

peopleCare | AR Goudie

Goudie Gazette Community News



**January
2026 Edition**

Our people will change the world of senior living.



The next Resident Council meeting will be held on January 20 in the Frederick East lounge. All residents are welcome!

Welcome

All New Residents!

In Loving Memory



Teresa. B Maria. S
Sophia . M Rhoda. A
Kathleen. S Joaquin. p
Floyd. M Kenneth. G
Gail. F

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



Living the peopleCare Values

Professionalism

We look and act with an attitude of kindness using skills and knowledge, both internally and externally, befitting the quality customer service of a peopleCare team member..

Special Events

Speciality Coffee

January 3, 17, 31 @2:30pm
(FCDR & VPDR)

Church Service

January 4, 11, 18, 25 @3:00pm
(RGDR)

Karaoke Social

January 9 @2:30pm (FCDR)

Community Movie

January 10, 24 @2:30pm
(FCDR & VPDR)

Memorial Service

January 19 @11:00am (RGDR)

Resident Council

January 20 @10:00am (FCEL)

January Birthday Party with RC Country and Jeff Poolton

January 23 @2:30pm
(FCDR & VPDR)

Catholic Mass

January 28 @10:30am (EPDR)

Breakfast Club (Sign-up)

January 30 @8:30am

Joke of the Month

What did the champagne
bottle call his father?

Pop!



HAPPY BIRTHDAY!

VERDA. E - JANUARY 1
EDO. M - JANUARY 1
EUNICE. S - JANUARY 2
VIETTA. M - JANUARY 3
CAM. D - JANUARY 6
DORIS. L - JANUARY 7
EVA. K - JANUARY 7
SELBY. A - JANUARY 11
DIMITRIOS. K - JANUARY 14
JOAO. M - JANUARY 14
KENNETH. W - JANUARY 14
VALIKA. K - JANUARY 18
MIKE. T - JANUARY 20
KAREN. A - JANUARY 20
LES. E - JANUARY 21
BRIAN. B - JANUARY 22
JUDITH. E - JANUARY 25
AL. S - JANUARY 26

A message from the AR Goudie Leadership Team

Celebrating 2025, Embracing 2026 with Gratitude and Joy!

As we bid farewell to an incredible and successful 2025 and welcome the promise of 2026, we celebrate the care, compassion, and dedication that make our community truly special.

To our residents, families and friends – thank you for sharing your stories and resilience. You inspire us every day and remind us why we do what we do.

To our staff and support team – your kindness and commitment are the heartbeat of our home. Your hard work and joy create a place where everyone feels valued and cared for.

May the year ahead **bring health, happiness, and hope** to each of you. Together, let's make 2026 a year of meaningful connections, joyful moments, and unforgettable memories!

Warm wishes from all of us at peopleCare AR Goudie.



"Gratitude turns what we have into enough, and more."
Here's to an amazing year ahead—let's make it unforgettable!

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"Our Street"

By: Volunteer "Maggie B"

Jean was helping her sister bake cookies. "Millie did you make a New Year's resolution for this year?"

"I did." Millie responded removing a pan of gingerbread from the oven. "I decided that I would tackle something completely different this time."

"Oh," Jean's teased, "What are you going 'to tackle'?"

"You know how I sometimes feel as though no one ever drops in?"

Jean studied her sister for a moment, "I'm here, aren't I?"

"You don't count!" Millie retorted. "You're family. "

Jean rolled her eyes in mocked offense. Millie continued, "I'm sure our friends would like a regular get together too, so I've resolved to do something about it."

Jean took a deep breath bracing herself. Whenever Millie 'resolved to do something' it almost always meant she would be conscripted to help pull it off. "What did you have in mind?" she asked, anxious furrows beginning to creep across her forehead.

"Well, people need a reason to gather, so I figured inviting friends in for a meal on a regular basis would do it. Everyone needs to eat and dinner without all the preparations and clean up would be appealing."

Jean was staring off into no man's land - a land filled with dusting, vacuuming, scrubbing and cooking. She blinked hard returning to the moment and asked, "How often?"

"I figured we could manage twice a month for starters. What do you think?"

"Well," Jean replied emphatically, "what about once a month to begin with. It would let us ease into things. You know, get a handle on all the work involved."

And that was how it all started. Preparations were put in motion.

Invitations were extended. A menu was set. Millie's house was given a thorough cleaning, and groceries were bought. On the special day guests were greeted with punch and nibbles. Supper was served and conversation flowed. Eventually the evening ended. After the last guest departed, Millie beamed, "Wasn't that just wonderful. They ate everything and talked and laughed and talked. I thought they'd never stop. Next time we should invite more people. What do you think?"

Grandma Jean sat quietly in the rocking chair. Her reply a gentle snore.

"A well- spent day brings happy sleep"Leonardo da Vinci

Searching for January

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



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

AQUARIUS

AUSTRALIA DAY

CALENDAR

CARNATION

FIRST

FREEZING

GARNET

GLOVES

HOT TEA

JACKET

MARTIN L. KING

NEW YEAR'S DAY

SEA GOAT

SLEDDING

SNOWMAN

SWEATER

WATER BEARER

WINTER

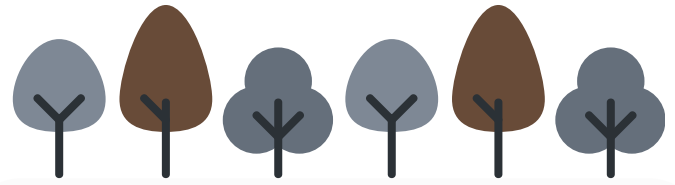
Family Council!

Next Meeting:

 17 January 13 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

Everyone's experience is different, and all of them matter."
— Unknown

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Administration

Looking for help? Call or email the appropriate member of AR Goudies Administration team.

Florin Perte - Executive Director
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Anabela Henriques - Director of Care
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Emma Schmolling - Nursing Staffing Manager
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Marilyn Seabrook - Asst. Dir. of Care
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Sandra Mohammed- Dir. of Food Services
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Wendy Williams -Asst. Dir. of Care
(Victoria and Edna)
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Alyssa Henzy- Dir. of Programs
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Glory Kagwiria- Asst. Dir. of Care
(Market and Frederick)
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Moe Eltorky- Dir. of Environmental
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Viviana Botero- Dir. of Res. Qual. Outcomes
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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

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communities



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