

peopleCare | AR Goudie

Goudie Gazette

Community News



February
2026 Edition

Our people will change the world of senior living.



In Loving Memory

*Chui. L
Annie, E
Dorothy H
Clifford. M
Arleen. M
Sally. D*

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

The next Resident
Council meeting will be
held on February 24 in
the Frederick East
lounge. All residents
are welcome!

Welcome

***All New
Residents!***



Living the peopleCare Values

Excellence

We have a passion to consistently
exceed expectations.

Special Events

Cruise week

February 2-6

**Cruise Week Finale Blue Eyed Bill
and Rich Hubick**

February 6

Community Movie

February 7, 21

Speciality Coffee

February 28

Church Service

February 1, 8, 16, 22

Valentines Day Social

February 14th

Memorial Service

February 23

Resident's Council

February 24

**February Birthday Party with
Michael Kelly and Derek Byrne**

February 24

Catholic Mass

February 25

Breakfast Club

February 27

Joke of the Month

What did the stamp say to
the Valentine card?



"Stick with me!"

HAPPY BIRTHDAY!

Johanna K - February 02

Joyce U- February 03

Terrence K - February 04

James A- February 05

Robert R- February 08

Muriel K- February 13

Peter C- February 13

Janet M- February 14

Ruth S - February 14

Catherine S - February 17

Christine I - February 17

Margaret B - February 19

Rosemary C - February 21

Myrna D - February 22

Susan H - February 25

Ronald M - February 27

Jose M- February 27

Heather H- February 29

Spiritual Care

February is a month when our thoughts often turn to connection, care, love, and what it means to belong. At A. R. Goudie, Spiritual Care plays an important role in nurturing connections by honouring the life stories of our residents.

Each resident arrives with a rich life history shaped by family, work, culture, beliefs, values, and experiences. Taking time to listen to these stories helps residents feel seen, respected, and valued for who they are, not only for the care they need today.

Through one-to-one visits, group conversations, music, reflection, and quiet presence, spiritual care offers space for residents to share memories, express hopes or worries, and find meaning in their life journey. It also provides space to ask questions, share preferences, and explore their feelings about what comes next. These moments can be deeply comforting and can strengthen a sense of value and purpose, especially during times of change or loss.

When we honour life stories, we also build community. We gain the ability to help residents discover shared experiences, staff gain deeper understanding, and families know their loved ones are known and respected as individuals. The Spiritual Care team is honoured to be part of the team at A.R. Goudie that helps create a community where every story matters and every person belongs.

Warmly,

Chaplain Jen & Chaplain Megan
goudiechaplain@gmail.com

From the desk of Florin

Happy February!

This winter seems to be the real Canadian winter that we use to have long time ago. Snow started on early November never giving us a good break and we had many days with very low temperatures. On February 2 our most famous groundhog Wiarton Willie, along with most of his Canadian counterparts has predicted an early spring after he did not see his shadow on Groundhog Day.

Legend has it that if a groundhog emerges from its burrow on a sunny day and sees its shadow, it'll return to hibernation for six weeks more weeks of winter. But if it's cloudy and there's no shadow, spring will arrive early.

This February, our calendar is fully packed with celebrations at the home. We have our International Food Week, Valentines Day, Family Day and of course Groundhog Day. This month we are working on the annual Quality Improvement Plans for the 2026 – 2027 cycle. Based on the Resident and Family surveys from last year, from our Quality indicators and feedback from our Resident Council and Family Council we are looking on the areas where we will focus for this year's improvement plans.

In the month of January, we held our Annual Staff Appreciation Gala where we recognized the great work that our team is doing, the Value Awards Winners and Years of Service Awards. We want to thank you for all those who contributed to our gifts and prizes: Chad Ritzer and Lisa Cristoferi, William Brace, Arvan Rehab Group, Vandell Construction, Forwell Electric, V4 Staffing Solution, Unifor.

As the tax season is approaching, last month a Summary of Accommodation for 2025 was mailed out. If you did not receive this document, you can reach out to our Office Manager, Yesenia Rodriguez at 519 744 5182 extension 224 for a copy. Please keep your contact information updated to promptly receive important documents or communications.

Stay Healthy!

Warmest thoughts and best wishes for a wonderful winter season!
-Florin



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"Our Street"

By: Volunteer "Maggie B"

"Do you think he will?" Meaghan asked studying the growing list of names on the bulletin board.

"I don't know." Billy answered adding his name to a 'Yes, He Will Column'. "I sure hope he does. I'm looking forward to six more weeks of tobogganing and maybe skating on O'Grady's Pond."

The 'Community Senior's Center' had organized a carnival to celebrate Groundhog Day. The sign-up sheet was a fun way to test people's opinion on whether the furry animal would be startled by his shadow, resulting in six more weeks of winter, or whether spring would come early. Feb 2nd was to be a fun day filled with face painting, a snowman building contest, hot dogs roasting over a bonfire and the major event: the groundhog stepping out from his cage.

Things were running smoothly, until Grandma Jean happened to read the final line on a poster advertising the day's events. "Event planning by Millie and Jean at the senior's centre.

This was complete news to her. "Oh no, what has my sister got me into this time!"

Millie heard Jean muttering away long before she arrived at the registration booth.

"It's ok," she hurriedly attempted to lower her sister's distress level. "Everything is covered. The hot dogs were donated by the market, and prizes by the hardware store. The PTA will judge the snowmen."

"And the ground hog?" Jean demanded.

"Well." Millie paused, "That took some work. It's right here in this crate."

Jean cracked the lid to look in. "Millie! That's Oscar, Father O'Brien's prize-winning Siamese cat!"

"Shush!" Millie became defensive. "Ground hog or cat, it won't matter who sees his shadow.

The result will be the same."

That was when it happened. Someone threw a snowball that hit Jean. She figured one of the kids was responsible, so she quickly packed a ball and threw it at Billy. He retaliated. Soon snowballs were flying back and forth in all directions. Eventually, the fun stopped. Jean was wiping away tears of laughter when she noticed the cage had been toppled and Oscar was gone. For the next hour children and seniors searched for the missing 'groundhog'. Meanwhile, Oscar sat peering out the rectory window at the children shaking the bushes around the senior's centre.

Grandma Jean shook her head. She didn't understand how, but her adventurous sister had dodged another crisis.

"I guess we'll never know if he sees his shadow or not." Billy lamented. "We'll just have to pay attention to the weather man for the next month."

Searching for February

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

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



AMETHYST

FISH (Pisces)

SHADOW

AQUARIUS

GROUNDHOG (Day)

SNOW MOON

BLACK HISTORY

MARDI GRAS

SUPER BOWL

CANDY

PISCES

VALENTINE'S (Day)

CHINESE (New Year)

PRESIDENTS' (Day)

VIOLET


CUPID

PRIMROSE

WATER BEARER
(Aquarius)

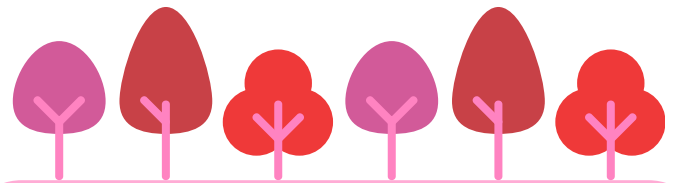
Family Council!

Next Meeting:

 February 26 at 2:30pm

 Frederick Community Room

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

No act of kindness, no matter how small, is ever wasted.”

— Aesop

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

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

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

Marilyn Seabrook - Asst. Dir. of Care
(Rockway/Eastway)
mseabrook@peoplecare.ca ext. 203

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

Wendy Williams -Asst. Dir. of Care
(Victoria and Edna)
wwilliams@peoplecare.ca ext. 241

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

Glory Kagwiria- Asst. Dir. of Care
(Market and Frederick)
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Moe Eltorky- Dir. of Environmental
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Yesenia Rodriguez - Office Manager
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Viviana Botero- Dir. of Res. Qual. Outcomes
vbotero@peoplecare.ca ext. 241

Nicole Fotheringham- IPAC Coordinator
nfotheringham@peoplecare.ca

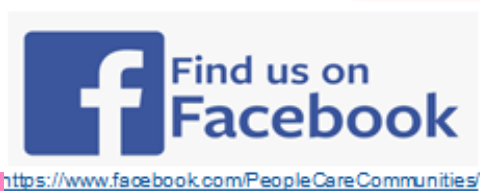
Social Services

Kathy Robertson - Social Worker
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!



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communities



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