STATION PLACE TRACKS OF LIFE

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



UPCOMING EVENTS

Diwali Social
November 5th, 3:00pm
This afternoon we celebrate Diwali; the festival of light! With traditional art created in the morning and some delicious Indian treats, we look forward to basking in the light with everyone.

Remembrance Day
November 11th, 10:30am
Today we remember and honour all who have served and sacrificed for our freedoms.

Wildflower Bread Workshop
November 17th , 10:30am
For National Homemade Bread day this year we warmly welcome The Wildflower Bakery into our home to help us bake our own loaves!

Community Club
November 9th & 23
This month to contribute to our local community we're creating Playdoh for our local school!



Crisp mornings, cozy blankets, November nights

As we enter the eleventh chapter of the 2026 calendar year, we welcome the cozy and comfy experiences winter will bring to Station Place. November ushers in a time of warm drinks, fuzzy socks, cozy afternoons, and many activities that remind us of what it means to be Canadian; resilience, togetherness, and community.
This month we will come together to remember the sacrifices and hardships that have created and maintained our country as a home for all. We will participate in programs that foster warmth and love within our home and community, including Diwali, Station Place Has Got Talent, and so much more.



Joke of The Month

Why are trees so care free and easy going?

Because every fall, they let loose!

"It looked like the world was covered in a cobbler crust of brown sugar and cinnamon."

—*First Frost* by Sarah Addison Allen

Administrator's Message | November 2026

November is a time for remembrance, reflection and appreciation for the people whose service and sacrifices have shaped our lives.

On **November 11, we will hold our second annual Remembrance Day service at Station Place**, honouring those who served and remembering those who lost their lives. We also recognize the families whose lives have been touched by war and military service. For some residents, this occasion may bring deeply personal memories. Let us approach the day with gratitude, compassion and respect.

I would also like to share an important reminder about photography. We understand how meaningful it is to capture special moments with your loved ones. However, **please take photographs and videos only of your own loved one, with their permission, and ensure that other residents are not included, even in the background**. This applies during everyday visits, activities and special events, including our Remembrance Day service.

Please do not post or share photographs or videos that include other residents. Being present in a shared space or attending an event does not mean that someone has agreed to be photographed. If you are unsure how to capture a moment while respecting others' privacy, please speak with staff.

Station Place is our residents' home. Thank you for helping protect everyone's privacy, dignity and comfort, and for the kindness you bring to our community.

As we move into flu season, please help us protect our residents by postponing your visit if you are feeling unwell. We know how important time together is, but waiting until you are well is an act of care for your loved one and everyone who lives here. Please clean your hands when entering and leaving the home and follow any posted infection prevention precautions. Thank you for doing your part to keep our Station Place community healthy.

Michael OKeeffe
Administrator







Love of Learning

Congratulations!

Please join us in congratulating our volunteers who have embarked on an educational journey; completeing the Fundamentals of Palliative Care course. We are incredibly thankful to Ellen, Kathy M., and Christie for their continued dedication and commitment to learning and providing expectational support for residents. For educational opportunities, in services, and workshops please inquire with Life Enrichment.

Dress Up Days

Here at Station Place, we love a theme (and any excuse to go above and beyond). This is why we choose a few days throughout each month as "Dress Up Days" ; a theme or suggestion to help make everyday attire fun. Consider joining us in dressing up these days! You might finally find a reason to wear that shirt hiding at the back of your closet!

Nov. 11th - Remembrance Day - Wear your poppy to honour those who have served.

Nov. 20th - National Absurdity Day - Wear your silliest outfit! Mismatched socks, wild hair, etc.

Nov. 26th - Plaid Day - Show off your Canadian Lumber Jack attire!

AONtv

AONtv is our channel to show daily activities, meals, and photos. View AONtv on your devices by scanning the QR code.

Canadian Dental Care Plan

Ontario Dental Health Benefits You Must Renew Every June

The CDCP in Ontario requires members to renew their coverage every year, and the renewal period typically runs from spring to June. We recommend families plan ahead to ensure eligibility and avoid gaps in coverage.



Local Loves

The Wildflower Bakery

A small town simply isn't complete without a quintessential local coffee & baked good shop, which is why Wildflower Bakery is our local recommendation for the month! Featuring hand-crafted, organic breads and pastries that utilize locally sourced ingredients, eating here not only supports Havelock locals, it supports your happiness with tasty treats and fresh goodies.

In addition to their incredible shop, we are extra excited to welcome them to our home on the afternoon of the 17th to facilitate a bread making workshop!

Last Month

Sharing Thanks

We can't move forward without reflecting on the amazing October we just experienced! From the breathtaking fall colours and delicious turkey dinner to the frights on Halloween night, we had a jam-packed October! Thank you to all who joined us in sharing gratitude, reflecting on favourite memories, and stretching our waistbands on Thanksgiving! Not to mention all those who helped share laughter, some scares, and **tons** of candy for Halloween!





November Facts

Birthstones: Topaz & Citrine
Flower: Chrysanthemum
Zodiac Signs: Scorpio (Oct. 23 - Nov. 22) & Sagittarius (Nov. 22 - Dec. 21)
Daylight Savings Ends: Nov. 2

November Fire Safety Tip: Decorate with Safety in Mind

Personal touches and seasonal decorations help make Station Place feel like home. As we look ahead to the holiday season, please remember to keep fire safety equipment visible and unobstructed.

- Never hang decorations, clothing or other items from sprinkler heads or sprinkler pipes.
- Do not cover smoke detectors or conceal fire alarm devices, fire extinguishers or exit signs.
- Check with staff before putting up hanging decorations or larger displays.
- If you notice damaged equipment or a decoration interfering with it, please notify staff.

Before bringing decorations into the home, speak with our team about suitable items and safe placement.
Let's make the season welcoming while keeping safety in view.

Health & Safety

Your Monthly Dose of Infection Prevention and Control

This Month's Focus : Stay Home If You Are Unwell



Help prevent respiratory and other illnesses from entering our home.

✓ Stay home if you feel unwell. Do not visit or report to work with symptoms of a communicable illness.

✓ Complete passive screening before entering. Check for fever, cough, sore throat, runny nose, vomiting or diarrhea.

Protect residents, staff, volunteers, visitors and the families we go home to.



Together, We Can Stop The Spread


Clean hands

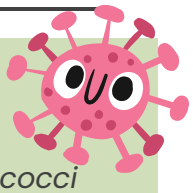

Stay home when sick


Cover coughs


Clean surfaces


Protect each other

Bug of The Month: VRE



Vancomycin-Resistant Enterococci

VRE is commonly associated with healthcare settings. It is resistant to vancomycin, an antibiotic, making infections harder to treat.

A person may carry VRE without symptoms (colonization). It can also cause wound, urinary tract or bloodstream infections.

VRE spreads through contaminated hands and the environment, particularly during high-contact care.

How Can We Prevent The Spread?


✓Perform hand hygiene before and after resident care.


✓Wear the correct PPE according to posted precautions.


✓Clean and disinfect shared equipment between residents.

Question of The Month



Is the following statement a myth or a fact:

"More PPE is always better"

MYTH! Correct PPE is better than unnecessary PPE. Follow the posted precautions and use only the PPE recommended for the situation.

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 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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