

STATION PLACE TRACKS OF LIFE

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



UPCOMING EVENTS

Grandparents Day ★★

September 13th, 2:30pm

To celebrate Grandparents' Day we invite family and friends to join us for an extra special Bingo afternoon!



One Year of Caring

Tuesday September 15th

A celebration of one full year in the Havelock community! Join us for a community BBQ and related events from 11 am to 1 pm.



1950's Bash

September 25th, 2:30pm

Dig out those poodle skirts and slick back your hair for our 1950's themed party, complete with entertainment by Piano Man Craig Brtnik!

Orange Shirt Day

September 30th



Wear your orange shirt today to symbolize respect for Residential School survivors.



We Can't Be-Leaf September is here!

September is a special month for us as we celebrate one year since opening our doors! What a wonderful year it has been—filled with new friendships, meaningful moments, laughter, learning, and countless memories shared together. As we reflect on our first year here in Havelock, we are incredibly grateful to our residents, families, and dedicated team members who have helped make Station Place the welcoming and vibrant community it is today. September also brings changes in other ways; days get shorter, the air gets chillier, the leaves bring a beautiful golden hue to our already breathtaking landscape, and our programs begin to shift to embrace this next Canadian season. We look forward to continuing another season together filled with joy, connection, creativity, and laughter.



Joke of The Month

Why do birds fly south in
September?

Because it's quicker than walking!



“No spring nor summer beauty hath such grace as I have seen in one autumnal face.” – John Donne

One year ago, on September 15, 2025, we welcomed our very first resident through the doors. Over the weeks that followed, more residents arrived, families became familiar faces, our staff team grew together, and a brand-new building gradually became something much more important: **a home and a community.**

We celebrated many firsts together. Our first Christmas, first Easter Egg Hunt, first Classic Car Show, first outdoor campfire, first Country Corn Roast & Jamboree, birthdays, musical performances, special meals, family gatherings and countless everyday moments that have helped shape the personality of Station Place. When I think about our first year, though, some of the moments that stand out most are the quieter ones. A resident laughing with a staff member. Families sharing a meal together. Someone telling a story about their life. New friendships developing. Staff taking the extra few minutes to learn what really matters to the person they are supporting.

We saw that beautifully during our recent **Life Before Station Place** initiative, when staff spent time learning about residents' lives, families, accomplishments, passions and memories. We saw it again when our Life Enrichment team used a resident's cherished recipe for a baking program, sharing not only the food but the memories and traditions that came with it. Person-centred care is often found in moments just like these.

As we celebrate our first anniversary, I want to thank our residents for trusting us with their home, our families for their involvement and support, our volunteers and community partners for continuing to be part of Station Place, and our staff for the care, energy and commitment they bring every day.

I hope you will join us on **Tuesday, September 15 from 11:00 a.m. to 1:00 p.m.** as we celebrate **One Year of Station Place** with a BBQ, cake cutting, speeches and tours.

Our first year has given us a great deal to celebrate. More importantly, it has given us a wonderful foundation for the years ahead.

Happy First Anniversary, Station Place!

Michael O'Keeffe

Administrator





Fresh Family Fun

Our First Rodeo!



Last month we were excited to host our first Family Dinner here at Station Place, and it was a real hootenanny! Everyone gussied up in their nicest 'Western' attire to enjoy an afternoon of live Country tunes performed by Will Murray, followed by a delicious corn roast dinner. By the time we all hit the hay to get snug as a bug, we were tuckered out but still happy as a clam! We reckon this will have to be an annual event!



Fall Fair

Fair Fun



We will be flexing our creative muscles throughout September while creating entries for next month's Norwood Fair! Be sure to check out our submissions in the fair during Thanksgiving weekend!

Friendly Reminders

Photo Notice

Please be mindful when taking photos and videos within our home. Station Place is home to many, and not every individual wishes to be photographed or featured on the internet. We appreciate your engagement in creating shared moments and capturing memories.



September Resident Fire Safety Tip ; Plug In Safely

Phones, tablets, mobility devices and other electronics are part of everyday life, but electrical equipment can become a fire hazard if cords, plugs or chargers are damaged or used improperly. Residents, families and visitors can help keep Station Place safe by following a few simple precautions:

- Do not use chargers, plugs or electrical cords that are frayed, cracked or damaged.
- Never run electrical cords underneath rugs or furniture where they can become damaged or overheated.
- Avoid overloading outlets or plugging too many devices into one receptacle.
- Extension cords should only be used temporarily and should never become a substitute for a permanent electrical outlet.
- Use the charger or charging equipment intended for the device whenever possible.
- If a charger, battery or device becomes unusually hot, damaged, swollen or gives off an unusual smell, stop using it and notify a staff member.

Please check with Station Place staff before bringing in electrical equipment that requires special installation or ongoing charging.

A few simple habits around plugs, cords and chargers can help prevent electrical fires and keep everyone at Station Place safer.

When in doubt, unplug it and let us know.



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Health & Safety

Your Monthly Dose of Infection Prevention and Control

This Month's Focus : Respiratory Season Prep



Respiratory illnesses like colds, flu, COVID-19, and RSV spread more easily in the fall and winter. A little preparation can help keep everyone healthy this season.

Stay up to date on recommended vaccinations

Practise good hand hygiene

Cover coughs and sneezes

Stay home when you are sick

Keep common areas clean and well ventilated

Small actions today help keep our community strong and healthy tomorrow



IPAC Quick Tip

Use the "Cover, Clean, Contain" rule:

- **Cover** your coughs and sneezes with a tissue or your elbow
- **Clean** your hands often
- **Contain** germs by staying home when you are sick

It's simple. It works. It protects everyone.

Question of The Month

True or False: You should wash your hands for at least 20 seconds to effectively remove germs.

Answer is located below

Thank you to all staff, volunteers, and visitors for following these recommendations when in our home to keep loved ones, each other, and the families we go home to safe.

Together, We Can Stop The Spread



Clean hands



Stay home when sick



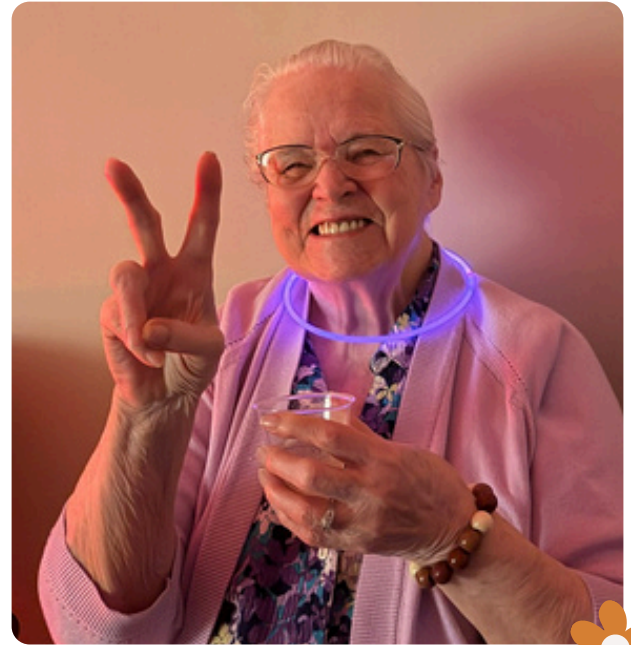
Cover coughs



Clean surfaces



Protect each other



Local Loves

Savouring the Last Sips of Summer at The Station



Havelock may be a tiny town, but there are so many incredible local business and spots that we love and want to share! This month we recommend heading over to The Station! Located at 30 Ottawa Street, this restaurant is housed within the old train station! The location alone is worth a visit while in Havelock, not to mention the amazing food and service.



Meet Our Management Team

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



Michael O'Keeffe –
Administrator



Angel Dexter –
Behavioural Supports
Coordinator



Joanne Elliott –
Director of Resident
and Family Services



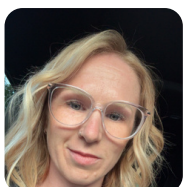
Tori McEwen – Director
of Care



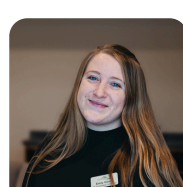
**Grace
Guillemette** –
Infection
Prevention and
Control Lead



Laurie Shoemaker –
PSW Supervisor



Amanda Appelman –
Associate Director of Care



Emily Gerow – Life
Enrichment
Coordinator



Kyla Brown – Life
Enrichment Coordinator



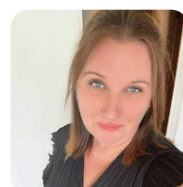
Sarah Vos – Director of
Dietary Services



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