

# Goudie Gazette

peopleCare AR Goudie | 369 Frederick Street | 519-744-3888 | [peoplecare.ca](http://peoplecare.ca)



## Celebrating April

**April Fools' Day**

*April 1*

**Good Friday**

*April 2*

**Easter**

*April 4*

**Siblings Day**

*April 10<sup>th</sup>*

**Ramadan Begins**

*April 12*

**Scrabble Day**

*April 13*

**Diners Club Returns!**

*April 15*

**World Amateur Radio Day**

*April 18*

**Volunteer Appreciation Week**

*April 18-24<sup>th</sup>*

**Earth Day**

*April 22*

**Afternoon at the Oscars Party**

*April 26*



Welcome April! While last month brought the first breath of spring, this month we really feel as though spring has sprung! April is kicking off with an early Easter – the earliest since 2018! We will be celebrating with Easter themed crafts, games, and of course Spiritual services. As the month rolls on we are excited to be bringing back two things that have been dearly missed throughout the pandemic – our Diners Club, and some amazing Music Therapy with Jennifer Hickson-Palmer, our Music Therapist. Of course, as with all things in a pandemic, these events and programs will look a little different than they did before – but if there is anything we have learned over the last year, it is that we must adapt if we hope to move forward. If you are interested in the Diners Club, please note it is a **sign up** only program and does require a trust account in good standing for participation. Have questions on how to get involved? Reach out to Tonya Claydon, Director of Programs (ext. 222), or any member of the recreation team for more details.

**peopleCare**  
communities

# AR Goudie Speaks to U of W Students



On March 8<sup>th</sup>, AR Goudie was honoured to be asked to speak to the University of Waterloo Advocacy Science Society – via Zoom! The society is made up of students from various majors who come together to advocate for those in their community. With the one-year anniversary of the declaration of a global pandemic, they wanted to speak to a resident and staff member of a local long term care home about their experience of living and working in long term care over the last year. AR Goudie resident Robert Westlake and recreation team member Bryan Maldonado were asked to provide their firsthand experience to help the students better understand the realities of our ongoing pandemic procedures. Robert was a great advocate and representative of our home, describing all the changes we have faced over the last year. His main points focused on the fact that we can no longer have general visitors, entertainers, and large group programs. He also enlightened the students on our cohorting measures for both staff and residents to ensure increased infection control. Bryan was able to communicate to the students the reality of being a frontline worker, not only during a pandemic, but in an actual COVID-19 outbreak. Describing to the students outbreak procedures that involve the proper use of PPE, the cancellation of all group programs and dining room closures. One positive thing Bryan was able to identify was the increase in connections between staff and residents throughout the pandemic. He stated, *“we always felt that we knew our residents well before the pandemic, and now we know them on such a deeper level that we would not have ever before”*. After sharing their experiences, the students had a chance to participate in a question and answer session with the pair. Their conversation was used as a jumping off point to inspire the students to write pen pal letters to the residents at AR Goudie. The letters were well received by the residents all throughout the home. The students letters brought a sense of connection with the local community that has been rare over the last year. We are so thankful for the opportunity to participate in an opportunity to speak on behalf of LTC residents and frontline team members. Thank you to Robert Westlake and Bryan Maldonado for representing peopleCare AR Goudie for this amazing event!



welcome  
home

*Marvia M & Margaret Z.*



To all those born in April!

Resident Name	Date
Jean M	April 2nd
Adelina S	April 5th
Michael L	April 8th
Bud B	April 10th
Bernice W	April 16th
Catherine O	April 18th
Floyd M	April 26th
Robert L	April 26th
Florence C	April 29th

Flower: Daisy

Birthstone: Diamond

### April Birthdays:

In astrology, those born from April 1–19 are Rams of Aries, the first sign of the zodiac. Rams are unafraid to forge ahead with passion, zeal, and confidence. Full of optimism and hope, they are both eager to get the job done and unafraid to confront problems head-on. Those born from April 20–30 are Bulls of Taurus. While Taureans enjoy the comforts of luxury, they are unafraid of hard work and dedicate themselves to the tasks at hand. Their steadfast nature makes them reliable.

### Residents Council Fundraiser

Gardeners: keep your eyes peeled for our Spring Residents Council fundraiser. The Residents Council will be putting together several potting kits which provide pots, gloves, soil and seeds to create a fun springtime plant project for you and your family. Tickets will be sold to raffle off each of the kits and the lucky winners will be drawn Tuesday April 20<sup>th</sup>. All proceeds go towards the resident council treasury, to be used for items that benefit all residents in the home.



### *In Memory Of...*

*Our deepest thoughts and sympathies go out to the family and friends of*

### *Keith R & Rory T.*

*“He spoke well who said that graves are the footprints of angels.”*

*~Henry Wadsworth Longfellow*



## From the Desk of Florin

Happy Spring Everyone,

We are so pleased to have been [awarded an additional 80 long-term care beds](#) from the Ministry last month – this is great news for Kitchener, one of the fastest growing areas of Waterloo region, with many seniors who need and would like greater access to care and services, close to home.

AR Goudie has been delivering exceptional care and experiences for residents and families for many years. And peopleCare has a long term vision for a campus of care in Kitchener that will make it possible for even more seniors to receive care, services, community based social and health supports and a range of housing options all in one place.

When the government announced these new beds last month, we couldn't wait to share the good news with the families and community. We will now spend time carefully considering all options – including what the design of a new LTC Home on the property might look like – so that we can make the most of this welcome investment in the local health system. Stay tuned for details.

As previously announced, the Ministry of Long-Term Care has suspended the long-term care (LTC) home accommodation rate changes for the 2020-2021 rate cycle. The rate increase that was scheduled to be applied on January 1, 2021, will not take place to provide ongoing relief to residents and families who may be experiencing financial challenges due to COVID-19. Rate increases are now scheduled to resume on July 1, 2021.

This is the second Easter for all of us in this new COVID norm, and we are grateful for your ongoing trust and support as we continue to navigate through it together.

We wish families and loved ones could celebrate traditions in the usual fashion and want you to

know we're committed to keeping spirits high and life in our Home as happy and normal as possible. From in person and virtual worship services, festive meals with Easter specific options, our Home has many creative and engaging activities planned to make sure this time of year still feels special to our residents.

Our team is also happy to support virtual visits so you can enjoy more heartfelt moments and memories with your loved one, and our Care Package policy makes it easy for you to safely drop something off for them.

We are welcoming our new team members: Jincy X, Roman M, Anita T, Basirat O, Parminder S, Kaylin S, Kaitlin D, Shelley W.

*Have a safe and Happy Easter!*

Florin Perte

Administrator

## Snack Cart Re-Vamp



Our dietary department is always looking for ways to improve, and was thrilled to implement the use of our new snack carts over the last few weeks. The new carts boast gel cooling pads, a plexiglass case, and even an attached stand for staff to complete their charting and check on dietary restrictions as they serve. The plexiglass may be pretty – but it is also an increased infection control measure! Keeping goodies out of reach of germs as the cart provides service. Not only are they great for residents, staff members are fans as well!

April 2021





Living the peopleCare Values

## PROFESSIONALISM

**Act with Knowledge  
Develop Skills  
Dress for your Customer  
Choose a Positive Attitude**



**Find us on  
Facebook**

<https://www.facebook.com/PeopleCareCommunities/>

## HE<sup>♥</sup>RTbeats

Congratulations to our March Draw Winners!

**Name of Giver:** Amy (Nursing)

**Name of Receiver:** Morgan (Nursing)

Morgan was nominated because...

"Thank you for coming to help the second floor  
when you had a free moment!"

They will receive a \$25 gift card each for  
displaying the peopleCare Values!

Thank you for all you do!



## Outdoor Volunteers

While 2020 brought the unfortunate news that we could no longer have our dedicated volunteers in the building – we want you to know we miss you! **We are currently in need of some volunteers who would be willing to help with our annual outdoor spring cleanup and greenhouse/garden maintenance.**

Though the volunteers could not interact with residents, it would bring so much joy to know our volunteers leant a helping hand to get our outdoor areas ready for use. Contact Tonya Claydon (ext. 222) for more details. To our dedicated volunteers throughout the years, keep your eyes on our peopleCare Communities Facebook page for a special thank you from the residents of AR Goudie during volunteer appreciation week – April 18<sup>th</sup> – 24<sup>th</sup>.

## peopleCare Is here for You

peopleCare recognizes that we cannot thrive without the hard work and dedication our employees make every day in our Homes. Please remember all of the programs that peopleCare has to assist you in your personal lives, educational pursuits and Employee Recognition! If you are unfamiliar with any of the following, please speak to your manager:

- Employee Assistance Program
- Education Assistance Program
- HEARTbeats rewards and recognition Program

# Easter Word Search

F	L	O	W	E	R	S	G	N	I	R	P	S	Z	O
S	K	C	I	H	C	T	E	B	P	A	R	A	D	E
Y	T	P	B	Z	E	T	M	P	M	G	E	H	Y	S
D	G	X	P	N	A	R	J	B	S	P	A	A	E	S
N	E	Z	N	R	U	A	S	U	B	T	S	P	D	A
A	K	O	O	A	E	D	N	N	T	D	T	P	I	R
C	B	C	E	B	T	I	A	N	E	A	E	Y	Y	G
X	E	G	T	B	A	T	E	Y	K	F	R	G	L	P
D	G	E	N	I	L	I	B	U	S	F	T	G	I	S
S	C	I	E	T	O	O	Y	V	A	O	W	E	L	U
S	K	C	U	D	C	N	L	I	B	D	O	M	V	N
U	I	Y	K	R	O	F	L	S	P	I	L	U	T	D
O	H	Y	G	V	H	T	E	V	A	L	X	J	F	A
K	X	R	A	W	C	F	J	A	H	U	N	T	J	Y
Y	L	I	M	A	F	A	S	P	E	E	P	S	E	M

Basket

Dye

Lily

Bonnet

Easter

Parade

Bunny

Egg Hunt

Peeps

Candy

Eggs

Rabbit

Chicks

Family

Spring

Chocolate

Flowers

Sunday

Daffodil

Grass

Tradition

Decorate

Happy

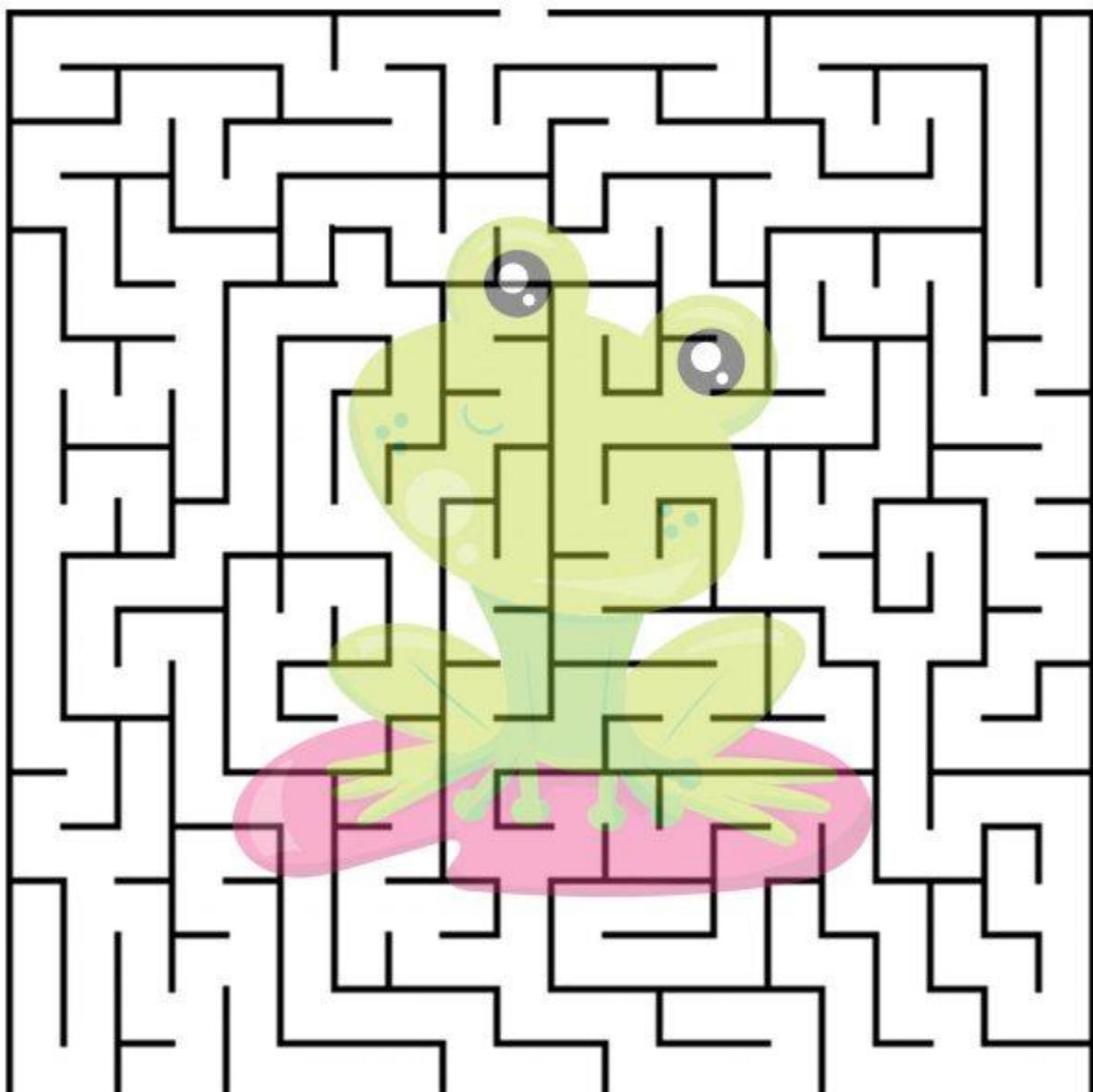
Tulips

Ducks

Jellybeans



Complete the Maze! Help the bee reach his duck friend.



Aprilway Oolsfay!





# Earth Day Every Day

Find all of the Earth Day related words from the list below. The words can be up, down, forward, backward, or diagonal.



AIR	ENVIRONMENT	OCEAN	RESOURCES
APRIL	EXTINCTION	OZONE	REUSE
CLEAN	FOREST	PEOPLE	SMOG
CLIMATE	GLOBAL	PLANET	TRASH
COMPOST	LAND	POLLUTION	TREES
CONSERVATION	LITTER	RECYCLE	WASTE
ENERGY	NATURE	REDUCE	WATER
			WILDLIFE