

October 2019

Goudie Gazette

peopleCare A.R. Goudie Kitchener 369 Frederick St. *519-744-5182* 519-744-3887*



peopleCare
communities

Celebrating October

Friday, October 4th @ 12:30pm
Men's Club Brunch (GH)

Wednesday, October 9th @
12:30pm
Diner's Club: The Metro

Thursday, October 10th @ 10:00am
Alzheimer's Coffee Break (GH)

Wednesday, October 16th @
2:00pm
Oktoberfest Party (GH)

Thursday, October 17th @ 1:00pm
Excursion to Dunfield Theatre for
Annie

Thursday, October 17th @ 6:00pm
Family Council (C)

Monday, October 28th @ 2:00pm
Resident's Council (3)

Wednesday, October 30th @
2:00pm
Birthday Party w/ Pat & Larry
(GH)

Thursday, October 31st @ 2:00pm
Halloween Party (GH)



HAPPY FALL & HARVEST



Welcome Home

We welcome

Joyce H., Joan M., & Rosemary H.

Happy Birthday to
All those born in October!

Resident Name	Date
Janet C.	Oct 2 nd
Fred W.	Oct 4 th
Josie C.	Oct 15 th
Bob W.	Oct 15 th
Margaret C.	Oct 16 th
Joyce H.	Oct 20 th
Muriel G.	Oct 22 nd
Margaret S.	Oct 24 th
Irene C.	Oct 31 st



Stone: Opal

Flower: Calendula

October Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities.

Those born between October 23–31 are Scorpions of Scorpio. Scorpions are passionate and assertive yet are known to keep cool and calm. This composure makes them good, steadfast leaders and loyal and honest friends

November Newsletter Article

Accreditation

As you are aware, accreditation is taking place from Monday, November 4th through to Friday, November 8th, 2019.

Accreditation assesses an organization against standards of excellence to identify what is being done well and what needs improvement with the goal of enhancing quality and safety, reducing risk and increasing efficiencies. This involves all members of peopleCare team from owners, staff, residents, families, and community partners.

Dion Mouland will be the Team Lead for the Accreditation; he is surveying with Lori Turcotte. Dion works in continuing care system in Halifax, Nova Scotia, while Lori works in long term care in the Niagara Region.

Please help us in welcoming Dion and Lori to the peopleCare Homes.



In Memory Of

Estelle K.

Carolyn S.

*Our deepest thoughts and sympathies
go out to the family and friends*

"He spoke well who said that graves
are the footprints of angels."

~Henry Wadsworth Longfellow

Why Getting the Flu Shot Matters

This year more than ever before

Every autumn we hear the same message: Get the Flu Shot! And every year too many of us do not. Some think “oh I never get sick.” Others question the effectiveness of the vaccine. But did you know that statistics show one flu shot can save up to 8 lives?!

That’s because when we get our flu shot, not only do we protect ourselves from getting sick (or at least reduce the severity of symptoms if we do get the flu), we also help stop the spread of the virus to others. This includes seniors, children, and anyone with chronic health conditions that puts them at increased risk for serious complications – or even death – from the flu.

Based on the experience of countries in the southern hemisphere, where flu season occurs earlier than here in Canada, experts are warning our upcoming flu season could be a rough one. In fact, Australia’s flu season started early this year and was the worst on record: 254,000 confirmed cases as of mid-September, with 587 deaths, the majority of which were elderly people. By comparison, in 2018 there were only 52,000 confirmed cases and 73 deaths. Seems getting our flu shot this year is more important than ever.

Throughout October, residents and staff will receive their flu shot at the Home, supporting our goal to improve the immunization rates at every peopleCare Home. Families, volunteers and other visitors have lots of convenient options for getting their shot including local pharmacies and Public Health flu shot clinics (watch our bulletin boards for dates, times and locations).

Flu viruses spread quickly through coughing, sneezing and touching contaminated surfaces like doorknobs or unwashed hands. So, in addition to getting your flu shot, you can also easily help reduce the spread of influenza and other viruses like colds if you:

- Wash your hands often with soap and warm water, or use an alcohol-based hand sanitizer
- Cough and sneeze into your sleeve or a tissue that you use only once before discarding
- Postpone visiting the Home if you are sick, or wear a mask if you feel unwell

This year, join us in staying healthy and stopping the spread of influenza – get your flu shot. Do it for us all!



It's time to protect yourself!

The flu season is here! Getting an annual flu vaccine is the first and best way to protect yourself and those around you from the flu.

Myth & Fact

Myth: You don't need to get the flu shot every year

Fact: A person's immune protection from vaccination declines over time, so an annual vaccination is needed for almost everyone 6 months and older to get the best protection.

Myth: The flu shot could give you the flu

Fact: A flu shot cannot cause flu illness. The most common side effects from the vaccine are usually mild and last less than 2 days:

- Soreness
- Headache
- Muscle aches
- Redness
- Low-grade fever
- Swelling where the shot was given

Myth: You will not get sick with flu symptoms if you get the flu shot

Fact: There are several reasons why someone might get flu symptoms, even after they have been vaccinated against the flu:

1. Getting exposed to other respiratory viruses which the influenza vaccine doesn't protect against.
2. Getting exposed to influenza viruses shortly before or after getting vaccinated (i.e. during the period that it takes your body to develop immune protection)
3. Getting exposed to a flu virus that is very different from the viruses the vaccine is designed to protect against.

Myth: It is better to get the flu than the flu vaccine

Fact: Flu can be a serious disease, particularly among older adults, and people with certain chronic health conditions, such as asthma, heart disease or diabetes resulting in a risk of serious complications, hospitalization or death.

What Are The Influenza /Flu Symptoms?

People who have the flu often feel some or all of these symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Fatigue (tiredness)
- Runny or stuffy nose
- Muscle or body aches
- Headaches

** Reference: Centers for Disease Control and Prevention - <https://www.cdc.gov/flu/index.htm> **

From the Desk of Florin



The trees on our property have begun to put on a wonderful display of fall colours; vibrant reds and yellows & the leaves have started to fall. The squirrels have been busy gathering up the acorns in preparation for the coming winter and our first morning frost is on its way.

Please remember to bring in those sweaters and jackets for your loved ones, so that they can still sit outside or go for those walks and enjoy the fall sunshine. Also a reminder that all

new electrical items need to be checked by our Maintenance personnel in order to ensure safety and proper functioning.

Anabela and the Infection Control team will be kicking off the Fall Infection Control campaign and will be reminding and strongly encouraging all residents, team members, families and visitors to ensure they receive the Influenza vaccine (FLU SHOT). We need to ensure all our residents are protected from the flu during the upcoming season.

The A.R Goudie team has been busy preparing for upcoming Accreditation which will be from November 4th to 8th; with accreditors being present in the home on November 5th. Thank you to all who have supported thus far with preparations. You will notice a new 'Ethics Board' to the left of the café which has some pamphlets that have relevant information for families & visitors and the Family Council meeting on October 17th will be focused on topics around accreditation, so all are encouraged to attend!

Thank you to all who came out for our Cruise Nite Car Show; although the weather wasn't ideal, we still had a good turnout and raised a decent amount of money for MEDAs Nigeria Way Project. October is a busy month for events with Thanksgiving, Oktoberfest, Halloween and the Federal Election all occurring. It is anticipated that there will be an election poll on-site for residents who do want to vote, so please keep an eye out for further announcements regarding date, time and location.

Take care and Happy Thanksgiving!

**Florin Perte
Administrator**

Thanks to everyone who participated in making suggestions for naming our new Guinea Pigs.

The new names are:

BERT

&

ALVIN



Our residents are thoroughly enjoying pet visits with Bert & Alvin. In order to keep good care of our new pets, we are reaching out to anyone who can help with their care by making a donation. The following is a list and approximate costs of items we are pursuing.

- Bag of Care-fresh Bedding \$40.00
- Bag of Timothy Hay \$15.00
- Pellets – Guinea Pig food \$10.00
- Crunch sticks \$5.00 for a package of two

A Variety of fruits & vegetables: we like carrots, celery, cucumber, red or green peppers, romaine lettuce, sweet apples, & strawberries.

~Any monetary donations are greatly appreciated~

Hidden Acres Camping Trip 2019



6 of our very own A.R. Goudie residents attended the peopleCare Camping Trip at Hidden Acres Mennonite Centre in Shakespeare for 3 days and 2 nights. It was a wonderful time had by all. A special thank you goes out to Rachel (Recreation), Darragh (BSO) & Sue (DFS) who all went camping and enabled the residents to have a carefree & enjoyable experience!

SATURDAY, 23 NOVEMBER 2019 · 8:00AM TO 2:00PM

A.R. GOUDIE

SNOWFLAKE

BAZAAR!

...

**PEOPLECARE A.R. GOUDIE LTC
369 FREDERICK STREET, KITCHENER, ON**



**VARIOUS
VENDORS**

**: NICKEL AUCTION,
: FURNITURE SALE**

**: BAKE SALE,
: DOOR & DRAW
PRIZES & MORE**

ALL PROCEEDS GO TOWARDS THE RESIDENT RECREATION ACTIVITIES

Chaplain's Chat

It is October, a month of thanksgiving, fall colours, pumpkins, squash and the animals getting ready for the long winter months.

October is also a month of thanksgiving for people who have helped us through life. Perhaps you can recall a special person who you can give thanks for as they made a difference in your life.

One seed can start a garden
One moment can change a life
One conversation,
can start a friendship
One step can start a journey
One word can say so much
One smile can brighten a day
One small act of love,
can mean everything to someone

One person can make a difference,
And to me, that person is you.

By: Clarence Thomas

Giving thanks for people who have made a difference is something we should do each day. I would invite you to tell someone in your life how thankful you are for them and the difference they made.



It is not happy people
who are **THANKFUL**

It is thankful people
who are **HAPPY**

Happy Thanksgiving

Living the peopleCare Values

INTEGRITY

Dare to be transparent

Are all of your decisions made with integrity?



Check us out, and like us on Facebook!

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

Newsletters and calendars can be accessed online at www.peoplecare.ca under the specific peopleCare Community location

HEARTbeats

Congratulations to our August Draw Winners!

Name of Giver: Danielle E. (nursing)

Name of Receiver: Zofia Z. (dietary)

They have received a \$25 gift card for displaying the peopleCare Values!



Thank you for all you do!

Remembrance Day Reminder

In order to help up prepare for November 11th Remembrance Day, below you will find a list of Veterans who live with us at A.R.

Goudie peopleCare:

-Emil S.

-Jack W.

If your name is not on this list and you are a Veteran could you please inform us so we have the correct information. You can email Chaplain Wil at wseppenwoolde@peoplecare.on.ca or leave a message on extension 225.

Thanks for helping us prepare for this special day of honour.

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 and Recognition Program
- Disaster Relief Fund