

peopleCare | AR Goudie

# Goudie Gazette Community News



**March 2024 Edition**

Our people will change the world of senior living.

## HEARTbeats

Congratulations to our Monthly Draw winners!

**Tamara (Nursing)**  
&  
**Keshav (Nursing)**

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

## In Loving Memory



*Jane H.*

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

# Welcome

Selby A  
Karen A.  
Karin T.

.....

## Resident Council



The next Resident Council meeting will be held on March 26th at 9:30am in the 2nd floor lounge. All residents are welcome!

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.

## Special Events

### Meda Chili Lunch Fundraiser (\$)

March 6th 11:30am-1:30pm

### Womens Day Spatacular

March 9th at 2:00pm

### Breakfast Club (Sign Up)

March 14th at 8:30am

### St. Patricks Day Pub with Elvis

March 15th at 2:00pm

### Hilltop Persian New Year Outing

(\$ - Sign Up)

March 19th at 12:30pm

### Bowling for Bunnies

Tournament

March 21st at 2:00pm

### Diner's Club Fish n Chips

(\$ - Sign up)

March 22nd at 12:30pm

### March Birthday Party

with Piano by Bill

March 26th at 2:00pm

### Easter Bake Sale (\$)

March 27th 11-3

### Easter Sunday Service

March 31st at 10:30am

## Joke of the Month

What falls in the spring  
but never gets hurt?

The Rain!



## Happy Birthday

Wally H. - March 5th

Dorothy R. - March 12th

Anna Mae Z. - March 13th

George V. - March 13th

Ruza K. - March 15th

Margret Z. - March 18th

# From the desk of Florin

Happy March everyone!

This winter is much milder than we used to, and we are just few weeks away from the spring to come. Days are longer, nights are shorter, temperatures increasing, and we will adjust soon our clocks to the daylight-saving time. These are all good news for all of us.

The respiratory disease season is not over yet and we are continuing to have all infection protocols in place. Vaccination against these respiratory viruses is important for everyone and especially for those who are at higher risk of developing serious complications.

We are asking everyone to not visit the home in case you have any respiratory illness symptoms. Please follow the proper infection control processes when visiting. Wearing a mask while visiting is one of the best ways to protect your loved one and our staff. Please join us on these efforts to keep us safe!

Please note that a Summary of Accommodation Charges for 2023 has been sent out in the mail. You can use this document for tax purposes. Notify us if you have not received this document. We are pleased to confirm that the interior renovation project is approaching to the final stages in the resident home areas and the work outside for the new building is in full progress.

We are welcoming our new team members Lovelie P, Joy O, Miriam C, Vanda S and our new music therapist Chelsea-Anne W.

Congratulations to Crystal M and Farahnaz B for being recognized through our Heart Beats Program and able to collect their \$100 reward for extra work and volunteering.

I am wishing to all women - Happy International Women's Day on March 8 and to all - Happy St Patrick's Day on March 17.

Yours Truly,  
Florin

**Happy**  
**St. Patrick's Day**



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# Life at AR Goudie



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# Life at AR Goudie



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# Life at AR Goudie



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# Beyond Ourselves

## MEDA Chili Lunch & St. Pattys Raffle

This March we are hosting another Chili Lunch in support of MEDA. March 6th from 11:30-1:30 stop by our Grand Hall and grab a bowl of chili, chips and a beverage for just \$8.00! Regular and Vegetarian available.

St. Patricks Day is just around the corner and what better way to celebrate than wining a boozy basket? Check out this awesome raffle of an LCBO gift card and goodies. Tickets are 1 for \$5 and or 3 for \$10.

Want to learn more about MEDA? Check out this [fireside chat video](#) with Brent and Heather Gingerich, and special guests from MEDA.

## Easter Bake Sale

We are excited to be hosting our annual Easter bake sale on March 27th from 11-3. This year, the proceeds from our bake sale will go towards our palliative committee. The palliative committee aims to provide end of life care that is resident-centered, relieves pain and suffering, and improves dignity in death. Money raised goes towards purchasing supplies for palliative care like family cots, and sensory comfort items such as lotion and music. We are accepting donations of baked goods to the sale - if you would like to donate please contact Tonya at extension 222.



See you March 27th - bring your sweet tooth!







## Easter Match

Match the clues on the left with an item from the right column.

- |   |                    |
|---|--------------------|
| 1. Tall, white Easter flower _____      | A. Spices          |
| 2. Where Jesus died _____               | B. (Good) Friday   |
| 3. Jesus was laid here _____            | C. Alleluia!       |
| 4. Ancient Easter sacrament _____       | D. Tomb            |
| 5. Woman who visited the tomb _____     | E. He is risen!    |
| 6. He denied Jesus three times _____    | F. Cross           |
| 7. Brought for Christ's body _____      | G. Doubt           |
| 8. Day Jesus died _____                 | H. Women           |
| 9. Song about Mary and Jesus _____      | I. Mary Magdalene  |
| 10. Early Easter celebration _____      | J. Cloths          |
| 11. Exclamation of joy and praise _____ | K. In the Garden   |
| 12. Day of the resurrection _____       | L. Lily            |
| 13. Thomas' reaction to the news _____  | M. Peter           |
| 14. First to report resurrection _____  | N. Sunrise service |
| 15. Said of Jesus on Easter _____       | O. The third day   |
| 16. Found in tomb _____                 | P. Baptism         |

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## Searching for March

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



AQUAMARINE

JONQUIL

RAMADAN

ARIES

LAMB

SPRING BREAK

EASTER

LION

ST. PATRICK'S DAY

GREEN

MARCH MADNESS

TIME CHANGE

HOLI

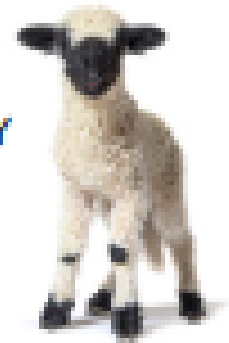
PISCES

WINDY

IDES

PURIM

WORM MOON



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## "Our Street" Lighthearted Short Stories

By: Volunteer "Maggie B"

Aunt Pattie sat gazing out the bay window. She was enjoying the early signs of spring: dripping icicles, crocuses pushing through the snow and the first robin hopping on a patch of bare grass. Spring was on it's way in. Winter was on it's way out. The changing seasons got her thinking about other things with beginnings and endings. Some pine trees lived for centuries but eventually they died and became part of the soil. She acknowledged that all living things were subject to decay. Yet, there was hope. Species carried on with the birth of offspring.

The seeming impermanence of things got her questioning, "What about the works of ones' hands – pottery, paintings, even dinner, did they fare any better? No!" She decided as she looked at the dishes drying on the dish rack. "Especially not dinner!" There were other things like buildings and books that deteriorated. The ancient pyramids of Egypt were succumbing to the ravages of wind and, over time, the pages of manuscripts dried out and crumbled. With resignation she added, "Nothing physical is permanent."

Aunt Pattie was quiet for a time and then continued with her series of questions, "What about things you can't see - beliefs or feelings like compassion? Where did they fit into the scheme of things?" Aunt Pattie had gone down a rabbit hole. Now she wasn't quite sure who she was asking, maybe the walls, but often answers came when she carried on in this way. She recalled how old Grandpa Remus taught in the way his ancestors had taught him. History and values were passed down through songs and stories. Songs that nourished faith. Stories that taught how to treat others. She smiled hopefully thinking how the hymns and parables of long ago shaped the concept of love today. Many world traditions, including her own, taught that love is eternal! "Yes!" Pattie declared aloud, "While tangible things decay and disappear, unseen things, like love, compassion, and hope are permanent."

It's true, people don't always practice those things, she thought, but as long as people do their best, we'll see evidence that love is eternal. Remembering Grandpa Remus, Pattie went to the piano and played a couple of her favourite hymns.

**"These three remain: faith, hope and love, but the greatest is love.." 1 Corinthians 13:13**

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# Chaplain Chat

Welcome to the first edition of Chaplain Chat! My name is Adrienne, and I started as the new chaplain at AR Goudie in January. I am so excited to be here and to be part of the community. If I'm not wandering the halls of each floor, I can be found in the chapel or Grand Hall. Please don't be shy and say hello! I am here Monday, Wednesday, Thursday and Friday.

I wanted to start this new column with a focus on compassion. Compassion for self as well as for others. We often have an easier time extending love and empathy to others, but what about when we need to show ourselves the same care and love? How easy do you find it to practice self-compassion?

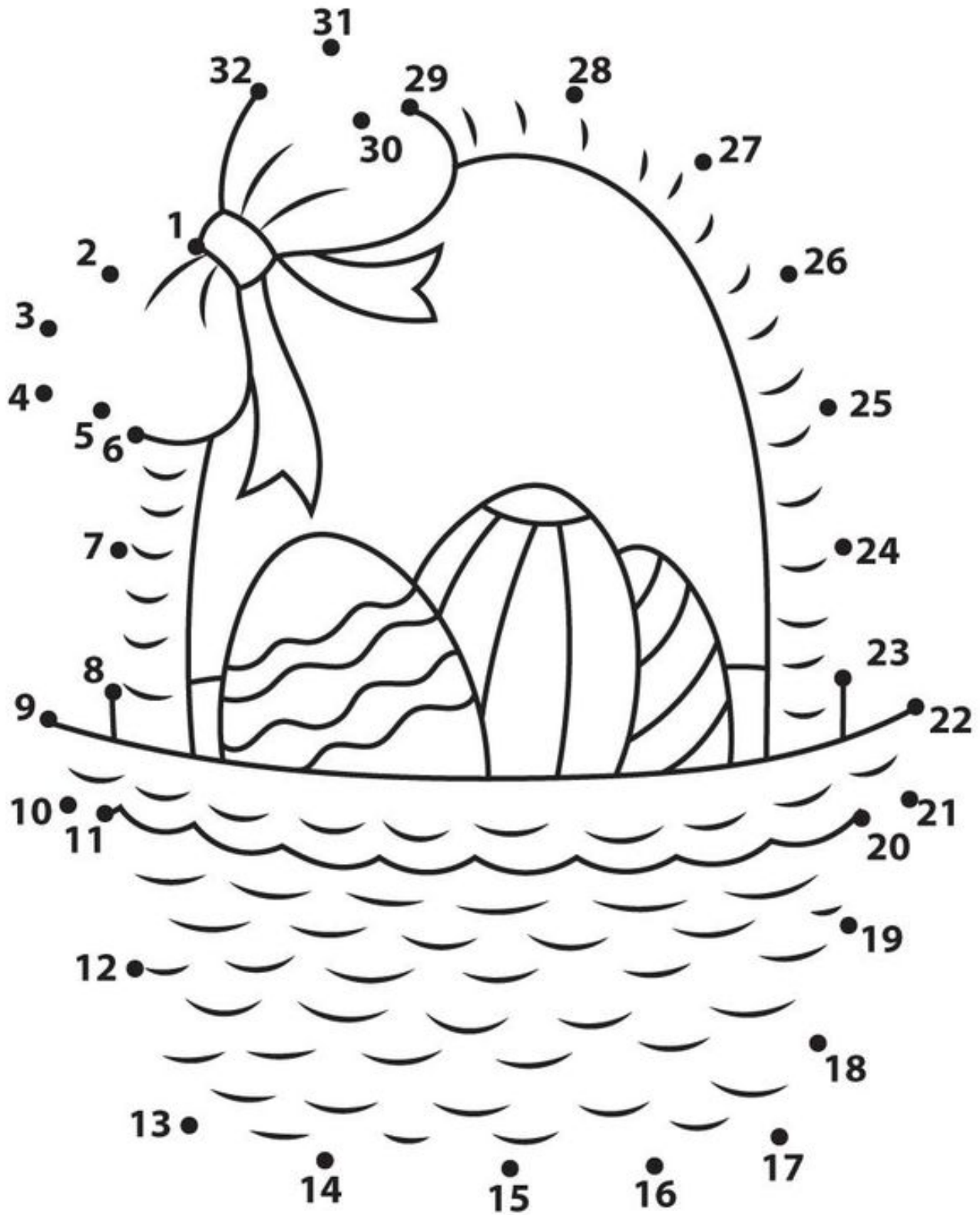
With self-compassion we learn that we are deserving of the same level of empathy we show to others. We accept who we are, as we are, and we open ourselves up to feeling supported by those around us. We learn to ask for help, even when we feel we shouldn't have to. When you are having a difficult time, fail or notice something you don't like about yourself, extending the act of self-compassion means not ignoring your pain with a 'grin and bear it' attitude. Instead, stop and tell yourself, "this is really difficult right now, how can I comfort and care for myself in this moment".

Instead of mercilessly judging and criticizing yourself for any shortcomings or inadequacies, self-compassion means you are kind and understanding, the same way you would react to a close friend who is suffering. Perhaps most importantly, practicing self-compassion means you honour and accept your humanness. Frustration, loss, mistakes and falling short of your ideals are all part of being human. When this reality is denied or fought against, your suffering increases in the form of stress, frustration and self-criticism. The more you can accept these things instead of fighting against them, more you will be able to feel compassion for yourself and your fellow humans. Accept this reality with sympathy and kindness.

Be gentle with your hearts and minds when confronted with painful experiences rather than getting angry when life gets hard.

Chaplain Adrienne

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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

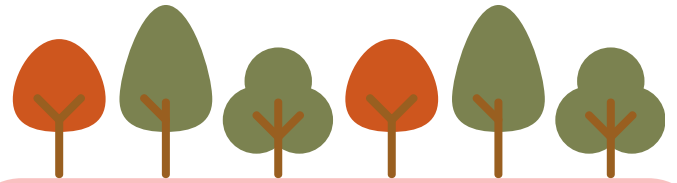
Stacy Cook - Office Manager  
scook@peoplecare.ca ext. 224

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

Sandra Mohammed- Dir. of Food Services  
smohammed@peoplecare.ca ext. 208

Tonya Claydon - Dir. of Programs  
tclaydon@peoplecare.ca ext 222

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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