

October 2025

TAVISTOCK INSIDER

peopleCare Tavistock | 32 William St S, N0B 2R0 | 519-655-2031 | www.peopleCare.ca



Celebrating October

Church Service

The time has been moved; we plan to begin at 1:30pm on October 5th and 19th

Thanksgiving

October 13th

Thanksgiving Service will be held on Wednesday October 8th at 3:30pm

All Hallows' Eve or Halloween

October 31

Meet at the Front Door to help hand out candy.

☕ ☕ ☕ Calling All Mugs!

We're on the lookout for fun, quirky, and unique mugs to add to our bistro collection.

The more character, the better! A mix of patterns, colors, and shapes will not only brighten up coffee time but also spark conversations and smiles. If you have a mug (or two) looking for a new home, bring it by—we'd love to add it to our shelf of joy.

Welcome October!

peopleCare communities

And welcome warm socks, hot chocolate, chunky sweaters and fall colours!



welcome home

Barb, Eldred, Jessie, and Susan



Happy Birthday to
All those who are born in
October!

Resident Name	Date
Eldred	9 th
Shirley	10 th
Deno	13 th
Gary	15 th
Evelyn	21 st
Joyce	25 th
Fern	28 th

Stone: Opal
Flower: Calendula

October Birthdays

If you were born between October 1–22, you balance the scales of Libra. Libras are very sociable, seek harmony through compromise, and have strong powers of critical thinking. Those born between October 23–31 are passionate Scorpions, considered the most intense sign in the zodiac. While on the outside Scorpions are calm and composed, inside they are forceful, emotional, determined, and ambitious.



Council Corner

The Council thanks everyone for their ongoing hard work and support.

Our next Residents Council meeting will be is October 28th at 1:30pm in the Chapel

With guests Deb Wettlafuer, ED and Victoria Zilke IPAC coordinator

We are 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

We are looking for education suggestions for our November gathering



In Memory Of

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

**Joe
Harry
Velma**

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

~Henry Wadsworth Longfellow

A Message from the Executive Director

Happy October!

Hello Everyone

Hope you are having a great start to the Fall! 🍁

Make sure to take advantage of our outdoor spaces at the front Bistro, the courtyard and balconies! 😊 All doors continue to be open and accessible from 8 am – 8 pm. Please ensure to make use of the Sunscreen located at the exit doors to these areas.

A reminder - as of October 1, 2025, Dr. Barbara Cowing will no longer be acting as the Attending Physician for the residents on Williams Way. Dr. Cowing will continue as Attending Physician for Hope Street and Old School Lane residents on Mondays. Dr. Vanessa Kustec will take over the Attending Physician position for Williams Way, as well as her current responsibilities on Sebastopol Road on Wednesdays.

Thank you for your patience during our recent outbreak!

Wash your hands and Stay Healthy!

Reminder that we do have a lost and found – please connect with reception to have look while they are here. We also plan to have it available in the Chapel

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

Sunali, Val, Irene, Precy & Bethanie

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

**A change to share in the Dietary Department – we say goodbye to Prabhjot and
Welcome Prabhleen Kaur as Director of Food Service.**

Happy Thanksgiving on October 13th! 🍁

Enjoy the Fall Colours! 🍁

Deb Wettlaufer, Executive Director



Infection Prevention and Control

Fall 2025: Upcoming Immunizations

This fall, we will be offering important vaccines to help keep our residents safe and healthy.

For Residents:

In October, we will begin giving RSV, influenza (flu), and COVID-19 vaccines.

We will start with the RSV vaccine, followed by flu and COVID-19.

Families will be contacted to provide consent before vaccines are given, if consent has not been collected already.

For Staff:

The flu vaccine will be available for staff onsite through our Clinical Nursing Team beginning October 20th.

Thank you to residents, families, and staff for supporting these efforts. Together, we can help protect our home during the fall and winter seasons.



Victoria Zilke, LTC-CIP
IPAC Coordinator



🌿 Calling All Vendors! 🌿

Be Part of Our Community Wellness Fair on Wednesday October 29th from 11-3pm

Sign up by Friday, October 17th to reserve your spot! (Limited spaces available)

We are also welcoming **donations for our Door Prize Table.**

To register or for more information, please contact:

📞 Kristen Leenders – 519-655-2031

✉️ kleenders@peoplecare.ca



All About Diwali - The Festival of Lights

October 20th 12:00am – October 24th 11:59pm



Diwali, also known as The Festival of Lights, is a Hindu holiday which celebrates the victory of light over darkness, knowledge over ignorance, and the blessing of freedom and enlightenment. The name, Diwali, comes from the Sanskrit word, Deepavali, which means “row of lights.”

During the holiday, celebrants light dozens of candles and *Diyas* (clay lamps- as seen in the picture) and place them all around their homes and streets to welcome lightness and good blessings. Many people also enjoy making beautiful colorful sand designs on their floors, called *Rangolis*, as a way of inviting the Goddess of Wealth into their homes.



Throughout the five-day holiday, many people also spend time with their family and friends; going out for meals, exchanging gifts and traditional Indian sweets, as well as watching some fireworks!

Palliative Care

Why Communication Matters

Families and friends play a vital role in supporting loved ones in long-term care. Consistent communication reduces anxiety, minimizes misunderstandings and promotes collaborative care decision-making. Sharing of information and transparent dialogue between staff and residents/POA's helps to ensure residents/POA's are valued and included while fostering trust with care staff.

Residents/POA's can obtain information regarding day-to-day care like toileting, hygiene needs, mobility, etc. from the personal care workers. Care planning details regarding nursing or medical information can be obtained from the unit charge nurse (may be an RPN or an RN)- this is the person who routinely administers the medications and completes treatments like dressings. If these individuals are unable to assist you then please ask to speak to the clinical nurse (all items) or resource nurse (if specific needs are around skin integrity, palliative care). I as well am available to assist as needed or if you are having difficulty obtaining the information that you are requesting. My extension is 440, my email is sgallivan@peoplecare.ca or come visit me – my office is on the 2nd floor just off the elevator turn left towards Old Schoolhouse Lane and I am the first door on the left.

The process of caring for loved ones in LTC can be emotionally demanding. We have a resident and family coordinator that can assist with supporting you as well and any of the nurses or I can help you connect to ensure you are able to advocate for your loved one effectively but also managing your own well-being.

We do encourage connections between families for mutual support. This builds a sense of community and alleviates isolation. So, we encourage you to say hello to other families while visiting and introduce yourself and create a habit of checking in on each other for support as well.

Residents /POA's and families are seen as partners in care. We make every effort to inform you of all changes related to the care of your loved one and encourage your feedback and participation in the planning of care. Attendance at annual care conferences are important to assist in this. We are also able to arrange an interdisciplinary care conference or assemble part of the team to meet with you if needed in between these annual conferences. This ensures we are creating opportunities for collaborative decision-making, ensuring residents' individual needs and preferences are honoured. Clear communication fosters a sense of shared responsibility and enhances residents' overall quality of life.

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

Living the peopleCare Values

PROFESSIONALISM

**Act with Knowledge
Develop Skills
Dress for your Customer
Choose a Positive Attitude**



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

HEARTbeats

Congratulations to our August Draw Winners!

Annalyse and Linda W

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

Leadership Team Contact Information

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

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

Shelina Shamji, Director of Resident Care
Ext 416 sshamji@peoplecare.ca

Sheri Gallivan, Assistant Director of Resident Care
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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

Prabhleen Kaur, Director of Food Services
Ext 437 pkaur@peoplecare.ca

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

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

Joella, Receptionist
Ext 410 jraso@peoplecare.ca

Clinical Nurse (in house 24/7) Ext 500



CAN YOU SPOT 10 DIFFERENCES?

DUDOLF.COM



Name: _____ Date: _____

Halloween Word Search

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

BLACK
ORANGE
GHOST
WITCH
SCARY
CANDY
HAUNTED

HALLOWEEN
OCTOBER
SPIDER
SKELETON
MUMMY
COSTUME

JACK-O-LANTERN
BAT
MOON
CAT
NIGHT
OWL
BOO



Canadian Thanksgiving

Match the clues to the words associated with Thanksgiving.



1. Festive time _____
 2. Symbol of plenty _____
 3. Gather crops _____
 4. Elaborate meal _____
 5. Thanksgiving bird _____
 6. Reddish fruit _____
 7. Getting together _____
 8. Type of pie _____
 9. Turkey topper _____
 10. Cabbage-like veggie _____
 11. Layered dessert _____
 12. Dressing _____
 13. Small pies _____
 14. Holiday event _____
 15. Bundle of wheat _____
 16. Cereal plant _____
 17. Fall month _____
 18. Doubleheader watched Thanksgiving weekend _____
- A. Sheaf
 - B. Gravy
 - C. Stuffing
 - D. October
 - E. Holiday
 - F. Cranberry
 - G. Cornucopia
 - H. Corn
 - I. Feast
 - J. Harvest
 - K. Nanaimo bars
 - L. Pumpkin
 - M. Football
 - N. Gathering
 - O. Parade
 - P. Turkey
 - Q. Brussels sprout
 - R. Butter tarts