

July 2026

TAVISTOCK INSIDER

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



Celebrating July

Canada Day
Join at 3pm for a
celebration with Derby
Music

July 1

**Happy Hour with James
Skarnikat**

July 10 at 6:30pm

Musical Mondays

*July 6 – Mocktails in the
Garden with Dynamic Duo*

July 13 – Conn Smythe

July 20 – Eric Dolson

July 27 – Henry Winter

World Population Day

July 11

Nelson Mandela International Day

July 18

International Self Care Day

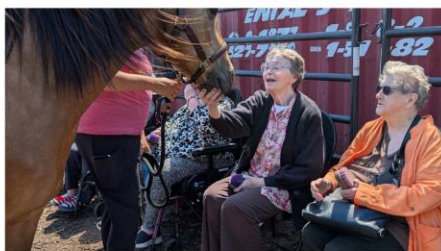
July 24

International Day of Friendship

July 30



peopleCare
communities



Welcome

Delores and Gordon



*Happy Birthday to all those
born in July.*

<i>Name</i>	<i>Date</i>
June	4 th
Ruth	7 th
Marjorie	11 th
Gloria	14 th
Eric B	16 th
Marie	18 th
Rick	19 th
Ed	21 st
Heather	21 st
Brian	21 st
Bruce	31 st
Brenda	31 st

Birth Flower: Larkspur or Delphinium

Birthstone: Ruby

In astrology, those born between July 1–22 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. Those born between July 23–31 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 a Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals.

Council Corner



Resident Council will be held on
Wednesday July 29th at 1:30pm in the
Chapel

Agenda Items include:

OARC Updates
Communication and General
Procedures
Welcome Guest Deb Wettlaufer, our
Executive Director.

We are still actively building our **Family
Council** and invite you to contact
Deborah Hammond, our Resident and
Family Coordinator



In Memory of Maggie and Eldred

*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

HAPPY JULY!

Hello Everyone!

Hope you are enjoying the summer weather and warmth!

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.

A reminder – when taking any resident out and off the premises, they must be signed out at on their home areas 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.

Please peruse the 'Lost & Found' laundry cart for any missing clothing items – see receptionist for assistance.

Wash your hands and Stay Healthy! 🌻

Happy Canada Day! 🇨🇦

Enjoy your summer! 🌈

Deb Wettlaufer, Executive Director

Please join us in **welcoming Naomi Stockdale**, our new part-time Receptionist.

Naomi brings valuable customer service experience, along with a certificate in Pre-Health Sciences from Fanshawe College. She will be sharing the receptionist role with Jo-Ella.



Celebrating Our Value Award Winners



At peopleCare Tavistock, our values are more than words—they are reflected in the kindness, compassion, and dedication shown by our team every day.

We are proud to recognize this year's Value Award Winners!

We would also like to extend a heartfelt thank you to everyone who participated in our Heartfelt Recognition Program. Whether you took the time to recognize a coworker, shared a story of appreciation, or celebrated someone's efforts, your contributions helped foster a culture of gratitude and support throughout our home.

Thank you to everyone for living our values each day and for continuing to make a difference in the lives of our residents and each other.

Join us **Thursday July 16th at 1:30** in the Chaple for our celebration

Guest Meals for Family & Visitors

We are happy to offer guest meals for anyone sharing a meal with their loved one. Tickets can be purchased at Reception.

Prices are: Breakfast \$5, Lunch \$10, and Dinner \$8.

To help us plan, we kindly ask that tickets be purchased at **least 24 hours in advance** of the meal. If you are hoping to purchase more than one guest meal, please check with Reception first so we can ensure we are able to accommodate your request.

When joining your loved one for a meal, please present your guest meal ticket to a member of our Dietary team at the time of service. Enjoy!

From the Building Service Manager

1. As per code we are not allowed extensions chords in rooms for any use, must be a certified power bar with surge protection.
2. We ask that if you bring hangers that they be plastic only (no wood, metal or nylon covered wire-) due to cleaning practices.
 - Also, if you can rotate clothing that your family member has to hang only essential items and the rest be folded, this will help our laundry department manage hanging space on carts.
3. We ask that snacks brought in or be kept in storage/sealable containers if being kept in their room.
4. With the hot and humid weather please ensure that all windows are closed, this will help with the homes air conditioning.

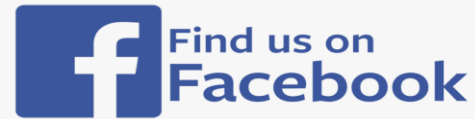
Thank you for you understanding and support

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.



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

HEARTbeats

Congratulations to our May Draw Winners!

Mary and Fabiana

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

Thank you for all you do!



Living the peopleCare Values

PEOPLE

Educate, Mentor, Recognize

Who have you recognized lately?

Mentoring = Leadership

Be a Leader today!

Supporting Caregivers Through the Transition to Long-Term Care

Moving a loved one into long-term care is a significant life change that affects both residents and caregivers. While the decision is often made with careful thought and the person's best interests in mind, the transition can bring a wide range of emotions, including relief, guilt, sadness, anxiety, and uncertainty. Caregivers may struggle with changes in their caregiving role. After months or years of providing direct care, we understand it can feel difficult to step back and trust others to meet their loved one's needs. It is important to remember that caregivers remain a vital part of the care team; their knowledge, support, and ongoing involvement contribute greatly to a resident's well-being and quality of life.

Adjustment takes time for everyone. Residents are adapting to a new environment, routines, and relationships, while caregivers are learning how to navigate visits, communication with staff, and a new sense of normal. Open communication, patience, and realistic expectations can help ease this process. Staying connected through regular visits, phone calls, participation in activities, and sharing family traditions can provide comfort and reassurance. Building positive relationships with staff also helps foster trust and collaboration in meeting residents' needs.

At our home, we recognize that the transition to long-term care is a journey. We encourage caregivers to ask questions, share concerns, and seek support when needed. Together, we can create a welcoming environment where residents and their loved ones feel valued, supported, and connected. If you feel you could benefit from additional support, please contact Deborah, our Resident and Family Coordinator at 519-655-2031 ext. 408, or by email at dhammond@peoplecare.ca.



Palliative Care

AMBIGUOUS LOSS AND GRIEF IN DEMENTIA- Grieving the Losses along the Way.

In dementia the losses and grieving is cyclical for both the resident and their family/friends. It is important to feel the pain of each loss, acknowledge it and grieve along the way rather than avoiding or denying it. When acceptance is reached it is possible to enhance the quality of life for the person living with dementia.

Each person grieves in their own way and express their grief through feelings like:

- Sadness
- Hopelessness
- Loneliness
- Anger
- Guilt

If your style of grieving is “feeling” then it might help to share your feelings with others or join a support group.

If your style is “doing” through your thoughts and actions then it might be helpful to get practical information, find solutions to problems or do things for yourself or the person with dementia.

Your psychological family can be a diverse group. It might include:

- Friends
- Neighbours
- Co-workers
- Faith leaders
- Family members who “get it”
- Staff at the care facility your loved one lives in or your local Alzheimer Society
- A geriatrician, family doctor or other healthcare provider.

Joining a peer support group gives you a unique opportunity to talk about feelings of ambiguous loss and grief, and share lessons learned with people going through many of the same experiences as you. Getting one-on-one counselling and support from Alzheimer Society staff or healthcare providers can also help you understand and grieve the losses, and learn how to ease their effects.

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

INSECT SAFETY

a. Stay Informed

- Public Health websites contain a variety of useful and current information on topics such as risk areas and surveillance reports for insect-borne illness.
- This is also a great place to find information such as how to effectively remove and/or report ticks, and other tips on how to safely navigate outdoor spaces (water safety, animal and insect safety, sun safety, etc).

b. Use Insect Repellent

- Insect repellants come in many different forms, so you can select one that works best for your needs.

c. Avoid Scented Products

- Insects are often drawn to scents in shampoos, hair spray and perfumes, so avoiding scented products when doing outdoor activities can help to minimize insect presence.

d. Wear Protective Clothing

- Where possible, wearing long sleeves, long pants, and closed-toed shoes can make it more difficult for insects to access your skin.

e. Check for Ticks

- Regular inspection of body (in particular in areas such as behind the knees and ankles, groin area, in hair) is an important measure. This is especially important following outdoor activities in areas of long grass.
- Should you locate a tick, ensure you are aware of how to remove the tick carefully and completely.



Bethany Herlihey, RPN
IPAC Coordinator

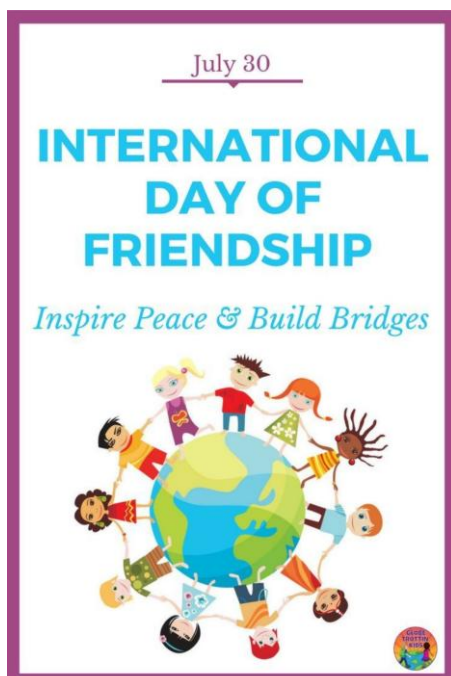
International Day of Friendship – July 30



In a time when the noise of division grows louder — fueled by wars, conflicts, inequality, and fear — friendship feels almost radical in its simplicity. It doesn't arrive with fanfare or policy; it doesn't need speeches or signatures. It begins with something quieter: a conversation, a shared moment, a willingness to see one another not as strangers but as fellow travelers through the human experience.

In this year's observance of the International Day of Friendship, we're reminded that real peace is forged not only in negotiation halls or by writing into treaties — it's built, thread by thread, in the trust we extend to one another in daily life. Friendship, especially among young people, holds a special kind of power. It can cross languages, faiths, and histories that might otherwise divide us. It invites us to listen before we judge, to stay when it's easier to walk away. And when nurtured across cultures and communities, friendship becomes more than a bond—it becomes a blueprint for reconciliation. It teaches us that understanding isn't a grand achievement; it's a habit, a practice, a way of moving through the world that says 'your well-being matters to me too'. This year, as the world faces profound ruptures — between nations, within societies, even within families — the call to

friendship is not sentimental. It's essential. It's about reaching across what breaks us and daring to believe in something better. It is a call to imagine a future where difference doesn't mean distance, where trust is stronger than fear. Through friendship, we don't just cope with the world as it is — we begin to shape the world as it could be.



Internal Team Contact Information

July 2026

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Prabheleen Kaur, Director of Food Service
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Mariana De Macedo Boz, Nursing Staffing Manager
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Deborah Hammond, Resident & Family Co-ordinator
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Reception Team – Ext 410
Jo-Ella Raso jraso@peoplecare.ca
Naomi Stockdale nstockdale@peoplecare.ca

Clinical Nurse (in house 24/7)
Ext 500

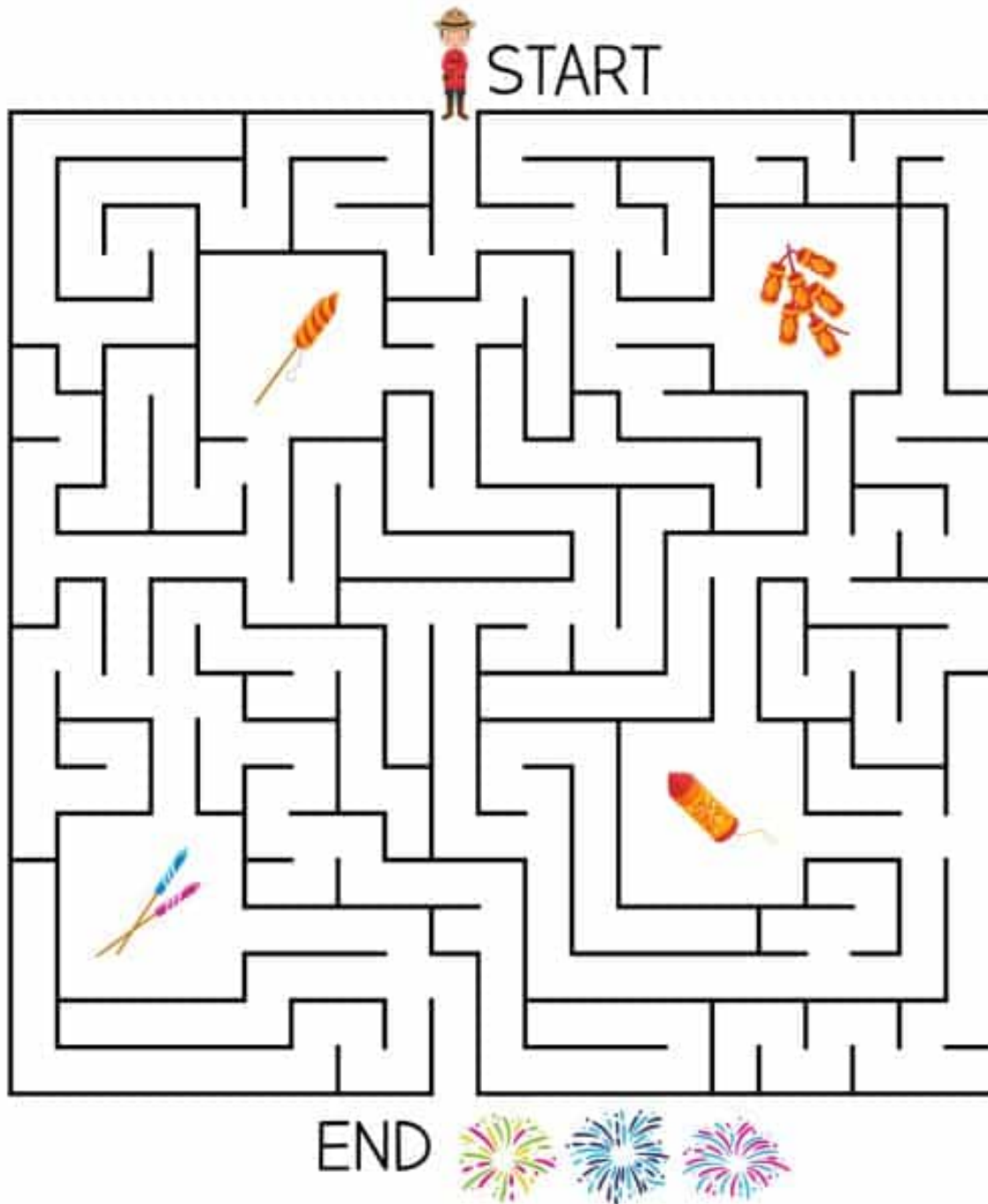
Rebus Puzzles:

Solve the clever combination of pictures and words to form clue to the answer

FINGERS FINGERS		→ Five Five	
1	2	3	4
TROUBLE TROUBLE			
5	6	7	8
	→ AID AID AID AID	LI NK	
9	10	11	12
SOMEWHERE 	DR. DO	LEM ADE	
13	14	15	16
17	18	19	20

Canada Day

Fireworks Maze





Summer Word Search

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

FLOAT

HAMMOCK

SPRINKLER

OCEAN

BEACH

SNOWCONE

WATERMELON

VACATION

CANOEING

HIKING

BARBECUE

SUNGLASSES