

peopleCare | AR Goudie

Goudie Gazette

Community News



October 2025 Edition

Our people will change the world of senior living.

HE♥**RT**beats

Heartbeats Board is finding a
new spot!



In Loving Memory

Edna. B

Annie. G

Ruby. M

James. Z

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

All New Residents!

Living the peopleCare Values

Integrity

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

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Resident Council



The next Resident
Council meeting will be
held on October 22nd
in the 2nd floor lounge.
All residents are
welcome!

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Special Events

Oktoberfest Party with Jay Franco/

Bill Loeb sack

October 3

Community Movie

October 4 & 18

Church Service

October 5, 13, 19 & 27

Speciality Coffee

October 11 & 25

Birthday Party with Rich Hubick/

James Skarnikat

October 20

Resident Council

October 21

Catholic Mass

October 22

Hymn Sing with live pianist

October 23

Pumpkin Carving Contest

October 28

Spooky Social & Costume Contest

October 31

Joke of the Month

What kind of
monster loves to
disco?

The boogieman



HAPPY BIRTHDAY!

Stefan A - October 2nd

Gordon O - October 3rd

Jean H - October 5th

Edith M - October 8th

Yvonne W - October 9th

Adelle F - October 13th

Josephine S - October 14th

Marinus V - October 17th

Dale T - October 19th

Gerald C. - October 19th

Rhoda A - October 20th

Garnett G - October 23rd

Wendy F - October 25th

Witold M - October 25th

Beverly O - October 26th

Gloria K - October 29th





From the Desk of Florin



Happy October everyone and a warm welcome to all new residents that moved in since July 24, 2025.

This is a huge milestone that we achieved, opening the new build that added 128 new beds to our home. To help the residents from our sister home Golden Years Cambridge we hosted more than 50 residents since the end of August, many of them choosing AR Goudie as their future home. We are planning to get to full capacity of 208 beds during this month. The renovation work is in the end stages, currently renovating the former serveries and utility rooms in the existing building, the former kitchen area and hairdresser salon in the Grand Hall, finishing up the outside work around the front loan, loading dock area and North side parking lot. As all the work is planned to be finalized in few weeks, a Grand Opening Celebration will be announced soon. Stay tuned!

This year the nature spoiled us with a warm weather for this fall. Slowly the leaves are changing colours providing an incredible wave of red, yellow and brown colour combination that will delight our senses. After collecting the energy from the sun from the spring until now, a new crop of apples, grapes, pumpkins and many other fruits and vegetables are spoiling our taste buds with all kinds of unforgettable aromas.

In just few weeks we are observing Thanksgiving, a very special occasion to celebrate all the good this that nature is offering to us; Looking forward to the special events that we will have and the turkey and pumpkin pies that will serve. In the same time Oktoberfest will be celebrated in our region with the traditional Kitchener-Waterloo Oktoberfest Thanksgiving Day Parade.

Our people will change the world of senior living.

From the Desk of Florin cont.

As a reminder, when you visit you loved one ALL visitors must be recorded in the Visitor Logbook as part of the Safety Protocols. Notify the nurse If you are taking your loved one off the floors. We need to have an accurate count of people in the building at all times and have a knowledge of all residents whereabouts.

On September 12, 2025, we organized a Community Walk aligned with OLTCA's province-wide LTC Community Engagement Day. Our residents, family members and staff were joined by Stephanie Stretch, City of Kitchener, Ward 10 Councillor sharing the experiences of the life in the nursing home and the needs that requires to be addressed by the governments, to improve the quality of life for our residents and to create a better workplace for our team members.

This year's Resident Camping Trip was again a real success. Residents from many peopleCare homes along with our team members were able to enjoy the nature and the uniqueness of the camping experiences. Kudos to all team members that made this possible.

The annual peopleCare Staff Walk to Wellness event kicked off on Sept 12, 2025, providing an opportunity for team members to engage in a virtual, organization-wide experience that focuses on wellness, physical activity and team spirit, with the added benefit of giving back via optional MEDA fundraising.

As we are scaling up our operation, we would like to welcome all our new team members that joined AR Goudie in the last few months helping us to provide the services to our residents.

Happy Thanksgiving!

-Florin



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Spiritual Care @ Goudie

What We Do

Spiritual Care is here for residents, families, and staff.
We provide a listening ear, comfort, and support for
people of all faiths and backgrounds.

How We Can Help

Listening & Support

A safe space for your feelings, fears, and hopes.

Faith & Rituals

Prayer, sacraments, or helping you to connect with your own faith leaders.

Comfort in Hard Times

Being present during illness, loss, or transition.

Celebrations & Services

Worship, holiday observances, memorials and blessings.

Support for Families & Staff

Care for everyone in our community.

Why It Matters

Spiritual care helps bring peace, strength,
and connection during life's ups and downs.



Meet Your Spiritual Care Team

Jen (Eastway Walk, Frederick, Edna Place, Chicopee Hills)

Megan (Rockway Gardens, Market Lane, Victoria Park)

goudiechaplain@gmail.com

Next Meeting:

  *October 21st at 2:00pm*

 *Chapel*



Family
Councils
Ontario

What is Family Council & Who Can Join?

Family Council is a group of family members and friends of residents who meet to support one another, share information, and work with staff to improve care and quality of life in our home.

Why Join?

- Connect with other families
- Stay informed about the home
- Learn from guest speakers
- Advocate for residents' needs
- Share ideas, concerns, and feedback

It's flexible — attend when you can. No long-term commitment!

How It Works

The Council is led by its members and operates democratically. The Social Services team supports as a liaison. Meetings follow a simple structure, and everyone has a voice.

When Do We Meet?

Meetings are held monthly or as needed.

Check the Social Services office door for the next date!

The Council is Here for You!

Whether it's your first meeting or your tenth, your input matters. Bring questions, concerns, or suggestions — we're all working together to make life better for our loved ones.

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

Annual Camping Trip!



Our people will change the world of senior living.

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

OLTCA Walk to Wellness!



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

Resident Council Week!



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

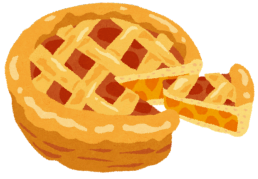


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"Our Street"

By: Volunteer "Maggie B"



Autumn had arrived sunny and warm. Before the cold weather took hold, we decided on a final picnic before the snow would fly. There were too many of us for one vehicle, so it was decided that grandma and grandpa would take the lead car with our two five-year-olds boys. We would follow with the baby. The park where we were headed was about one hour away. The grounds there were beautiful: late flowers, maple trees dressed in autumn's finery and best of all an outdoor jungle-gym for the boys.

The boys were usually well behaved in the car. We had only one firm rule regarding car travel. "Don't feed Mark until you get there!" That meant, little if any breakfast before setting out. Now grandma thought we were being overly strict with this directive. It seemed just plain wrong to feed one child and not the other. About twenty minutes into the trip Mark started to complain about being hungry. Grandma caved, "Just one sandwich won't hurt. No one will know." Well, one was all it took. Mark got sick, really, really sick.

Grandpa studying his grandson in the rear-view mirror shook his head, "He's bringing up his tonsils!"

To contain the mess, Grandma produced a paper bag for Mark to be sick in. When things calmed down Grandpa detoured into a gas station and tossed the bag into a trashcan. Then he headed back onto the road. Following them, we weren't sure what the detour had been all about, but things seemed to be back on track, that was until their car started zig zagging back and forth down the road. Then it suddenly pulled onto the shoulder and stopped. We followed suit and my husband fearing the worst sprinted to the driver's window. He was met with chaos. The boys were crying, Grandma and Grandpa were shaking so hard they couldn't speak. Finally Mark screamed out, "Grandpa threw out my tonsils!" It turned out that the shaking was laughter.

Even the grossest of things can have a funny side you just have to toss out the yucky part.

Searching for October

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



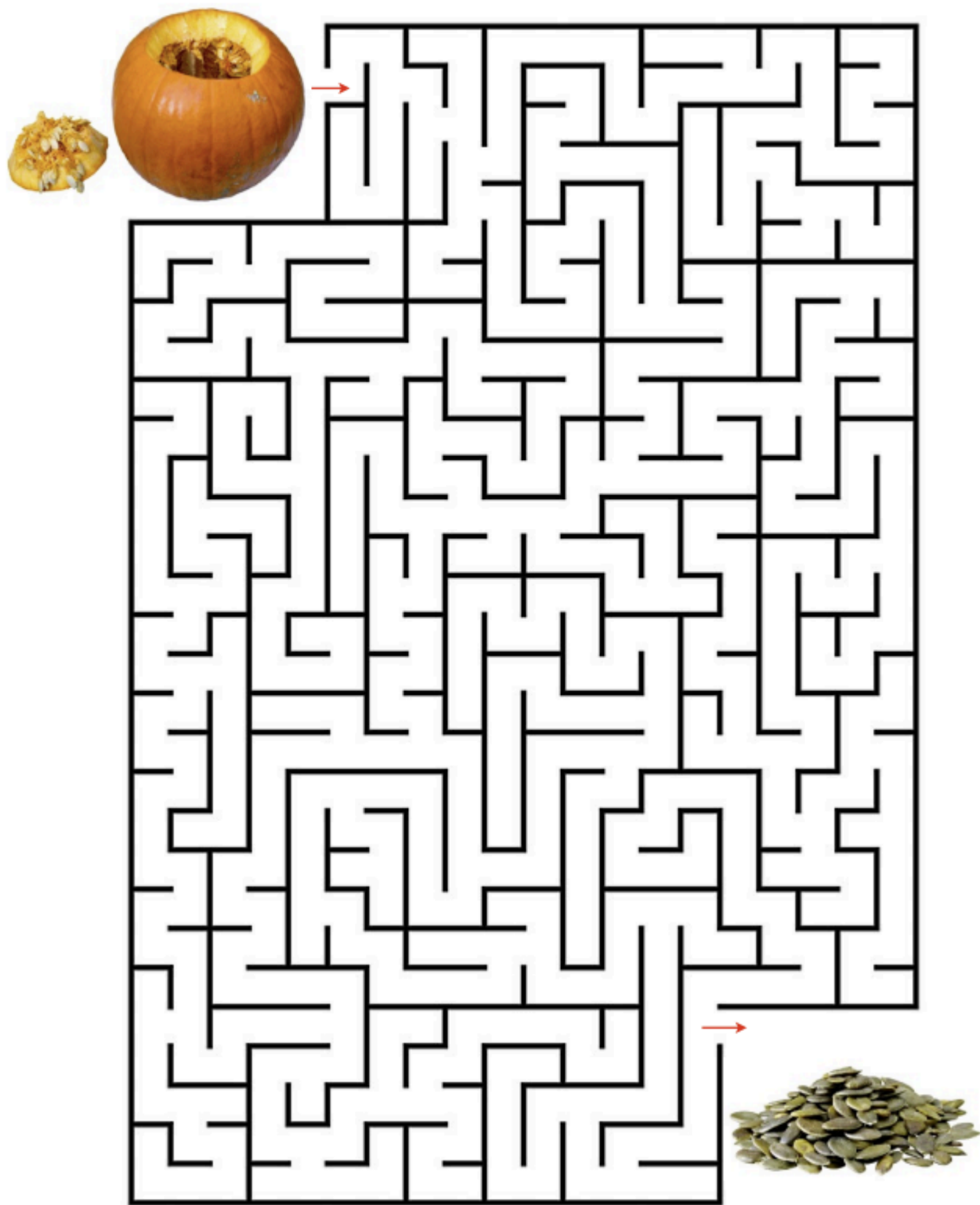
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BONFIRE
BOSS'S (Day)
CANDY
COLUMBUS (Day)
COSMOS
GOURDS

HALLOWEEN
INDIGENOUS
(Peoples' Day)
LIBRA
OPAL
RAKE
ROSH HASHANAH

SCARECROW
SCORPIO
SWEETEST (Day)
THANKSGIVING
(Canada)
WORLD SERIES
YOM KIPPUR

A-Mazing Pumpkin Seeds



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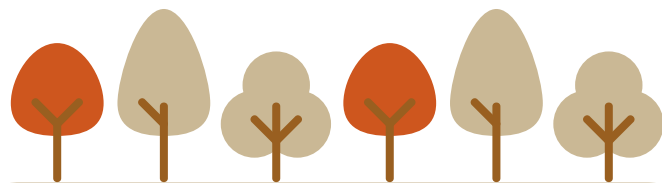
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peopleCare is here for you!

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



Find us on
Facebook

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

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