

peopleCare | AR Goudie

Goudie Gazette Community News



**September
2026 Edition**

Our people will change the world of senior living.

Resident Council



The next Resident Council meeting will be held on September 15th in the Edna Place Dining Room at 10:00am. All residents are welcome and encouraged to join in on our residents council week activities from September 14th-20th. See you there!

In Loving Memory

*Jane B.
Henriqueta S.
Paul M.
Pat M.
George F.*

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



Welcome HOME

Dianne E.

Joyce C.

Mary R.

Maria V.

William M.

Living the peopleCare Values

Growth

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

Our people will change the world of senior living.

Special Events

Memorial Cup Visits Goudie! (GH)

September 2nd 9:00-11:30

Resident Retreat (Sign Up - Full)

September 8th-11th

Residents Council Week

September 14th-20th

Resident Council (EPDR)

September 15th at 10:00

RC Week Scavenger Hunt

September 15th at 2:00

RC Week Sysco Vendor Visit (GH)

September 16th 10:00-2:00

Town Hall (GH)

September 16th 2:30 & 6:00

RC Week Fireside Pages Book Club

September 17th at 6:00

Community Engagement Day Walk,

Celebration & BBQ (GH & CYD)

September 18th 10:00-1:00

RC Week Finale: Jazz Band (GH)

September 19th at 2:30

Breakfast Club (Sign Up)

September 24th at 8:00am

September Birthday Party

with Derek Byrne (FCDR)

& Jeff Poolton (VPDR)

September 25th at 2:30pm

Red Lobster Outing (\$ Sign Up)

September 29th at 11:30

Spiritual Events

Church Service (RGDR)

Sundays at 2:30

Travelling Roman Catholic

Communion

September 9th at 10:15

Roman Catholic Mass (EPDR)

September 23rd at 10:30



Vera B. - Sep 1st

Sheila E. - Sep 5th

Annie N. - Sep 5th

Jim M. - Sep 8th

Carol J. - Sep 9th

Pat D. - Sep 9th

Connie M. - Sep 10th

Josephine S. - Sep 11th

Marilyn D. - Sep 12th

Mike P. - Sep 14th

Wilfred S. - Sep 19th

Sandra D. - Sep 19th

Joan C. - Sep 20th

Diane S. - Sep 20th

Miriam B. - Sep 22nd

Paul D. - Sep 23rd

Philip F. - Sep 24th



& peopleCare
communities

OLTCA COMMUNITY

**ENGAGEMENT
DAY WALK**

**Music & celebrations
to follow**

**BBQ for Residents &
Family**

**FRIDAY
SEPTEMBER 18TH
10:00AM**

Starts at AR Goudie LTC
Main Entrance

- ✓ *Walk with a resident*
- ✓ *Enjoy a BBQ lunch*
- ✓ *Connect with community*

*Let's walk
together for Long
Term Care in
Ontario!*



**Residents,
Family and
team members
welcome!**



**BBQ Registration:
\$10 per staff or
family**

**Families please sign up at
reception by September 14th**



Ontario
Association
of Residents'
Councils

Recreation Station

Whats happened:

In the month of August we enjoyed our spectacular Casino Night, outings to Tim Hortens and St. Jacobs for a wagon ride, and spent time with the Holy Cross youth group. We have been loving getting out into our community, and bringing our community in. On international dog day we made dog beds and treat bags for our local humane society as a way of giving back. Thank you to all who have been participating in our programs - you bring them to life!



Coming up:

In September we are looking forward to our resident retreat and campfire outing, as well as a Red Lobster outing for our seafood loving residents. We can't wait for the many exciting plans we have for residents council week September 14th -20th. We have meaningful events planned each day for residents, families and even team members to get involved. Our residents council is the voice of our residents wants, needs and experience. Join us on Friday, September 18th for our Community Engagement Day Walk & BBQ - where we can come together to celebrate and elevate long term care in Ontario. See the event poster for details.

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



Over the past several weeks, the Spiritual Care team has enjoyed spending time with residents throughout A.R. Goudie. Whether during individual visits, worship services, prayer, or casual conversations around the home, we have been learning more about the people who make up this community and the stories they carry.

We have also been gathering for Meaningful Conversations and Soul Time, a program where residents can discuss meaningful topics and learn from one another. Recent conversations have explored the people and experiences that have shaped our lives, the values we carry, and the things that continue to give us hope and purpose.

These gatherings are not about finding one correct answer. They create an opportunity for residents to share their perspectives, listen to the experiences of others, and perhaps discover something new about themselves along the way. Everyone is welcome, whether they come from a particular faith tradition or simply enjoy thoughtful conversation.

We as chaplains do not always arrive with ready-made answers. Sometimes our most important role is to listen, ask thoughtful questions, and provide room for residents to reflect on what matters to them. Meaning may be found through faith, family, friendship, music, memories, personal values, or ordinary moments of joy.

Connection is important because we develop our understanding of life through relationships—with people who listen, encourage us, and help us recognize things we may not have noticed alone. We look forward to continuing these conversations and discovering more of the wisdom already present within the A.R. Goudie community.



- Chaplains Steve and Megan



IPAC CORNER

As we approach respiratory season, it is time to prepare with one of the most effective tools we have - vaccinations. Vaccines are a safe way to protect our residents from viruses such as influenza, COVID-19, and RSV. This year our home will offer the mentioned vaccinations as recommended by public health and based on availability. The likely schedule, for all those who have given consent, will be the influenza vaccine in October followed by the COVID-19 vaccine in November. As of now RSV is a one time vaccine and will be administered to those who have not already received it.

WHY GET VACCINATED?

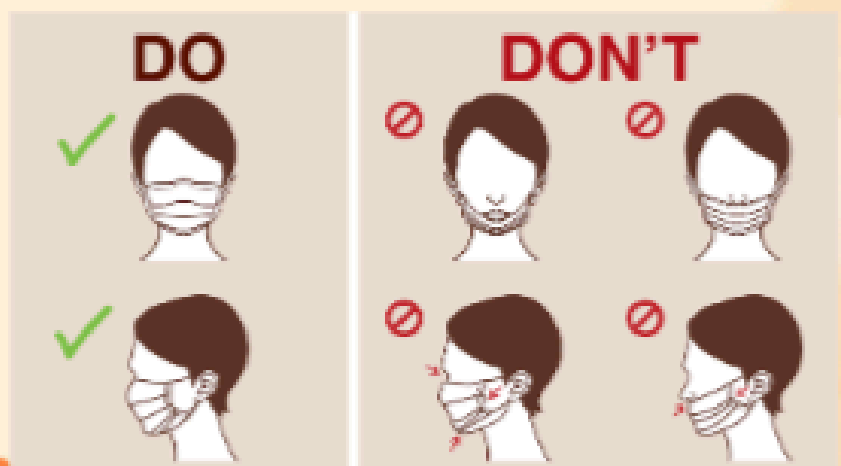
Protect our Residents! Many of our residents are at high risk for severe illness. When residents are vaccinated this can lower the risk of serious illness and further complications such as pneumonia. It also provides herd immunity throughout the home, protecting those residents who cannot be vaccinated because of their medical conditions.

Protect yourself!

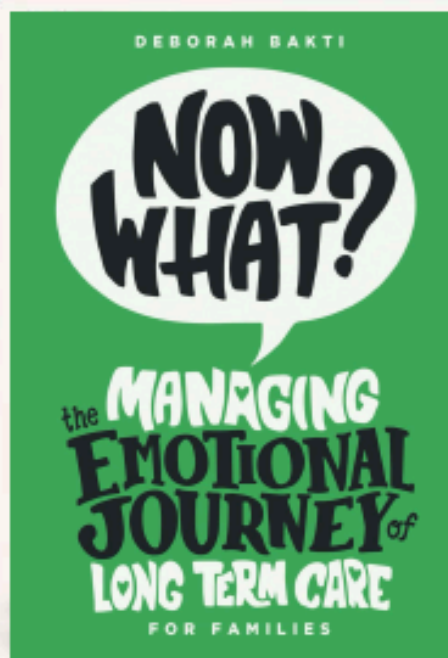
The best way to keep infection out of our home is not to bring it in. Vaccination lowers your chance of catching influenza or COVID-19 or serious complications and a healthy visitor is a safe visitor.

Reminders from Your IPAC Team:

- Monitor yourself for any respiratory symptoms such as new/worsening cough, sore throat, hoarse voice, runny nose ect. and please stay home if you are feeling unwell.
- Ensure proper hand hygiene and respiratory etiquette while visiting the home
- When wearing a mask please ensure this is worn appropriately, covering both your nose and mouth.



Any further questions please reach out to the IPAC Coordinator at your home



NOW WHAT? *Navigating the Journey Into Long-Term Care*

By Deborah Bakti

Whether you are a family member navigating the transition of a loved one into long-term care, or a caregiver working within a seniors' home, the tools in **Now What?** are designed to help you establish a **Family Relationship Strategy** and become a true partner in care.



DID YOU KNOW?

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.



NEED A COPY?

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 CORNER

Pre-Paid & Advanced

FUNERAL PLANNING SEMINAR

Social Services has arranged for **Henry Walser Funeral Home** to come to peopleCare AR Goudie to present a seminar surrounding Pre-Paid and Advanced Funeral Planning.



WEDNESDAY
OCTOBER 21, 2026



10:00 A.M.



GRAND HALL

THIS SEMINAR IS AVAILABLE FOR BOTH FAMILIES AND RESIDENTS.



**IF YOU HAVE ANY QUESTIONS,
PLEASE CONNECT WITH:**

Josie Sutton

Resident & Family Coordinator
Ext. 207

Henry Walser
FUNERAL HOME LTD.
EST. 1898



TIP OF THE MONTH

If you have a question and the nurse is completing a medication or treatment pass, please **do not approach** but instead ask the PSW's or Recreation staff for assistance.

During medication pass, if nurses are interrupted this is the **biggest risk for a medication error.**



If it is a question only the nurse can answer, please **wait** until the pass is completed.



Or feel free to **leave a message** on the nurse's extension and they will get back to you as soon as they are able.



THANK YOU FOR HELPING US KEEP OUR RESIDENTS SAFE!









"Our Street"

Short Stories By: Volunteer "Maggie B"

The day had finally arrived and Grandma Jean was a bundle of nerves. She would just have to bite the bullet and go down to the license bureau. Everyone had to have a driving test when they turned eighty, and she was no exception. Yes, it was a strange way to celebrate a birthday, but if she was to continue driving her little blue Bug, it was necessary.

Her friend Margo had lost her driver's license last year. Failing eyesight had been the culprit. Still, nothing held her back. She shopped, attended meetings and visited family regularly. Now a broad circle of friends and colourful town buses replaced her old green Oldsmobile. She had got the hang of city bus routes and schedules and learned to relax as a passenger. Not only did she use the local services, but she signed up for frequent out of town excursions as well. When questioned about the cost of such travels, and whether or not she felt limited to when and where she could go, Margo just smiled. She explained that she no longer needed to pay for car insurance. She had no auto repair or maintenance bills. She no longer worried about changing to winter tires or where to store the summer ones. She no longer needed to clear snow off her vehicle before setting out and best of all now the price of gas was history. Margo once summed things up, "The bottom line is, life continues with significant finances freed up to spend when and where I want."

Grandma Jean started her Volkswagen and began reflecting on Margo's experience. "Well, if I don't pass the driving test, my life won't come to a stop. Perhaps some things might even get better, and to quote Margo 'that's not a bad bottom line.'"

"When one door closes another opens" ... Alexander Graham Bell

Residents' Council Word Search

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

collective voice	participation	collaboration	administrator
inspections	legislation	meaningful	assistant
leadership	meetings	fundraiser	advocate
minutes	culture change	advice	quality
ambassador	action	members	rights
council	OARC	team	communication
peer support	residents	respect	power
input	home	menu	LTC

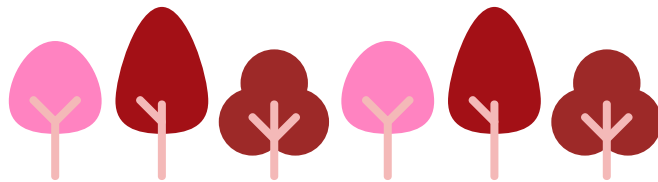
Family Council

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



Kids Corner

You may have noticed some cabinets in the Blue Corner Cafe. We plan to fill these cabinets with toys, games and activities for kids and families to use while they visit. If you have gently used items that would help fill our kids corner, please drop them at reception.

Thank you!



New: Meal Time Changes

To help keep the days flowing smoothly, together with the resident council, the nursing and dietary teams have motioned to move breakfast to 8:00am, and lunch to 12:00pm. This will assist the nursing team to improve quality of care after lunch.

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