

August 2026

TAVISTOCK INSIDER

peopleCare Tavistock | 32 William St, Tavistock N0B 2R0 | 519-655-2031 | peopleCare.ca



Celebrating August

Every Monday
Food Trucks are at Grace
United Church
(next door)

Civis Holiday
August 3

Musical Mondays
August 3 – Shakey D
August 10 – Manvir
August 17 – Conn
August 24 – Traci Kennedy
August 31 – Now and Then

Car Show at 6pm
August 10

Carnival from 11-3pm
August 13

World Honeybee Day
August 17

**Hidden Acres 3-day
Retreat!**

Tuesday September 8th to
Friday September 11th. If you
are at all interested in
learning more or supporting
this fun event, please connect
with Kristen Leenders,
Director of Programs.



peopleCare
communities

**"Tomorrow, we can eat broccoli but today is for
ice cream." — Malory Hobson**



Welcome

Amilcar, Margaret and Maria



Happy Birthday
To all those born in **August!**

Name	Date
Clair F	3 rd
Arvilla L	7 th
Don A	8 th
Judith Z	11 th
Marilyn H	16 th
Lea P	18 th
Ralph B	19 th
Jane S	21 st
Wayne K	21 st
Leona W	23 rd
Susan M	31 st

August Birthdays

In astrology, those born between August 1 and 22 are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals.

Those born between August 23 and 31 are Virgos. Virginal Virgos are considered shy, pure of spirit, and self-sufficient. They take incredible pride in their work, show diligent habits, and are well respected in their circles.

JOIN US FOR A *Car Show*



6:00PM

MONDAY *August 10th*

**CALLING ALL CAR ENTHUSIASTS!
THE FRONT PARKING LOT OF
PEOPLECARE TAVISTOCK**

****Front parking lot will need to be partially blocked
off between 5 - 8pm to accommodate the experience**

**Food Trucks are open at Grace United Church right
next door!**



In Memory of

Joyce, Marie, William
and Rick

*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 AUGUST!

*Hello Everyone
Hope you are enjoying the lovely
summertime 🌻*

Make sure to take advantage of our outdoor spaces at the front Bistro, the courtyard and balconies! 🌻 All doors are open and accessible from 8 am – 8 pm. Please ensure to make use of the Sunscreen located at the exit doors to these areas.

The Q2, 2025 Resident & Family Satisfaction Survey Summary Results are now posted in the Quality Binder at the Reception area.

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

Vesna

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

Introducing ‘Mobile Dental Care’, who will be providing dental services at our facility beginning in the Fall. Watch for an email to sign up for this service

Happy Civic Holiday on August 3rd! 🌸

Keep Cool! 🌻

Deb Wettlaufer,
Executive Director



Summer Infection Control Tips:

- **Keep hand hygiene a top priority.** Wash or sanitize hands before and after personal care, and before eating or handling food. Utilize other opportunities passing by a hand sanitizer dispenser to add in an extra clean!
- **Practice safe food handling.** Summer gatherings and barbecues increase the importance of proper food storage, cooking temperatures, and hand hygiene during food preparation.
- **Encourage hydration.** Adequate hydration supports overall health and helps reduce the risk of heat-related illness, particularly among older adults.
- **Be prepared for visitors.** Summer often brings increased family visits. Encourage visitors to clean their hands upon entry and postpone visits if they are feeling unwell. The self-screening tool through Public Health, and found at the entrance to our home, can be useful if you are feeling unsure.

By staying vigilant year-round, we help protect our residents, colleagues, families, and community. Every interaction is an opportunity to prevent the spread of infection.

Enjoy the warm weather!

Bethany Herlihey, RPN



West Nile Virus Prevention

Southwest Public Health has identified that increased awareness of insect bite prevention and West Nile Virus would be beneficial at this time. You can visit their website or click this link for further information

: <https://www.swpublichealth.ca/my-health/vector-borne-diseases/west-nile-virus/>

Help reduce your risk by following these simple steps:

- Wear long sleeves, long pants, and light-coloured clothing when outdoors, especially at dawn and dusk when mosquitoes are most active.
- Apply an approved insect repellent containing DEET or icaridin according to the product label.
- Eliminate standing water around your home or facility, including flowerpots, buckets, bird baths, and clogged gutters, where mosquitoes can breed.
- Keep window and door screens in good repair to prevent mosquitoes from entering buildings.

Know the symptoms

Most people infected with West Nile virus do not become ill. However, some may experience:

- Fever
- Headache
- Body aches
- Fatigue
- Nausea or vomiting
- Skin rash

Please seek medical attention should you experience these symptoms following the receipt of a mosquito bite.

Clinical Signs and Symptoms of West Nile Virus Infection

Birds	Horses	Humans
 Natural hosts, serious disease common in susceptible birds	 Dead-end host, presentation of clinical signs rare when healthy	 Dead-end host, presentation of symptoms rare when healthy
• Clinical signs: Loss of coordination, head tilts, tremors, weakness, lethargy, unawareness of surroundings, and seizures • Corvids are highly susceptible to the virus and most die within three weeks of infection • Long-term effects can have profound impacts on survival	• Clinical disease is uncommon • Clinical signs: Fever, drooping lips and lip smacking, head drooping, grinding teeth, incoordination, generalized weakness, muscle twitching, hypersensitivity to touch or sound, recumbency, seizures, and/or coma • Long-term effects are possible • Foals (<1 year), older horses (>15 years), and unvaccinated individuals have a higher risk of presenting with serious clinical signs and death	• Usually no signs of infection • Symptoms: fever, headache and body/joint pain, vomiting, diarrhea, rash, fatigue and weakness • West Nile virus neuroinvasive disease (rare): severe headaches, high fevers, neck stiffness, disorientation, tremors, coma, seizures or paralysis, may lead to death • Long-term effects are possible • Immunocompromised and older individuals are more susceptible

Resident Council Corner

The home played back to school BINGO! for the entire month of July. All donations will be given to the Tavistock Assistant Program (TAP) at the end of the month to help those in our community.

The next meeting is scheduled for Tuesday
August 31st at 1:30pm in the Chapel

Agenda Items:

Resident Council Week
Program Planning for September
Review external services that are offered in house
Panning for our November Fundraiser

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

Palliative Care

HOW LONG IS THE END OF LIFE STAGE?

As residents approach their end of life, I often get asked how long do you think it will take? Honestly, it takes the time it takes. At the same token, I understand the family's desire in planning how to spend their time. I have on occasion offered a humble opinion based on more than three decades of working in long term care. Depending on the resident's multiple diagnosis', their recent histories of disease progress, their decline in food and fluid intake and decline in participation in activities, any increases in sleeping more than normal and any acute illness that may be occurring we do our best to inform families in a timely manner. Sometimes we see the decline, and we start conversations to allow time for preparations of mind for family and friends. The actual end of life stage can last from this moment of identification for hours to a couple of days and in some cases a week or two and in other occasions can last a month to several months. Some residents who are declining naturally experience an acute illness like an infection and may deteriorate quickly even with oral antibiotics and may appear to be close to death then slowly rally some but not to their previous baseline and stabilize. Sometimes we initiate palliative orders based on resident condition and over the first 24 hours their status improves slightly so the meds we stopped because they were unresponsive and not able to swallow are restarted because they are alert and able to take. Sometimes they even do this multiple times which I can appreciate for families is very hard. Others will have a significant event- stroke, heart attack or their slow steady declines results in unresponsiveness and they progress typically in hours to days, and we watch and see changes in their color/circulation, breathing patterns and the time is a bit more predictable.

Our goal is always to keep you informed of our assessments, changes in plan of care and to provide time for closure at the end of life without surprises if possible. If you have questions in advance or during this stage for your loved ones, please reach out to unit nurses for education and feel free to come have a chat with me as well.

Sheri Gallivan, DOC

☀️ **Save the Date!** ☀️

Friday, September 18th, 2025

Join us Friday morning for our **LTC Community Engagement Day**, as we kick off our annual **Walk to Wellness!**

We're planning a social hour from 10-11am with live music and refreshments to promote connection, wellness, and fun. If you're interested in supporting or getting involved, please reach out to **Kristen Leenders**.

More details to come — stay tuned!

The Power of Small Moments

Life is made up of countless small moments that often mean the most. A warm greeting in the morning, sharing a laugh over lunch, taking a few extra minutes to listen, or simply sitting together in comfortable silence can brighten someone's day more than we realize.

These everyday interactions help create a community where people feel welcomed, respected, and connected. Residents, families, and staff each play a role in fostering an environment of kindness and compassion. Small acts of thoughtfulness remind us that everyone wants to feel seen, heard, and valued.

While routines and responsibilities are an important part of daily life, it's often the simple human connections that leave the greatest impact. By appreciating these moments, we help make long-term care not just a place to live or work, but a place where meaningful relationships can grow.

Deborah Hammond, Resident and Family Coordinator



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?

HEARTbeats

Congratulations to our June Draw
Winners!

Bethany and Gurpreet

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

Thank you for all you do!



Leadership Team Contact Information

519-655-2031

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Prabheleen Kaur, Director of Food Service
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Bethany Herlihey, IPAC Coordinator
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Mariana De Macedo Boz, Nursing Staffing Manager
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Deborah Hammond, Resident & Family Co-ordinator
Ext 408 dhammond@peoplecare.ca

Reception Team – Ext 410
Jo-Ella Raso jraso@peoplecare.ca
Naomi Stockdale nstockdale@peoplecare.ca

Clinical Nurse (in house 24/7)
Ext 500

Summer

word scramble

NHSSNIUE _____

LOPO _____

MIWSGNIM _____

CEI RAMEC _____

ATLOMERNEW _____

TECDASLNSA _____

ONAVCATI _____

ELASUSGNSS _____

BLUAMLER _____

INCICP _____

PLCSIEPO _____

TIKE _____

IPFL LPSOF _____

HCEAB _____

UBERCABE _____

NIRADEGNG _____

ERCNSUSNE _____

GISFINH _____

ALMEONDE _____

VATELR _____

YAILMF _____

WORD BANK:



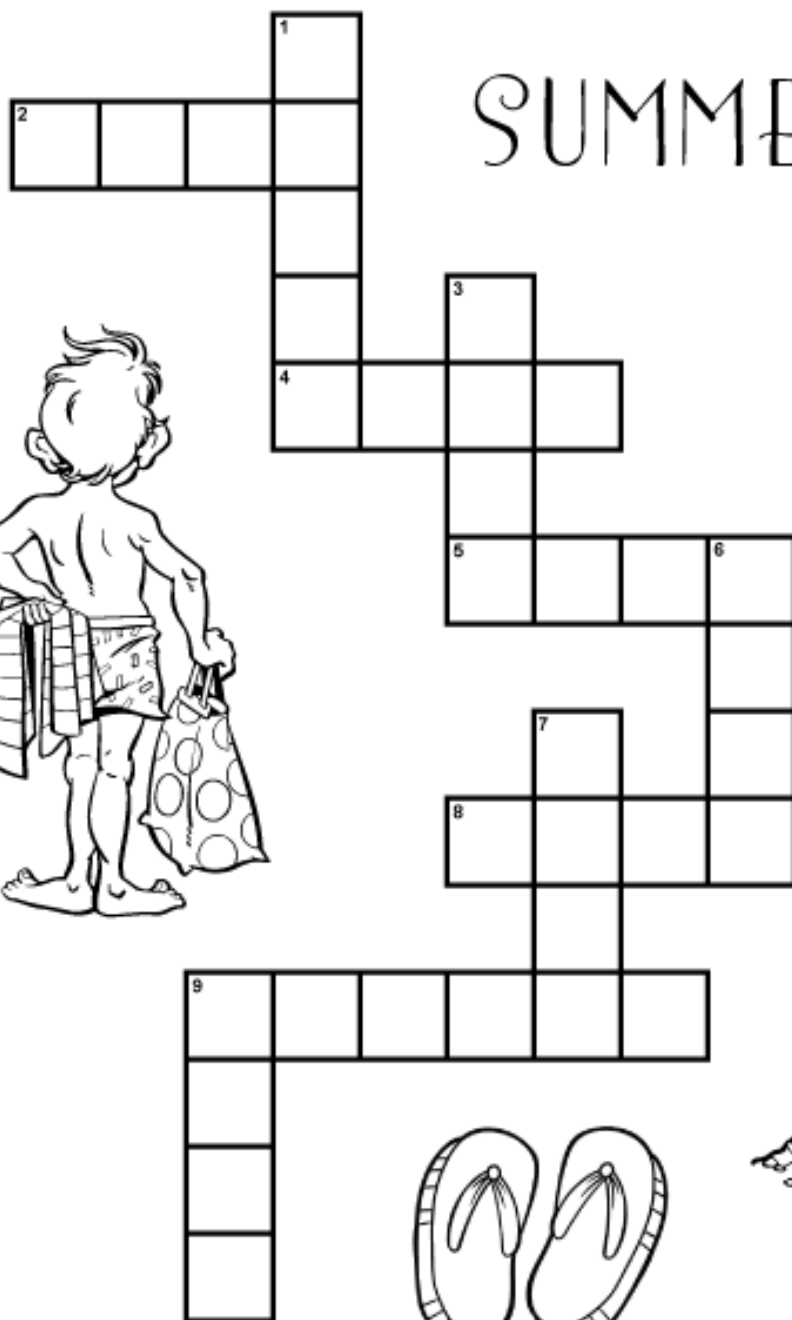
BARBECUE
BEACH
FAMILY
FISHING
FLIP FLOPS
GARDENING
ICE CREAM

KITE
LEMONADE
PICNIC
POOL
POPSICLE
SANDCASTLE
SUNGLASSES

SUNSCREEN
SUNSHINE
SWIMMING
TRAVEL
UMBRELLA
VACATION
WATERMELON



SUMMER



ACROSS

2. Let's build a _____ to help keep us warm.
4. hot weather or temperatures
5. a swimming _____
8. a usually long walk especially for pleasure or exercise
9. the warmest season of the year

DOWN

1. an area with sand next to an ocean or lake
3. a place usually in nature where people set up tents
6. a large area of water that is surrounded by land
7. Can I ride my _____?
9. very tiny, loose pieces of rock that kids like to play in

Name: _____ Date: _____

Summer Word Search

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

SUMMER

SUNNY

SUNSCREEN

POOL

LEMONADE

BEACH

SWIMSUIT

BUGS

VACATION

BASEBALL

JUNE

JULY

HOT

AUGUST

SUNGLASSES



peopleCare
— TAVISTOCK —

CARNIVAL

Family Fun Day

STEP RIGHT UP!

★ AUGUST 13TH ★

11:00 AM – 3:00 PM

An afternoon of games, music, food, and
community where residents, families, staff,
volunteers, and local partners
celebrate together.

FUN

FOOD

Family
&
Friends

GAMES

★
\$2
★

BBQ

★
\$5
★

HOT DOGS &
HAMBURGERS



SNACKS WILL BE AVAILABLE
POPCORN & SLUSHI MACHINE



★ PHOTO BOOTH
★ FACE PAINTING
★ BALLOON ANIMALS

★ CARNIVAL GAMES
★ LIVE MUSIC 2-3PM
WITH HIRA DHARIWAL

WE CAN'T WAIT TO CELEBRATE WITH YOU!