

# STATION PLACE TRACKS OF LIFE

○ 628 OLD NORWOOD RD,  
HAVELOCK, ON, K0L 1Z0 ○



## UPCOMING EVENTS

### Remembrance Day November 11, 2025

Join us this November as we share our gratitude and respect for Veterans who served and sacrificed for our freedoms.

### Coffee Club & Spiritual Sunday Every Weekend!

Join us on every Saturday to participate in our Coffee Club for trivia, talks, and treats! Sundays feature a rotating spiritual service, with a hymn sing every other weekend to raise your voice and spirit, or a Virtual service broadcast from our local churches!

### Special Socials Every Friday afternoon!

Join us in the fireside lounge Friday afternoons for large group socials, including painting parties, birthday parties, and more!



## A warm welcome to our residents and families

Dear Residents, Families, and Friends, We are thrilled to welcome you to the very first edition of the Station Place Newsletter! As we open our doors, we want to express our deep gratitude for trusting us with the care of your loved one. Our team is dedicated to creating a safe, lively, and joyful environment where every resident feels valued and at home.

Our kitchen is proud to serve nutritious, home-style meals prepared fresh daily. We welcome feedback and dietary requests—just speak to our dietary team! See our menu board in the dining room on every Home Area for details about meals and snacks. Ask reception about booking the private dining room to join your loved one for a meal!

### Joke of The Month

Why did the lumberjack decide to not shave at the end of November?

*The beard grew on him!*



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## Station Place: A New Chapter of Care and Community in Havelock

On September 15, 2025, we officially opened the doors of Station Place Long-Term Care Home to our first residents — marking not just the completion of a building, but the realization of a promise to Havelock and surrounding communities. With 128 modern, comfortable beds and a design centered on dignity and belonging, Station Place represents the best of what long-term care can be: a home where people live, not just reside.

From the earliest planning meetings to the first day of admissions, this project has been a labour of collaboration and care. AON Inc., our parent company, worked tirelessly alongside architects, construction teams, and the Ministry of Long-Term Care to bring this vision to life. The result is a high-tech, beautifully designed home that blends comfort with safety — from spacious resident rooms to advanced nurse-call systems and welcoming community spaces that invite families to stay, visit, and connect.

In the weeks leading up to opening, the excitement inside the home was palpable. Staff from AON's other long-term care homes, along with team members from AON's Construction and Building Divisions, came together to help prepare Station Place for its debut. They unpacked equipment, trained new staff, and ensured every detail was ready — right down to the smallest touches that make a home feel like home. It was a remarkable display of teamwork and commitment, reflecting the very heart of AON's culture.

That spirit of community was celebrated again on October 24, 2025, when we welcomed guests for our official grand-opening event from 2 to 4 p.m. The celebration included remarks from Peterborough Country Warden Bonnie Clark, MPP Dave Smith, Mayor Jim Martin of Havelock-Belmont-Methuen, and AON Vice President Ray Barlow, and a lovely poem read by the author and new resident Dave Millward, alongside the staff and residents who now fill the halls with warmth and laughter. Visitors were invited to tour the home, meet the team, and see firsthand what modern long-term care looks like in action.

As we settle into our new rhythm — welcoming residents, families, and friends each day — our mission remains clear: to be a cornerstone of compassionate care, community engagement, and innovation in rural Ontario. The journey from blueprint to reality has been long, but for the residents now calling Station Place home, it has been worth every moment.

Because at Station Place, every story, every smile, and every new beginning matters.

Sincerely,  
Michael O'Keeffe  
Administrator



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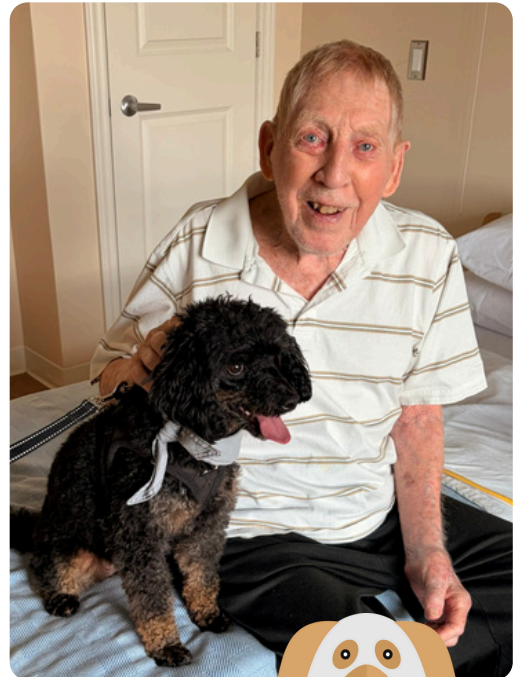




## Farewell to Daylight Saving Time

By Dave M.

On 2025-11-02, the clocks  
retreat,  
Daylight's gentle stretch  
withdraws its hand.  
We bid adieu to golden  
hours so sweet,  
As autumn's dusk settles  
across the land.  
Now winter looms with its  
muted grey,  
The sun's shy visits brief  
and spare.  
Yet in the heart, hope  
finds its way - Warmth  
and light, though hidden,  
still are there.  
We persevere through  
rain and snow's embrace.  
Braving winds that bite  
and nights that scheme.  
With mugs of cocas, we  
slow our pace, and kindle  
summer's memory in a  
dream.  
Hold fast, March shall  
bring the sun's return,  
Daylight Saving Time will  
rise anew.  
In gentle promise,  
brighter days discern:  
Enduring winter makes  
spring's light ring true.







## Physiotherapy Adds Life to Your Years!!

At Station Place, physiotherapy is where movement meets fun!

🧑‍🎓 Snehla Hirave (Registered Physiotherapist) and 🧑‍🎓 Rani Zalavadia (Physiotherapist Assistant) bring you:

🎵 Group exercises with music

👤 1-on-1 personalized therapy

🚶 Gait & balance training

💪 Strength, mobility, and transfer support

🚼 Need equipment? We also offer ADP authorization for walkers and wheelchairs — and even provide loaners to keep you mobile!

All under one roof — let's keep bodies moving and spirits high! 🧑‍🎓 🧑‍🎓

Connection Corner

## How to Get Involved

Here at Station Place, we value connection and teamwork. We are happy to announce the beginning of our Residents' Council.

These monthly meetings provide an opportunity to share feedback and contribute to the life of our home. Look to our monthly calendars for dates and times, and join us to create an inclusive and creative community!

Furthermore, any interest in volunteering is highly encouraged! We have resources for community members, families, and residents to get involved in volunteering through Station Place. For more information, see Life Enrichment Coordinators, ext. 208.

## First Station Place Volunteers!

Station Place is very excited to welcome our first volunteers; Chris and Kathy!

We are so lucky to have community members join us to create a home full of love and laughter.



## IPAC Autumn Updates

## Protecting Station Place This Respiratory Season

Hello and welcome to Station Place! As we welcome everyone into AONs beautiful new home this fall season, we are ensuring infection prevention and control (IPAC) remains a top priority. We are taking proactive steps to protect the health and wellbeing of our new residents, family members, and staff.

My role as IPAC Lead is to manage our infection control programs, prepare for fall respiratory seasons, provide education to staff, residents, and family members, to collaborate with experts in the field, and much more! You can find my office on our Heritage Home Area located near the care centre.

Infection prevention is an essential part of healthcare, especially during Ontario's respiratory season as influenza, COVID, and RSV increase in our communities. As we head into this flu season, I wanted to share with you some of the steps we are taking to protect our Station Place community!



### Special November Nursing

November 19<sup>th</sup> Dental Hygienist  
November 26<sup>th</sup> Foot Care Nurse

*For more information, see reception*

## Promoting Everyday Prevention:

Station Place has a plethora of hand hygiene stations available throughout the home. We encourage residents and family members to conduct hand hygiene frequently, and staff are audited to ensure proper compliance is being met.

We encourage respiratory etiquette in our homes. This looks like residents, staff members, and families covering their coughs and sneezes and avoiding visiting if you're feeling unwell.

Remember; simple habits are key to preventing the spread of illness!



### Community Spotlight

## Feeling Right at Home in Havelock

We are so happy to announce that our Open House on October 24<sup>th</sup>, 2025 was a wonderful success! Station Place was filled to the brim with incredible community members and loved ones, all celebrating the official grand opening of our home! Everybody at Station Place would love to extend a warm and genuine "Thank You" to all those who have supported our journey. Extra acknowledgement goes to our special guests; Bonnie Clark, Mayor Jim Martin, previous Mayor Ron Gerow, and MPP Dave Smith; without whom our home may not have been built!

We are incredibly honoured to be a part of the Havelock community, and look forward to future engagement, involvement, and collaboration.





## Meet Our Management Team

We're proud to introduce some of the compassionate professionals who will be supporting our residents, family, and staff every day:



**Michael O'Keeffe** –  
Administrator



**Angel Dexter** –  
Behavioural Supports  
Coordinator



**Joanne Elliott** –  
Director of Resident  
and Family Services



**Julie Parcels** – Interim  
Director of Care



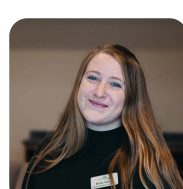
**Sarah Reesor** –  
Infection  
Prevention and  
Control Lead



**Laurie Shoemaker** –  
PSW Supervisor



**Amanda Appelman** –  
Associate Director of Care



**Emily Gerow** – Life  
Enrichment  
Coordinator



**Kyla Brown** – Life  
Enrichment Coordinator



**Sarah Vos** – Director of  
Dietary Services



**Candace Ball** –  
Office Manager



**Laurie Martin** –  
Environmental Services  
Supervisor



**Cortni Buchholz** – Social  
Service Worker



**Melanie Morrison** –  
Clinical Assessment  
Coordinator



**Avneet Kaur** –  
RAI Coordinator

We are so excited to welcome our residents and their loved ones! We are committed to making our residents feel comfortable and truly home here at Station Place LTC.

Warmly,  
**The Station Place Team**



## Stay Connected

Have a question? Want to share feedback or ideas?

Follow us on Facebook: **Station Place Long Term Care Home**

Or contact us using the information below:

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705-740-1690