

peopleCare | AR Goudie

Goudie Gazette Community News



**July
2026 Edition**

Our people will change the world of senior living.

Resident Council



The next Resident Council meeting will be held on July 21st in the Edna Place Dining Room at 10:00am. All residents are welcome!

In Loving Memory



*Bill P.
Verda E.
Lorna S.
Erhard W.
Gerald C.
Maria A.
Johanna K.
Ronald C.
Vietta M.*

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

Welcome HOME

Sonja K.	Louise H.
Albert K.	Florinda F.
George F.	Ann V.
Bianca A.	Muriel T.
Zoila D.	Helen R.
Anna H.	Helga A.
Dymitr H.	Roger B.
Mary M.	Barry N.



Living the peopleCare Values

Excellence

We have a passion to consistently exceed expectations.

Our people will change the world of senior living.

Special Events

**Canada Day Party with
Blue Eyed Bill (CTYD)**

July 1st at 2:30pm

**Hawaiian Luau with
Rich Hubick (CTYD)**

July 6th at 6:15pm

Church Service (RGDR)

July 5th, 12th & 26th at 2:30pm

Breakfast Club (GH) (Sign Up)

July 16th at 8:30am

Memorial Service (RGDR)

July 20th at 11:00am

Resident Council (EPDR)

July 21st at 10:00am

Catholic Mass (EPDR)

July 22nd at 10:30am

Return to Grace Elvis Tribute

Show Outing (\$ Sign Up)

July 24th at 1:15PM

Walmart Shopping & McDonalds

Lunch Outing (\$ Sign Up)

July 30th at 10:30am

July Birthday Party with Jeff

Poolton (FCDR)

and Michael Kelly (VPDR)

July 31st at 2:30pm

Joke of the Month

What's a Canadian's
favourite letter ?

EH!



HAPPY
Birthday

Madleen Q. - July 1st

Carole J. - July 4th

Ernesto G. - July 4th

Sandra R. - July 7th

Cam K. - July 9th

Helen B. - July 10th

Mia H. - July 17th

Olga V. - July 17th

Claire L. - July 21st

Elvira B. - July 24th

Frank R. - July 24th

Jessica M. - July 25th

Margaret B. - July 25th

Erna S. - July 28th

Marlene F. - July 28th

Lora P. - July 29th

Romaine P. - July 29th



Recreation Station



Whats happened:

June was a wonderfully busy month in our home! We celebrated our annual resident prom night, enjoyed several walking outings over to the Frederick Mall, and sang our hearts out at our strawberry social as a home in the grand hall - a rainy day didn't stop the fun. We've been cheering on Team Canada in the Fifa World Cup, and look forward to watching more games together.



Coming up:

In July we will celebrate Canada Day with entertainment and snacks in the courtyard. With so much positive feedback from prom, we have planned a Hawaiian Luau for July 6th in the evening - hope to see you there! We have two exciting outings planned for this month, an Elvis tribute show at the St. Jacobs theatre, and a Walmart shopping & McDonalds Lunch outing. Space on outings is limited - contact recreation to sign up.

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.

Chaplain Chat

Finding Meaning in Everyday Life

We often think meaningful moments must be extraordinary. We picture them as life-changing conversations, major milestones, profound insights, or moments of crisis. In my experience, meaning can be found in even the most ordinary of moments.

A warm cup of tea, sunlight through a window, a familiar song, a shared laugh, a hand held in silence, or a story told for the tenth time. These moments may seem small, but they are often where connection, comfort, and meaning live.

As Chaplain, part of my role is helping residents and families slow down enough to notice these moments and recognize their value. Spiritual care is sometimes misunderstood as something reserved for formal prayer, worship services, or end-of-life conversations. Those moments matter deeply, of course, but spiritual care is also about the everyday questions that shape our inner lives.

It asks: What gives me strength right now? What helps me feel connected? What still brings me joy? Where do I find peace? What reminds me that I matter? These are human questions, not only religious ones.

In long-term care, people often experience profound changes in health, independence, routine, relationships, and identity. Loss can be very real. Yet even within these changes, opportunities for meaning remain. It is my privilege to ensure space is made for cherished memories to be shared, to help family members release the pressure to make every visit perfect, to notice how a resident lights up when we sing a particular song, or finds peace as we walk the courtyard together.

Ordinary moments take on meaning when we learn to see them differently. As the summer begins, I hope you will find many ordinary moments to connect with those you love.



Kindly, Chaplain Megan
argoudiechaplains@gmail.com



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:

If you are missing a laundry item, please notify the nursing staff in your home area as soon as possible.

You will be asked to complete a Missing Laundry Form. When reporting a missing item, please provide as much detail as possible, including:

- Type of item (e.g., shirt, pants, sweater, bra, etc.)
- Size
- Colour
- Brand (if known)
- Material/fabric type
- Any unique features or identifying marks



Providing detailed information will assist staff in conducting a thorough search and increase the likelihood of locating the missing item.

IPAC CORNER

URINARY TRACT INFECTIONS

DID YOU KNOW?

- FINDING BACTERIA IN URINE IS ACTUALLY COMMON IN OLDER ADULTS AND DOES NOT ALWAYS MEAN THERE IS AN INFECTION OR NEED FOR ANTIBIOTICS
- THIS IS CALLED ASYMPTOMATIC BACTERIURIA – AND IT DOESN'T HARM YOUR LOVED ONE
- GIVING ANTIBIOTICS WHEN THEY ARE NOT REQUIRED CAN CAUSE MORE HARM THAN GOOD

SIGNS OF A POSSIBLE UTI

- PAIN OR BURNING WHEN URINATING
- TROUBLE URINATING, OR NEEDING TO GO MORE OFTEN
- FEVER (LESS COMMONLY, BLOOD IN URINE)
- PAIN IN THE SIDE, LOWER STOMACH, OR LOWER BACK

WHAT'S NOT A RELIABLE SIGN ON ITS OWN

- SMELLY OR CLOUDY URINE – THIS CAN COME FROM FOOD, MEDICATION, OR HYDRATION CHANGES, NOT JUST INFECTION
- CONFUSION OR BEHAVIOR CHANGES – THESE CAN HAVE MANY CAUSES AND DON'T AUTOMATICALLY MEAN A UTI

HOW WE MANAGE A SUSPECTED UTI

- IF SIGNS ARE PRESENT, WE COLLECT A URINE SAMPLE FOR TESTING
- DEPENDING ON THE SITUATION, YOUR LOVED ONE MAY START ANTIBIOTICS RIGHT AWAY, OR WE MAY CLOSELY MONITOR FIRST WHILE WAITING ON RESULTS – THIS IS A SAFE, APPROPRIATE APPROACH
- IF A UTI IS CONFIRMED, ANTIBIOTICS WILL BE GIVEN

HOW YOU CAN HELP

- ASK QUESTIONS – WE WANT YOU TO FEEL CONFIDENT YOUR ONE IS BEING CLOSELY MONITORED
- SUPPORT THIS APPROACH BY TRUSTING THAT ANTIBIOTICS ARE USED ONLY WHEN YOUR LOVED ONE'S DOCTOR DETERMINES THEY'RE TRULY NEEDED



Around our Home





Go Team Canada!



"Our Street"

Short Stories By: Volunteer "Maggie B"

Meagan wasn't sure it was a good idea, but she had made a promise, and she was going to keep it. When she pulled up in front of the senior's apartments and saw her Grandma Jean eagerly waiting, she smiled, "Grandma, are you ready for this?"

"I sure am, it has been years since I last saw our family home on Baker Street. It will be a trip down memory lane for both of us. You grew up in the same neighborhood."

"Yes." Meagan agreed, and then cautioned, "But things may look very different now."

Despite a few nervous butterflies, they set out. Conversation was lighthearted. They noted familiar landmarks along the way. "Look!" Grandma Jean pointed, "Greyson Stone Church! Aunt Belle is buried there." Then, "There's the tower on Becket Hill. Your Dad worked there when he was a forest ranger. He would have been in his teens."

"And there's the old Bell Mansion," Meagan added. "I wonder if it's still haunted."

The ride to Baker Street continued with pleasant memories until they crossed Juniper Creek.

"Boy, things sure look different here," Meagan moaned. "After school, we used to jump into the water from up here. The wooden bridge that we scratched our names on is gone. It's been replaced by this iron monstrosity. And look over there. It's gone!" Meagan shouted.

"What's gone? I don't see anything?" Grandma anxiously asked.

"Exactly! My old school is now an empty lot staked for development!"

As Meagan pointed out changes her stress level grew and grew. "The ball field - it's gone. The general store - it's gone. This is awful." A tear slid down her cheek.

Grandma Jean had worried about herself coming to grips with the inevitable transitions of time, but she hadn't expected Meagan to buckle under from the changes they would experience. Yes, things were different, but it wasn't all bad. The school lot was surveyed but a sign posted nearby announced the future sight of a hospital. Much needed medical care was coming to the community. The houses on Baker Street were gone, replaced by a shopping center. People no longer needed to drive miles for groceries and other supplies, saving time for family activities.

If she thought of the present situation as a book, one chapter was coming to an end, but the pages of a new and exciting chapter were turning. Meghan might come along kicking and screaming at first, but common sense would reveal the positive aspects arising from changes to her old stomping grounds. And soon she would see the changes as progress.

"Capture the courage it takes to leave the past behind." ~ unknown author

Searching for July

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

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



BASTILLE (Day)

BUCK MOON

CANADA (Day)

CANCER

CRAB (Cancer)

HIKING

HOT DOGS

ICE CREAM

INDEPENDENCE (Day)

LARKSPUR

LEO

LION (Leo)

OUTDOORS

PATRIOTIC

REUNIONS

RUBY

TOUR DE FRANCE

VACATION

Family Council

Next Meeting:

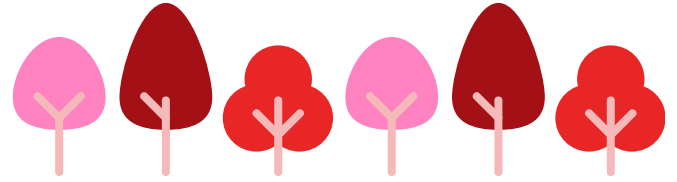
 July 17 **July 6th at 2:30**

 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

Administration

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

Jeremy Zinger - VP LTC Operations
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
yrodriquez@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
mkaur@peoplecare.ca

Meaghan Mason - IPAC Coordinator
mmason@peoplecare.ca ext. 205

Josie Sutton - Resident & Family Coordinator
jsutton@peoplecare.ca ext: 207