

March 2026

# TAVISTOCK INSIDER

peopleCare Tavistock | 32 William St, Tavistock | 519-655-2031 | www.peoplecare.ca



## Celebrating March

**Purim**

*March 2 and 3*

**Holi**

*March 3 and 4*

**Daylight Saving Time Starts**

*March 8*

**International Women's Day**

*March 8*

**World Sleep Day**

*March 13*

**St. Patrick's Day**

*March 17*

**March Equinox**

*March 20*

**World Water Day**

*March 22*

**Musical Entertainment**

*Join us Mondays at 3pm*

peopleCare  
communities

## Welcome March!



*Happy Birthday to all those born in March*

Name	Date
Anna D	March 2 <sup>nd</sup>
Joyce T	March 6 <sup>th</sup>
Irene R	March 12 <sup>th</sup>
Donna H	March 14 <sup>th</sup>
Marlene T	March 18 <sup>th</sup>
Cheryl M	March 20 <sup>th</sup>
Penny O	March 25 <sup>th</sup>
Fimmie M	March 27 <sup>th</sup>
Victoria C	March 27 <sup>th</sup>
Jim R	March 28 <sup>th</sup>
Pieter M	March 28 <sup>th</sup>
Ed L	March 30 <sup>th</sup>

**Flower: Daffodil**

**Birthstone: Aquamarine and Bloodstone**



**March Birthdays**

In astrology, those born between March 1–20 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.” Those born between March 21–31 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. For these eternal optimists, no odds are ever considered insurmountable.

**Blast the Birthday Horn**

On March 2, don't just wish Dr. Seuss a happy birthday. Do as they do in Dr. Seuss' fictional land of Katroo and let loose a “big blast on the big Birthday Horn!”

**Residents' Council Corner**

**The Next Resident Council Meeting** is Tuesday March 24<sup>th</sup> in the Chapple at 2:00pm

**Agenda Items:**

- March Program Calendar Review
- Policy of Zero Tolerance of Abuse
- 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

*In Memory of*

Shirley Keith

*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 March!

Hello Everyone!

**Organization Updates –**

**Happy to share that Gary Williams has joined us in the Building Services Manager (DES) role. Gary joined us on February 17th. We are in the final stages of recruiting for the Resident Care Manager (ADOC) and will update you soon!**

A reminder – we are a Low-Scent Home. We would ask that you be mindful of sending any strong-smelling flowers to the Home, e.g., Easter Lilies or Hyacinths.

**Please note that Summary of Accommodation Receipts will be mailed out with February invoicing. Please reach out to our Office Manager Kim Knott at [kknott@peoplecare.ca](mailto:kknott@peoplecare.ca) if you have any questions.**

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.

Stay Warm, Safe & Healthy!

**Happy St. Patrick's Day**

 **May the Luck of the Irish be with you!**

**Looking forward to the first day of Spring on March 20th!** 

Deb Wettlaufer



**Respiratory Etiquette: A Key to Preventing Illness in Long-Term Care**

In long-term care settings, where residents are vulnerable to respiratory infections, practicing good respiratory etiquette is essential to prevent the spread of illnesses like the flu, colds, and COVID-19.

**Key Respiratory Etiquette Practices:**

1. **Cover Your Cough or Sneeze:** Always cover your mouth and nose with a tissue or the inside of your elbow to contain respiratory droplets.
2. **Wash Hands:** After coughing, sneezing, or touching your face, wash hands thoroughly with soap and water, or use alcohol-based hand rub (ABHR).
3. **Use Tissues and Dispose Properly:** Keep tissues available and immediately dispose of them in a lined trash can after use.
4. **Wear Masks When Needed:** In the case of outbreaks, staff, residents, and visitors should wear masks to reduce the spread of germs.
5. **Practice Social Distancing:** Encourage physical space, especially during flu season or when there's an outbreak of illness.

By following these simple steps, we can significantly reduce the transmission of respiratory infections and protect our residents and staff. Together, we can create a safer, healthier environment in long-term care.



## Palliative Care Corner

### AMBIGUOUS LOSS AND GRIEF IN DEMENTIA

What is ambiguous loss? Why is it important? Ambiguous loss is a type of loss you feel when a person with dementia is physically here, but may not be mentally or emotionally present in the same way as before. This is very different from the loss and grief of sudden death, as an example, where you clearly know that the person is gone.

With a death, you are more likely to get support from family and friends and may eventually find closure through traditional mourning rituals and the natural grieving process. Ambiguous loss complicates grief. It may be hard for you to recognize this grief or know how to grieve when the abilities of the person with dementia have changed.

Grief can be frozen and it can put your life on hold. If you don't allow yourself to grieve or resume some of your regular activities, coping may be harder as the disease progresses.

Ambiguous loss also confuses relationships and can prevent moving on. For example, you may feel as if you are no longer in a marital relationship if your spouse no longer knows who you are. Yet your spouse, regardless of their abilities, is still a whole person who can be reached at all stages of the disease.

Recognizing these feelings and understanding the concept of ambiguous loss can help to ease the effects. With guidance and support, you can work through these feelings, begin to grieve the losses and stay connected to the person with dementia while also building your own strength and resilience.


More information and discussion on this topic will be shared in the coming months.


Sheri Gallivan, DOC


## March Moments at Our Home

As we step into March, we welcome the gentle signs of spring, longer days, and many meaningful moments shared together in our home. This month is filled with celebration, learning, connection, and community spirit!

 Celebrating Holi – The Festival of Colours  
This March, we will be recognizing Holi, the Festival of Colours. Residents and team members will learn about the meaning behind this vibrant celebration — honouring the victory of good over evil and the arrival of spring. Expect colourful crafts, themed treats, and a joyful atmosphere as we explore traditions from around the world together.

 Brain Injury Awareness & Education  
March is also a time of learning and professional growth. Our team continues to expand their knowledge through ongoing education opportunities, including specialized training related to brain injury and aging. Investing in education helps us strengthen our care approaches, better understand, and enhance the quality of life.

 St. Patrick's Day Fun  
Get ready for a little green and a lot of fun! Residents can look forward to St. Patrick's Day activities including themed games, **magic**, festive snacks, and maybe even a leprechaun sighting or two. We encourage everyone to wear green and join in the celebration!

 Springtime Activities & Fresh Starts  
With warmer weather on the horizon, our recreation team is planning:

- Seasonal crafts and décor updates
- Spring Social
- Horticulture programs
- Spring Concert with the Musicares

As always, family participation is welcomed and encouraged. Whether joining an activity, attending a program, or simply sharing a visit, your presence makes a difference.

March is a month of renewal, reflection, and connection. Thank you to our residents, families, and dedicated team members for making our home such a vibrant and caring community.

Here's to brighter days ahead! 

## Marching to a Healthy Beat



March is Nutrition Month, a month to ditch the junk food, add exercise, and take on healthier habits. An easy place to start is to eat more fruits, whole grains, and vegetables.

Having fresh fruit and vegetables in your home is a simple way to add healthy vitamins and nutrients to your diet. Another excellent step is eating food in reasonable portions, as well as eating a variety of foods.

A daily exercise routine, even something as simple as a daily walk, increases fitness. Studies show that as fitness increases, mood improves, energy increases, stress decreases, we have the strength and endurance to do the things we enjoy, and we look and feel our best. Perhaps it is no coincidence that March is also Quinoa Month (pronounced *KEEN-wah*). This ancient seed, harvested high in the Andes Mountains, is one of nature's most perfect foods. In 1955, researcher Philip White wrote, "While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom." That's high praise for an often-overlooked food.

Quinoa is called a grain and is cooked like a grain, but it is not a grain at all. From a botanical point of view, quinoa is more closely related to beets and spinach. It is a complete protein, gluten free, and rich in potassium. The ancient Incas called it the "mother of all grains" and considered it sacred. It can be found today in breads, crackers, granola, beverages, pasta, and even shampoo. It's a nutritive powerhouse.



## Internal Team Contact Information

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Deborah 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 (in house 24 hours)  
Ext 500

# HEARTbeats

Congratulations to our January Draw Winners!

*Grace and Lisa*

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 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



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

Living the peopleCare Values

## INTEGRITY

**Dare to be transparent**

Are all of your decisions made with integrity?

We're looking to expand our green space and bring more beauty to our home, and we need your help! If you have any extra healthy indoor plants, cutting, flowers, or garden supplies, consider donating them to our home. Your contributions will make a big difference in creating a vibrant, green environment for everyone to enjoy.

Donating is easy! Simply drop off your plants at reception or contact us at Kristen to make other arrangements. Together, we can grow something amazing!

Thank you for your support!



Discrimination is the unjust, prejudicial, or unequal treatment of individuals or groups based on personal characteristics—such as race, age, sex, religion, or disability—that results in disadvantages, exclusion, or restriction of rights.



### Zero Discrimination Day – March 1st

On Zero Discrimination Day, 1 March, we celebrate the right of everyone to live a full and productive life—and live it with dignity. Zero Discrimination Day highlights how people can become informed about and promote inclusion, compassion, peace and, above all, a movement for change. Zero Discrimination Day is helping to create a global movement of solidarity to end all forms of discrimination.

A day to highlight the fundamental right of every individual to live without discrimination, regardless of their race, gender, age, disability, sexual orientation, or any other characteristic.

It advocates for a world where all people are treated with equal dignity and respect.

<https://express.adobe.com/page/XBcrhKn6snky/>

### Pets are welcome to visit too!

Pets can bring happy associations and the comforts of home. peopleCare recognizes the benefits of animal visitation and encourage you to to bring your pets.

#### Animal Handler Responsibility

- Animals are physically fit clean, groomed regularly and in good health and free of any disease or parasites prior to visiting peopleCare.
- Cats and dogs should be at least one year old to ensure that they have completed all vaccinations\* and they should not be pregnant when visiting residents to avoid a higher risk of scratches and bites.
- Animals must be kept on a non-tractable leash / lead to ensure appropriate control throughout the visit.
- Animals that are on a raw food diet of animal origin are not permitted.
- That the owner / volunteer will remain with the animal at all times.
- That the animal is discouraged from jumping, scratching and licking.
- Natural relief for animals is taken into account prior to visiting.
- Pet Registration Form is filled out, available at reception, which, included the current immunization report (including rabies) at least annually or on request of the home





Holi, also known as the “Festival of Colours” is a Hindu festival which celebrates the victory of good over evil, the love between two Hindu gods, and the end of winter.

Holi is celebrated by lighting small bonfires and painting friends, family, and



strangers with coloured powder and water. The festival lasts for two days in the spring, usually in March. The first night is to light the bonfire, the second day is to play with the colours.

Many people wear white to showcase the beautiful colours they collect throughout the day. Water play, music, dancing, and delicious sweets bring everyone together in a spirit of positivity, connection, and celebration.



Join us on **Wednesday March 4<sup>th</sup>**  
Wear your brightest colours — or wear white and create your own colourful masterpiece in the Lobby!

Let’s celebrate together with joy and vibrant spirit – and snap a photo! 🌈

**FYI – Sharing a new community resource to support with transportation needs**



**SAFE JOURNEYS,  
CARING HANDS**

Non-Emergency Medical  
Transportation



**OUR SERVICES**

- Wheelchair & Stretcher Transport
- Ambulatory & Stairchair Assistance
- Bariatric Support
- Special Equipment (Oxygen, etc.)



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## Family Council Champions Program

**Family Councils Ontario (FCO)** is launching the Family Council Champions Project—a new initiative that strengthens family engagement and supports Family Councils in long-term care (LTC) homes across Ontario.

A **Family Council Champion** is a family member, friend, or person important to a current LTC resident who is passionate about improving family engagement in their LTC home. Champions have a regular presence in the home and play a key role in fostering communication and collaboration between families and LTC staff.

### Champions help to:

- Act as a resource and connector for families and friends
- Support town halls and communication between families and staff
- Promote transparency and collaboration within the LTC community
- Maintain continuity in family engagement during leadership transitions or conflict
- Strengthen the visibility and stability of Family Councils

### Roles & Expectations

#### Family Council Champions

- Must be connected to a current LTC resident
- Attend an in-person FCO training session in Spring 2026
- Commit to one year of supporting family engagement
- Share insights with FCO to help enhance the program

#### Family Councils

- Support the Champion's role for one year
- Meet with the Champion to discuss strengths and growth opportunities

### Learn More – Upcoming Information Webinars

- **Tuesday, March 3 at 1 PM**
- **Thursday, March 5 at 10 AM**

Register online: [fco.ngo/family-council-champions](https://fco.ngo/family-council-champions)

## Mobility Device Repairs – Quick Reference for *Wheelchairs, Walkers, Canes*

Motion being our preferred vendor they do provide a scheduled repair clinic to all residents owned mobility equipment within the home, during this clinic they provide free assessment, adjustment and repair of mobility equipment as requested in the repair log. Sometimes if parts are needed, they will need to be ordered, and the repair completed on a future clinic. If the total cost of parts is under \$40 Motion will provide these free of charge to the client or we will provide a quote for additional parts.

### 1 Identify a Concern

Staff / Resident / Family identify a concern → Inform Home Area Nurse immediately. The nurse will assess to determine if the device is **safe to use pending repair**

### ✓ If Device is still **SAFE** to use, concerns will be looked at on Thursday mornings by Motion

- We will inform the **Resident/POA**
- **All repairs over \$40.00** Resident/POA must contact their **vendor** for repair
- Any fees are the **resident/POA's responsibility**
- Resident/POA please inform the **Charge Nurse** of repair date
- Vendor will report to **Charge Nurse**

### 🚨 If Device is **UNSAFE**

- Remove & tag out immediately.
- We will try to provide short-term alternate device:
  - Walker
  - Tilt Wheelchair (1–2 available)
  - Porter Chair (4 available one on each HA)
- Nurse contacts **Resident/POA**
- Resident/POA must contact their **vendor immediately** for repair or substitute device
- Any fees are the **resident/POA's responsibility**

### 💬 Financial Hardship?

Contact Deb Hammond, Resident & Family



# Spring Fling

## Pulled Pork Dinner & Games Night

**Friday, March 6, 2026**

**SERVING FROM 5:30 - 7:00 PM**

**Grace United Church**

*A fun night for all ages! Enjoy a delicious meal of  
pork on a bun, coleslaw, beans, potato salad and dessert.*

*Followed by games galore!*

**Crokinole • Euchre • Checkers • Scrabble • Skip-Bo • Whatever you like!**

*Bring a partner, bring a group or join in with others – guaranteed to be lots of smiles!*

Tickets available after Church or  
call the Church Office at 519-655-2151 and leave a message.  
Or email [graceunitedtavistock@gmail.com](mailto:graceunitedtavistock@gmail.com)

**Adults \$25**

**Children 6-12 \$10**

**5 and under Free**



## Spring Garden Word Scramble

Race to see how quickly you can unscramble the following mixed-up, gardening-themed words?

1. Flodfaid \_\_\_\_\_
2. Rolfew Top \_\_\_\_\_
3. Gelsnide \_\_\_\_\_
4. Stufreblite \_\_\_\_\_
5. Depas \_\_\_\_\_
6. Slitup \_\_\_\_\_
7. Grinetaw Nac \_\_\_\_\_
8. Orwk Slegov \_\_\_\_\_
9. Stablegeve \_\_\_\_\_
10. Druibshoe \_\_\_\_\_
11. Snubine \_\_\_\_\_
12. Morewraths \_\_\_\_\_
13. Ziterrlife \_\_\_\_\_
14. Shindbrimmug \_\_\_\_\_
15. Salezaa \_\_\_\_\_
16. Dahn Stool \_\_\_\_\_
17. Bludgay \_\_\_\_\_
18. Brelowerhaw \_\_\_\_\_
19. Chuml \_\_\_\_\_
20. Lapsgin \_\_\_\_\_



# St. Patrick's Day Word Search



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



CLOVER	IRELAND	PARADE
COINS	IRISH	PATRICK
CORNER BEEF	LEPRECHAUN	POT OF GOLD
TRADITION	LUCK	RAINBOW
GREEN	MARCH	SHAMROCK

