

peopleCare | AR Goudie

Goudie Gazette Community News



**December
2024 Edition**

Our people will change the world of senior living.

HEARTbeats

Congratulations to our Monthly Draw winners!

Chris (Maintenance)

&

Alyssa H. (Rec)

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

In Loving Memory

Jeannine J.

Bob W.

Elsie B.



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

≡ Welcome ≡

Dimitrios K.

Resident Council



The next Resident Council meeting will be held on Thursday December 19th in the 2nd floor lounge. All residents are welcome!

Living the peopleCare Values

Integrity

We are honest, trustworthy, transparent and consistent in our actions.

Special Events

MEDA Bake Sale

December 3rd @11:00am-3:00pm

Christmas Market

December 7th @11:00am-3:00pm

Breakfast Club (Sign up)

December 10th @8:30am

Christmas Party with Jeff Pooltin

December 12th @2:00pm

Santa Clause Parade Watch Party & Hot Chocolate

December 13th @2:00pm

Bigemans Gift of Lights Outing (\$ Sign up)

December 16th @ 5:15pm

Resident Choir Christmas Show!

December 17th @2:00pm

Travelling Christmas Carollers

December 17th @6:30

Swiss Chalet Diners Club (\$ Sign up)

December 19th @12:30pm

December Birthday Party with Brent Meidinger

December 20th @2:00pm

Christmas Ornament Making & Piano Playing by Monica H.

December 23rd at 2:00pm

Christmas Eve Service

December 24th @10:30am

New Year's Eve Pub Party with Sheryl Walsh

December 31st @2:00pm

Joke of the Month

Did you hear about
the snowmen who
fell in love in
December?

*It was love at frost
sight!*



Happy Birthday!

Yvon V. - Dec 3rd

Maria B. - Dec 6th

Amrool K. - Dec 9th

Ara B. - Dec 11th

Gary M. - Dec 14th

Jim D.- Dec 19th

Jean R.- Dec 21st

Ada H.- Dec 25th

Ling B. - Dec 26th

Starr Ann.- Dec 26th

Ingrid N.- Dec 27th



From the Desk of Florin



Hard to believe that we are already in the last month of the year of 2024. After a mild and beautiful fall, we got our first snowflakes for this winter season. This weather permitted to make big progresses for the outside construction work such as enclosing the new building to be able to perform work inside and finishing the North Side parking area.

As the year is coming to an end, we are counting all the great successes we were able to achieve thanks to our residents, families, staff, volunteers, partner and donors.

2024 was a very positive year for peopleCare's Beyond Ourselves initiatives and together we were able to reach and surpass our goal of \$100,000! This will help MEDA's projects to support women and youth entrepreneurs to earn a sustainable living and contribute to the collective welfare of their communities.

We appreciate the thoughtfulness of our families and ask those planning to bring in treats for our team members to please consider individually packaged items as communal treats (e.g., cookie trays) are not permitted at this time. Another way of showing your appreciation to a peopleCare employee is to make a HEARTfelt thanks donation to the MEDA's Projects following this link:

<https://peoplecare.ca/beyond-ourselves/donate/>

Our people will change the world of senior living.

From the Desk of Florin Continued

I would like to remind families to have one last look in your loved one's closets and change out any seasonal clothing. As a reminder if you are bringing in new clothing or footwear for your loved one as a gift, after unwrapping them, please drop off the items in the box located in the ground floor elevator lobby to be labelled.

Remember families and visitors that it is not too late to get your Flu shot at local pharmacies and clinics.

Due to the Canada Post strike delivery of the monthly invoices and trust statements might be delayed. Please contact front desk if you wish to pick up these documents during business hours.

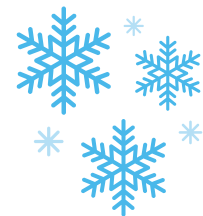
Construction is continuing during this month, finishing up the doors and walls on Edna Place. Please watch for the regular construction updates that are provided by emails, notices and memos as some temporary changes of our regular business and building access will occur in December and during 2025.

We would like to welcome our new team members Theodora A, Anthonia O, Sita C. as Personal Support Workers. Also, you will see a new face on your next visit at the front desk – Sara O. is our new Business Office Support Clerk. Welcome to AR Goudie!

Congratulations to Crystal M for being recognized through our Heart Beats Program and able to collect their \$100 reward for volunteering and extra support provided to our residents and team members.



Happy Holiday Season to everyone,
Florin Perte



Christmas

MARKET

DECEMBER 7TH 2024

11:00AM TO 3:00PM

*Crafts, Baking, Home goods!
Hot Chocolate and Cookies!*

AR GOUDIE GRAND HALL
369 FREDERICK STREET KITCHENER



Chaplain Chats with Cynthia

Happy Holidays! Is it that time of year again? December brings with it Winter Solstice and a time of celebration and family gatherings. Did you know from November 20th to January 24th there are at least 14 different religious holidays. So, when someone says Happy Holidays, it is out of respect they are aware of this fact and are unsure of your beliefs!

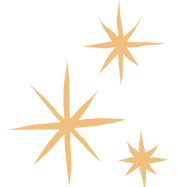
Greetings from your new Spiritual Care Provider! I have been visiting all the residents one to one and I love meeting new people and providing spiritual care.

Pierre Teilhard de Chardin, (1881-1955) was a French Jesuit, Catholic priest, scientist, paleontologist, theologian, philosopher and teacher and is famous for his quote, “We are not human beings having a spiritual experience. We are spiritual beings having a human experience.” This is the work I do. I work with the human spirit and the human experience.

With 14 different religious holidays this time of year it is a reminder we are a colourful human race with many faiths, ideologies and beliefs. It is from this view I visit all people and seek to support them, spiritually. Behind every set of eyes is a soul at work, and it is my role to spend time with souls. If you have any questions or wish to have a conversation, I am available to all the residents and their families. I am a soul worker and, like a firefighter runs into fires, I work with any souls struggling to make meaning, find purpose and cope in life.



Reach out or stop me if you see me. Feel free to write!
Cynthia.breadner@gmail.com or phone 647 234 9351



Beyond Ourselves



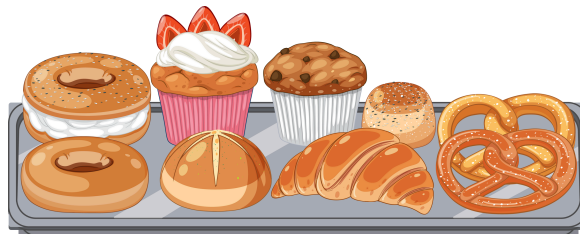
Rheo Thompson



Ongoing: As part of our Walk to Wellness fundraising for MEDA we have Rheo Thompson chocolates available for purchase at the reception desk! To support MEDA, you can purchase one Rheo Thompson chocolate mint smoothie for \$3.00, or two for \$5.00. Thank you for all of your support!

MEDA Bakesale

Upcoming: On Tuesday December 3rd the Goudie team will be hosting its annual Christmas bakesale for MEDA. Visit us in the Grand Hall from 11:00am-3:00pm to purchase some tasty treats. If you would like to donate an item to our bakesale, contact Rosie Martin at ext. 222. or rsmartin@peoplecare.ca



Beyond Ourselves Cont.

RAFFLE

Family Council 50/50 Raffle

RAFFLE

Ongoing: The Family Council is holding a 50/50 raffle to raise funds to help support our residents here at AR Goudie! Tickets can be purchased at reception; 1 ticket/ \$5 and 3 tickets/ \$10. The draw will be held on Friday, December 20th. See Rosie Martin if you have any questions!

Donations to Resident Council “Make an Offer Table!” for Christmas Market

Upcoming: Resident’s Council is accepting donations for items to be sold at their “make an offer table” for the Christmas Market! Please drop off any gently used house decor, quilts, or items to be sold at their table to reception! Please contact Rosie Martin if you have any questions at

rsmartin@peoplecare.ca



Upcoming Events for Friends & Family



Christmas Market



The resident council has been excitedly planning our Christmas Market, which will take place on Saturday December 7th from 11:00am-3:00pm in the Grand Hall. The day will be filled with fun, food, and shopping!! You can look forward to knitted items, crafts, baked goods, candles, dog products...the list is long! Looking to help out on the day of the market? Contact Rosie Martin to get involved at rsmartin@peoplecare.ca

Friends & Family Open House!

Join us on Tuesday December 17th for a friends and family open house at AR Goudie! Enjoy refreshments and appetizers while listening to the Resident's Christmas Choir! Join us at 2:00pm for an afternoon of visits, laughs and singing!



ATTENTION RESIDENT'S FRIENDS AND FAMILY.....

AR GOUDIE PRESENTS

Friends & Family Open House

ENJOY A PERFORMANCE FROM THE RESIDENT
CHRISTMAS CHOIR WITH APPETIZERS AND
REFRESHMENTS

TUESDAY DECEMBER 17TH

@2:00PM IN THE GRAND
HALL

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



Our people will change the world of senior living.





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"Our Street" Lighthearted Short Stories



By: Volunteer "Maggie B"

"I wasn't sure that I'd make it, but I did it - 7,500 steps!" Millie had phoned to celebrate her accomplishment.

Grandma Jean looked out her frosted kitchen window. Sleet was whipping across snow covered grass. The stems of once lovely flowers were heavily bent under the weight of falling snow. Sadly, the only thing left growing out there was an icicle hanging from the garden thermometer and it registered minus 10 degrees Celsius. "Millie it's so cold outside. You must have worn a path in your carpet."

"Oh, I didn't exercise in my apartment!"

Grandma Jean again looked out at the raging blizzard. "Were you frozen when you got back?"

"Oh no. I was nice and warm. My walk was fun. Time passed so quickly that I was disappointed when it was over."

Grandma Jean thoughtfully rubbed her forehead. The indoor shopping mall! That was it.

Millie must have walked there. "Did you buy anything at the mall?"

Millie confused replied, "I didn't go to the mall. The weather's too nasty."

"Then where did you walk?"

"Oh, I used the hallways and stairwells here at The Cedars. I figured that four times around the building gave me my needed steps, but I don't think I met my cardio goal."

"How can that be. There are three stories in your residence. One more level if you include the basement laundry area. You must have kept your heart rate up!"

"Well." Millie admitted. "I stopped to talk to Betty on the first floor. She told me all about her sailing holiday with Princess Cruise Lines. On the second floor Jennie showed me the roses her son had brought her on her birthday. I met June in a hallway, and she gave me two butter tarts."

Grandma Jean chuckled, "Two of June's butter tarts? You are going to need to double your exercise time."

"No, not really. When I got to the basement Leonard was just finishing stuffing wet laundry into a dryer. We shared the tarts and, guess what? He invited me to the Christmas dance next Saturday."

Grandma Jean laughed. Millie was sweet on Leonard and maybe the apartment walking hadn't got her heart rate up, but dancing with Leonard surely would.

~ "The job of feet is walking, but their hobby is dancing." – Amit Kalantri

Searching for December

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



BOXING DAY
CANDY CANES
CAPRICORN
CHARITY
CHRISTMAS
HANUKKAH

HOT COCOA
KWANZAA
LIGHTS
NARCISSUS
NEW YEAR'S EVE
PEACE

POINSETTIA
SAGITTARIUS
TRAVEL
TURQUOISE
WINTER
WREATHS

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

Rosie Martin - Dir. of Programs
rsmaritm@peoplecare.ca ext. 222

Moe Eltorky- Dir. of Environmental
meltorky@peoplecare.ca ext. 328

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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