

peopleCare | AR Goudie

Goudie Gazette Community News



**June
2026 Edition**

Our people will change the world of senior living.

Resident Council



The next Resident Council meeting will be held on June 16th in the Edna Place Dining Room.

All residents are welcome!

Welcome

Joseph M.

Celina T.

Paul D.

Anne B.

Delores B.

John K.

In Loving Memory



Sotirios S.

Margie P.

Yvonne W.

Philip M.

Lillian D.

Bruce S.

David M.

Karen A.

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

Ice Cream & BINGO

with Creekside Church

June 5th at 10:30 (FCDR & VPDR)

Church Service

June 7th, 14th, 21st, 28th at 2:30
(RGDR)

Hilltop Manor Susie Q

Outing (Sign Up)

June 10th at 9:15

Prom Night with Michael Kelly

June 12th at 6:00 (GH)

Resident Council

June 16th at 10:00 (EPDR)

Breakfast Club (Sign Up)

June 18th at 8:30 (GH)

Father's Day Rootbeer Float Social

June 20th at 2:30 (FCDR & VPDR)

Catholic Mass

June 24th at 10:30 (EPDR)

Strawberry Social with

Sandy Parker

June 25th at 2:30 (CTYD)

June Birthday Party with Sheryl

Walsh & RS Country

June 29th at 2:30 (FCDR & VPDR)

Joke of the Month

What do you call a breif
description of June -
September.



A summer-y.

HAPPY
Birthday

Angela S. - June 1st

Tony K. - June 2nd

Shirley K. - June 2nd

Elsa H. June 7th

Louise S. - June 11th

Patricia S. - June 13th

Don P. - June 15th

Terrance D. - June 15th

Irma K. - June 16th

June Z. - June 19th

Clyde T. - June 20th

James B. - June 21st

Maggie C. - June 25th

Rene K. - June 26th

Karen K. - June 29th

Stephen R. - June 29th

Kenneth D. - June 30th



From the Desk of Florin

Happy June Everyone!



This year we had another wet and cool month of May with swinging temperatures from freezing to all the way up of plus 30 degrees Celsius. We are now looking forward to getting the nice warm weather as the first day of summer arrives with the solstice this year on **June 20th**.

It's time for residents, families and visitors to enjoy our outdoors on the front lawn, central courtyard, terraces and backyard. We have added many shaded areas to choose from. As the weather is getting warmer, it's time to revisit resident closets and remove the cold weather clothing, making room for light clothing. When you are bringing in new clothing, please place them in the collection box located by the elevators for proper labeling. We encourage to purchase *wash and wear clothing*. Valuables, jewellery, and large sums of money are best kept with the responsible party. Please do not keep more than few dollars at the bedside. We encourage our residents to utilize the trust account available to all residents at no cost at the home, where funds can be kept for day-to-day requirements. We are happy to assist with this.

Please be advised that the accommodation rates will increase as of July 1st, 2026. A bulletin with detailed information has been provided with the current monthly statements and copies are available at the front desk. Please contact our office manager Stacy Cook 519 744 5182 ext. 224, if you have any questions.

In the month of May we celebrated caregiver's week with many fun activities, acknowledging the great contribution of every single team member to our resident's wellbeing. Thank you to all caregivers that are taking care of our residents, thank you for all your dedication and professionalism.

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. Please join us welcoming our new leadership team members: Jaqueline MacIntosh in the role of Nutrition Manager, leading the Dietary Department and Brian Donaldson in the newly created role of the Building Services Coordinator. This is a vital role in ensuring a safe, comfortable, and well-maintained environment for residents, team members, and visitors. Brian will lead preventative maintenance programs, oversees building systems, and coordinates contractors to support operational excellence, taking ownership of life safety systems, compliance requirements, and maintenance planning to ensure the home consistently meets high standards.

Congratulations to Jaqueline and Brian for joining the AR Goudie Leadership Team.

We are pleased to announce the 2026 Value Awards winners for our home: **Professionalism** – Ashok K; **Excellence** – Claudia H, **Integrity** – Gagandeep S; **People** – Larwuo F and for **Growth** – Nnaemeka D.

Congratulations to all!

Congratulations to Tamara S. for being recognized through our Heart Beats Program and able to collect the \$100 reward for volunteering and extra support. Enjoy the summer!

Florin Perte, Executive Director

Celebrating Our Value Awards Winners

Nnaemeka D.
Growth

Winners pictured at the awards luncheon with ED Florin Perte. *Regrets: Ashok G. - Professionalism*



Gagandeep S.
Integrity

Claudia H.
Excellence



Larwuo F.
People

Bulletin to Residents of Long-Term Care Homes: Important News Regarding Long-Term Care Home Accommodations Charges

Ministry of Long-Term Care
 SPRING 2026
 Renseignements aussi disponibles en français

Basic Accommodation Rates

On July 1, 2026, the maximum co-payment that residents pay for basic accommodation in Long-Term Care (LTC) homes will increase by **\$1.44 per day from \$68.56 per day to \$70.00 per day**, consistent with recent inflationary increases. This will help cover the rising costs of meals and accommodation.

Preferred Accommodation Rates

The maximum charges will also be increasing for residents in preferred accommodation beds as of July 1, 2026. The premium charged for a newer bed in semi-private accommodation will increase by \$0.30 from \$14.10 to \$14.40 per day, and the premium for a newer bed in private accommodation will increase by \$0.62 from \$29.39 to \$30.01 per day.

The table below provides the new rates that will apply as of July 1, 2026 to all types of accommodation based on a resident's date of admission to the bed.

Type of Accommodation	Daily Rate	Monthly
Long-Stay Resident:		
Basic	\$70.00	\$2,129.17
Semi-Private		
Residents admitted to newer beds on or after July 1, 2015.	\$84.40	\$2,567.17
Residents admitted to newer beds on or after September 1, 2014, but prior to July 1, 2015.	\$83.19	\$2,530.37
Residents admitted to newer beds on or after July 1, 2013, but prior to September 1, 2014.	\$82.00	\$2,494.17
Residents admitted to newer beds on or after July 1, 2012, but prior to July 1, 2013.	\$80.77	\$2,465.76
Residents occupying older beds, or residents admitted to newer beds prior to July 1, 2012.	\$79.61	\$2,421.47

Important Update: Spring 2026 Accommodation Charges have been released. Copies have been included in your monthly statement, and are available at reception.

Or

Private

Residents admitted to newer beds on or after July 1, 2015.	\$100.01	\$3,041.97
Residents admitted to newer beds on or after September 1, 2014, but prior to July 1, 2015.	\$97.90	\$2,977.79
Residents admitted to newer beds on or after July 1, 2013, but prior to September 1, 2014.	\$95.79	\$2,913.62
Residents admitted to newer beds on or after July 1, 2012, but prior to July 1, 2013.	\$93.70	\$2,850.04
Residents occupying older beds, or residents admitted to newer beds prior to July 1, 2012.	\$91.58	\$2,785.56

Short-Stay Resident (Respite Bed)

\$45.31 N/A

NOTE: "Newer beds" – beds classified as "NEW" or "A" according to ministry design standards

"Older beds" – beds classified as "B", "C", "Upgraded D" or "D" according to ministry design standards

Effective from July 1, 2026, the basic accommodation rate is determined using the following formula:

- July 2025 rate x (1 + CPI Rate up to a maximum of 2.5%) = 2026 co-payment rate.
[i.e., \$68.56 x (1+2.1%) = \$70.00]
- The monthly rate is determined by multiplying the daily rate by 30.4167.
[i.e., \$70.00 x 30.4167 = \$2,129.17]

If you have requested a transfer from your current accommodation into a preferred accommodation bed, please call the LTC home administrator to confirm the rate that you will be required to pay. Preferred rates for semi-private and private accommodation in your current LTC home or in another LTC home may be different if you are offered a bed on or after July 1, 2026.

If you are currently paying less than \$68.56 per day because you are receiving a reduction in the basic co-payment, known as a "Rate Reduction," then you should reapply for a rate reduction as the current rate reduction term ends on June 30, 2026. All residents receiving a rate reduction should re-apply for a reduction in the basic co-payment rate for the 2026-27 cycle, beginning on July 1, 2026. Staff at your LTC home will provide you with the application form and will help you to submit your application to the Ministry of Long-Term Care.

For more information on co-payment rates or the changes to the rate reduction application process, please speak with your home's Administrator. Should you have any additional questions, please contact: LTC.RateReduction@ontario.ca.

For any questions or concerns, contact Office Manager, Stacy Cook at scook@peoplecare.ca or ext. 224





Recreation Station

Hello AR Goudie Residents, Families & Friends. I have had the pleasure of being back on the team since the beginning of April and have been lucky to meet so many new faces, and reconnect with familiar ones. As the Programs Manager I wanted to create a space in the newsletter to share a little bit about upcoming recreation programs and answer some frequently asked questions. Enjoy! ~ *Tonya Claydon*

Coming up:

In June, we will be having our annual resident prom night. It will be a wonderful evening of music, dancing, snacks and photos. The event will be held in the Grand Hall, at 6:00pm on June 12th. Family is welcome to attend, please RSVP to tclaydon@peoplecare.ca so we can plan appropriately for set up, food and beverages.

June 25th we will be having outdoor entertainment in our wonderful courtyard at our Strawberry Social. Entertainment will be provided by Sandy Parker, and residents can enjoy fresh strawberries & angel food cake.

July 1st we will celebrate Canada Day in the courtyard as a home! Please wear red and come decked out in your most patriotic party look!



Frequently Asked Questions:

Q: I want to go on an outing/ my loved one wants to go on an outing. How can they sign up?

A: Any recreation team member can sign residents up for outings, or you can contact myself at tclaydon@peoplecare.ca, or ext. 222. My office is on the Frederick Community home area, just outside the elevators. Space is limited, and we try to rotate who attends to keep access fair.

Q: Why do some programs say “Sign Up” and do they cost money?

A: Programs with limited space require sign ups so that recreation can monitor proper staffing to resident ratios i.e. on outings. Not all sign up programs cost money. Residents and POA's will be notified of any cost prior to the program.

Q: How do I pay for an outing or haircut?

A: Costs for outings or salon services must be charged through the residents trust account. Deposits to the trust account can be made via cash or cheque at reception.

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!



SOCIAL SERVICES TIP OF THE MONTH:



Care conferences are held annually for all residents, and roughly 6 weeks after admission. You will receive an email for your care conference invitation.

If the home does not receive a response via email or phone call, we are under the impression that you will not be attending the care conference.

Your input into the care conference is extremely important. Please respond to this email thread of your care conference invitation or call the home via phone to confirm attendance.

Please also ensure that if you do not plan on attending the care conference to reply to this email stating that you will not be attending, or phone the home to let us know.

If you are planning to attend, please ensure timely arrival and check in at our reception desk. The receptionist will guide you to our conference area in the home.

IPAC CORNER

WE WANT TO EXTEND OUR SINCERE GRATITUDE TO ALL FAMILIES DURING THE RECENT RESPIRATORY OUTBREAKS ON EASTWAY WALK AND CHICOPEE HILLS. YOUR PATIENCE AND UNDERSTANDING CREATE A REAL DIFFERENCE IN KEEPING OUR RESIDENTS SAFE.

WHY HYDRATION MATTERS: KEEPING YOUR LOVED ONE HEALTHY

ONE OF THE EASIEST WAYS TO PREVENT INFECTIONS, ESPECIALLY URINARY TRACT INFECTIONS, IS MAKING SURE YOUR LOVED ONE DRINKS ENOUGH FLUIDS. WHEN RESIDENTS STAY WELL-HYDRATED, THEIR BODIES ARE MUCH BETTER AT FIGHTING OFF INFECTIONS NATURALLY.



HOW DEHYDRATION INCREASES INFECTION RISK WHEN SOMEONE DOESN'T DRINK ENOUGH:

- BACTERIA CAN GROW MORE EASILY IN CONCENTRATED URINE
- THE BODY'S NATURAL DEFENSES ARE WEAKER
- INFECTIONS DEVELOP FASTER AND CAN BECOME MORE SERIOUS

WHY THIS MATTERS IN LONG-TERM CARE

MANY RESIDENTS DON'T DRINK ENOUGH ON THEIR OWN. THEY MIGHT FORGET, HAVE DIFFICULTY SWALLOWING, OR NOT FEEL THIRSTY. THAT'S WHY STAFF ENCOURAGEMENT MAKES A REAL DIFFERENCE.

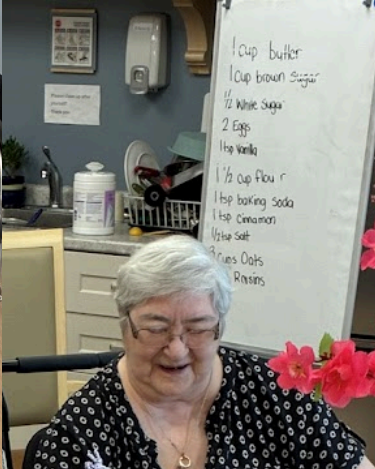
WHAT TO WATCH FOR

SIGNS OF DEHYDRATION INCLUDE:

- DARK URINE
- UNUSUAL CONFUSION OR TIREDNESS
- DRY MOUTH

IF YOU NOTICE THESE, LET STAFF KNOW RIGHT AWAY.









"Our Street"

By: Volunteer "Maggie B"

Grandma Jean and her sister Millie sat quietly in the pew after service, reflecting on Father O'Brian's homily. His central theme, "You can make a difference," kept assailing their thoughts. Earlier that week, during the coffee time at the community centre, they learned about refugee students at the local school who lacked winter clothing, backpacks and basic school supplies.

Now that need was merging with Father O'Brian's general call to action.

Grandma Jean whispered, "We can do something to help those school children. I could provide three backpacks."

Millie nodded, "I could donate three more."

On Monday morning the two sisters met at Angus McDuff's General Store. They stuffed a shopping cart with colourful backpacks and wheeled it to the checkout counter. Curiosity got the better of Angus as he teased, "And what would you lovely ladies need with so many schoolbags?

Are you planning to return to classes this fall?"

Millie, blushed. She was sweet on Angus. When she became too tongue tied to explain, Grandma Jean came to the rescue. "It is for the influx of refugee students at the school. They came with very little."

Angus had heard about the recent arrival of children from the Ukraine. He handed back the women's money and stated, "These purchases are on the house. I'll help you load them into your car."

From McDuff's Store Millie and Grandma Jean went to a stationary outlet. There they loaded up with pencils, coloured markers, rulers, erasers and notebooks. Again, they were asked about the large volume of supplies they were purchasing. Upon learning about the student needs, the manager waived the costs.

The sisters were on a roll. Their next stop was the local market where they bought toques, mittens and scarves. The vendors there refused to accept payment when they learned about the destination for the cold weather gear.

All purchases completed, they headed home to fill the knapsacks. Millie was bewildered, "I have never had so much trouble spending money. We have all this stuff and haven't even touched the money we planned to use. What are we going to do?"

"Start another project," Grandma Jean decided. "What about their parents? There must be things they need coming to a new country." And so, the two women put their heads together. And although he never knew it, Father O'Brian's sermon, "You can make a difference" hit another mark.

A true story about giving in the community.

"Don't hide your light under a bushel ..." Luke 11

Searching for June

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

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



BEACH	GRADUATION	STRAWBERRY MOON
CAMPING	JUNETEENTH	SUMMER
CANCER	PEARL	TRIP
FATHER'S DAY	ROSE	WEDDING
FLAG DAY	SIXTH	WIMBLEDON
GEMINI	SOLSTICE	WORLD CUP

Family Council

Next Meeting:

 July 6th at 2:30

 The Meeting Place

Family Council is an opportunity for families to come together and share feedback, collaborating 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! Contact Josie Sutton for inquiries on meetings or how to join.

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

Does it seem like everyone gets married in June? Some claim June is named for Juno, the Roman goddess of marriage and protector of all things female, and consider it good luck to be married during this month. Others claim the month gets its name from the Latin *iuniores*, meaning “younger ones.” This makes sense since the name May comes from the word *maiores*, or “elders.”

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
Quality & Risk**

ahenriques@peoplecare.ca ext. 220

**Emma Schmolling - Staffing Services
Coordinator**

eschmolling@peoplecare.ca ext. 242

**Yesenia Rodriguez - Scheduling
Administrator**

yrodriguez@peoplecare.ca

**Wendy Williams - Resident Care
Manager**

wwilliams@peoplecare.ca ext. 241

**Glory Kagwiria - Resident Care
Manager**

gkagwiria@peoplecare.ca ext. 221

Viviana Botero - RAI Coordinator

vbotero@peoplecare.ca ext. 241

**Jaqueline MacIntosh - Nutrition
Manager**

jmacintosh@peoplecare.ca ext. 208

**Brian Donaldson - Building Services
Coordinator**

bdonaldson@peoplecare.ca ext. 328

Tonya Claydon - Programs Manager

tclaydon@peoplecare.ca ext. 222

Stacy Cook - Office Manager

scook@peoplecare.ca ext. 224

**Manpreet Kaur - Administrative
Assistant**

mkaur@peoplecare.ca ext. 237

Meaghan Mason - IPAC Coordinator

mmason@peoplecare.ca ext. 205

**Josie Sutton - Resident &
Family Coordinator**

jsutton@peoplecare.ca ext: 207