

November 2024

# TAVISTOCK INSIDER

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peopleCare  
communities

## Celebrating November

**Daylight Savings Time Ends**  
*November 3rd*

**Welcome Tea**  
*Every Tuesday at 2:30pm*

**Remembrance Day**  
*November 11<sup>th</sup>*  
*11am Moment of Silence*

**Tales for Tots**  
*November 13<sup>th</sup> in the chapel at*  
*10:00am*

**Decking the Halls**  
*Holiday décor will begin to go*  
*up November 13<sup>th</sup>!!*

**World Kindness Day**  
*November 13<sup>th</sup>*

**Residents Council**  
*November 15<sup>th</sup>*

**International Men's Day**  
*November 19<sup>th</sup>*

**Canada History Week.**  
*November 20 – 26.*

Canadian Armed Forces - around the world

VETERANS' WEEK 2024 NOVEMBER 5 TO 11 Generations of brave Canadians have served in uniform to help defend peace and freedom. Our military personnel perform many important duties here at home. They have also deployed to dozens of countries to take part in wars, conflicts, peacekeeping missions, humanitarian operations and other military efforts. 2024 marks the 100th anniversary of the Royal Canadian Air Force (RCAF). This commemorative poster features two crew members of a RCAF CH-148 Cyclone helicopter looking down on HMCS Montréal in April 2022. The Canadian warship and helicopter air detachment were serving in the Mediterranean Sea as part of Operation Reassurance. This longstanding military effort supports our North Atlantic Treaty Organization allies in Central and Eastern Europe. Veterans' Week and Remembrance Day are special times to honour those who have served our country over the years. How will you recognize and remember the brave Canadians who have done so much to help others? For more information, visit [veterans.gc.ca](http://veterans.gc.ca).



# We Welcome

Fimmie, Ellen and Rick



## Happy Birthday to all those born in November

Resident Name	Date
Sandee	1 <sup>st</sup>
Donna	2 <sup>nd</sup>
Velma	10 <sup>th</sup>
Myrna	10 <sup>th</sup>
Guy S	30 <sup>th</sup>

Birth Flower: *Chrysanthemum*  
 Birthstone: *Topaz*



Those born between November 1–21 are passionate Scorpios, considered the most intense sign in the zodiac. While on the outside Scorpios are calm and composed, inside they are forceful, emotional, determined, and ambitious. If you were born between November 22–30, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep an open mind during new encounters.

Some fun facts about those fall babies from November are that they are very good friends. People born during this month are good company to have around, and they very often make long-lasting friends. Side note: November boys are more likely to be left-handed.

## Special Events

**November** is here! It's time to unite and talk about men's health for the duration of November. The Mo is calling, grow your mustache to show support.

All are welcome to join us in the Chapel every Tuesday for our **Welcome Teas**, come say hello to some new faces.

**Decking the Halls** – we will begin pulling out the Christmas Trees and decor around the 13<sup>th</sup> of November. All hands-on deck to decorate our new home!

**Excursions** are booked: Stratford Mall – to get started on your Christmas Shopping, Trip to Gilly's Pub for some pool and grub, and out to Mike's Bowling Lanes for an afternoon of fun. Let one of the rec team members know if you are interested

**Entertainment** will continue to be every Monday, and we plan to rotate through home areas

## In Memory Of

Carol  
 Gerti  
 Ken  
 Lloyd

*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

## From the Desk of the Executive Director

*Happy November!*

Hello Everyone

Hope you are having a great start to the Fall with such lovely weather!

### **We've Moved!!**

Welcome Everyone to our New Beautiful Home!

A huge and Heartfelt thank you to all our Residents, Families, Friends, Volunteers and Staff for all your help and support moving over to our Lovely new Home. We will have a few hiccups and wrinkles over the next few months and are grateful for your patience. Please let us know if you have any questions or concerns and we will do our very best to respond as fast as we can! Our Maintenance Team will be hanging items in Resident rooms over the next few weeks. We will be welcoming others beginning November 6th.

The code to the entry door will change monthly, please share with family and friends.


Note that our address has changed to 32 William Street South.

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

Ashley C., Lingzhi., Val M

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

Hope you are staying healthy!

Remembrance Day, November 11th – Lest we Forget 

Deb Wettlaufer

## *Welcome to your new home!*

We hope you are getting familiar with your new surroundings.

- Welcome to all of the new faces, we have new staff in the home – please give them a warm welcome
- Bistro offers coffee and tea, please feel free to take the elevator down to the front lobby and enjoy a hot beverage and beautiful views
- Laundry process has been updated, any new items will now go into the parcel bin in our front lobby. Process is printed on the parcel bin, bags and forms are available on top the bin.
- I am sure you have seen both spaces in the spa rooms, your preference for a shower or bath can now be accomodated.
- The Chapel space can be booked for special events, be sure to connect Deb W or Kristen L about the process and its availability
- Meal Time; All meals are now served at the same time trgoughout the entire home.

Breakfast is at 8:00am

Lunch is at 12:00pm

Supper is at 5:00pm

The refreshment cart will resume as usual for room to room service

Thank you for your patience and flexibility as we adapt to our new environment and make 32 Williams street our new home



## Time Change Tune-Up



In the United States, daylight saving time (DST) ends November 3, which means our clocks will fall back an hour from 2:00 a.m. to 1:00 a.m. (and we will gain an hour of sleep). Interestingly, Hawaii

and Arizona don't participate in DST, so their residents won't get an extra hour of rest. In Europe, they do not call it DST, but Summer Time, and it ends on October 27 at 2:00 a.m.

Regardless of where you live, the twice-yearly adjustment to DST offers an opportunity to take care of some important twice-yearly chores. Many fire departments advise us to change our smoke alarm batteries on this day. And since scaling a ladder to check all the smoke alarms isn't enough, here are some other chores to handle twice yearly.

For one, don't forget to rotate your mattress! Take a good look at your bed. You may have made a lasting impression on it, or it may be starting to sag. Rotating and flipping your mattress will help it wear more evenly. Some new and improved mattresses may not require flipping, but even they should be rotated. If you have a vacuum handy, it's also a good idea to rid your mattress of dust.

Another chore is changing the furnace filter. Because we spend most of the winter inside, our heating systems usually work all day to heat our homes. A new furnace filter will purify the air in the house. If you have a pet or allow smoking in your home, these filters also remove pet dander and smoke from the air. While it may be a good idea to check your filter every three months, DST is the perfect reminder to change it.

Still looking for more chores? Check your pantry, refrigerator, and medicine cabinet for expired products. Or, if you're not a fan of DST, then this may be the perfect reminder to write a letter to Congress to abolish the practice.

## Infection Prevention and Control Corner

Welcome to our new building. I pray everyone is settling in and getting to know their new space. I welcome this opportunity to ask for your assistance in keeping your areas tidy so that our housekeepers can ensure your living space is kept clean. A few things you can do are:

- Please unpack any remaining boxes/bags and place empty boxes in hallway for staff to pick up and dispose
- Try to keep your toiletries in the welcome basket you were provided if on counter in bathroom otherwise keep these items in your bathroom drawers so the housekeepers can keep your bathroom countertop clean.
- Keep your toothbrushes in the containers provided in a drawer- flushing toilets can mobilize bacteria in the air and land on an open toothbrush on the counter. If you use our toothbrushes, we will replace monthly. If you or your family provide toothbrushes, we will leave it to you/them to replace accordingly.
- Please use the garbage can in your bathroom and at your bedside to dispose your garbage in and feel free to move it where it is easier for you to use.
- Please do not place any food items in your drawers or cupboards unless in a sealed bag or reuseable plastic container.

At this time I would like to thank you in advance for your help in reducing risk of infection spread by following these recommendations. I would also like to thank our clinical nurses for a job well done ensuring our influenza and COVID-19 vaccine clinics were completed prior to moving. This was a huge task in the middle of crazy times. I would like to express my thanks to peopleCare Delhi ADOC/IPAC Christa and RAI coordinator Stephanie for providing influenza vaccines to our staff. I welcome Victoria to our peopleCare team as our new IPAC coordinator. She is working part time currently and will be full-time effective November 25<sup>th</sup>.

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

# HEARTbeats

Congratulations to our September Draw Winners!

Winner: **Cody**  
Winner **Patty L**

They have received a \$25 gift card for displaying the peopleCare Values!

Thank you for all you do!



## peopleCare is here for you!

peopleCare recognizes that we cannot thrive without the hard work and dedication our employees make every day in all our Homes.

Please remember all 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
- Disaster Relief Fund

## Leadership Team Contact Info

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Living the peopleCare Values

## Integrity

We are honest, trustworthy, transparent, and consistent with our actions.

A note from Victoria, Incoming IPAC lead

I am excited to embark on my new role as an IPAC Coordinator with peopleCare Tavistock. With a diverse background spanning various industries, I have discovered a genuine passion for working in long-term care. I look forward to collaborating with my new team and navigating this journey together in our new building. My goal is to ensure the highest standards of infection prevention and control while fostering a supportive environment for both residents and staff. Thank you all for the warm welcomes I have received thus far!



Join us for our first Residents' Council meeting scheduled for Friday, November 15<sup>th</sup> at 2:30pm - currently we will hold the meeting in the chapel.

**Agenda:**

Fire Policy

Infection Prevention and Control

Financial Statement

Updates around the home

December Program Planning

Anyone looking for more information about the Residents Council please see a member of your Leadership Team

Yvette – Room 109

June - Room 111

Edward – Room 113

Cheryl - 137

Joyce - Room 235

Barb - Room 235

## Palliative Care

-Vigil-

The vigil refers to creating a death plan. Just as people who are pregnant create a birth plan, people who are dying may create a death plan. It can be very therapeutic and a legacy piece itself. Creating a death plan is a way for the dying person to have a say in how they envision dying, and we as DSPs and/or doulas help facilitate it. Within this plan, we determine:

*Where?*

- Where does the person want to die? At home, in hospital, hospice – it can be anywhere really, though it is important for them to understand that it may be helpful to have an alternate option as well if they are not well enough, or the time of year is a barrier.

*Who?*

- Who is there?
- Family members, staff, housemates, work friends? Is there a “guest list” and/or a “not welcome” list?

*What?*

- What is happening? Are people doing anything, or just visiting? Are they telling stories, eating, looking at old photos?
- What do they want to look at: Scenery? Window? Dim lighting? Candles?
- What do they want to hear? Is music being played?
- What can they smell? Food, essential oils being diffused? Window open?
- What are they feeling? Favourite pajamas or outfit, blanket, massage?

*Why?*

- Why do they want these things and people? Letting others know why this is meaningful to them can be important to make it all happen.

*How?*

- We fill in the gaps during the vigil and help the individual prepare their dying space. Having a good rapport with the individual and their family will help give a clear vision of what they want their dying to look like.

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

# FALL WORD SEARCH

## Fall Word Search

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



CORN  
AUTUMN  
BONFIRE  
BOOTS  
OCTOBER  
RAKE

THANKSGIVING  
HARVEST  
LEAVES  
CARNIVAL  
APPLES  
APPLE CIDER

PUMPKIN  
FOOTBALL  
SWEATER  
NOVEMBER  
SEPTEMBER  
SUNFLOWER





# November

## Word Scramble

The mischievous squirrel Nutmeg was busy gathering autumn treasures. In her excitement, she accidentally jumbled the words of the season, scattering them across the forest! Now, it's up to you to unscramble the fallen letters before the first snowfall!

URCOOPINCA \_\_\_\_\_

RDECI \_\_\_\_\_

LGMRIIP \_\_\_\_\_

COLIEETN \_\_\_\_\_

LBOFOATL \_\_\_\_\_

NFSGTFIU \_\_\_\_\_

USIIASTATGR \_\_\_\_\_

CPISR \_\_\_\_\_

TOFSR \_\_\_\_\_

ESELAV \_\_\_\_\_

OBNEERMV \_\_\_\_\_

POCISOR \_\_\_\_\_

EMSITRACI \_\_\_\_\_

YRACREBRN \_\_\_\_\_

REKA \_\_\_\_\_

VTOE \_\_\_\_\_

ANUTUM \_\_\_\_\_

SVEHTAR \_\_\_\_\_

UTEYRK \_\_\_\_\_

UPKNMPI \_\_\_\_\_

VKHGNNTIGSIA \_\_\_\_\_

ETVRAEN \_\_\_\_\_

BOBEGL \_\_\_\_\_

EATWRSE \_\_\_\_\_