

September 2026

DELHI INSIDER

173 Dalton Road, Delhi, ON N4B 1B4 * (519) 582-3400 * www.peoplecare.ca



Celebrating September

World Alzheimer's Month

Labour Day
September 7th

Grandparents' Day
September 13th

**LTC Community
Engagement Day**
September 18th

Residents' Council Week
September 14th – 20th

Terry Fox Run
September 20th

World Alzheimer's Day
September 21st –
Wear Purple

September Equinox
September 22nd

Oktoberfest - Kitchener
September 25th – Oct 17th

**National Day of Truth and
Reconciliation**
September 30th – Wear your
Orange Shirt.

HELLO
September

peopleCare
communities



Welcome Lorne, Beverley Lenore and Wayne



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

Name	Birth Date
Deborah	3 rd
Katja	4 th
Wayne	11 th

September Birthdays

In astrology, those born between September 1 and 22 are Virgos. Virgos are observant, independent, reliable, and intellectual. Virgos have sharply organized minds and enjoy analyzing problems in an attempt to bring order to chaos, no matter the consequences. Those born between September 23 and 30 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and goodwill.

September's birth flowers are the **aster** and the **morning glory**, and the birthstone is the **sapphire**.



What's New in the Nursing Department

The nursing team has implemented PSW resident assignments on the Harvest Way home area, and we plan to roll it out to the other home areas. The goal is to improve resident safety, continuity of care, workload balance, accountability, and ensure all required care is completed and documented.

Focus on Quality

Falls Prevention- decreasing falls in the home is a big priority. The Falls team meets monthly, which includes the nursing department, Physio department, and front-line staff. The falls are reviewed by each home area, the time of day, where falls are occurring, so the team can focus on trends to make improvements. Each resident is assessed for falls risk and if you see RED leaves on resident door frames that is identifying that the resident is a High falls risk. If you have any suggestions to reduce falls for your loved one, please speak with the unit Charge Nurse and share with us.

Thank you for the trust you place in us.

Stephanie Jones, DOC, Stephanie Donohue ADOC, Amritpal Kaur ADOC and Christa VanDyk-IPAC Manager and Falls lead

In Memory of

Denis and Kathy

*Our deepest thoughts and sympathies
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

As summer begins to wind down and we look ahead to the beautiful fall season, we are excited about the many opportunities to continue creating meaningful experiences for our residents. One of the highlights on our calendar is our upcoming Camping Retreat at Hidden Acres, taking place during the week of September 8th. This special event offers residents the chance to enjoy the sights, sounds, and fellowship of the outdoors in a safe and supportive environment. We look forward to making wonderful memories together and sharing updates and photos with families.

As many of you already now, I have recently submitted my resignation. While this decision is not an easy one, I wanted to take a moment to express my heartfelt gratitude to our residents, families, staff, and community partners for the support, kindness, and trust you have shown throughout my time here.

It has been a true privilege to be part of bringing this home to life and helping establish a welcoming community for those who call it home. Together, we have celebrated many successes, milestones, and special moments. At the same time, we have navigated challenges that tested our resilience and strengthened our commitment to providing exceptional care and support. Through every obstacle and every achievement. I have been continually inspired by the dedication of our team and by the strength and spirit of our residents.

Leadership Support is working diligently to recruit and identify the right individual to step into this role and continue building on the strong foundation that has been established. During this transition, our commitment to residents and families remains unwavering, and I am confident the home is well positioned for continued success.

Long term care has always held a very special place in my heart. I will deeply miss the daily interactions, the laughter shared in the hallways, the stories told by residents, and the opportunity to work alongside such a compassionate and dedicated team. I leave with an immense appreciation for the experiences we have shared and pride in all that has been accomplished together.

Thank you for allowing me to be part of a remarkable journey. It has truly been an honour to serve this community, and I will carry many fond memories with me in the years ahead.

Wishing everyone a wonderful autumn season filled with comfort, connection, and new memories.

Kristine Mitchell



Save the Date

The Next Family Council Meeting is scheduled for

Wednesday September 23, 3:30PM-6PM



WE NEED YOUR HELP!
We Have Lost Items
THAT NEED TO BE CLAIMED

Resident's Personal items will be on display in the cafe on Thursday September 17th, please stop by and have a look. Any items found please ensure they get properly labelled

All items not claimed will be donated.

Fall Season Preparation

Dear Peoplecare Delhi LTC families,

As September begins, our Infection Prevention and Control team is preparing the home for the upcoming Flu season along with our Grand Erie Public Health unit. We are taking proactive steps to help protect residents, families, visitors, and team members.

Reminder to not visit the home if you are feeling unwell.

Immunization Consent

Please ensure your loved one's immunization consent is up to date. Residents and POAs sign these consents upon admission and review them annually during the care conference.

If your decision about immunization consent has changed, or if you have any questions, please contact the Infection Prevention and Control Coordinator.

Contact

Christa Van Dyk 519-582-3400 ext. 431



Residents' Council Trivia True or False (circle one):

1. Every long-term care home in Ontario must have a Residents' Council. **True or False**
2. Discussions in Residents' Council meetings are focused on concerns and complaints only. **True or False**
3. Only residents may attend Residents' Council meetings, unless an invitation has been extended to a guest. **True or False**
4. The Residents' Council Assistant decides what will be captured in the Residents' Council Meeting minutes and where the minutes will be posted. **True or False**
5. Attending Residents' Council meetings is a way for residents to stay informed, have a voice in home operations and be engaged in quality improvement. **True or False**
6. When questions or concerns are raised at a Residents' Council meeting, the home Administrator (licensee) has 15 calendar days to prepare a written response. **True or False**



Upcoming Events at Delhi LTC

September is packed with fun, music, outings, and opportunities to connect with friends!

Entertainment & Music

We kick off the month with Entertainment with Jack Coulson on September 2 in the Courtyard, followed by Music with Susie Q on September 11 and Melody Makers on September 17 in the Chapel. Residents who love to sing can also join us for Karaoke on September 4 and our festive Apple-Themed Karaoke on September 18

Community Outings

Residents will enjoy two great opportunities to get out and about this month. On September 9, we'll head to Hidden Acres for lunch, and on September 16 we are planning a visit to Boston Pizza for lunch (pending confirmation). These outings are always popular and provide a wonderful chance to socialize and enjoy the local community.

Creative Activities

Our talented residents can explore their creative side during Wood Working with Bill on September 10. This hands-on program is always a favorite and offers participants the opportunity to create something unique while enjoying great conversation.

Games & Friendly Competition

We will also host a Community Bingo evening on September 8.

Celebrations

Join us on September 30 as we celebrate our September birthdays during a special Birthday Party with Ken L. We look forward to recognizing residents celebrating their special day with music, treats, and good company.

We look forward to seeing everyone participate and make lasting memories together!

A Fresh Taste of Fall & Winter at peopleCare Delhi!

Our new Fall/Winter Feature Choice Menu launches in October 2026!

Mealtimes are about more than food—they're about **comfort, enjoyment, choice, and connection**. Our new seasonal menu has been thoughtfully designed to bring Residents more of the classic comfort foods they love while focusing on quality, nutrition, and variety.

★ What's New?

Each meal will feature:

-  **A delicious Feature Meal** with entrée, sides and dessert
-  **A lighter meal option**, such as a sandwich or cold plate
-  **A variety of a la carte items** available in the serveries when needed

Favorites such as **meatloaf, southern fried chicken, roast beef with Yorkshire pudding, and ribs** will continue to make appearances! The new format also allows our culinary team to focus more on scratch-made items, quality ingredients, special holiday and themed meals, and reducing food waste.

Your Voice Matters!

Resident and family feedback is an important part of our dining experience. The new menus will be shared with **Residents' Council and Family Council**, and Resident Choice meals will continue to provide opportunities for Residents to request favourites and share creative ideas.

We can't wait to WOW you with a delicious, comforting and nutritious Fall/Winter lineup!

 **Let's eat well—together!** 

Welcome, Sherry Schooley!

We are excited to welcome **Sherry Schooley**, our new hairstylist, to the peopleCare Delhi family!

Sherry brings an impressive **43 years of experience and training** to our home. Hairdressing has been her passion since she was a teenager, and she is looking forward to getting to know our residents and helping everyone look and feel their best.

Outside of hairstyling, Sherry enjoys spending time with her family, cooking, baking, hiking and karaoke. She is married with two adult children, three grandchildren, two Shelties and a Siamese cat!

Please join us in giving Sherry a warm welcome. We are so happy to have her here and look forward to all the smiles and fabulous hair days ahead!

Welcome to peopleCare Delhi, Sherry!



"Have a great hair day!"

— Sherry Schooley



**Why did the apple pie
go to the dentist?
Because it needed
a filling.**



Find us on
Facebook

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

HEARTbeats

Congratulations to our July Draw Winner!

Kieaira Lang

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

Thank you for all you do!



Living the peopleCare Values

INTEGRITY

Dare to be transparent

Are all your decision made
with integrity?

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 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

LABOUR DAY

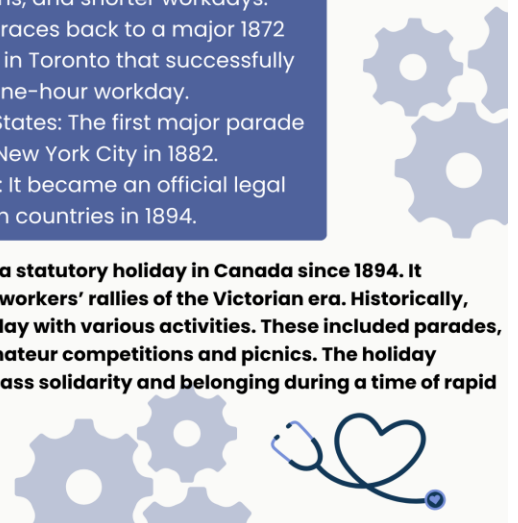
MONDAY,
SEPTEMBER
7TH

Labour Day is a public holiday celebrated on the first Monday of September in Canada and the United States. It honors working people, recognizes their contributions to society and the economy, and marks the unofficial end of summer

History and Origins

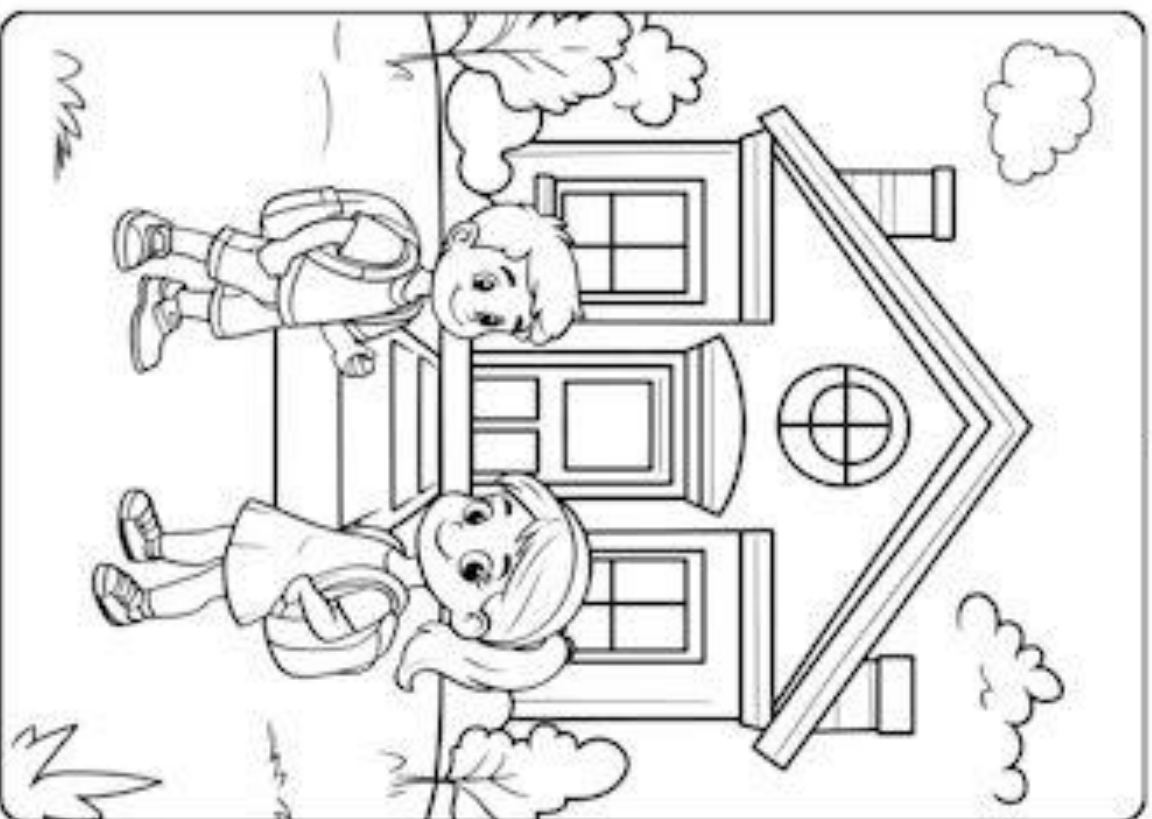
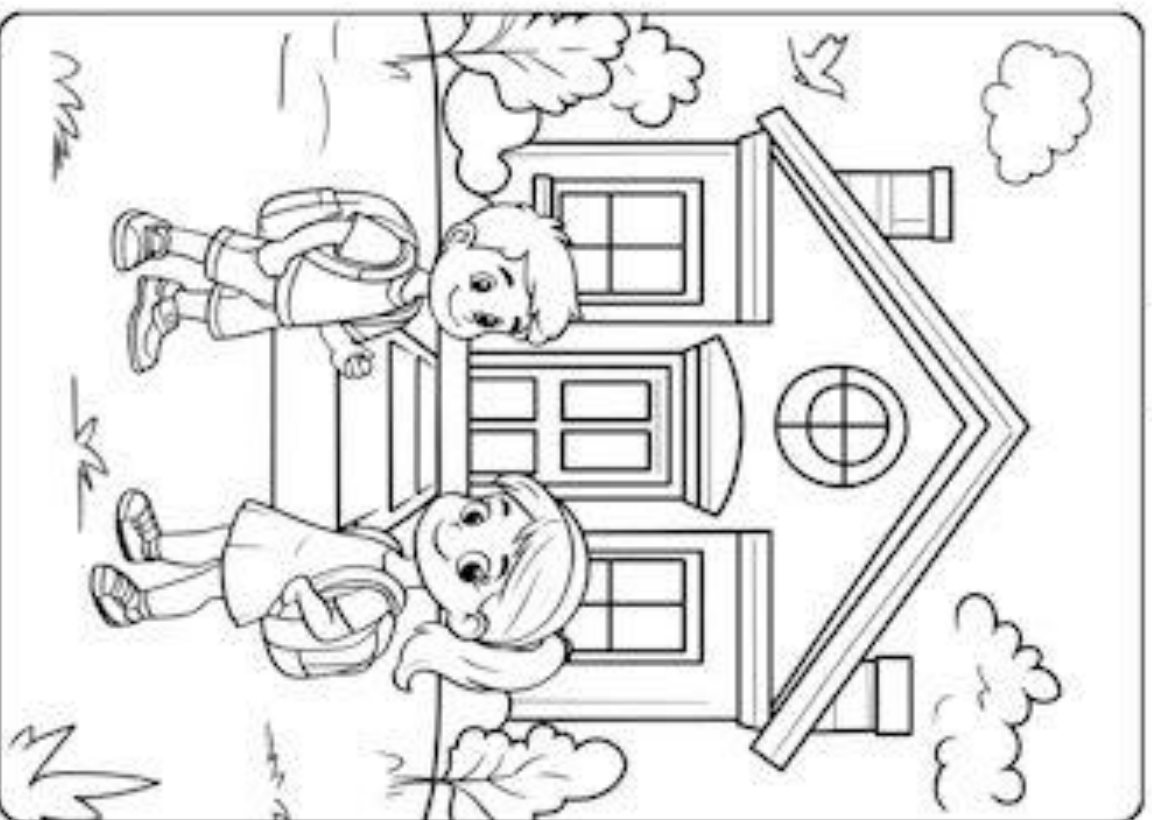
- The Labour Movement: The day grew out of 19th-century worker protests for better pay, safer conditions, and shorter workdays.
- In Canada: It traces back to a major 1872 printers' strike in Toronto that successfully fought for a nine-hour workday.
- In the United States: The first major parade took place in New York City in 1882.
- Official Status: It became an official legal holiday in both countries in 1894.

Labour Day has been a statutory holiday in Canada since 1894. It originated in the first workers' rallies of the Victorian era. Historically, workers marked the day with various activities. These included parades, speeches, games, amateur competitions and picnics. The holiday promoted working-class solidarity and belonging during a time of rapid industrialization.



SPOT THE DIFFERENCE

Can you spot the 9 differences between these two pictures?



Fall Word Search

Find all the words below.

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

APPLECIDER
COOL
FOOTBALL
LEAF
SCARECROW

AUTUMN
CORN
HALLOWEEN
PUMPKIN
THANKSGIVING

COLORFUL
FALL
HARVEST
RAKE
TURKEY



HOW MANY WORDS CAN YOU MAKE OUT OF

SEPTEMBER



Using each letter only once, see how many different words you can make out of "SEPTEMBER." Write as many words as you can come up with on the lines below.

- | | |
|-----------|-----------|
| 1. _____ | 16. _____ |
| 2. _____ | 17. _____ |
| 3. _____ | 18. _____ |
| 4. _____ | 19. _____ |
| 5. _____ | 20. _____ |
| 6. _____ | 21. _____ |
| 7. _____ | 22. _____ |
| 8. _____ | 23. _____ |
| 9. _____ | 24. _____ |
| 10. _____ | 25. _____ |
| 11. _____ | 26. _____ |
| 12. _____ | 27. _____ |
| 13. _____ | 28. _____ |
| 14. _____ | 29. _____ |
| 15. _____ | 30. _____ |