

April 2020

Goudie Gazette

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



Celebrating April



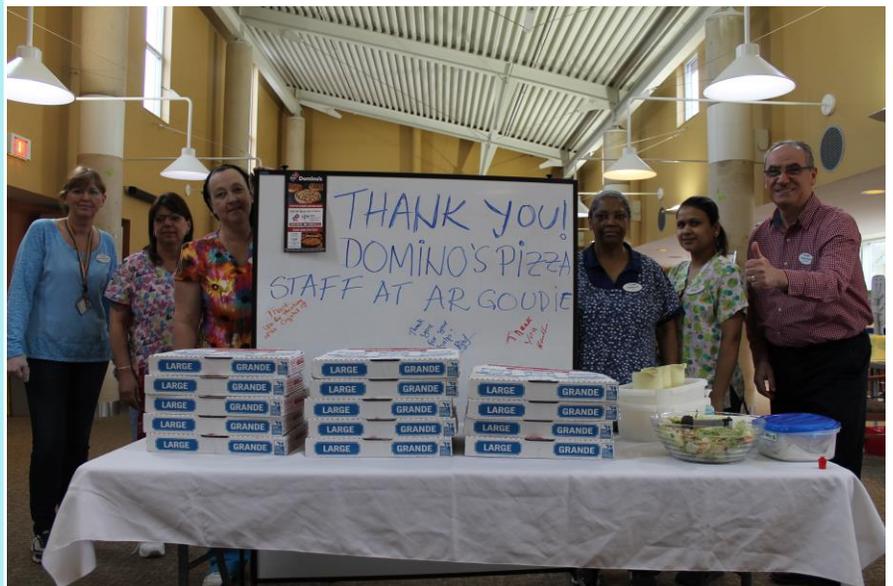
peopleCare
communities



To My Friends & Family
Still enjoying 3 meals every day.
The staff are treating us really well.
Looking forward to seeing
you face to face.

Hi Everyone, I am healthy and
happy, but miss all of you.
Looking forward to when you can
visit again. The staff is great doing
what they can to keep us
entertained.

Hi Everyone
We are doing well here!
I miss each of you very much.
I hope to see you face to face soon.
Love you!



THANK YOU TO DOMINOS PIZZA, ON BRUCE & VICTORIA ST. IN KITCHENER, FOR DONATING PIZZAS FOR OUR STAFF TO SHOW THEIR SUPPORT & GRATITUDE!

Welcome Home

Susan A. & Maria H.

Happy Birthday

To All those born in April!

Resident Name	Date
Jean McM.	April 2 nd
Garnet K.	April 3 rd
Adelina S.	April 5 th
Michael L.	April 8 th
Ibrey B.	April 10 th
Kathleen D.	April 15 th
Bernice W.	April 16 th
Jean O.	April 18 th
Robert L.	April 26 th
Florence C.	April 29 th

Flower: Daisy

Birthstone: Diamond



April Birthdays

In astrology, those born between April 1–19 are the Rams of Aries. As the first sign of the zodiac, Aries like to be number one. Bold, courageous, passionate, and somewhat impulsive, Rams dive headfirst into the most challenging situations.

Those born between April 20–30 are the Bulls of Taurus. Bulls not only work hard with a determined and tireless manner but they also enjoy the payoff, rewarding themselves for a job well done. These stable and reliable types won't finish the job until they are completely satisfied.

Resident Communication

Families are encouraged to e-mail in or mail in any letters and pictures that they want shared with residents. All letters can be e-mailed to jupsdell@peoplecare.ca or mailed to 369 Frederick Street, Kitchener, ON N2H 2P1.

It is also encouraged that, while school is off, families have their children, grandchildren, great-grandchildren, etc. make drawings, colorings or do artwork that can be shared with the residents as well. Again this can be e-mailed or mailed in and the Recreation Department will distribute things accordingly.



In Memory Of

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

Lina B.

Maria P.

Jack W.

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

~Henry Wadsworth Longfellow

Self-Care Strategies: Ideas to Cope with COVID-19

Below is an excerpt from Family Councils Ontario. Full article, with helpful links- fco.ngo/resources

We understand many families are going through immense change with the escalation of the COVID-19 pandemic and newly implemented procedures to protect those in long-term care. Physical distancing and visitor restrictions have been implemented across the province to flatten the curve and decrease the amount of community transmission.

Self-care is a practice Family Councils Ontario often emphasizes in programming, resources, and presentations. Strategies for self-care while practicing physical distancing include:

- Set boundaries with your electronics
- Call and Facetime loved ones
- Take a virtual tour of a museum, aquarium or zoo
- Learn something new
- Keep moving
- Declutter
- Give yourself permission to do as much or as little as you want

We hope these strategies will provide you with ideas for maintaining your mental, physical, and emotional wellbeing. Self-care is a job that will never stop being essential, so let's not forget about it!

Stay Connected

Staying in touch with your loved one and checking in with staff regularly is a great way to continue to partner with us to provide great care and quality of life for your loved one. Here are some ideas:

- Call the front desk at any time to get an update on how your loved one is doing.
- Our Home has the technology to support virtual visits (Facetime, Skype, Whatsapp, etc). Contact reception and we can set that up for you.
- Scheduled phone calls are a popular pastime right now – including just outside our windows/ doors, where you can chat “face-to-face” while still respecting the need for physical distancing.
- Participate in #HeartfeltMoments by following @peopleCareCommunities on Facebook. You can post pictures, videos and messages that we will share with residents and staff. You'll also see some familiar faces, as our residents have been eager to let families know they miss you too! If you need help posting, call the Home and speak to a member of our Programs team.

We look forward to seeing you again in person very soon!

March 31, 2020

A Message from our Family to Yours...

Dear peopleCare families,

With the world at a standstill due to the pandemic, it's an understatement to say this is a strange and challenging time for us all. Perhaps the toughest part is that, in order to support one another, we must remain physically apart.

While visitor restrictions to protect residents and staff are necessary to keep everyone safe, we know that for our families, having to stay away from our Homes is heartbreaking. For your loved one, you are that extra set of loving hands, eyes and ears every day – a true caregiving partner with our teams.

We want you to know that we are committed to doing all that we can to protect your loved one and keep COVID-19 out of our Homes including:

Stepping up our already rigorous infection control practices across our Homes and vigilantly monitoring the health of residents daily, with particular attention for signs of respiratory illness or fever.

Ensuring our Home leadership teams can stay completely focused on resident safety and care by supporting them with decision-making, contingency planning and having accurate and updated information throughout this rapidly evolving situation.

Working tirelessly to secure the necessary supplies and personal protective equipment to keep residents and staff safe in the event of an outbreak.

Our promise to you during this stressful situation is the same as it is every single day – to treat your loved one the way we would want a member of our own family to be treated. To do everything in our power to keep them healthy, safe and feeling cherished. To provide the best possible care and comfort should they become ill. And to honour and support the meaningful role that you play in their quality of life and well-being, even if you can't be hands-on for the time being.

In the coming weeks, our teams will continue to keep you informed and offer creative solutions to help you stay connected. Thank you for the trust and confidence you've placed in peopleCare. Your loved one is in skilled, compassionate and dedicated hands, and their safety remains our top priority.

Sincerely,

Brent and Heather Gingerich |



peopleCare - family owned and operated for over 50 years

Message from the Executive Director

From the Desk of Florin

Although visitor restrictions are a necessary measure to protect our residents and staff, we miss seeing our families and friends from the community in and around the Home. Until we can meet again in person, we want to share some information that we hope you will find reassuring.

We are completely focused on resident care. Our teams are following your loved one's care plan and keeping everyone active and engaged.

We are working hard to keep COVID-19 out of the Home. We have put enhanced infection control practices in place and are following all Public Health directives. To reduce the risk of exposure, we are limiting who can come into the Home and actively screening everyone before they enter. Residents have been asked to stay in the Home, except for essential medical appointments, and to go into self-isolation upon return as a precaution.

We are committed to keeping you informed. Since COVID-19 first emerged in Canada towards the end of January, we have communicated regularly about the evolving situation via phone blasts, memos and the newsletter. We will continue to keep you updated in the coming weeks:

- We will inform everyone if a resident or staff in our Home has confirmed COVID-19.
- We will contact you directly if your loved one becomes ill, if they are being tested for COVID-19, or if they are at high risk of COVID-19 exposure (per Public Health direction/criteria).
- You can find the latest info at peoplecare.ca – click on COVID-19 Updates from the top menu bar on any page. (Be sure to read the *Letter to Families* from Brent and Heather Gingerich.)
- If interested in communicating via email, check with our office team that we have an updated, accurate email address on file.

In recent days, my team and I have received an overwhelming response from our families and the community, including notes, cards and thoughtful tokens of appreciation. Thank you from the bottom of our hearts for your encouragement and support.

Please take care of yourself during this stressful time. Your loved one would be the first to say the same. We want you to stay well so you can visit the Home just as soon as we are able to lift restrictions.

Sincerely,

Florin Perte
Administrator



Chaplain's Chat

APRIL SHOWERS....bring more than May flowers?

Life is not a highway strewn with flowers,
Still it holds a goodly share of bliss,
When the sun gives way to April showers,
Here is the point you should never miss.

Though April showers may come your way,
They bring the flowers that bloom in May.
So if it's raining, have no regrets,
Because it isn't raining rain, you know, (It's raining violets,)
And where you see clouds upon the hills,
You soon will see crowds of daffodils,
So keep on looking for a blue bird, And list'ning for his song,
Whenever April showers come along.

And where you see clouds upon the hills,
You soon will see crowds of daffodils,
So keep on looking for a blue bird, And list'ning for his song,
Whenever April showers come along.

Perhaps you will remember the above words which were sung by Al Jolson in the song April Showers? When we think of April showers our minds go to the spring rains and how the world is refreshed – the winter is washed away with the cleansing, refreshing April showers and all around us a newness emerges.

The winters of our lives are also refreshed with showers from God allowing a newness to emerge in us and around us. God's showers can come in the form of love, grace, peace, gentleness, joy and faithfulness. These we receive through our faith and then share with others around us.

May a shower of
blessings fill your lives
with friendship and
lasting love this spring.

- **Chaplain Wil.**



Living the peopleCare Values

INTEGRITY

Dare to be transparent

Are all of your decisions made with integrity?

Be honest, trustworthy, transparent and consistent in your work and home life



Find us on:
facebook

Check us out, and like us on Facebook by typing in "peopleCare Communities"

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

Visit www.peoplecare.ca to download our latest program calendars and newsletters, and to learn what's new at peopleCare Communities

HEARTbeats

Congratulations to our March Draw Winners!

Name of Giver:

Name of Receiver:

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

Thank you for all you do!



Resident Joan M. celebrated her birthday in March!

peopleCare Is here for You

peopleCare recognizes that we cannot thrive without the hard work and dedication our employees make every day in 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



Earth Day Every Day

Find all of the Earth Day related words from the list below. The words can be up, down, forward, backward, or diagonal.



AIR
APRIL
CLEAN
CLIMATE
COMPOST
CONSERVATION
ENERGY

ENVIRONMENT
EXTINCTION
FOREST
GLOBAL
LAND
LITTER
NATURE

OCEAN
OZONE
PEOPLE
PLANET
POLLUTION
RECYCLE
REDUCE

RESOURCES
REUSE
SMOG
TRASH
TREES
WASTE
WATER
WILDLIFE

EASTER WORD SEARCH

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

Easter	Jellybeans	Spring	Bonnet
Basket	Celebration	Candy	Fun
Bunny	Decorate	Hunt	Sunday
Hide	Chocolate	Lily	Parade
Eggs	Flowers	Chick	Lamb

