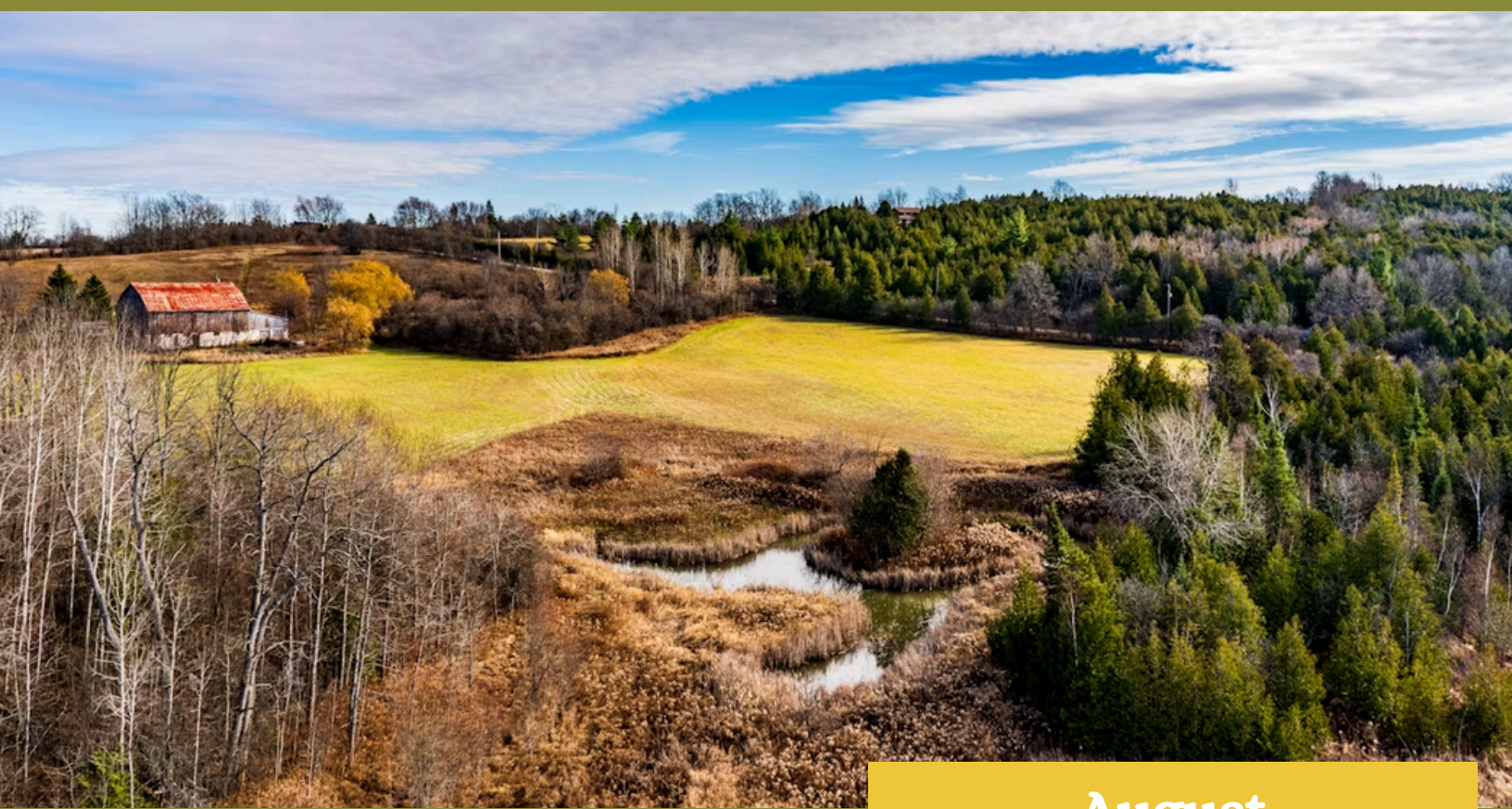


peopleCare | AR Goudie

Goudie Gazette Community News



**August
2026 Edition**

Our people will change the world of senior living.

Resident Council



The next Resident Council meeting will be held on August 18th in the Edna Place Dining Room at 10:00am. We will also be holding a Residents Council Week Planning meeting on August 4th at 10:00am to help plan the celebrations. All residents are welcome!

In Loving Memory

June Zeller
Kenneth Pender
Ann Vos
Penny Malott



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

Welcome HOME



Maria B.
Scott O.
Carole G.
Shirley W.



Welcome to our new St. John Ambulance Therapy Dog - Skipper!

Living the peopleCare Values

Integrity

We are honest, trustworthy, transparent and consistent in our actions.

Our people will change the world of senior living.

Special Events

Church Service (RGDR)

Sundays at 2:30pm

Resident Council Week Planning

Meeting (EPDR)

August 4th at 10:00am

August Birthday Party

August 7th Kevin Coates at 10:30am

(FCDR) & Jay Franco

at 2:30pm (VPDR)

Tim Hortens Outing (\$ Sign Up)

August 10th at 2:00pm

Games with Holy Cross

Youth Group (CTYD)

August 12th 10:00am

Casino Night (GH)

August 13th at 6:00pm

Resident Council (EPDR)

August 18th at 10:00am

Breakfast Club (Sign Up)

August 20th at 8:30am

Elmira Wagon Ride Outing

(\$ Sign Up - *no wheelchairs*)

August 25th at 1:00pm

International Dog Day

Crafts & Treats (CTYD)

August 26th at 2:30pm

Beer Garden Social (CTYD)

August 28th at 6:00pm

Joke of the Month

Why don't oysters
donate to charity?

Because they're
shellfish!



HAPPY
Birthday

Janos E. - August 7th

James H. - August 9th

John W. - August 12th

Louise H. - August 13th

Mary Mas. - August 13th

Dianne B. - August 14th

Mark R. - August 16th

Willa M. - August 16th

Maria A. - August 20th

Sharon H. - August 20th

Cliff E. - August 25th

Jack R. - August 28th

Doreen R. - August 29th



Recreation Station

Whats happened:

In the month of July we had a wonderful time supporting team Canada, and many other favourite teams in the World Cup. Our courtyard saw its first use for outdoor entertainment with our Canada Day celebration and our Hawaiian Luau night. Our residents sang their hearts out at the “Return to Grace” Elvis tribute show in St. Jacobs, and have been enjoying the beautiful - if unpredictable - weather. We even tried out line dancing at our Wild West Social!

Coming up:

In August we are excited to host our first Casino Night - come down to the Grand Hall on August 13th at 6:00pm for games, goodies and gambling! Toward the end of the month we will be hosting a Beer Garden Social in the courtyard. AR Goudie will also be preparing to join in on our annual Resident Camping Retreat. This is a flagship program that brings together 5 of our homes for a few nights away at Hidden Acres Mennonite Retreat Centre in New Hamburg. Overnight and day trips will be available - ask Tonya how to get involved!

Humane Society collections: August 26th is international dog day - we plan to make dog treats and dog beds for the humane society and will be collecting donations for them for the entire month of August, please drop donations off at reception.



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.

Chaplain Chat

Hello, from your Spiritual Care team!

We are Chaplains Megan and Steve, and we are here to lend a listening ear. Our role in Spiritual Care is to support you in ways that encourage your heart and spirit.

You do not need to belong to a church or be part of a particular faith or religion to talk with us.
We are here for everyone, residents, families, and staff.

We offer support through things like:

- a friendly visit or conversation
- Prayer or reading sacred texts
- Offering support in times of grief, change and transition, encouragement on difficult days
- helping you connect with or practice your own faith, traditions, or sources of meaning

We also offer residents a weekly Protestant worship service on Sunday afternoon at 2:30, support the provision of Catholic Mass once a month, and the distribution of Catholic communion once a month. In addition, faith-based programs are offered in each home area throughout the month.

If a resident or their family member would like us to visit, ask your nurse (or another staff member) to make a Spiritual Referral and we will be sure to follow up.

Chaplain Megan will provide primary care for: Eastway Walk, Rockway Gardens and Edna Place. Chaplain Steve will provide primary care for: Frederick Place, Market Lane, and Chicopee Hills.

Together we will share caring for Victoria Park.

It is our privilege to care for you in this way. We look forward to making space for hope, peace, and connection within the spaces we share.



Kindly,

Chaplains Megan and Steve



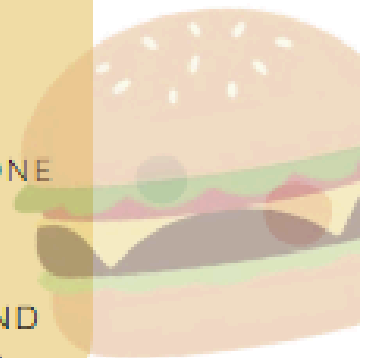
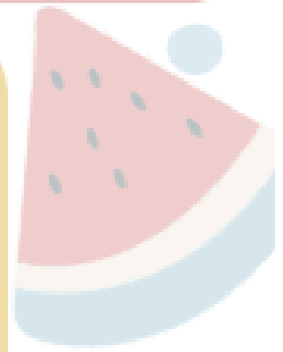
IPAC CORNER

FOOD SAFETY AND WHY SUMMER MATTERS

- WARM WEATHER SPEEDS UP BACTERIAL GROWTH IN FOOD. BACTERIA MULTIPLY FASTEST BETWEEN 4°C AND 60°C, OFTEN CALLED THE DANGER ZONE, AND FOOD LEFT IN A HOT CAR OR AT THE BEDSIDE CAN REACH UNSAFE LEVELS QUICKLY

BRINGING FOOD IN FOR YOUR LOVED ONE

- KEEP COLD FOODS COLD ON THE WAY IN BY USING A COOLER BAG WITH AN ICE PACK IF THE DRIVE IS MORE THAN A FEW MINUTES, ESPECIALLY FOR DAIRY, MEAT, EGG DISHES, CUT FRUIT, AND ANYTHING WITH MAYONNAISE OR CREAM.
- BRING SINGLE-VISIT PORTIONS. SMALL AMOUNTS THAT CAN BE EATEN IN ONE SITTING ARE SAFER THAN LARGE CONTAINERS THAT SIT IN A SHARED FRIDGE.
- PERISHABLE FOOD SHOULD NOT SIT AT ROOM TEMPERATURE FOR MORE THAN TWO HOURS. IN HOT WEATHER, ABOVE 30°C, THAT WINDOW DECREASES TO ONE HOUR.
- THE SAME RULES APPLY FOR OUTDOOR VISITS AND BARBECUES AT THE HOME: KEEP COLD FOODS ON ICE AND PUT LEFTOVERS AWAY WITHIN THE TWO-HOUR WINDOW

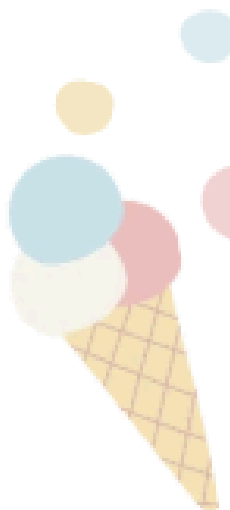


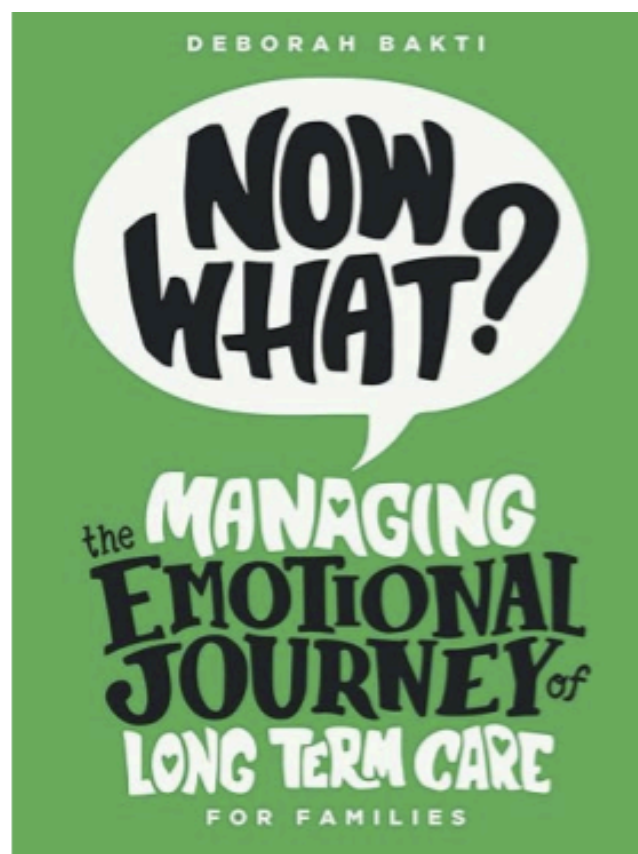
SIGNS TO WATCH FOR AND REPORT

- NAUSEA, VOMITING, DIARRHEA, CRAMPS, OR FEVER AFTER EATING SHOULD BE REPORTED TO STAFF RIGHT AWAY. PROMPT REPORTING PROTECTS YOUR LOVED ONE AND HELPS THE HOME IDENTIFY ANY WIDER CONCERN EARLY.

UPCOMING

IT MAY STILL BE SUMMER, BUT OUR TEAM IS ALREADY PREPARING FOR THE FALL RESPIRATORY SEASON. OVER THE COMING WEEKS, OUR NURSING TEAM WILL BE VERIFYING CONSENTS FOR EACH RESIDENT, INCLUDING THE INFLUENZA VACCINE, THE FALL COVID-19 DOSE, AND ANTIVIRAL MEDICATION (TAMIFLU) IN THE EVENT OF AN INFLUENZA OUTBREAK. CONFIRMING ANTIVIRAL CONSENT IN ADVANCE MEANS TREATMENT CAN START IMMEDIATELY IF INFLUENZA IS IDENTIFIED IN THE HOME.





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:

Questions or concerns should be addressed as soon as possible. If you are requiring support, please connect with the **nurse on your home area**.

If they are unable to resolve your question or concern in a timely manner, they have support from our Charge Nurse.

The Charge Nurses also have the support from our nursing leadership team.



Please follow this pathway for any questions or concerns to ensure consistency and continuity of care for your friends and loved ones.







"Our Street"

Short Stories By: Volunteer "Maggie B"

Grandma Jean set the receiver down with trembling hands. The phone call had rattled her. Millie, her sister, had suffered a fall and was receiving treatment in emergency services.

Jean grabbed her purse and headed for the hospital.

She had barely stepped inside the emergency entrance when Millie's distressed voice reached her. "It can't be broken! I'm just too busy right now. My travel plans begin next week. Surely all I need is an ice pack for a few days."

To help Millie come to terms with her injury, the medical staff affixed a gray x-ray sheet to a shadow box and switched on the light. The image revealed that Millie did indeed have a broken ankle, and much to her consternation, would need to be fitted with a cast. It took two more hours before a cast was in place, Millie was fitted with crutches and discharge papers completed.

As Grandma Jean drove her sister home and guided her into her house, Millie let loose with a litany of complaints: the hospital was cold, the cast was ugly, the nurses were too busy, the waiting room magazines were old, the vending machine stole her money, the crutches were uncomfortable and worse yet they slowed her down - but then Millie suddenly became quiet. She just sat there sipping tea - much too quietly thought Grandma Jean. It was the kind of quiet Millie entered into when dreaming up some crazy idea. Concerned, Grandma Jean volunteered, "Millie, you won't feel like standing to cook tonight, so I'll bring you some supper at about six. That way, you can rest till then. What would you like to eat?"

Millie had no sooner waved goodbye to her sister, than she was on the phone with her nephew. "Yes that's right Billy. You bring it and the stool. I have the rest."

"Are you sure Aunty?"

"I sure am." Millie expounded, "Don't worry!"

Grandma Jean arrived at six o'clock carrying a picnic basket. She stood frozen in place beside Millie's driveway. There was Millie wearing Billy's red gladiator bike helmet. Her bad limb was balanced on a cushion, tied to a stool, and tied to a scooter. She was racing back and forth on the asphalt. "I think I've got the hang of this," she shouted.

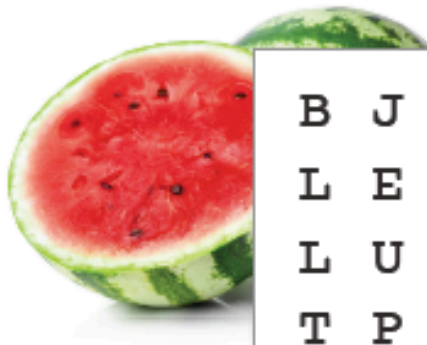
"Oh my!" was all Jean could say.

"Necessity is the mother of invention"... Plato



Searching for August

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



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

BERRIES	MELONS	SUNFLOWERS
EIGHTH	PERIDOT	TANNING
GLADIOLUS	RELAXATION	VACATION
GOLFING	S'MORES	VIRGIN (Virgo)
LEO	STURGEON MOON	VIRGO
LION (Leo)	SUMMER	YARD SALE



Family Council

Next Meeting:

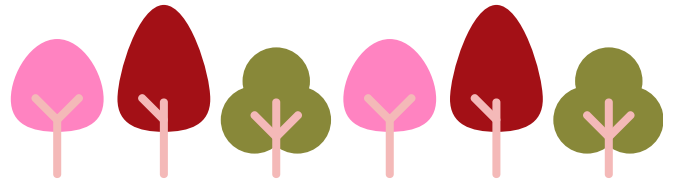
 **August 24th at 2:30**

 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



Lost & Found has Moved!

Lost & Found has been relocated to the storage room beside the guest bathroom in the Grand Hall - just past the frosted glass office on the right hand side. If you're missing laundry, please check the lost and found - any items missing labels should be put into the laundry labelling boxes just outside the Rockway Gardens home area. Be sure to include the laundry labelling form in the bag with the items to be labelled.

Thank you! The Laundry Team

Flower of Month: Gladiolus

The gladiolus gets its name from the Latin word for "sword," gladius, and represents strength and integrity. Gladioli grow from bulbs called corms, which are planted each spring and dug up in the fall. "Glads," as they are commonly called, come in a beguiling range of colours and shapes. The flower blossoms open one by one, from the base on up, making it a long-lasting cut flower.

Our people will change the world of senior living.



Administration

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

Jeremy Zinger - Executive Director

jzinger@peoplecare.ca ext. 202

**Anabela Henriques - Director of
Quality & Risk**

ahenriques@peoplecare.ca ext. 220

Tom Johnson - Director of Care

tjohnson@peoplecare.ca

**Emma Schmolling - Staffing Services
Coordinator**

eschmolling@peoplecare.ca ext. 242

**Yesenia Rodriguez - Scheduling
Administrator**

yrodriguez@peoplecare.ca ext. 237

**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

**Bipanjeet Kaur - Hskp. & Laundry
Supervisor**

bkaur@peoplecare.ca

Tonya Claydon - Programs Manager

tclaydon@peoplecare.ca ext. 222

Stacy Cook - Office Manager

scook@peoplecare.ca ext. 224

Manpreet Kaur - Administrative Assistant

makaur@peoplecare.ca

Meaghan Mason - IPAC Coordinator

mmason@peoplecare.ca ext. 205

**Josie Sutton - Resident &
Family Coordinator**

jsutton@peoplecare.ca ext. 207