peopleCare | AR Goudie

Goudie Gazette Community News



November 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 November 17th in the Edna Place Dining Room at 10:00am. See you there!

Welcome Home

Kelly K.
Hyma B.
Ronnie S.
John F.
Wynand S.
Roger B.
Lawrence A.

In Loving Memory...



Patrick G.
Roger B.
John W.
Dinis B.
Helen R.

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

Living the peopleCare Values

Professionalism

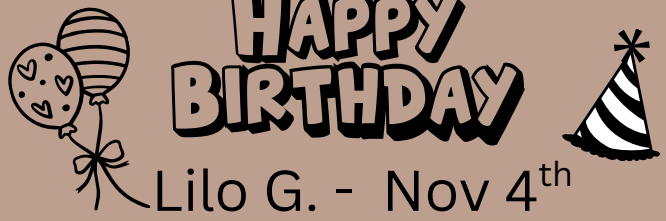
We look and act with an attitude of kindness using skills and knowledge, both internally and externally, befitting the quality customer service of a peopleCare team member.

Special Events

Diners Club: KFC (GH)
($ Sign Up)
November 9th at 5:00pm
Remembrance Day Service
(RGDR)
November 11th at 10:45am
Fairview Mall Shopping
Outing ($ Sign Up)
November 13th at 1:30pm
Childrens Piano
Performance (GH)
November 14th at 2:30pm
Resident Council (EPDR)
November 17th at 10:00am
Breakfast Club (GH) (Sign Up)
Novmeber 24th at 8:00am
November Birthday Party with
Bob Maclean (FCDR) &
Blue Eyed Bill (VPDR)
November 27th at 2:30pm
Group Pottery Craft
(MLDR) (Sign Up)
November 28th at 2:00pm
Casino Night (GH)
November 30th at 6:00pm

Spiritual Events

Church Service (RGDR)
Sundays at 2:30
Travelling Catholic Communion
November 11th at 10:15
Remembrance Day Service (RGDR)
November 11th at 10:45
Roman Catholic Mass (EPDR)
November 25th at 10:30



Lilo G. - Nov 4th
Bill L. - Nov 4th
Kim L. - Nov 5th
Merna H. - Nov 8th
Anne B. - Nov 12th
Silva K. - Nov 13th
Roger B. - Nov 16th
Maria B. - Nov 20th
Gerard E. - Nov 21st
Roger G. - Nov 21st
Donna B. - Nov 22nd
John G. - Nov 26th
Lumi A. - Nov 29th
Elizabeth M. - Nov 29th
Donald B. - Nov 30th

Recreation Station

Whats happened:

Wow! October was a busy month here at AR Goudie. We kicked off the month with Oktoberfest celebrations and enjoyed outings to the pumpkin patch and butterfly conservatory. Congratulations **Frederick Community** for winning the carving contest. Our annual costume contest was ripe with competition - the winning home area being **Market Lane** with their theme of Hot Dog Vendors! We are pleased to welcome Kimberly Hammer to AR Goudie as our new hairstylist. Kim will provide services to all residents with exsisting consents. For appointments POA's can email haircarekimberly@gmail.com, or visit her in the salon Mondays and Wednesdays.






Coming up:

November brings us cooler weather, and a "quieter" month in recreation (not too quiet! Don't worry!). All are welcome to join us for our Remembrance Day Service on November 11th at 10:45am. We will be bringing back our long beloved "Diners Club" - a sign up program where we order in specialty food from favourite restaurants - to kick us off, we will enjoy Kentucky Fried Chicken! We had so much fun at our summer Casino night that we will be having another on November 30th with slots and games. Residents who want a kick start on their Christmas Shopping can sign up for the Fairview Mall Outing. Our annual Christmas Market will take place December 5th from 11-3 in the Grand Hall.

Outing Reminder:

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. residents and POA's will be notified of any cost prior to the program.

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Chaplain Chat

November is a month that naturally makes room for remembering. As we mark Remembrance Day, we pause to honour those who served and sacrificed for others.

Remembering is an important activity for all aspects of our life. Reflecting on the people, places, and moments that have shaped our lives can bring comfort and connection. Whether it is recalling a familiar song, a favourite recipe, looking at an old photograph, or sharing a story from childhood-it can open the door to treasured memories. Sharing these memories with family, friends, fellow residents or staff helps us celebrate the experiences that have made us who we are.

Of course, not all memories are positive. Some are full of sadness, grief, and longing. No one needs to carry these difficult memories alone. As chaplains we are here to listen with care and without judgment. We can sit with you in the tender places, help hold and carry what feels heavy, and offer a compassionate presence as you reflect on experiences from the past. This presence is available to everyone, regardless of faith background.

We are also glad to help preserve and record the memories that bring joy. Whether it is a story about family, a meaningful tradition, a beloved song, a cherished accomplishment, we can help record it so that it may be remembered and shared with others.

This month, we encourage residents and families to make space for remembering together—through conversation, photographs, music, prayer, or quiet moments of gratitude. May our memories honour the past while reminding us of the companionship, meaning, and hope present in our lives today.



Kindly,
Chaplains Megan and Steve



AR Goudie

CHRISTMAS MARKET

VENDORS - HOT CHOCOLATE - DOOR PRIZE

& MORE!

5 DEC

11AM-3PM

AR Goudie Grand Hall
369 FREDERICK
STREET KITCHENER



IPAC CORNER

Vaccine Update

In October residents were administered their influenza vaccination! In November all residents who consented will received the COVID vaccinations.

Have you had your flu shot yet?

Getting vaccinated lowers your chance of getting sick and bringing illness in when you visit. Flu shots are available at most pharmacies and through your family doctor.

What Do the Precaution Signs on the Resident Doors Mean?

You may see a sign on a resident's door, sometimes with a cart of supplies nearby. These are Additional Precautions signs. They tell staff and visitors that extra steps are needed to stop germs from spreading.

Did you know?

- A sign doesn't mean you can't visit. It means you may need to wear a gown, gloves, mask, or eye protection in the room.
- Signs are used for many reasons, like a cough or cold, a stomach bug, or certain germs that need extra care.
- Not sure what to do? Check with the nurse before going in. We're happy to show you how to put on and take off the equipment.
- Please remember to wash your hands before you go in and after you come out of the residents room

Germs Love Your Gadgets

Phones, tablets, glasses, and walkers get touched all day, but they rarely get cleaned.

Did you know?

- Your phone can carry more germs than a toilet seat!
- Wipe down phones and tablets before and after video calls or visits with your loved one.
- Don't forget glasses, canes, walkers, and wheelchair handles. These are high-touch too.
- Ask staff for a disinfectant wipe anytime. We're happy to help.

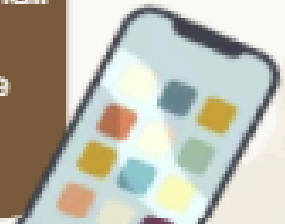
Myth vs. Fact

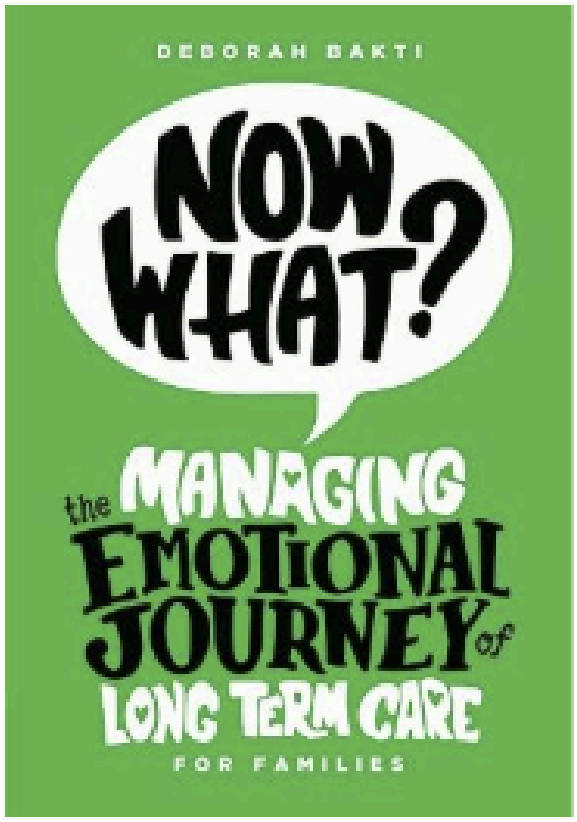
MYTH: The flu shot can give you the flu.
FACT: The flu shot can't give you the flu. A sore arm or feeling tired for a day is normal and means your body is building protection.

MYTH: If I feel fine, I can't spread germs.
FACT: Many germs can spread a day or two before symptoms start, which is why hand hygiene matters every visit.

MYTH: Hand sanitizer kills everything.
FACT: Sanitizer is great for most germs, but some, like the stomach flu, need soap and water.

MYTH: Antibiotics will help a cold get better faster.
FACT: Colds are caused by viruses, and antibiotics don't work on viruses.



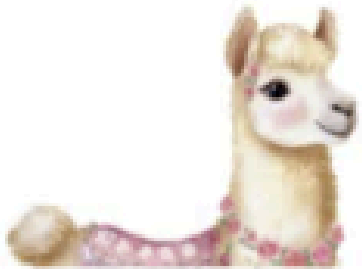


Whether you're a family member or working as a caregiver inside a seniors' home, the tools in this book are designed to help you establish a Family Relationship Strategy and become a true partner in care.

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








STOP






Happy Harvest
BENJAMIN TREE
TRICK or TREAT


CHAMPIONS
BOSTON




SEATING PLAN















Searching for November

The **bold** words listed below can be found vertically, horizontally, diagonally, forward, and backward.

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

ARCHER (SAGITTARIUS)
BEAVER MOON
BLACK **FRIDAY**
CHRYSANTHEMUM
CORNUCOPIA
DAYLIGHT SAVING
DIWALI
ELECTION DAY
FEAST
RAKE
REMEMBRANCE DAY
SAGITTARIUS
SCARF
SCORPIO
SCORPION (SCORPIO)
THANKSGIVING DAY
TOPAZ
VETERANS DAY

Resident Council: Community Connection

As October draws to a close, we look back to a very event filled month. The Resident Council has been busy once again in the performance of the various administration duties required of us monthly. One of the most enjoyable parts of our activities is when we take time as a group to reflect on the past Community Social Activities of the month. October saw a very busy Community for the Resident's, Families and Staff.

Events such as the "Official KEG Opening" in the Grand Hall. (Ok keg of root beer) performed by our Executive Directory Jeremy Zinger at the hammer, Tom Johnson Director of Care steading the keg and Anabela Henriques aiming the tap. (ok this was a dream of the council) Does it not sound like a great idea for next year's start of our Oktoberfest Celebrations?

We must be thankful to our staff for the various social activities, special meals and all other support staff for making our home a clean and safe Community. As we sat for our Thanksgiving dinner it was reported by various council members a number of family members who joined in sitting with their loved ones during the meal. As a well during the weekend, it was also noted the pleasure in witnessing many families who took advantage of the facilities within our community to share a more intimate dinner with their loved ones.

The residents were also treated to a non-scheduled event on Thanksgiving Monday. We all were treated to a special performance by the *Oktoberfest Dragon* on the street in front of our home. What a big treat that was for all.

The pumpkin carving contest that took place in the Grand Hall was quite the event as the Residents put their skills to work designing and carving pumpkins. This is a great beginning to our Halloween festivities planned for the weekend. All children invited.

As the Council looks ahead to November it becomes a month of Remembrance for our Community. I know the Recreation Department has made plans for a Remembrance Day Ceremony, as the Resident Council we would like to share with you:

1) Please obtain a poppy through a monetary donation at one of the many available locations. Place your poppy on your left side near your heart. Poppies are to be worn October 31 through November 11.
2) Please take a moment on November 8, to remember all our First Nations and Inuit Soldiers who proudly defended our Canadian Homeland.
3) On November 11, please take a two-minute pause at 11:00 am to remember all the Veterans who gave and paid the ultimate sacrifice in service to Canada.

Many may ask what these points have to do with our Resident Council? It is our commitment to keep:

"OUR COMMUNITY A PLACE OF ENGAGEMENT FOR EVERONE"

Respectfully

Mark Reitzel, President Resident Council.

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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.



Closet Maintenance

As we approach the cooler months, we encourage families to do a seasonal changeover in resident closets. To help keep closets tidy and easy to navigate, we recommend removing summer clothing to make room for fall and winter items. Please drop off any new items to the labeling boxes located in the lost and found room in the Grand Hall. Thank you!

November The month of November gets its name from the Latin novem, meaning “nine,” as it was the ninth month in the original Roman calendar. It became the 11th month centuries later when the start of the new year changed to January. Since Julius Caesar had renamed July after himself and Emperor Augustus did the same for August, the Roman Senate offered to name the 11th month after Tiberius. However, Tiberius rejected the entire premise of the idea, jokingly asking the Senate, “What will you do if you have 13 Caesars?”

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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

RAI Coordinator
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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