peopleCare | AR Goudie

Goudie Gazette Community News



October 2026 Edition

Our people will change the world of senior living.

369 Frederick St, Kitchener | 519-744-5182

Resident Council

The next Resident Council meeting will be held on October 20th in the Edna Place Dining Room at 10:00am. See you there!

Welcome Home

Francis S.
Nicole T.
Peter K

— HAPPY — Retirement

Wishing a heartfelt farewell to our Hairstylist Louise who will be retiring after her 3 years of serving AR Goudie residents. Thank you, Louise, and best wishes!

In Loving Memory...

Shirley W.
Louise S.
Kathryn S.
Jean D.

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

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.

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Special Events



Oktoberfest Party with Sheryl Walsh (FCDR) & Jay Franco (VPDR)
October 2nd at 2:30pm

Apple Cider Social & Outdoor Games (CYD)
October 5th at 6:00pm

Food Committee (EPDR)
October 6th at 10:00am

Memorial Service (RGDR)
October 9th at 2:00pm

Breakfast Club (Sign up)
October 14th at 8:00am

Uptown Swing Band (GH)
October 15th at 10:30am

Pumpkin Patch Outing ($ Sign up)
October 16th at 9:30am

Butterfly Conservatory Outing ($ Sign up)
October 20th at 9:30am

Resident Council (EPDR)
October 20th at 10:00am

October Birthday Party with RS Country (FCDR) & Synchonicity (VPDR)
October 22nd at 2:30

Hocus Pocus Social (GH)
October 24th at 2:00pm

Pumpkin Carving Contest (GH)
October 28th at 2:00pm

Spooky Social (GH)
October 31st at 10:30am

ARG Community Trick or Treat Parade
October 31st at 2:30pm

Spiritual Events

Church Service (RGDR)
Sundays at 2:30

Travelling Roman Catholic Communion
October 14th at 10:15

Roman Catholic Mass (EPDR)
October 28th at 10:30



HAPPY BIRTHDAY



Carmela S. - Oct 2nd
Stefan A. - Oct 2nd
Godron O. - Oct 3rd
Margeurite V. - Oct 4th
Jean H. - Oct 5th
Bianca A. - Oct 7th
Edith M. - Oct 8th
Joe M. - Oct 11th
Adelle F. - Oct 13th
Charley S. - Oct 13th
Josie S. - Oct 14th
Jenny P. - Oct 14th
Jane W. - Oct 14th
Lynda G. - Oct 16th
Adah C. - Oct 17th
Bill G. - Oct 17th
Dale T. - Oct 19th
Isabel A. - Oct 23rd
Brad K. - Oct 23rd
Witold M. - Oct 25th
Carolyn M. - Oct 26th
Beverly O. - Oct 26th
Gloria K. - Oct 29th
Muriel T. - Oct 30th

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Recreation Station

Whats happened:

The month of September was busy! We enjoyed participating in our annual resident retreat to hidden acres through overnight and campfire trips. We celebrated and rejoiced as a community at our several Residents Council Week events and Walk to Wellness. Thank you to all the family, team members and community members who joined our residents in raising their voices for long term care in Ontario! We finished off the month with a trip to Red Lobster for our seafood fix. We are looking forward to continuing our "Fireside Pages Bookclub" on rotating Thursday and Friday evenings, reading *Charlotte's Web.*



Coming up:

In October we will keep the seasonal celebrations going with Oktoberfest parties, Thanksgiving and autumn decor, crafts and baking. And of course - the Halloween spirit will be in full swing at AR Goudie. Please join us on Saturday October 31st at 2:30 for a halloween costume parade. We happily invite our team members and resident family members to bring in children and grandchildren for a costume parade and trick or treating. Please let us know you're coming by signing up at reception. Outings this month will be the butterfly conservatory, and of course - the pumpkin patch! Sign up with recreation.

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.

Have You Heard?

The recent weeklong activities in celebration of our Resident Council were a thing to be proud to be part of. Given the smiles on all faces during the various activities of the week, I read it as a great hit with everyone.

Residents, Family Members, Staff, our many Volunteers and yes even Management (believe it or not) came out in numbers to participate.

AS PRESIDENT OF THE PEOPLE CARE AR GOUDIE RESIDENT COUNCIL: I DECREE TO ALL RESIDENT COUNCIL MEMBERS THAT OUR WEEK OF CELEBRATIONS TO HAVE BEEN A GREAT SUCCESS.

(sorry Jeremey and Tonya, I have already started notes for the next to be even bigger and better)

There are so many people to thank for making this year's celebration a big success; our key vendors for their participation in the "Vendor Showcase", our many volunteers throughout the week, our staff who gave of their time to assist in the various activities and last but not least the Residents.
I would also offer a very big thanks for their great amount of assistance in planning and execution of the events:

Our Executive Director Jeremy Zinger, and Tonya Claydon for their great, assisted Leadership.

Oh yes of course the dedicated Recreation staff who once again went above and beyond the call.

Thank you Everyone
Mark Reitzel President People Care AR Goudie LTC

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Chaplain Chat

Walking Together Through Life

Over the past month, Spiritual Care has focused on creating opportunities for residents to connect, reflect, and share. We have enjoyed taking residents outside for walks, spending time together, and allowing meaningful conversations to develop naturally along the way.

Grief is something we all experience. It may come from losing someone we love, changes in our health or independence, or simply recognizing that life is different than it once was. We do not always need someone to fix our grief or give us the perfect answer. Sometimes it helps simply to talk, share our stories, and know that someone is willing to listen.

This has been an important part of both Meaningful Conversations and Soul Time. These gatherings provide residents with opportunities to speak openly, hear from one another, and discover that they are not alone in what they are experiencing. Our music gatherings have also encouraged us to look inward, revisit meaningful memories, and connect with the feelings and stories that familiar songs can bring to the surface.

In our church services, we have been discussing some of the simple but powerful words that can make a difference in our relationships. Words such as “thank you” and “I love you” may be easy to understand, yet difficult to say. Together, we have been exploring some of the barriers that hold us back and considering what might happen when we find the courage to express what matters most.

Whether through a walk, a song, a conversation, or a church service, we continue to discover the value of sharing life with one another.



The Spiritual Care Team



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What is BSO?

At PeopleCare AR Goudie, the **Behavioral Supports Ontario (BSO)** program is committed to enhancing quality of life for residents who may be experiencing responsive behaviors associated with dementia, mental health conditions, neurological disorders, delirium, or other cognitive changes. Responsive behaviors are often a way of communicating an unmet physical, emotional, or environmental need. Our goal is to understand reason behind behavior rather than simply responding to behavior itself.

The BSO team works collaboratively with registered staff, Personal Support Workers (PSWs), Recreation team, physicians, families, and other interdisciplinary team members to develop individualized, person-centered care plans that reflect each resident's unique history, preferences, strengths, and needs. Through meaningful engagement, therapeutic communication, environmental modifications, recreation programs, staff education, and evidence-based non-pharmacological approaches, we strive to reduce distress, promote comfort, maintain dignity, and improve residents' overall well-being. Families are an essential part of care team. Your knowledge of your loved ones life story, routines, interests, and preferences helps us create personalized strategies that support positive outcomes and meaningful connections. By working together, we can foster a safe, respectful, and supportive environment where every resident feels valued and understood.

If you have questions about BSO services, would like to discuss concerns regarding your loved one, or wish to learn more about support available, please contact BSO Office, located on 3rd Floor, Edna Place.

BSO Nurse: Sukhdeep Kaur
Email: skaur@peoplecare.ca

Together, we are dedicated to providing compassionate, individualized care that supports residents in living with dignity, purpose, and the highest possible quality of life.

The BSO Team

BEHAVIOURAL SUPPORTS ONTARIO

Our people will change the world of senior living.

WIN A COZY SELF-CARE BASKET!

BSO FUNDRAISER RAFFLE

September 21 – October 21

TICKETS

1 for $2

3 for $5

10 for $10



All proceeds will support the purchase of meaningful engagement, comfort and behavioural support resources for residents at peopleCare AR Goudie.

DRAW DATE: OCTOBER 21

IPAC CORNER

Outbreak Preparedness

What is an outbreak?

An outbreak is declared when 2-3 residents develop similar symptoms, around the same time and within the same unit. In long-term care, this most commonly means respiratory symptoms (like cough, runny nose, or fever) or gastrointestinal symptoms (like nausea, vomiting, or diarrhea). While the word "outbreak" can sound alarming, it simply means our team has identified a potential spread of illness and has initiated extra precautions to protect our residents as quickly as possible**.**

Who decides if the home is in outbreak?

LTC homes are required to report certain types of illnesses to our local Public Health Unit (ie, COVID-19, influenza, Norovirus.) If the home meets what is called a 'case definition' then our Public Health Unit will declare an outbreak in the home. This can be on a single unit or sometimes, the entire home.

When are outbreaks declared?

If 2 or more residents have 2 or more symptoms of a transmissible infection, and it is occurring within a designated time frame and in a confined area or unit.

When are outbreak terminated?

Outbreaks are declared over when there have not been cases in a specific number of days. These time frames are determined by Public Health.

What can be done to help prevent an outbreak?

- Hand hygiene is the most important infection control measure. Ensure visitors are washing their hands upon entering/exiting the unit and a residents room.
- Visitors are reminded to not visit when ill. 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.
- 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

Reminders

For all those who consented, the influenza vaccine will be administered in mid-late October and the COVID vaccine will be administered late October-early November




HAPPY BIRTHDAY


WALK TO WELLNESS
peopleCare communities

WALK
WELL

Community is STRONGEST When EVERYONE Feels a Place in It.

WALK TO WELLNESS
peopleCare communities
Walk Together
Stay Together
Thrive Together







HAPPY BIRTHDAY






Happy Retirement Martha!




WALK TO WELLNESS
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WALK TO WELLNESS




Shiho
Terry
CAMP 2024







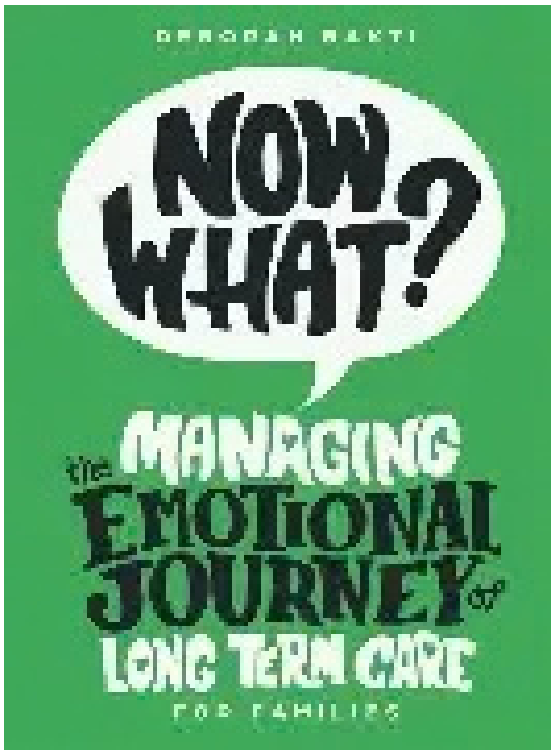

CAMP 2024











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 Corner

Care Conferences

Working together for the best care

When are Care Conferences held?
Care Conferences are held at 6 weeks after admission and annually.

Days & Times
Care Conferences are held on Monday's, Wednesday's and Friday's either at 11am or 1pm.
Subject to change.

Appointment Scheduling
Care conference appointments are pre-determined by the home at specific dates and times due to ensuring the home is operating smoothly without compromising the quality of your conference.

Important Reminder
You will receive an email when your care conference for yourself or your loved one is coming up.

Please ensure you keep a close eye on your emails to avoid missing your care conference appointment.

We're here for you

peopleCare
communities and services

AR Goudie
Long Term Care

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

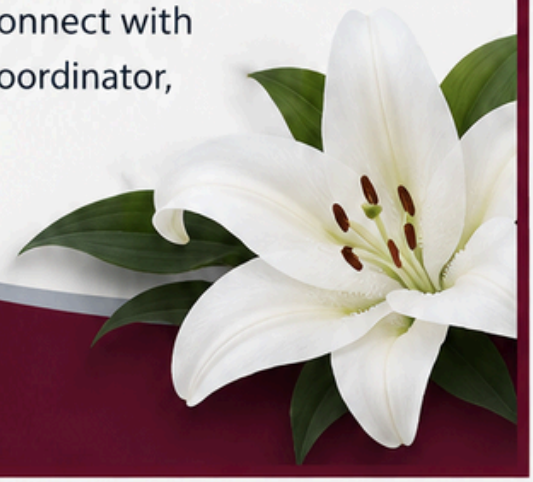
Wednesday, October 21st

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.**



Planning today...
for tomorrow's peace of mind.

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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.



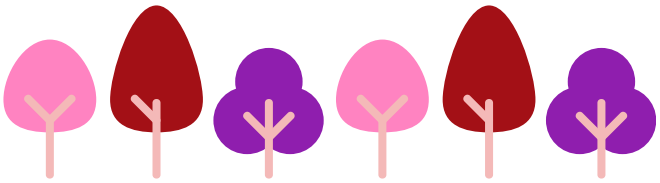


Lost & Found Display

Before we head into the cold weather and holiday season, we will put all lost and found items on display in the Grand Hall from October 5th to 10th. Any items not claimed after the tenth will be donated.

Labelling Reminder

If bringing in jackets, hats, gloves etc. for residents, don't forget to stop by the lost and found room to submit it for labelling before bringing it to the home area. Thank you!



October is the tenth month of the year on the Gregorian calendar and one of seven months with 31 days. October's name, containing the Latin word octo, refers to its ancient place as the eighth month in the Roman calendar, before January and February were added to fill out the winter period. October is usually considered the height of autumn; the Slavic people call it "yellow month," referring to the fading colours of the leaves.

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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 ext. 203

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. 210

Glory Kagwiria - Resident Care Manager
gkagwiria@peoplecare.ca ext. 221

Viviana Botero - RAI Coordinator
vbotero@peoplecare.ca ext. 241

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

Brian Donaldson - Building Services Coordinator
bdonaldson@peoplecare.ca ext. 330

Bipanjeet Kaur - Hskp. & Laundry Supervisor
bipkaur@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
makaur@peoplecare.ca ext. 211

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

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

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