

March 2025

TAVISTOCK INSIDER

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



Celebrating March

Shrove Tuesday

March 4

Lent

March 5 – April 19th

Daylight Saving Time Starts

March 9

Holi

March 14-15

St. Patrick's Day

March 17

March Equinox

March 20

Resident's Council Meeting

March 21 at 2pm

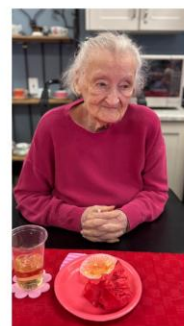
Musical Entertainment

Join us Mondays at 3pm

Excursions

Look to your program Calendar
to see what's planned

Welcome March!



welcome home

Elaine, Gloria, Martha, Susan
and Wray

Happy Birthday to all
those born in March

Name	Date
Irene R	March 12 th
Donna H	March 14 th
Marlene T	March 18 th
Cheryl M	March 20 th
Caroyne F	March 22 nd
Penny O	March 25 th
Fimmie M	March 27 th
Victoria C	March 27 th
Bill G	March 28 th
Jim R	March 28 th

Flower: Daffodil

Birthstone: Aquamarine and Bloodstone

March Birthdays

In astrology, those born between March 1–20 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim an inner journey. They're emotional, compassionate people, always willing to help others.

Those born from March 21–31 are Aries, the Ram. Rams are adventurous go-getters, full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers, undeterred when the going gets rough.

Paws on the Trail

Mushers begin the "Last Great Race" across the Alaskan wilderness on March 1. The word *Iditarod* comes from the native northwestern Alaskan language and means "distant place." It's the name of a city, a river, a trail, and the famous roughly 1,100-mile dogsled race.

Not just any dog can compete in the race. Only dog breeds accustomed to the cold, such as Alaskan Malamutes and huskies, are allowed to race. In 1980, musher John Suter entered with a team of European poodles; many of the dogs were dismissed at checkpoints along the way with frozen feet. In 1990, rules for accepted dog breeds were established.

Frigid temperatures aren't the only threat to a dogsled team. Massive moose have been known to charge at racers. To ensure the health and well-being of the dogs, they are treated like all-star athletes and are accompanied by veterinarians. The last team to cross the finish line receives the Red Lantern Award, named after the lantern that remains lit until the final dog arrives.

In Memory of

*Doug E, Jeanette H,
Myrna S and Doug O*

*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 March!

Hello Everyone!

Thank you for being patient during our recent outbreak. Remember to keep yourself healthy and please do not visit if you are feeling unwell!

Please note that Summary of Accommodation Receipts will be mailed out with March invoicing. Please reach out to our Office Manager Kim Knott at kknott@peoplecare.ca if you have any questions.

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.

Looking forward to the nice weather in the months ahead! Make sure to take advantage of our outdoor spaces at the front lounge, the courtyard and balconies!

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

Linda W.

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

A reminder to ensure that all clothing is delivered to the front desk deposit area with names.

A reminder to please refrain from leaving valuable items at the Home as we cannot replace misplaced or lost items.

Staff Healthy & Safe!

Happy St. Patrick's Day

 **May the Luck of the Irish be with you!**

Looking forward to the first day of Spring on March 20th!

Deb Wettlaufer

Respiratory Etiquette: A Key to Preventing Illness in Long-Term Care

In long-term care settings, where residents are vulnerable to respiratory infections, practicing good respiratory etiquette is essential to prevent the spread of illnesses like the flu, colds, and COVID-19.

Key Respiratory Etiquette Practices:

1. **Cover Your Cough or Sneeze:** Always cover your mouth and nose with a tissue or the inside of your elbow to contain respiratory droplets.
2. **Wash Hands:** After coughing, sneezing, or touching your face, wash hands thoroughly with soap and water, or use alcohol-based hand rub (ABHR).
3. **Use Tissues and Dispose Properly:** Keep tissues available and immediately dispose of them in a lined trash can after use.
4. **Wear Masks When Needed:** In the case of outbreaks, staff, residents, and visitors should wear masks to reduce the spread of germs.
5. **Practice Social Distancing:** Encourage physical space, especially during flu season or when there's an outbreak of illness.

By following these simple steps, we can significantly reduce the transmission of respiratory infections and protect our residents and staff. Together, we can create a safer, healthier environment in long-term care.



Palliative Care Corner

Over the next few months, I will share information from Legacy.com about 12 End-of-Life Signs and Symptoms

When someone is approaching death, especially an elderly person or someone with a terminal illness, their body and behavior go through a number of changes. Recognizing these changes can help you understand your loved one's journey as their life comes to an end.

Many of these changes can cause some distress for family members and people looking on, but they're not necessarily uncomfortable for the dying person. If you understand what they mean, you may be better able to cope with your loved one's decline.

These signs typically begin to appear in the weeks before death. As death comes nearer, changes may be more apparent and new symptoms may arise. Active dying — the final stage of the dying process that lasts no more than a few days — comes with its own set of symptoms.

This information applies less in cases where death is quick or sudden. Some of these signs may be present just before a sudden death, but they are much more likely to occur and be noticeable in a death that comes after a decline. Here are the signs and symptoms that indicate a person is close to death:

1. Loss of appetite

As the end nears, the dying person will begin to want less food and water. This is normal and it's okay not to expect them to eat or drink more than they want. To alleviate some of the discomfort from dehydration, you can help them eat popsicles if they want them, or apply lip balm to their lips and lotion to their hands.

Sometimes, a dying person will stop eating and drinking altogether. This can be voluntary, as a way of bringing a terminal illness to its conclusion more quickly. Or it can be because they are rarely or never conscious, or because they simply have no appetite at all. Generally, a person will eat when hungry, so a total loss of appetite in a dying person isn't something to feel distressed about.

...Continued in next column

2. Less frequent urination and defecation

As a person eats and drinks less, their toilet habits will change as well. They may not need to move their bowels much, if at all. Urine may be dark-colored because of dehydration. If they have stopped eating and drinking entirely, and are not receiving IV fluids, they may not need to use the bathroom at all.

If the person is still drinking but is bedridden and unable to get up to use the bathroom and they have pain control or skin concerns a catheter may be inserted to decrease need for frequent changing or risk of skin breakdown.

3. Frequent sleeping

In the months before death, a person will generally sleep more and more. Their body is weak and needs more rest than a healthy body does. It's important to let a dying person sleep when they feel tired. When possible, encourage them to get out of bed and walk a bit, or turn them to a new position if they can't do that, to try to prevent bedsores from developing.

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

FREE RESIDENT TAX CLINIC

If you earned less than \$35,000 last year, have a simple tax situation and need help completing your return, volunteers are available to support.

Please contact Taylor to submit forms by **March 14th**
tritchie@peoplecare.ca
519-655-2031 ext 408

ADDITIONAL FREE COMMUNITY TAX CLINICS:

INGERSOLL LIBRARY
OXFORD COUNTY ADMINISTRATION BUILDING
OR

VISIT CRA WEBSITE TO FIND YOUR NEAREST FREE TAX CLINIC
[HTTPS://WWW.CANADA.CA/EN/REVENUE-AGENCY/SERVICES/TAX/INDIVIDUALS/COMMUNITY-VOLUNTEER-INCOME-TAX-PROGRAM.HTML](https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program.html)



Marching to a Healthy Beat



March is Nutrition Month, a month to ditch the junk food, add exercise, and take on healthier habits. An easy place to start is to eat more fruits, whole grains, and vegetables.

Having fresh fruit and vegetables in your home is a simple way to add healthy vitamins and nutrients to your diet. Another excellent step is eating food in reasonable portions, as well as eating a variety of foods.

A daily exercise routine, even something as simple as a daily walk, increases fitness. Studies show that as fitness increases, mood improves, energy increases, stress decreases, we have the strength and endurance to do the things we enjoy, and we look and feel our best. Perhaps it is no coincidence that March is also Quinoa Month (pronounced *KEEN-wah*). This ancient seed, harvested high in the Andes Mountains, is one of nature's most perfect foods. In 1955, researcher Philip White wrote, "While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom." That's high praise for an often-overlooked food.

Quinoa is called a grain and is cooked like a grain, but it is not a grain at all. From a botanical point of view, quinoa is more closely related to beets and spinach. It is a complete protein, gluten free, and rich in potassium. The ancient Incas called it the "mother of all grains" and considered it sacred. It can be found today in breads, crackers, granola, beverages, pasta, and even shampoo. It's a nutritive powerhouse.



Internal 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

Victoria Zilke, IPAC Coordinator
Ext 417 vzilke@peoplecare.ca

Prabhjot Kaur, Director of Food Service
Ext 437 pkaur@peoplecare.ca

Mariana De Macedo Boz, Nursing Staffing Manager
Ext 415 mboz@peoplecare.ca

Taylor Ritchie, Resident & Family Co-ordinator
Ext 408 tritchie@peoplecare.ca

Reception Team
Ext 410 info-tavistock@peoplecare.ca

Clinical Nurse (in house 24 hours)
Ext 500

HEARTbeats

Congratulations to our January Draw Winners!

Melissa and Gurpreet

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
- Employee Referral Program



Find us on
Facebook

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

Living the peopleCare Values

INTEGRITY

Dare to be transparent

Are all of your decisions made with integrity?

We're looking to expand our green space and bring more beauty to our home, and we need your help! If you have any extra healthy indoor plants, cutting, flowers, or garden supplies, consider donating them to our home. Your contributions will make a big difference in creating a vibrant, green environment for everyone to enjoy.

Donating is easy! Simply drop off your plants at reception or contact us at Kristen to make other arrangements. Together, we can grow something amazing!

Thank you for your support!





A note about Lost and Found Items

1. When clothes come into the home, they must be put into the laundry bags at reception with name, room number and clothing logged on record sheet.
2. We rinse and spin the clothes, dry, label and then add to home area clothing cart
3. The clothing worn on arrival will be put in a personal labeled laundry bag by the PSW at the end of the day, with room number, name and then place that bag in the home area laundry collection to wash and label and will be returned the next day via the home area clothing cart.
4. If laundry staff cannot identify whose clothes they are, they will connect with the PSWs from that home area. If clothes are still not identified, clothes are placed in Lost and Found in the laundry room.
5. At the end of the month non labelled clothing will be placed on the LOST AND FOUND cart for identification by family and resident. Non labelled items from **February**; will be put on cart and placed on the main floor for all to see for the month of March, at the end of March anything left over will be donated

Any Laundry concerns or questions please contact
Director of Environmental Services, Ed Rutledge at
evstavistock@nutraservices.ca
or 519-655-2031ext 428



Pets are welcome to visit too!

Pets can bring happy associations and the comforts of home. peopleCare recognizes the benefits of animal visitation and encourage you to to bring your pets.

Animal Handler Responsibility

- Animals are physically fit clean, groomed regularly and in good health and free of any disease or parasites prior to visiting peopleCare.
- Cats and dogs should be at least one year old to ensure that they have completed all vaccinations* and they should not be pregnant when visiting residents to avoid a higher risk of scratches and bites.
- Animals must be kept on a non-tractable leash / lead to ensure appropriate control throughout the visit.
- Animals that are on a raw food diet of animal origin are not permitted.
- That the owner / volunteer will remain with the animal at all times.
- That the animal is discouraged from jumping, scratching and licking.
- Natural relief for animals is taken into account prior to visiting.
- Pet Registration Form is filled out, available at reception, which, included the current immunization report (including rabies) at least annually or on request of the home



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



YOGURT



FRUIT CUP



NUTRI-GRAIN CEREAL BAR



INSTANT OATMEAL



BOWL OF SOUP

Mushroom
Vegetable
Tomato
Chicken Noodle

Name: _____ Date: _____

SPRINGTIME

Word Scramble

This spring Peony is going on a field trip with her class to the state park. Her teacher gave the class a list of things to look for in the woods and meadows, but the words got all mixed up. Can you help Peony unscramble her list?



1. OFGR _ _ _ _
2. FEUYRBTLT _ _ _ _ _ _ _ _
3. SRSGA _ _ _ _
4. ORMHTARWE _ _ _ _ _ _ _ _
5. SNTGLHUI _ _ _ _ _ _ _
6. UDB _ _ _
7. DDNLIAENO _ _ _ _ _ _ _ _
8. ORELWF _ _ _ _ _
9. EBE _ _ _
10. GLBDYAU _ _ _ _ _ _ _
11. OMLOB _ _ _ _ _
12. ERGEN _ _ _ _ _



ST. PATRICK'S DAY WORD SEARCH



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

Irish
Emerald
Clover
Lucky'
Ireland

Parade
Leprechaun
Patrick
Gold
Rainbow

Pot
Shamrock
Green
Saint
March