

October 2026

TAVISTOCK INSIDER

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



Celebrating October

Oktoberfest

Join us Friday October 2nd at 6:30pm

Thanksgiving

Monday October 12th

Thanksgiving Service will be held on
Thursday October 8th at 3:00pm in the
chapel

Witches Brew' Happy Hour

Friday October 30th at 6:30pm

All Hallows' Eve or Halloween

Saturday October 31st

Meet at the Front Door to help hand
out candy starting at 1pm

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 close to 100
people 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 Edward, Jean, Judith, Frieda and John



Happy Birthday to
All those who are born in
October!

Resident Name	Date
Deno	13 th
Gladys	15 th
Gary	15 th
Karen	19 th
Frieda	23 rd
Judith	25 th
Ed	25 th
Fern	28 th

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 Scorpion and suffer the scorpion sting. Befriend a Scorpion and you will have not just a friend for life, but an advocate and confidant.

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 on Wednesday October 28th at 1:30pm in the Chapel

Agenda;

Annual Bazaar Fundraiser
Review New Fall/Winter Menu
Report from Ed
Infection Control Update

With guests Deb Wettlafuer, Executive Director, Sheri Gallivan, interim IPAC Support and Prabhleen Kaur, Nutrition Manager



In Memory Of

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

**Fimmie
Evelyn
Joyce**

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

~Henry Wadsworth Longfellow

A Message from the Executive Director

Happy October!

Hello Everyone

Hope you are having a great start to the Fall! 🍁

Make sure to take advantage of our outdoor spaces at the front Bistro, the courtyard and balconies! 🌻 All doors continue to be 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 Walk to Wellness-Zumba Class and Community Engagement Day on September 18th was so much fun! 😊 Thank you to everyone for attending and congratulations to those who were recognized with an OLTCA LTC Community Engagement Certificate for your meaningful contributions to our Home! Well Deserved 🙌

A reminder – when leaving the building to enjoy an outing with family or friends, all Residents need to be signed out at the Nursing Station on the Home Area. Please speak with the Charge Nurse when leaving and returning.

The logbook in the front entrance is for visitors only.

You will notice some of our staff are now wearing **Yellow** name tags.

The yellow tags identify who the Charge Nurse on the Home area is.

Thanks to our Resident Council for this great suggestion!

Happy Thanksgiving on October 12th! 🦃

Enjoy the Fall Colours! 🍁 🌻

Deb Wettlaufer, Executive Director

Stacey's Hair Salon

There will be an upcoming price increase for Salon Services effective January 1st, 2027

Shampoo Only =\$5.65

Shampoo / Blow Dry =\$11.30

Set =\$27.10

Haircut / Set =\$41.80

Ladies Haircut/ Blow Dry

=\$29.40

Men's Haircut =\$20.35

Men's Haircut with Beard or

Mustache Trim =\$26.00

Beard / Mustache Trim =\$5.65

Perms =\$75.70

Colour Only (2 oz.) =\$47.45

Extra Ounce of Colour = \$7.90

Colour / Haircut / Set =\$63.30

Colour / Set =\$55.35

Colour / Haircut =\$55.35

Individual Foils (Hi-Lites) =\$5.65

Prices include HST

Salon hours will remain
9:30am -1pm on Tuesday thru
to Friday

**Appointments with Stacey
can be made by calling
519-655-2031 or by leaving a
note on the Salon door**

Made with PosterMyWall.com



Colouring Contest!

Pages are due by October 8th at noon

Most Creative

Use your creativity to create a beautiful picture! A broad category which can include anything you feel fits.

Most Technical

Staying in the lines, use of cohesive themes throughout the page, techniques

Friends and Family

For friends, family and staff to compete in. Overall best will be the winners!

Most Colourful

Most vibrant colours, use of multiple different colours, pages that stand out!

Pages can be submitted at reception or to one of your recreation staff members!

You can pick up your colouring pages on each floor by the elevator. Thank you for helping to decorate our home this thanksgiving season

🌿 **Calling All Vendors!** 🌿

Be Part of Our Community Wellness Fair on Thursday November 5th from 11-3pm

Sign up by Friday, October 23rd to reserve your spot! (Limited spaces available)

We are also welcoming **donations for our Door Prize Table.**

To register or for more information, please contact:

📞 Kristen Leenders – 519-655-2031

✉️ kleenders@peoplecare.ca

🗳️ **Municipal Election Voting at peopleCareTavistock**

The **East Zorra-Tavistock Elections Team** will be visiting **peopleCare Tavistock** on **Wednesday, October 21, 2026, from 9:00 a.m. to 12:00 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 **Chapel** 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 Chapel, 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 32 William Street**. 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**

Wednesday, October 21, 2026

🕒 **9:00 a.m. – 12:00 p.m.**

📍 **peopleCare Tavistock – Chapel**

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**



Find us on
Facebook

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

HEARTbeats

Congratulations to our August Draw Winners!

Paulina and Simrat

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

Thank you for all you do!



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

Leadership Team Contact Information

Deb Wettlaufer, Executive Director
Ext 422 dwettlaufer@peoplecare.ca

Kim Knott, Office Manager
Ext 412 kknott@peoplecare.ca

Sheri Gallivan, Director of Resident Care
Ext 440 sgallivan@peoplecare.ca

Tessa Matheson, Resident Care Manager
Ext 416 tmatheson@peoplecare.ca

Andrea Flood, RAI Coordinator
Ext 429 aflood@peoplecare.ca

Gary Williams, Building Service Manager
Ext 428 gwilliams@peoplecare.ca

Kristen Leenders, Director of Programs
Ext 436 kleenders@peoplecare.ca

Prabhleen Kaur, Nutrition Manager
Ext 437 prakaur@peoplecare.ca

Deborah Hammond, Resident & Family Co-ordinator
Ext 408 dhammond@peoplecare.ca

Mariana De Macedo Boz, Nursing Staffing Manager
Ext 415 mboz@peoplecare.ca

Reception Team – Ext 410

Clinical Nurse (in house 24/7) Ext 500

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.



Infection Prevention and Control

Fall 2026: Upcoming Immunizations

This fall, we will be offering important vaccines to
help keep our residents safe and healthy.

For Residents:

In October, we will begin giving RSV, influenza (flu), and
COVID-19 vaccines.

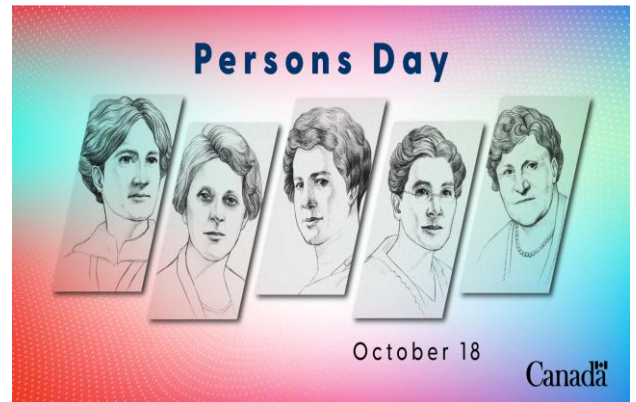
We will start with the RSV vaccine, followed by flu and
COVID-19.

Families will be contacted to provide consent before
vaccines are given, if consent has not been collected
already.

For Team Members

The flu vaccine will be available for staff onsite through
our Clinical Nursing Team beginning in October.

To our visitors if you are feeling unwell, we ask that you
reschedule your visit.



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

HALLOWEEN

Door Decorating Contest

CATEGORIES

1. Spookiest Door, No Gore
2. Most Creative & Unique Door
3. Funniest Door

DECORATING PERIOD
October 14th - October 20th
Transform your door into something spooktacular!

VOTING
Door photos will be taken and displayed at the Reception Voting Desk.
Vote anytime from October 21st - October 30th

WINNERS ANNOUNCED
Friday, October 30th at 2:00 PM
The Café

GOOD LUCK & HAPPY HAUNTING!

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.

Halloween Door Decorating Contest Rules

DECORATE YOUR DOOR
October 13th - October 20th
Get creative, get spooky, get silly!
Decorate your door anytime during the contest decorating period.

SAY CHEESE!
October 21st
Our team will take a photo of each decorated door.
Each door will receive a number, and photos will be displayed at the Reception Desk.

TIME TO VOTE!
October 21st - October 30th
Pick up your ballots at Reception and vote for your favourite in EACH CATEGORY!

- Spookiest Door
- Most Creative/Unique Door
- Funniest Door

Choose wisely... the ghosts are watching! ♦♦

AND THE WINNERS ARE...
FRIDAY, OCTOBER 30th • 2:00 PM
CAFÉ
Ballots will be counted for each category, and the winners will be announced!
Winners will receive a prize, and their door will also be displayed in the Lobby.

CLEAN-UP CREW!
Please have all Halloween decorations removed from your door by:
NOVEMBER 3rd

THANK YOU FOR JOINING THE FUN!
READY, SET, HAUNT !!!

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	



You're Invited!

Festive TURKEY DINNER

Join us for a Festive Turkey Dinner
filled with good food, holiday cheer,
and wonderful company!



**Tuesday,
December 1st**



1:00 PM



Each resident may invite
up to 2 guests.

Guest Cost: \$10.00 per person

RSVP

Please RSVP through the
Reception Team by
Monday, November 16th

For questions or inquiries,
please contact Prabhleen at

✉ prakaur@peoplecare.ca

*We look forward to
celebrating the holiday
season together!*

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 |