November 2026

Tavistock Insider

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

Celebrating November

Daylight Savings Time Ends
November 1st

Wellness Fair
November 5th 11-3pm in Chapel

Tavistock Men's Club Annual Sauerkraut Supper
November 11th at 4:30pm
https://tavistockmensclub.ca

Remembrance Day
November 11th
11am Moment of Silence

World Kindness Day
November 13th

Memorial Service
November 17th in the chapel at 3:00pm

International Men's Day
November 19th

Residents Council
November 20th

Our program calendars are ready to go—take a look to see all the exciting programs planned for the month ahead!

peopleCare communities



Lest We Forget — Remembrance Day

This November, we take time to honour the courage, sacrifice, and service of the brave men and women who have served our country.

Join us on **November 6th** for a special presentation by a guest from the Tavistock Historical Society as we reflect on our community's history and the meaning of Remembrance Day.

On **November 11th at 10:30 a.m.**, please join Will in the Chapel for our Remembrance Day Service, followed by a moment of silence to honour and remember those who served and those who continue to serve.

We invite you to visit the Remembrance Day display in our lobby and learn more about the stories of those who have made a difference. **Poppies are available by donation at Reception.**

We remember. We honour. We will never forget. ❤️

We Welcome

Bert, Chris, Edward, Hazel, Jean and Sheila

Happy Birthday to all those born in November

Resident Name	Date
Mabel	1st
Sandee	1st
Myrna	10th
Glen	13th
Richard	14th
Michael	18th
Bea	20th
Edward	22nd
Arlene	22nd
Julia	27th
Guy	30th

Birth Flower:
Chrysanthemum
Birthstone: *Topaz*



Those born between November 1–21 are Scorpios. Scorpios are passionate and assertive leaders who value honesty and fairness above all. Betray a Scorpio and suffer the scorpion sting, but befriend a Scorpio, and you will have a friend for life.

Those born between November 22–30 are Archers of Sagittarius. Confident and lucky, Archers often find success. Their infectious enthusiasm attracts friends to help them achieve their ambitious and lofty goals.

Special Events

Karaoke is here! It's time to unwind and sing yor heart out! Join us Friday night for karaoke, where everyone is welcome to grab the mic, sing along to their favourite tunes, or simply sit back and enjoy the music.

Decking the Halls – we will begin pulling out the Christmas Trees and decor around the 14th of November. It's an all-hands-on deck to decorate our home!

Excursions are booked: Stratford Mall – a chance to do some Christmas Shopping, Trip to the Klomps, out to Mike's Bowling Lanes for an afternoon of fun, let one of the rec team members know if you are interested

Community Events
Sauerkraut Supper – Wed Nov 11th $30.00 for porkchops dinner
Santa Claus Parade - Saturday, November 28th starting at 1 pm – likely to come past our home on William Street
Festival of Lights – a newer community tradition at Queen's Park this holiday season, set up day is November 25th and runs until January 10th

If you know of other events going on in our community, please feel free to let us know 😊



In Memory Of

Larry, Nelda, Ray, Susan and Bill

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

From the Desk of the Executive Director

Happy November!

Hello Everyone!

Hope you are having a great start to the Fall with such lovely weather! 🍂

Thank you for your patience during our recent outbreak!
Have you had your Flu Shot? 💉

The Resident & Family Quality of Life Survey Results Summary for Q3 2026 are now available to view in the Quality Binder at the Posting Board in the Front Foyer.

Our Annual Fire Zone Evacuation Drill was held on Wednesday October 28th

– we passed! 🙂

Always appreciate the support and knowledge of our local Fire Department! 🚒

Happy 2nd Anniversary!

We moved into our beautiful New Home two years ago on October 28th!!

Remember to sign up for the Festive Turkey Dinner by November 16th. 🎄

Remembrance Day, November 11th – Let we Forget

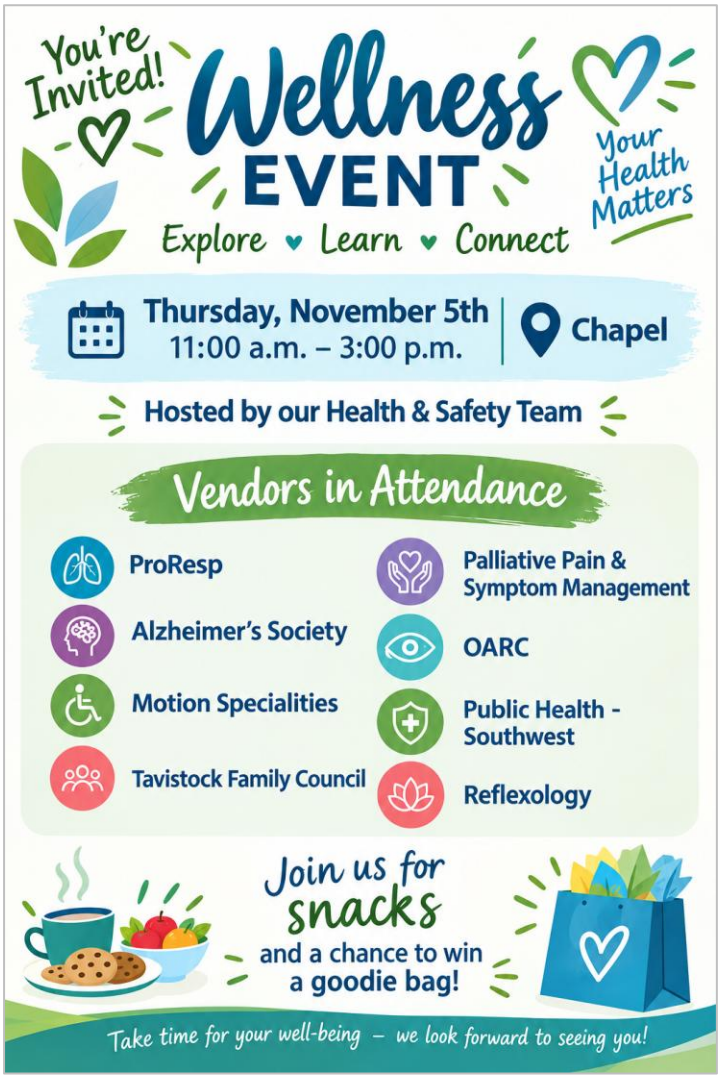
Deb Wettlaufer



November 16, 2026 International Day for Tolerance.

The International Day for Tolerance, observed annually on November 16, is a day dedicated to promoting tolerance, respect, and understanding among people worldwide. Established by UNESCO in 1995, the day highlights the importance of fostering mutual understanding and harmony between diverse cultures, ethnic groups, religions, and beliefs.
Through education and awareness campaigns, the day encourages individuals, communities, and nations to reject prejudice, discrimination, and hatred, which can lead to conflict and social injustice. It serves as a reminder of the importance of embracing diversity and recognizing human rights as the foundation for peaceful and inclusive societies.
(Source: https://clri-ltc.ca/resource/diversitycalendar)





Be sure to visit the **Family Council and Caregiver Support Group information table** at our Wellness Fair on November 5th! Janet and Wendy warmly invite family members and friends to stop by, say hello, enjoy a friendly chat, and learn more about the support and connections available to our families and caregivers.

We look forward to seeing you there! 😊

"Wherever you go, no matter what the weather, always bring your own sunshine."

-Anthony J. D'Angelo

Join us for our Residents' Council meeting scheduled for **Friday, November 20th at 1:30pm - in the chapel.**

Agenda:

Financial Statement
Updates around the home
December Program Planning

All residents are welcome – we look forward to seeing you there

🎄 **Tavistock Residents' Council Fundraiser!** 🎄

Tuesday, December 1st
11:00 AM – 4:00 PM

Join us on December 1st as Tavistock Residents' Council hosts a festive fundraiser alongside our Resident & Family Festive Dinner!

Our Residents' Council has been busy getting creative and making a variety of crafts to sell. We are also planning to have **plants, a Penny Sale, and an exciting raffle!**

We Need Your Support!

We are currently looking for donations to help make our fundraiser a success! If you have items, gift baskets, or other contributions you would like to donate, we would greatly appreciate your support. Donations can be dropped off at **Reception**. For questions or to discuss a donation, please connect with:

Kristen Leenders
kleenders@peoplecare.ca

Thank you for supporting our Residents' Council and helping us make this fundraiser a success!

Every donation makes a difference! ❤️

Palliative Care

Planning Ahead for Comfort and Care

In long-term care, talking about the future can help residents and families feel more prepared. These talks focus on comfort, support, and what matters most to the person.

What is the "Surprise Question"?

The care team may ask themselves:

"Would I be surprised if this resident died within the next year?"

This question helps the team notice who may need more support. It does not tell us when someone will die. Families can also ask this question themselves and determine where needs and advocacy of plan of care for their loved one.

When discussing with the care team make sure you are talking with the correct individual- one with experience and/or specialized training in palliative care. You can request to talk to the physician about this. Our Palliative Care Lead, check in with the clinical RN to see if they have the skill and you can always talk to myself, the Director of Care- my entire career has been in Long Term Care- I have the experience and also have many levels of specialized geriatric and palliative care training.

The validity of this single tool is moderately accurate. It is not a guarantee one way or the other but is very helpful for sure in helping us to determine the goals of care being discussed for the appropriate stage the resident is currently in, in their journey.

What does the answer mean?

If the answer is **"No,"** the team is concerned that the resident's health may be getting worse. This is a reminder to review their needs and talk about their wishes for care.

If the answer is **"Yes,"** the resident may still need help with comfort or planning ahead. This question is only one part of a full health review. Suggests that the patient is less likely to die within a year, though predictive accuracy varies.

What is palliative care?

Palliative care helps people with a serious illness feel as comfortable as possible. It offers support for residents and families. It can help with pain, other symptoms, and feelings such as worry or sadness.

Your voice matters

Residents and families can talk with the care team about:

- What makes each day meaningful.
- What helps the resident feel safe and comfortable.
- The resident's wishes for future care.
- Questions or worries about changes in health.

You do not need to wait for a health crisis to start these talks. Speak with a nurse or another member of the care team if you would like to learn more.

Planning ahead is about listening, offering support, and keeping the resident's wishes at the heart of care.

LTC QUICK GUIDE

CONVERSATION STARTERS FOR **SETTLING IN**

HOW YOU MIGHT BE FEELING

- A wide range of emotions
- Recovering from the chaos of moving
- Learning how things work
- Adjusting to new rhythms and routines

TIP
Share with your health care providers what they need to know about you and your family to provide the best care possible.

WHAT TO FOCUS ON

Understanding your current health, what may lie ahead, personal priorities and hopes, and making sure everyone understands their role in supporting the best care.

KEY QUESTIONS TO DISCUSS WITH YOUR CARE TEAM

- Can you help us understand my person's overall health right now?
- Where are we now in the big picture of the illness or health conditions? (Beginning, middle, late or end stages)
- What changes might we expect over time?
- How will we know if overall health is changing and who will tell us?
- What is the role of family? And what's the best way for us to share observations or concerns?
- When and how can we request a check-in meeting about my person's health?

ADDITIONAL QUESTIONS & NOTES

This guide is adapted from the best-selling book, "Hope for the Best, Plan for the Rest: 7 keys for navigating a life-changing diagnosis." Ask your home how to access it.

For more resources visit: www.longtermcarequickguides.com

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Stacey's Hair Salon

There will be an upcomming 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 inlcude 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 be leaving a note on the Salon door

Made with PosterMyWall.com

Reminder to RSVP with payment by Monday November 16th



Please join us in welcoming our new Receptionist, **Kathleen Febbraro** who is starting with us October 31st. Kathleen brings a wealth of experience from the retirement living sector, and we are excited to have her join our team. We look forward to the knowledge, skills, and enthusiasm she will bring to our community

HEARTbeats

Congratulations to our September Draw Winners!
Simran and Ren

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

Thank you for all you do!

Living the peopleCare Values

Integrity

We are honest, trustworthy, transparent, and consistent with our actions.

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
- Perkopolis

Internal Leadership Team Contact Information

519-655-2031

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 417 aflood@peoplecare.ca

Bathany, IPAC Lead – Currently off

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

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

Prabhleen Kaur, Director of Food Service
Ext 437 prakaur@peoplecare.ca

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

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

Reception Team - Ext 410
Jo-Ella Raso - jraso@peoplecare.ca

Clinical Nurse (in house 24/7)
Ext 500

Seasonal Wardrobe Change

As we transition into the fall/winter season, we kindly ask for your support in ensuring your loved one has **appropriate seasonal clothing** at the home. Cooler temperatures mean we are spending more time outside in jackets, and lounges may feel cooler throughout the day.

Please help by:

- **Switching out** summer clothing (shorts, thin tops, sandals, etc.)
- **Sending in** warm and comfortable **fall/ winter items**, such as:
  - Long-sleeved shirts and sweaters
  - Warm pants
  - Socks and indoor shoes
  - **Knit cardigans or zip-up sweaters**(easier to put on/off)
  - A **warm coat**, hat, scarf and gloves for the outdoors / excursions/appointments

Labeling and Drop-Off

We ask that **all items be labelled** with your loved one's name. Our team can assist with labeling—please let us know if you need help.

Items can be dropped off at Reception or directly to the home area.
If you need support selecting appropriate clothing, please speak to our Recreation or Nursing team—we are happy to help.
Thank you for your cooperation in helping ensure your loved one is **comfortable and well-prepared** for the season ahead.
Warm regards,
peopleCare Tavistock Team

Infection Prevention and Control Corner

Hand hygiene is very important in preventing the spread of infection. It is something residents, staff, family and friends can all participate in to eliminate spread of infection from one resident to another or from one staff, one family member or one friend to our residents.

Please use one of our hand sanitizing stations located throughout our home: at entrances to home, home areas, dining area and lounges and inside and outside of each resident room, in our staff rooms and in our staff and public washrooms. Our stations provide alcohol-based products. Washrooms do provide soap and water options as well.

Proper use of hand sanitizer: Using one to two pumps of 70-90% alcohol-based sanitizer rub the hand sanitizer for a minimum of 15 seconds all over your hands, making sure to get between your fingers, the back of your hands and wrists. Do not wipe or rinse off the hand sanitizer before it dries. Do not use hand sanitizer if your hands are visibly dirty or greasy; wash your hands with soap and water instead.

What are the four movements of hand hygiene? (for staff, family and visitors)

1. Before initial patient / patient environment contact WHEN? Clean your hands when entering: • before touching patient or • before touching any object or furniture in the patient's environment or • before putting on gloves. WHY? To protect the patient/patient environment from harmful germs carried on your hands**.**

2. Before aseptic procedure WHEN? Clean your hands immediately before any aseptic procedure. WHY? To protect the patient against harmful germs, including the patient's own germs, entering his or her body**.**

3. After body fluid exposure risk WHEN? Clean your hands immediately after an exposure risk to body fluids. WHY? To protect yourself and the health care environment from harmful germs.

4. After patient/ patient environment contact WHEN? Clean your hands when leaving: • after touching patient or • after touching any object or furniture in the patient's environment or • after removing gloves. WHY? To protect yourself and the health care environment from harmful germs.

Residents need to remember this as well and to perform hand hygiene prior to and after the following:

- Touching your face
- Eating/drinking
- Using the toilet
- Touching others

-Sheri Gallivan, RN, DOC and IPAC Designate

Name:_____ Date:_____

NOVEMBER

Word Search

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

AUTUMN
BLACK FRIDAY
CHRYSANTHEMUMS
CINNAMON
CORNUCOPIA
CRANBERRY
CYBER MONDAY
DAYLIGHT SAVING
ELECTION
FAMILY
FIREPLACE
FOOTBALL
FRIENDSGIVING
GRATITUDE
HARVEST
HOT CIDER
NATIVE AMERICANS
PECAN PIE
PILGRIMS
POTATOES
PUMPKIN PIE
SCARVES
SCORPIO
STUFFING
SWEATERS
SWEET POTATOES
THANKSGIVING
TOPAZ
TURKEY
VETERANS DAY

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



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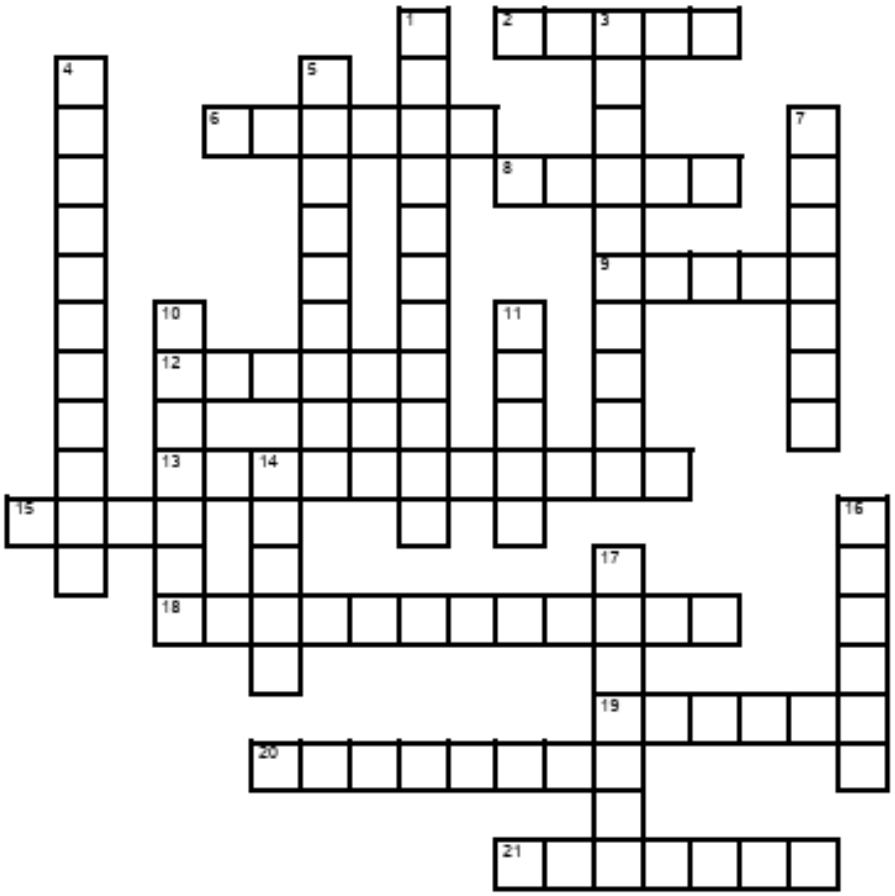
November

ACROSS

2. Sponsors of the annual Thanksgiving parade in New York City.
6. Traditional Thanksgiving bird.
8. Breezy or gusty.
9. Drink made from apples.
12. Another word for the fall season.
13. November 11th.
15. Tool for gathering leaves.
18. Celebrated on the fourth Thursday of November.
19. What the turkey said.
20. Eleventh month of the year.
21. Often used to make pie in November.

DOWN

1. First Tuesday after the first Monday in November.
3. Horn of abundance.
4. The day after Thanksgiving.
5. Thankfulness.
7. Along with Sagittarius, zodiac sign for November.
10. The gathering of crops.
11. Deposit of small ice crystals.
14. Along with citrine, birthstone for the month of November.
16. They're raked in autumn.
17. Mayflower passenger.



Autumn	Gratitude	Rake
Black Friday	Harvest	Scorpio
Cider	Leaves	Thanksgiving
Cornucopia	Macy's	Topaz
Election Day	November	Turkey
Frost	Pilgrim	Veterans Day
Gobble	Pumpkin	Windy

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November

Word Scramble

The mischievous squirrel Nutmeg was busy gathering autumn treasures. In her excitement, she accidentally jumbled the words of the season, scattering them across the forest! Now, it's up to you to unscramble the fallen letters before the first snowfall!

URCOOPINCA _____

RDECI _____

LGMRIIP _____

COLIEETN _____

LBOFOATL _____

NFSGTFIU _____

USIIASTATGR _____

CPISR _____

TOFSR _____

ESELAV _____

OBNEERMV _____

POCISOR _____

EMSITRACI _____

YRACREBRN _____

REKA _____

VTOE _____

ANUTUM _____

SVEHTAR _____

UTEYRK _____

UPKNMPI _____

VKHGNNTIGSIA _____

ETVRAEN _____

BOBEGL _____

EATWRSE _____

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