

STATION PLACE TRACKS OF LIFE

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



UPCOMING EVENTS

Valentine's Day
February 13th



This month we'll be celebrating Valentine's Day one day early, with "Galentines" programs in the morning, and a high tea in the afternoon with instrumental by Vintage Brass. Come share in the love! Or join us Saturday for a Valentine's Day Social at 2:30 in the Fireside Lounge!



Olympics Competition
February 6 - 22nd

AON welcomes the spirit of friendly competition this month, in the light of the Olympics. Our sister-homes will be joining us in an inter-home sports face-off.

Finger Knitting Class
Wednesday 18th and 25th

This February we'll be keeping our fingers busy in finger-knitting classes! Learn a new version of a well-loved skill in the lounge with us!



♥ We're Loving 2026 ♥

As we move into February, we're reminded that even in the heart of winter, moments of connection, kindness, and care make a meaningful difference. This month also brings the excitement and inspiration of the upcoming Olympic Games, a celebration of perseverance, teamwork, and determination—values that resonate strongly within our community. In this edition, you'll find important updates, upcoming activities, and highlights that reflect our shared commitment to supporting residents, families, and staff while embracing opportunities to come together, cheer one another on, and stay engaged during the winter season.



Joke of The Month

What did the snowboarder say to the mountain?

*You're a **peak** performer!*





Celebration Section

Ring in the New Year!

New Years Eve was a treat here at Station Place. We stayed up late to party; celebrating a year of change, challenges, and accomplishments! With lots of laughs we waved goodbye to last year, and hello to a fresh new one. Since 2026 has arrived we have been busy; with entertainment, snowy socials, baking, and so much more. Cheers to the rest of a wonderful year!



Special Socials

Gone Fishing!

No amount of wild Canadian winter weather could stop us from getting out and enjoying ourselves the old fashion way; on the ice! This year we brought our 'ice' inside and learned all about ice fishing! Life Enrichment Aide Maddy taught everybody about safety on the ice, and what fish underneath are willing to bite this time of year! We even got temporary fishing licences!



Friendly Reminder from Laundry

Please note that all laundry should be labelled upon entry to the building. To get new items labelled, please bring to the care centre and request staff assistance.



Did You Know?

Did you know that candy hearts have been around since 1901?

I know, it's heart to believe!



Food Feature

We Love You to Pieces (of pie)

Last month marked the first of an annual competition within Station Place that we hope will always help us start the new year easy as pie; a home-wide pie competition on National Pie Day! Our four home areas took to the kitchen in efforts to impress our panel of five judges. Submissions included a Dutch apple pie, peach, cherry, and coconut cream pie! We would like to extend a big 'Thank You' to our incredible judges; our Administrator Michael O'Keeffe, Sarah Vos our Director of Dietary Services, AON's Director of Finance Dominic Adesanya, Kathy Clement from Havelock Council, and Mayor of Havelock Jim Martin.

We appreciate your insights, time, and appetite! This is crust the beginning, we hope to see you next year. Congratulations to our Trent Home Area for becoming our first pie winners, your coconut cream pie baked to pie-fection!



Administrator's Message – February 2026

As we move into February, the pace at Station Place remains steady, focused on continuous quality, resident safety, and staff recognition.

I am extremely proud to share that **AON Inc. has been awarded a Three-Year Accreditation with no recommendations from CARF Canada** ... a distinction achieved by only a small fraction of accredited organizations nationwide. This reflects our deep commitment to the highest international standards of quality, accountability, and continuous improvement in the services we deliver to residents and their families. CARF accreditation involves a rigorous peer-review evaluation of policies, practices, and outcomes, and a Three-Year Award represents the **highest level of accreditation decision possible**.

In the context of the current **respiratory virus season**, we have reinstated **universal masking** across our home. Influenza A continues to circulate at relatively high levels in Ontario, even as broader community activity begins to stabilize according to regional respiratory virus surveillance data. The goal of this masking measure is to prevent transmission of influenza and other respiratory illnesses among our residents, many of whom are at higher risk of complications and to protect both residents and staff in common spaces and care settings.

This month also gives us the opportunity to highlight and celebrate our **Dietary Services team**. Our dietary staff work diligently every day to prepare nutritious, enjoyable meals that meet individual preferences and needs. Beyond cooking and plating, they contribute to residents' wellbeing through thoughtful meal planning, attention to dietary requirements, and a warm presence at the table. Their dedication helps make Station Place feel like home in one of the most fundamental ways: through nourishing food and genuine care.

To our staff, residents, and families, thank you for your ongoing professionalism, partnership, and trust. The successes we celebrate and the precautions we take are both rooted in the same mission: resident-centred care delivered with respect, safety, and compassion.

Sincerely,

Michael O'Keeffe

Administrator

Station Place Long-Term Care Home



Social Service Notice

Support Services

Social Services focuses on the social and emotional impact of physical and emotional illnesses or impairments and helps people living in long-term care and their families with mental health and well being. Preservation and enhancement of physical and social functionality is a main focus to help residents live well and maintain and achieve optimal quality of life, based on individual needs.

What Social Services can offer:

- Individual counselling support
- Transition to long-term care help for new resident's and family members – family meetings or check ins as needed
- Support understanding the goals of care, both long and short term
- Palliative and end of life support
- Grief and loss support
- A neutral access point of contact to discuss your situation and assistance you may require
- Acts as a liaison between management/staff/service providers/residents/family members
- Advocacy on your behalf, should you require someone to help advocate for something that you require as a resident of a long-term care home in Ontario

Our Social Service Worker is Cortni Buchholz.



Friendly February Competition

Olympic Level Fun

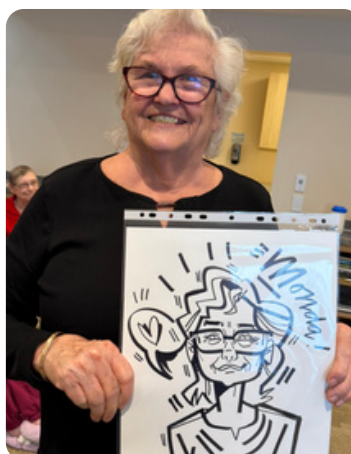
This month Italy will be hosting the world's 54th Olympic Games! Last month we kicked off our monthly travelling program by travelling to Italy! Tourism is always easier ahead of the curve, and mama mia we had a great time! To join in the spirit of healthy competition and sportsmanship, this month we will take part in an inter-home sport competition, facing off with our sister homes Centennial Place (in Millbrook) and Moira Place (Tweed) for the gold medal! Cheer us on as we try our hand at Axe Throwing, Darts, and Bowling during this Olympic cycle!



Many, Many Models!

Special Social

Last month we welcomed a new guest to our home for a very special afternoon; Jason Wilkins! A local caricature artist who can create incredible portraits on the spot! Our residents were so excited for their "model moment", and truly loved receiving a personal art piece reflective of themselves. Jason has a way of capturing each individuals' energy and personality in only a short amount of time. Thank you Jason, and we can't wait to see you again!



Hello From Our Management Team

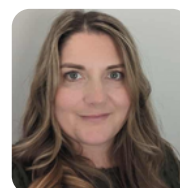
We're proud to introduce some of the compassionate professionals who will be supporting our residents, family, and staff every day:



Michael O'Keeffe –
Administrator



Angel Dexter –
Behavioural Supports
Coordinator



Joanne Elliott –
Director of Resident
and Family Services



Tori McEwen – Director
of Care



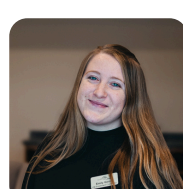
Sarah Reesor –
Infection
Prevention and
Control Lead



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



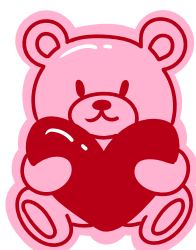
Melanie Morrison –
Clinical Assessment
Coordinator



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:

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

705-740-1690