dry mucous membranes/conjunctiva of eyes.

Cardiac dysfunction

Faster or slower heartbeat than usual, higher or lower blood pressure than usual, peripheral cooling, peripheral and central cyanosis (bluing of extremities), mottling of the skin, venous pooling along dependent skin surfaces

Renal failure

Dark concentrated urine, oliguria (urine output less than 400ml in 24 hours, anuria (urine output less than 50ml in 24 hours)

Decreasing level of consciousness

Increased drowsiness, decreased awareness of surroundings, difficulty awakening, lack of response to verbal tactile stimulating

Decreasing ability to communicate

Decreasing concentration, decreased attention, difficulty finding words, use of monosyllabic words, short sentences, delayed or inappropriate responses, lack of verbal responses

Terminal delirium

Early signs of cognitive failure, agitation, restlessness, hallucinations, purposeless repetitive movements, moaning, groaning

Respiratory dysfunction

Shortness of breath, changes in ventilator rate (first increasing then slowing)

Loss of ability to swallow

Difficulty swallowing, coughing, choking, loss of gag reflex, build-up oral secretions, gurgling, noisy breathing

Loss of sphincter control, urinary retention

Incontinence of urine, involuntary bowel movements, maceration of skin around perineum, perineal infections (e.g. Candidiasis)

Other Changes

Fever, sweating, bursts of energy just before death occurs (the “golden glow”) aspiration

Understanding the Dying Process - End of Life Care and Death Management pages 2-3

Council Corner

Please join us **Friday April 19th at 2:30pm** in the Upper Level Dining Room for our next **Resident Council Meeting**.

We have invited guests Kirsty M, our Director of Food Services and Deb W, Executive Director, to the meeting.

Agenda items:

OARC Updates

Spring Summer Menu presentation.

Funding Changes

May and June Calendar Review

Resident Safety, Incident Management
and Disclosure



WE ARE
Recruiting

JOIN OUR TEAM !

Family Council

We are looking for family or friends of the residents who would like to work collectively to support with experiences (New Home), education, and peer support

To learn more or if you are interested connect with Rick Roberts

•Call or Text 1-226-979-0506 or email rickroberts2248@gmail.com

Made with PosterMyWall.com

Leadership Team Contact Information

Deb Wettlaufer, Executive Director
Ext 22 dwettlaufer@peoplecare.ca

Kim Knott, Office Manager
Ext 12 kknott@peoplecare.ca

Laurie Bolden, Director of Resident Care
Ext 16 lbolden@peoplecare.ca

Sheri Gallivan, Assistant Director of Resident Care
Ext 40 sgallivan@peoplecare.ca

Andrea Flood, RAI Coordinator
Ext 29 aflood@peoplecare.ca

Meghan Davies, Infection Control Coordinator
mdavies@peoplecare.ca

Jessica Keating, Staffing Manager
Ext 435 jkeatings@peoplecare.ca

Ed Rutledge, Director of Environmental
Ext 428 ERutledge@superiorfacilityservices.com

Kristen Leenders, Director of Programs
Ext 36 kleenders@peoplecare.ca

Kirsty McLellan, Director of Food Services
Ext 437 kmclellan@superiorfacilityservices.com

Reception Team
Ext 10 info-tavistock@peoplecare.ca

On April 8, 2024, a total solar eclipse will cross Quebec and Ontario. A total solar eclipse happens when the Moon passes between the Sun and Earth, completely blocking the face of the Sun. The sky will darken as if it were dawn or dusk. In Tavistock we will see a partial eclipse at 3:17pm. Check out <https://eclipse2024.org/eclipse-simulator/2024/69856?elevation=344>

HEARTbeats

Congratulations to our February Draw Winners!

Linda and Amber

The receiver will take home a \$25 gift card for displaying the peopleCare Values!

Thank you for all you do.



<https://www.facebook.com/PeopleCareCommunities/>

Living the peopleCare Values

GROWTH

We embrace the changes and maximize every opportunity for our people and our organization

peopleCare Is here for You

peopleCare recognizes that we cannot thrive without the hard work and dedication our employees make every day in our Homes. Please remember all of the programs that peopleCare has to assist you in your personal lives, educational pursuits and Employee Recognition! If you are unfamiliar with any of the following, please speak to your manager:

- Employee Assistance Program
- Education Assistance Program
- HEARTbeats rewards and recognition Program

Preventing Falls

- Include Calcium and Vitamin D Supplementation
- Encourage weight bearing exercises e.g. walking and range of motion exercises.
- Monitor medications to manage disease processes.
- Cuing Interventions which may include bed alarms, or chair alarms.
- Be flexible with care routines.
- Anticipate actions.
- Do not rush; provide time to think through tasks.
- Schedule specific times for diversional activity into daily routines
- Provide diversional activities to complete activities of daily living.
- Use information from history for situations to create a positive impact and will encourage participation in activities of care.
- Wear Proper footwear.



To get ready to move to our new home, some of the ways we have done things for our residents will be changing due to the layout of our new home.

Updating our **spa routines and schedules**. In our new home, each of our 4 home areas will have their own “spa” including a bathtub and shower. Residents will have a choice of a morning, afternoon or evening bath or shower. We are currently training all PSW to provide the “spa” experience to our residents.

Personal Supplies: in our new home we will not have an extra storage space. The supplies, such as toiletry products and incontinence products will be stored in each of the home areas in our clean utilities room. We are going to trial a new process on Maple Grove Avenue home area starting April 2nd.

PSW point of care documentation: To provide our residents with the maximum amount of time from our PSW care team, we will be installing IPADS throughout the home areas. This will allow us to document immediately after providing care to our residents in a timely manner. You will see IPAD holders being installed at the end of March and new IPADS will be installed the 2nd week of April!

TEAM UP Calendar: we now have an electronic calendar to track all our resident appointments. Staff can now see what each home area is up to for the day!

Interviews have begun! We are currently in the process of interviewing Internationally Educated Nurses (IEN) who we are so excited to welcome to our home and be part of our team. As our home expands to accommodate 128 people so must our team.

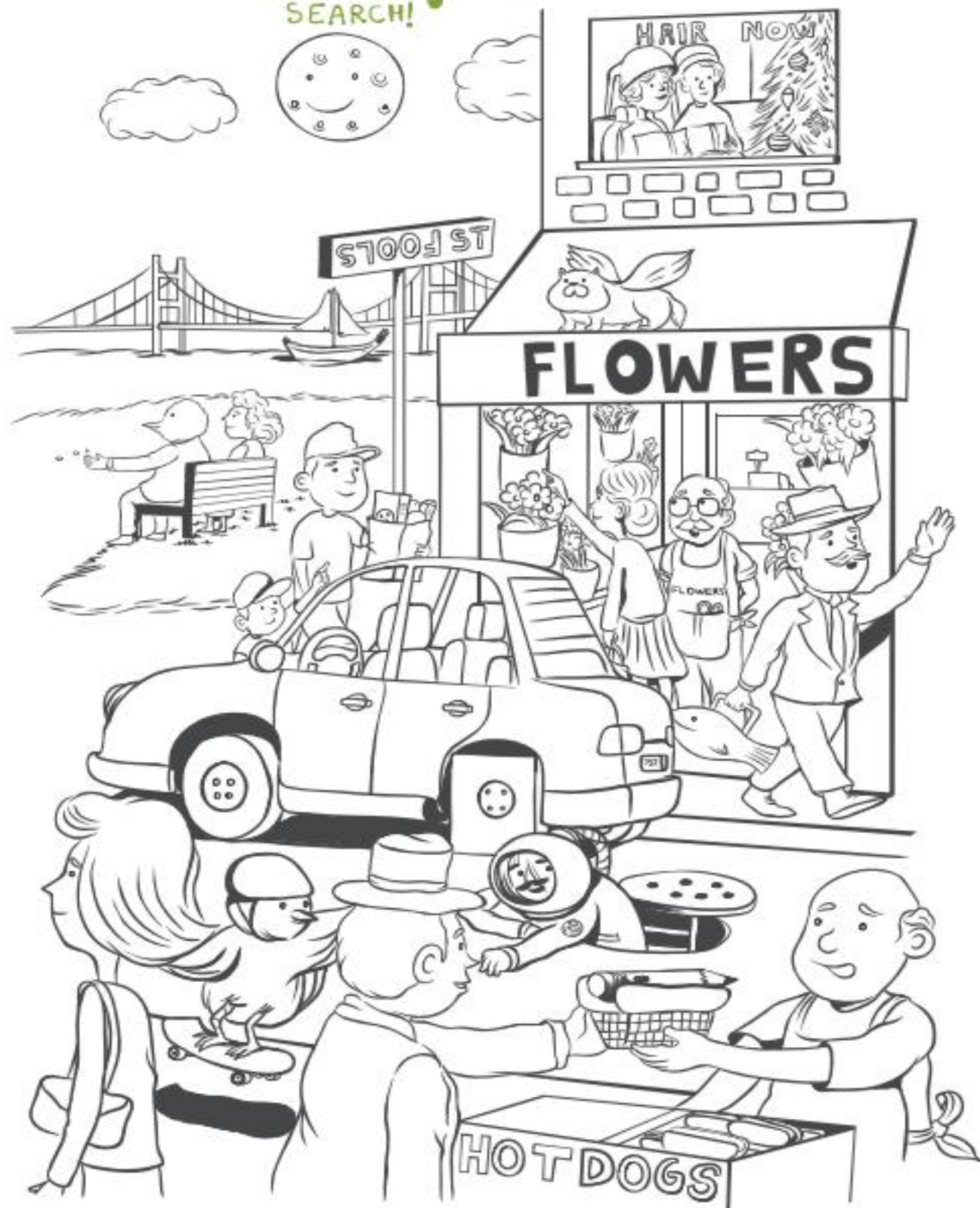
Reminder to all staff about our **Employee Referral Program**. You can earn up to \$750 for yourself and \$750 for your referral! For more information or to fill out the application form connect with one of the leadership team members and search referral program on our policy platform.

Check out for some photos on the progress <https://peoplecare.ca/changing-the-world-of-senior-living/our-developments/tavistock-ltc-redevelopment/>

APRIL FOOLS! SEARCH!

Something has gone awry in Harbourtown this April Fools Day! Can you spot the errors in the scene below? (Hint: There are 12 errors in total.)

Bonus Activity: Color in this illustration with your favorite colors!





APRIL

WORD SEARCH

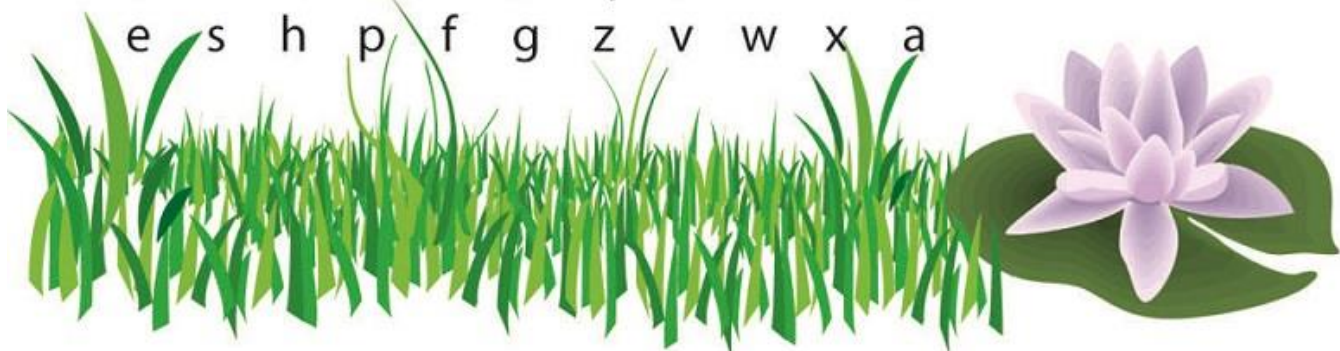


a d x a l i p c w a i
y i g b e e d u j n s
k a a i o l a v t h s
u m e o h o f d u o e
f b z i i u f h l i m
a n c k j a o i i i y
h d b n g r d o p u i
a e e e l b i i o j v
m a g f o o l u d p a
e a s t e r v i k e x
p s a l m e o i o u a
b v t o u u n c t o t
c u n d e r g r a d s
p a s s o v e r u u e
e s h o w e r s r y i
d a t a b f e d u r n
v b l o o m q f s a i
e s h p f g z v w x a

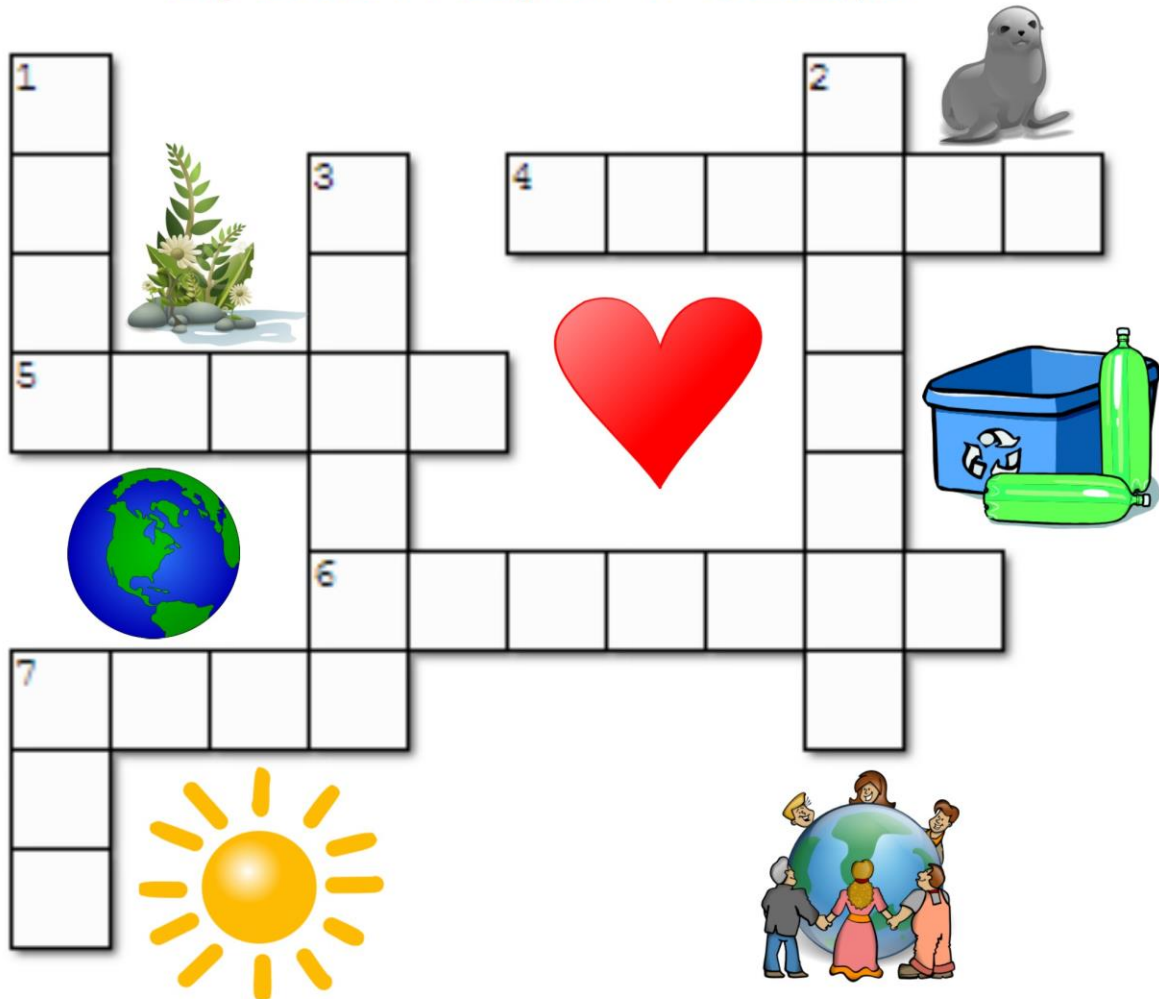
WORDS



showers
underground
daffodil
tulip
bloom
taurus
diamond
earth
easter
passover
fool



Earth Day Crossword Puzzle



Across

4. We have flowers, fruits, vegetables and other _____ in our garden.
5. We live on planet _____.
6. Reduce, Reuse, _____.
7. Together we can _____ the Earth.

Down

1. We need to _____ and take care of the Earth.
2. Dogs and cats are types of _____.
3. Plants, trees and birds are a part of _____.
7. The _____ is so bright I have to wear dark glasses.

Words: animals sun plants Earth love nature save recycle