

July 2024

TAVISTOCK INSIDER

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



Celebrating July

Canada Day
July 1

Musical Mondays
July 1 – Sheryl
July 8 – Conn
July 15 – Shakey D
July 22 - Brent M
July 29 – Archie

World Population Day
July 11

Ice Cream Truck from 2-3pm
July 12

World Emoji Day
July 17

Nelson Mandela International Day
July 18

International Self Care Day
July 24

International Dy of Friendship
July 30

Entertainment with the Gee Gee's
July 31 at 6:30pm



welcome home

Marguerite, Irene, Donna,
Jaymie and Kenneth



*Happy Birthday to all
those born in July.*

<i>Name</i>	<i>Date</i>
June C	4 th
Bud A	11 th
Marjorie M	11 th
Shirley D	15 th
Eric B	16 th
Marie M	18 th
Heather C	21 st

Birth Flower: Larkspur or Delphinium

Birthstone: Ruby

July Birthdays

Those born between July 1–22 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle but are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness.

If you were born between July 22–31, you are a Leo, the Lion. Creative and ambitious with magnetic personalities, Leos enjoy the spotlight. Warm, loving, and kind, they make loyal and honorable friends.

Council Corner

Resident Council will be held on Wednesday July 24th at 2:30pm in the Upper-Level Dining Room.

Agenda Items include:

OARC Updated
Communication and General
Procedures

New home update.

Welcome Guest Sean from Mornington and Deb W our Executive Director.

We are still actively building our **Family Council** and invite you to connect with Rick Roberts for more information at 226-979-0506 or email rickroberts2248@gmail.com



In Memory of Vince

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

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

~Henry Wadsworth Longfellow

HAPPY JULY!

Hello Everyone

Hope you are enjoying the lovely summertime 🤓

Our Next Town Hall is Scheduled for July 31st at 3 pm – watch for your invitation.

Thank you for your patience during our recent outbreak. Always remember to practice good hand hygiene and please don't visit if you are feeling unwell. We continue to encourage masking.

The construction of our New Build is on Schedule.

Our current focus is on Staffing the new Home and look forward to bringing onboard Internationally Educated Nurses.

We continue to be proactive with transitioning change for our staff, including a change to meal service in the dining room.

Note that our address will change to 32 William Street South.

We will be reaching out in August to make appointments for room selection in the New Build. Residents currently in Private Accommodation will have their rates grandfathered, otherwise, Private Room Rates will be as reflected in MOLTC Rate Sheet.

Congratulations to the following staff who were recognized through our Heart Beats Program and who were able to collect their \$100 reward:

Ashley C., Ruth H., Linda W.

Good for you all – and thanks for your hard work and dedication!

Congratulations to our 2024 Employee Value Award Winners

Patty L.-Excellence, Ren M.-Integrity, Jim N.-People, Jenna S.-People, Becky W.-Excellence

These awards celebrate performance excellence, inspire others to live the peopleCare Values and promote quality customer service.

Congratulations Everyone, you deserve it!

Happy Canada Day! 🇨🇦

Enjoy your summer! 🌻

Deb Wettlaufer

Infection Prevention and Control

I wish to take this opportunity to thank everyone for their role in helping us live and work through another outbreak. It was a reminder that despite not being in the peak season for respiratory viruses that we need to stay diligent.

Please continue to protect our residents by:

- Rescheduling a visit if you are not feeling well. Call the recreation department and we can provide an on-line visit or support a phone call instead.



- Wash your hands frequently before entering the resident's environment, before providing any kind of touch or care to resident, after touch or care to resident and after leaving resident environment. Hand hygiene is one of the most effective ways to prevent the spread of infections in the community and in congregate living settings. It can be performed by using alcohol-based hand rub of at least 70% or by using soap and water when hands are visibly soiled. Hand hygiene is an essential part of infection prevention and control, and it is the responsibility of **ALL** individuals to maintain a safe and healthy environment.

-Sheri Gallivan, RN, ADOC and IPAC Designate



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

HEARTbeats

Congratulations to our May Draw Winners!

Rajwinder and Vignesh

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

Thank you for all you do!



Living the peopleCare Values

PEOPLE

Educate, Mentor, Recognize

Who have you recognized lately?

Mentoring = Leadership

Be a Leader today!

SUPPORTING EACH OTHER

Virtual Family Event

Tuesday July, 16, 2024
1 other sessions will be offered this August

Time: 3:00PM- 4:00PM

The transition to long-term care starts long before move-in day and continues long after as well. There's a period of adjustment that follows for everyone involved.

Our guest speaker, Deborah Bakti, combines her personal experiences and insight for managing this major life change.



Register now through the QR code



A Zoom meeting link will be provided prior to session.

We will also be hosting this online event at the home. Please RSVP to Kristen Leenders at 519-655-2031 by July 15th, if you are planning to attend the session in person.




Lunch & Learn

Cable and Land Line Services that will offered in the NEW home

JULY 24TH AT 1PM

Learning Objectives

- * Land Line Services
- * Cable TV - Introduction to STREAM
- * How to get set up with these services

Lunch will be provided by mornington.

Guest Speakers

Sean Holmes, from Mornington Communications Co-op Ltd



mornington

Please RSVP to Kristen in person or through email at kleenders@peoplecare.ca by July 22nd

[HTTPS://MORNINGTON.CA](https://mornington.ca)

peopleCare Tavistock
Invites all Friends and Family

VIRTUAL Town Hall Meeting

Wednesday, July 31st
TIME: 3:00PM - 4:00pm
VIA Zoom

Agenda items include:
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: 871 5740 2299
Passcode: 52011


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

Made with PosterMyWall.com

INFORMATION SESSION

(with printed information to take home)

Thursday July 4th
at 2:00 pm



(Stuart Lender)

Stuart has been working in funeral service for decades. He is a death and dying educator and currently the manager of Rutherford Cremation & Funeral Services in Stratford.

It is his belief that a funeral home should be a friendly place of information to empower people regarding all things related to pre-planning and end of life affairs. He offers valuable knowledge on topics that are often not discussed or are simply unknown by the general public.

He also loves questions!

wills / aquamation & cremation / funerals and costs / estate affairs / procedures when a death occurs / MAID (medical assistance in dying) / cemetery information / body donation / types of services / checklist for planning

CareRx Resident Health and Wellbeing Newsletter is a bi-monthly publication for your residents and their families, focusing on topics of interest and health tips in each issue.

Reducing your risk of falls

Avoiding falls in the elderly is a major focus due to the risk of long-term injury and hospitalization in this population. In Canada, more than half of all Long-Term Care residents fall each year.

Risk Factors:

The following factors increase your risk of falls:

- Previous history of falls
- Impaired cognition
- Certain medications
- Impaired vision or hearing
- Medical conditions that may impair balance or other physical function (e.g. Parkinson’s Disease)
- Loss of muscle mass
- Gait impairment

Preventing Falls

Exercise *your regimen will depend on your physical ability and comfort

- Balance exercises such as yoga
- Strength training
- Walking
- Climbing stairs

Ensure you regularly get your vision and hearing tested

Wear appropriate fitting footwear

Avoid getting up too quickly; rise slowly

Ensure you are getting enough sleep, and practice good

sleep hygiene habits

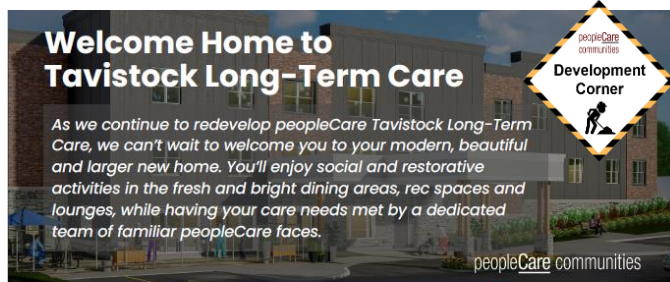
Limit alcohol consumption, and stay hydrated

Maintain a healthy weight

Be aware of the adverse effects of certain medications including:

- Antidepressants
- Medications for insomnia
- Muscle relaxants
- Anti-seizure medications
- Medications for pain
- Antihistamines
- Diabetes medications
- Medications for blood pressure

Issue 3 / June 2024



Welcome Home to Tavistock Long-Term Care

As we continue to redevelop peopleCare Tavistock Long-Term Care, we can't wait to welcome you to your modern, beautiful and larger new home. You'll enjoy social and restorative activities in the fresh and bright dining areas, rec spaces and lounges, while having your care needs met by a dedicated team of familiar peopleCare faces.

peopleCare communities

What will my new room include?

Every private and basic room will include: a bed, wardrobe, chair, TV wall mount location and bedside table with a lock. Residents will also have drawers in the bathroom for their personal belongings.

We warmly encourage residents to add their own personal touch to their rooms by decorating with cherished items and any favourite pieces of furniture that can be safely accommodated.



Fully decorated room in peopleCare Meaford LTC, overlooking the beautiful landscaped courtyard.

How and when will I select my new room?

When we get closer to move-in day, staff will fully support you in selecting your room in the new Tavistock home.

You will have the opportunity to look at floorplans and to select a private or basic room.

You'll also be asked your preferences, for instance about the location of your room (which resident home area, what floor) and your view (beautiful courtyard or serene horse farm).

Your new room, your choice.

What will my new room look like?

Private room



Undecorated private room in peopleCare Meaford LTC

Basic room



Undecorated basic room in peopleCare Meaford LTC



Undecorated private room in peopleCare Meaford LTC



Undecorated basic room in peopleCare Meaford LTC

Please note the pictures above are intended to give an idea of how rooms in our new homes look and may not be representative of every suite. All of our room areas exceed Ministry size requirements.

Visit [peopleCare.ca](https://www.peoplecare.ca) for development updates and photos

Watch the **7 second Speed Walk** through the inside new home

<https://www.youtube.com/shorts/2WbCPTKQoVY>

Palliative Care Corner

It is the policy of peopleCare that every resident will receive end of life care in a manner that meets their needs. Our philosophy involves focusing on the person and their symptoms versus the diagnosis. We strive to provide the best possible holistic care to support resident and family and staff in order to allow the best possible death.

Our goals include:

- Relieve suffering for residents and family members
- Improve quality of life during illness and death
- Provide a dignified death for residents
- Provide support and resources to staff and families in the Home

We are quite honoured to share in this journey with you or a loved one. If you wish to talk about this, please reach out to your home area nurse to ask your questions. He/she can connect you with myself, the social worker, perhaps a chaplain or your physician if you have questions or wish to participate in your plan of care.

Sheri Gallivan, ADOC- Palliative Team Lead

Just in Case you missed it 😊

There are 4 opportunities in July for SDM's to participate in information sessions. See page 5 for the flyer information and check your emails, as information will be sent to contacts closer to the date.

Leadership Team Contact Information

Deb Wettlaufer, Executive Director
Ext 422 dwettlaufer@peoplecare.ca

Kim Knott, Office Manager
Ext 412 kknott@peoplecare.ca

Laurie Bolden, Director of Resident Care
Ext 416 lbolden@peoplecare.ca

Sheri Gallivan, Assistant Director of Resident Care
Ext 440 sgallivan@peoplecare.ca

Andrea Flood, RAI Coordinator
Ext 429 aflood@peoplecare.ca

Ed Rutledge, Director of Environmental
Ext 428 erutledge@peoplecare.ca

Kristen Leenders, Director of Programs
Ext 436 kleenders@peoplecare.ca

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

Reception Team
Ext 410 info-tavistock@peoplecare.ca

Hidden Acres 3-day Retreat!

Save the dates, we are booked in for 3 nights at Hidden Acres Retreat Centre from Tuesday September 3rd to Friday September 6th. If you are at all interested in learning more or supporting this fabulous event, please connect with Kristen Leenders, Director of Programs.





Famous July Birthdays

The following people were born in July. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Dan **AYKROYD**
- B. P. T. **BARNUM**
- C. David **BRINKLEY**
- D. Phyllis **DILLER**
- E. John **GLENN**
- F. Arlo **GUTHRIE**
- G. Estée **LAUDER**
- H. Janet **LEIGH**
- I. Ringo **STARR**
- J. Patrick **STEWART**
- K. Jesse **VENTURA**
- L. E. B. **WHITE**

I	X	Q	B	I	T	M	W	B	G	J	I
S	M	U	L	M	U	X	R	I	U	Q	B
S	T	U	T	N	W	I	E	Q	T	P	F
D	C	A	R	A	N	D	C	F	H	O	F
T	I	A	R	K	N	Y	Z	V	R	J	Y
R	B	L	L	R	G	O	L	E	I	G	H
A	E	E	L	L	U	R	R	N	E	M	F
W	Y	D	E	E	A	K	E	T	I	H	W
E	Y	N	U	T	R	Y	R	H	G	L	W
T	N	S	B	A	L	A	A	U	X	V	A
S	A	T	T	B	L	K	S	N	J	S	W
Y	Z	Z	V	E	N	T	U	R	A	R	O

Bonus: Match the person to the correct clue.

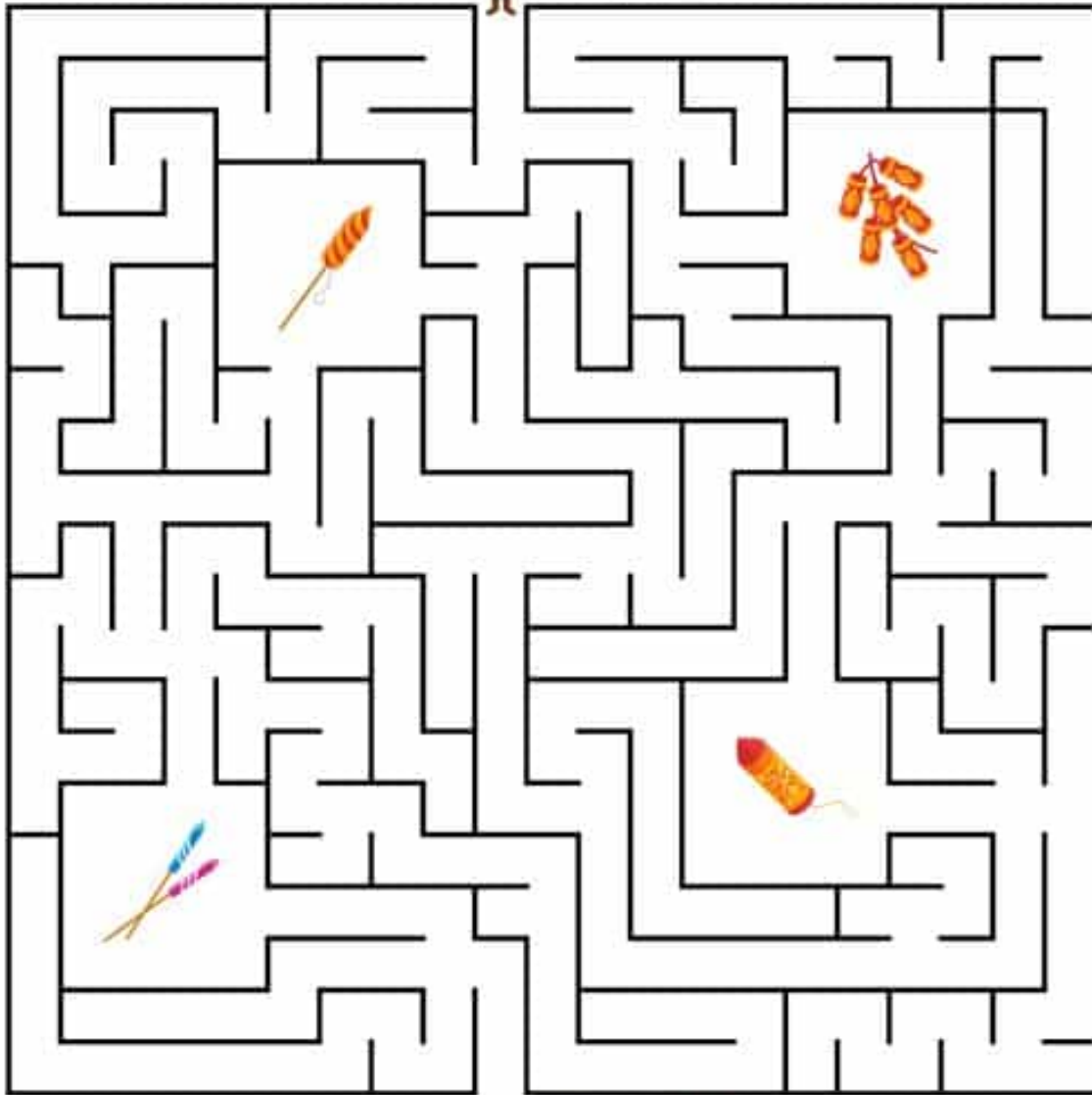
- | | |
|----------------------------|-------------------------------|
| 1. Astronaut ____ | 7. Canadian actor ____ |
| 2. Cosmetics magnate ____ | 8. Actress ____ |
| 3. English actor ____ | 9. Drummer ____ |
| 4. Comedienne/actress ____ | 10. WWF wrestler ____ |
| 5. Children's author ____ | 11. Circus founder ____ |
| 6. Folk singer ____ | 12. TV anchor/journalist ____ |

Canada Day

Fireworks Maze



START



END



Songs of Summer

Match the summer song to the artists who sing it.

1. "Under the Boardwalk" _____
 2. "Summertime Blues" _____
 3. "California Girls" _____
 4. "Heat Wave" _____
 5. "Wipe Out" _____
 6. "Margaritaville" _____
 7. "In the Summertime" _____
 8. "Vacation" _____
 9. "Here Comes the Sun" _____
 10. "Summer Wine" _____
 11. "Sunshine on My Shoulders" _____
 12. "Sitting on the Dock of the Bay" _____
 13. "Summer Nights" _____
 14. "I Can See Clearly Now" _____
 15. "Summer Breeze" _____
 16. "Palisades Park" _____
 17. "Summer in the City" _____
 18. "Summertime" _____
- A. Ella Fitzgerald & Louis Armstrong
 - B. Otis Redding
 - C. The Beach Boys
 - D. The Drifters
 - E. Seals and Crofts
 - F. The Beatles
 - G. Martha and the Vandellas
 - H. The Lovin' Spoonful
 - I. Jimmy Buffett
 - J. Olivia Newton-John & John Travolta
 - K. Freddy Cannon
 - L. Eddie Cochran
 - M. Nancy Sinatra & Lee Hazlewood
 - N. John Denver
 - O. Johnny Nash
 - P. Connie Francis
 - Q. Mungo Jerry
 - R. The Surfaris

