

peopleCare | AR Goudie

Goudie Gazette Community News



May 2024 Edition

Our people will change the world of senior living.

HEARTbeats

Congratulations to our Monthly Draw winners!

Raj R. (Nursing)
&
Helen A. (Nursing)

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



In Loving Memory

John M.
Raymond D.

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



Resident Council



The next Resident Council meeting will be held on May 27th at 9:30am in the 2nd floor lounge. All residents are welcome!



Karin T.
Elsie H.
Mitch M.
Ivan S.

Living the peopleCare Values

Excellence

We have a passion to consistently exceed expectations.

Special Events

Cinco De Mayo Social & Trivia

May 5th at 10:30am

Butterfly Conservatory Outing (\$ Sign Up)

May 9th at 9:30am

Mothers Day Brushes & Brews:

Painting & Tea Tasting

May 12th at 2:00pm

Pub Night with James Skarnikat

May 13th at 6:15pm

Breakfast Club (Sign Up)

May 16th at 8:30am

Spring Fling Party w. Sister Homes & Susie Q

May 17th at 10:30am

Dominos Pizza Diners Club (\$ Sign Up)

May 23rd at 12:30pm

May Birthday Party with Michael Kelly

May 30th at 2:00pm

Joke of the Month

Why was the
strawberry sad?
*His mom was in a
jam!*



HAPPY
Birthday

Annie G. - May 4th

Dinis B. - May 5th

Madeline T. - May 23rd

Lillian K. - May 26th

Lena M. - May 29th





Around the Home

Spring has officially sprung! We hope you have been staying dry these last few weeks as we look forward to some sunnier weather come May. We have an exciting month of programs coming up – please check out the special events list and be sure to note which you will be attending. Happy Mother’s Day to all celebrating this joyous occasion.

IPAC Coordinator Marilyn would like to let everyone know that there is a new Covid Booster shot that will be offered to qualifying residents over the next few weeks. Residents must be 6 months from their previous Covid vaccine dose or known Covid infection. You may be contacted to collect consent for this new dose. Vaccines help us protect our most vulnerable populations as we continue to navigate the different viruses circulating in our community.

As the weather warms up, we recognize that we no longer have the front patio and seating area due to construction. Please note that the back courtyard, accessible through the TV lounge on Eastway Walk (first floor) is a beautiful, quiet space to sit outdoors and enjoy the sun. The area is paved, has outdoor furniture and an awning for shade. It is also where we have relocated the raised garden beds from the front. The door to the courtyard is kept locked for resident safety. If you wish to access the courtyard, simply ask the nurse to unlock the door for you. Any leadership team member can also assist you.

Freshening up the closet for spring? Please remember to drop off all new clothing items for labelling in a sealed bag with a labelling sheet inside at the designated box outside the elevators on the main floor. This stops us sending unlabelled items to the lost and found.



Around the Home cont.

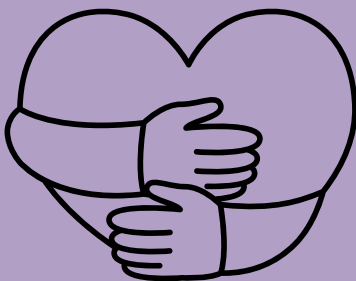
Some recreation activities, and other unfunded services like hairstyling and footcare require residents to have a Trust account in good standing. Please note trust account balances on your monthly statements and top up with cash or cheque if desired. Speak to Office Manager Stacy if you have any questions regarding Trust accounts.

It's that time of year again – May 6th to 10th AR Goudie will celebrate Caregivers Week. During the week you will see an array of exciting events in the home that aim to appreciate all our exceptional team members in each department. Thank you all for your continued hard work and care for our amazing residents and their home.

We welcome to the team this month new hires Chukwuma I. and Loubna I. Congratulations to Tamara S., Crystal M., and Teresa P. on their heartbeats incentives this month.

Kindly,

Tonya Claydon
Director of Programs



HAPPY
CAREGIVERS WEEK
May 6th-10th 2024

369 Frederick St, Kitchener | 519-519-744-5182

Life at AR Goudie



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Prom Night!



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Beyond Ourselves

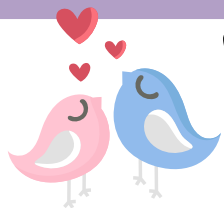
Thank you to everyone who attended our last chili lunch of the season. Now that the weather is ideal, we will be hosting regular charity BBQ's throughout the summer. Keep an eye on upcoming newsletters for dates and menu selections.

In the month of May, we will first and foremost go beyond ourselves by celebrating our amazing team here at peopleCare during Caregivers Week.



Additionally we will be selling once again the *highly requested* **Rheo Thompson Mint Smoothies**. Purchase from reception during business hours 1 for \$3.00 or 2 for \$5.00 while supplies last.

Coffee lovers - we are hosting a spring raffle for a brand new Nespresso Vertuo coffee machine, with a set of mugs and some homewares. Tickets are 1 for \$5.00 or 3 for \$10.00. Best of luck!



"Our Street" Lighthearted Short Stories

By: Volunteer "Maggie B"

The week of rain had finally come to an end. Grandma Jean stepped onto her patio, a cup of coffee in hand. She settled into a chair and surveyed the garden. Next to her feet, a clump of bright yellow daffodils straightened its stems, stretched up and shook off rain drops, like a wet dog rising from sleep. Everything looked clean and bright - grass, leaves, even the water beads on a spider web gleamed in the sunshine. After all the bad weather, the freshly washed yard was a welcome sight.

"Hey sweetie, sweetie! Hey sweetie, sweetie!" broke the silence.

"Hello," greeted Grandma. "Welcome back!" A Black-capped chickadee sat on a faded green birdhouse singing his heart out, "Hey sweetie, sweetie! Hey sweetie, sweetie!" He and his mate had returned to the site of last years nest. Watching them raise five demanding chicks had provided Grandma Jean with hours of entertainment. 'Beanie', as Grandma Jean fondly called him, began lugging material into the old homestead - grass, small twigs and tinsel from a discarded Christmas tree. He made trip after trip to furnish the house. During one of his away excursions his mate returned to inspect progress. Grandma Jean watched her stomp around and then begin systematically throwing things out - twigs and grass and even the tinsel that Beanie had carefully pulled through the entrance hole.

"You don't like his choice of furniture?" she asked of the disgruntled bird busy tossing Beanie's choices to the ground. "You must like minimalistic décor - more like Marie Condo."

It was during this tantrum that Beanie returned. Grandma Jean sat back waiting to see what would happen next. How would he react to all his efforts being discarded. The birds began frantically flapping wings and squawking loudly at each other. With amazement Grandma whispered to the rising daffodils, "Imagine that. They're arguing - just like real people!"

It wasn't long before the tumult ended and quiet returned to the yard. The two birds had settled quietly next to each other. Soon they were cooing and gently rubbing beaks together. Peace reigned, at least for the moment.

"It's going to be an interesting season," Grandma Jean exclaimed, as she hurried toward the kitchen for a coffee refill. She didn't want to miss the next episode in this years newest soap opera, 'Another Nest'.

"Choose your battles wisely. After all life isn't measured by how many times you stood up to fight." - Poet C. Joybell

Chaplain Chat

When is the last time you considered your creativity? When is the last time you sat down to make something simply for the joy of creating something to call your own?

Starting on May 13th and the remaining Mondays in May, I invite you here to join me in a new program, **Nurturing the Heart with Art**. This will be an opportunity to engage with your spirituality in a new, creative way. No previous art experience necessary! What is important here is that this will be a safe space to work with your interpretation of the Divine and the Self, in whatever way makes the most sense and is the most meaningful to each individual. At the end of the program in June, we will host an art show and display all the beautiful work you've done!

If we think about art, oftentimes we become distracted by the result and forget to enjoy the process. Leaning into the "doing" of something, rather than just the "end product" means we aren't missing out on vital time to engage in the present moment. This is a fundamental concept in the practice of mindfulness.

On May 22nd at 11:00, I will be hosting a Mindfulness session. During this time, we will explore what mindfulness is and how it can impact your day to day life. **Mindfulness** refers to a form of meditation that can help you maintain a healthy physical, mental and emotional well-being. Mindfulness activities can help you stay grounded in the present moment and help you to let go of any worries and problems you might have had. Benefits of mindfulness include: improved brain function and cognition, healthy and stable mental health, reduced risk from certain health conditions (such as chronic stress and heart diseases), improved digestion and blood circulation. So please join me in the Chapel to begin learning some important mindfulness strategies.

Our Wednesday Worship series continues this month in the Grand Hall at 11:00 a.m. Catholic Mass will be held in the Chapel on May 22nd at 10:30 a.m.

I'm looking forward to seeing you throughout the month of May!

Sincerely,
Chaplain Adrienne



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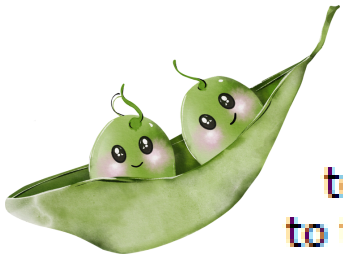
Searching for May

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



- | | | |
|--------------------|----------------|----------------|
| ARMED FORCES (Day) | FLOWER MOON | MEMORIAL (Day) |
| BASEBALL | GEMINI | MOTHER'S (Day) |
| BASKET | KENTUCKY DERBY | SPRINGTIME |
| BULL (Taurus) | LADYBUG | TAURUS |
| BUMBLEBEE | MAY (Day) | TWINS |
| CINCO DE MAYO | MAYPOLE | VICTORIA (Day) |

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Double Trouble

Find the word that can be an ending to the first word listed and can be the beginning to the second word listed. The first answer is given.

1. girl _ _ _ _ _ ship friend _____
2. grape _ _ _ _ _ cake _____
3. snow _ _ _ _ _ lace _____
4. moon _ _ _ _ _ weight _____
5. out _ _ _ _ _ suit _____
6. day _ _ _ _ _ boat _____
7. oat _ _ _ _ _ worm _____
8. quick _ _ _ _ _ box _____
9. sugar _ _ _ _ _ rack _____
10. turtle _ _ _ _ _ tie _____
11. vine _ _ _ _ _ stick _____
12. whirl _ _ _ _ _ hall _____
13. ball _ _ _ _ _ way _____
14. lip _ _ _ _ _ up _____
15. cow _ _ _ _ _ away _____
16. black _ _ _ _ _ box _____

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

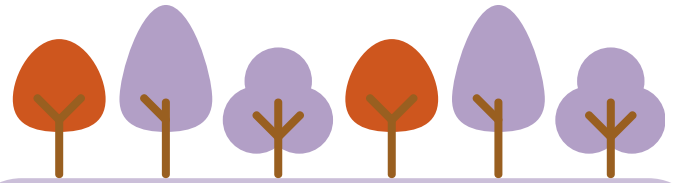
Stacy Cook - Office Manager
scook@peoplecare.ca ext. 224

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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