

February 2026

# TAVISTOCK INSIDER

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



## Celebrating February

### Groundhog Day

February 2

### Super Bowl LX

Feb 8 at 6:30pm

### Valentine's Day

February 14

-Themed Bingo at 3pm-

### National Flag of Canada Day

February 15

### Family Day

February 16

### Random Act of Kindness

February 17

### Lunar New Year

(Year of the Horse)

February 17

### Shrove Tuesday

February 17

### Pink Shirt Day

February 25

Join us for Entertainment on  
Mondays at 3pm in one of our  
Dining Rooms

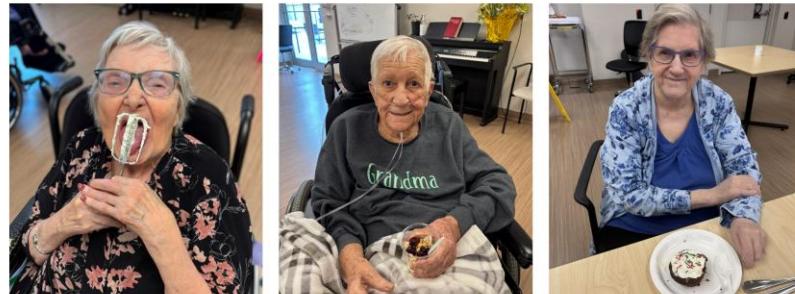
Look to your Program calendar  
for the scheduled rec programs.

Hello



peopleCare  
communities

February



# Welcome Home

## Anna, Carleen, June, Wayne and Maurice

Happy Birthday to  
all those born in February!

Name	Date
Joan D	5 <sup>th</sup>
John D	14 <sup>th</sup>
Jessie	15 <sup>th</sup>
Jimmy M	15 <sup>th</sup>
Ellanor P	16 <sup>th</sup>
Ray W	19 <sup>th</sup>
Lonnie K	21 <sup>st</sup>
Lorraine V	26 <sup>th</sup>
Gerry S	27 <sup>th</sup>

**Flower:** Violet

**Birthstone:** Amethyst

## February Birthdays

If in astrology, those born February 1–18 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. Those born between February 19–29 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who go with the flow.

“Live intentionally this February,  
With love as your guide”



## Resident Council Corner

**The Next Resident Council Meeting**  
Is Tuesday February 24<sup>th</sup> in the Chaple  
at 2:00pm

### Agenda Items:

March Program Calendar Review  
Terms of Reference Review  
Home Updates

Any ideas, thoughts or concerns please contact one of your Leadership Team Members

Yvette R – 109  
June C – 111  
Joyce P – 235  
Barb S - 235  
Edward L - 113  
Cheryl M – 137  
Bruce H - 145

## Virtual Resident Forums: A place for connecting with peers.

Available every Thursday at 2pm for 1 hour – if interested please connect with one of the rec staff for the details



*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 February!

## Hello Everyone

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

### **Organization Updates – We continue to recruit for the Resident Care Manager (ADOC) and Building Services Manager (DES) roles. Hope to update you soon!**

The Q4 2025 and 2025 Satisfaction Family and Resident Survey results are now available in the Quality Binder at the front reception area for your review.

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 on the Lost and Found rack found in the Elevator area of the Main Level.

Stay Warm, Safe & Healthy!

Happy Valentine's Day! ❤

**Deb Wettlaufer  
Executive Director**



### **Important Folks in IPAC – Spotlight**

January's spotlight goes to Gertrude B. Elion who was born on January 23, 1918. She contributed in a significant manner to the progression of immunology research throughout her career as a teacher, research scientist and pharmacologist.

Immunology refers to the study of the immune system, which defends the body against pathogens, toxins, and cancers. Research on this body system and associated medications is an integral piece of the Infection Protection and Control work that continues today.

Gertrude was awarded a Nobel Prize in 1988 alongside George H. Hitchings and Sir James W. Black, to recognize their innovative research methods and development of a new classification of medications. Gertrude and her colleagues used biochemistry to examine the differences between normal human cells and those of cancer cells, bacteria, and other disease pathogens. They went on to use this information to formulate new medications that could specifically target a particular pathogen, leaving the normal, healthy cells untouched.

Bethany Herlihey,  
IPAC Coordinator



## 10 Myths about Palliative Care

By: Canadian Virtual Hospice Team

Palliative care is still widely misunderstood by many Canadians. Here are 10 common myths we often encounter. Help dispel these myths by sharing the facts with family members and friends, colleagues, patients and clients.

1. Myth: Palliative care makes death occur sooner. Fact: Palliative care does not make death occur sooner. It helps improve comfort and quality of life from diagnosis until death.
2. Myth: Palliative care is only for people dying of cancer. Fact: Palliative care can benefit people who have been diagnosed with any illness that may shorten life. Palliative care can also benefit their families and friends.
3. Myth: People in palliative care who stop eating die of starvation. Fact: People with advanced illnesses don't experience hunger or thirst as healthy people do. People who stop eating die of their illness, not starvation.
4. Myth: Palliative care is only provided in a hospital. Fact: A person can receive palliative care wherever they live.
5. Myth: We need to protect children from being exposed to death and dying. Fact: Talking with children early on in someone's illness, and providing honest and clear information that is age appropriate, is the best way to protect them. Like adults, children also benefit from having time to say goodbye to people who are important to them.
6. Myth: Pain is a part of dying. Fact: Pain is not always a part of dying. If pain is experienced near end of life, there are many ways it can be addressed.
7. Myth: Taking pain medications in palliative care, leads to addiction. Fact: Keeping people comfortable often requires increased doses of pain medication as the body gets used to the medication. It is not addiction.
8. Myth: Morphine makes death happen faster. Fact: Morphine, or medication similar to it, is used to help keep patients comfortable. In proper doses, morphine does not make death happen sooner.
9. Myth: Palliative care means the patient's doctor has given up and there is no hope. Fact: Palliative care providers help people achieve their best quality of life, for the rest of their life. Hope changes from curing the disease, to living life as fully as possible.
10. Myth: If my family member or friend doesn't die at home, I'm letting them down. Fact: Sometimes a person's needs cannot be met at home despite the best efforts. Ensuring that the best care is delivered, regardless of setting, is not a failure.

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

CAREGIVERS WHO HAVE AN INTEREST IN  
JOINING FAMILY COUNCIL,  
YOU ARE INVITED TO AN INFORMATION  
PRESENTATION BY

# FAMILY COUNCILS ONTARIO

Thursday February 19, 2026

1:30pm – 3:00pm

This presentation will be held over Zoom.

Caregivers can choose to join from home by typing the following link into your browser: <https://us06web.zoom.us/j/85989713522>

Or feel free to join us here on site in the Chapel where we will broadcast the meeting.

## Internal Contact Information

### 519-655-2021

Deb Wettlaufer, Executive Director  
Ext 422 [dwettlaufer@peoplecare.ca](mailto:dwettlaufer@peoplecare.ca)

Kim Knott, Office Manager  
Ext 412 [kknott@peoplecare.ca](mailto:kknott@peoplecare.ca)

Sheri Gallivan, Director of Care  
Ext 440 [sgallivan@peoplecare.ca](mailto:sgallivan@peoplecare.ca)

Andrea Flood, Director of Resident Quality Outcomes  
Ext 429 [aflood@peoplecare.ca](mailto:aflood@peoplecare.ca)

Vacant, Building Service Manager  
\*Please connect with Deb Wettlaufer in the interim

Kristen Leenders, Director of Programs  
Ext 436 [kleenders@peoplecare.ca](mailto:kleenders@peoplecare.ca)

Bethany Herlihey, IPAC Coordinator  
Ext 417 [vzilke@peoplecare.ca](mailto:vzilke@peoplecare.ca)

Mariana De Macedo Boz, Nurse Staffing Manager  
Ext 415 [mboz@peoplecare.ca](mailto:mboz@peoplecare.ca)

Prabhleen Kaur, Director of Food Services  
Ext 437 [prakaur@peoplecare.ca](mailto:prakaur@peoplecare.ca)

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

Home Area Charge Nursing Office Extensions

- Sebastopol Road Ext 502
- Williams Way Ext 512
- Hope Street Ext 522
- Old Schoolhouse Lane Ext 532

## DID YOU KNOW...

Your trust accounts typically follow banking hours, if you would like money outside of these hours, we can arrange to have it put aside and locked up with your Registered Nurse.

Snow turns to water; at each entrance we provide blue disposable slippers that can be worn with your stocking feet. Help us prevent slips and not have water through the home.

We have an A la Carte menu which is available to all residents at any time. The menu is posted outside each Dining Room, if you would like a copy please reach out to Prabhleen, our Director of Food Services

The “Chapel” is available to be booked for any type of event. Connect with reception for more information.

We love to see your pets, if interested in bringing in your pet please contact reception to fill out our intake form.

## 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 Krispy  
Bran Buds



### CHEESE



### FRUIT CUP



### YOGURT



### NUTRI-GRAN CEREAL BAR



### INSTANT OATMEAL



### BOWL OF SOUP

Mushroom  
Vegetable  
Tomato  
Chicken Noodle



## Things to Consider for Room Set-Ups & Personal Items

To help keep our spaces safe, consistent, and well-maintained, please keep the following reminders in mind when arranging rooms or bringing in personal items:

- **Televisions:** All TVs must be hung by the Maintenance team. Please note that TVs cannot exceed **44 inches** in size.
- **Wall-mounted items:** Avoid hanging items using tape or 3M hooks unless it is absolutely necessary. If you're unsure, please connect with **Maintenance** before proceeding.
- **Electrical items:** Any electrical items brought into the home must be **CSA or CUL approved**. If you are uncertain about an item, please leave it **labelled in the room** so it can be inspected.
- **Furniture disposal:** Unfortunately, we are unable to dispose of furniture items. Families are asked to **arrange their own pick-up** for any furniture being removed.

Thank you for your cooperation and for helping us maintain a safe and welcoming environment for everyone.



## Reminder for Caregivers: Process for Bringing in New Clothing Items

To help us keep each resident's wardrobe organized and ensure nothing gets misplaced, please follow our clothing intake process when bringing in new items:

1. Bring all new clothing items to Reception.
2. Place the items in one of the white clothing bags.
  - o Clearly write the resident's full name and room number on the bag.
3. Complete a Clothing Log.
  - o Include a brief description of each item (e.g., "blue cardigan," "black sweatpants").
  - o Place the completed log inside the bag before handing it in.

This helps our team label and distribute items correctly, ensuring every item is returned to its rightful owner.

If you are looking for missing articles of clothing the lost and found rack is located on the main floor. Please also let the team know on the home area so we can begin our process to look for any items that have been misplaced.

Thank you for helping us keep our residents' belongings organized and well cared for! 😊



## Connecting the World

On February 4, 2004, the internet changed forever. Harvard freshman Mark Zuckerberg launched Facebook, a website that has transformed the way people socialize and communicate. Facebook has more than three billion active users a month. For many, staying in touch via Facebook, sharing pictures, sending messages, and commenting on friends' posts is preferable to communicating by mail, telephone, or email.

 **Find us on Facebook**

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

Living the peopleCare Values

# GROWTH

**Embrace Change, maximize Opportunity**

Are you the best you can be?

*May you be proud of the work you do,  
The person you are,  
And the difference you make.*

**Thank you!**  
*For all you do.*

# HE<sup>♥</sup>RTbeats

Congratulations to our December Draw Winners!

*angela  
gurpreet*

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

Thank you for all you do!  
**peopleCare** Is here for you!



people**Care** recognizes that we cannot thrive without the hard work and dedication our employees make every day in all our Homes. Please remember all of 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 the February Words



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

Cold  
Heart  
Love  
Shadow  
Winter  
February  
Scarf  
Icicle  
Hugs  
Sweet  
Kiss  
Fun  
Candy  
Cards  
Pink  
Happy  
Picnic

# valentine's day CANDY MATCH

MATCH EACH VALENTINE RELATED PHRASE WITH THE RELATED CANDY BAR.  
THE PERSON WITH THE MOST CORRECT ANSWERS WINS!



<input type="checkbox"/> 1. YOU BLOW ME AWAY	A. SNICKERS
<input type="checkbox"/> 2. YOU GIVE ME BUTTERFLIES	B. SWEDISH FISH
<input type="checkbox"/> 3. I'M HOOKED ON YOU	C. NOW AND LATER
<input type="checkbox"/> 4. I LOVE YOU TODAY AND TOMORROW	D. SKITTLES
<input type="checkbox"/> 5. DON'T EVER CHANGE	E. PEEPS
<input type="checkbox"/> 6. YOU'RE THE RAINBOW IN MY EYES	F. SWEET TARTS
<input type="checkbox"/> 7. WE'RE ATTACHED FOREVER	G. JELLY BELLIES
<input type="checkbox"/> 8. YOU ALWAYS BRING ME PEACE	H. REESE PIECE
<input type="checkbox"/> 9. YOU'RE THE BOMB	I. GUMMY WORMS
<input type="checkbox"/> 10. I LOVE YOU A BUSHEL AND A PECK	J. TWIX
<input type="checkbox"/> 11. YOU'RE A GREAT CATCH	K. HERSHEY KISSES
<input type="checkbox"/> 12. YOU MAKE ME FLOAT	L. 100 GRAND
<input type="checkbox"/> 13. YOU FILL ME WITH HAPPINESS	M. ALMOND JOY
<input type="checkbox"/> 14. I LOVE YOU TO PIECES	N. GUM
<input type="checkbox"/> 15. YOU'RE A GEM	O. LIFESAVERS
<input type="checkbox"/> 16. HAPPY VALENTINE'S DAY PEOPLE	P. CHOCOLATE COINS
<input type="checkbox"/> 17. I FEEL RICHER WHEN I'M WITH YOU	Q. DOVE CHOCOLATE
<input type="checkbox"/> 18. I LIKE YOU, YOU MAKE ME GIGGLE	R. ROLOS
<input type="checkbox"/> 19. YOU'RE AS SWEET AS CAN BE	S. RING POPS