

December 2024

Tavistock Insider

peopleCare Tavistock | 32 William St, Tavistock | 519-655-2031 | visit www.peoplecare.ca

Celebrating December

Have a peek at your Program Calendar for Decembers scheduled events.

Advent

December 1st -24th

St. Nicholas Day

December 6th

25 Years of Service for Val and Lorna

1:45pm on Friday December 13th join us in the chapel

December Solstice

December 21st

Christmas Service with our Chaplains and the Chimers

10am on December 23rd

Hanukkah

December 25th –Jan 2nd

Christmas

December 25th

Boxing Day

December 26th

New Year's Eve

December 31st

peopleCare
communities

*From our Family to yours,
May your Holidays be
Merry and Bright*



Welcome Home

We welcome Bill, Wally, Veronica, Clayton, Lowell, Christina, Bob, Bert, Jane, Gerry, Bill, Dorohty, Ruth, Wayne, Helena, Bruce, Diane, Gus, Arlene, Margaret, Leroy, Shirley, Fred, Larry, Bill S, Helen, Deno and Bea



Happy Birthday to
All those born in December!



| Resident Name | Date |
|---------------|----------------------|
| Veronica | Dec 1 st |
| Bert | Dec 10 th |
| Audrey | Dec 11 th |
| Jeanette | Dec 11 th |
| Marie | Dec 14 th |
| Lena | Dec 14 th |
| Bob U | Dec 28 th |

Flower: Narcissus
Birthstone: Turquoise



If you were born between December 1–21, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep an open mind during new encounters. Those born between December 22–31 are Capricorns, the Goat. Capricorns are the most stable and serious signs of the zodiac. Reliable, resourceful, and determined, they make excellent leaders and managers.

Resident Council Corner

Our Next Resident Council Meeting

Friday December 13th
In the Chapel at 3:00pm

Agenda Items:

- Recap of 2023
- Satisfaction Surveys
- Financial Statement Review
- Goals for 2024
- January and February Program Planning

Any ideas, thoughts or suggestions please contact one of your Leadership Team Members.

Resident Council will also be doing a TAP Bingo this month. All the winnings will go directly to tap to support with what our local community needs. If you would like to partake in anyway, please feel free to connect with Kristen Leenders, Director of Programs

In Memory Of



Len
Margaret

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 DECEMBER!

Hello Everyone

Wishing everyone the Happiest and Merriest of the Holiday Season!

A change in our Dietary Department – we say goodbye to Ella and Welcome Tahreem Iqbal who will be joining the Team on December 2nd – please extend a warm welcome to Tahreem!

Happy to share that Victoria Zilke, IPAC Specialist, will be joining us full time starting the end of November. We are so happy to have Victoria on the Team to help keep us all healthy!

During the holiday season, we appreciate the thoughtfulness of our families and ask those planning to bring in treats for our team members to please consider individually packaged items. Your generosity is greatly appreciated!

A reminder regarding Christmas Gifts for residents – if you have anything that needs labelling, you are more than welcome to bring the item in ahead of time to be labelled. We will then return to you for wrapping. As well, we can collect gifts to be handed out on Christmas morning if you like.

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

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

Have a Wonderful Holiday Season! ❄️🎁

Deb Wettlaufer, Executive Director

Palliative Care Corner - Grief and Bereavement

Grief is a natural response to any type of loss, though we most commonly associate it with what we experience when someone we care about dies. Grief is the process that allows us to say goodbye to what was, and to prepare for that which is yet to come. We can experience grief on all levels; emotional, physical, mental, and spiritual. Grief is as unique and individual as a fingerprint; there is no right or wrong way to grieve. It is important for people to give themselves permission to grieve in their own way, to rely on their own intuitive grief process. The only expert on their grief is the person who is going through it. We provide care for individuals in a very personal manner and form strong bonds with them. It is only natural that we experience grief when we lose them, and even more so when other individuals replace them in residential care.

In his 2005 novel, *Companioning the Bereaved*, Alan Wolfelt writes the '11 Tenets of Caring for the Bereaved.' These tenets are excellent reminders for those who support individuals who may be grieving the loss of someone important, or for anyone who is suffering a loss.

11 Tenets for Companioning the Bereaved

Companioning is about being present to another person's pain; it is not about taking away the pain.
Companioning is about going to the wilderness of the soul with another human being; it is not about thinking you are responsible for finding the way out.
Companioning is about honoring the spirit; it is not about focusing on the intellect.
Companioning is about listening with the heart; it is not about analyzing with the head.
Companioning is about bearing witness to the struggles of others; it is not about judging or directing these struggles.
Companioning is about walking alongside; it is not about leading or being led.
Companioning is about discovering the gifts of sacred silence; it is not about filling up every moment with words.
Companioning is about being still; it is not about frantic movement forward.
Companioning is about respecting disorder and confusion; it is not about imposing order and logic.
Companioning is about learning from others; it is not about teaching them.
Companioning is about compassionate curiosity; it is not about expertise.

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

Infection Prevention and Control

Hand hygiene plays a crucial role in preventing the spread of infections. It is an essential practice that involves everyone—residents, staff, family, and visitors—to help eliminate the transmission of harmful germs between individuals. By practicing proper hand hygiene, we can significantly reduce the risk of infection from one resident to another, or from staff, family members, or visitors to our residents.

Where to Find Hand Sanitizer Stations Our home is equipped with several hand sanitizing stations located throughout the building to encourage easy access for everyone. You can find them at:

- The entrances to the home
- Entrances to dining areas and lounges
- Each resident's room
- Staff rooms
- Staff and public washrooms

Most of these stations feature alcohol-based hand sanitizers. Our washrooms, however, offer soap and water for handwashing.

How to Properly Use Hand Sanitizer To ensure the sanitizer works effectively, follow these steps:



1. Use 1 to 2 pumps of alcohol-based sanitizer (70-90% alcohol).
2. Rub the sanitizer all over your hands for a minimum of 15 seconds. Be sure to cover all surfaces of your hands, including the front and back, between your fingers, and your wrists.
3. Do not wipe or rinse off the sanitizer before it dries.
4. Important: If your hands are visibly dirty or greasy, use soap and water instead of hand sanitizer for thorough cleaning.

Victoria Zilke, IPAC Coordinator

Special Events in the home

We have many community members reaching out to celebrate the holidays with us. Although it may not be printed on the calendar there is a chance that carolers and other visitors will pop by to say hello and celebrate with us.

Entertainment and Excursions are listed on your program calendars, there are many opportunities to enjoy music this month.

We welcome Lindsay and her children to our home; they will be here supporting us with some festive baking programs.

December 11th – **Tales with the Tots!** We are excited to let you know that our monthly Library Group will be visiting us in house through the winter months! Join us for a story and craft with the toddlers.

On December 13th at 1:45pm will be taking the time to celebrate **Val and Lorna!** Congratulations on reaching the remarkable milestones of **25 years** with us!

Spiritual Service around Christmas Friday December 20th Trinity Church will be in house to offer a non-denominational communion at 3pm in the Chapel. On Monday December 23rd the chimmers along with Will and Sharon will lead our Christmas Service

Home Area Christmas parties are scheduled the week of December 17th, we look forward to gathering and having some festive treats

Message from the Environmental Department

Families and friends, tis the season for decorating and gifting, and we would love to help make it special!

We are asking that you please get in touch with our maintenance department for anything that may go on the wall (picture frames, paintings, TV's). We would be happy to assist you.

When bringing items in for your loved ones please be mindful of the following:

- * All furniture is to be of material that can be wiped clean for better infection control. This would mean to be weary of all fabric material furniture as it cannot be 100% cleaned.
- * All electrical items brought into the home must be inspected and tagged by our maintenance staff before it can be used within our home.

We would also like to remind family and friends that our laundry team can label any clothing items before you wrap them for Christmas. This will help eliminate gifts from getting lost within our home, as well as having to take them away to get labeled. Our laundry team is here daily from 7-2pm. There is a parcel bin at reception, with personal item bags that can be clearly marked with an itemized list, name and room number.

Thank you as we continue to work together to keep our home safe and healthy for everyone. Enjoy the festive season!



Leadership Team Contact Information

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Victoria Zilke, IPAC Coordinator
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Everyone can make a difference
Please give generously



PLEASE HELP,
OUR COMMUNITY IS IN NEED OF
SNACKS TO SEND TO SCHOOL WITH
OUR KIDS

PUDDING, FRUIT CUPS, GRANOLA BARS, APPLE SAUCE,
COOKIES, FRUIT BARS, ETC

DROP -OFF AREA: FRONT LOBBY



Find us on
Facebook

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

HEARTbeats

Congratulations to our October Draw Winners!

Spencer and Ashely

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

Thank you for all you do!



Living the peopleCare Values

PROFESSIONALISM

Act with Knowledge
Develop Skills
Dress for your Customer

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

Fluid Intake - Many Reasons to Fall

Inadequate fluid intake is a preventable contributor to dehydration and falls.

Risk Factors for Dehydration

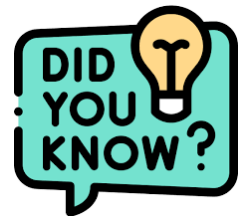
- Older age - Decreased thirst, medication, decreased kidney function, illness
- Incontinence
- Cognitive Impairment/Confusion
- Depression
- Required assistance with food/fluids

Symptoms of Inadequate Fluid Intake

- Dry skin
- Dry and sticky mouth
- Decreased urination or dark, strong-smelling urine
- Low blood pressure
- Confusion and irritability
- Headache
- Dizziness

Adequate fluid intake is necessary to regulate body temperature, maintain blood pressure and eliminate waste from the body. Dehydration may have a large effect on the body while showing minor visible symptoms. It is therefore important that hydration levels are monitored in Long-Term Care.

We have a laundry room on our 2nd floor for you to wash your own clothes with the detergent of your choice



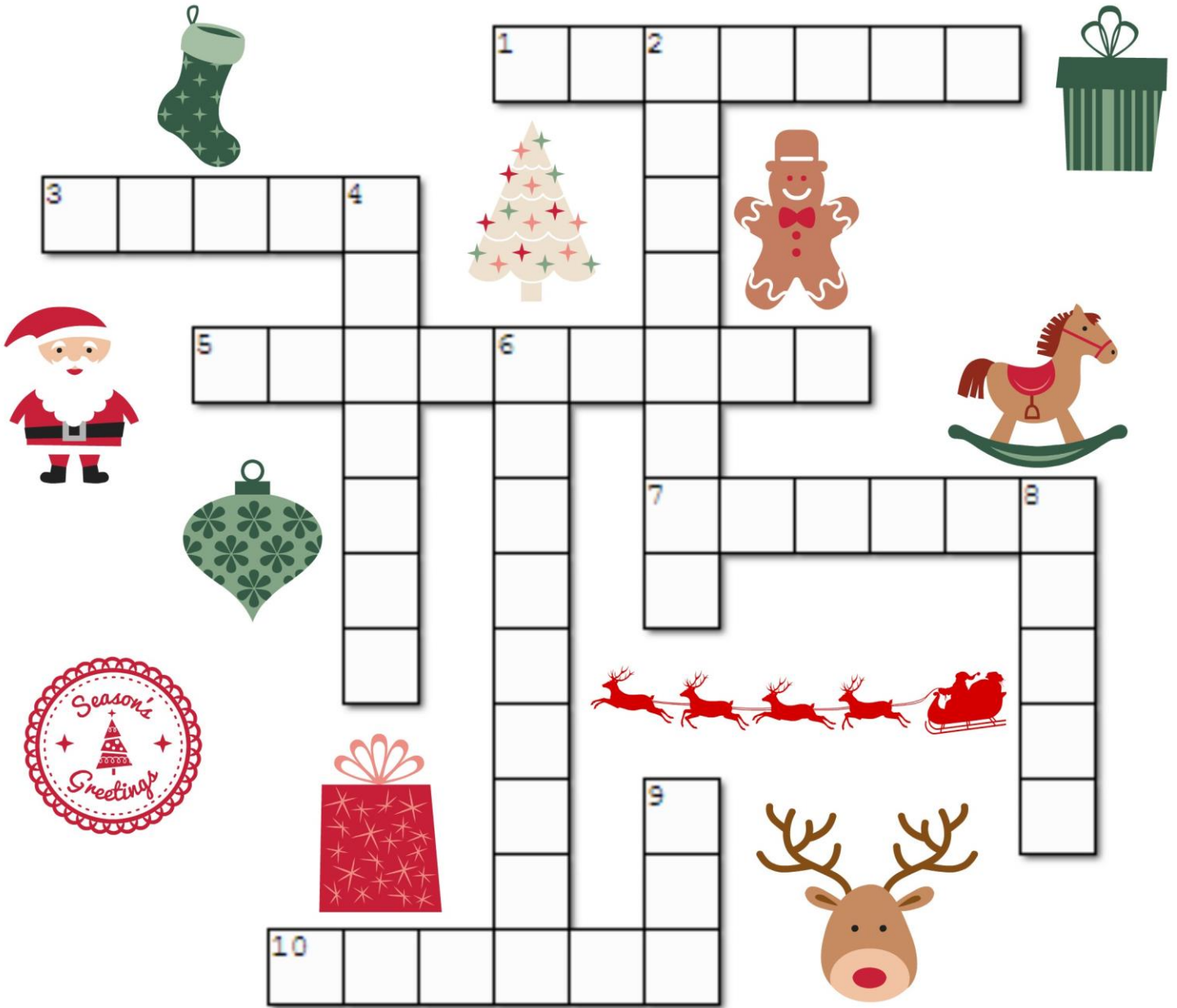
Our 4 legged neighbour is named Rio. Please do not feed Rio as he has had some health issues requiring a vet visit.

Scent – this is a low scent home, please be mindful of any strong odors that you may carry when you come in

Hanging items in your room – please ask on the staff to put a request in Yardi to have something hung. We ask that no tape be put on the walls

CHRISTMAS CROSSWORD PUZZLE

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.



Across

1. One of Santa's Reindeer
3. Santa's Helpers
5. December 25th is _____.
7. Christmas Drink
10. The name of a popular snowman.

Down

2. Christmas Month
4. He hates Christmas!
6. You hang them by the chimney.
8. On Christmas morning we unwrap our _____.
9. ___ to the world!



MERRY CHRISTMAS

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

| | | | |
|------------|--------|------------|-----------|
| BOW | FAMILY | NORTH POLE | SNOW |
| CANDY CANE | GIVING | PRESENTS | STAR |
| CAROLS | JINGLE | REINDEER | STOCKINGS |
| CHRISTMAS | JOY | SANTA | TREES |
| ELF | LIGHTS | SLEIGH | |