

peopleCare | AR Goudie

Goudie Gazette Community News



July 2024 Edition

Our people will change the world of senior living.

HEARTbeats

Congratulations to our Monthly Draw winners!

Louise (Hairstylist)
&
Tess (Recreation)

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

Hairdresser

Looking to get in touch with our hairdresser Louise? POA's can email louisepeoplecare@gmail.com

DON'T FORGET

If you are leaving /taking a resident out of the home please alert the nursing team to notify them of the approximate time of return. This helps us keep medication administration on time and residents safe!



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Resident Council



The next Resident Council meeting will be held on July 22nd at 9:30am in the 2nd floor lounge. All residents are welcome!

Living the peopleCare Values

Growth

We embrace change and maximize every opportunity for our people and our organization.

Special Events

Canada Day Party with Traci Kennedy

Wear Red & White!

July 1st at 2:00pm

Country Western Day!

Dress to Impress!

July 9th

Pub Night with R&S Country

July 9th at 6:15pm

Swiss Chalet Diners Club

(\$Sign Up)

July 11th at 12:30pm

National Hot Dog Day

Specialty Lunch Option

July 17th

Town Hall

July 18th at 2:15 & 3:00pm

Breakfast Club (Sign Up)

July 19th at 8:30am

Picnic at the Park (Sign Up)

July 20th at 12:00

Animal Beds for Charity

July 25th at 2:00pm

July Birthday Party with Jay Franco

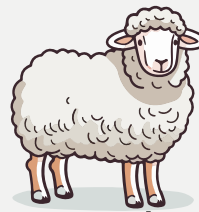
July 26th at 2:00pm

Olympic Opening Ceremonies Replay

July 27th at 2:00pm

Joke of the Month

Where do sheep go on vacation?



To the Baaaa-hamas!



Madleen Q. - July 1st

Lillian D. - July 11th

Howard H. - July 13th

Claire L. - July 21st

Frank R. - July 24th

June P. - July 25th

Jessica M. - July 25th

Erna S. - July 28th

Marlene F. - July 28th

Romaine P. - July 29th

From the Desk of Florin

Happy summer everyone. Now we are moving into the first full month of summer we are celebrating July 1, Canada's 157th anniversary. Special events will be held on July 1st throughout the home. Everyone should enjoy Canada Day celebrations with family and friends.

We are so blessed to live in harmony in this beautiful and great country – CANADA! Summer is here and warmer days are welcomed. The upgraded cooling system in the home is providing a comfortable temperature in all areas during the summertime. We have implemented our heat related illness prevention and Management plan. Temperatures are monitored every day on all floors.

When visiting outside please follow the screening procedure and be sure to apply sunscreen, take along a hat, and get hydrated. Use the natural shaded areas in our large outdoors.

The renovation project is continuing this month with the work in the basement laundry room, and we are also planning to start the work for the back parking area. A temporary parking area will be created on the front lawn. The street access will be the same. Access from the temporary area will be slightly modified. Please follow the signage that will be posted at the time. Please let us know if you have any concerns regarding this work.

On July 18, 2024, we are holding a Town Hall meeting starting at 2:15 pm in the Grand Hall providing more information on the construction progress, sharing our new visionary strategy and more.

A special celebration was held in the month of June for the 2024 peopleCare Value Awards winners. The winners are Alyssa H and Renato D for the Growth value, Brian D for Excellence, Helen A for Professionalism and Tess M for the People value. We are all so proud of you! Congratulations!

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From the Desk of Florin cont.

We are welcoming to our team Ramanjote K.

Congratulations to Sarah D for being recognized through our Heart Beats Program and able to collect their \$100 reward for volunteering and extra support.

Please join us in extending best wishes to Deborah Beckman, who has retired after 14 years of services from peopleCare Communities. Many of our homes have been blessed by her presence on their leadership teams over the years. She has taken on countless stretch opportunities, from serving as Executive Director for both Delhi and AR Goudie during their onboarding into the peopleCare family, to her many years as our Executive Director of Nursing for our largest home, Hilltop Manor.

Happy retirement Deborah! We look forward to your continued support for future events, bake sales, and Resident Retreats!

HAPPY CANADA DAY!

Florin Perte

Executive Director



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YOU ARE INVITED

Virtual Family Event

Supporting each other in long term care.

Long Term Care is a vital part of our healthcare system. Know that you are not alone with almost 400 Canadian families going through this transition every single day.

Our guest speaker combines her many personal experiences as a resident's wife and daughter with her industry insight to provide a framework for managing this major life change.

This session will provide you with:

- How to manage the Long Term Care journey with more ease and grace, and less guilt and anxiety.
- The 7 A's of this emotional journey.
- Strategies to manage your energy effectively.
- How to recognize and respond to your grief.



RSVP Here



**Guest Speaker,
Deborah Bakti**

Pick One:

~~June 18th at 12:00pm~~

July 16th at 3:00pm

August 13th at 6:00pm

A Zoom meeting link will be provided.

We will also be hosting this online event at the home. Please RSVP to Tonya Claydon at 519-744-5182 by June 11th if you are planning to attend the session in person.

Congratulations Value Awards Winners!



Congratulations to the 2024 Value Awards Winners. Renato, Helen, Alyssa, Tess, Brian pictured with our Executive Director Florin at their celebratory luncheon! Well done team!

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Beyond Ourselves

We will continue to put our BBQ to good use to raise money for MEDA. Join us on July 9th & July 24th between 11:30 and 1:30 in the Grand Hall to purchase a delicious hamburger or veggie burger for \$5.00. Enjoy a combo for \$8.00 which includes a drink and chips!



With summer here, we can't think of a better way to cool off than by winning a stocked up cooler filled with all sorts of boozy beverages. Win the cooler, and the booze - you just bring the ice to your next summer get together. Tickets will be sold at reception 1 for \$10, 3 for \$25. See posters in the home for more details. Good luck!



"Our Street" Lighthearted Short Stories

By: Volunteer "Maggie B"

Aunt Patti filled in another hole in her lettuce bed, and muttered, "That bunny has eaten his last free meal! He'll have to dine elsewhere." She headed inside to the den, settled into her favourite chair, turned on the computer and began a search.

"How to keep rabbits from digging in your garden." A variety of sprays and different styles and heights of fencing immediately filled the screen. Aunt Patti stroked the gray kitten who had climbed into her lap. "Sprays might hurt you so they're out of the question. And fencing," she continued, "it sure is expensive." Another solution flashed on the screen.

"Plant marigolds or lavender around the perimeter of your garden. Rabbits dislike both their scent and taste."

"Solving the problem with flowers - now that's appealing!" Chummy purred in agreement. Lavender had been her mother's favourite flower and homesickness set in. Aunt Patti opened her online photo directory to browse through pictures of the family farm where she had grown up. She studied them for a time and wondered if any of the Brown family still lived next door. She googled their name and address. Up came a response, Benjamin Brown elected Reeve for Maplevale Township. "My that's interesting! I wonder who else still lives there." A search located three old classmates; another identified the editor of 'The Happenings' - the local newspaper. She found 'The Happenings' online and read several editorials outlining the slow construction progress for the town's first medical facility.

The phone rang, "Hi Aunt Patti." It was her nephew, Robert. "I'll pick you up to go for lunch in about ten minutes." Panicking she hurriedly said goodbye and rushed to change out of her gardening clothes. Later, during lunch Robert asked how her morning had gone. Aunt Patti explained how one computer search had lead to another and another and another. She confessed, "I looked at so many different things, I forgot what I was originally looking for. Time got away from me!"

Robert laughed, "You went down a rabbit hole, Aunt Patti!"

"Aha!" she declared! "That's what I was looking for! The rabbits have been feasting on my garden. I was looking for ways to deter them. I learned that they avoid marigolds and lavender. So, that's what I'm planting tomorrow. Those rabbits can go down their own rabbit holes. And, I'm going to stay out of internet rabbit holes!"

My favourite place to write is at my desk in my house in the mountains of Crete. I produce more there because one big distraction is missing: the internet. ~ Neal Asher

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Chaplain Chat

Summer is officially here! The long, sunny days remind us of our need for warmth. Not just physical warmth, but also the inner warmth we find through our connection to others, through God's presence in our life, and through our feeling of comfort. Warmth brings our anxiety down, relaxes our body and mind and comforts our heart and soul. The warmth of God's touch on our life is what allows us to keep living with joy in our heart.

1 John 4:7-8 tell us, "Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God. He who does not love does not know God, for God is love". Just as the sun warms us when it shines on our face or body during the summer, God's love warmly shines on us throughout the year. God's love is constant, even if the weather isn't!

When we face difficult moments, we tend to focus on the circumstances themselves. We can lose sight of God. But we know better, God has always loved us. We have known the inner joy and warmth of God's presence seeing us through the ups and downs. Spend time each day giving thanks for a Heavenly Father who is there for you while you enjoy the sunny days, and is there to offer shelter when you experience the wintry ones.

Chaplain Adrienne

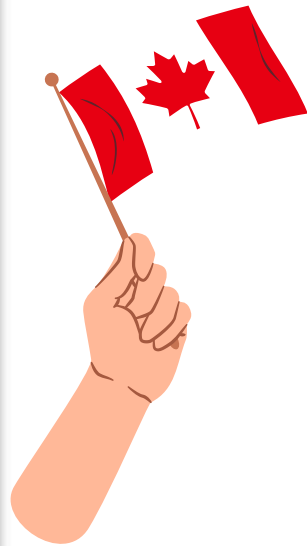
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Searching for July

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



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



BASTILLE DAY

CANADA DAY

CANCER

CRAB (Cancer)

INDEPENDENCE DAY

JULY

LARKSPUR

LEO



LION (Leo)

RUBY

SEVENTH

SUMMER

SUNSHINE

TOUR DE FRANCE

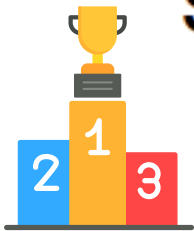
VACATION

WATER LILY



Summer Olympics Word Scramble

Unscramble the letters to solve the puzzle!



1. SRCEOC _____
2. HRCAYER _____
3. GBONXI _____
4. NEICGNF _____
5. BGDEKTROANSAI _____
6. GLFO _____
7. CHBEA LOYLVE BLLA _____
8. NSGIALI _____
9. AYKKA _____
10. FNGUSIR _____
11. DNIIGV _____
12. AGYSCTMSNI _____
13. NCOAE _____
14. ETWIHG TNFLGII _____
15. LFDIE ECKHOY _____

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Resident Camping Trip

SEPT 3-6

at Hidden Acres Mennonite Retreat Centre,
New Hamburg

We're recruiting staff & residents!

ACTIVITIES

Campfires • Games • Nature walks
BBQs • Movies • & much more!

For more information on how to
get involved or to sign up, please
see your Director of Programs!

Check out this video of our
last camping trip!



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

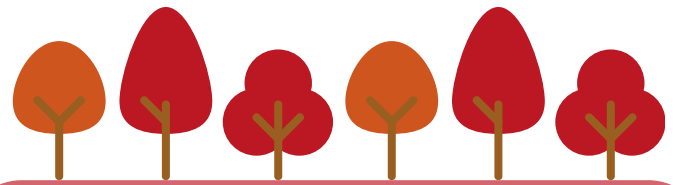
Stacy Cook - Office Manager
scook@peoplecare.ca ext. 224

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

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@peoplecare.communities



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

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