

# STATION PLACE TRACKS OF LIFE

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



## UPCOMING EVENTS

**Women's High Tea**  
March 8<sup>th</sup>



Cheers for International Women's Day! Join us at 2:30pm to celebrate and discuss all the amazing women in our lives, their accomplishments, and our dreams for young girls following in our footsteps.

**Maple Syrup Social**  
March 13



This Friday the 13<sup>th</sup> we will be enjoying a sweet social! We'll be learning the ins and outs of the maple syrup process, and of course trying a taste of the Canadian liquid gold!

**Luck of The Irish Week**  
March 15-21



Bring your luck to Station Place this week and try your hand at some wild leprechauns' games! Or come for a 'paddy' on March 21<sup>st</sup> with music by Darlene and the Shamrockers!



## Spring is March-ing in style

As we welcome March and the first signs of spring here in Havelock, we're reminded that this season is all about renewal and resilience. While winter may still be lingering with crisp mornings and patches of snow, the days are growing longer and brighter—bringing with them a sense of anticipation for the warmer months ahead. March offers simple Canadian pleasures: sharing stories over a warm drink, watching the snow melt across the fields, and enjoying the strong sense of community that makes rural living so special. We also look forward to celebrating St. Patrick's Day with a bit of green and good cheer as we welcome the official start of spring. As always, thank you to our dedicated staff, volunteers, residents, and families who make our home such a caring and connected community.

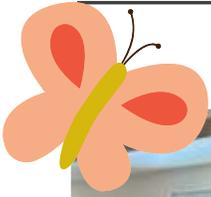
Here's to a month filled with fresh air, friendship, and the promise of spring.

### Joke of The Month

What's Irish and comes out in the spring?

*Paddy O'Furniture*





## Growth Doesn't Rush; It Marches.



### Administrator's Message – March 2026

March is an exciting month at Station Place as we look ahead to spring and to one of our first major community events of the year.

On Saturday, April 4th, we will host our first Easter Egg Hunt. We are preparing 20,000 chocolate eggs for children to discover throughout our outdoor grounds. A bicycle will be given away in each of the four participating age categories.

Our youngest participants, toddlers up to age three, will have their egg hunt inside our Fireside Lounge. This will allow our residents to comfortably watch and enjoy the excitement as the little ones' search for chocolate eggs. Creating moments where generations connect is part of what makes Station Place special.

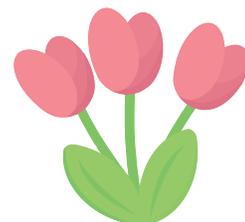
While events like this bring energy and celebration to our home, safety remains our top priority every day. Fire safety is something we take very seriously. Station Place conducts fire drills on every shift, every month. Daytime, evening, and overnight teams all rehearse their roles and response procedures regularly. These drills ensure staff remain confident, coordinated, and prepared to respond quickly in the event of an emergency.

Long-Term Care environments require vigilance, and preparation is essential. Our residents depend on us, and regular fire drills are one of the many ways we reinforce our commitment to their safety.

Thank you to our residents, families, staff, and community partners for being part of Station Place.



Sincerely,  
Michael O'Keeffe  
Administrator



**The Robin Is The One**  
By Emily Dickinson

The Robin is the One  
That interrupt the Morn  
With hurried - few - express  
Reports  
When March is scarcely on

The Robin is the One  
That overflow the Noon  
With her cherubic quantity  
An April but begun

The Robin is the One  
That speechless from her Nest  
Submit that Home, and Certainty  
And Sanctity, are best





Reaching New Heights

### Friendly Competition Results



Team Canada had a lively crowd here in Havelock. We were thrilled to see Canada compete on the world stage. To kick off the excitement, we had our own Olympic torch travel through the home to our in-house opening ceremonies! Following that, we flexed our cheerleading muscles to support our fellow Canadians through each event. We couldn't miss out on the friendly competition either, so we faced off against our sister homes; Centennial Place and Moira Place in a series of three active games.

Our first event was bowling, and our Station Place Stars let it roll! With multiple spares and a few strikes, this event was right up our alley.

Round two; Bullseye! We flexed our hand-eye coordination with a few rounds of darts! With our eye on the mark, three residents across homes all tied for first place.

Last but certainly not least, we took that experience into another axe-llent game; axe throwing! This was a new game for our home, and our athletes took to it naturally!

We rounded out the Olympic experience with our own closing ceremonies as well, with our in-home athletes leaving with medals for their accomplishments, as well as enjoying the art displayed in Milano Cortina.



We even had an Olympic Style Social, where residents challenged each other at multiple activity stations; water pong, cup stacking, "keep the balloon up", target practice, and a blind cottonball scoop! We had a blast, maybe these games will appear in future Olympic Games!



Lots of Love

# Love in The Air



Last month love was certainly in the air! We were so glad to get the girls together for a “Gal”-entine’s party; writing Valentine’s, eating treats, giggling, and doing our hair! All in preparation for a sweethearts luncheon and a lively love-song karaoke afternoon with special guests; Station Place Staff.



Looking Ahead

## Spring in Our Step



Spring is just around the corner, bringing longer days, fresh energy, and new opportunities to grow together. As the season begins to bloom, we're excited to roll out a lineup of spring-inspired programs to connect us with the earth, our community, and each other. From hands-on workshops including wood working, flower arranging, and gardening, to special socials such as our Lavender Tea Party, and 'Spring Into March'. Keep an eye on our program calendars and get ready to step into spring with us!



## 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



**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: