

peopleCare | AR Goudie

Goudie Gazette

Community News



October 2022 Edition

Our people will change the world of senior living.

HEARTbeats

Congratulations to our Month Draw winners!

**Crystal
&
Sabrina**

They have received a \$25 gift card for displaying peopleCare Values!
Thank you for all that you do!

In Memory Of

Trene D



**Our deepest thoughts & sympathies
go out to the family & friends.**

**No winter without a spring
And beyond the dark horizon
Our hearts will once more sing
For those who leave us for a while
Have only gone away
Out of a restless, care worn world
Into a brighter day**

Special Days!



- October 1st - National Seniors Day
- October 3rd - Oktoberfest Entertainment
- October 5th - Walk to Wellness Event
- October 10th - Thanksgiving
- October 27th - Birthday Party
- October 31st - Halloween Party



Living the peopleCare Values

People

Every person touched by our service is treated with care, respect and kindness; with an emphasis on independence, wellness, recognition, education and mentoring.

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DID YOU  KNOW?

October is a strange month, weather wise. The first frost usually occurs in October, but days of warm, summer-like weather can reappear. Farmers rushing to harvest the last of their crops are grateful for these Indian summer days. October, with its beautifully changing foliage, is one of the most colorful months of the year.

October is National Country Music month. Put on some Dolly Parton, Garth Brooks, Johnny Cash, Willie Nelson, Patsy Cline, or another country crooner to celebrate the sounds of country-and western music.

The birthstone of the month is Opal. Opals are praised for the way they shine and change color. These gems diffract light, and depending on where they were formed, they can be any number of different hues—from red and yellow to blue, green, purple, and black. The most common color is a milky, opaque white



HAPPY BIRTHDAY

- Eric Peterson - October 10th
- Bryan Kaufman - October 12th
- Josie Snider - October 14th
- Robert Westlake - October 15th
- Margaret Sturm - October 24th
- Gloria Kraft - October 29th
- Irene Curzon - October 31st

Joke of the Month

What is a pumpkins favourite sport?



Squash!



Daily Affirmation

I belong in this world;
there are people that
care about me and my
worth.



From the desk of Florin

Happy October,

Summer is gone and now we are enjoying the beautiful colours of the fall. With the cold weather coming, so does the warm clothing. As you bring in new clothing, please ensure the bag is properly labeled and placed in the collector box located beside the elevators. Thank you for your cooperation. Throughout October, residents and staff will receive their flu shot at the Home, supporting our goal to improve the immunization rates at every peopleCare Home. Families, volunteers, and other visitors have lots of convenient options for getting their shot including local pharmacies and Public Health flu shot clinics. Stay healthy and get your Flu Shot!

As the temperatures are getting lower the outdoor visits will be used less. Please contact us at 519 744 5182 ext. 222 for booking inquiries. Windows and virtual visits are still available.

Beyond Ourselves is peopleCare's approach to social responsibility and being a force for positive change in our communities and around the globe. In the months of September and October during the Walk to Wellness 2022 program we have multiple fundraising events involving residents and team members. All donations will support MEDA's Nigeria Women and Youth (WAY) project. Please connect with us if you wish to support our fundraising efforts.

Congratulations to Teresa P and who was recognized through our Heart Beats Program and able to collect their \$100 reward for volunteering.

Last month Lisa H. received a \$750 bonus for referring Claudia H. to join our team, who also received the \$750 bonus. Welcome to our team Claudia!

We would like to welcome our new team members: Rajwinder K, Olayemi S, Sarita P, and Jaimie C. All of us at AR Goudie, would like to wish our residents and families a Happy Thanksgiving!

Best Regards

Florin Perte



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Life at AR Goudie



Special thank you to the 3rd floor team for surprising Van with her Bridal Shower!

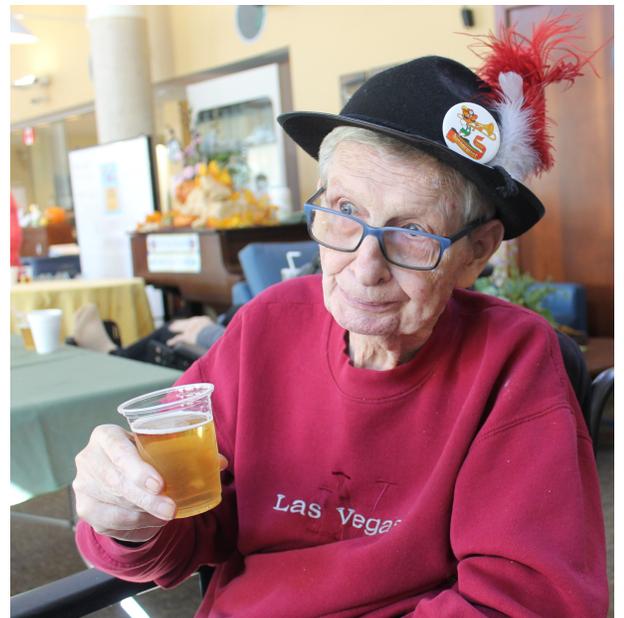


Remember to stop and smell the flowers :)



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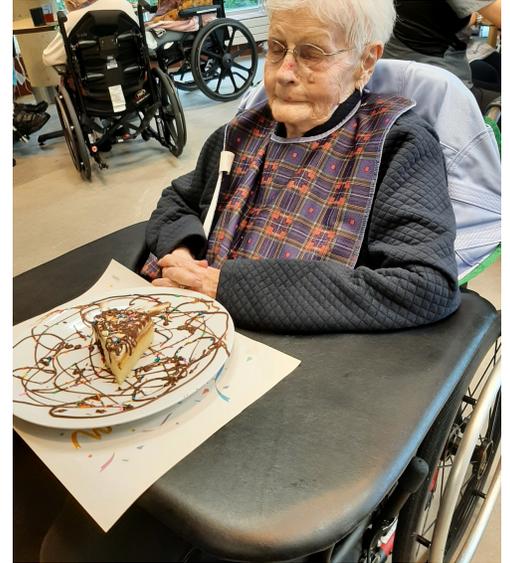
Life at AR Goudie



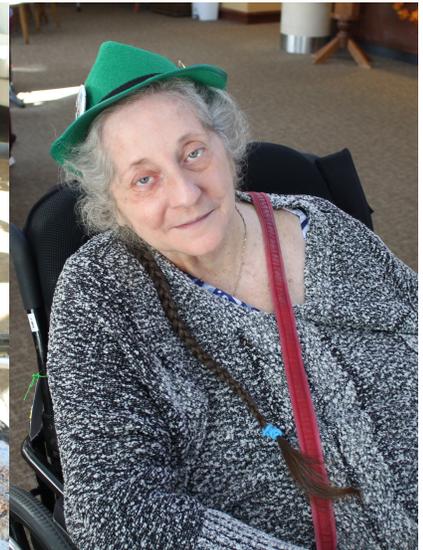
Happy Oktoberfest!

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Life at AR Goudie



The new bowling ramp is a "smash" hit!



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Searching for October

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



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

| | | |
|------------------------------|----------------|--------------------------|
| AUTUMN | LIBRA | SCORPION (Scorpio) |
| BOSS'S DAY | MARIGOLD | SUKKOT |
| COLUMBUS DAY | OCTOBER | SWEETEST DAY |
| COSMOS | OPAL | TENTH |
| HALLOWEEN | SCALES (Libra) | THANKSGIVING (Canada) |
| INDIGENOUS (Peoples' Day) | SCORPIO | YOM KIPPUR |

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Walk to Wellness 2022



As a values-based organization, peopleCare is committed to social impact. Going Beyond Ourselves is a way of living peopleCare values, and being a positive force for change, in our own communities and, through MEDA, around the globe. For the second year, we have created a signature event as part of our Beyond Ourselves campaign called Walk to Wellness. Through participation in the Walk, and home-level fundraising, our teams will have the opportunity to give back, with the added benefit of engaging in a organization-wide experience that focuses on wellness, physical activity and camaraderie. Thank you to all the team members at AR Goudie who have not only signed up for the walk, but participated in our many fundraising events like the pie in the face jars, raffle, and candy guess. There are more events to come throughout the walk and until the endof the year - so keep an eye out for how you can continue to stay connected as we "walk" all the way until Christmas!

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October Short Story "Our Street"

By: Volunteer "Maggie B"



Another sleepless night! Aunt Patti tried counting sheep, and when that failed to summon the sandman, she switched to studying the shadows in the room. As a child, she'd imagined all manner of creatures lurking in the dark. A round alarm clock became a goblin whose constant 'tick tock' made her accountable for every second of the day. Fluttering window curtains transformed into a ghost upsetting the peace of the night. Creaking floorboards presented as the voice of a 'Wardle' - a hungry animal that her brother said lived under her bed.

Bong! Bong! Two o'clock am. The night terrors of childhood might be outgrown, but Aunt Patti was definitely experiencing a new set of torments. The bothersome ticking of the clock reminded her that time neither stopped nor slowed down for anyone. What used to be accomplished in a few minutes, now took her longer and longer. Each creak of the house's timbers reminded her of something that needed attention - tasks that bumped her time with family and friends. Then, there was the curtain ghost - a spectre dredging up past hurts and failures.

Bong! Bong! Bong! Three o'clock am. Aunt Patti had had enough. She decided to deal with the constant assault on her sleep the same way she would handle a pestering child. Each time a troublesome thought crept in, she would firmly admonish it, "Not now!" It didn't work right away, but it did increase her power. She dropped into a restless sleep muttering her new mantra, "Not now!"

In the morning, a tired Aunt Patti vowed to deal with each item that had robbed her of sleep the night before. When it came to how long a task took, she would no longer focus on how long something was taking, but rather on rejoicing in a task completed. Now, she would use Saturdays to make contact with family and friends. It would be a priority time not to be carelessly set aside. The troublesome ghost of the past was more challenging. Aunt Patti decided to practice forgiving people who had hurt her. Even more importantly, she would practice forgiving herself. Armed with these strategies, she now looked forward to more restful nights.

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Council Corner

Your Council Speaks

The Resident council Corner article is sectioned into three different parts, what the council has done in the past, upcoming plans for the council & home, & some interesting facts you may not have known.

Our resident & family council are always open to new members. Please don't hesitate to let us know if you are interested in joining!

Past

The last Resident Council meeting was September 29th. In this meeting, we discussed upcoming events in October including our Walk to wellness Charity Event, Oktoberfest Entertainment and special program requests. Thank you to the Residents Council for supporting our MEDA 50/50 draw

If you have any questions, concerns, or ideas, please email or call Tonya Claydon at 519-744-5182 extension 222.



What's Coming

Our next **Resident Council** meeting will be **October 28th at 9:30am**. We welcome all residents to council meetings. Join us to speak up about what is on your mind & represent your home so that we can best serve you & your needs.

Our next **Family Council** meeting will take place in October. The Family Council is the best way to join the community, enjoy some education sessions & learn about what is going on in the home. Are you a new family member? Reach out to Tonya Claydon to get involved with the Family Council.

Did You Know?

The new fall/winter menu will enter into rotation during October. Be sure to note menu items you like and dislike, and share it at the next resident council meeting to keep the menu improving!

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Administration

Looking for help? Call or email the appropriate member of AR Goudies Administration team.

Florin Perte - Executive Director
fperte@peoplecare.ca ext. 202

Anabela Henriques - Director of Care
ahenriques@peoplecare.ca ext. 220

Marilyn Seabrook - Asst. Dir. of Care
mseabrook@peoplecare.ca ext. 203

Wendy Williams - Dir. of Resident Quality
Outcomes
wwilliams@peoplecare.ca ext. 241

Stacy Cook - Office Manager
scook@peoplecare.ca ext. 224

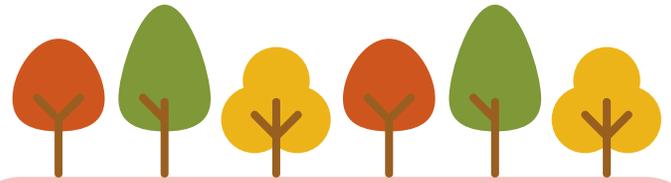
Emma Schmolling - Nursing Staffing Manager
eschmolling@peoplecare.ca ext. 201

Flavia Boz - Dir. of Environment
fboz@peoplecare.ca ext. 204

Eunju Baek - Dir. of Food Services
ebaek@peoplecare.ca ext. 208

Tonya Claydon - Dir. of Programs
tclaydon@peoplecare.ca ext 220

For other service providers like dietician or social work,
please contact the appropriate manager.



peopleCare is here for you!

peopleCare recognizes that we cannot thrive without the hard work and dedication our employees make every day in all 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 & Recognition Program
- Disaster Relief Fund



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

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