

December 2025

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

November 30th - December 24th

St. Nicholas Day

December 6th

Home Area Christmas Parties

*Look at your home area
program calendar*

December Solstice

December 21st

Christmas Service with the Chimers

1:30pm on December 23rd

Hanukkah

December 14th - 22nd

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

Joyce, Pieter, Georgina, Alice and
Lydia

Happy Birthday to
All those born in December!

HAPPY
BIRTHDAY

Resident Name	Date
Veronica	Dec 1 st
Larry	Dec 4 th
Bert	Dec 10 th
Audrey	Dec 11 th
Jeanette	Dec 11 th
Tom	Dec 29 th

Flower: Narcissus
Birthstone: Turquoise



In astrology, those born December 1–21 are Archers of Sagittarius. Archers are exciting and independent. Their positive attitude, great sense of humor, and kind heart make them excellent friends. Those born December 22–31 are Goats of Capricorn. Goats are the most stable of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians.



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.

Resident Council Corner

Our Next Resident Council Meeting
Monday December 29th *In the Chapel at*
2:00pm

Agenda Items:
Recap of 2025

Satisfaction Surveys

Financial Statement Review

January and February Program
Planning

Resident Council has set up this year's angle tree and thanks anyone who participated in making the holidays special for seniors on our Tavistock Community – we appreciate it

A big thank you to all those who participated in this year's Resident's Council fundraiser on Nov 22nd. It was a success, the fundraiser will help support residents, our TAP community



In Memory Of

Robert, Irene, Lynn,
Douglas and Alena

*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 🌲

Thank you for your patience during our outbreak – tis the season 😊😊! Have you had your Flu Shot! 💉

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

We continue to recruit for the Director of Care position. Stay tuned for updates!

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 it to you for wrapping. As well, we can collect gifts to be handed out on Christmas morning if you like.

We passed our Annual Fire Zone Evacuation Drill on Friday November 7th, then had our Fire Incident on Sunday November 9th – our Staff and Fire systems did what they were supposed to do!

So grateful! 🙏

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

Paulina and Gabe

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

Have a Wonderful Holiday Season! ❄️🧊

Deb Wettlaufer, Executive Director

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

Palliative Care- **Bereavement Care**

Bereavement care will help you identify strengths, difficulties, stressors, and coping skills that will help you adapt to a significant loss in your life.

Many people think that grief and bereavement are the same thing, but they really have different meanings.

- **Grief** is a normal reaction to a loss.
- **Bereavement** is the period after a loss during which you experience grief.

Yes, this can be confusing. What's important to know is that loss is a natural part of living and all people will experience grief in response to loss. This is when bereavement care can be helpful to you.

How can bereavement care help? A quality bereavement care program will help you understand how you are responding to loss and provide support to help you deal with your grief. Reactions that people experience can be physical, emotional, social, and spiritual in nature. Common emotional reactions can include anger, guilt, anxiety, sadness, and despair. Physical reactions can include sleeping problems, changes in appetite, physical problems, or illness. It's important to remember that no two people will respond to a loss in exactly the same way.

A trained bereavement professional can assess how you are coping with grief and offer education and support. Most people feel strengthened, encouraged and supported when they learn about grief, understand how it affects them, identify coping strategies, and learn new methods to help themselves through the grief experience. Bereavement takes time for the remaining individual to come to a new normal after integrating the death of a loved one into their life.

In occasional cases where someone is struggling with complicated grief, a bereavement care professional can help identify the need for more comprehensive support.

How to find bereavement care: Churches and community centers sometimes offer bereavement care programs. Finding a reliable friend or family member or perhaps your Priest/Minister can provide you the ear and the space you need to work through your grieving. Don't be afraid to ask.

Here at the facility, residents and their families have access to our resident and Family Coordinator, Deborah Hammond who can be a resource and of assistance to help with accepting diagnosis and their trajectories including grieving and bereavement- please just ask the nurse to connect you to her if you do not already know her. And as always, my office door is always open to you.

Sheri Gallivan, ADOC- Palliative Team Lead

Seeking Caregiver Input: Help Grow our Family Council

At peopleCare, we value the strong partnerships we share with the families and caregivers of our residents. Your insights, experiences, and perspectives play an essential role in helping us create a supportive, meaningful home environment.

We are exploring the growth of a **Family Council**—a group led by caregivers and family members who wish to collaborate, share feedback, and work together with our team to enhance the quality of life for all residents. Family Councils provide a dedicated space for open conversation, mutual support, and positive change.

At this stage, we are reaching out to **gather your feedback and gauge interest**.

Would you or someone in your family be interested in participating?

Is this something you feel would benefit our home community?

Your voice matters, and we would love to hear from you.

Together, we can build a meaningful and supportive Family Council that reflects the needs and strengths of our community.

If you are interested, please reach out to Deb Hammond, Resident Family Care Coordinator or join us **Friday December 19th from 2-3pm** in the chapel for a social and info session

Resources and newsletters are available through Family Council Ontario - follow this link for more information and to sign up <https://fco.ngo/>



Family
Councils
Ontario

Programs that are scheduled for December

We're looking forward to a wonderful December filled with in-house entertainment, festive celebrations, light tours, and scheduled shopping trips. With respiratory viruses and seasonal bugs on the rise, please note that programs may need to shift or be adapted based on Public Health guidance.

Thank you for helping us keep our home safe and well.

🧒 ✨ Guess the Baby!

Look at this cheeky little grin!

One of our team members used to rock adorable outfits *and* melt hearts long before working here.

They're pictured here hanging out with a very happy grandpa.

Think you know who this tiny cutie grew up to be?

Take your best guess!



Message from the Environmental Department

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

If you plan on adding anything to your loved one's room walls (such as picture frames, paintings, or TVs), please connect with our maintenance department. They are happy to assist and ensure everything is safely installed. When bringing items into the home, please keep the following in mind:

- **Furniture:** All furniture must be made of wipeable, non-fabric materials to support proper infection control. Please avoid upholstered or fabric furniture, as it cannot be fully sanitized.
- **Electrical items:** Any electrical items brought in must be inspected and tagged by our maintenance staff before being used within the home. Please use power bars and avoid any extension cords

We also want to remind families that our laundry team can label any new clothing items **before you wrap them for Christmas**. This helps prevent gifts from being misplaced and avoids having items removed later for labeling.

Our laundry team is available daily from **7:00 a.m. – 2:00 p.m.** A parcel bin is located at reception, along with personal-item bags that can be clearly marked with an itemized list, name, and room number.

Thank you for your cooperation as we work together to keep our home safe and healthy for everyone.

Wishing you a warm and festive holiday season!



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Find us on
Facebook

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

HEARTbeats

Congratulations to our October Draw Winners!

Fabiana and Emily

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!

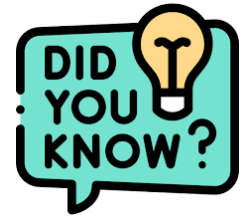
peopleCare recognizes that we cannot thrive without the hard work and dedication our employees make every day in all our Homes.

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

Home Area Reminders **Washer & Dryer Access**

A washer-dryer combo is available on the 2nd floor in Hope Street Home Area for anyone who wishes to wash their own clothing. You're welcome to use the detergent of your choice.



Low-Scent Home

Please remember that our home is low scent. We kindly ask everyone to be mindful of strong perfumes, sprays, or other scents when visiting or bringing in florals.

Hanging Items in Rooms

If you would like something hung in your room, please speak with a team member. They will submit a maintenance request on your behalf. To protect our walls, please **do not use tape** or adhesives.

Outdoor Doors in Cold Weather

During colder months, exterior doors to outdoor spaces will remain locked for safety. If you'd like to go outside for fresh air, please ask a team member and they will be happy to assist.

Communal Fridges

Each home area has a communal fridge in the dining room. To keep things safe and organized, please:

- Clearly **label all items**.
- Note that perishable items without an expiry date will be stored for up to 72 hours only.
- Avoid sharing food with peers to respect dietary needs and safety.

Festive Meal

The dietary team has planned a Festive Meal for everyone at lunch on Christmas Day and New Years Day - enjoy!

Community Happenings

On behalf of our residents, staff, and the entire peopleCare community, we want to extend our heartfelt thanks for the beautiful poinsettias to the Hickson Lions Club.

Your generosity brings so much colour, warmth, and holiday cheer into our home each year.

We truly appreciate your continued support and kindness. Thank you for helping make the season a little brighter for everyone.



Holiday Theme Week

Friday December 19th
Spirit Day - Wear your Festive Gear

Saturday December 20th

Be a Grinch - Wear your Grinch Themed Attire, Dress in Green or as a Whoville Who

Sunday December 21st

First Day of Winter - Wear your Snowmen, Winter Themed items or dress is White and Blue

Monday December 22nd

Ugly Sweater Day!

Tuesday December 23rd

Hat and Accessories - Wear your Favourite Holiday items

Wednesday December 24th

Santa Day - Wear your Santa Suit, or Red



Thursday December 25th

Pajama Day - Wear your Christmas PJ's

Made with PosterMyWall.com

Holiday Trivia

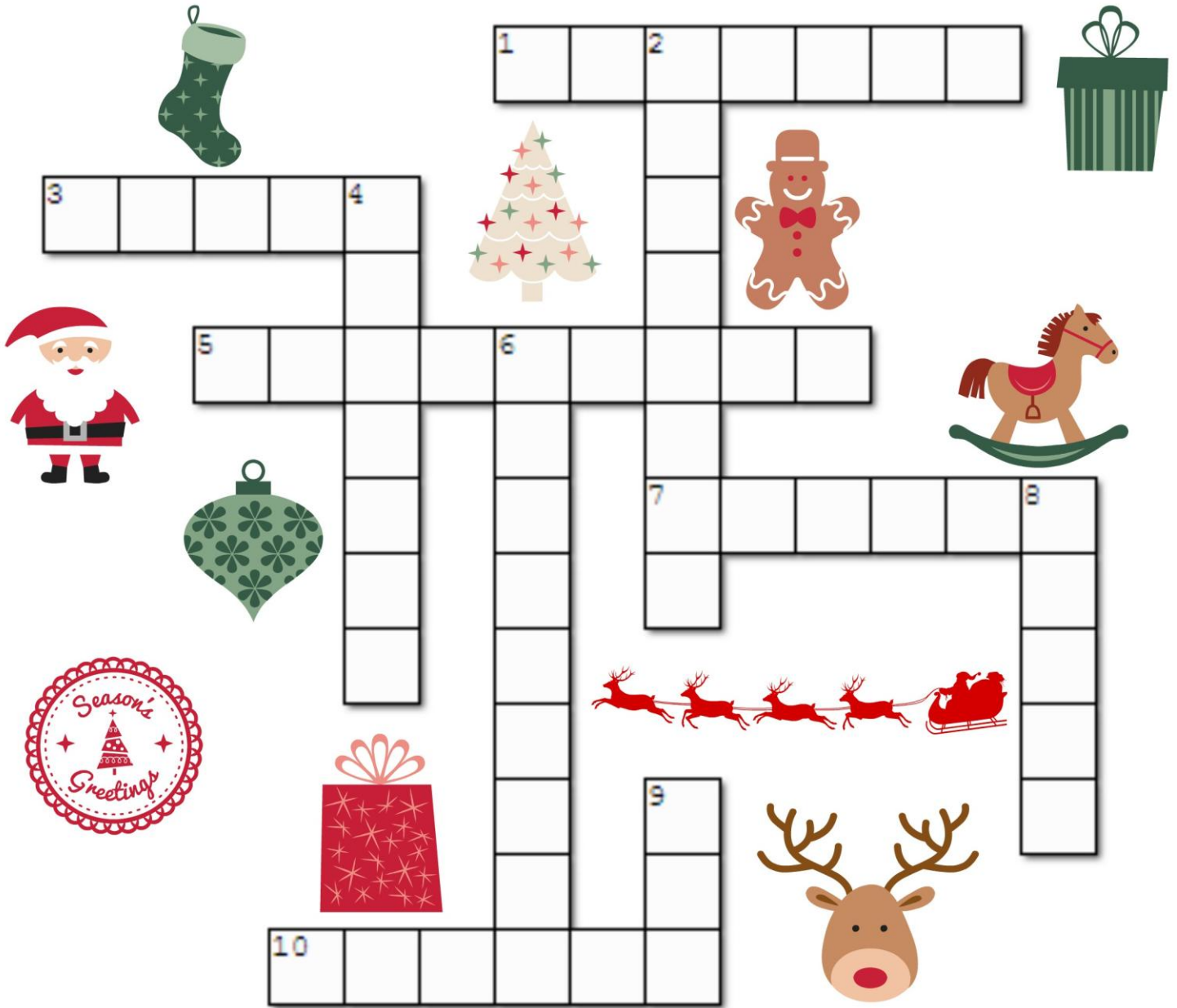
1. Who has a button nose?
2. What did the other Reindeer not let Rudolph do because of his shiny nose?
3. What did Frosty the Snowmen do when a magic hat was placed on his head?
4. Where was Jesus born?
5. Which fairytale were the first gingerbread houses inspired by?
6. Which cake is traditionally made for Christmas?
7. Who is the singer of 'White



Answer Key: Frosty the snowman, join in any reindeer games, they began to dance around, Bethlehem, Hensel and Gretel, Plum Cake, Bing Crosby

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
CANDY CANE
CAROLS
CHRISTMAS
ELF

FAMILY
GIVING
JINGLE
JOY
LIGHTS

NORTH POLE
PRESENTS
REINDEER
SANTA
SLEIGH

SNOW
STAR
STOCKINGS
TREES