

TAVISTOCK INSIDER

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Celebrating February

Lent

February 14- March 28th

Groundhog Day

February 2

Lunar New Year's Day

February 10

Mardi Gras/ Shrove Tuesday

February 13

Valentine's Day

February 14

National Flag of Canada Day

February 15

Random Act of Kindness

February 17

Family Day

February 19

Pink Shirt Day

February 28

Leap Day

February 29

Look to your program calendar for the Entertainment and Excursion booked for February!

Hello February



peopleCare
communities



Happy Birthday to all those celebrating one in February!

Name	Date
Stela S	5 th
Joan D	5 th
Vince B	10 th
Rudy G	12 th
Ellanor P	16 th
Ray W	19 th
Gertie F	19 th

Flower: Violet

Birthstone: Amethyst

February Birthdays



If you were born between February 1–18, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. They are energetic, have inquisitive minds, and come up with creative solutions.

Those born from February 19–29 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional.

Fascinating Fact about February babies

- The weather outside isn't the only thing that's pretty chill! According to a European study, babies who make their debut in the winter are less irritable than people born in other seasons.
- Those born in February are more likely to become artists. Studies show one of the most common professions of those born in the month of February is an artist.
- According to a study of 21,000 children done over seven years, winter babies "were significantly longer at birth, and were heavier, taller, and had larger head circumference at age 7. They also had higher scores in a series of intelligence exercises.

Resident Council Corner

The Next Resident Council Meeting

Is Friday February 16th in the large upper-level dining room at 2:30pm

Agenda Items:

- March and April Program Calendar Review
- Terms of Reference Review

Any ideas, thoughts or concerns please connect with one your Leadership Team

Members

Yvette R – A2

June C – A9

Joyce P – B6

Joanne - C5

Cheryl M – C12

Spreading Sunshine

Is there someone in your life who is a perpetual grouch? Are they forever grumpy? Is every day a bad day? February 16 may be your day to help them. It's Do a Grouch a Favour Day.



Hunger is a definite biological cause of grouchiness. Perhaps the best favour you can do for a grouch is bake them a treat or buy them lunch. Some people are grouchy first thing in the morning. The grouch might say

they're "not a morning person," but this grouchiness may have a biological cause. Some suffer a groggy period after waking up that is called the "sleep inertia" phase. It takes from five to 30 minutes for a person to feel awake. If someone is an interminable grouch, perhaps the biggest favor you can do for them, and yourself, is leave them alone.

The Magic of Mardi Gras



Mardi Gras, the vibrant and exhilarating Carnival season celebrated in various parts of the world, is a spectacle of merriment, color, and culture. It typically involves parades, masquerade balls, and the donning of elaborate costumes, offering a unique blend of tradition and modern revelry. Each year, it is a time for people to indulge in festivities and enjoy the spirit of community. In 2024, the celebration begins on January 6. It leads up to Fat Tuesday on February 13—the culmination of the Carnival season.

In 2024, Mardi Gras promises to be an exceptional experience. While the details of the celebrations vary from place to place, grand parades with intricate floats, live music, and colorful Mardi Gras beads are common features. The heart of Mardi Gras lies in its diverse cultural influences, blending elements of French, Spanish, African, and Creole heritage, which contribute to the rich tapestry of this celebration.

A tasty aspect of Mardi Gras is the king cake, a traditional pastry with a hidden figurine or token inside that brings good luck to the person who discovers it. Vivid, intricate masks and costumes add to the visual spectacle of Mardi Gras, as participants embrace anonymity and the freedom to be anyone they choose for a day.

Whether you're in New Orleans, Rio de Janeiro, or any of the other cities that celebrate Mardi Gras, the joyous atmosphere and sense of unity are universal. Partygoers let loose, enjoy the parades, savor delicious cuisine, and partake in a global festival of life and culture.

But Mardi Gras is more than just a party; it's a colorful expression of tradition, diversity, and the indomitable human spirit. Mark your calendars for Mardi Gras 2024 and prepare to join the revelry!

HAPPY FEBRUARY!

Hello Everyone

Thank you for being patient during the most recent outbreak. It was very short – kudos to our Staff and Families for being diligent and stopping the spread!

The construction of our New Build is well underway and on Schedule. Have a look at the construction process from the C-Wing Lounge! Our current focus is on Staffing the new Home. We will be bringing on Internationally Educated Nurses to work as PSW's. We will also be preparing for Practice Changes for PSW and Dietary Staff in the coming months.

Visit our website at peopleCare.ca to get a digital copy of our Monthly Newsletter.

Great to see all of you that joined in for our Town Hall Meeting on January 30th. Our next Town Hall is scheduled for April 24th at 3pm – watch for your invitation.

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

Linda W., Louise D., Maybelle D., Pam J., Val M., Eleanor V., Vesna B., Sunali D.

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

Stay Healthy & Safe!

Happy Valentine's Day! ❤️

Deb Wettlaufer, Executive Director

Infection Control and Prevention Corner

As we begin to forge ahead in resuming a life not only focused on COVID vaccinations, but we are also beginning to get back on track with keeping our residents routine vaccinations up to date as per Public Health Guidance. It is recommended for all residents to have pneumovax– some residents may have had two, a physician may recommend one booster at the 5–10-year mark for certain individuals who meet criteria. A second dose would be provided if their GP at the home recommended it, we do not automatically complete a booster dose. We have already completed getting residents up to date with this vaccination. Our focus next is on Tetanus and Diphtheria vaccines. These vaccines are recommended every 10 years in adults. In 2014 Tdap was introduced and publicly funded which has a pertussis component added to it. It is only necessary to receive this pertussis containing vaccine once in adulthood. If it's been given, residents will be provided with just a Td booster, if there is no record of ever having Tdap then we will provide them with Tdap. We will be reviewing resident records for last doses and consents (you have already been asked for consent for this vaccination on admission and each year at their care conference). Once this information is obtained, we will arrange a clinic date in February to have this administered onsite by our nurses. If you have questions or comments, please reach out to me. We did experience a respiratory outbreak on our lower level in January. It started on the 6th, and we came out of outbreak on the 17th. We had seasonal coronavirus (not COVID-19) and rhinovirus- both like the common cold viruses. We had minimal spread within the home area, and it did not affect the upper level. We thank you for your assistance and patience during that time. Please continue to wash your hands, staff and volunteers must mask in all resident areas. Thanks to families and visitors who choose to mask as well and for all who do not enter if they have any symptoms to protect our residents.

-Sheri Gallivan, RN, ADOC and IPAC Coordinator



DID YOU KNOW...

Your trust accounts typically follow banking hours, if you would like money outside of these hours, we can arrange to have it put aside and locked up with your Registered Nurse.

Snow turns to water; at each entrance we provide blue disposable slippers that can be worn with your stocking feet. Help us prevent slips, and not have water through the home.

We have an A la Carte menu if offered to all residents at any time. Menu is posted in Dining Room, if you would like a copy please reach out to Kirsty, our Director of Food Services

The “Country Kitchen” is available to be booked for any type of event. Connect with Kristen, Director of Programs, for more information.

The Redevelopment is currently meeting all the timelines and is on schedule to open late 2024! If you haven't yet, have a peek from our Countryside Crescent Lounge or Upper Dining Room. Or check out

<https://peoplecare.ca/changing-the-world-of-senior-living/our-developments/tavistock-ltc-redevelopment/>

We continue to work on our Human Resource plan to increase staffing. Reminder to all staff about our Employee Referral Program. You can earn up to \$750 for yourself and \$750 for your referral! For more information or to fill out the application form connect with one of the leadership team members and search referral program on our policy platform.



Palliative Corner

Palliative Performance Scale (PPS)- the PPS is another 'vital sign' we calculate every 3 months and when needed. It is a tool for assessing the resident's functional status. PPS was developed by Victoria Hospice Society, British Columbia. The PPS is a framework for measuring progressive decline over the course of illness. It suggests if a resident is moving towards death and serves as a communication tool among the team. Residents usually require more hands on nursing care and their family members often need more support for residents with scores between 0- 40% than those with higher scores. PPS is also used to guide where residents are on the spectrum of the Palliative Care Plan, that is, are they stable, transitional or end-of life. This helps to review goals of care and personal wishes for care to ensure we are meeting all needs for residents and families. The score is based on resident ability across five domains:

- Degree of ambulation
- Ability to do activities
- Ability to do self-care
- Intake
- Level of consciousness

Most residents in long-term care facilities score between 40-70%. Once at 30% their trajectory indicates they are journeying towards end of life. It is possible to be stable at 30% however for weeks to months and perhaps even years depending on resident's co-morbidities. Once we get to 10-20% consistently and as the resident becomes less resolving and significantly decreases intake we are entering the end of life actively dying stage which can take from hours to days and occasionally can take a week or longer.

Please reach out to unit nurses with any concerns when you are visiting. I am also available if you would like to learn more, stop by the nursing office to chat with me or give me a call or email.

Sheri Gallivan, ADOC- Palliative Team Lead

Leadership Team Contact Information

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

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

Laurie Bolden, Director of Resident Care
Ext 416 lbolden@peoplecare.ca

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

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

Ed Rutledge, Director of Environmental
Ext 428 ERutledge@superiorfacilityservices.com

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

Kirsty McLellan, Director of Food Services
Ext 437 kmclellan@superiorfacilityservices.com

Reception Team
Ext 410 info-tavistock@peoplecare.ca

6 Warning Signs of Falls

- Previous falls:** One fall in the past 6 months
- Fear of falling:** Afraid that you will fall.
- Medications/Drugs:** Using sedatives, fluid pills, recreational drugs, blood pressure pills, and more than 4 medications.
- Balance and Mobility:** Any problems with balance or unable to raise from a chair.
- Medical Conditions:** For example, Stroke or Parkinson's disease, osteoporosis, arthritis, dementia, or Alzheimer's disease
- Vision Problems:** Blurred/Double Vision, Difficulty seeing steps or walking in dim light.

If you have checked two or more of these warning signs you are at an increased risk of falling.



Connecting the World

On February 4, 2004, the internet changed forever. Harvard freshman Mark Zuckerberg launched Facebook, a website that has transformed the way people socialize and communicate. Facebook has more than three billion active users a month. For many, staying in touch via Facebook, sharing pictures, sending messages, and commenting on friends' posts is preferable to communicating by mail, telephone, or email.

 Find us on
Facebook

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

Living the peopleCare Values

GROWTH

**Embrace Change, maximize
Opportunity**

Are you the best you can be?



HEARTbeats

Congratulations to our December Draw
Winners!

*Ren
patty*

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 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
- Employee Referral Program

Find the February Words



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

Cold

Heart

Love

Shadow

Winter

February

Scarf

Icicle

Hugs

Sweet

Kiss

Fun

Candy

Cards

Pink

Happy

Picnic

Can you spot the difference?

Have your child spot four differences between the scene on top and the scene on the bottom.

(Key: Only two clouds on right side, bird in tree turned blue, heart in tree is bigger, ribbon missing on right gift.)

