

# Rideau Review

Owned and Operated by  
Chalmers Foundation



APRIL 2024

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# Board Message

Hello Friends and Families,

Spring is finally coming, and the cherry blossoms are ready to bloom. We are very excited for that, and for the inevitable spring cleaning that comes with the season.

On top of the new safety measures we have added to our elevators, we are also cleaning up our emergency preparations processes for serious

instances such as earthquakes. While we do have the ability to sustain our community for a full week in case of an earthquake, we also recommend that all families have an emergency plan in place. Always better be safe than sorry! Enjoy the spring and make sure to come see the cherry blossoms in bloom.



*Ann Leckie*

**Board Chair, Chalmers Foundation**

## Employee Profile of the Month

The employee we would like to showcase for the month of April is one of our beloved Care Aides - Martha!

Martha has been with Rideau for 26 years! She worked in the housekeeping department, and more specifically helping out with laundry, for the first eight years. She then successfully completed her Care Aide training and has been part of our Wellness Team since then.

Martha is a dedicated woman, she cares deeply for all of our residents. Martha is originally from Poland, she loves to travel and she has one daughter who works in Australia and who is getting married in September! Thank you for your awesomeness, Martha!

# Emergency Preparedness

Rideau Retirement Residence is completing its Emergency Earthquake Preparedness as part of work in constantly ensuring we are keeping everyone safe. In the event of an earthquake when there can be very limited access into this building or there is an evacuation to a pre-designated site, we require to have knowledge of medications you/your loved ones are taking. We would have clinical and medication records of residents who are in our med-managed program and serviced by our designated Inlet Pharmacy ("Inlet"). Inlet will continue to support medication needs during a crisis. We have directed Inlet and our Wellness Manager to connect with you and your loved ones to do a Best Possible Medication History so that we have that visibility and ability to ensure your loved ones can have continuity of life-sustaining and life-improving medications in the advent of an emergency.

If you have questions or concerns, please reach out to Eric, our Wellness Manager.

## Maintenance Update

As many of you have noticed, March was a busy month for our maintenance department, especially in regards to the elevators.

We have added more safety measures to our elevators, such as lunar keys. Lunar keys - or drop keys - are a safety access measure that can be used by technicians and first responders should someone be stuck inside.

Additionally, our department was busy throughout the month to ensure that the mandatory service and maintenance to our elevators continues to be done regularly and effectively.





# Our Directory

To prevent confusion when addressing your personal matters with our staff, here's our Directory. Save this page and keep it in your room for your records.

## **Ann Leckie**

Position: Board Chair

Office location: 1705 - 7th Floor

Office hours: Week days in the afternoon

Phone: 604-970-2373

Email: boardchair@chalmersfdn.ca

## **Jane Deane**

Position: Board Member

Office location: 1705 - 7th Floor

Office hours: Monday-Friday, 11am - 4pm

Phone: 604-818-7401

Email: boardvolunteer@rideauresidence.ca

## **Eric D'Sousa**

Position: Wellness Manager

Office location: Med Cart Room - 2nd Floor

Office hours: Monday-Friday, 7am - 4pm

Phone: 778-996-5824

Email: wellnessmanager@rideauresidence.ca

## **David Johnson**

Position: Chef Manager

Office location: Kitchen Area - 2nd Floor

Office hours: Sunday-Thursday, 9am - 5:30pm

Phone: 604-970-7470

Email: culinarydir@rideauresidence.ca

## **Jasmine Lin**

Position: Kitchen Manager

Office location: Med Cart Room - 2nd Floor

Office hours: Tuesday-Saturday, 10am - 6pm

Phone: 604-617-8817

Email: kitchenmgr@chalmersfdn.ca

## **Gunter Tagesen**

Position: Building Services Manager

Office location: Next to Library - Main Floor

Office hours: Monday to Friday, 6:30am - 4pm

Phone: 604-291-1792

Email: buildingservicesmgr@rideauresidence.ca

## **Chloe Ratti**

Position: Marketing Specialist

Office location: N/A

Office hours: Monday to Friday, 7am - 4pm

Phone: 236-985-1214

Email: marketing@chalmersfdn.ca



# ACTIVITIES & EVENTS



Important reminder  
Residents General  
Meeting will take  
place on Thursday,  
April 25th, 2024

Check out all our events for the month of April:

Apr 1st - Easter Egg Hunt

Apr 2nd - Transferring Sprint Bulbs

Apr 3rd - Bus Tour: Museum of North Vancouver and Lonsdale Quay

Apr 5th - Afternoon Social with Patrizia Coletta

Apr 8th - Health & Wellness Presentation

Apr 9th - Dealing with Stress Workshop

Apr 10th - Cherry Blossom Walk & Mini Picnic

Apr 12th - Afternoon Social with Ranj Singh

Apr 16th - Estate Planning & Fraud Prevention Presentation

Apr 17th - Greece Trivia & Armchair Travel

Apr 18th - Bus Tour: VSO Tea & Trumpets

Apr 19th - Birthday Celebrations with Bobby Bacchus

Apr 22nd - Demo with Chef David

Apr 24th - Neighborhood Walk

Apr 26th - Afternoon Social with Roberto Risman

Apr 30th - Outdoor Games



# BIRTHDAYS & PICTURES

## April Birthdays

Patricia, L. - April 5th

Leno, M. - April 10th

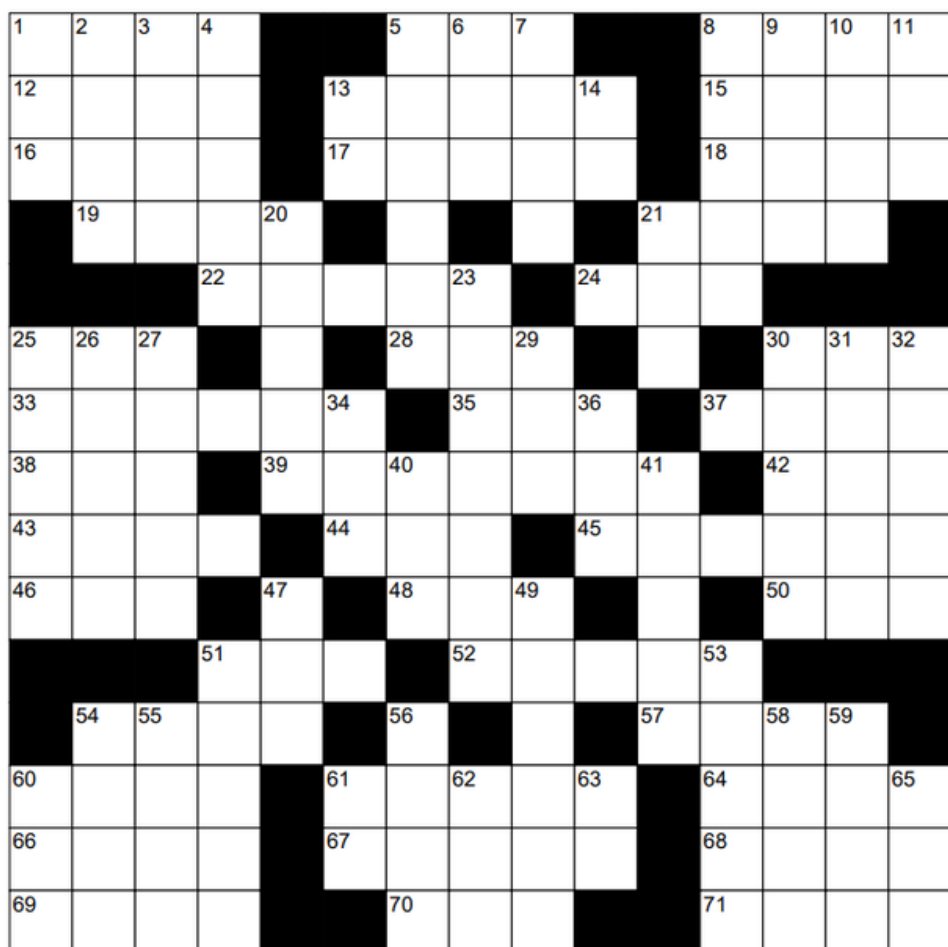
Esther, S. - April 12th

Vera, Z. - April 15th

Shirley, C. - April 19th







## ACROSS

- 1 Group of nations
- 5 Small
- 8 Curtsey's
- 12 Elegant
- 13 Break out of egg
- 15 Wading bird
- 16 African nation
- 17 Western state
- 18 What you do for the judge
- 19 Treat with contempt
- 21 Stair
- 22 Kangaroo bear
- 24 Car speed
- 25 Kimono sash
- 28 Wing
- 30 Metric weight unit
- 33 Cloth hat that is fastened with ribbons
- 35 Scientist's office
- 37 France & Germany river
- 38 Epoch
- 39 Admit (2 wds.)
- 42 Killed in action
- 43 Mail
- 44 Milk maker
- 45 Looms
- 46 Bard's before
- 48 Ruby
- 50 Distress call
- 51 Fall mo.
- 52 More often than weekly
- 54 Cuts off "in the bud"
- 57 Holler
- 60 Secure
- 61 Crick
- 64 Electron, for example
- 66 Negative (prefix)
- 67 Pallid
- 68 Canal
- 69 Fossile fuel
- 70 Scriptural your
- 71 Structure used by a bird to lay eggs and rear young

## DOWN

- 1 Tempo
- 2 Soil
- 3 Capital of Norway
- 4 Newly hatched bird
- 5 Swaying walk
- 6 Airport abbr.
- 7 Resound
- 8 Act or fact of being born
- 9 Off-Broadway award
- 10 Bunch of hay
- 11 Compass point
- 13 Hello
- 14 Santa's laugh
- 20 Divided nation
- 21 Observe secretly
- 23 Accepted
- 25 Heavy-set
- 26 Hole maker
- 27 Sappy
- 29 Rule
- 30 Forces
- 31 El Qahira
- 32 Lawn plant
- 34 Tender loving care
- 36 Whit
- 40 Record
- 41 Stately
- 47 Large vehicle
- 49 Boggy
- 51 Fourth month of the year
- 53 Asian country
- 54 Taboo
- 55 Small particle
- 56 Quarrel
- 58 Decoy
- 59 Superman's Ms. Lane
- 60 McDonald's "Big \_\_\_"
- 61 Compass point
- 62 Tree
- 63 Possessive pronoun
- 65 Tulle

# APRIL

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Evelyn Johnson - [www.qets.com](http://www.qets.com)

April	Damp	Natty
Arbor	Diamond	Rain
Aries	Earth	Sagacious
Biddable	Easter	Sunshine
Bunny	Fool	Taurus
Butterfly	Grass	Venerate
Daisy	Grow	Weather