

peopleCare | AR Goudie

Goudie Gazette Community News



**February
2025 Edition**

Our people will change the world of senior living.

HEARTbeats

Congratulations to our Monthly Draw winners!

Sarah D. (Nursing)
&
Darlene (Housekeeping)

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

In Loving Memory



Susan A.
Lawrence L.
Marlene S.

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 Wednesday February 19th in the 2nd floor lounge. All residents are welcome!

>Welcome

James B.
Stephen H.
Edith M.
Mildred M
Robert R.

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

Speciality Coffee Time

February 1st @2:00pm

Worship Service with Cynthia

February 9th @2:00pm

Valentines Day Party

February 14th @2:00pm

Speciality Coffee Time

February 15th @2:00pm

Resident's Council

February 19th @9:30am

Black History Month Lunch

February 20th @12:30pm

February Birthday Party with Michael Kelly

February 21st @2:00pm

Worship Service with Cynthia

February 23rd @2:00pm

Catholic Mass

February 26th @10:30am

Breakfast Club

February 28th @8:30am

Joke of the Month

Can February
March?

No, but April May!



**Happy
BIRTHDAY**

Johanna K. - Feb 2nd

Muriel K. - Feb 13th

Margaret S. - Feb 14th

Christine I. - Feb 17th

Susan H. - Feb 25th

Jose M. - Feb 28th

Helen Z. - Feb 28th

From the Desk of Florin

Happy February!

This winter seems to be a bit colder than the previous one. We had more snow and many days with colder temperatures. But how long this winter will be?

We'll find out in the early hours of February 2 when our most famous groundhog Warton Willie, emerges to reveal whether he's seen his shadow.

The groundhog's annual appearance and weather forecast always spurs spirited chatter amongst Canadians. The excitement is building in Warton, as the town's famous weather predicting groundhog is preparing to share with the world his winter weather prediction, this Sunday. The past six winters Willie has predicted an early spring. What is your prediction?

This February, our calendar is fully packed with celebrations at the home. Due to the Grand Hall renovation work, some activities have been relocated to different areas. Few activities will still be held in the Grand Hall during renovations with reduced size of resident groups. The work in the Grand Hall is scheduled to be finalized by the end of the month. Please check our calendars and communication notices for more detailed information.

As the New Building Construction and Renovations are moving forward, we are excited to share that next week we will reach a new milestone: Dismantling and removing the big construction crane.

This sophisticated process is scheduled to start on Monday, February 03, 2025, until Wednesday, February 05, 2025. Please come by to witness this thrilling event.

Our people will change the world of senior living.

From the Desk of Florin Continued

To prepare for the connection with the new building, all dining rooms on all floors will be renovated between February 10, 2025, and end of March 2025. A partition wall will be built to separate the dining rooms from the resident home areas. Temporary areas for dining will be created on each floor, in the west lounges, activity rooms, and at the nurses' stations. A seating plan has been created to accommodate all residents. We are taking all measures and precautions to accommodate all resident's mealtime needs to minimize any inconvenience during this period.

Please be cautious when accessing the home as construction work is performed in many areas of the property and in the building. Always follow instructions and be aware of your surroundings.

Our team is always ready to answer any questions you have.

As the tax season is approaching, last month a Summary of Accommodation for 2024 was mailed out. If you did not receive this document, you can reach out to our Office Manager, Gisele Kague at 519 744 5182 extension 224 for a copy. Please keep your contact information updated to promptly receive important documents or communications.

Please welcome our new team members in the nursing department, Lori D, Gladys D, Navjot K, and Emma H in the recreation department and Jaspreet K in the dietary department.

Stay Healthy!

Warmest thoughts and best wishes for a wonderful winter season!

Florin

Our people will change the world of senior living.

Chaplain Chats with Cynthia

It is HEART month! February has long been recognized for Valentine's Day and a time for love, roses and chocolate. They all lift the spirit! Speaking of spirit, how do you customize your own lives to lift your spirit and be heart-fully connected to source?

You take a few minutes each day to speak to yourself and honour your day.

How do you start your day? Do you "jump" out of bed? Are you "lifted" out of bed?

Are you feeling tired, lost and struggle to get moving? This can be the waking moments of anyone's day, and we can only work with what we have at our fingertips.

Spiritually your day can be better with intention and with focus.

As you start your day, speak with your heart and bring into focus a picture to carry with you all day. Spending some time in gratitude for all that is good in life will be a great foundation. Ask yourself some questions and spend a little time in the pictures you bring to mind.

Ask:

- What helps you feel peaceful?
- Can you remember a time when you felt peaceful?
 - What brings joy into your life right now?
- Can you remember a time when you felt joy?

These are spiritually uplifting questions that will take you down memory lane. Reach out anytime if you are feeling low, grieving a loss or having difficulty finding peace and joy in your life. I am here to help all the residents and their families. I am always available to spend time over a coffee or on the phone. Take care of your spiritual health. God Bless, Cynthia Breadner 647-234-9351 cynthia.breadner@gmail.com

Beyond Ourselves

Food Bank Drive

Thank you for everyone who brought in items for our food drive! We were able to donate 5 full boxes of food to 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.



Kitchener Rangers Raffle

Win **four** tickets to the Kitchener Rangers Vs. Guelph Storm February 25th at 7:00pm PLUS Win a Rangers Hat, Scarf, Mittens, Towel & 3 sweaters! Raffle tickets are 1 for \$10 or 3 for \$20. Purchase from reception during business hours. Draw to take place on February 14th. All proceeds go towards MEDA.



Our people will change the world of senior living.

Important Dates

Black History Month

Black History Month is an opportunity to honour the countless contributions, achievements, and innovations made by Black individuals throughout history. It is also a time to acknowledge the struggles faced by the Black community in the fight for equality, justice, and recognition. On **Thursday, February 20th** the residents will enjoy a lunch including food from the culture.



Family Day



On **Monday, February 17th**, we will celebrate Family Day! This year, to highlight all the amazing families at AR Goudie, we're inviting staff, residents, and their friends and families to bring in a family photo or email one to Rosie, rsmartin@peoplecare. These photos will be added to our "Families of AR Goudie" tree in the Grand Hall, where everyone's photo can be proudly displayed. We're excited to see all the wonderful families that make our community so special!

Important Dates



Pink Shirt Day



On **Wednesday, February 26th**, we will celebrate Pink Shirt Day! Wear your pink shirt to work to show your support for kindness, anti-bullying, and inclusivity. By wearing pink, we unite to raise awareness about the impact of bullying and promote a culture of respect and empathy. Let's stand together to create a safe and welcoming environment for everyone!

Caregiver Support Meeting

Cynthia, AR Goudie's spiritual health care provider, invites you to a caregiver's support meeting. This group will be informal and will seek to offer support in many ways. It will be a place for you to learn how you are not alone and how coming together with others will relieve some of the stress and worry. We will talk about fears, loss, grief and hope. On **March 4, 2025, at 3:00 pm** in the chapel, come and have a cup of tea and be in community with others as we discuss self-care as you care for your loved one.

Any questions please contact Cynthia at 647-234-9351 or email Cynthia.breadner@gmail.com

New Years Eve!



Wheel of Fortune!



Life at AR Goudie!





"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.

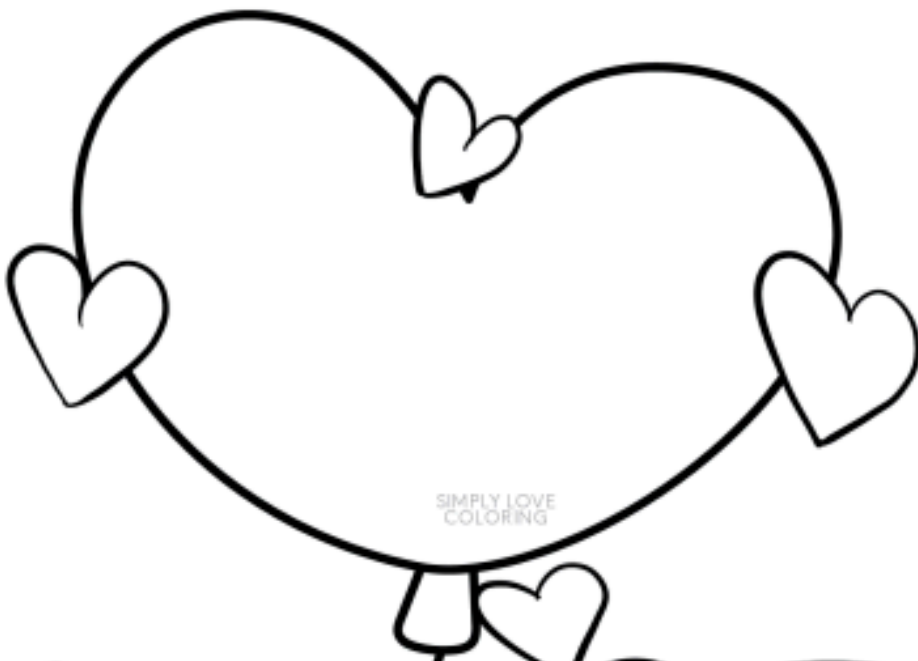
Breakfast had been routine, homemade scones with fresh fruit and coffee. John had even made his first attempt at making coffee in the percolator his mom had given them for Christmas. When he went outside to clean the snow off the walkway she began to tidy the kitchen. She washed up the dishes, everything 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



SIMPLY LOVE
COLORING



FEBRUARY

Searching for February

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

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



AMETHYST

GROUNDHOG (Day)

ROMANCE

AQUARIUS

HEARTS

SNOW

BLACK HISTORY (Month)

HIBERNATE

SUPER BOWL

CANDLEMAS

ICICLE

VALENTINE'S (Day)

COLD

PISCES

VIOLET

FROST

PRESIDENTS' (Day)

WINTER

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

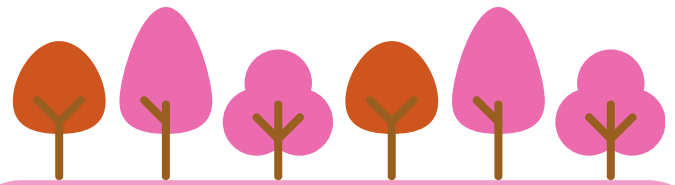
Emma Schmolling - Nursing
Staffing Manager
eschmolling@peoplecare.ca ext. 201

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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