

June 2026

TAVISTOCK INSIDER

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



Celebrating June

Say Something Nice Day

June 1

Portugal Day

June 10

Philippine Independence Day

June 12

World Blood Donor Day

June 14

Men's Health Week

June 15–21

Father's Day

June 21

June Solstice

June 21

National Indigenous Peoples Day

June 21

Strawberry Social with MPP Ernie Hardeman

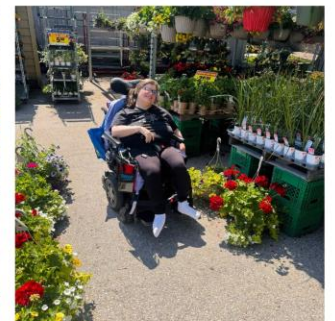
June 23

Canadian Multiculturalism Day

June 27



peopleCare
communities



Welcome

Gladys, Marilyn, Richard and Bill



*Happy Birthday to all those
born in June.*

<i>Name</i>	<i>Date</i>
Margaret	June 4 th
Rick	June 7 th
June	June 8 th
Sharon	June 8 th
Helen	June 10 th
Pauline	June 11 th
Susan	June 14 th
Ruth	June 15 th
Ruta	June 15 th
Margaret	June 15 th
Teresa	June 17 th
Murray	June 20 th
Nelda	June 21 st
Maggie	June 23 rd
Bill	June 26 th
Elaine	June 27 th
Bill	June 29 th

Birth Flower: Honeysuckle and Rose

Birthstone: Pearl, Alexandrite, Moonstone

June Birthdays

In astrology, those born between June 1–21 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.

Those born between June 22–30 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony.

Council Corner



Our monthly **Residents' Council Meeting** will be held on **Friday June 26th** at 1:30pm in the Chapel. Join us for updates and event planning.

Agenda items:

July Program 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

Art, Carleen, Hermina and
Sheila

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

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

HAPPY JUNE!

Hello Everyone!

Hope you are enjoying the springtime – soon to be summer - weather and warmth!

Make sure to take advantage of our outdoor spaces at the front Bistro, the courtyard and balconies! 🌻

Thrilled to announce the 2026 Value Award Winners – these staff members have been recognized by their Peers and Managers for living and demonstrating the peopleCare Values!

Congratulations to Danielle, Lingzhi, Nancy, Nicole and Deb H!

Honourable mention also goes to Shandi, Marvin, Mary, Maybelle, Aprilyn, Flora, Nova, Kastina, Janry, Anjitha, Ricarmi, Emily Jim, Sunali and Sheri

Well Done Everyone!

A reminder – when taking any resident out and off the premises, they must be signed out at their Nursing Station. Please ensure to speak to the Charge Nurse, even if no medication is required, and to speak to a staff member on return. This will enable us to see if a resident is on an outing. Visitors signing in and out at the visitor entrances is for visitors, not the residents. Please share this information with any potential visitors.

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

Lisa

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

Happy Father's Day on Sunday June 21st! 🧐

Looking forward to the First Day of Summer on June 21st! 🌻

Deb Wettlaufer, Executive Director

Needles at Large

In 2005, knitter Danielle Landes wanted to shake up the world of knitting. Her idea was to move solitary knitters out of their easy chairs and into public spaces. Her idea grew so popular that soon knitting clubs all over the world began celebrating World Wide Knit in Public Day on the second Saturday in June. Even if you've never picked up a pair of knitting needles, chances are that on June 13 you'll be able to join a friendly group of knitters happy to share their expertise and passion.

The benefits of knitting go beyond booties, blankets, and even friendship. A 2012 Mayo Clinic study found that knitting helps stave off cognitive decline in seniors, and newer research shows it strengthens memory, attention, and motor connections in the brain. Knitting engages multiple neural systems, keeping minds active and efficient. Studies also link it to mindfulness, showing that focused stitching reduces stress and boosts mood.

Join us on Thursdays at 6:30 in Sebastopol Road Home Area for our weekly knitting group

“Any man can be a father, but it takes someone special to be a dad.”
- Anne Geddes



The **Philippines** is an archipelago, or string of over 7,100 islands, in southeastern Asia between the South China Sea and the Pacific Ocean. The Philippines is divided into 18 administrative regions, which are grouped into three primary geographical island groups: Luzon, Visayas, and Mindanao.



The Philippines' colonization spans over 400 years under three distinct empires: Spain, the United States, and Japan. This complex history fundamentally shaped the country's culture, religion, and political structure, establishing it as a predominantly Roman Catholic nation with English and Spanish influences.

Philippine Independence Day is celebrated annually on **June 12** and commemorates the country's declaration of independence from Spain in 1898. Following the devastation of World War II, the United States officially granted full independence to the Philippines on July 4, 1946, through the Treaty of Manila. For many years, July 4 was recognized as the nation's Independence Day. However, in 1962, President Diosdado Macapagal officially moved the celebration to June 12 to honour the country's original declaration of freedom.

Today, Filipinos around the world celebrate Independence Day with pride through parades, flag-raising ceremonies, cultural performances, music, dancing, and traditional feasts. The occasion honours the courage and sacrifice of those who fought for freedom while celebrating the resilience, heritage, and vibrant spirit of the Filipino people.

Join us June 12th by wearing the flags colours and from 1-4pm in the café for a social with music, treats and pictures

Internal Team Contact Information

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Kristen Leenders, Director of Programs
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Bethany Herlihey, IPAC Coordinator
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Prablheen Kaur, Director of Food Service
Ext 437 prakaur@peoplecare.ca

Mariana De Macedo Boz, Nursing Staffing Manager
Ext 415 mboz@peoplecare.ca

Deborah Hammond, Resident & Family Coordinator
Ext 408 dhammond@peoplecare.ca

Jo-Ella Raso, Receptionist
Ext 410 jraso@peoplecare.ca

Clinical Nurse (in house 24/7)
Ext 500

Infection Control Update

As the nice weather approaches, we share this reminder of some home guidelines for visits with our furry friends! Many people love to have visits from family pets and the professional therapy animals, and we are happy to encourage this in a manner that is safe for all people and critters.



A **Pet Visitor** “is a pet who is accompanied by its owner and visits only one resident”. Should you wish to bring your pet for a visit, please keep this in mind and ensure you complete a Pet Registration form with Reception prior to your visit (of consideration: birds, reptiles, rodents and farm animals are unsuitable for pet visits). Please note that this form additionally requires submission of immunization records yearly for your pet.

A **Service Animal** is an animal that is “trained to do work or perform tasks for the benefit of a person with a disability. There should be no interaction between the service animal and staff and residents.” This is in consideration of the handler and the animal who is actively doing a job to keep their person safe and well.

A **Therapy Animal** is an animal that provides “support to people in a range of health care settings through the management of a handler. There is a formal certification process that includes testing before an animal can participate in a therapy program.” These visits would be arranged by the home through a professional organization to ensure the appropriate training requirements are met. These visits can include interactions with more than one resident at any given time.

Should you have any additional questions please do not hesitate to contact the home and we will be happy to assist you. Thank you for being mindful of these guidelines that help promote safe, happy visits for everyone!

Reference: peopleCare Policy #003120.00
Bethany , IPAC Coordinator

Up and Coming Community Events

Join the community at the Grace United Church parking lot every Monday throughout the summer months from 4:00–7:30 p.m. for a variety of delicious food trucks.

Proceeds from the event support TAP (Tavistock Assistance Program).



TAVISTOCK MEN'S CLUB
FISH FRY
Wednesday June 3, 2026
SERVING 4:00 P.M. - 7:00 P.M.
TAVISTOCK MEN'S CLUB HALL
PICKEREL DINE-IN OR TAKE OUT
ADULTS \$30 CHILDREN (AGES 6-12) \$15

Tickets available at Men's Club Hall,
78 Woodstock St., N
Every Wednesday (starting May 13) 4-7 pm,
Saturday 11-2 pm
or from Club members or call 519-655-3573
or email: info@tavistockmensclub.ca
or online: tavistockmensclub.ca
Sauerkraut also for sale.



Find us on
Facebook

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

HEARTbeats

Congratulations to our April Draw Winners!

Shandi and Pauline

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

Thank you



Living the peopleCare Values

EXCELLENCE

Exceed Expectations

Do you do your best work,
each and every day?

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

Hidden Acres 3-day Retreat!

Save the dates, we are booked in for 3 nights at Hidden Acres Retreat Centre from Tuesday September 8th to Friday September 11th. If you are at all interested in learning more or supporting this fabulous event, please connect with Kristen Leenders, Director of Programs.



Spot The Difference Game

There are eight differences in the images below. Can you spot them all and win the game?





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



ALEXANDRITE

GARDEN

LEMONADE

SOLSTICE

BARBECUE

GEMINI

LONGEST DAY

STRAWBERRY

D-DAY

GRADUATION

OUTDOORS

SUMMER

DIPLOMA

HONEYSUCKLE

PEARL

THIRTY DAYS

FATHER'S DAY

JUNE

PICNIC

VACATION

FLAG DAY

JUNETEENTH

ROSE

WEDDING

Bulletin to Residents of Long-Term Care Homes: Important News Regarding Long-Term Care Home Accommodations Charges

Ministry of
Long-Term Care

SPRING 2026

Renseignements aussi
disponibles en français

Basic Accommodation Rates

On July 1, 2026, the maximum co-payment that residents pay for basic accommodation in Long-Term Care (LTC) homes **will increase by \$1.44 per day from \$68.56 per day to \$70.00 per day**, consistent with recent inflationary increases. This will help cover the rising costs of meals and accommodation.

Preferred Accommodation Rates

The maximum charges will also be increasing for residents in preferred accommodation beds as of July 1, 2026. The premium charged for a newer bed in semi-private accommodation will increase by \$0.30 from \$14.10 to \$14.40 per day, and the premium for a newer bed in private accommodation will increase by \$0.62 from \$29.39 to \$30.01 per day.

The table below provides the new rates that will apply as of July 1, 2026 to all types of accommodation based on a resident's date of admission to the bed.

Type of Accommodation	Daily Rate	Monthly
Long-Stay Resident:		
Basic	\$70.00	\$2,129.17
Semi-Private		
Residents admitted to newer beds on or after July 1, 2015.	\$84.40	\$2,567.17
Residents admitted to newer beds on or after September 1, 2014, but prior to July 1, 2015.	\$83.19	\$2,530.37
Residents admitted to newer beds on or after July 1, 2013, but prior to September 1, 2014.	\$82.00	\$2,494.17
Residents admitted to newer beds on or after July 1, 2012, but prior to July 1, 2013.	\$80.77	\$2,465.76
Residents occupying older beds, or residents admitted to newer beds prior to July 1, 2012.	\$79.61	\$2,421.47

Continued...

Private

Residents admitted to newer beds on or after July 1, 2015.	\$100.01	\$3,041.97
Residents admitted to newer beds on or after September 1, 2014, but prior to July 1, 2015.	\$97.90	\$2,977.79
Residents admitted to newer beds on or after July 1, 2013, but prior to September 1, 2014.	\$95.79	\$2,913.62
Residents admitted to newer beds on or after July 1, 2012, but prior to July 1, 2013.	\$93.70	\$2,850.04
Residents occupying older beds, or residents admitted to newer beds prior to July 1, 2012.	\$91.58	\$2,785.56

Short-Stay Resident (Respite Bed)

\$45.31 N/A

NOTE: "Newer beds" – beds classified as "NEW" or "A" according to ministry design standards

"Older beds" – beds classified as "B", "C", "Upgraded D" or "D" according to ministry design standards

Effective from July 1, 2026, the basic accommodation rate is determined using the following formula:

- July 2025 rate x (1 + CPI Rate up to a maximum of 2.5%) = 2026 co-payment rate.
[i.e., \$68.56 x (1+2.1%) = \$70.00]
- The monthly rate is determined by multiplying the daily rate by 30.4167.
[i.e., \$70.00 x 30.4167 = \$2,129.17]

If you have requested a transfer from your current accommodation into a preferred accommodation bed, please call the LTC home administrator to confirm the rate that you will be required to pay. Preferred rates for semi-private and private accommodation in your current LTC home or in another LTC home may be different if you are offered a bed on or after July 1, 2026.

If you are currently paying less than \$68.56 per day because you are receiving a reduction in the basic co-payment, known as a "Rate Reduction," then you should reapply for a rate reduction as the current rate reduction term ends on June 30, 2026. All residents receiving a rate reduction should re-apply for a reduction in the basic co-payment rate for the 2026-27 cycle, beginning on July 1, 2026. Staff at your LTC home will provide you with the application form and will help you to submit your application to the Ministry of Long-Term Care.

For more information on co-payment rates or the changes to the rate reduction application process, please speak with your home's Administrator. Should you have any additional questions, please contact: LTC.RateReduction@ontario.ca.