

peopleCare | AR Goudie

Goudie Gazette Community News



May
2026 Edition

Our people will change the world of senior living.

Resident Council



The next Resident Council meetings will be held on May 8th & May 19th in the Gingrich Family Lounge. All residents are welcome!

Welcome

Lucille V.
Liudmyla C.
Patricia M.
Charles S.
Joseph M.
Bill O.
Czeslawa T.
Paul D.



In Loving Memory

Al S.

Stephen H.

Mary W.

Karen P.

Patricia R.

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

Memorial Service May 25th
at 11:00am, Rockway
Gardens dining room.

Living the peopleCare Values

People

Every person touched by our service is treated with care, respect and kindness; with an emphasis on independence, wellness, recognition, education and mentoring.

Our people will change the world of senior living.

Special Events

Church Service

May 4, 10, 17, 24, 31

Cinco De Mayo Party with Rich Hubrich & James Skarnikat

May 5th @ 10:30am - VPDR
& 2:30pm - FCDR

Mothers Day Tea

May 10th @ 10:30am

Harp & Horn Performance

May 11th @ 2:00pm - VPDR
& 2:45pm - FCDR

Travelling Communion

May 13th @ 10:15am

Breakfast Club (Sign Up)

May 22nd @ 8:30am

Catholic Mass

May 27th @ 10:30am

Butterfly Conservatory Outing (\$Sign Up)

May 28th @ 10:00am

May Birthday Party with Bob Maclean (FCDR) & Blue Eyed Bill (VPDR)

May 29th @ 2:30pm

Joke of the Month

Why did the tulip blush in
May?

*Because it saw the salad
dressing!*



HAPPY
Birthday

Neil M. - May 3rd

Dinis M. - May 5th

Bill P. - May 5th

Liudmyla C. - May 5th

Margaret A. - May 6th

Mary W. - May 10th

James L. - May 19th

Kathleen H. - May 21st

Madeline T. - May 23rd

Fatma S. - May 27th

Sami N. - May 28th

Henriqueta S. - May 28th

Leola M. - May 29th

Lena M. - May 29th

From the desk of Florin

Happy May, everyone—hope you're enjoying a great start to the month!

After a cooler-than-usual April, it's wonderful to welcome the warmer, brighter days of May. Spring is showing up everywhere—more sunshine, birds singing, bunnies and squirrels darting about, and trees getting greener with every passing day.

Later this month, we'll be rolling out our spring/summer menu, with a fresh mix of well-balanced meal options for our residents to enjoy. Please check the new menus.

At peopleCare, we're continuing to plan thoughtfully for future growth and development across the organization—while also deepening the warm, welcoming culture of resident- and family-centred care and service excellence that means so much to all of us. As we work to change the world of senior living, we're committed to living our mission, vision, and values every day.

To help us lead well and support one another even better, we're aligning our leadership structure with a new model. This approach is commonly used to clearly define levels of leadership, so each role has clear expectations, strong development opportunities, and appropriate accountability. It also helps us keep things consistent and effective as we continue to grow. To support AR Goudie's ongoing growth, we've updated some job titles and added or adjusted certain roles. These changes are about creating a stronger, more consistent team so we can deliver the level of care and experience our residents and families expect and deserve. You'll find the contact list on the last page of the newsletter. The list will be updated as new team members will join our leadership team. Please contact front desk to be redirected to the right person at 519 744 55182 ext 201.

This year, we received a record number of nominations for the peopleCare Annual Value Awards—an initiative that celebrates team members for the exceptional difference they make in our home every day. Our nominees are: Ashley O, Ashok K, Beatrice I, Charanjeet K, Claudia H, Emma H, Esther O, Gagandeep S, Jotpal K, Larwuo F, Lisandra R, Mahek M, Marion K, Morgan K, Nada JL, Nnaemeka D, Oma B, Sarah D, Shelby L, Sukhdeep K, Tess M, Vini R. The selection committee will make the final decision next week. The winners will be announced shortly. Congratulations to all.

As always, if you have any questions, please don't hesitate to reach out.

Wishing you a beautiful spring and a very happy Mother's Day to all who are celebrating!

Florin Perte
Executive Director



IPAC CORNER

Spring Cleaning in Resident Rooms

With spring here, it's a good time for families to help refresh resident rooms. We are asking for your help with two things:

1. **Seasonal clothing swap:** Please take home any winter clothing your loved one no longer needs, along with items that no longer fit. Closets and drawers work best when they hold only what's currently in use.
2. **Decluttering:** Extra items on floors, under beds, and on surfaces make it harder for our housekeeping team to clean thoroughly. Clear surfaces and tidy closets allow for proper disinfection of high-touch points, which is a key part of our infection prevention and control practices.

A less cluttered room is easier to keep clean, safer to move around in, and more comfortable for your loved one. Thank you for helping us to keep our home healthy this spring.

COVID 19 Spring Vaccination

As per PH recommendations, COVID-19 vaccines will be administered late May into early June for residents who have consented. The spring COVID Vaccine

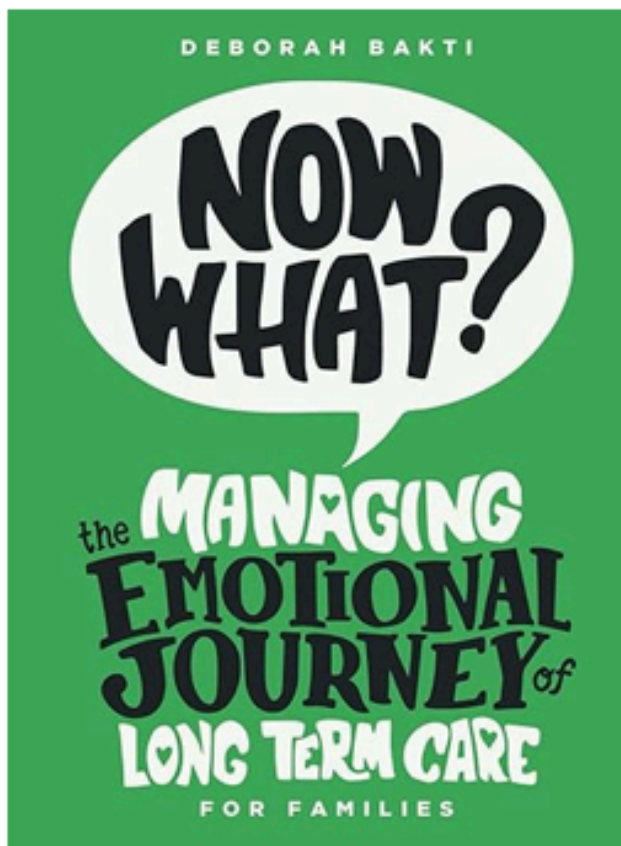
- Reduces risk of severe illness, hospitalization, and death in older adults
- Helps prevent outbreaks in congregate living settings where transmission spreads quickly
- Protects residents with chronic conditions and weakened immune systems who are most vulnerable

**WORLD HAND
HYGIENE DAY IS
MAY 5th, 2026**



Did You Know....

- Hand hygiene is **the number one** way to prevent the spread of infection
- Hand sanitizer is located at the entrance, in hallways, and outside resident rooms – please use them when you arrive, before and after visiting, and before leaving
- Rub hands together for a minimum of 15 seconds, covering all surfaces including between fingers and thumbs, until dry



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:

For residents who have external appointments it is family or POA responsibility to accompany residents to and from the appointments.

Family are also responsible for booking their own transportation to and from appointments and absorbing related costs.



If the appointments are within Kitchener, Cambridge and Waterloo, residents can utilise Mobility Plus, an accessible transportation service.

If you do not currently have a Mobility Plus account number, it is highly suggested for reasonable transport cost. To fill out the online application please visit the following link;

<https://ae-andre.github.io/mp-qualify-form/>

If you need assistance in filling out the application, please connect with Josie, Resident & Family Coordinator at 519-744-5182 ext. 207

Chaplain Chat

Now that the weather is warming up, many of us are starting to think about our gardens again. Even if gardening isn't your thing, we understand the basics. A healthy garden needs more than just one kind of care. If we only water it, but never weed, the garden will not succeed. Everything works together.

We are the same. Physical, emotional, mental and spiritual health all work together to make us well. When one area is overlooked, it can affect the whole person. That's why good care looks at everything-physical, mental, emotional and spiritual. They are all connected.

As the Chaplain at A.R. Goudie, I offer support to people of all faiths, traditions, cultures—and also to those who don't identify with a faith at all. That care and support may include:

- Friendly one-on-one visits
- Reading from sacred or meaningful texts (such as the Quran, Bible, Bhagavad Gita, or others) upon request
- Group programs like Creative Faith, book clubs, or Faith and Film
- Support for residents and families at end of life
- Weekly Protestant worship services
- Grief support and help planning our Memorial Service

If you or your family member would like spiritual care or support, please let a staff member know so they can submit a Spiritual Care Referral, or feel free to reach out to me directly at goudiechaplain@gmail.com.



Warmly,
Chaplain Megan



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"Our Street"

By: Volunteer "Maggie B"



I knew in my head that you should never judge a person by appearances, but it took a deadline to drive that truth home.

Enna was a young teen living in a home dedicated to developmentally challenged youth. On this day, it was my job to help her get ready for the resident's annual community tea. The tea was an exciting event for both staff and residents. There would be music, town officials and even a specially decorated cake to formally cut and sample. Being on time for such events was always a challenge. One hour before the mayor was to arrive, we stood last in line for the shower. Still, I figured once showering was accomplished, the biggest obstacle to our punctuality would have been overcome. We would be on the home stretch. Showering did go smoothly but, we had to wait our turn in the powder room to brush teeth and style hair. Time was becoming of the essence. We still needed to get dressed. There was only twenty minutes to go and Enna was adamant, "I want an updo -not a ponytail!" Because so much of her life was regulated – mealtime, tv time, bedtime, even what she ate - it felt important to give her as many choices as possible, so I began pinning her hair into high curls. The elegant look accomplished, all that remained was to get dressed. Deciding on an outfit used up more precious time. Then we had to find her favourite missing blue shoe, essential to the overall look because, "Those shoes go with my dress". I crawled under her bed groping for the illusive shoe. I found it, untangled my hair from a bed spring and presented it to my charge.

She was ready – freshly washed, dressed in her Sunday best and wearing her favourite blue shoes. We topped things off with a hint of pink lipstick that matched the growing rosy glow in my stress flushed cheeks.

When Enna shyly stepped out, Paul another resident was moving along the hallway, "Enna, you look real nice!" His words made me freeze on the spot. Not because his unexpected presence had startled me, not because he was considered to be mute, but because his words acknowledged a deep understanding of the situation. He had picked up on Enna's uncertainty and had courageously spoken encouragement to her. I had missed the obvious – Enna was afraid she didn't look appropriate for the occasion.

It was overdue, and a result of Paul's insight, that I did tell her how lovely she presented. Now as for me, I was a mess both sweaty on the outside from rushing to meet a deadline and numb on the inside from a sense of failure to be there for Enna when she needed reassurance.

"Busyness is blinding. Slow down to see." ~ Kate Kowalski

Searching for May

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



ARMED FORCES (Day)

BLOSSOMS

BULL

CATERPILLAR

CINCO DE MAYO

EMERALD

FLOWER MOON

GEMINI

KENTUCKY DERBY

LAWN

LILY OF THE VALLEY

MAY DAY

MEMORIAL (Day)

MOTHER'S (Day)

SHAVUOT


TAURUS

TWINS

VICTORIA (Day)

Family Council!

Next Meeting:

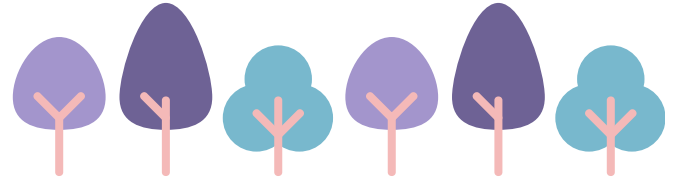
 17 May 4th at 10:30am

 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!

Hairdresser

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



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

May is the fifth month of the year on the Gregorian calendar and one of seven Gregorian months with 31 days. May is a special month for many cultures. For Roman Catholics, it is the month to honor the Virgin Mary; for Buddhists, it marks the Buddha's enlightenment; for early pagan cultures, May was the time to celebrate fertility and abundance in tribute to the month's namesake: Maia, goddess of the life cycle. Maia means "she who brings increase" in Latin.

Our people will change the world of senior living.

peopleCare
communities

In our home...

**EVERYONE
DESERVES
RESPECT**

Our staff are here because they love what they do. We are here to work together for your loved one- lets be nice to each other. Be kind. Be respectful.

If you are upset, overwhelmed, or have concerns, please politely tell us about it. We are on your team, and want to listen.

Please remember our staff are people too. They have families, just like you.

Let's make sure our home is a safe & pleasant place for all of us.

Relational
THE APPROACH™

Administration

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

Florin Perte - Executive Director
fperte@peoplecare.ca ext. 202

Jaqueline MacIntosh - Nutrition Manager
jmacintosh@peoplecare.ca ext. 208

Anabela Henriques - Director of Quality & Risk
ahenriques@peoplecare.ca ext. 220

Tonya Claydon - Programs Manager
tclaydon@peoplecare.ca ext. 222

Emma Schmolling - Staffing Services
Coordinator
eschmolling@peoplecare.ca ext. 242

Stacy Cook - Office Manager
scook@peoplecare.ca ext. 224

Wendy Williams - Resident Care Manager
wwilliams@peoplecare.ca ext. 241

Yesenia Rodriguez - Administrative Assistant
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Glory Kagwiria - Resident Care Manager
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Viviana Botero - RAI Coordinator
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Nicole Fotheringham - IPAC Coordinator
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Josie Sutton - Resident & Family Coordinator
jsutton@peoplecare.ca ext. 207



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