

peopleCare | AR Goudie

# Goudie Gazette Community News



**February 2024 Edition**

Our people will change the world of senior living.

# HEARTbeats

Congratulations to our Monthly Draw winners!

**Jamie (Environmental)**

**&**

**Rosa F (Environmental)**

They have received a \$25 gift card for displaying peopleCare Values!  
Thank you for all that you do!

## In Loving Memory



Mary T.  
Cedric T.

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

# Welcome

Jim D.

Jim Z.

Anna Z.

## More Ways to Say

### I Love You!

French – Je t’aime

Spanish – Te amo

German – Ich liebe dich

Italian – Ti amo

Vietnamese – Anh Yêu Em

Turkish – Seni seviyorum

Polish – Kocham cię

Portuguese – Eu te amo

Swahili – Nakupenda

Living the peopleCare Values

## Growth

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

## Special Events

### Fairview Mall Outing (\$ - Sign Up)

February 9th at 10:00am

### Mardi Gras Trivia & Treats

February 13th at 11:00am

### Valentines Day Tea with Kevin Coates

February 14th at 10:30am

### Ash Wednesday Worship

February 14th at 2:00pm

### Valentines Picture Bingo

February 17th at 2:00pm

### Breakfast Club (Sign Up)

February 20th at 8:30am

### February Birthday Party with Brent Meidinger

February 23rd at 2:00pm

### Mei King Diners Club (\$ - Sign Up)

February 27th at 12:30pm

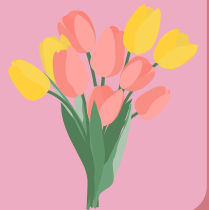
### Memorial Service

February 29th at 2:00pm

### Joke of the Month

What flower gives  
the most kisses on  
Valentines Day?

Tulips!



## Happy Birthday!

Johanna K - Feb 2

Muriel K - Feb 13

Ruth S - Feb 14

Susan A - Feb 17

Christine I - Feb 17

Lynne M - Feb 23

Susan H - Feb 25

Jose M - Feb 27

Helen Z - Feb 28

## From the desk of Florin

Happy February!

Warm wishes to everyone during this mild winter. But how long this winter will be? We'll find out in the early hours of Feb. 2 in Wiarton, Ont. when Ontario's most famous groundhog emerges to reveal whether he's seen his shadow. The groundhog's annual appearance and weather forecast always spurs spirited chatter amongst Canadians. The excitement is building in Wiarton, as the town's famous weather predicting groundhog is preparing to share with the world his winter weather prediction, come Friday. The past two winters Willie has predicted an early spring.

Friday morning, at 8:07 a.m. sharp, Willie will be carried onto the stage outside the Wiarton Arena where he'll either see his shadow, heralding six more weeks of winter, or not see his shadow, meaning an early spring.

This year February has 29 days and is fully packed with celebrations at the home. Please check our calendars for more detailed information.

In January we continued the interior renovation finalizing majority of the work. In the month of February, we are replacing the remaining doors in the building and planning to replace the bathroom fixtures in the resident rooms and common areas. We are anticipating that the time to replace the bathroom fixtures will be around 4 hours or less for each bathroom. During this time residents will be given alternative options to spend the time in the lounges, activity rooms, dining rooms and Grand Hall. Personal items are being removed just from the bathrooms. We will notify each family ahead of time when these upgrades will occur.

We are thrilled to see that our new building is slowly coming up. Please take a look at your next visit.

Please welcome our new team member in the nursing department, Lovelie P. and our new chaplain Adrienne N. and new hairdresser Louise V.

Congratulations to Teresa P, Crystal M, Nada J, Esther R, Darlene S. for being recognized through our Heart Beats Program and able to collect their \$100 reward for perfect attendance and volunteering.

Stay Healthy!

Warmest thoughts and best wishes for a wonderful winter season!

Florin



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# Salon Memo

In case you missed it - the Following Memo was sent out on **Monday January 8th 2024**

Dear Residents and Families,

We are excited to announce that we have a new Hair Stylist joining AR Goudie. Please welcome Louise Venne to the team. Louise joins our team with several years of experience in hair styling and is well versed in both women's and men's hair services. Her schedule will be Tuesdays, Wednesdays, and Thursdays 10:00am-4:00pm. Please see the attached updated price list, which will take effect on February 15th 2024.

If you would like to book an appointment with Louise please contact Tonya at extension 222 until the salon extension becomes active once again. As a reminder all hair services are charged through the residents trust account. Residents must have an active trust account with consent for hairstyling signed. If you are unsure if you have consented for hairstyling services, please contact Tonya Claydon at [tclaydon@peoplecare.ca](mailto:tclaydon@peoplecare.ca).

Kindly,

Tonya Claydon  
Director of Programs

## AR Goudie Haircare Price List

Prices effective starting February 15th 2024 will be:

- Shampoo & Set - \$30.00
- Ladies' Cut & Shampoo - \$35.00
- Shampoo, Cut & Set - \$45.00
- Colour & Set - \$65.00
- Colour, Cut & Set - \$85.00
- Perm - \$90.00
- Shampoo Only - \$8.00
- Men's Cut - \$20.00
- Beard Trim - \$8.00
- Men's Cut & Shampoo - \$25.00

\*Please note that at this time no HST will be charged. This is subject to change with notice.

# AR Goudie Golden Globes



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# Congratulations!



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# Life at AR Goudie



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# Life at AR Goudie



**HAPPY  
BIRTHDAY**



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# Beyond Ourselves

## What is BSO?

Over the month of February we will be holding a 50/50 Fundraiser for BSO.

Behavioural Supports Ontario (BSO) provides behavioural health care services for older adults in Ontario with, or at risk of, responsive behaviours/personal expressions associated with dementia, complex mental health, substance use and/or other neurological conditions. BSO also provides support to family care partners and healthcare providers across sectors.

Our goal is to develop and implement a plan to help reduce and prevent responsive behaviours. Our priority is to produce non-pharmaceutical plans first before resorting to medications as a last resort to managing responsive behaviours. Once a plan is set, we continue to monitor the resident to ensure the support plan is effective and modifications can be made based on the persons need/response to the BSO team-implemented strategies. The BSO team also provides training and coaching to other staff in the home in order to maintain the plan of care, with a focus on person centered care.

Sales from the BSO 50/50 tickets will go directly towards supplies for behaviour support interventions like montessori kits, fidget blankets and doll therapy.

**Tickets are 1 for \$5.00 and 3 for \$10 and can be purchased at reception for the month of February.**

## Chocolate Rose Bouquet Raffle

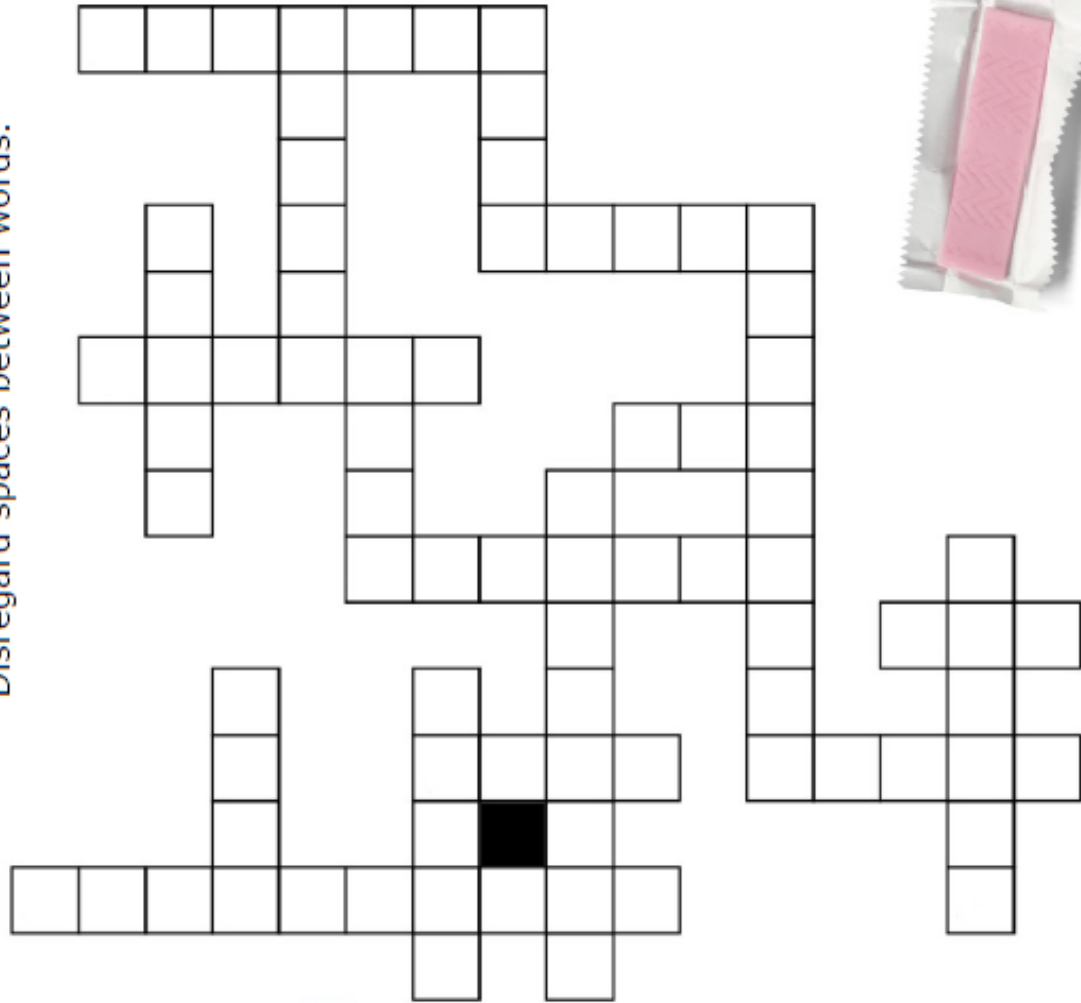
Last year we were thrilled to have raised \$100,000 as an organization for MEDA. This year we are kicking off our fundraising efforts with a valentines day raffle for a bouquet of handmade chocolate roses! Tickets at \$5 each. Thank you for your continued support for MEDA! The draw will be held Monday, February 12th - best of luck!



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## Bubble Gum

Fit the list of words into the puzzle.  
Disregard spaces between words.



- GUM
- POP
- BALL
- CHEW
- PINK
- SOFT
- GRAPE
- STUCK
- SUGAR
- SWEET
- BIG RED
- BUBBLE
- FLAVOR
- BAZOOKA
- TRIDENT
- CINNAMON
- SPEARMINT
- JUICY FRUIT



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## Searching for February

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



- |                    |                   |                   |
|--------------------|-------------------|-------------------|
| AMETHYST           | LOVE              | SUPER BOWL        |
| AQUARIUS           | MARDI GRAS        | SWEETS            |
| BLACK HISTORY      | PISCES            | VALENTINE'S (Day) |
| CARNIVAL           | PRESIDENTS' (Day) | VIOLET            |
| CHINESE (New Year) | SHADOW            | WEATHER           |
| GROUNDHOG (Day)    | SNOW MOON         | WINTER            |

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## "Our Street" Lighthearted Short Stories

By: Volunteer "Maggie B"

It had stormed all night leaving the bluff behind Grandma Jean's home covered with fresh fluffy snow. Billy planned to spend the first PD day of the year there, tobogganing down what he and his friends called 'Rocket Blast Hill'. It had a long straight slope with a two-foot drop near the bottom where they launched their sleds with shouts of "to the moon and stars!" The great fun was only mildly tempered with good natured grumbling as the heavy toboggans were dragged back up the hill. Grandma Jean turned away from the window, where she had been watching the fun, to check on the soup pot. Billy would be in soon – cold, wet and hungry. As she stirred the pot she began reminiscing about winters when she was a child. She didn't remember teacher professional development days. One day had been pretty much like another, rise early, eat breakfast and make the long trek to school. The school had been a one room classroom with grades one to eight sharing the same space. The teacher had been very busy, but the older children helped the younger ones with reading. After lunch the schoolyard was filled with laughter and activity. Snowmen were built and forts defended with dozens of hastily packed snowballs. Too soon, noon recess ended. Wet mittens, toques and scarves were draped on banging and rattling hot water rads. All afternoon the room reeked of wet wool combined with the lingering odour of egg, tuna and peanut butter sandwiches. A fragrance similar to that of a wet dog who had rolled in garbage.

"How I miss those times!" Grandma Jean startled herself - she had spoken aloud to the empty room. Checking the window again, she saw that Billy was heading for her porch, cheeks rosy, toque askew, and mittens wet and stiff. She glazed into the past for a few seconds, and then with resolve spoke out loud again, "I'll put his wet things in the dryer with a lavender drier sheet." She had been nostalgic about the good times in the school yard, but preferred the fragrance of lavender over wet wool and half-eaten lunches!

**"The most beautiful things are not associated with money; they are memories and moments..." by Brainy Quotes.**



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# Pancake Tuesday

Pancake Tuesday is coming up on February 13th. Pancake Tuesday or Shrove Tuesday, is traditionally observed before the first day of Lent, Ash Wednesday. Residents will be getting a pancake lunch in the dining room, and staff can pick up some tasty pancakes in the Grand Hall throughout the day. Shrove Tuesday marks the last day before the period of self-reflection during lent when many people choose to 'give up' an indulgent item - like pancakes!



**Our next Resident Council meeting will be February 21st at 9:30am.**

# Laundry Labelling

Lost your laundry? Buy some new clothes? Many items end up in the lost and found if they are not sent down for labelling **before** making their way to the floors. Please place all clothing items that need to be labelled into the grey drop box outside the elevators on the first floor. Be sure to place it in a clear bag with a laundry labelling form.

The current lost and found will be on display in the Grand Hall **February 5th - 9th.**



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## Administration

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

Florin Perte - Executive Director  
fperte@peoplecare.ca ext. 202

Anabela Henriques - Director of Care  
ahenriques@peoplecare.ca ext. 220

Marilyn Seabrook - Asst. Dir. of Care  
mseabrook@peoplecare.ca ext. 203

Wendy Williams - Dir. of Resident Quality Outcomes  
wwilliams@peoplecare.ca ext. 241

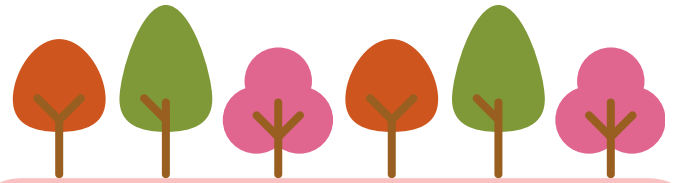
Stacy Cook - Office Manager  
scook@peoplecare.ca ext. 224

Emma Schmolling - Nursing Staffing Manager  
eschmolling@peoplecare.ca ext. 201

Sandra Mohammed- Dir. of Food Services  
smohammed@peoplecare.ca ext. 208

Tonya Claydon - Dir. of Programs  
tclaydon@peoplecare.ca ext 222

For other service providers like dietician or social work, please contact the appropriate manager.



### 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



<https://www.facebook.com/PeopleCareCommunities/>

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