

STATION PLACE TRACKS OF LIFE

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



UPCOMING EVENTS

Thanksgiving

October 12th, 2:30pm



This year we will be celebrating Thanksgiving all weekend long, with an extra special social on Thanksgiving Monday with the musical stylings of Will Murray in Heritage, and Jimmy's Classic Radio Show!



Red Pine Roots Inc.

October 15th, 3:30pm

We are very excited to welcome Red Pine Roots Inc. in to facilitate a fascinating nature program with furs and fun!



Halloween Entertainment

October 27th, 2:30pm

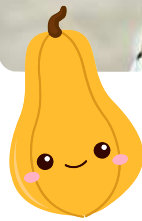
Piano Man Craig Brtnik returns with an hour of halloween themed entertainment! Join us for some spook-tacular tunes!

Trick or Treats

October 31st



Our porch light is on until 8:00pm, visit us in costume!



Golden Moments Everywhere



As we settle into another Canadian autumn season here at Station Place, our hearts are filled with gratitude for the year we have shared and the memories we have created together, but also excitement for what is to come. We are very thankful for the community involvement we have seen throughout our first year in Havelock, and we look forward to October's unique opportunities for fun, connection, and celebration.

This is a wonderful time of year to enjoy the beautiful colours of fall, share seasonal traditions, and enjoy moments of laughter and joy spent with our friends and family.

We hope you enjoy this month's newsletter, activities calendar, and all that October has to offer!



Joke of The Month

What did the ghoulish say when he got home on Halloween night?

I'm going to be goblin candy all night long!



"Autumn mornings: sunshine and crisp air, birds and calmness, year's end and day's beginnings."

– Terri Guillemets

October has arrived, and with it comes one of my favourite times of year. The days are getting shorter, the leaves are changing, and there is a noticeable shift from summer activities toward the routines and gatherings of fall.

Last month marked an important milestone for Station Place as we celebrated one year since welcoming our very first resident on September 15, 2025. It is remarkable to think about how much has happened in that first year. We went from opening the doors of a brand-new home to becoming a full and active community of residents, families, staff and volunteers.

A building can be completed relatively quickly. Building a community takes more time. It happens through everyday moments: conversations in the hallways, meals shared together, activities, celebrations, family visits, friendships and the countless interactions between residents and the people who care for and support them.

That sense of community will also be highlighted in October when our Life Enrichment Department hosts a Diversity & Inclusion Day. It will be an opportunity to celebrate the different backgrounds, cultures, experiences and traditions that make up the Station Place community. Events like this help us learn from one another, encourage conversation and remind us that everyone should feel welcomed, respected and included in our home.

As we move through October, Thanksgiving also gives us an opportunity to reflect on the things we appreciate. I continue to be grateful for the confidence residents and families have placed in Station Place and for the commitment our staff bring to the home every day.

There is still plenty ahead for us as we enter our second year, and I look forward to seeing Station Place continue to grow and develop as a community.

I hope everyone enjoys the colours and traditions of the fall season and has a very Happy Thanksgiving.

Sincerely,
Michael O'Keeffe
Administrator



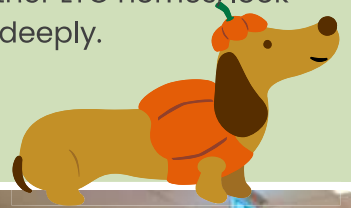


Philanthropy Focus

Trent Hills Therapy Dogs!

Our furry friends at Trent Hills Therapy Dogs are looking for more volunteers! If you and your pet enjoy sharing kindness and love, making meaningful connections, and brightening others' days, please consider joining!

This is a volunteer service that residents at Station Place, and other LTC homes, look forward to and love deeply.



Municipal Voting

This fall we will be flexing our political muscles and engaging in our right to vote!

We are very excited to welcome the local candidates to our home on Friday, October 23rd at 10:30am to share their platforms and educate voters on their perspectives.

Voting in Havelock will be available at the municipality office, online, or available for our residents here in the Fireside Lounge on Election Day; Monday October 26th, from 1-4pm.



Familiar Faces, New Work

Station Place is happy to congratulate two staff members who have taken on new roles within our home!

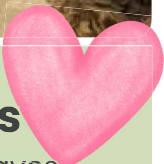
Amanda Appelman will be fulfilling the role of our Interim Director of Care, and Cathy Rose will be our Interim Associate Director of Care.



Local Loves

The Crossroads

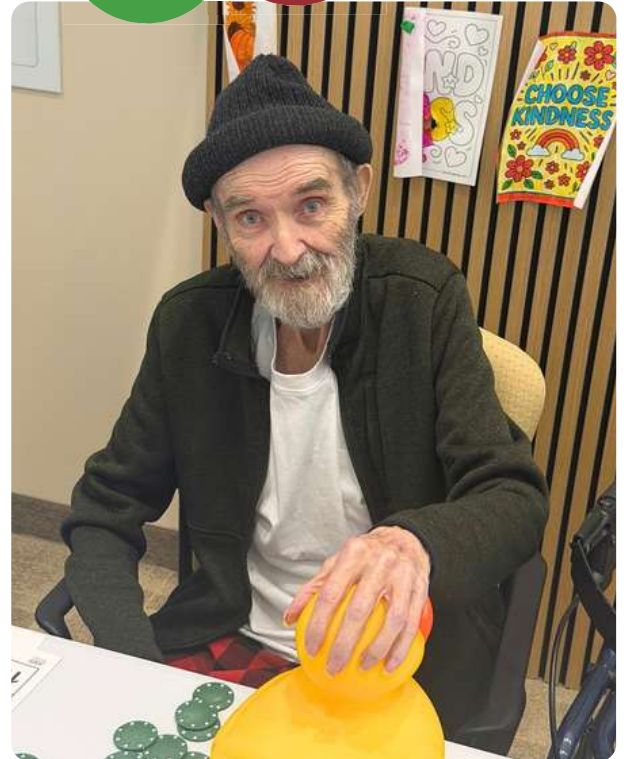
As the air cools and the leaves change colour, we have to recommend a Family Favourite here in Havelock; The Crossroads Family Restaurant! This local spot features amazing homestyle cooking and friendly faces. Kyla recommends the Eggs Benedict!



Family Fun

Lucky Ducks!

Thank you so much to all the friends and family who came to our first Family Bingo event! It was competitive, fast paced, and an absolute blast! We look forward to hosting this again. Congratulations to Gord for his jackpot win; the giant rubber ducky!

**Fire Safety: Oxygen and Open Flames Don't Mix**

Some residents at Station Place use oxygen as part of their care. Oxygen itself does not start a fire, but it can make a fire burn much more intensely.

At Station Place, candles and other open flames are not permitted. However, residents may sometimes leave the home for family visits, appointments, outings or special occasions, where different surroundings can create additional risks.

If oxygen is being used while away from Station Place:

- Never smoke or vape near oxygen equipment or someone using oxygen.
- Keep oxygen well away from candles, fireplaces, fire pits, barbecues and other open flames.
- Keep oxygen away from heat sources and anything that could create a spark.
- Do not tamper with oxygen equipment, tubing or controls.
- If equipment appears damaged or is not working properly, stop using it and seek assistance.
- Follow the instructions provided by the oxygen supplier and the resident's care team.

Families taking a resident who uses oxygen out of the home should be aware of these precautions and help ensure the environment remains safe.

A little extra awareness around oxygen can make a significant difference in preventing a fire.

When oxygen is in use, keep heat, sparks and flames away.

Health & Safety

Your Monthly Dose of Infection Prevention and Control

This Month's Focus : Vaccination, PPE, & Respiratory Season Prep

Respiratory illnesses like colds, flu, COVID-19, and other viruses are expected to increase in the coming months. Vaccination, the appropriate use of PPE, and everyday prevention measures help protect our residents, staff, community.



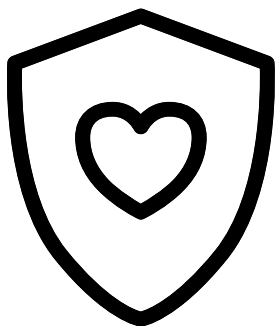
Upcoming seasonal vaccinations include:

Influenza A (the flu) & COVID-19 booster

- Immunizations will be offered to residents and staff within the home
- Visitors may also request to receive the vaccines with us
- Immunizations will begin being offered in October, clinic dates to be announced.

Let's work together to keep our home healthy this season!

IPAC Quick Tip



Herd Immunity: We All Play a Part!

When more people in a community are vaccinated, it becomes harder for viruses to spread. This helps protect those who are more vulnerable, such as older adults and individuals with chronic health conditions, who may not respond as well to vaccines.

Prevent today for a healthier tomorrow

PPE in Our Home

PPE helps protect you, our residents, and others. Recommendations may change based on the presence of illness, an increase in respiratory illness in the community or in our home.

Please follow signage identifying additional precautions are required and ask for staff assistance if needed.

Types of PPE in Our Home



GLOVES

Protect your hands and prevent the spread of germs



GOWNS

Protect clothing & skin from contact with contamination



MASKS

Help prevent the spread of respiratory droplets

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.

Question of The Month

Which of the following is a true statement about the influenza (flu) vaccine?

1. It can give you the flu
2. It is only recommended for older adults
3. It helps protect you and others, even if it's not 100% effective
4. You need to get the flu vaccine every 5 years

Together, We Can Stop The Spread



Clean hands



Stay home when sick



Cover coughs



Clean surfaces



Protect each other

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



Amanda Appelman –
Interim Director of Care



Grace Guillemette –
Infection
Prevention and
Control Lead



Laurie Shoemaker –
PSW Supervisor



Cathy Rose – Interim
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: