

# Tavistock Insider

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



## **Celebrating January** **Un-Decking the Halls** *Jan 6<sup>th</sup> & 7<sup>th</sup>*

**Music with Bill Gibbons**  
*Wednesday Feb 8<sup>th</sup> – 2:30pm*

**Rock & Roll Day**  
*Tuesday Jan 14<sup>th</sup>*

**Rock & Roll Day and  
Music with Jamie**  
*Tuesday Jan 14<sup>th</sup> – 2:30pm*

**Satchell Band**  
*Thursday Jan 16<sup>th</sup> – 7:00pm*

**Resident Council**  
*Monday Jan 27<sup>th</sup> – 9:45am*

**Chinese Lunch**  
*Tuesday Jan 28<sup>th</sup> – 12:00pm*

**Music with Jimmy the Crooner**  
*Wednesday Jan 29<sup>th</sup> – 2:30pm*

**Favourite Sports Team Day**  
*Thursday Jan 30<sup>th</sup>*

**Music with Shaky D**  
*Thursday Jan 30<sup>th</sup> – 2:30pm*

**Music with Conn Smythe**  
*Thursday Jan 30<sup>th</sup> – 7:00pm*



peopleCare  
communities



# Welcome 2020



## Welcome Home

Audrey K, Bernice R, Teresa D &  
Gordon W

## Happy Birthday to All those born in January

Resident Name	Date
Nelson A	10 <sup>th</sup>
Lloyd A	11 <sup>th</sup>
Charlotte B	14 <sup>th</sup>
Rena T	25 <sup>th</sup>

*Flower: Carnation*  
*Birthstone: Garnet*

### January Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience.

Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members



### Resident News:

We say goodbye and good luck to David N and Ellen K who have moved to be closer to family and friends.

### Staff News:

We would like to recognize Rachel S. our Receptionist for graduating from the Leadership in Long Term Care and Retirement Living course offered this past year on behalf of Conestoga College and peopleCare!



What an amazing accomplishment!  
Congratulations to Rachel!

## Outbreak Update

Sadly, we are ringing in the New Year in Tavistock with an outbreak. Unfortunately this means we will be unable to have group programming for the duration of the outbreak, as per Public Health Standards. The Recreation team will be visiting residents on a one to one basis throughout the duration of the outbreak.

If you have any questions regarding the programming during the outbreak, please see one of the Recreation team members!

Thank you for your support and patience during this time! We hope to be back to regular scheduled programs soon!

## Message from the Executive Director

HAPPY JANUARY!

*Wishing everyone a very Happy New Year!*

A special thank you to everyone who remembered our staff with treats and well wishes over the Christmas Season. We appreciate you all very much! We are overwhelmed by your kindness!

It was great to see so many of you at our Resident & Family Christmas Dinner on December 4<sup>th</sup>. Thank you for your support of our Christmas Bazaar - it was a great success!

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

**Ambaw A., Lorie L., Marilyn C., Rachel S., Patty L.**

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

A reminder to families that we cannot be responsible for jewelry items that are left here for the residents to wear. Please check each visit that your family member has their jewelry on – we sometimes have items handed in that are found by the staff and never claimed. Please report to the charge nurse if something is missing and we will do our best to recover anything missing.

The 'peopleCare Tavi Trekkers' will be participating again this year in the Alzheimer Walk for Memories in Woodstock on January 25<sup>th</sup>. Your sponsorship would be greatly appreciated! We have a donation jar at the front desk.

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.

Have a Wonderful Winter and keep warm!

Deb Wettlaufier

## News and Notes

### *Angel Giving Tree Donations:*

We would like to extend our heartfelt appreciation to everyone who donated items for this year's Angel Giving Tree. In collaboration with the Tavistock Assistance Program we were able to support a local Tavistock family for Christmas this year. The participation was incredible and we were able to collect some great Christmas gifts for this family.

***Thank you to everyone for all of your continued support!***



### *Thank you from the Rec. Team:*

*To everyone who participated in the Christmas Dinner and Bazaar in anyway, we thank you, and appreciate greatly your kindness and support! The day was fabulous!! There are still jams available for sale at any time! Just see the Recreation Dept.*



### *Rock & Roll Day:*

Join us on Jan 14<sup>th</sup> for Rock & Roll Day in Tavistock! Wear your favourite Rock & Roll Band attire and rock out with us at 2:30pm with music entertainment by Jamie!



### *Favourite Sports Team Day:*

**Jan 30<sup>th</sup> is National Favourite Sports Day! Let's celebrate by wearing your favourite sports team attire!!! Go Team Go!**





# **2019 Value Award Winners**

Congratulations to the 2019 Value Award Winners from peopleCare Tavistock on receiving their awards in one of the 5 peopleCare Value Categories:  
***People, Excellence, Professionalism, Integrity or Growth.***

These 5 recipients: Danielle (Excellence), Will (People), Sheri (Excellence) Lindsay (Excellence) and Jenn (Excellence) have been awarded a value award for living the organizational values in the work place! This is a peer driven award to reward employees of their commitment, dedication and hard work!  
Congratulations to all.



**Back Row (Left to Right) Jenn, Sheri, Lindsay**  
**Front Row (Left to Right) Will, Danielle**

# Why Join Family Council?

The purpose of a family council is to improve the quality of life of long term care residents and to give families a forum for sharing their experiences, learning and exchanging information

A family council works with residents' family members and the long-term care home to identify and resolve group issues that affect residents' quality of life, plan activities for residents and staff, fundraise, and support each other!

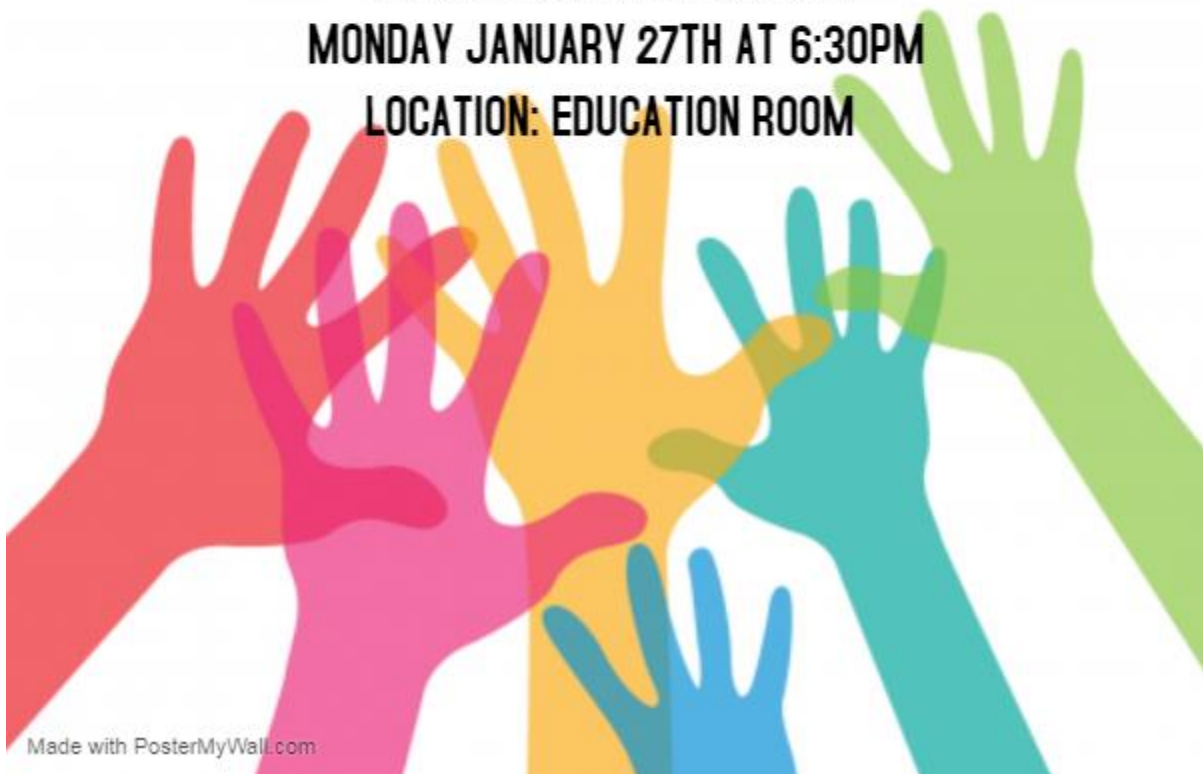
If you wish to sit on our family council, join us at our next meeting!

## **NEXT MEETING:**

**PLEASE NOTE DATE CHANGE**

**MONDAY JANUARY 27TH AT 6:30PM**

**LOCATION: EDUCATION ROOM**



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# Walk For Memories 2020

When you participate in the IG Wealth Management Walk for Alzheimer's, you join thousands of Canadians who want to see a world without Alzheimer's disease and other dementias.



**Join the team from peopleCare  
Tavistock for great afternoon  
supporting an organization near  
and dear to our hearts!**

**We will be organizing a bus trip for  
residents and we encourage families  
to register to participate, donate,  
and walk along with us!**

## Event Details

**Date:** Saturday, January 25, 2020

**Time:** 2:00PM - 4:00 PM

**Location:** Oxford Auditorium 875  
Nellis St, Woodstock

**Can't join us? That's ok!! We will be  
accepting donations at the Reception desk  
for the month of January!**

**Team Name: peopleCare Tavi Trekkers**

## What is the IG Wealth Management Walk for Alzheimer's?

The IG Wealth Management Walk for Alzheimer's is Canada's biggest fundraiser for Alzheimer's disease and other dementias, taking place in over 300 communities across the country. In 2018, Canadians participating in the Walk raised over \$5 million.

These funds will go toward local programs and services that improve quality of life for people living with dementia and their families-in your community-and support awareness and education about dementia

## Why join the Walk?

Make memories matter! When you walk, you're sending a message of hope to Canadians living with dementia, and thousands more who care for them. When you fundraise, you're promising them that help will always be available.

Join us to walk, and donate today!



## **peopleCare Earns Accreditation with Exemplary Standing**

We are pleased and proud to share that peopleCare has once again been Accredited with Exemplary Standing after meeting 99.3% of the required criteria during our survey!

This fantastic result is thanks to our caring and dedicated teams working hand-in-hand with our families and other partners to meet our care commitments. Most importantly, accreditation supports us to deliver safe, resident and family centered care and to never stop asking “how can we do even better?”

Accreditation has always been an important way for us to demonstrate our commitment to excellence in the care and services we provide. In fact, we were one of the first long-term care operators in Ontario to undertake the accreditation process, dating back over four decades.

A warm, heartfelt thank you to our families and residents who welcomed the surveyors into your home and shared that you felt engaged and happy with the care that we provide. We were delighted with this positive feedback.

Read our [news release](#), posted at [www.peoplecare.ca](http://www.peoplecare.ca) to learn more.





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calendars and newsletters, and  
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Living the peopleCare Values

**EXCELLENCE**

**Exceed Expectations**

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

**HEARTbeats**

Congratulations to our November Draw Winners!

Shawna M  
Val M

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

Thank you for all you do!



## Home Improvements

With the winter weather returning, we ask that visitors kindly remove their wet boots and shoes at the front door, to keep our floors free from becoming slippery and free of salt residue for the safety of our residents, staff and visitors.

It is a great idea to bring in a pair of indoor shoes to be used when inside the home. There are also booties by both front and back door entrances that can fit over top your shoe

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 Fun



# New Year's Word Search

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

BABY  
BALL  
CALENDAR  
CELEBRATION  
CLOCK  
CONFETTI  
COUNTDOWN  
EVE

FAMILY  
FRIENDS  
HAPPY  
JANUARY  
MIDNIGHT  
NEW YEAR  
NOISEMAKER  
PARTY

RESOLUTION  
TOAST



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

## Winter Word Search

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

WINTER  
SNOW  
SLED  
ICICLE  
BLIZZARD  
HOT CHOCOLATE

COLD  
FROSTY  
FROZEN  
SLED  
JANUARY

ICE  
HIBERNATE  
COAT  
HAT  
GLOVES

