

October 2026

DELHI INSIDER

peopleCare Delhi | 173 Dalton Road, N4B 1B4 | 519-582-3400 | www.peopleCare.ca



Celebrating October

Oktoberfest

Join us on Friday October 2nd at
2:30pm

Thanksgiving

Monday October 12th

Halloween Bash

Saturday October 31st 2:30pm

All Hallows' Eve or Halloween

Saturday October 31st

Meet at the Front Door to help hand
out candy starting at 6:30pm

Thank You for Making LTC Community Engagement Day a Success!

A heartfelt **thank you** to everyone
who joined us for LTC
Community Engagement Day on
September 18th!

We were thrilled to welcome
everyone who came together to
enjoy a morning of movement,
music, and connection.
It was truly a wonderful celebration
of community and a great reminder
of the importance of bringing
people together in long-term care.

Thank you to everyone who
participated, volunteered, helped
organize, and came out to
celebrate with us. You helped
make the day a success! 💜

Welcome October!

peopleCare
communities

And welcome warm socks, hot chocolate,
chunky sweaters and fall colours!



Welcome Fern, Leona, Jacqueline, Frank and David



Happy Birthday to
All those who are born in October!

Resident Name	Date
Mary	1
Llyod	5
Dona	8
William	8
Jane	9
Harold	10
Peggy	12
Betty	14
Dalia	16
Johanna	21
Dick	21
Stanley Paul	26
Andy	27
Doris	29

Our Fall Bucket List 🍂

- ☐ See the fall colours
- ☐ Enjoy a pumpkin treat
- ☐ Listen to live music
- ☐ Bake seasonal treats like pumpkin bread, apple pie, or cinnamon cookies.
- ☐ Make a fall craft
- ☐ Tell a spooky story
- ☐ Enjoy a warm cup of cider
- ☐ Have a Halloween celebration
- ☐ Carve a Pumpkin
- ☐ Spend time with a friend
- ☐ Get Cozy



Question of the Month:

If you could bring back one trend, song, food or tradition from your younger years, what would it be?



In Memory Of

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

**Maureen, Leonard,
Martha, Sylvia, Lillian
and Betty**

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

~Henry Wadsworth Longfellow

Stone: Opal
Flower: Calendula

October Birthdays

In astrology, those born October 1–22 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and goodwill. Those born between October 23–31 are Scorpions. Scorpions are passionate and assertive leaders who value honesty and fairness above all—but betray a Scorpio and suffer the scorpion sting. Befriend a Scorpio and you will have not just a friend for life, but an advocate and confidant.

What's New in the Nursing Department

The nursing team has now implemented PSW resident assignments on the Harvest Way and Quance Lane home areas. We plan to roll out to the remaining 2 home areas over the next month. The goal is to improve resident safety, continuity of care, workload balance, accountability, and ensure all required care is completed and documented.

Behaviour Supports Ontario (BSO) Update

We are excited to share that we have a new team member joining the BSO Team. Please welcome Karen James RPN who will work with Cassie Santillan BSO Recreation Aide in support of responsive behaviours. Cassie has been a valuable part of the team with supporting residents' needs and enhancing their quality of life.

Focus on Quality

Palliative and End of Life and Pain Program - This is an important part of the care and support we provide to our residents and their families in the home. Our goal is to ensure that residents living with serious illness, advancing illness or experiencing pain receive compassionate, individualized care that focuses on comfort, dignity, quality of life and personal wishes. If you have any questions about our palliative/end of life care and pain program, please reach out to any member of our nursing team.

Thank you for the trust you place in us.
Stephanie Jones, DOC, Stephanie Donohue
ADOC, Amritpal Kaur ADOC

Infection Control Update

A friendly reminder to family's friends and all visitors to our home:

PLEASE DO NOT VISIT IF YOUR FEELING UNWELL

The transmission of viruses to our residents can have very poor outcomes and we want to keep them safe.

To keep the bugs away, Wash Your Hands and stay home if your sick!!

Seasonal flu vaccine will be administered to all residents who have consented On Thursday October 8.

As always if you have any questions or concerns, please call or email

Christa Van Dyk IPAC Coordinator
519 582-3400 or cvandyk@peoplecare.ca



Resident Council Corner

The Council thanks everyone for their ongoing hard work and support and for celebrating Resident's Council week with us in September.

Our next Residents Council meeting will be in **November** – date to be determined



Upcoming Events at Delhi

September is packed with fun, music, outings, creativity, and opportunities to connect with friends! We have lots happening throughout the month, and we hope you'll join us.

Entertainment & Music

- October 8 – Music with Terry Carter
 - October 15 – Melody Makers
- October 16 – Birthday Party with John
- October 20 – Pub Night with Michael
 - October 22 – Carillon Belles Choir
- October 31 – Halloween Bash with Ken L.

Community Outing

October 7 – Simcoe Fair

Enjoy a day out in the community and take in all the sights and sounds of the fair!

Woodworking with Bill - October 21

Our talented residents can explore their creative side during Woodworking with Bill. This hands-on program is always a favourite

October 13 – Community Bingo at 6:30pm

Bring your lucky charm and enjoy an evening of fun, laughter, and friendly competition!

Fall Photoshoot

Tuesday, October 13 – Afternoon

Get ready for some fall fun! Our Fall Photoshoot will take place in the Bistro. Come out, enjoy the seasonal backdrop, and capture some special memories.

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



Municipal Election Voting at peopleCare Delhi

The **Norfolk County Elections Team** will be visiting **peopleCare Delhi on Monday, October 26, 2026, from 1:30 p.m. to 4:30 p.m.** to provide support to residents who would like to vote in the upcoming municipal election.

The Elections Team will be set up in the **Board Room on 2nd floor** and will have tablets available to assist residents with the voting process.

Accessible Voting Support

We want to make sure everyone who wishes to vote has the opportunity to do so. If a resident is unable to access the assigned space, the Elections Team is **happy to attend the resident's room** to provide voting assistance.

Residents who would prefer to vote independently will also have the opportunity to do so.

The Elections Team's internet and telephone voting provider will be providing a **batch of voting information for eligible voters at 173 Dalton Road**. This information will be delivered to peopleCare **before the voting period begins on Tuesday, October 13**, allowing those who wish to vote on their own to begin the process.

Save the Date

Monday, October 26, 2026

 **1:30 p.m. – 4:30 p.m.**

 **peopleCare Delhi – Board Room**

Residents and families are encouraged to reach out to the Recreation Team if additional accessibility support is needed.

Your voice matters in our community! 

Dear Families and Care Partners,

Supporting someone you love in long-term care can bring many questions, especially when it comes to understanding their care, knowing what to ask, and making decisions together. We would like to share a free virtual education series that may be helpful to you and your family.

Whether you're new to long-term care or have been supporting a loved one for some time, this **8-part virtual series** offers an opportunity to learn more about palliative care. The sessions cover practical topics that families and care partners may encounter along the way. You'll learn about important palliative care terms and concepts, discover tools that can help you feel more prepared, and receive resources you can continue to use after each session.

Upcoming sessions

Each session is **free and held virtually from 1:00–2:30 p.m. ET**. You can choose the sessions that are most meaningful or helpful to you.

- **Palliative Approach to Care** — October 1, 2026
- **Let's Talk: Navigating & Advocating** — October 22, 2026
- **Let's Talk: Advance Care Planning & Goals of Care Conversations** — November 12, 2026
- **Let's Talk: Medications** — December 3, 2026
- **Let's Talk: Nutrition** — January 14, 2027
- **Let's Talk: Dementia** — February 4, 2027
- **Let's Talk: Dying** — February 25, 2027
- **Let's Talk: Grief & Self-Care** — March 11, 2027

Scan the QR code below to register:



Or visit <https://clri-ltc.ca/resource/palliative-care-series-for-families-care-partners/#register>

If you have any questions, please reach out to the Ontario CLRI at Bruyère Health team at **CollaborativeProject@bruyere.org**.

Living the peopleCare Values

PROFESSIONALISM

**Act with Knowledge
Develop Skills
Dress for your Customer
Choose a Positive Attitude**

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



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

HEARTbeats

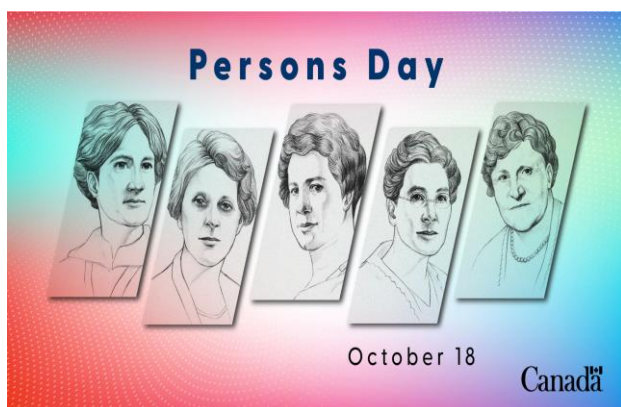
Congratulations to our August Draw Winners!

Kerri and Cassie

They have received a \$25 gift card for displaying the peopleCare Values!

Thank you for all you do!





A day to commemorate the 1929 historic decision that recognized women as “persons” under Canadian law, celebrate their achievements, and promote gender equality and women’s rights

On Persons Day, we honour the bravery and determination of the famous five whose landmark case helped pave the way for women to participate equally in all aspects of life in Canada.

Famous Five; Emily Murphy, Nellie McClung, Louise McKinney, Irene Parlby and Henrietta Muir Edwards



From the Kitchen:

Residents met at Council and approved the new look for our fall menu, which will begin near the end of the month.

On Friday, October 2, residents will enjoy a special Oktoberfest lunch featuring BBQ Oktoberfest sausage and German potato salad. Residents and families are also invited to send in their favourite recipes so we can celebrate a different home spun recipe each month!

Chris M, Director of Food Services

A Squirrel’s Tale



Some think of squirrels as small pests, adept at infiltrating your home or invading your bird feeders, but they are nature’s most nimble and adaptable creatures. Squirrels are extremely active in October, burying nuts and storing food for the long, cold winter. For this reason, October is Squirrel Awareness Month.

Squirrels inhabit every continent except Australia and Antarctica. There are 265 different species but three basic kinds: tree squirrels, ground squirrels, and flying squirrels. They come in all different sizes, from the mouse-sized African pygmy squirrel, which is only three inches long, to the Indian giant squirrel, which grows up to three feet in length. Squirrels are very cunning, often pretending to bury nuts in order to fool other spying squirrels. But they sometimes forget where they buried the real nuts! As a result, you may spy new trees in your yard come springtime. Perhaps we should consider ourselves lucky to live in such close quarters with these amazing little critters.

Say It Silly

“When pigs fly” is a saying used when you mention something that will never happen, just like a pig flying. Did you ever stop to “chew the fat” with a friend? This means to chat or gossip, but it’s a nautical expression from early sailors who, when work was slow, would talk while chewing on a snack of salt-hardened fat. You’ve likely never used the expression “enough to cobble dogs with,” which means that you have a lot of something, as though a shoe cobbler had so much leather he could make many tiny shoes for all of our four-legged friends. And there you have it, “Bob’s your uncle.” Don’t know that one? It means everything is all right, done, and successful, sort of like saying, “And that’s that.” No word, though, on who Bob was or why things always worked out so well for him.



Something New on Our A La Carte Menu!

We're excited to share that **starting October 19th**; we'll be adding some new options to our **A La Carte Menu**!

These new selections are available upon request and are a great way to enjoy a little extra variety. If you'd like to try any of the new items, simply connect with **any member of our team**, and we'll be happy to assist with your request.

We hope you enjoy exploring the new additions to our menu!

Bon appétit!



A LA CARTE ITEMS

Available at Request.



 Instant Oatmeal	 Cold Cereals Cheerios, Rice Krispies, Corn Flakes, Bran Flakes	 Hard Boiled Egg	 Assorted Yogurt
 Assorted Pudding	 Applesauce	 Fruit Cup	 Banana
 Jello	 Assorted Cookies	 Cereal Bar / Nutrigrain Bar	 Soda Crackers
 Bread / Toast	 Cheese	 Peanut Butter	 Jam
Canned Soup			
 Tomato	 Mushroom	 Chicken Noodle	

Name: _____ Date: _____

Halloween Word Search

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

BLACK
ORANGE
GHOST
WITCH
SCARY
CANDY
HAUNTED

HALLOWEEN
OCTOBER
SPIDER
SKELETON
MUMMY
COSTUME

JACK-O-LANTERN
BAT
MOON
CAT
NIGHT
OWL
BOO



Canadian Thanksgiving

Match the clues to the words associated with Thanksgiving.



- | | |
|--|--------------------|
| 1. Festive time _____ | A. Sheaf |
| 2. Symbol of plenty _____ | B. Gravy |
| 3. Gather crops _____ | C. Stuffing |
| 4. Elaborate meal _____ | D. October |
| 5. Thanksgiving bird _____ | E. Holiday |
| 6. Reddish fruit _____ | F. Cranberry |
| 7. Getting together _____ | G. Cornucopia |
| 8. Type of pie _____ | H. Corn |
| 9. Turkey topper _____ | I. Feast |
| 10. Cabbage-like veggie _____ | J. Harvest |
| 11. Layered dessert _____ | K. Nanaimo bars |
| 12. Dressing _____ | L. Pumpkin |
| 13. Small pies _____ | M. Football |
| 14. Holiday event _____ | N. Gathering |
| 15. Bundle of wheat _____ | O. Parade |
| 16. Cereal plant _____ | P. Turkey |
| 17. Fall month _____ | Q. Brussels sprout |
| 18. Doubleheader watched
Thanksgiving weekend _____ | R. Butter tarts |