

peopleCare | AR Goudie

Goudie Gazette Community News



**April
2026 Edition**

Our people will change the world of senior living.

Resident Council



The next Resident Council meeting will be held on April 21 in the Family Room. All residents are welcome!

In Loving Memory

Kenneth. W

Barbara. H

Brian. B

Jan. S

Colleen, M

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



Margaret. D Adah. C

Sam. S Brian. F

Patricia. R Annie. M

Isobel. D Jane. W

Hairdresser



Hairdresser with our hairdresser Louise? POA's can email hairdressingarg@gmail.com

Living the peopleCare Values

Growth

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

Special Events

Community Movie

April 4 & 18 @2:30PM

Church Service

April 5, 12, 19 & 26 @3:00PM

Entertainment with

Derek Byrne(FCDR)

& Jeff Poolton (VPDR)

April 6 @2:30PM

Travelling RC Communion

April 8 @10:15AM

Easter Treat House Challenge

April 11th @2:30pm

Resident Council

April 21 @10:00AM

Catholic Mass

April 22 @10:30AM

April Birthday Party with

Jay Franco (FCDR)

& Sheryl Walsh (VPDR)

April 24 @2:30AM

Speciality Coffee

April 25 @2:30PM

Breakfast Club

April 30 @8:30AM

Joke of the Month

Why was the bunny
so upset?



*He was having a
bad hare day*

HAPPY
Birthday

Penny. M- April 2nd

Ross. A - April 3rd

Lyle. W - April 6th

Darcy. F - April 6th

Charles. H - April 11th

Marlene. A - April 12th

Isobel. D - April 13th

Barbara. R - April 15th

Margaret P. - April 19th

Terry. F - April 19th

Kathryn. S - April 24th

Marie. S - April 29th

Margaret. W - April 30th

From the desk of Florin

Hello everyone and Happy April!

With winter coming to an end, spring is ushering in warmer weather and reduced snowfall. Birds are returning, and early spring flowers are beginning to bloom. Taking advantage of the warmer temperatures, we plan to focus on outdoor projects and prepare the backyard and courtyard this spring.

Our residents are at the centre of all we do, guided by our mission, vision, and values. The entire AR Goudie team is committed to providing safe, respectful, and high-quality care while creating a welcoming and positive experience for those who call AR Goudie home.

Based on your feedback on the Residents and Family survey results this year we are aiming to improve the dining experience in our home. This is part of the stabilization plan and part of the Quality Improvements Plans that our team has decided to focus on. Another area that we are addressing this year in our QIP's is Equity. Equity is a core component of our commitment to high-quality, people-centred care. Our Quality Improvement Plan (QIP), grounded in Equity, Inclusion, Diversity, and Accessibility (EIDA) principles, focuses on ensuring equitable access and addressing systemic barriers that affect resident outcomes and experience.

Please visit our website for our narrative regarding our Quality Improvement Plans for this year. As part of our improved communication efforts, we held a Town hall where residents, family members and team members had an opportunity to find out updates about the operation of the home, meet in person the members of the administration team, ask questions and provide feedback. We continue to provide information about the home using different channels such as the Newsletter, email messages, postings around the home, social media and our website.

Continuous collaboration through the Resident and Family Councils is the foundation for strong relationships, open communication, and a shared commitment to enhancing the resident and family experience.

To make these meetings more accessible, we are offering virtual participation through Zoom. Please update your email address on file to ensure you receive all communications and invitations. peopleCare is a values-based organization that acknowledges and celebrates employees who live our Values and go above and beyond to exceed the expectations of our residents, families, partners, communities. Team members, Resident and Family Council members can nominate front line employees for the five categories: People, Professionalism, Excellence, Integrity and Growth until April 13, 2026. Nomination forms are available at the front desk or can be submitted online at: online nomination form (<https://www.surveymonkey.com/r/WN6GSDX>)

As always you can contact us if you have any questions.
Happy Spring and Happy Easter!

Florin Perte



The Quiet Gift of Being Present

Chaplains Megan & Jen, Spiritual Care

In long-term care, life can sometimes feel very full—and at other times, very quiet.

There are moments filled with activity: meals, programs, visits, and conversations. And there are also moments when the day stretches out, when a room feels a little too still, or when someone you love is not right there beside you.

In these quieter spaces, something important is still happening. Spiritual care is not only about prayers or formal visits. It is often found in the simplest things: sitting together, sharing a memory, listening to a story, or simply being present without needing to say much at all.

For residents, these moments can bring comfort, a sense of connection, and a reminder that you are not alone. If you would like a visit, you can ask any nurse or PSW to connect you with spiritual care at any time.

For families, it can be reassuring to know that your loved one is seen—not just for their care needs, but for who they are as a person, with a lifetime of experiences, relationships, and meaning. You are also welcome to request a visit for your loved one, or to connect with us directly at goudiechaplain@gmail.com

You don't need to have the "right words." A gentle presence, a familiar voice, or holding a hand can speak more deeply than anything else.

In spiritual care, we often say that simply showing up is enough. And in that showing up—whether it is a visit, a phone call, or a quiet moment at the bedside—something sacred unfolds.

Connection. Dignity. Love.

IPAC CORNER

Animal Visits

Our residents truly enjoy visits from pets. These special visits provide comfort, companionship, and meaningful support for residents' mental and emotional well-being. To ensure a safe and enjoyable experience for everyone, please review the following health and safety guidelines before bringing your pet into the home.



Restricted Animals

For infection prevention and safety reasons, the following animals are not permitted:

- Reptiles and amphibians
- Poultry
- Birds
- Small rodents (hamsters, gerbils, guinea pigs, rats, mice, hedgehogs)

These animals may carry bacteria or viruses that can be harmful to humans.

Helpful

Recommendations

- Bathe your pet the night before your visit
- Brush your pet beforehand to reduce dander
- Ensure nails are trimmed and smooth (booties are welcome!)
- Bring water for your pet
- If you would like a quiet or private visiting space, please speak with the DOP or your DRC

Coming up!

Stay tuned for our next newsletter for more information on the spring COVID-19 vaccine, including details on eligibility and how it will be offered to residents

Before Your First Visit

- Contact Tonya, Director of Programs, to complete required documentation. All pets are to be registered in our Pet Program before they can visit.
- Ensure your pet is calm, house trained, well-mannered, and responsive to verbal commands.
- Do not bring pets that are easily stressed, overly excitable, or prone to loud behaviour

During Your Visit

- Visit only with your loved one while your pet is in the home
- Keep your pet on a short leash or in a carrier when moving through the building
- Do not bring your pet if they are unwell
- Be mindful that some residents and staff may have allergies or may feel uncomfortable around animals
- If your pet has an accident (urine, stool, or vomiting), notify a staff member immediately so proper cleaning procedures can be followed

By following these guidelines, you help create a safe, respectful, and enjoyable environment for all residents, staff, and visitors.

Thank you Meaghan RPN, IPAC COORDINATOR

DEBORAH BAKTI

**NOW
WHAT?**

the **MANAGING
EMOTIONAL
JOURNEY** of
LONG TERM CARE
FOR FAMILIES

Whether you're a family member or working as a caregiver inside a seniors' home, the tools in this book are designed to help you establish a Family Relationship Strategy and become a true partner in care.

Did you know that almost 400 families in Canada go through the life-changing experience of entering a loved-one into long-term care, every single day? While it's a vital part of our health care system, it's not an easy transition for anyone - including residents, their families, even for caregivers at the home.

This book serves as a detailed roadmap for navigating the emotional and practical challenges of transitioning to long-term care. From understanding the initial steps to building effective partnerships, it provides essential guidance for everyone.



If you have not yet received a copy of 'Now What', please visit Josie in Social Services.

More of a Podcast Person? Follow the QR Code to visit Deb Bakti's Podcast about the Relational Approach!



TIP OF THE MONTH:

When bringing in new clothing for residents, please ensure you are filling out the 'Laundry Labeling Request Form' in full detail, and always make sure to include the form in the tightly tied bag before dropping it into the laundry drop off bins to be labeled!



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



Our people will change the world of senior living.

ST PATRICKS DAY!





Chicopee Hills tries Improv!



Our people will change the world of senior living.



"Our Street"

By: Volunteer "Maggie B"



"Yes Sam, we'll be there!" Jean thanked her nephew and thoughtfully put the phone down.

Tomorrow would be wonderful. A noisy, chaotic day she was looking forward to.

At nine o'clock the following morning Jean parked her blue sedan in front of her sister's house. Millie had been watching for the car, and she hurried out to meet Jean lugging a picnic basket. Once the basket was safely stowed in the car's trunk and Millie comfortably settled beside her, Jean pulled out onto the street. The sisters were setting out for an annual picnic at the old family farm. Samuel, Millie's son, now worked the farm. He grew hay and raised chickens along with some smaller livestock.

The first leg of the journey happened during rush hour traffic. The roadway was heavily congested. Frequent six wheelers whizzing past rattled the car windows and at times even caused the car to sway. Both women let out a sigh of relief when they finally left the busy highway for a quiet country road.

As they passed farm after farm, Millie exclaimed, "Everything is so green and lush."

Jean agreed, "It's the winter wheat - it's already up."

Millie rolled her window down, stuck her head out and inhaled deeply, "I smell new grass.

The air is fresh and clean, so much better than in town."

Another ten minutes passed before Jean called out, "We're here." She turned down a tree lined laneway and parked near a large paddock.

Millie studied the empty enclosure, "We're here in time! It hasn't happened yet!"

Sam waved from the barn encouraging his mom and aunt to stand close to the fence enclosing the yard. Then he disappeared into the barn. He was gone only a few minutes when both heavy red washed barn doors flew open. What happened next took the women's breath away. A sea of lambs and ewes poured out. Sheep were jumping and running in all directions. They were frolicking in the sunshine after a winter housed in the barn. Ewes were calling to their babies who bleated nonstop searching for their own mothers lost somewhere in the stampede exiting the barn. Millie leaning on the fence, shouted to Jean, "Isn't this amazing!" But Jean never heard a word. She was fascinated by all the commotion before her. For a reason she couldn't explain it had left her feeling calm and serene. This once-a-year herald to Spring wiped away months of snow and cold. It replaced the worry and tension of news headlines with hope and a feeling of rightness in the world. She smiled and murmured, "Thank you Sam."

"There is a peace that can only be experienced in the midst of a storm." -Ranal Currie

Searching for April

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



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

APRIL FOOLS' DAY

ARBOR DAY

ARIES

BASEBALL

BLOOMS

CHICKS

DAISY

DIAMOND

EARTH DAY

EASTER

JELLY BEANS

JOKES

PASSOVER

PINK MOON

RAINCOAT

TAURUS

TAX DAY

THUNDER

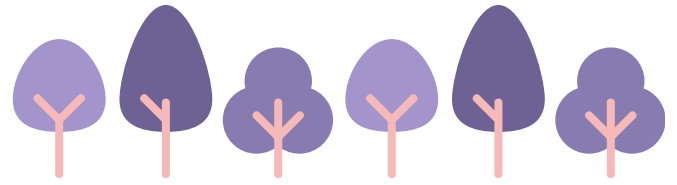
Family Council!

Next Meeting:

April 2nd

Gingerich Family 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

April is named after the Latin word aperire, meaning “to open,” symbolizing blooming flowers and new beginnings.

“April showers bring May flowers” comes from a proverb dating back to the 1500s.

Earth Day is celebrated every April 22, reminding us to care for our planet.

“This April, may brighter days and small joys find you often.”

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

Sourav Jose - Ass Dir. of Food Services
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Rajwinder Kaur - Asst. Dir. of Care
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Tonya Claydon- Dir. of Programs
tclaydon@peoplecare.ca ext. 222

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

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

Glory Kagwiria- Asst. Dir. of Care
(Market and Frederick)
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Yesenia Rodriguez - Administative Assistant
yrodriquez@peoplecare.ca ext. 237

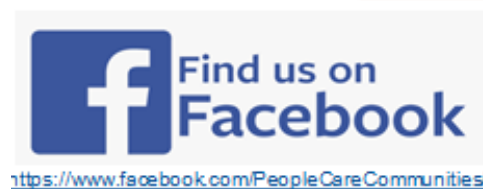
Jeniffer Root-Brydges- -Asst. Dir. of Care
(Chicopee Hills)
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Meaghan Mason- IPAC Coordinator
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communities



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