

April 2026

# TAVISTOCK INSIDER

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



## Celebrating April

**Daffodil Month**

**Passover**

*Begins Sundown April 1*

**April Fool's Day**

*April 1*

**Tartan Day**

*April 6*

**Easter Sunday**

*April 5*

**Easter Monday**

**Easter Drop In 2-4pm**

*April 6*

**World Health Day**

*April 7*

**National Volunteer Week**

*April 19*

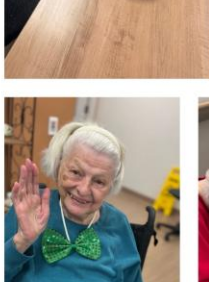
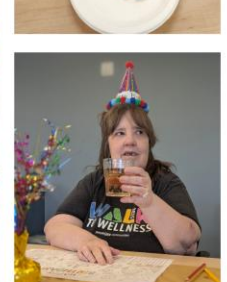
**Earth Day**

*April 22*

*Please look at your monthly program calendar for a schedule of planned programs for April!*

# April

peopleCare  
communities



# welcome home

**Arthur, Ida, Judith, Lorne and Michael**



**Happy Birthday to all those born in April!**

Name	Birthdate
<b>Doreen C</b>	April 5 <sup>th</sup>
<b>Sandra B</b>	April 5 <sup>th</sup>
<b>Richard S</b>	April 9 <sup>th</sup>
<b>Isabel B</b>	April 9 <sup>th</sup>
<b>Margaret T</b>	April 13 <sup>th</sup>
<b>Elaine R</b>	April 15 <sup>th</sup>
<b>Clayton T</b>	April 16 <sup>th</sup>
<b>Linda P</b>	April 17 <sup>th</sup>
<b>Bob F</b>	April 19 <sup>th</sup>
<b>Georgina M</b>	April 20 <sup>th</sup>
<b>Mike M</b>	April 20 <sup>th</sup>
<b>Leslie H</b>	April 20 <sup>th</sup>
<b>Marie L</b>	April 22 <sup>nd</sup>

## April Birthdays



In astrology, those born between April 1–19 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. As eternal optimists, no odds are ever considered insurmountable.

Those born April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, are not shy about rewarding themselves for a job well done.

## In Memory Of

Tom  
Bert  
Elisabeth  
Bob

*Our deepest thoughts and sympathies go out to all the family and friends.*

"He spoke well who said that graves are the footprints of angels."



~Henry Wadsworth Longfellow



## Memorial Service Invitation

We invite all residents, families, and team members to join us for a Memorial Service as we come together to remember and honour those who have passed.

**Tuesday, April 21st**

**2:30 PM**

**Chapel**

This will be a time of reflection, remembrance, and community. All are warmly welcome to attend.



From the Desk of the Executive Director

Happy April!

### ***Hello Everyone!***

Thank you for being patient during our recent outbreak. Remember to keep yourself healthy and please do not visit if you are feeling unwell!  
Good Hand Hygiene is your best defense!

**Organization Updates –  
Happy to share that Tessa Matheson has  
joined us in the Resident Care Manager  
(ADOC) role. Tessa joined us on March 16th!**

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.

**Looking forward to the nice weather in the months ahead! Make sure to take advantage of our outdoor spaces at the front Bistro, the courtyard and balconies!** 🌻

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

**Sunali, Aprilyn, Karen & Hazel**

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

**Please ensure that all clothing is washable in our industrial washers and dryers**

Our 2026/2027 Quality Improvement Plan is now available for Review in the Quality Binder at the posting board at the Reception Desk.

### **Staff Healthy & Safe!**

Happy Easter! 🐰 †

Looking forward to April Showers bringing May Flowers! 🌸

**Deb Wettlaufer**

## **Routine and Additional Precautions**

At peopleCare Tavistock, there are a number of practices in place to prevent the spread of germs, and help to keep residents healthy. **Routine practices** are in place at all times and include aspects such as environmental cleaning, washing of hands with hand sanitizer or soap and water, and wearing gloves. **Additional precautions** are extra practices that are put in place at times when the risk of germ transmission is higher, and in need of more than routine practices offer.

You may see signs on doors indicating the type of Personal Protective Equipment (PPE) that is required. This may include masks, gowns, gloves, and face shields. **Contact precautions** are to prevent germs spread by touch. **Droplet precautions** are to prevent germs in droplets, spread by talking, coughing or sneezing.

Masks are always available in the facility to help prevent germ spread from the community into the facility. We additionally ask that visitors self-screen for symptoms of illness prior to visiting loved ones in order to help promote a healthy environment for folks who are more vulnerable to illness.

In instances such as outbreak, our staff are also committed to universal masking to mitigate transmission, and we invite you to join us in this endeavor to promote a healthy and safe environment for all residents!



Bethnay H, IPAC Coordinator

### **🎉 New Tuck Shop Now Open! 🎉**

We're excited to announce the opening of our very own Tuck Shop, stocked with a variety of delicious snacky treats! From sweet indulgences to savory nibbles, there's something for everyone to enjoy. Even better — **all proceeds from the Tuck Shop will be donated to MEDA**, supporting their important work in communities around the world.

Stop by, treat yourself, and help make a difference! ❤️



Hello Caregivers,

We're excited to share that peopleCare Tavistock is now part of the **LTC Quick Guide initiative**. Through this program, we've joined over 250 long-term care homes across Ontario in accessing helpful resources designed to support residents, families, staff, and care providers. These tools were developed by the Waiting Room Revolution to help individuals feel more informed and supported earlier in their care journey.

All members of our community—including caregivers, residents, staff, and council members—can now access these resources.

### What This Means for You

#### 1. Create Your Account

Caregivers are encouraged to visit [www.longtermcarequickguides.com](http://www.longtermcarequickguides.com) to create a personal account. Once registered, you will have one year of access to view and download all available materials.

#### 2. Join a Webinar

Introductory webinars are available to help you explore the guides and learn how to use them in everyday life. Sessions will also be recorded for later viewing.

- April 2, 2026 | 9:30–10:30 AM EST
- April 9, 2026 | 9:30–10:30 AM EST

#### 3. "Hope for the Best" Books

Over the next few weeks, our home will receive copies of *Hope for the Best*, which will be available to caregivers, residents, and staff to support learning and meaningful conversations.

We're looking forward to bringing these resources into our community. Thank you for the ongoing care and support you provide to your loved ones and to our home.

Deborah Hammond,  
Resident and Family Coordinator

### Internal Team Contact Information

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

Clinical Nurse (in house 24/7)  
Ext 500

# HEARTbeats

Congratulations to our February Draw Winners!

## Jim and Fabiana

The receiver will take home a \$25 gift card for displaying the peopleCare Values!

Thank you for all you do.



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

Living the peopleCare Values

# GROWTH

We embrace the changes and maximize every opportunity for our people and our organization

## peopleCare Is here for You

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

## A Perfect Pairing



Is there a more perfect sandwich than peanut butter and jelly? In celebration of one of the best food combinations of all time,

April 2 is Peanut Butter and Jelly Day. When it comes to PB&J, many think, "If it ain't broke, don't fix it." However, if you're looking to expand your PB&J horizons, do what Elvis did and swap the jelly for fresh fruit. Bananas, strawberries, or even pomegranates fit the bill. More adventurous types opt for grilling their sandwiches in a frying pan, while others ditch the bread and slather their pancakes with PB&J.

When it comes to food combinations, PB&J certainly tops the list. But is this humble sandwich tastier than bacon and eggs? Macaroni and cheese? Spaghetti and meatballs? A burger and fries? Cookies and milk? Dietician Katherine Brooking offers some insight into PB&J's allure. "Humans have an innate predilection for salt, sweet, and fat," she says. Add the creamy texture of peanut butter, and this sandwich becomes "one of the hardest foods to eat in moderation."

## 🌸 April Programs: Spring Into Connection 🌸

April is here, bringing a fresh sense of energy and a full calendar of engaging programs. This month, our activities focus on connection, creativity, and celebrating the season of spring. You can take part in a variety of **Easter-themed programs**, including baking, crafts, hymn sings, and special services. From cookie decorating to festive socials, there are many opportunities to celebrate together and enjoy meaningful traditions. We have scheduled a **spiritual service with Will on April 1<sup>st</sup>** as we reflect on Holy Week.

As we welcome the changing season, spring-inspired activities like **Gardening, Plant Water Wednesdays, and Earth Day programs** will help bring a touch of the outdoors inside, and allow for some reflection, learning, and appreciation for nature.

Our calendar also features plenty of **music and entertainment**, including live performances, sing-a-longs, trivia, and lively socials. For those who enjoy staying active, daily **"Pump it Up!" exercise classes**, walking programs, and games like bocce and bowling offer fun ways to keep moving.

Creative and social programs continue to be a highlight, with **crafting sessions, baking groups, book clubs, and discussion programs** happening throughout the month. You can also enjoy quieter moments with sensory programs and one-to-one visits.

We look forward to celebrating **April** and sharing many special moments together. Families and friends are always welcome to join us—your presence makes all the difference!

🌸 Here's to a joyful and connected April!

## 📧 Billing Update

We are transitioning to sending **billing invoices by email** to help improve efficiency and timeliness. **Trust statements will continue to be mailed** as usual.

If you would like to receive your billing invoices by email, please ensure we have your current email address on file. If we do not have an email address for you, invoices will continue to be sent via Canada Post.

Thank you for your cooperation!

### 🌸 Did You Know? Fun April Facts!

- ☁️ April gets its name from the Latin word "*aperire*," meaning "to open" — like flowers blooming in spring!
- 🐰 The tradition of the Easter Bunny dates back to German folklore from the 1700s.
- 🌍 **Earth Day** is celebrated on April 22 and began in 1970 to support environmental protection.
- 🌸 April's birth flowers are the daisy and sweet pea—symbols of innocence and happiness.
- 💎 April's birthstone is the diamond, representing strength and clarity.

## Palliative Care Corner

### AMBIGUOUS LOSS AND GRIEF IN DEMENTIA- Normalizing and Acceptance

Whether you are caring for your spouse, your parent or a friend with dementia, the unique kinds of losses and grief you may feel are often not recognized, acknowledged or understood by the people around you. If your grief isn't acknowledged or understood by others.

It is important to identify your feelings and to have an outlet for them- perhaps another family member, a community support group, friends. If you don't have an outlet- start to think about getting one. We can be of assistance, we connect you with our facility Social Worker, as your priest/ minister or spiritual leader to be that person for you, reach out to Alzheimer's Society nearest you and join their support group.

You may no longer feel so alone knowing someone is truly listening to and acknowledging your concerns. Talking with knowledgeable professionals, or peers in a support group going through a similar experience, gives you opportunities to learn strategies for coping and living with the losses. Adjusting to loss and understanding the disease process can help you to make changes to live as well as you can with dementia.

More to come regarding this in coming months.  
Sheri Gallivan, DOC



## Dental Programs for Seniors

Seniors in Canada have access to **two main dental programs** to help with dental care costs.

### **1** Canadian Dental Care Plan (CDCP) – Federal Program

#### Who's eligible?


- ✓ Canadian resident
- ✓ No private dental insurance
- ✓ Filed a Canadian tax return
- ✓ Adjusted family net income under \$90,000/year

#### Important:

- May not cover full treatment costs
- Some services need pre-authorization

#### How to apply:

 **Online:** [Service Canada Dental](#)

 **Phone:** 1-833-537-4342

 **In-person:** Local Service Canada Centre

### **2** Ontario Seniors Dental Care Program (OSDCP) – Provincial Program

#### Who's eligible?

- ✓ Age 65+
- ✓ Ontario resident
- ✓ No other dental benefits (excluding CDCP)
- ✓ Annual income:
  - Single: less than \$25,000
  - Couple: less than \$41,500 combined

#### Services provided:


- Through public health dental clinics or participating providers

#### How to apply:

 **Online:** [Apply Here](#)

 **By Mail:**

Ontario Seniors Dental Care Program  
Station P, P.O. Box 159, Toronto, ON M5S 2S7

 **Tip:** You may qualify for **both programs** if you meet eligibility. Coverage is verified using your most recent tax return.

You're invited to peopleCare Tavistock's  
**Easter Drop in**

**Free**

Take-Home  
Crafts,  
Face Painting  
Themed Game,  
Free Snacks and  
Goodies Bags

Monday April 6th

2:00-4:00pm

32 Williams St  
on the Main Level

We hope to see you,  
and we encourage you to  
dress in your easter best!



Name: \_\_\_\_\_ Date: \_\_\_\_\_

- |             |          |
|-------------|----------|
| April Fools | Kite     |
| Arbor Day   | Ladybug  |
| Baseball    | Picnic   |
| Blossom     | Puddles  |
| Buds        | Raincoat |
| Bunny       | Seeds    |
| Butterfly   | Showers  |
| Daffodil    | Spring   |
| Earth Day   | Tax day  |
| Eggs        | Tulips   |
| Galoshes    | Umbrella |

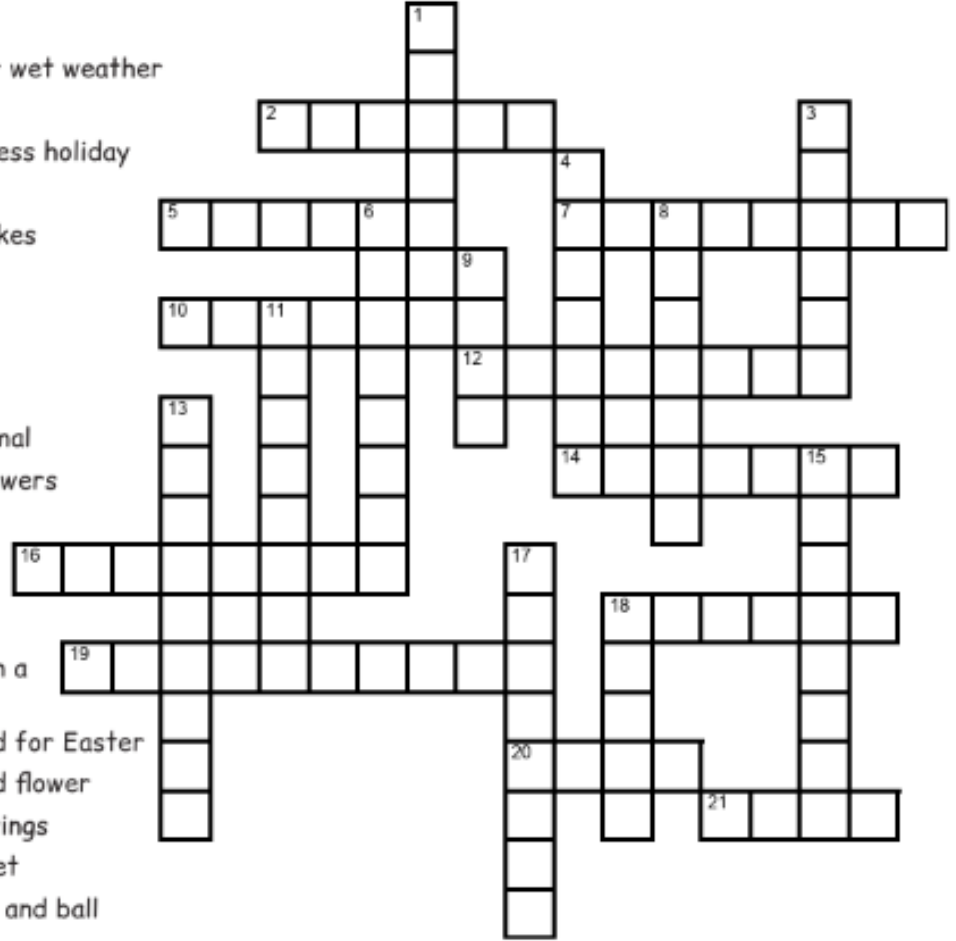


**ACROSS**

- 2. Outdoor meal on a blanket
- 5. April 15th deadline for filing returns
- 7. Rain shield with a handle
- 10. Spotted red beetle
- 12. Waterproof boots for wet weather
- 14. Brief rain spells
- 16. Environmental awareness holiday
- 18. Season of new growth
- 19. Day for pranks and jokes
- 20. Unopened flowers
- 21. Flying toy on a string

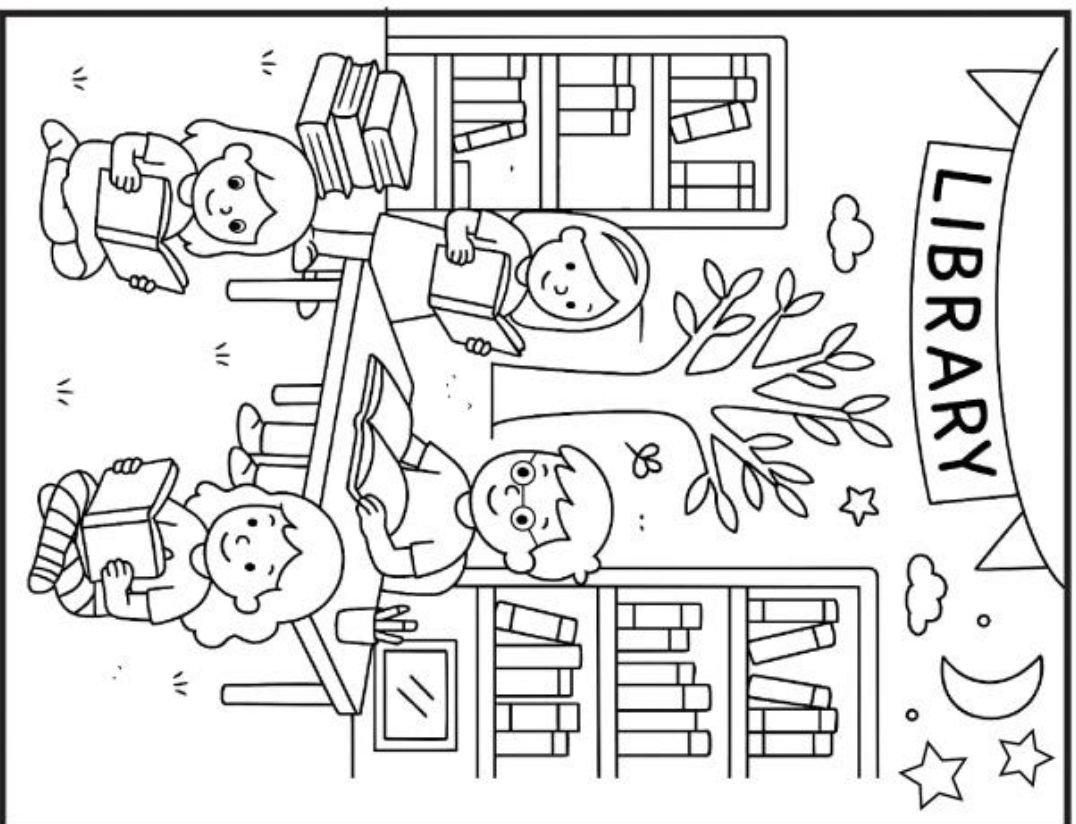
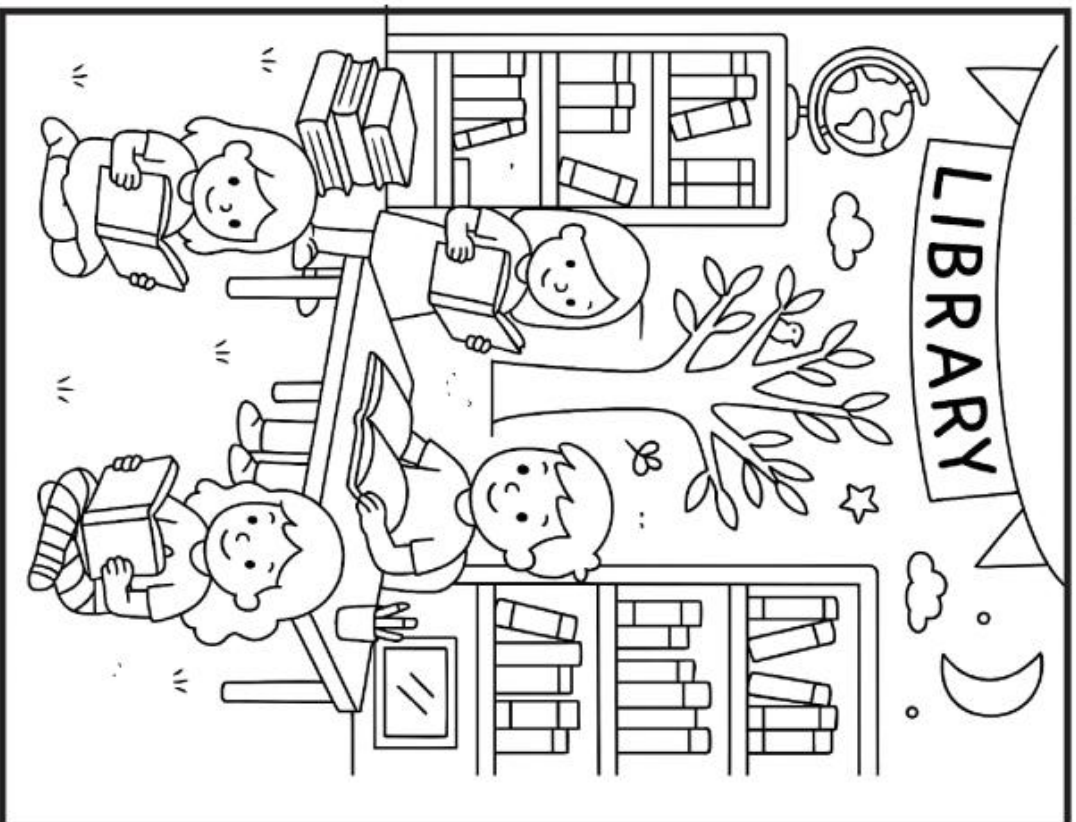
**DOWN**

- 1. Hopping springtime animal
- 3. Colorful cup-shaped flowers
- 4. Small pools of water after rain
- 6. Tree-planting celebration
- 8. Flower that opens from a bud
- 9. Oval objects decorated for Easter
- 11. Yellow trumpet-shaped flower
- 13. Insect with colorful wings
- 15. Water-resistant jacket
- 17. Sport played with bat and ball
- 18. Tiny plant starters



# SPOT THE DIFFERENCE AT THE LIBRARY

Try and find the 7 differences between the two scenes below.



Answer Key: More stars on wall, no globe, headband on girl's head, girls eyes, boy has glasses, missing book on bookshelf, no bird on tree

[WWW.PJSANDBOARDING.COM](http://WWW.PJSANDBOARDING.COM)