

January 2026

# TAVISTOCK INSIDER

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



## Celebrating January Alzheimer's Awareness Month

**New Year's Day**  
*January 1*

**Epiphany**  
*January 6*

**Raoul Wallenberg Day**  
*January 17*

**World Religion Day**  
*January 18*

**Martin Luther King Jr. Day**  
*January 19*

**Lincoln Alexander Day**  
*January 21*

**Robbie Burns Day**  
*January 25*

**Bell Let's Talk**  
*January 26*

**peopleCare**  
communities

**"New year, new feels, new chances, and new dreams to chase – January is the time to make it happen."**



# Welcome Home

Brenda, Doug, Karen and  
Elisabeth

Happy Birthday to  
all those born in January.

Name	Date
Bob W	4 <sup>th</sup>
Cathy C	4 <sup>th</sup>
Marjorie G	18 <sup>th</sup>
Brenda C	19 <sup>th</sup>
Ken F	24 <sup>th</sup>
John C	25 <sup>th</sup>
Barb S	26 <sup>th</sup>

Flower: Carnation

Birthstone: Garnet



## January Birthdays

In astrology, if you were born between January 1–19, you are a Goat of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians. Those born between January 20–31 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity.

*“January is for dreamers, the ones who believe anything is possible in the year ahead.”*



## Resident Council Corner

### Join the Next Resident Council Meeting

It is Friday January 27<sup>th</sup> in the Chapel at 2:00pm and we welcome Prabhleen Kaur, Director of Food Services and Deb Wetlaufer, Executive Director, to join.

#### Agenda Items:

- February and March Program Calendar Review
  - OARC updates
- Mission and Vision Statement
  - Privacy Breach
  - Food Service Review

Any ideas, thoughts or concerns please connect with one your Leadership Team Members



*On Memory Of*  
*Bert, Claudette, Leroy,*  
*Marguerite and Marion*

*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 January! 🎉☀️

## Hello Everyone

A special thank you to everyone who gifted our staff with treats and well wishes over the Christmas Season. We appreciate you all very much! We are overwhelmed by your kindness!

### Organization Updates –

**Wishing Victoria Zilke, IPAC Coordinator well as she begins her maternity on January 9<sup>th</sup>, and welcoming Bethany Herlihey to the role until Victoria's return in 2027.**

**Wishing Ed Rutledge all the best as he pursues a different path. Ed's official last day is January 2<sup>nd</sup>, but he will remain in a casual position until we are able to recruit a replacement.**

**Thank you, Ed!!**

**Congratulations to Sheri Gallivan who has assumed the role of Director of Care – we are so grateful to have you in this position! We will be recruiting for the ADOC Role.**

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

**A reminder to ensure that all clothing is delivered to the front desk deposit area with names. If you are missing items, please have a look at the Lost and Found rack found in the Chapel on in the Elevator area of the Main Level.**

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

Patty L.

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

Happy New Year! 🎉☀️

Have a Wonderful Winter and keep warm! ❄️

Deb Wettlaufer, Executive Director

## UTIs and Antibiotic Use

Urinary tract infections (UTIs) are common, but they are sometimes over-diagnosed and over-treated. Not all changes in urine or behavior mean a UTI is present. In some cases, bacteria can be found in the urine without causing an infection, and antibiotics are not helpful in these situations.

Using antibiotics when they are not needed can cause harm, including side effects, diarrhea, antibiotic resistance, and infections such as C. difficile. For this reason, our home follows antibiotic stewardship practices, this means we carefully assess symptoms, use testing appropriately, and only prescribe antibiotics when they are truly necessary.

These practices help keep residents safe and ensure antibiotics remain effective when they are genuinely needed in the future.



Victoria Zilke, LTC-CIP  
Infection Prevention and Control (IPAC)  
Coordinator

### Regarding Income Tax Receipts:

**Tax receipts for accommodation payments made in 2025 will be sent out with the bills in February**



# Thank you!

Thank you to all who went above and beyond to bring Christmas cheer to our home during the holidays. Your kindness, creativity, and dedication filled our home with the magic of the season. We truly could not have done it without you.

## Click with Caution

When you hop on a computer to browse the Web, how can you be sure no one is watching you? Governments collect data to fight threats. Social media platforms and search engines gather data to personalize their services. And retailers analyze behavior to optimize what you see. As a global reminder of just how much we share online, many countries observe Data Privacy Day on January 28.

Large institutions like banks and insurance firms invest heavily in securing their data. But how should individuals protect themselves? Time-tested advice includes the following: avoid oversharing in online profiles, because people who really know you already have much of that info; use private or incognito browsing to prevent local traces, though it won't hide your activity from websites or your internet provider. Use a password manager to create strong, unique passwords, and whenever possible enable multifactor authentication. Any of these measures can help reduce the risk of hackers stealing your data.

### 👉🌟 Did you Guess the Baby?



It is Victoria Zilke! We wish her well as she heads off on a paternity leave starting this month.

## Leadership Team Contact Information 519-655-2021

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Andrea Flood, RAI Coordinator  
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Vacant, Director of Environmental  
-Please connect with Deb W in the interim

Kristen Leenders, Director of Programs  
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Victoria Zilke, IPAC Coordinator  
Bethany Herlihey, IPAC Coordinator  
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Mariana De Macedo Boz, Nurse Staffing Manager  
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Prabhleen Kaur, Director of Food Services  
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Deb Hammond, Resident & Family Coordinator  
Ext 408 [dhammond@peoplecare.ca](mailto:dhammond@peoplecare.ca)

Jo-Ella Raso, Receptionist  
Ext 410 [jraso@peoplecare.ca](mailto:jraso@peoplecare.ca)

Clinical Nurse, 24/7 in house  
Ext 500

Penny has five children. The first is named January, the second is February, the third is March, and the fourth is April. What is the name of the fifth child?

## Events scheduled for January.

**Entertainment** is scheduled for Monday afternoon at 3pm in various dining rooms. Your program calendars list who it will be and where the entertainment will be held.

**Excursion Update** - Please note that community excursions are temporarily on hold while our bus company completes training for new drivers. We appreciate your patience and look forward to resuming outings as soon as it is safe to do so. We have reached out to Stratford Mobility and are currently waiting to hear back from them to confirm dates and times on our requests

### **Celebrating Years of Dedication!**

Join us as we honor and celebrate our amazing Deb Rutledge who has reached the incredible milestone of 25 years with us. Come share in the recognition, stories, and gratitude for her years of dedication and care! See you January 8<sup>th</sup> at 1:30pm.

**Spiritual Service** – our local church community will be in house to provide service in person on January 4<sup>th</sup> and 18<sup>th</sup> at 1:30pm in the Chapel – all are welcome.

Join us for a **Memorial Service** on Tuesday January 13<sup>th</sup> at 2:30pm in the Chapel, as we take the time to remember those who have passed.

### January 16<sup>th</sup> – **Grabe the Mic!**

Join us for an evening of **karaoke** filled with music, laughter, and familiar favourites. Whether you love to sing along or just enjoy the show, everyone is welcome. Come cheer on your friends and share in the fun!

**Country Themed Happy Hour** will be held on Friday January 23<sup>rd</sup> - join us on Old Schoohouse Lane at 6:30pm for a for some cheer and music

Look to your program calender for the schedule of daily programs - if you have any suggestions please let your recreation team member know we would be happy to add to next months calendar.

## Palliative Care Corner

I am excited to let you know that Sijo Abraham PSW has completed the final session and has been granted his certificate Fundamentals of Hospice Palliative Care Program. I am also happy to report that Annalyse Berger and Samantha King successfully completed requirements to obtain a certificate for Advanced Palliative Practice Skills and look forward to them sharing their new skills with their peers as we forge ahead in providing exceptional care at end of life.

In the New Year, Sunali Desai our BSO and clinical nurse will oversee the palliative and pain program. We are looking forward to continuing to review and adjust our program with the assistance of Diane Murray a Clinical Palliative Care Coach with Oxford Ontario Health Team.

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



**Find us on  
Facebook**

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

# HEARTbeats

Congratulations to our November Draw Winners!

## Maybelle and Gurpreet

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

Thank you for all you do!



Living the peopleCare Values

## EXCELLENCE

## Exceeding Expectations

Do you do your best work,  
each and every day?

Strive to be better than the rest.

## 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

## Did you know?

### Guest Meals for Family & Visitors

We are happy to offer guest meals for family members and visitors who are sharing a meal with their loved one. Guest meal tickets can be purchased at Reception. Prices are: Breakfast \$5, Lunch \$10, and Dinner \$8.

To help us plan, we kindly ask that tickets be purchased at least 24 hours in advance of the meal. If you are hoping to purchase more than one guest meal, please check with Reception first so we can ensure we are able to accommodate your request.

When joining your loved one for a meal, please present your guest meal ticket to a member of our Dietary team at the time of service. Thank you for your understanding and support.

We have a **household washer and dryer** available for guests to use on the second floor. Feel free to bring detergent of your choice.

Our **Chapel is available** to reserve for any of your events, please connect with reception for availability and have a look at the space we can offer.

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**Answer to Riddle on page 4:** The answer is "What" because the last sentence is a statement: "What is the name of the fifth child". The child's name is What.



# WINTER WORD SEARCH

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

BLIZZARD  
FROSTY  
FROZEN  
HOT COCOA  
ICICLE

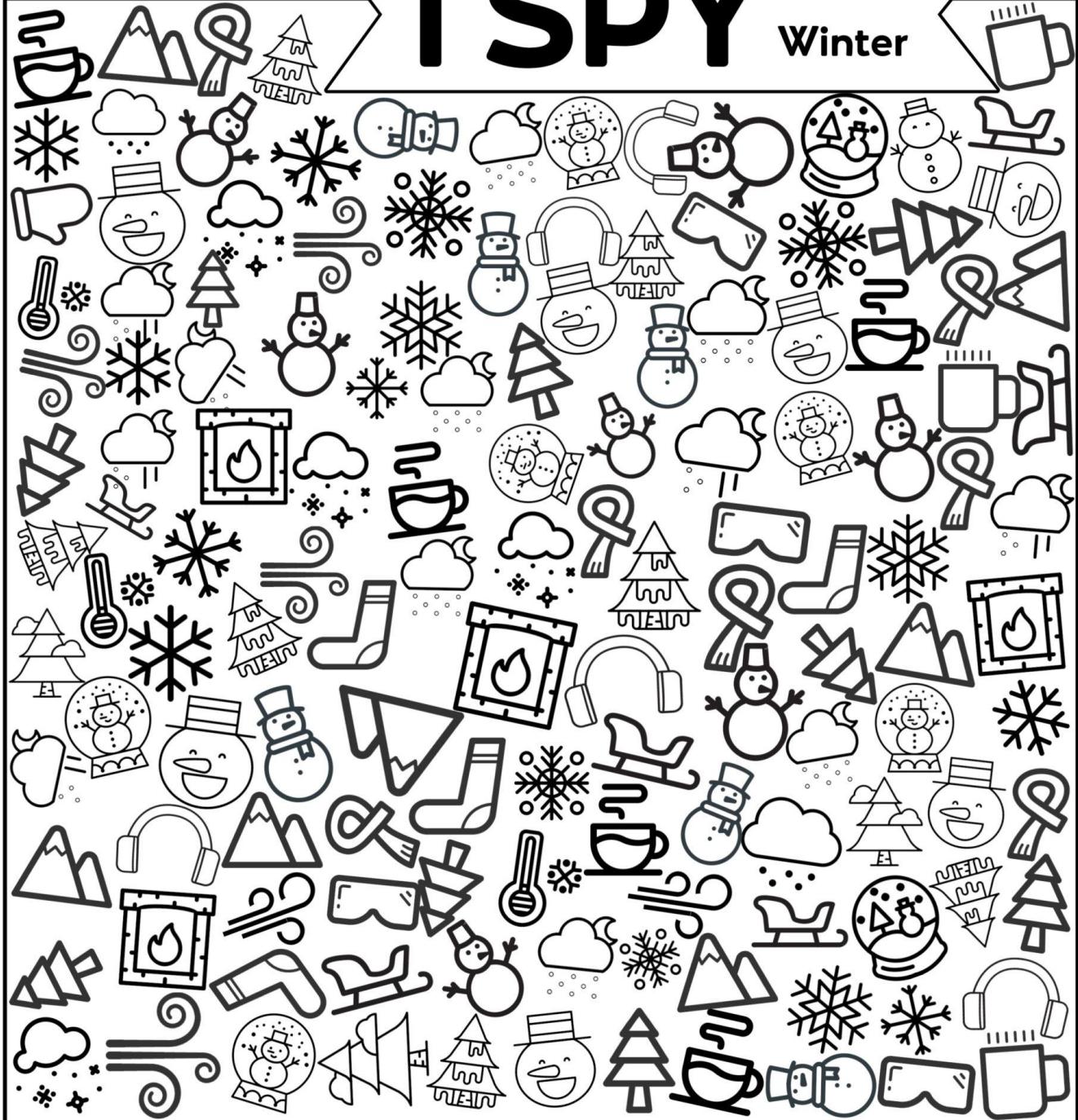
ICY  
IGLOO  
JACKET  
MITTENS  
SCARF

SHOVEL  
SLED  
SNOWBALL  
SNOWFLAKE  
SNOWMAN



# I SPY

Winter



2	cloud	4	snowflake	4		2	wind	4	snowflake	5	headphones	7	christmas tree	4	fireplace	6	sled	5	coffee cup
1	mittens	6	cloud	7	snowman	1	snowman	3	snowflake	6	snowman	7	christmas tree	4	sled	7	mountain	4	goggles
3	thermometer	2	wind	4	cloud	6	cloud	2	christmas tree	7	scarf	3	christmas tree	9	christmas tree	6	snowman	3	coffee cup