

May 2026

# TAVISTOCK INSIDER

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



## Celebrating May

**152<sup>nd</sup> Kentucky Derby**  
May 2

**Star Wars Day**  
May 4

*"May the 4<sup>th</sup> be with you"*

**peopleCare Celebrates  
Staff Appreciation Week**  
May 11-15

**Mother's Day**  
May 10

**Victoria Day**  
May 18

**Ontario Flag Day**  
May 21

Entertainment is booked for  
each Monday afternoon at  
3pm.

All are welcome to join

Please look to your program  
calendar for all scheduled  
programs within in the  
home. Any ideas or  
suggestions please let any  
of the Recreation team  
members know



peopleCare  
communities



# Welcome

Edward, Hermina, Murray & William



## Happy Birthday to those born in May!

Flower: Lilly of the Valley Birthstone: Emerald

Name	Date
Grace	May 1 <sup>st</sup>
Ruth S	May 2 <sup>nd</sup>
Goldie	May 2 <sup>nd</sup>
Ruth	May 2 <sup>nd</sup>
Marilyn	May 3 <sup>rd</sup>
Christina	May 4 <sup>th</sup>
Jo-Anne	May 6 <sup>th</sup>
Alice B	May 6 <sup>th</sup>
Alma	May 7 <sup>th</sup>
Susan	May 11 <sup>th</sup>
Joyce	May 11 <sup>th</sup>
Shirley	May 22 <sup>nd</sup>
Sheila	May 23 <sup>rd</sup>
Dorothy	May 23 <sup>rd</sup>
Audrey	May 28 <sup>th</sup>
Sophie	May 30 <sup>th</sup>
Doug	May 31 <sup>st</sup>
Yvette	May 31 <sup>st</sup>

In astrology, those born May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they are not shy about rewarding themselves for a job well done. Those born May 21–31 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues.

### Council Corner



Our monthly Residents' Council Meeting will be held on Friday May 22nd at 2:00pm in the Chapel. Join us for updates and event planning. We have invited Prabhleen, the Director of Food Services, to the meeting to review meal and snack times.

#### Agenda items:

- Review daily snack and mealtimes.
- June and Jul Calendar Review
- Home Updates

Meet our Residents' Council Leadership Team

- Edward Lantz
- June Cox
- Joyce Pearson
- Cheryl McRae
- Barbabra Sarll
- Yvette Richard
- Bruce Hilderley



### In Memory Of

Jessie, Ida and Joel

*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

## Message from the Executive Director

*Happy May!*

***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!*

***Please do not leave any valuables or cash with your loved ones as we are unable to take responsibility for anything that goes missing.***

A reminder – When taking a resident off the premises, they must be signed out at their Home Area Nursing Station. Please ensure you:

- Speak with the Charge Nurse before leaving, even if no medication is required
  - Sign the resident out at the Home Area Nursing Station
  - Notify a staff member upon return and sign back in

This process helps us keep track of all residents and ensures their safety while out of the home. Please note: Visitor sign-in/out at the main entrances is for visitors only and does not apply to residents. Kindly share this information with any visitors who may be taking people out.

**We are looking forward to the nice weather in the months ahead! Make sure to take advantage of our outdoor spaces at the front cafe, 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:

**Hazel and Jim**

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

**The Q1 Resident and Family Satisfaction Survey summaries are now available for Review in the Quality Binder at the posting board at the Reception Desk.**

*Happy Mother's Day on Sunday May 11<sup>th</sup>! 🌸*

Looking forward to Victoria Day Long Weekend! 🌞

**Deb Wettlaufer**



## Housekeeping Reminders and Environmental News

We have a few notes for the season upon us.

Warm weather will be here soon; it's time to refresh closets and drawers for the season. Please add hats, sunglasses, and a light jacket to your list of items to bring in  
Lost and Found – We do have unclaimed clothing in our Laundry Room. Also, a reminder that anything new coming in that will need to be laundered needs to also be labeled so it will return to its rightful owner after its washed

Stay Safe and Enjoy the Warmer Weather

Gary William  
Building Services Manager  
[gwilliams@peoplecare.ca](mailto:gwilliams@peoplecare.ca) or call the home 519-655-2031 Ext. 428



**For all residents applying for a rate reduction:** Now that income tax filing is complete, please ensure that your loved one's **Notice of Assessment** is submitted so we can apply or reapply for a reduced rate. Rate reductions will be processed **effective July 1st.**

If you have any questions or need assistance, please let me know.

Thank you,  
Kim Knott-Office Manager

## Internal Team Contact Information

Deb Wettlaufer, Executive Director  
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Kim Knott, Office Manager  
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Andrea Flood, RAI Coordinator  
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Garry Williams, Director of Environmental  
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Kristen Leenders, Director of Programs  
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Bethany Herlihey, IPAC Coordinator  
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Prabheeh Kaur, Director of Food Service  
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Mariana De Macedo Boz, Nursing Staffing Manager  
Ext 415 [mboz@peoplecare.ca](mailto:mboz@peoplecare.ca)

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 24/7)  
Ext 500

## peopleCare Is here for You

peopleCare recognizes that we cannot thrive without the hard work and dedication of our team members. 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

## HEARTbeats

Congratulations to our March Draw Winners!

### Nancy 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/>

## WORLD HAND HYGIENE DAY

Tuesday May 5<sup>th</sup>



World Hand Hygiene Day was created as a part of the WHO's (World Health Organization) "SAVE LIVES: Clean Your Hands initiative". This amplifies the message that effective handwashing with soap and water, or using alcohol-based hand rub is one of the most effective ways to prevent the spread of infectious diseases. Practicing good hand hygiene is a low-cost, high impact intervention that promotes general wellness, helps to interrupt the chain of transmission, improves patient safety in healthcare environments, and helps to fight antimicrobial resistance prevalence.

"World Hand Hygiene Day serves as a global reminder that a simple action – cleaning hands at the right time and in the right way – can save lives, protect healthcare workers and patients, and improve public health outcomes worldwide" (WHO, 2026).



**Effective May 3rd, we will be adjusting our nursing staffing to better balance coverage across all home areas. These positive changes are designed to support strong teamwork, improve consistency, and enhance the quality of care and overall experience for everyone in our home.**

## **AMBIGUOUS LOSS AND GRIEF IN DEMENTIA** **Helping the person with dementia live with losses and grief**

A person in the early stages of dementia will likely experience their own range of emotions, including grief over the diagnosis and the losses associated with their symptoms. The person may grieve the anticipated:

- Losses in memory
- Problems with thinking
- Changes in their ability to do things
  - Loss of personal independence
- Changes in their relationships with others.

In early stages, encourage the person to share their fears and express their wishes about how they would like to live well with dementia. This will help later on when care needs increase and you someone needs to make decisions for their behalf they can do so based on the person's values, beliefs and preferences.

As dementia progresses their ability to express their grief may be expressed through feelings of being anxious or agitated. We call these their "personal expression" (previously known as responsive behaviours. These actions can have a number of sources from emotions, discomfort, etc. but basically it is the dementia resident's way of communicating when they do not have the cognitive or verbal ability to do so. This is why we must observe, communicate well among team members and family to help decipher their needs and desires in order to meet them. When we are successful we can begin to anticipate and assist to ensure these needs are met and prevent circumstances that cause the resident distress. Our goal is to always manage these personal expressions with non-pharmacological measures first. Medications are used when all other resources have not been effective and with full team and family involvement.

More to come regarding this in coming months.

Sheri Gallivan, DOC



## Update on LTC Quick Guide initiative.

The Quick Guides were created to support residents and families through the long-term care experience. They help people understand what to expect, how to ask important questions, and feel more informed and in control. Through shared use with providers and staff, the guides enable proactive planning, informed decision-making, and living as well as possible in long-term care

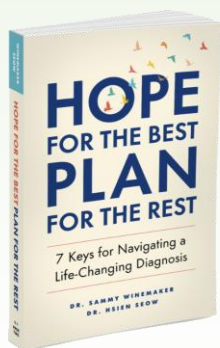
### What This Means for You

#### 1. Create Your Account

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

#### 2. “Hope for the Best” Books

They are here – please see Deborah to get your copy



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

3. <https://www.waitingroomrevolution.com/> are the creators of the LTC Quick Guides has other resources available on their website and 11 seasons of The Waiting Room Revolution

## Family Council News

We warmly invite all family members and friends of residents to join our Family Council at peopleCare Tavistock. This is a wonderful opportunity to connect, share ideas, and support one another in our caregiving journeys.

As we begin planning upcoming meetings, we would love your input! Would you be interested in a monthly or bi-monthly **caregiver support group**? Are there **educational opportunities** related to caregiving, senior care, or wellness you'd like to learn more about? We also welcome suggestions for **guest speakers** from within the home or the broader community.

To learn more about Family Councils and their important role, visit Family Councils of Ontario at <https://www.fco.ngo/> or follow them on Facebook at [facebook.com/FamilyCouncilsOntario](https://facebook.com/FamilyCouncilsOntario).

If you'd like to stay connected and receive updates, meeting invitations, and council news, please reach out to Deb Hammond, Resident & Family Coordinator at extension 408 or via email at [dhammond@peoplecare.ca](mailto:dhammond@peoplecare.ca).

Family Council is supported by dedicated family volunteers.



Family  
Councils  
Ontario



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

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

# MERRY MONTH OF May

## Word Search

BASEBALL  
BLOSSOM  
BUMBLEBEE  
BUTTERFLY  
CINCO DE MAYO  
FLOWERS



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

GARDEN	MOTHER'S DAY
GEMINI	PIÑATA
GREEN	PLANT
LADYBUG	SEEDS
LAWNMOWER	SPRING
MAYPOLE	SUNSHINE
MEMORIAL DAY	TAURUS
MOM	TEACHER

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



## Word Scramble

In the Northern Hemisphere, May is a month when flowers bloom, the weather gets warmer, and school starts to wind down for the summer. Can you figure out the seasonal vocabulary words by unscrambling the letters?

EENRG \_\_\_\_\_

GHITL \_\_\_\_\_

LLAIC \_\_\_\_\_

ASRSG \_\_\_\_\_

BTRUTELYF \_\_\_\_\_

OBLMO \_\_\_\_\_

SDSEE \_\_\_\_\_

AOEMYLP \_\_\_\_\_

ICPINC \_\_\_\_\_

RESO \_\_\_\_\_

SRDIB \_\_\_\_\_

IHSNNSUE \_\_\_\_\_

ATRSUU \_\_\_\_\_

LOFREW \_\_\_\_\_

OMSSLOB \_\_\_\_\_

LDABGUY \_\_\_\_\_

PATLN \_\_\_\_\_

MBULEEBBE \_\_\_\_\_

EGADNR \_\_\_\_\_

ISNRGP \_\_\_\_\_

OERTHM \_\_\_\_\_

AHTWMR \_\_\_\_\_

PUITL \_\_\_\_\_

AELBALBS \_\_\_\_\_