

February 2026

TAVISTOCK INSIDER

peopleCare Tavistock | 32 William St, Tavistock | 519-655-2031 | 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 th
John D	14 th
Jessie	15 th
Jimmy M	15 th
Ellanor P	16 th
Ray W	19 th
Lonnie K	21 st
Lorraine V	26 th
Gerry S	27 th

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 24th 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
conencting with peers.**

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

In Memory Of



Donna
Carolynn

*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 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

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Vacant, Building Service Manager
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Jo-Ella Raso, Receptionist
Ext 410 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 Crispy
Bran Buds

Available to Add: Raisins & Brown Sugar



CHEESE



FRUIT CUP



YOGURT



NUTRI-GRAIN 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.
 - Clearly write the resident's full name and room number on the bag.
3. Complete a Clothing Log.
 - Include a brief description of each item (e.g., "blue cardigan," "black sweatpants").
 - 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.

HEARTbeats

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!



peopleCare 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!



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