

peopleCare | AR Goudie

Goudie Gazette Community News



**January
2025 Edition**

Our people will change the world of senior living.

HEARTbeats

Congratulations to our Monthly Draw winners!

Asmeret (Nursing)
&

Susan (Nursing)

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



In Loving Memory

Murray M.

Betty S.

Howard H.

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 ≡

Anne K.
Josephine S.

Living the peopleCare Values

Growth

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

Resident Council



The next Resident Council meeting will be held on Tuesday January 28th in the 2nd floor lounge. All residents are welcome!

Our people will change the world of senior living.

Special Events

Wheel of Fortune!

January 6th @2:00pm

Tea Party

January 9th @2:00pm

Entertainment with the Synchronicity Duo

January 13th @2:00pm

Breakfast Club (Sign Up)

January 17th @8:30am

Pop 'N' Popcorn Social for National Popcorn Day!

January 19th @2:00pm

Memorial Service

January 21st @10:30am

Catholic Mass

January 22nd @10:30am

January Birthday Party with Kevin Coates

January 24th @2:00pm

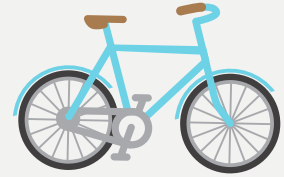
Resident Council

January 28th @9:30am

Joke of the Month

How do kids get to
school in January?

By Icicle!



Verda E. Jan 1st

Edo M.- Jan 1st

Gail F.- Jan 4th

Selby A.- Jan 11th

Marlene S.- Jan 11th

Marion F.- Jan 12th

Dimitrios K.- Jan 14th

Karen A.- Jan 20th

Aljoz S.- Jan 26th

James Z.- Jan 31st

Happy
New Year 

From the Desk of Florin

2025 

Happy New Year! Welcome 2025!

I hope everyone enjoyed this joyous holiday season with special memories along your families and friends.

Throughout the month, our staff was busy setting up Christmas celebrations enjoyed by residents, families and team members. The team did an amazing job with all the Christmas decorations that brightened up the home throughout the season.

We would like to say a special thank you to all the donations and gifts received from various community donors, families, and friends showing their appreciation for all we do.

Remember all the good memories you have made and know that your life will be so full of wonders in the coming year. On behalf of the entire team at AR Goudie we are wishing you and your family a Joyful, Bright, Healthy, Prosperous and Happiest New Year ahead.

Looking forward to our new expansion. Happy New Year 2025!
Florin Perte

Our people will change the world of senior living.

Chaplain Chats with Cynthia

Happy New Year! What are your thoughts for 2025! It is so hard to believe those babies born when we turned the century and millennia are now university students and out in the world! As the old saying states, “where does the time go?” Time is such an interesting concept. It can be slow when you are a child waiting for Christmas Eve, it can be quick when you are dreading the dentist appointment.

This year, will you begin to look inward? Who are you in your life? As I work in spiritual health care, I see many people who truly are unaware of their own spiritual health. Spiritual health touches every part of our life. Whether you find the sacred space in church, synagogue, or mosque, or maybe in the yoga studio or in nature, we are all spiritual beings finding our way through time.

Integrating spirituality into your daily life is a matter of awareness and understanding of spirituality itself. I love visiting with the people here and find many of the folks I visit love reminiscing about their lives and their time on this earth. The third trimester of life is a time of reflection and looking over our shoulder. It can be joy filled and it can be painful. I love sharing both experiences.

How will you flourish in 2025? To flourish is to bloom and blossom, to grow luxuriantly, thrive, achieve success! Now is the time to count your blessings, plant a fresh seed, and maybe let something die that is not serving you.

The Mexican proverb, “They tried to bury us, they didn't know we were seeds!”



Cynthia Breadner, Spiritual Health Care Provider

Cynthia.Breadner@gmail.com 647-234-9351



Beyond Ourselves

Food Bank Drive

AR Goudie is proud to support the Waterloo Region Food Bank this January! Food donations support the 1 in 8 households in our community struggling to afford to put food on table. While we're grateful for all food donations we receive, the Waterloo Region Food Bank has provided a list of high needs items that is listed below. These items can be dropped off in the boxes in the Grand Hall.

- Canned fruits and vegetables
- Canned meats and fish
- Dry beans and pasta
- Hot and cold cereal
- Individually packed snacks (granola bars, apple sauce, pudding cups)
- Jam/fruit spread
- Pasta sauce
- Peanut butter
- Rice



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

Life at AR Goudie!



Visit from St. Theresa's students!



Gift of Lights Outing!



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Friends & Family Open House!



Christmas Photoshoot!



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

Christmas Morning at AR Goudie!



Our people will change the world of senior living.



"Our Street" Lighthearted Short Stories

By: Volunteer "Maggie B"



Melanie sat in the peace and warmth of the chapel. She should have been paying attention to Father O'Brien's sermon, usually it was pretty good, but she was lost in earlier morning events.

Breakfast had been routine, homemade scones with fresh fruit and coffee. John had even made his first attempt at making coffee in the percolator his mom had given them for Christmas. When he went outside to clean the snow off the walkway she began to tidy the kitchen. She washed up the dishes, everything but her mug of coffee as she hadn't really had a proper drink from it. Next, she swept up a spill of flour that had found its way to the floor. The linoleum felt sticky, so she pulled out the mop and pail to give it a quick wash. Things had gone smoothly up to that point, but it was when she started to put everything away, things went off the rails. She was carrying the mop and pail toward the garage when she noticed her mug of coffee sitting on the end table. It was still hot and fragrant and inviting. She moved the mop over to the hand carrying the pail and took a sip from her favourite mug.

That was when it happened. The mop lashed out at the mini-Christmas tree sitting on the end table. In offence the tree smacked the table lamp who caught off guard, went down for the count. Melanie lunged to rescue the lamp spilling her hot coffee over a set of books that sat watching the debacle. Then, there was a strange moment of quiet.

Melanie exasperated stated, "At least the bucket didn't spill!" Then she looked down, wondering why her socks were wet. No, the bucket hadn't tipped over, that was because she was standing in it. It took a while to set the room right again – mopping, drying, stashing away the mop and pail and finding a dry pair of socks. When John came in from dealing with the new fall of snow she was standing beside the end table empty coffee cup in hand. "How did you like my coffee?" he innocently asked.

The sermon rolled on, something about caring for the homeless. Melanie began to chuckle more and more. She had begun to see the absurd side of her morning adventure. John elbowed her hoping to quiet the increasingly loud giggles coming from his usually composed wife. Under his breath he muttered, "As long as I live I'll never understand women!"

"It's better to laugh than to cry".. attributed to Suzette Francis

JANUARY

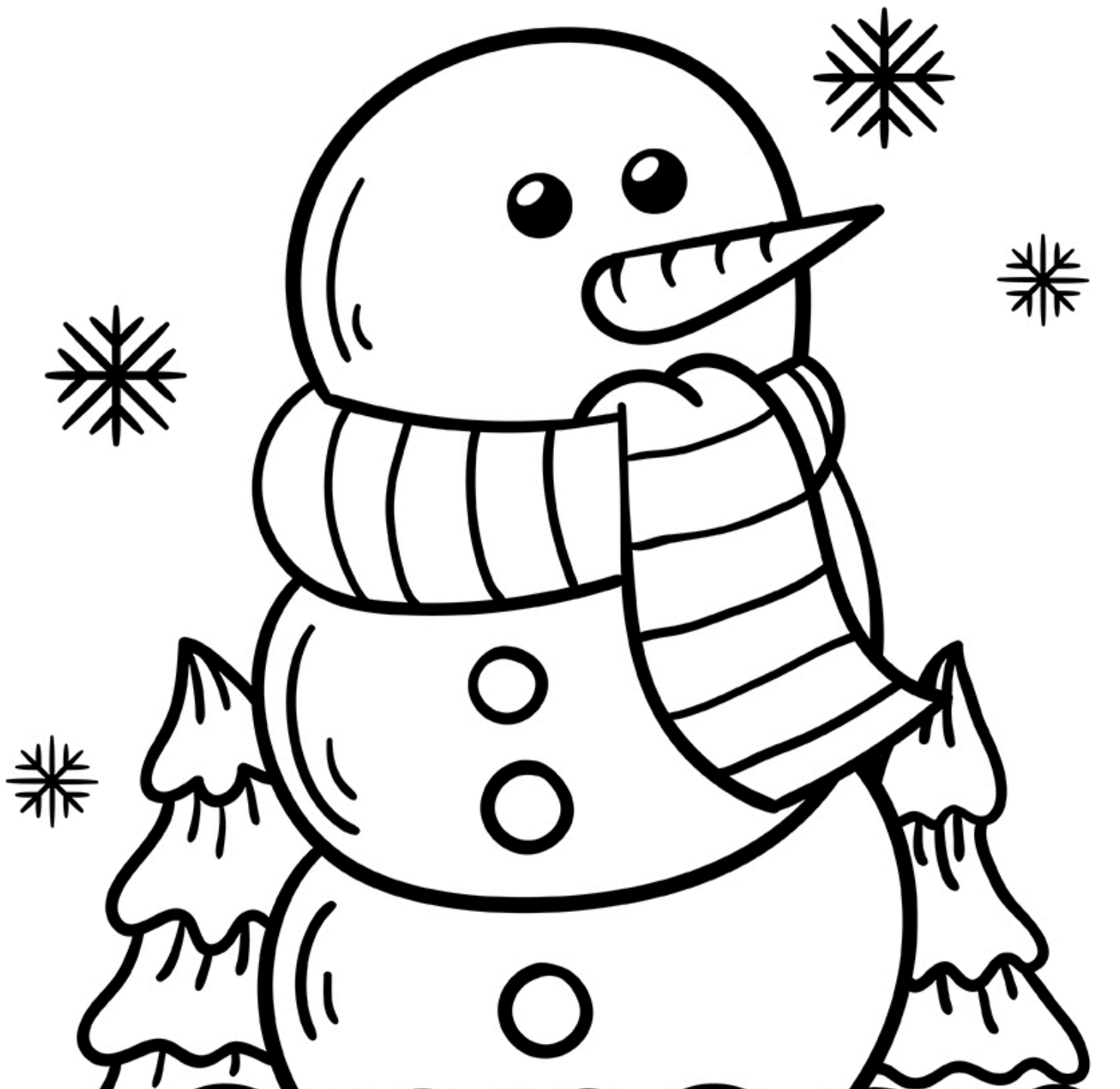
WORD SEARCH

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

NEW YEAR
WISHES
BELLS
MEMORIES

JANUARY
BUCKET LIST
FAMILY
HAPPINESS

HEALTH
BLESSINGS



JANUARY

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

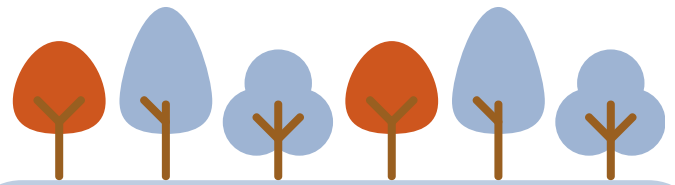
Emma Schmolling - Nursing
Staffing Manager
eschmolling@peoplecare.ca ext. 201

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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