





# Rideau Review

Owned and Operated by  
Chalmers Foundation



MAY 2024

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# Board Message

Hello Friends and Families,

Exciting times this month as the building next door was torn down! The residents were able to watch it come down safely from our Bistro. For more information on what is happening next door please read the section in the newsletter by Steven Petersson. He is responsible for ensuring the health and safety of our residents and building while construction is going on.



We are in the process of making our capital expenditures decisions. What this means and why we would like to hear from you is explained in more details in the newsletter! Please read ahead to learn more about our work in constantly improving our residents' lives, here at Rideau Residence.

*Ann Leckie*

**Board Chair, Chalmers Foundation**

## Employee Profile of the Month

The employee we would like to showcase for the month of May is a member of our housekeeping team - Satya!

Satya has worked with the Chalmers Foundation for fifteen years, and she is a very respected member of our staff. Satya really enjoys working with people, and she's always enjoying a good joke and a laugh.

In her spare time, Satya likes to sew, to cook and to bake, and she is incredibly good at them.

She is an amazing person, through and through, and we're truly lucky to have her in our community.

# About the new Pharmacy

As we've mentioned in the last newsletter, we are working together with Inlet Pharmacy to improve the residents experience as they receive care.



Meet Derek, the pharmacist from Inlet who is regularly on site to service Rideau residents. In addition to no-charge medication delivery, did you know that as a Pharmacist, he can make a diagnosis or prescribe for 21 minor ailments as well as check with BC Pharmacare for drug coverage? Through the newsletter, we can highlight one of these minor ailments each month.

Derek can provide primary care and timely access to medication right at Rideau. Additionally, we'd like to remind you that Dr. Valentyna Rembez is Rideau's "in-house" family physician.

Dr. Rembez regularly visits once a month and she is currently taking on new patients.

If you don't have a regular physician and would like Dr. Rembez to be your loved one's family physician, please email Eric at [wellnessmanager@rideauresidence.ca](mailto:wellnessmanager@rideauresidence.ca) Dr. Rembez is looking to be at Rideau the first week of May. Advanced request is required for scheduling, so if you wish to meet with her, please talk to Eric or ask Concierge to schedule you in!

## **This Month's Minor Ailment**

Urinary Tract Infection  
(uncomplicated)

### **What can Derek do?**

Derek can prescribe an antibiotic and deliver it to you or your loved one.





# Improving Rideau

As Ann mentioned at the beginning of the newsletter, we are in the process of making our capital expenditures decisions. This means that the board decides on how much money to spend on fixing the residence and what the priority items are. Similarly to running a house, it is likely that there will be far more requests than we can afford. The board must keep tight financial controls in place to ensure as low as possible rent increases.

We would like to hear from you, your ideas on what you would like to see improved and changed in the building. We can't promise you that we will do all the recommended changes, but we will take your ideas back to the committee.

Please email [reception@rideauresidence.ca](mailto:reception@rideauresidence.ca) your ideas

## Demolition Next Door

April 23rd, an exciting event happened in our neighbourhood.

After working with Rideau staff to establish a Safety Plan, Bosa demolished the neighbouring building east of Rideau Residence! Demolition crews were diligent in following established safety protocols. The building was demolished safely: crews expertly pulled down the closest wall away from our beautiful garden.

The crew quickly cleaned the debris and restored our garden to better than its original state.

We will continue to work with our neighbour through their construction process to protect the safety of our residents and home at Rideau.

For more information about the construction project next door, keep an eye on future editions of this newsletter, or contact Steven Petersson at Rideau Residence.



# ACTIVITIES & EVENTS



Important reminder  
Residents General Meeting will take place on Thursday, May 23rd, 2024

Check out all our events for the month of May:

May 4th - Sing Along with Valerie

May 5th - Cinco de Mayo Celebration with Pete Campbell

May 6th - Demo with Chef David

May 7th - Bus Tour: Park and Tilford

May 8th - Recreation Planning Meeting & Formation of New Resident Welcome Committee

May 10th - Afternoon Social with Mike Turner

May 12th - Mother's Day Celebration with Peter Tam

May 13th - Outdoor Coloring & Painting

May 14th - 'Your Life, Your Legacy' Presentation

May 15th - Mexico Trivia and Armchair Travel

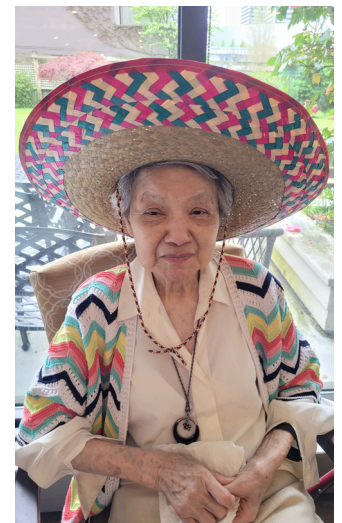
May 17th - Birthday Celebration with James Burton

May 21st - Bus Tour: Stanley Park and Prospect Point

May 24th - Afternoon Social with Gabriel Hasselbach

May 28th - New Residents Welcome Social

May 31st - Afternoon Social with Robert Sproviero



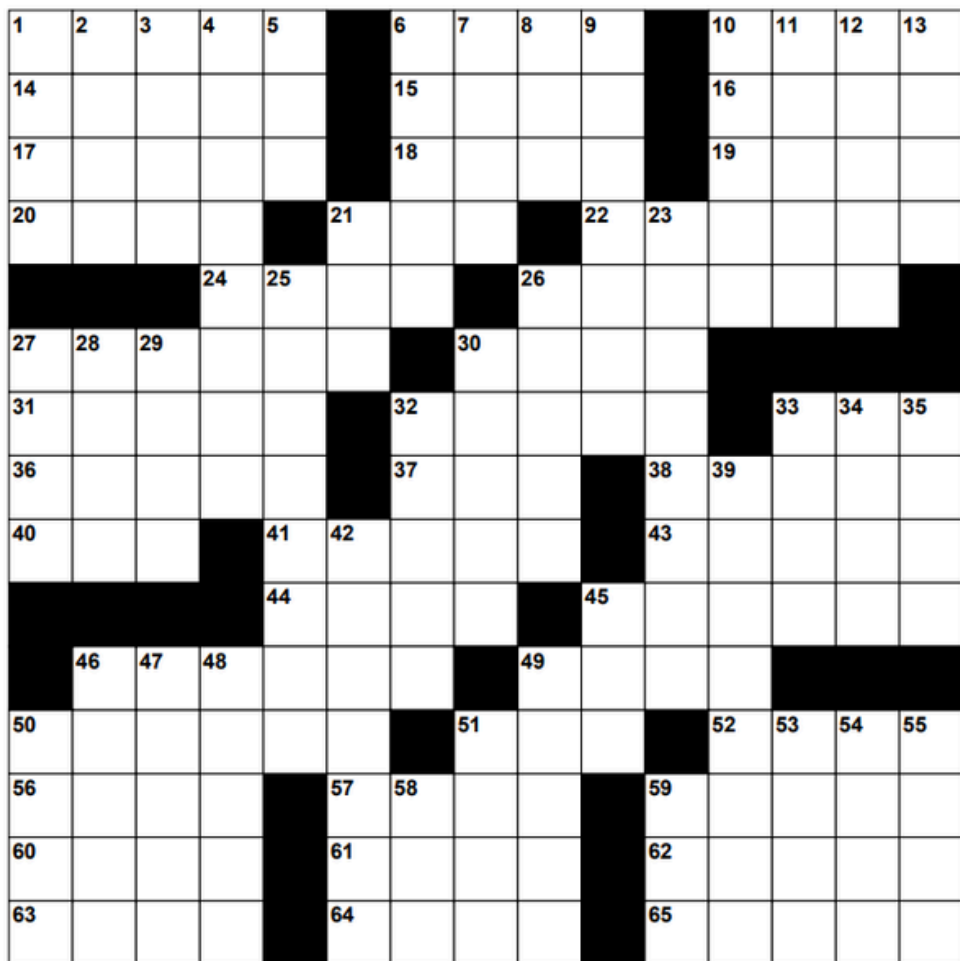


# BIRTHDAYS & PICTURES

## May Birthdays

Eva, J. - May 1st  
Ene, M. - May 2nd  
Mary, F. - May 9th  
Erwin, D. - May 10th  
Frederick, B. - May 11th  
Horst, T. - May 17th  
Antonio, A. - May 24th  
Mary, G. - May 26th  
Donna, M. - May 27th  
Anne, B. - May 28th  
Eleanor, I. - May 30th  
Lars, L. - May 31st





**ACROSS**

- 1 Herbage suitable for grazing animals
- 6 A wager (2 wds.)
- 10 Unfreeze
- 14 Scoundrel
- 15 Brand of coffee alternative
- 16 Small particle
- 17 Tight at the top, flaring at the bottom (2 wds.)
- 18 "Mister" (German)
- 19 Cut of beef
- 20 Not women's
- 21 Peanut butter brand
- 22 Spot on the ground where rain gathers
- 24 Tinted
- 26 Scorn
- 27 Recruit
- 30 Surrender
- 31 Cowboy John
- 32 Moses' brother
- 33 Compass point
- 36 Goofed
- 37 Chest bone
- 38 Young fish
- 40 Grain
- 41 Towel cloth
- 43 Book by Homer
- 44 Asian nation
- 45 Short
- 46 Money magazine
- 49 Quick
- 50 Female parent
- 51 Head motion
- 52 Talk about, with "over"
- 56 Pretentious
- 57 City in Yemen
- 59 Mexican holiday "\_\_\_\_ de Mayo"
- 60 Prow
- 61 Want
- 62 Frame
- 63 Dry
- 64 Points
- 65 Snips

**DOWN**

- 1 Metric weight unit
- 2 Position
- 3 Against
- 4 Sun's light
- 5 Encounter
- 6 Plant louse
- 7 Steak
- 8 Make a mistake
- 9 Sub's weapon
- 10 Typographic character
- 11 Head coverings
- 12 Tipped
- 13 Decrease
- 21 Air commuter's transportation
- 23 Dinner tools
- 25 Was (3 wds.)
- 26 Horse race
- 27 Water pitcher
- 28 Not one
- 29 Harp
- 30 Hiker's trail marker
- 32 Tapestry
- 33 Little Mermaid's love
- 34 Douse
- 35 Swirl
- 39 Cloth maker
- 42 Birthstone that means love and success
- 45 Not good
- 46 Skill
- 47 Swimming mammal
- 48 Sounds alike
- 49 Types of letters
- 50 Volume
- 51 Place where birds lay their eggs
- 53 Negative (prefix)
- 54 Water film
- 55 Jumps
- 58 Twosome
- 59 Time zone



# MAY

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.

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

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

Birds  
Butterfly  
Emerald  
Flowers  
Garden  
Grass  
Honeybee

Hose  
Maypole  
Memorial  
Mother  
Nest  
Plant  
Rain

Seeds  
Soil  
Spring  
Sprout  
Sunshine  
Taurus  
Wheelbarrow