

November 2025

# TAVISTOCK INSIDER

peopleCare Tavistock | 32 William St S, Tavistock | 519-655-2031 | [www.peoplecare.ca](http://www.peoplecare.ca)



## Celebrating November

### Daylight Savings Time Ends

*November 2nd*

### Tavistock Men's Club Annual Sauerkraut Supper

Place your order with Rec by  
November 8<sup>th</sup>  
November 12<sup>th</sup> at 4:30pm

### Remembrance Day

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

### Decking the Halls

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

### World Kindness Day

*November 13<sup>th</sup>*

### International Men's Day

*November 19<sup>th</sup>*

### Residents Council

*November 25<sup>th</sup>*

### Tales for Tots

*November 26<sup>th</sup> in the chapel at  
10:00am*

Our program calendars are full and ready to go—take a look to see all the exciting activities planned for the month ahead!

## In Flanders Fields

### Canada's most famous war poem

peopleCare  
communities

In Flanders Fields is one of the most famous poems from the First World War. Canadian doctor and soldier [John McCrae](#) wrote this poem on 3 May 1915. Within months, its powerful words came to symbolize the sacrifices of all those who were fighting. It also established the poppy as an international symbol of remembrance. Over 110 years later, the poem continues to be a part of Remembrance Day ceremonies in Canada and around the world.

- John McCrae was born in Guelph, Ontario
- He attended the University of Toronto Medical School.
- He led a battery with the Canadian Field Artillery during the South African War.
- In April 1915, McCrae was stationed near Ypres, Belgium, in the area called Flanders.
- On May 2, 1915, McCrae's friend, Lieutenant Alexis Helmer, was killed in action and buried in a makeshift grave. Wild poppies were already beginning to bloom between the crosses marking the many graves and he was inspired to write [In Flanders Fields](#) the next day.



# We Welcome

## Joel and Pauline



### Happy Birthday to all those born in November

Resident Name	Date
Mabel	1 <sup>st</sup>
Sandee	1 <sup>st</sup>
Lynn	2 <sup>nd</sup>
Donna	2 <sup>nd</sup>
Myrna	10 <sup>th</sup>
Bea	20 <sup>th</sup>
Arlene	22 <sup>nd</sup>
Guy	30 <sup>th</sup>

Birth Flower: *Chrysanthemum*

Birthstone: *Topaz*

If you were born between November 1–21, your astrological sign is Scorpio. Scorpions are powerful investigators who keep up on the comings and goings of their peers, take control, and lead the way to success. Those born between November 22–30 are Archers of Sagittarius. Archers are exciting and independent. Their positive attitudes, great sense of humor, and kind hearts make them excellent friends. But get ready for an earful—Archers often also speak their minds.

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.

**Decking the Halls** – we will begin pulling out the Christmas Trees and decor around the 14<sup>th</sup> of November. It's an all-hands-on deck to decorate our home!

**Excursions** are booked: Stratford Mall – a chance to do some Christmas Shopping, Trip to the Butterfly Conservatory, out to Mike's Bowling Lanes for an afternoon of fun, and perhaps a visit for Ally Cat Cafe. Let one of the rec team members know if you are interested

#### Community Events

**Sauerkraut Supper – Wed Nov 12<sup>th</sup>** place your order with Kristen by **November 8<sup>th</sup>**, \$30.00 – this portions could be shareable

**Santa Claus Parade - Saturday, November 29, 2025 starting at 1 pm** – likely to come past our home on William Street

**Festival of Lights** – a new community tradition coming to Queen's Park this holiday season, **set up day is November 20<sup>th</sup>**

If you know of other events going on in our community, please feel free to let us know 😊

### In Memory Of

Rae  
Barb

*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!

Thank you for your patience during our recent outbreak! Have you had your Flu Shot? 💉

**Wishing Shelina Shamji all the best as she moves on from her role as Director of Care. Stay tuned for updates!**

Thank you to everyone for donating and supporting our Thanksgiving Bake Sale! 🍪 🍰 🥞

We were able to raise a little over **\$800 in support of the Parkinson's Society!**

The Resident & Family Quality of Life Survey Results Summary for Q3 2025 are now available to view in the Quality Binder at the Posting Board in the Front Foyer.

**Our Annual Fire Zone Evacuation Drill will be held on Friday November 7th before lunch.**

Stay Healthy & please stay cozy at home if you are feeling unwell.

**Happy Anniversary! We moved into our beautiful**



**New Home one year ago on October 28<sup>th</sup> and celebrated with some sweet treats!!**

Remembrance Day, November 11th – Lest we Forget 🌹

Deb Wettlaufer, Executive Director



## 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.

## Infecton Prevention and Control Corner

### Visitor Information: Additional Precautions

At times, residents may be placed on additional precautions to help prevent the spread of illness. This may include being asked to remain in their room for a period of time.

If you are visiting a resident who is currently on additional precautions, please connect with the Charge Nurse on the home area. In many cases, arrangements can be made for your loved one to visit with you in an alternate area where physical distancing from others can be maintained.

Visitors are asked to follow the precaution signage posted on the resident's door. Depending on the situation, you may be required to wear:

- A mask
- Eye protection
- A gown
- Gloves

(or a combination of these items)

Please remember to practice frequent hand hygiene before, during, and after your visit.

Victoria Zilke  
IPAC Coordinator



Ontario  
Association  
of Residents'  
Councils

Join us for our Residents' Council meeting  
scheduled for **Tuesday, November 25<sup>th</sup> at  
2:00pm - in the chapel.**

### Agenda:

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

# HEARTbeats

Congratulations to our September Draw  
Winners!

Winner: Madison  
Winner Gurpreet

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

Thank you for all you do!



Living the peopleCare Values

## Integrity

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

### 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
  - Perkopolis

### Leadership Team Contact Information

519-655-2031

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

Clinical Nurse (in house 24/7)  
Ext 500



## Seasonal Wardrobe Change

As we transition into the fall/winter season, we kindly ask for your support in ensuring your loved one has **appropriate seasonal clothing** at the home. Cooler temperatures mean we are spending more time outside in jackets, and lounges may feel cooler throughout the day.

### Please help by:

- **Switching out** summer clothing (shorts, thin tops, sandals, etc.)
- **Sending in** warm and comfortable **fall/winter items**, such as:
  - Long-sleeved shirts and sweaters
  - Warm pants
  - Socks and indoor shoes
  - **Knit cardigans or zip-up sweaters**(easier to put on/off)
  - A **warm coat**, hat, scarf and gloves for the outdoors / excursions

### Labeling

We ask that **all items be labelled** with your loved one's name. Our team can assist with labeling—please let us know if you need help.

### Drop-Off

Items can be dropped off at Reception or directly to the home area.

If you need support selecting appropriate clothing, please speak to our Recreation or Nursing team—we are happy to help. Thank you for your cooperation in helping ensure your loved one is **comfortable and well-prepared** for the season ahead.

Warm regards,  
**peopleCare Tavistock Team**

## Palliative Care

It is with pleasure and honour that I get to announce the success of some of our front-line staff who participated in an onsite offering of the ***Fundamentals of Hospice Palliative Care Program*** offered by St Joseph's Health Care London. The staff participated in 9 hours of education and completed assignments in order to receive this certificate.

Here is the course description:

By developing comfort in discussing all aspects of dying and death, and by becoming aware of the issues in each of the domains (disease management, physical, psychological, social, spiritual, end-of-life care / death management and loss and grief) that may impact persons and families living with life-threatening illness, formal caregivers are prepared and then challenged to apply strategies that can facilitate a change in the illness experience of those living with dying.

Team members, depending on their specific responsibilities and accountabilities, play complementary and vitally important roles on the team. Learners enrolled in the program gain an understanding of the roles and responsibilities of various team members and gain insight into the importance of effective communication and effective team function in supporting the person and family as they journey with progressive illness. Our accomplished staff include;

- ❖ **Amanda Goodger- Recreationist**
- ❖ **Natasha Williams- Housekeeping aide**
- ❖ **Annalyse Berger- PSW**
- ❖ **Samantha King- PSW**
- ❖ **Flora Mia Arellano- PSW**
- ❖ **Amber Laukka- Dietary aide**
- ❖ **Shandi Robinet- RPN**

( 2 additional staff Sijo Abraham- PSW and Kaitlyn Dagenais- PSW are pending certification once all assignments complete.

Please take time to congratulate them on their individual accomplishment. 🥳

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

# 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

\_\_\_\_\_

VKHGNTIGSIA

\_\_\_\_\_

ETVRAEN

\_\_\_\_\_

BOBGL

\_\_\_\_\_

EATWRSE

\_\_\_\_\_