

September 2026

TAVISTOCK INSIDER

32 William St, South Tavistock, ON NOB 2R0 * (519) 655-2031 * www.peoplecare.ca



Celebrating September

World Alzheimer's Month

Labour Day
September 7th

**LTC Community
Engagement Day**
September 18th

Grandparents' Day
September 13th

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

Residents' Council Week is the perfect time to bring our community together to celebrate the contributions of residents and help others learn more about your Residents' Council.



Joyce P



June C



Edward L



Cheryl M



Barb S



Yvette R



Bruce H

peopleCare
Tavistock
Residents' Council
Leadership Team

Coming Together
is a Beginning.
Keeping Together
is Progress.
Working Together
is Success.
- Henry Ford

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Welcome Glen, Darlene and Elma



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

Name	Birth Date
Frieda	2 nd
Barb	8 th
Bill	9 th
Fred	14 th
Vid	15 th
Lois	18 th
Larry	22 nd
Yvette	25 th
Jaymie	27 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**.



Celebrating Residents' Council!

Join us in celebrating **Residents' Council Week, September 14–20!** Our Residents' Council continues to make a difference by sharing ideas, creating positive change, and supporting our community.

Look What Our Residents' Council Has Accomplished Throughout the Year!

- 🏠 Hosted our first Summer Carnival
- 🎄 Held a successful Christmas fundraiser
- 💙 Fundraised throughout the year to give back to Tavistock Assistance Program (TAP)
- 👕 Added wooden hangers for heavier jackets
- 🎁 Helped create our Tuck Shop in the café
- 🏷️ Working on coloured name tags to identify roles in the home
- 🚌 Planned a variety of community excursions
- 🛒 Initiated a Back-to-School Drive, with all donated items going to the Tavistock

Celebrate with us!

Complete the **Residents' Council quiz** for your chance to win!

A huge **thank you to our Residents' Council** for speaking up, sharing ideas, and helping make peopleCare Tavistock a better place to live!

Next Meeting: Wednesday, September 23rd at 1:30 p.m. in the Chapel

Agenda: Fall Menu Review • Fall Vaccine Update • Ideas & Feedback

In Memory of

Joyce
Claire
Murray



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

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

From the desk of our Executive Director

Happy September!

Hello Everyone

Hope you had a wonderful Summer! 🌞

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.

Our Carnival in August was a great success! Thanks to everyone who helped and attended on the day!

Looking forward to the Walk to Wellness on September 18th!

Thank you for your patience during our recent enteric outbreak!

Wash your hands and Stay Healthy!

Introducing 'Mobile Dental Care', who will be providing dental services at our facility beginning in September. A reminder to complete the enrollment form if you are interested in signing up for this service. You can pick up and return the enrollment form to the front desk.

Happy Labour Day on September 1st.

Looking forward to cooler temperatures and the Fall Colours! 🍁

Deb Wettlaufer



Supporting a Loved One Living with Dementia

Visits with a loved one living with dementia can bring a mix of emotions. There may be moments of laughter, connection, and comfort, as well as days that feel more difficult or uncertain. It is important to remember that there is no right or wrong way for a visit to unfold.

Meet them where they are...

Many people find that visits go more smoothly when they focus less on facts and more on connection. If a loved one shares a story differently than you remember it, or speaks about the past as if it is happening now, there is often no need to correct them. Instead, it can help to listen, acknowledge their feelings, and follow their lead. Often, it is the sense of being heard and understood that matters most.

Take it day by day...

It can also be helpful to remember that your loved one's abilities, mood, and energy may change from day to day. A visit that goes well one week may feel very different the next. These ups and downs are common and do not reflect the quality of your relationship. Sometimes, despite your best intentions, a visit may not feel right; if your loved one seems tired, upset, or uninterested, it is okay to keep the visit short and try again another day. A brief visit, a shared smile, listening to music together, or simply sitting quietly can be just as meaningful as a long conversation.

Simply being present, in whatever way you can, is often enough.



YOUR STORY MATTERS

Join Kierra
for an afternoon
of conversation
and storytelling.

THIS IS KIERRA



WHAT COULD YOU SHARE?



A favourite life
story or
memory.



Life lessons
you have
learned



A career, hobby,
or something
you're proud of



**THURSDAY,
OCTOBER 16TH**

1:00 PM – 4:30 PM

MEET IN CHAPEL

Speak with Kristen
Leenders to sign up!

Please note: We will be taking photo's and
videos during the event to share.





LTC ENGAGEMENT DAY 2026



Community WALK

TO WELLNESS!



10:00 – 10:30 A.M.

ZUMBA!

Let's get moving!



10:30 – 11:00 A.M.

LIVE MUSIC

with Les

Enjoy great music
and great company!



11:00 A.M.

**COMMUNITY WALK
TO WELLNESS**

Let's walk together!



**MEET IN THE
FRONT PARKING LOT**



RESIDENTS, CAREGIVERS,
STAFF, FAMILIES &
COMMUNITY MEMBERS

Everyone is welcome!



**PLEASE RSVP BY
THURSDAY, SEPTEMBER 17, 2026**

Please include your shirt size when you RSVP.

Reply to this email or contact Kristen Leenders at kleenders@peoplecare.ca



Let's celebrate wellness, friendship & community—together!



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**

Name _____

Hand in at the reception desk with the
correct answers to enter the Resident Council
Draw

Leadership Team Contact Information

519-655-2031

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Reception Team – Ext 410
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Naomi Stockdale nstockdale@peoplecare.ca

Clinical Nurse (in house 24/7)
Ext 500

A Fresh Taste of Fall & Winter at peopleCare Tavistock!

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!** 

Bereavement Care

Bereavement care will help you identify strengths, difficulties, stressors, and coping skills that will help you adapt to a significant loss in your life. Many people think that grief and bereavement are the same thing, but they really have different meanings.

Grief is a normal reaction to a loss.

Bereavement is the period after a loss during which you experience grief.

Yes, this can be confusing. What's important to know is that loss is a natural part of living and all people will experience grief in response to loss. This is when bereavement care can be helpful to you.

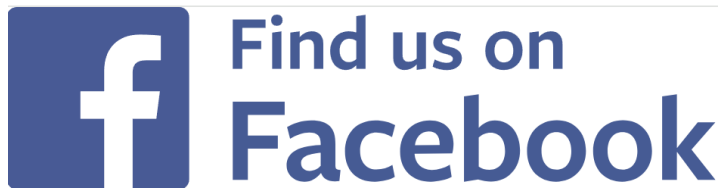
How can bereavement care help? A quality bereavement care program will help you understand how you are responding to loss and provide support to help you deal with your grief. Reactions that people experience can be physical, emotional, social, and spiritual in nature. Common emotional reactions can include anger, guilt, anxiety, sadness, and despair. Physical reactions can include sleeping problems, changes in appetite, physical problems, or illness. It's important to remember that no two people will respond to a loss in exactly the same way.

A trained bereavement professional can assess how you are coping with grief and offer education and support. Most people feel strengthened, encouraged and supported when they learn about grief, understand how it affects them, identify coping strategies, and learn new methods to help themselves through the grief experience. Bereavement takes time for the remaining individual to come to a new normal after integrating the death of a loved one into their life.

In occasional cases where someone is struggling with complicated grief, a bereavement care professional can help identify the need for more comprehensive support.

How to find bereavement care: Churches and community centers sometimes offer bereavement care programs. Finding a reliable friend or family member or perhaps your Priest/Minister can provide you the ear and the space you need to work through your grieving. Our Resident family Coordinator- Deborah Hammond can also assist. Don't be afraid to ask.

As always, my office door is always open to you.
Sheri Gallivan, DOC



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

HEARTbeats

Congratulations to our July Draw Winners!

Ricarmi and Cherrylene

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.





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. _____ |

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