

April 2020

# Tavistock Insider

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



## Celebrating April

### Comedy Hour

Wed April 1<sup>st</sup> – 2:30pm

### Movie Matinee

Tues April 7<sup>th</sup> – 2:15pm

### Easter Coffee Drop In

Sat. April 11<sup>th</sup> – 2:15pm

### Plant Appreciation Day!

Monday April 13<sup>th</sup>

### Games Party

Tues April 14<sup>th</sup> – 2:30pm

### Wear Your Pajama's To Work Day!

Thurs April 16<sup>th</sup>

### Readers Theatre Presentation

Tues April 21<sup>st</sup> – 2:30pm

### Welcome Lunch

Tues April 21<sup>st</sup> - Noon

### Soda Pop Day! Float Café

Fri April 24<sup>th</sup> – 2:30pm

### Celebrating Baseball Day! Hot Dog Lunch for Residents!

Wear your baseball attire!  
Mon April 27<sup>th</sup>



peopleCare  
communities



#Heartfelt  
Moments



# Welcome Home

Glen L, Cheryl M, &  
Marlene S.

Happy Birthday

To All those born in April!

Resident Name	Date
Bob C	2 <sup>nd</sup>
Esther R	4 <sup>th</sup>
Doreen C	5 <sup>th</sup>
Sandra B	5 <sup>th</sup>
Beatrice K	6 <sup>th</sup>
Lois Cl	14 <sup>th</sup>
Geneva L	16 <sup>th</sup>
Norma L	17 <sup>th</sup>
Jean B	20 <sup>th</sup>
Helen C	20 <sup>th</sup>
Mike Moe	20 <sup>th</sup>

Flower: Daisy

Birthstone: Diamond

## April Birthdays

In astrology, those born between April 1–19 are the Rams of Aries. As the first sign of the zodiac, Aries like to be number one. Bold, courageous, passionate, and somewhat impulsive, Rams dive headfirst into the most challenging situations. Those born between April 20–30 are the Bulls of Taurus. Bulls not only work hard with a determined and tireless manner but they also enjoy the payoff, rewarding themselves for a job well done. These stable and reliable types won't finish the job until they are completely satisfied.



### Staff News

We say goodbye and good luck to Brian S. (RN), Carolyn J. (Environmental) and Marcia (PSW) as they move onto their new endeavors!

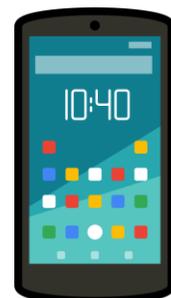
We would also like to welcome back Sunali from her studies! It is nice to see you back with us!

### Resident News

We say goodbye and send best wishes to Jim L, who has moved to be closer to his loved ones!

## Stay Connected

Staying in touch with your loved one and checking in with staff regularly is a great way to continue to partner with us to provide great care and quality of life for your loved one. Here are some ideas:



- ✓ Call the charge nurse at any time to talk about how your loved one is doing.
- ✓ Our Home has the technology to support virtual visits (Facetime, Skype). Contact reception and we can set that up for you.
- ✓ Scheduled phone calls are a popular pastime right now – including just outside our windows/doors, where you can chat “face-to-face” while still respecting the need for physical distancing.
- ✓ Participate in #HeartfeltMoments by following @peopleCareCommunities on Facebook. You can post pictures, videos and messages that we will share with residents and staff. You'll also see some familiar faces, as our residents have been eager to let families know they miss you too! If you need help posting, call the Home and speak to a member of our Programs team.

**We look forward to seeing you again in person very soon!**

## Message from the Executive Director

Although visitor restrictions are a necessary measure to protect our residents and staff, we miss seeing our families and friends from the community in and around the Home. Until we can meet again in person, we want to share some information that we hope you will find reassuring.

We are completely focused on resident care. Our teams are following your loved one's care plan and keeping everyone active and engaged.

We are working hard to keep COVID-19 out of the Home. We have put enhanced infection control practices in place and are following all Public Health directives. To reduce the risk of exposure, we are limiting who can come into the Home and actively screening everyone before they enter. Residents have been asked to stay in the Home, except for essential medical appointments, and to go into self-isolation upon return as a precaution.

We are committed to keeping you informed. Since COVID-19 first emerged in Canada towards the end of January, we have communicated regularly about the evolving situation via phone blasts, memos and the newsletter. We will continue to keep you updated in the coming weeks:

- ✓ We will inform everyone if a resident or staff in our Home has confirmed COVID-19.
- ✓ We will contact you directly if your loved one becomes ill, if they are being tested for COVID-19, or if they are at high risk of COVID-19 exposure (per Public Health direction/criteria).'
- ✓ You can find the latest info at [peoplecare.ca](http://peoplecare.ca) – click on COVID-19 Updates from the top menu bar on any page. (Be sure to read the Letter to Families from Brent and Heather Gingerich.)
- ✓ If interested in communicating via email, check with our office team that we have an updated, accurate email address on file.

In recent days, my team and I have received an overwhelming response from our families and the community, including notes, cards and thoughtful tokens of appreciation. Thank you from the bottom of our hearts for your encouragement and support.

Please take care of yourself during this stressful time. Your loved one would be the first to say the same. We want you to stay well so you can visit the Home just as soon as we are able to lift restrictions.

Sincerely,

**Deb Wettlaufer**  
Executive Director

## News and Notes:

### Good Friday Service – April 10<sup>th</sup>

The Easter Service will be hosted by in house staff and will take place at 2:00pm on Good Friday.



### Easter Egg Hunt – April 10 to April 12<sup>th</sup>

The Residents and staff will be on the hunt for hidden Easter Eggs around the home over the Easter Weekend!



### Quehl's Fish and Chip Lunch – April 14<sup>th</sup>

If all goes as planned, we will be ordering in fish and chips for residents wishing to order. Sign up with Recreation. Space is limited.



### April 16<sup>th</sup> is Wear Your PJ's to Work Day!!

Staff and residents are encouraged to wear their Pj's today and participate in the themed programs!



### Celebrating Earth Day – Wed April 22<sup>nd</sup>

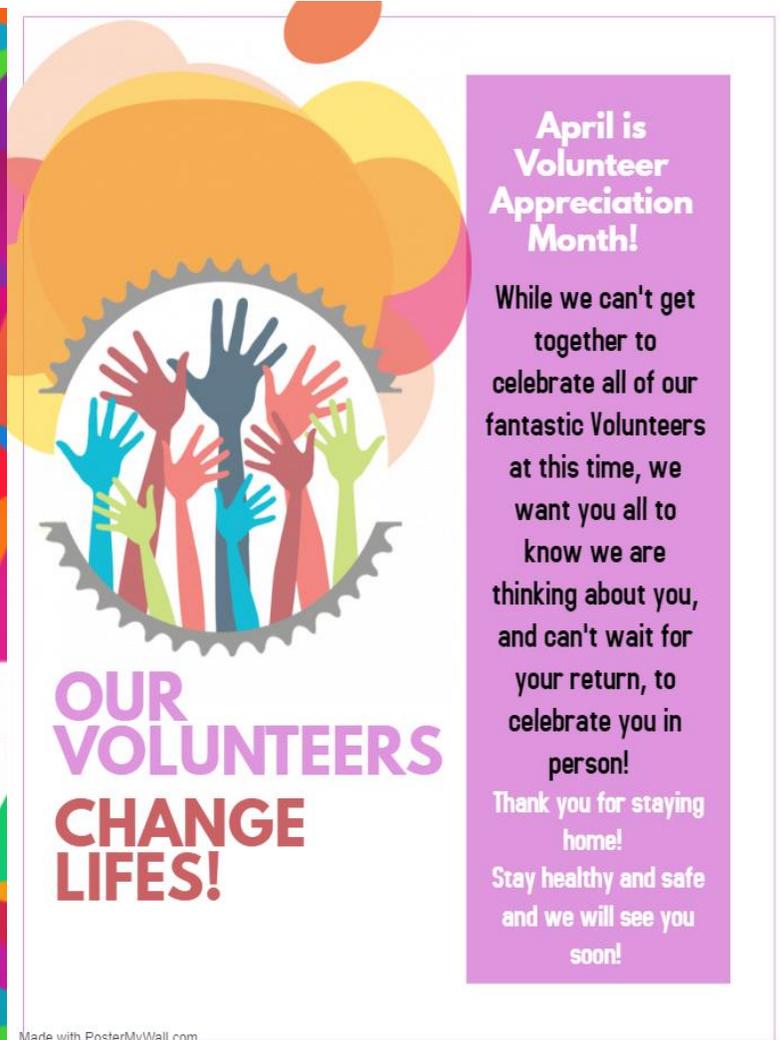
The residents and staff will be working hard at cleaning up our property today!!



### Celebrating Baseball Day! April 27<sup>th</sup>

Staff and residents are encouraged to wear their baseball themed attire. Residents will have a BBQ hotdog lunch today!





*Self-Care Strategies:*

Ideas to Cope with COVID-19 Below is an excerpt from Family Councils Ontario. Full article, with helpful links- [fco.ngo/resources](https://fco.ngo/resources)



We understand many families are going through immense change with the escalation of the COVID-19 pandemic and newly implemented procedures to protect those in long-term care. Physical distancing and visitor restrictions have been implemented across the province to flatten the curve and decrease the amount of community transmission.

Self-care is a practice Family Councils Ontario often emphasizes in programming, resources, and presentations. Strategies for self-care while practicing physical distancing include:

- ✓ Set boundaries with your electronics
- ✓ Call and Facetime loved ones
- ✓ Take a virtual tour of a museum, aquarium or zoo
- ✓ Learn something new
- ✓ Keep moving
- ✓ Declutter
- ✓ Give yourself permission to do as much or as little as you want

We hope these strategies will provide you with ideas for maintaining your mental, physical, and emotional wellbeing. Self-care is a job that will never stop being essential, so let's not forget about it!

Living the peopleCare Values

# INTEGRITY

**Dare to be transparent**

Are all of your decisions made with integrity? Be honest, trustworthy, transparent and consistent in your work and home life



Check us out, and like us on Facebook by typing in "peopleCare Communities" <https://www.facebook.com/PeopleCareCommunities/>

Visit [www.peoplecare.ca](http://www.peoplecare.ca) to download our latest program calendars and newsletters, and to learn what's new at peopleCare Communities

## HEARTbeats

Congratulations to our March Draw Winners!

Carmen  
Teresa

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

Thank you for all you do!

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

Brian S., Deb R., Ashley P., Chrystal P



## Family Connections

On our Recreation Calendars – you will see scheduled during various time slots something called "Family Connections". During this time, the Recreation staff will spend time connecting residents to their loved ones via: phone calls, video calls, letter writing etc.

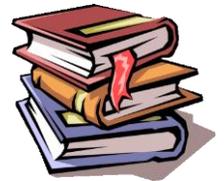
If you wish to schedule a time – please have a peak at the Recreation Calendar and give us a call to set it up. Those times don't work for you? No problem! We will gladly work around your schedule to make it work!

#heartfeltmoments

### Library Books Needed:

Because we are unable to get out to the library at this time the Recreation Team is looking for items for our traveling library cart! We are in need of:

- Novels (large and regular print)
- Magazines
- Books on CD



Please call the home and speak to someone in the Recreation Department and we can arrange drop off.

### peopleCare Is here for You

peopleCare recognizes that we cannot thrive without the hard work and dedication our employees make every day in 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



# Earth Day Every Day

Find all of the Earth Day related words from the list below. The words can be up, down, forward, backward, or diagonal.



AIR  
APRIL  
CLEAN  
CLIMATE  
COMPOST  
CONSERVATION  
ENERGY

ENVIRONMENT  
EXTINCTION  
FOREST  
GLOBAL  
LAND  
LITTER  
NATURE

OCEAN  
OZONE  
PEOPLE  
PLANET  
POLLUTION  
RECYCLE  
REDUCE

RESOURCES  
REUSE  
SMOG  
TRASH  
TREES  
WASTE  
WATER  
WILDLIFE

# EASTER WORD SEARCH

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

Easter	Jellybeans	Spring	Bonnet
Basket	Celebration	Candy	Fun
Bunny	Decorate	Hunt	Sunday
Hide	Chocolate	Lily	Parade
Eggs	Flowers	Chick	Lamb

