

August 2024

# TAVISTOCK INSIDER

peopleCare Tavistock | 28 William St, Tavistock N0B 2R0 | 519-655-2031 | peopleCare.ca



## Celebrating August

**Dog Month**

**Golf Month**

### Musical Mondays

August 5 – Synchronicity Duo

August 12 – Conn

August 19 – Garry Munn

August 26 - Manvir

### Homemade Pie Day

*August 1*

### Farmers Market Week

*August 4–10*

### World Honeybee Day

*August 17*

### World Water Week

*August 20–24*

### Hidden Acres 3-day Retreat!

Tuesday September 3<sup>rd</sup> to  
Friday September 6<sup>th</sup>. If you  
are at all interested in  
learning more or supporting  
this fabulous event, please  
connect with Kristen  
Leenders, Director of  
Programs.



peopleCare  
communities





Happy Birthday  
To all those born in August!

Name	Date
Arvilla L	7 <sup>th</sup>
Lea P	18 <sup>th</sup>
Bert V	21 <sup>st</sup>
Leona W	23 <sup>rd</sup>

### August Birthdays

If you were born between August 1–22, you are a Leo, the Lion. Creative and ambitious with a magnetic personality, Leos enjoy the spotlight. Warm, loving, and kind, they make loyal and honorable friends.

Those born between August 23–31 are Virgos. Virgos are considered shy and sometimes naïve, private, and tidy. They are curious explorers who are incredibly loyal and well respected by their friends and colleagues.

*Here's what's great about August birthdays:* August birthstone is peridot, which is associated with peace and happiness. Your August baby's flower is the gladiolus, or 'sword lily,' which represents calmness and integrity. August is named after Rome's first emperor, Augustus Caesar (heir to Julius Caesar). It has 31 days because he wanted as many days as Julius Caesar's month of July had. August babies tend to be strong, confident and organized. They are also fantastic friends and very compassionate.



### Resident Council Corner

The Council has decided that we will be playing back to school donation BINGO! for the entire month of August. Join us at Bingo to help fill back packs with school supplies, and lunch snacks.

All donations will be given to the Tavistock Assistant Program (TAP) at the end of the month to help those in our community.

The next meeting is scheduled for Friday **August 16<sup>th</sup> at 2:30pm** in the Upper Dining Room.

#### Agenda Items:

- Resident Council Week
- Program Planning for September
- Review external services that are offered in house
- New Home updates

We are also looking to grow our leadership team on our Resident's Council. If you are interested, please reach out to Joyce, June, Cheryl or Yvette.

### A LA CARTE MENU



**SANDWICHES**  
Peanut Butter  
Cheese Sandwich  
Peanut Butter & Jam



**FRESH FRUIT**  
Banana  
Orange  
Apple



**TOAST**  
Butter  
Marmalade  
Peanut Butter  
Strawberry Jam  
Honey



**COLD CEREAL**  
Corn Flakes  
Special K  
Cheerios  
Bran Flakes  
Rice Crispy  
Bran Buds

Available to Add: Raisins & Brown Sugar



**CHEESE**



**FRUIT CUP**



**YOGURT**



**NUTRI-GRAIN CEREAL BAR**



**INSTANT OATMEAL**



**BOWL OF SOUP**  
Mushroom  
Vegetable  
Tomato  
Chicken Noodle



From the desk of the Executive Director

HAPPY AUGUST!

*Hello Everyone*

*Hope you are enjoying the lovely summertime 🥰*

**The construction of our New Build is on Schedule.**  
**Nice seeing everyone at the Information Session. A reminder to start purging any items that don't need to go over to the new build.**

**You can now call in to make an appointment for room selection in the New Build.**

***We are proud to share peopleCare's Visionary new strategy 'Limitless'!***

This strategy sets the course for our organization over the next 5 years, illuminating a path towards endless possibilities

- *Transforming Experiences – We foster vitality through purpose and fulfillment*
- *Designing Vibrant Communities – We embrace the art of the possible as we build for the future*
- *Innovating for Tomorrow – We are powered by innovation and an entrepreneurial spirit*
- *Impacting Beyond Ourselves – We are a force for good in our communities and around the globe*

**Our Vision** – Changing the World of Senior Living

**Our Mission** – Create beautiful, caring communities for life-enriching experiences for residents, their families and everyone touched by our services.

**Introducing Mariana Boz, Nursing Staffing Manager, who joined us in the middle of July. Her office is located near the Nursing Office. Welcome Mariana!**

We will also be seeing more of Dr. Cowing as Dr. Kustec will be on a LOA come September. To the residents on Countryside Crescent and their families we will be in touch about the doc change.

**Happy Civic Holiday on August 5<sup>th</sup>! 🌸**

Keep Cool! 😊

**Deb Wettlaufer**

## Infection Control Corner

**The most common infections among nursing home residents include:**

- Gastroenteritis.
- Influenza.
- Respiratory infections.
- Skin infections.
- Soft-tissue infections.
- Urinary tract infections

We have an interdisciplinary team that meets monthly to review infection statistics, identify trends, create and activate action plans and evaluate their effectiveness. Team members and others are involved in routine audits as well to ensure protocols and recommended practices are being adhered to.

You can see our home statistics posted on the infection control boards on both upper and lower levels. If you need assistance ask someone to show you where.

**What are the 10 standard infection control precautions?**

- Patient placement/assessment for infection risk
- Hand hygiene
- Respiratory and cough hygiene
- Personal protective equipment (PPE)
- Safe management of care equipment
- Safe management of the care environment
- Safe management of linen
- Safe management of blood and body fluid spillages
- Safe disposal of waste (including sharps)
- Occupational safety: prevention of exposure (including sharps injuries).

**What are the 3 primary methods of infection control?**

- Hand hygiene
- Use of personal protective equipment (e.g., gloves, masks, eyewear).
- Respiratory hygiene / cough etiquette.

Residents, staff and visitors each can help control infections in our home by following the standards and the primary methods to prevent spread of infections. Keeping immunizations up to date is another great way to control infections and spread as well.

If you have questions, concerns or suggestions speak to me.

Sheri Gallivan, RN, BScN, GNC(C), ADOC, IPAC Designate



**Fall prevention: Simple tips to prevent falls**  
**Falls put you at risk of serious injury. Prevent falls with these simple fall prevention measures, from reviewing your medications to hazard-proofing your home.**

Taken from Mayo Clinic:

Fall prevention is an important topic to consider as you get older. Physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely as you age. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. In the coming months we will consider six simple fall prevention strategies. The first is:

**1. Make an appointment with your health care provider**

Start by making an appointment with your health care provider. To assess your risk and discuss fall prevention strategies, your health care provider may want to talk about the following:

- **Your medications.** Make a list of your prescription and nonprescription medications and supplements, or bring them with you to the appointment. Your health care provider can review your medications for side effects and interactions that may increase your risk of falling. To help with fall prevention, your health care provider may consider weaning you off medications that make you tired or affect your thinking, such as sedatives, antihistamines and some types of antidepressants.
- **Any previous falls.** Write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell but were caught by someone or managed to grab hold of something just in time. Details such as these may help your health care provider identify specific fall prevention strategies.
- **Your health conditions.** Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk — for example, do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk? Your health care provider may evaluate your muscle strength, balance and walking style (gait) as well.

**Questions, comments or concerns can be discussed with me.**

Sheri Gallivan RN, BScN, GNC(C)- Falls Delegate

**INFORMATION TO EMPOWER YOU**

**It is important to be a source of clear, concise and complete information FIRST, before it is needed. It is service to you that is our source of privilege**  
 (Stuart Lender, manager of Rutherford Cremation & Funeral Services. 804 Ontario St., Stratford)

There are very definite and simple ways to keep funeral costs lower for those who are looking to do so. Some of the most common are listed here:

- The selection of the service itself. These are the typical services offered by most funeral homes from *most costly to least costly*. Traditional Service / Memorial Service / Celebration of Life Service / Graveside Service / Direct Aquamation / Direct Cremation / Donation of Body to Science.
- Hold a private or more casual gathering on your own *without* funeral home involvement.
- Urns for cremated or aquamated remains are options, not necessities. You may also use a family heirloom or receptacle from home to house the remains.
- Most often a vault in a cemetery is an option, *not* a necessity.
- Obituaries are free on funeral home websites but not in a newspaper.
- Instead of buying a casket spray for a traditional service, consider the elegance of a single long-stemmed red rose laying atop the casket.
- Select a more modestly priced casket. There are beautiful ones, not too expensive.
- Consider having a favourite photo of your loved one at a memorial, *without* the remains being present, so that no urn is required if you don't wish to have one.
- Hold a "same-day" service so visitation and service are on *one* day.
- Lock-in costs by doing a pre-paid arrangement with the funeral home. It's flexible in payment, the payments gain interest, and the funeral is paid for when the time comes, with money left over for the family.

**As a service to you and if you need additional information about a topic discussed here, please ask peopleCare to contact us or simply call us directly: 519-271-5062.**



Find us on  
**Facebook**

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

Living the peopleCare Values

# GROWTH

**Embrace Change, maximize  
Opportunity**

Are you the best you can be?

## HEARTbeats

Congratulations to our June Draw  
Winners!

Spencer and Alice

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

*Thank you for all you do!*



### Leadership Team Contact Information

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Reception Team  
Ext 410 [info-tavistock@peoplecare.ca](mailto:info-tavistock@peoplecare.ca)

### The Mane Event

August 10 is World Lion Day, a day to marvel at the majesty of the king of the jungle. Ironically, most lions do not roam the jungle but rather live on the dry plains of Africa. These expert predators grow to be four to six feet long and can weigh as much as 400 pounds. The females are the hunters, working together to feed the entire family of lions, called a pride. The male lions, with their shaggy manes, have the job of defending the pride against attack.

There is one small population of lions that does live in the jungle. Deep within the Gir Forest Reserve of India, alongside the Bengal tiger and the Indian rhino, lives the Asiatic lion. Smaller than their African cousins, Asiatic lions once roamed from Asia to the Middle East. Fewer than 600 of these lions exist today.

## Research Study: Empowering Long-Term Care Residents To Shape The Place They Call Home



### We are looking for...

- People who live in long-term care homes in Ontario (residents)
- People who work in long-term care homes in Ontario (team members and Administrators)



### We want to know...

how residents are and can be involved in influencing the way their long-term care home is run.

As a participant, you will take part in a 30-minute interview or focus group. A study team member will ask you a few questions about your experience living or working in a long-term care home. Participation is completely voluntary. Your decision on whether or not to participate will not affect the care you receive at your home or your employment status.

If you are interested in participating or learning more about the study, please contact:

Chloe Lee  
Study Coordinator,  
University Health Network  
E-mail: [chloe.lee@uhn.ca](mailto:chloe.lee@uhn.ca)  
Call: +1(437) 872-7450



## Palliative Care Corner

Many think that death is a dark and grim thing, but the truth is, death is the ONE thing that all of us have in common. We are all going to die someday – it is guaranteed. Death is natural. Death is not the opposite of life; death is a part of life. Just as there is much beauty in birth, there can be much beauty in death. However, because of the fear and stigma surrounding death, we miss many opportunities to learn.

This is why person-centred planning for individuals who are on their end-of-life journeys is so important. Healthcare Providers have the opportunity to help facilitate what is known as a good death for the individuals we support.

Being with the dying is a gift, as they offer a perspective that few others have. We all think we 'have time.' The dying may understand and feel that their time is limited, and so they are often much more alive in many ways than the rest of us.

There is much to learn from the dying; they are our greatest teachers. Journeying with each of them is an honour and a privilege that we should not take lightly. There are Four Domains of End-of-Life Care to follow to ensure an individual is in as much control of their dying wishes as they desire. The domains are 1. Advance Planning, 2. Legacy Work, 3. Vigil, and 4. Grief and Bereavement. Stay tuned in the coming months as we explore each of these.

If you have any questions, comments or wish to update your end-of-life care plan please reach out to your nurse or to me.

Sheri Gallivan, RN, BScN, GNC(C) - ADOC

SUPPORTING EACH OTHER

# Virtual Family Event

**\*\*Last Session\*\***  
Tuesday August, 13, 2024

Time: 6:00PM- 7:00PM

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 August 12th, if you are planning to attend the session in person.



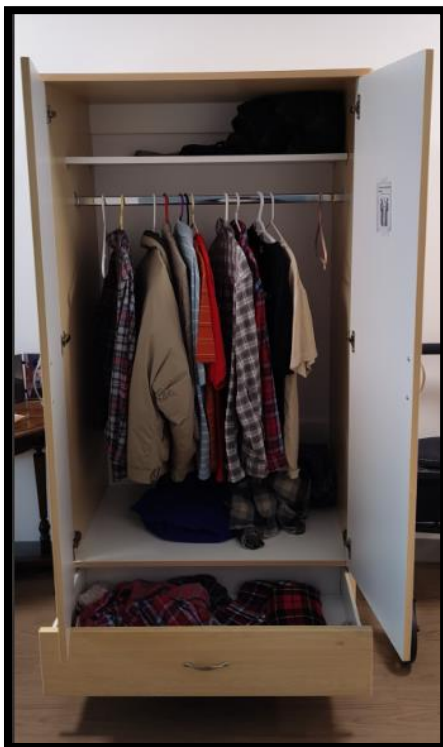


## Development Corner



Thank you to everyone for taking the time to attend an in-person meeting in July. We are excited to have dates in place and look forward to working together, as we prepare to move to our new home. Currently we are planning for **October 28<sup>th</sup>** to move to our new home! Stay tuned for more details.

- **Room Selection** will be with Deb W beginning end of August, please call reception to book your 30-minute meeting
- **Mornington** will be our land line and cable provider in the new home and Sean will be here on **Friday August 16<sup>th</sup> at 1pm** for an information session in the Country Kitchen all are welcome. Brochures are available from the front desk.
- Our **new address** will be:  
32 William St South  
Tavistock, Ontario  
N0B 2R0
- Wardrobe sizes are 38" wide, 25" deep, 72" high. The pictures below are the Wardrobes from peopleCare Meaford.



This is a great time to start going through your items and begin to purge if needed.

Visit our webpage for pictures

<https://peoplecare.ca/c-hanging-the-world-of-senior-living/our-developments/tavistock-ltc-redevelopment/>

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Summer Word Search

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

SUMMER

SUNNY

SUNSCREEN

POOL

LEMONADE

BEACH

SWIMSUIT

BUGS

VACATION

BASEBALL

JUNE

JULY

HOT

AUGUST

SUNGLASSES

