

peopleCare | AR Goudie

Goudie Gazette Community News



**September
2024 Edition**

Our people will change the world of senior living.

HEARTbeats

Congratulations to our Monthly Draw winners!

Kajal (PSW)
&
Alyssa H (Rec)

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

In Loving Memory



Margaret Sturm

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

Hairdresser

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

.....

Resident Council



The next Resident Council meeting will be held on September 23rd at 9:30am in the 2nd floor lounge. All residents are welcome!

Welcome

Gail F.

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

Apple Cider Social

September 2nd at 2:00pm

Retreat BBQ Lunch Outing (Sign Up)

September 5th at 11:00am

Outdoor BBQ Lunch for Eastway Walk

September 11th

Resident School Pictures

September 12th at 2:00pm

Community Engagement

Day/Walk/Party with Michael Kelly

September 13th at 10:00am

Diner's Club - Whale & Ale Pub (\$ Sign Up)

September 19th at 12:30pm

Outdoor BBQ Lunch for Frederick Community

September 20th

Making Humane Society Dog Beds

September 23rd at 2:00pm

Outdoor BBQ Lunch for Edna Place

September 24th

Breakfast Club (Sign Up)

September 26th at 8:30am

September Birthday Party with Traci Kennedy

September 27th at 2:00pm

Joke of the Month

What kind of apple
loves the beach?



A Crab Apple!

**HAPPY
BIRTHDAY**

Connie M.

Sept 10th

Gloria N.

Sept 16th

Joan C.

Sept 20th

From the Desk of Florin

Happy September everyone,

With the weather still feeling like summer we are moving into the next season of the year to the fall. While we still have time to enjoy this nice weather, we are offering residents many outdoor activities and visits with families and friends.

In support of peopleCare's priorities to transform experiences in our homes and have a positive impact on our communities and globally, peopleCare will run our fourth annual Walk to Wellness this September.

This year's signature event includes: a Community Walk aligned with OLTC's province-wide LTC Community Engagement Day September 13, 2024, and a virtual Staff Walk, aligned with results of the recent employee survey that prioritized mental health and indicated staff value opportunities for wellness and team building.

The Ontario Long Term Care Association is spearheading a province-wide LTC Community Engagement Day on Friday, September 13, 2024, at 9:45 am. We are inviting everyone to join our residents and staff for the walk along our residents, families, staff and elected officials, to raise awareness and to share the "life in the home" at AR Goudie.

As a special event the annual Resident Camping Trip is continuing this year, residents from multiple peopleCare homes including AR Goudie, will get together at the Hidden Acres Retreat Centre near New Hamburg, between September 3rd and September 6th. This event will be unforgettable and will leave a footprint in everyone's hearts bringing together residents and team members. Follow us on social media for the latest pictures and updates.



Our people will change the world of senior living.

From the Desk of Florin cont.



This year The Ontario Association of Residents' Councils celebrates Residents' Council week from September 16th to September 22nd. Our programs team will be hosting events and programs to show our appreciation and awareness of the focus and commitment provided by our council to our home.

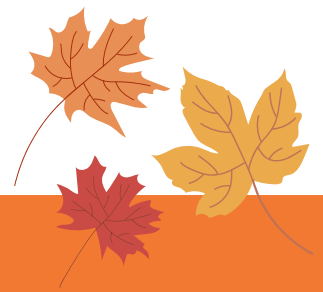
During the month of August, the renovations for the laundry room have been successfully finalized. The chapel door has been upgraded with a nice mural. This month we are continuing the work on the North side of the property with some changes to the parking area layout. When visiting please follow signage for parking. Parking is limited and is on a first come first served basis. **Starting September 03, 2024, all vehicles must be registered in the visitor log book and parking permit to be affixed all times to avoid towing. Please proceed to the front desk to get your permit.**

We are pleased to announce that Gisele Kague has accepted the position of Office Manager role with AR Goudie while Stacy Cook will be away. As Stacy embarks on her maternity leave this September, we wish her a serene and joyous time with her new arrival.

We would like to welcome our new team members: Samrawit T, Chris W H, Chibuzo O, Adaobi O, Madi W, Pearl Joy B, Gopika S, Yesenia R. Welcome to AR Goudie!

Stay safe and enjoy the beautiful colours of the fall.

Florin Perte
Executive Director



Fall Immunizations

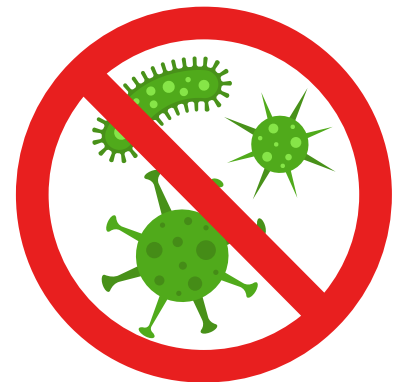
As the fall weather approaches, and we move indoors to visit with friends and loved ones, we are at a higher risk of contracting, Influenza, Covid 19 or Respiratory Syncytial Virus.

As per public health, immunizations will once again be offered to our residents and staff in the home and will also be available at physician's offices, and pharmacies. It is highly recommended for all staff, residents and caregivers to be vaccinated.

Our Clinical Nurse will be contacting families to ask for consent for these vaccines, if you receive the message please respond so we will be able to provide protection for your loved one. If you have further questions we will be happy to provide you with answers, do not hesitate to call.

Marilyn Seabrook

Assistant Director of Care and Infection Control Lead



Our people will change the world of senior living.

Life at AR Goudie!



Our people will change the world of senior living.





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



Our people will change the world of senior living.

Beyond Ourselves



THE OFFICIAL TEAM SITE OF THE KITCHENER

RANGERS

Ongoing: our raffle for a set of four tickets to a Kitchener Rangers game Friday, October 18th at 7:00pm. Kitchener will face off against Niagara in what is sure to be an exciting game. These premium seats are located just behind the players bench! Don't miss out on the exciting chance to win! Raffle tickets are 1 entry for \$20 or 3 for \$40. The draw will take place September 13th. Proceeds from this raffle are going directly to AR Goudie for the needs of our residents. Thank you for your continued support!



Oktoberfest

Upcoming: Oompah! Oktoberfest is just around the corner. On October 1st we will host a BBQ for MEDA with smoked sausages available from 11:30-1:30 in the Grand Hall. \$8.00 for a combo, \$5.00 for just the sausage! The residents will be served an Oktoberfest themed lunch in the dining rooms, and enjoy our Oktoberfest Party with Jay Franco at 2:00pm! Join us for a fun day at Goudie!

"Our Street" Lighthearted Short Stories



By: Volunteer "Maggie B"

"There are too many things to do today!" Aunt Patti moaned. "Everything seems important. How do I prioritize?"

She sat quietly reflecting and slowly a smile spread across her face. She began to chuckle. "Well, if it works for Marolyn, it could work for me." With determination, she got out a piece of paper and scribbled down all the chores that needed doing. She cut each one out, squinched her eyes shut, bundled them together and flung them into the air. Those that landed face up she would tackle today. The rest would be jobs for tomorrow. With a bit of trepidation, she opened one eye and then the other. She read.

"Dust the Livingroom."

"Scrub the kitchen floor"

"Weed the herb garden"

'Yes!' She didn't have to clean the oven or wash out the trash can. It was shaping up to be a good day.

She began by pulling the weeds invading her parsley and basil plants. Fresh air first thing in the morning was lovely. This set her up to move inside and dust the Livingroom. That completed, she hauled out a bucket and mop to address her sticky kitchen floor. When the floor was half done, the phone rang.

"Hello Patti. It's Millie. "Are you too busy to go shopping?"

Patti studied the upside-down slips of paper littering her table. "No. I've a new cleaning system and everything is under control."

"Well," Millie continued, "Ben's is having a 50% off sale."

"Just give me fifteen minutes." Patti raced to finish washing the floor. She wrung out the mop, dumped the pail of dirty water and jammed tomorrow's chores into an empty sugar bowl. She was ready!

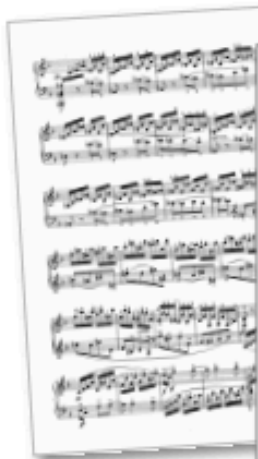
After the shopping spree, the two women stopped for refreshments at Patti's house. Millie absently mindedly spooned the sugar bowl contents into a cup of tea and gave it a quick stir. Peering into her cup she was startled to see 'clean the oven', swirl around the cup. "You know Patti," She began, "my mom used to read tea leaves for fun, but this takes it to a whole new level!"

"A merry heart does good, like medicine" Proverbs 17:22



Classical Music Era

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



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

- | | | |
|-----------|-------------|-----------|
| BACH | COMPOSER | PIANO |
| BEETHOVEN | CONDUCTOR | ROMANTIC |
| BRAHMS | HARPSICHORD | SCHUBERT |
| BRASS | INSTRUMENTS | SONATA |
| CHOPIN | ORGAN | VIVALDI |
| COMPLEX | PERCUSSION | WOODWINDS |

Our people will change the world of senior living.

One-Hit Wonder

Do you remember these one-hit wonders?
Match the missing words to the titles listed below.

- | | |
|--|--------------|
| 1. "Tom _____" | A. Spell |
| 2. "Get a _____" | B. Strange |
| 3. "_____ Lace" | C. Dooley |
| 4. "Tears on My _____" | D. Angel |
| 5. "Rockin' _____" | E. Battle |
| 6. "_____ of Love" | F. Job |
| 7. "Love Is _____" | G. Shoe |
| 8. "The _____ Boat Song" | H. Davy |
| 9. "Ballad of _____ Crockett" | I. Sixteen |
| 10. "I Put a _____ on You" | J. Robin |
| 11. "Tonight You _____ to Me" | K. Banana |
| 12. "Cry Me a _____" | L. Belong |
| 13. "Sh-Boom (Life Could Be a _____)" | M. Ran |
| 14. "Only _____" | N. Chantilly |
| 15. "The _____ of New Orleans" | O. Dream |
| 16. "Sorry (I _____ All the Way Home)" | P. River |
| 17. "Pink _____ Laces" | Q. Pillow |
| 18. "Earth _____" | R. Book |

CONNECT THE DOTS



Our people will change the world of senior living.

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

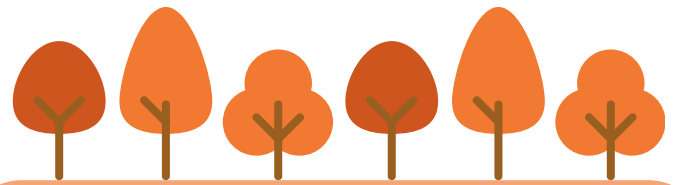
Gisele Kague - Office Manager
gkague@peoplecare.ca ext. 224

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

Follow us on Instagram

@peoplecare.communities



Find us on
Facebook

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

peopleCare
communities

Our people will change the world of senior living.