

August 2019

# Tavistock Insider

peopleCare Tavistock \* 28 William St N. Tavistock \* 519-655-2031\* [www.peoplecare.ca](http://www.peoplecare.ca)

peopleCare  
communities

## AUGUST 2019



### Celebrating August

**Music with Sandy MacDonald**  
Wednesday August 7<sup>th</sup> – 2:30pm

**Movie Matinee at the Library**  
Thursday August 8<sup>th</sup> – 1:30pm

**Music in the Park Excursion**  
Wednesday August 14<sup>th</sup> – 6:00pm

**Satchell Band**  
Thursday August 15<sup>th</sup> – 7:00pm

**Music with Shakey**  
Wednesday August 21<sup>st</sup> – 2:30pm

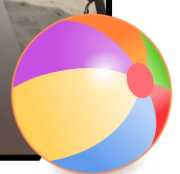
**Campfire at Wettlaufer Farm**  
Thursday August 22<sup>nd</sup> – 5:00pm

**Lunch at Quehls**  
Friday August 23<sup>rd</sup> – 11:30am

**Resident Council**  
Monday August 26<sup>th</sup> - 9:45am

**Fundraiser BBQ**  
Tuesday August 27<sup>th</sup> – 12:00pm

**Campfire with Conn Smythe**  
Thursday August 29<sup>th</sup> – 7:00pm



## Welcome Home

We welcome  
Mary L, Marie P, Bill V & Betty C

---

Happy Birthday to  
All those born in August!

Resident Name	Date
Peggy M	1 <sup>st</sup>
Jim L	4 <sup>th</sup>
Lois B	10 <sup>th</sup>
Dorothy Ki	14 <sup>th</sup>
Jean M	24 <sup>th</sup>



### August Birthdays

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause.

Those born between August 23rd–31st are Virgo Virgins. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice

### Staff News

We say goodbye and good luck to RN Joanna F. as she continues her nursing career.

We also say goodbye to our Director of Nursing Michelle R. Thank you for all of your hard work and dedication to our home and we wish you all the best on your future endeavour.



Don't forget our residents have an e-mail address that they can receive e-mails on!!

E-mail address:

[taviresidents@outlook.com](mailto:taviresidents@outlook.com)

Please contact in the Rec Department with any questions!



*In Memory Of*  
*Margaret J*  
*Eleanor S*  
*Gwen D*

*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

## Message from the Executive Director

### Walking Women to GROW

Congratulations to Jenn, Amber and Michelle on completing their 100 km walk of the Bruce Trail in Support of the Nigeria Way. Here's hoping their sore feet have recovered! Thanks to all who made a donation or supported this cause in any way.

Congratulations to the following staff who were recognized through our Heart Beats Program and who were able to collect their \$100 reward:

**Deb R., Betty H., Lorna T., Marilyn C., Shawna M.,  
Val M., Vesna B., Ashley P., Hailey K**

Good for you all – and thanks for your hard work and dedication!

With summer upon us, we encourage Residents to put on sunscreen when going outside. For your convenience, sunscreen located at the front door of the Home. As the Recreation Department increases the number of outdoor programs, we recommend that Residents wear hats and sunglasses. Keep an eye on the Program Calendars for upcoming events. You are always welcome to join in!

*Our residents are always grateful when they received something new or something familiar to them – we would ask that anything new brought into the home be mentioned to our staff so that it can be labelled.*

*All resident belongings need to be labelled – name labels are available from the nursing station – please feel free to ask for a supply! All new clothing articles should be sent to the laundry department for labelling.*

Please remember to practice good hand hygiene for the health of our residents, staff and yourselves. Hand sanitizer is available throughout the home. We ask you not to visit if you are feeling unwell, we would be happy to transfer a message or take the phone to your loved one.

*Happy Civic Holiday on August 5<sup>th</sup>!*

Enjoy the Summer!

Deb Wettlaufer

## News & Notes

### Movie Matinee at the Library

The Tavistock Library is hosting a movie matinee of Moana on

**Thursday August 8<sup>th</sup> at 1:30pm**

We will be taking a small group over to check it out!

Those interested can speak to someone in Recreation!



### Stratford's Music in the Park

We will be taking a bus trip to Stratford's Music in the Park at Upper Queen's Park on **Wednesday August 14<sup>th</sup> at 6:00pm**. Please sign up with Recreation if interested. Space is limited!

**BBQ Fundraiser Lunch  
Tuesday August 27<sup>th</sup>, 2019  
Hamburgers/Cheeseburgers,  
Chips & Drink \$8**



BBQ will be outside by the Old School House entrance. The courtyard will be available to sit outside if you wish!! Residents and Families are all welcome!!

Please sign up ahead of time by letting the Recreation Department know! [jkairies@peoplecare.on.ca](mailto:jkairies@peoplecare.on.ca)

**All proceeds will go directly to resident programming and outings**



Join us for an evening of Campfire and s'mores!!!  
**Thursday August 29<sup>th</sup>  
from 7-8:30pm**

We will be set up in the visitor parking lot to the left of the home. Everyone welcome!

Conn Smythe will be joining us and providing musical entertainment!

(we ask that visitors please bring a lawn chair to sit in!)

**We are always looking  
for family volunteers to  
help on outings and  
special events! Contact  
the Recreation  
Department if you can  
help out at any time!**





Living the peopleCare Values

# EXCELLENCE

**Exceed Expectations**

Do you do your best work, each  
and every day?

Strive to be better than the rest



Check us out, and like us on  
Facebook!

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

**Newsletters and calendars can be accessed  
online at [www.peoplecare.ca](http://www.peoplecare.ca) under the  
specific peopleCare Community location**

## HEARTbeats

Congratulations to our June Draw  
Winners!

Tammy S  
Ashley P

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

Thank you for all you do!



### Reminders....

- 1) Lost and Found Items in the laundry room will be discarded every three months. If missing any item(s) please make sure you come down to the laundry room and check our lost and found areas.
- 2) We cannot place bird feeders into the flowered beds. The dropped seeds re-root and do become bothersome for our landscaper. The feeders have to be placed at least one foot away from the flower bed edge. Thank you!
- 3) Just a friendly reminder to make sure that no Residents are following behind you, when you leave the home. If you are unsure if a Resident is able to leave the building unattended please ask the charge nurse, or receptionist. Thank you!

### 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 of 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
- Disaster Relief Fund

It's that time of year again, and we are soooo excited.....!!!

The Recreation Department is planning our 7<sup>th</sup> annual two night retreat to ***Hidden Acres Mennonite Camp and Retreat Centre***, just outside of Shakespeare, Ontario. The trip has been such a huge success in the past, and we are very excited to be going again this year!!! We have booked the Woodhouse Retreat Centre from the morning of **Wednesday Sept 11<sup>th</sup> until the morning of Friday Sept 13<sup>th</sup>**.

This will be our third year attending the Retreat with 2 other peopleCare homes. We had such a great time sharing the space, meeting new people, and making life long memories! There will be room for **6 peopleCare Tavistock residents**. There will be 24/hr PSW care, as well; a Registered Nurse will also be accompanying us for medication and emergency protocol procedures.

The cost of this trip has been paid for by peopleCare, and is of no cost to our residents.

The Woodhouse Retreat Centre is a wheelchair accessible facility, with a dining room that holds 50 people, and a fully stocked kitchen. There is lots of indoor space, accessible washrooms/shower facilities, and a great outdoors space including campfire pit.

If you are interested in your family member attending please see Jenn Kairies or anyone from the recreation department for more information!! **The 6 spots will fill up very quickly!!!**

Looking forward to another great trip to Hidden Acres! For more information on the facility and the grounds please visit [hiddenacres.ca](http://hiddenacres.ca)

Sincerely,

Jenn Kairies

Director of Programs and  
Services

519-655-2031 ext .36

[jkairies@peoplecare.on.ca](mailto:jkairies@peoplecare.on.ca)





# Family Education: Pallative Care & Caregiver Burnout

This education will include two videos by Barbara Karnes (RN) who has worked in hospice care since the 1980s. The videos talk about behaviour changes during end of life and burnout/challenges that caregivers can experience caring for loved ones during their last acts of life

Location: Old School Education  
Room

When: Sunday August 18th  
11:00am-12:30pm

Please Contact Amber with any  
questions

[AMcKiernan@peoplecare.on.ca](mailto:AMcKiernan@peoplecare.on.ca)





**Please call me:** The Recreation Department is beginning a new initiative to help all staff get to know residents better. We have been spending time filling these forms out with each resident, however, would like family input as well. If you could please take a few moments and complete the form which has been sent in the mail or can be picked up from the Recreation Department and return to the front desk by August 26th, 2019 would be greatly appreciated. Should you have any questions please feel free to contact any of the Recreation Team or email [lmash@peoplecare.on.ca](mailto:lmash@peoplecare.on.ca)

**Ask me about:**

We are looking for 4-5 interesting facts that your loved one would share and enjoy talking about.

ie. favorite trip, was a ball room dancer

**Bucket List:**

Is there anything your loved one has really wanted to do, a place to visit which they have not visited yet.

ie. go to the beach and put feet in the water

**Things that I would like to learn:**

It is never too late to learn something new. Help us identify something your family member would like to learn.

ie. learning a new language, playing a musical instrument

## Accreditation

November 4<sup>th</sup> – November 8<sup>th</sup>, 2019

### Communication

peopleCare encourages open, two-way communications to establish meaningful relationships with Residents, families and key stakeholders. Utilizing effective and efficient communication strategies supports the shared goal of providing (and improving) quality care.

peopleCare Communities uses different ways to communicate with Residents and families such as the following examples:



Resident Council



Family Council



One Call Now



Surveys



One-on-One meetings



Face to face conversations with the  
Clinical staff (Physicians, Nurses)



Care Conferences



Updates (via telephone)



Newsletters



Casual, on the spot (informal)



Website



Information boards



Signage



Mailings



Calendars



Activities



Education sessions



Disclosure





# Summer Days Word Scramble

Unscramble the words, then use the highlighted letters to figure out the secret message.

Hint: The secret message is scrambled too.

cheab



ensrsecun



esbablal



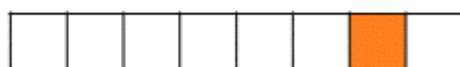
oplo



iacnotva



rbueecba



reamwntelo



© puzzle-to-print.com



Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Summer Word Search

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

SUMMER

SUNNY

SUNSCREEN

POOL

LEMONADE

BEACH

SWIMSUIT

BUGS

VACATION

BASEBALL

JUNE

JULY

HOT

AUGUST

SUNGLASSES

