

peopleCare | AR Goudie

# Goudie Gazette

## Community News



**November 2025  
Edition**

Our people will change the world of senior living.



The next Resident Council meeting will be held on November 18th in the 2nd floor lounge. All residents are welcome!

*Welcome*

*All New Residents!*



## In Loving Memory

*Olena. L*

*Teresa. M*

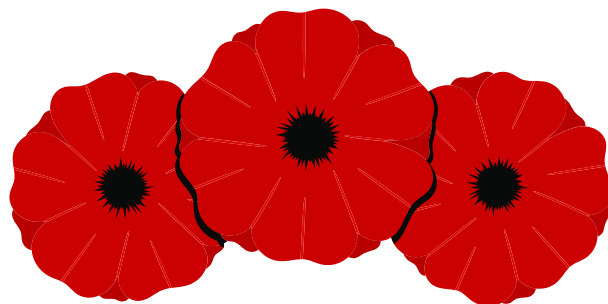
*Siglinde. S*

*Marinus. V.E*

*Maria. B*

*Garnett. G*

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



Living the peopleCare Values

## Growth

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



## Special Events

### Community Movie

November 1 & 15

Church Service

November 2, 9, 17, 23, & 30

### Speciality Coffee Time

November 8 & 22

### Remembrance Day Service

November 11

### Entertainment with Sandy Parker

& Bob Maclean

November 13

### Casino Night

November 14

### Memorial Service

November 24

### OUTING Benjamin Christmas Tree

Farm (Sign-up)

November 24

### Hymn Sing with Live Pianist

November 25

### Birthday Party with Derek Bryne and

Kevin Coates

November 28

### Christmas Bazaar

November 29

## Joke of the Month

What did the grape  
do when it got  
stepped on?

*Nothing, It just let  
out a little wine!*

## HAPPY BIRTHDAY!

Bill. L - November 4

Lieselott. G - November 4

John. C - November 5

Kimberly. L - November 5

Martina. V.E - November 8

Merna. H - November 8

Joesph. M - November 10

Annie. E - November 14

Karen. P - November 15

Roger. G - November 21

Gerard. E - November 21

Donna. B - November 22

John. G - November 26

Iluminada. A - November 29

Elizabeth. M - November 29

Don. B - November 30

## From the Desk of Florin

Happy November everyone,

This fall was another special season with beautiful weather. The trees are showing off their beautiful autumn colors, bringing us much joy for Thanksgiving and Halloween.

We are pleased to share that our parking lot is now fully functional. When you visit your loved one ALL visitors must be recorded in the Visitor Logbook as part of the Safety Protocols. If you drive, please have a visitors parking tag affixed in your windshield. You can receive one at the front desk.

If you are taking your loved one off the floors, please notify the nurse. We need to have an accurate count of people in the building at all times and have a knowledge of all residents whereabouts.

When you are bringing in any perishable food items for your loved ones, please take away all leftovers, do not leave anything in the rooms as they could pose major health risks. These items can't be stored in the serveries or other locations in the home.

Construction has continued as per schedule, getting to the final days the renovation work in many areas of the home. During the month of November, the new Hairdresser Salon will open, and the work on the home areas to be finished by the end of the month. We are planning to wrap-up all work before the Christmas Holidays start. We are welcoming all new residents and team members who joined AR Goudie in the last month.

Yours truly Florin,



**Our people will change the world of senior living.**

# Spiritual Care at AR Goudie

## What is Spiritual Care?

Spiritual care is about more than religion. It's about meaning, belonging, and the deep questions that arise in everyday life—especially during times of change or transition. Whether through conversation, prayer, music, reflection, or shared silence, we help residents explore what gives them hope, purpose, and peace.

## How We Support Residents and Families

Spiritual care is here to walk with residents, families, and staff through life's joys, challenges, and transitions. Our goal is to nurture community, connection, and shared meaning within our home. Ongoing opportunities could include (based on resident interest):

- Room blessings, prayer, candle lighting, and reflective moments to mark new beginnings or times of change.
- Ongoing opportunities could include (We would love to hear from you regarding what you feel drawn to!):
- One-on-one visits (talking, praying together, reading, facilitating meaningful ceremonies/ rituals)
- Music (e.g., hymn sings or other inspirational music)
- Literature-based gatherings (e.g., devotional, scripture studies, poetry, or book clubs)
- Reflective gatherings (e.g., for meditation, reminiscence, gratitude)
- Arts-based activities (e.g., expressive visual arts, inspirational movies)
- Religious services and observances (e.g., worship, prayer, ritual)
- Rituals for death/bereavement (e.g., honour guard, signs and symbols to acknowledge the death of a resident, opportunities to share memories) Memorial/Celebration of Life services
- Room blessings
- Legacy and life story work, where we help residents reflect on their life experiences, values, and memories, and possibly even creating something lasting for loved ones.
- Peer support and small-group conversations, offering safe spaces to share stories and find encouragement.

Your spiritual care team is here to accompany residents and families through every season of life. We understand that living in Long Term Care can bring complex emotions, and we are honoured to walk alongside you with compassion and care.

Please reach out to us!

If you'd like to learn more or request a visit, please ask your Recreation Aide, Nurse, or reach out to [goudiechaplain@gmail.com](mailto:goudiechaplain@gmail.com) — we'd be glad to connect.

With love and care,  
Megan & Jen

**Our people will change the world of senior living.**



# Music Therapy at AR Goudie



Our music therapist Chelsea-Anne aims to use music purposefully within therapeutic relationships to support residents in their development, health, and well-being. Interventions and sessions can be adapted to help meet resident needs within all care domains.

Here are some examples of what a music therapy referral can help address:

Cognitive	<ul style="list-style-type: none"><li>♪ Responsive Behaviours (exit seeking, restlessness)</li><li>♪ Attention and Engagement</li><li>♪ Sensory Seeking Behaviours</li></ul>
Physical	<ul style="list-style-type: none"><li>♪ Pain Management</li><li>♪ Coordination</li><li>♪ Motor Decline</li><li>♪ Rehabilitative Support (TBI, Parkinson's, Stroke)</li></ul>
Emotional	<ul style="list-style-type: none"><li>♪ Anxiety/Agitation</li><li>♪ Depression</li><li>♪ Adjustment to Home</li><li>♪ Emotional Expression</li><li>♪ Grief and Loss</li><li>♪ End of Life Support</li></ul>
Social	<ul style="list-style-type: none"><li>♪ Withdrawal/Isolation</li><li>♪ Expressed Disconnection with Home/Peers</li></ul>

It is a common **myth** that residents must have a musical talent, play an instrument, or express personal interest in music for music therapy to be an appropriate medium.

**Unsure if music therapy is ideal for your resident or their needs?**

Reach out to Chelsea-Anne with your questions!

On-Site Tuesdays and Fridays (9AM-5PM)

Available through email at: [chelsea.woolridge@outlook.com](mailto:chelsea.woolridge@outlook.com)





A.R.  
Goudie



# CHRISTMAS BAZAAR

VENDORS - LIVE MUSIC: WATERLOO COUNTY CAROLLERS-  
HOT CHOCOLATE - 50/50 DRAW

29  
NOV

11AM-3PM

369 FREDERICK STREET  
KITCHENER





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



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## CRAFTING & BAKING





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## "Our Street"

By: Volunteer "Maggie B"

November arrived without fanfare. It wasn't adorned with crimson and peach maple leaves or filled with the excitement of the other fall months. September had marked the beginning of the school year with children's voices echoing up and down the streets. October had celebrated harvest time with fall fairs and farm machinery crisscrossing dusty fields. December, the final autumn month, promised the joy of Christmas preparations – cookie bakes, concerts and shopping excursions. But November, just didn't "cut the mustard," as Grandma Jean put it. She stood looking out at the gray sky, bare trees and brown grass. "This is depressing. Something needs to give," she muttered reaching for the phone to call Millie.

Grandma Jean and her sister often talked on the phone for lengthy periods of time, usually solving life's problems. Today, they commiserated about the cold wind howling through town and the increasing darkness enveloping each day as the sun hung lower and lower in the sky. They agreed that there was a general depressing cast to this time of year. And more importantly, there was a need to do something about it. They had been talking for a while when suddenly the usually chatty Millie became silent. "Oh, oh," thought Grandma Jean. "Something's coming." Millie always became silent before she had an idea.

"We could have a tea!" Millie blurted out

"A tea?" Jean queried sounding doubtful.

"Oh, not just any tea." Millie explained. "A special 'Carnival Tea'. Everyone would dress in bright cheerful colours. They would bring their favourite desert. We would provide upbeat music, fun games and of course tea and coffee. It would be a mental pick me up during this month."

## "Our Street" Continued

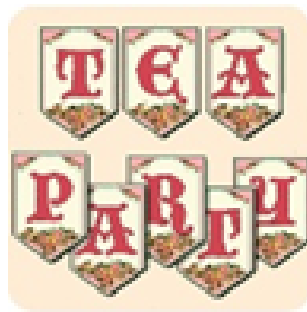
By: Volunteer "Maggie B"

“Who should we invite and where should we hold it?” asked Jean who was spotting problems needing solutions. “We could ask Mary to invite the Book Club, and John to invite the Bridge Club. We could use the common room in my apartment building.” Millie waved her arm in excitement. “It even has dishes and cutlery in its kitchenette.”

“The building has loads of parking too!” Jean added catching Millie’s enthusiasm.

As details were sorted out, the sisters became increasingly exhilarated. By evening, a date was set and invitations were out. As friends caught the spirit of the ‘Carnival Tea’ the gloom of November began to crumble.

**“If you don’t like something change it. If you can’t change it, change your attitude.” ...**



# Searching for November

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

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



ACORNS

AUTUMN

(Black) FRIDAY

BEAVER (Moon)

CHILLY

DAYLIGHT (Saving)

FEAST

FIREPLACE

GRATEFUL

LEAVES

MAIZE

MUMS

REMEMBRANCE (Day)

SAGITTARIUS

SCORPIO

THANKSGIVING (Day)

TOPAZ

VETERANS (Day)

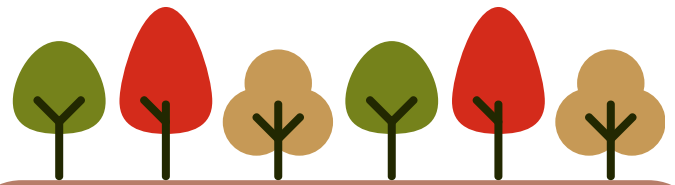
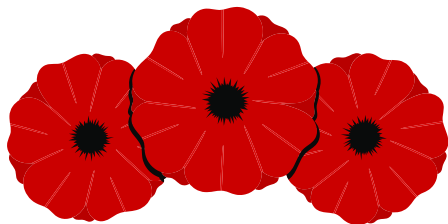
## Family Council!

Next Meeting:

 17 December 2<sup>nd</sup> at 2:00pm

 Chapel

Family Council is an opportunity for families and loved ones to come together, share feedback, and collaborate with our team to continue enhancing the quality of life for residents. The council works together to support communication, discuss new ideas, and create a positive environment for all who call AR Goudie home. New members are always welcome!



## 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

## Wellness Corner – Quote of the Month

“Even the longest night will end and the sun will rise.”

— Victor Hugo

**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

Emma Schmolling - Nursing Staffing Manager  
eschmolling@peoplecare.ca ext. 242

Anabela Henriques - Director of Care  
ahenriques@peoplecare.ca ext. 220

Sandra Mohammed- Dir. of Food Services  
smohammed@peoplecare.ca ext. 208

Marilyn Seabrook - Asst. Dir. of Care  
mseabrook@peoplecare.ca ext. 203

Alyssa Henzy- Dir. of Programs  
ahenzy@peoplecare.ca ext. 222

Wendy Williams -Asst. Dir. of Care  
wwilliams@peoplecare.ca ext. 241

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

Glory Kagwiria- Asst. Dir. of Care  
gkagwiria@peoplecare.ca ext.

Yesenia Rodriguez - Office Manager  
yrodriguez@peoplecare.ca ext. 224

Viviana Botero- Dir. of Res. Qual. Outcomes  
vbotero@peoplecare.ca ext. 241

Nicole Fotheringham- IPAC Coordinator  
nfotheringham@peoplecare.ca

### Social Services

Kathy Robertson - Social Worker

Steffy George - Social Worker

Josie Sutton- Resident & Family Coordinator

EXT: 207

### Hairdresser

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

Follow us on Our Socials!



peopleCare  
communities



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