

Rideau Review

Owned and Operated by
Chalmers Foundation



SEPTEMBER 2024



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Executive Director Message

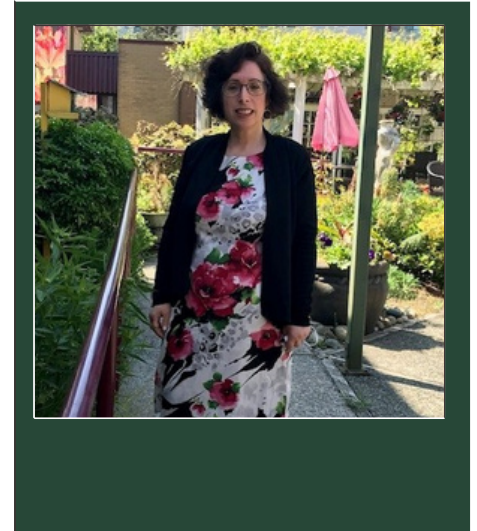
Hello Team and Families,

Thank you everyone for attending and participating in the Hawaiian Luau party. It was great dancing with my new family. What an amazing family and community.

I enjoyed seeing our staff collaborating and working together to make this happen. What a wonderful team we have. Its great to see our staff so engaged with residents, the laughter and sharing stories is

amazing. Last month resident general meeting was great, it was great to hear your suggestions and feedback.

I look forward to many lunches and stories and excited to be part of such an amazing family community. I can be reached by phone at 604-291-1792 and or by email at execdirector@chalmersfdn.ca



Sylvia Katz

Executive Director, Chalmers Foundation

Employee Profile of the Month

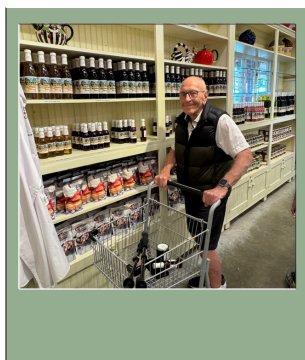
This month we would like to highlight the wonderful work from our recreation team member - **Hardi!** Hardi moved to Canada in 2019 from India as a scholarship student to Simon Fraser University. She has a bachelor of Fine Arts (specializing in painting), a Masters in Museology and a Masters in Art! With this incredible background, Hardi provides excellent recreational programs for our residents at Rideau. I encourage you to attend one of her art programs in the Bistro. Outside of work Hardi enjoys going on long walks, scenic drives, reading books and building up her home library. Hardi has been married to her husband, Vick, for two years and they just announced they are expecting their first child in January 2025! Thank you Hardi for all your great work at Rideau and our best wishes for your growing family!

Community Relations Update

Lianne is excited to tell you all that Rideau will be hosting it's first Open House! Please invite your friends and family that you might like to join your community, to come and check us out. We will have live entertainment in the Bistro (A Patsy Cline impersonator and she is FABULOUS!) and have invited friends from all over to come here for a tour, try our food and experience a bit of our lifestyle. If you would like to take a personal invite to a friend, invites are available at concierge for you to take and hand out. This is your chance to choose your neighbours and build the community you live in.

Also in Community Relations, Lianne is excited to introduce you to our new Esthetician, Mary who will be available to provide our residents with a Manicure/or Pedicure effective September 21st.

Book your appt. through Concierge today!



September Update

September 30 is the National Day for Truth and Reconciliation, also known as Orange Shirt Day. The day honours the Indigenous children who never returned home and Survivors of the residential schools, as well as their families and communities. On September 29 Rideau is hosting the Stars of the North Drum Group to commemorate the day. Wearing an orange shirt is intended to raise awareness of the individual, family and community intergenerational impacts of residential schools and to promote the concept of "Every Child Matters". Join us for the event and wear orange in support!

Health Update

The annual flu vaccinations start in October. Eric will work with you and your family member(s) for consent form signatures. Derek will be your in-house Pharmacist vaccinator once the vaccine becomes available. In addition, did you know that Derek can vaccinate you with the following vaccines too (not at the same time).

- COVID (when available)
- Shingles
- Pneumococcal.

Dr Valentyna Rembez has been coming about once a month to Rideau to see her residents. She is still taking new patients. If you have the need or want to have Dr Rembez as your new GP, please speak to Eric before her next visit.

This Month's Minor Ailment

Fungal infection

What can Derek do?

Athlete's foot: Athlete's foot is unlikely to get better on its own. Derek can assess and then prescribe or recommend a topical anti-fungal treatment. It usually takes several weeks to work.



ACTIVITIES & EVENTS



Important Reminder
Residents General Meeting will take place on Thursday, September 26th, 2024

Check out all our events for the month of September:

September 3rd : Garden Games

September 5th : Social With Augustin

September 6th : Afternoon Social With Mike Kinal

September 7th : Virtual Orchestra: Vivaldi: The Four Seasons

September 9th : Garden Party With Kara

September 11th : Bus Tour: Shopping At Walmart-Lougheed Mall

September 12th : Social With Augustin

September 14th : Open House: Patsy Cline Entertainment

September 18th : Bus Tour : Fort Langley

September 19th : Social With Augustin

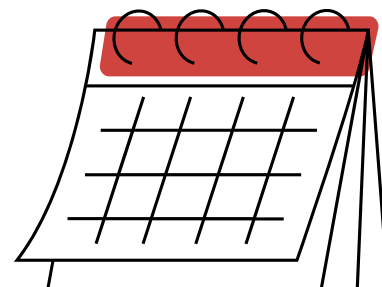
September 20th : Birthday Celebration With Pete Campbell

September 23rd : Culinary Chat With Chef David

September 26th : Residents' General Meeting

September 27th : Afternoon Social With Gabriel Hasselbach

September 29th : Stars Of The North Drum Group Presentation



BIRTHDAYS & PICTURES



August Birthdays

- | | |
|-----------------|---------|
| Eugene Wilson | Sept. 2 |
| Leona Quan | Sept. 3 |
| Chup Ting Cheng | Sept 3 |
| Edith Sherst | Sept 6 |
| Jane Blenkhorn | Sept 10 |
| Eileen Puder | Sept 10 |
| Bruna Pandolfo | Sept 11 |
| Mildred Symonds | Sept 18 |
| Chuck Beckerleg | Sept 20 |
| Lily Hunt | Sept 20 |
| Albert Champion | Sept 25 |
| Nancy Chong | Sept 26 |



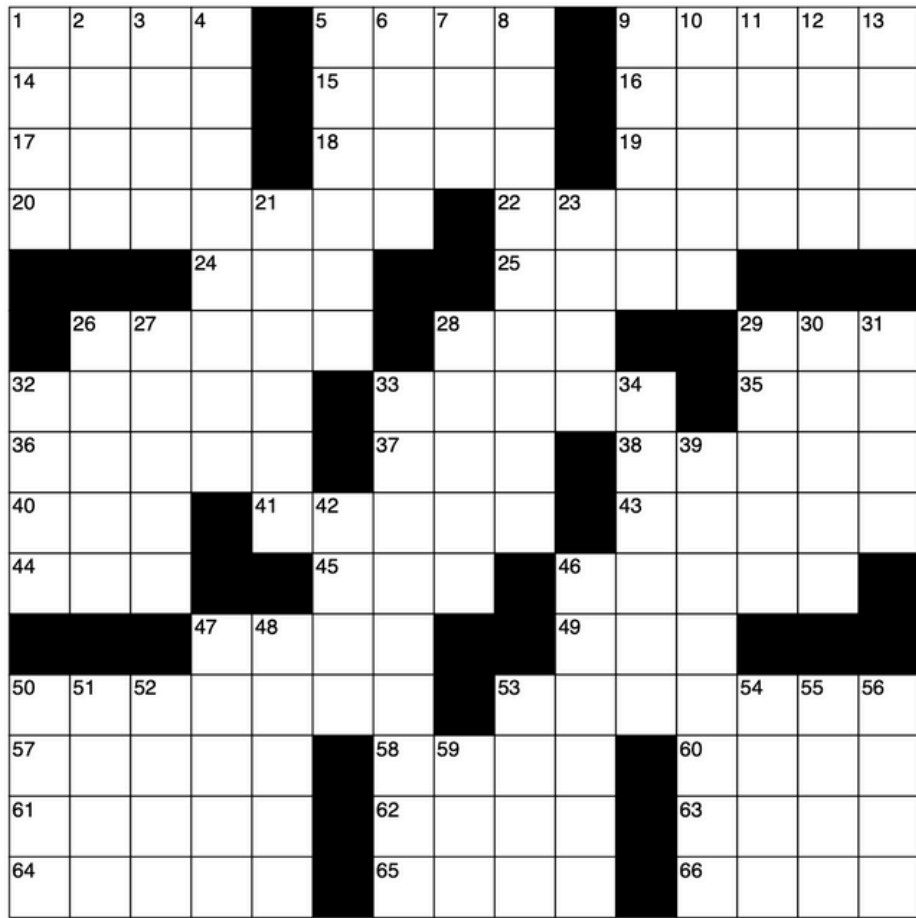
SEPTEMBER

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.

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

By Jimmy and Evelyn Johnson - www.qets.com

Apples	Fall	Picturesque
Autumn	Football	Quilt
Chilly	Gloves	Scarf
Cider	Harvest	School
Coat	Holiday	September
Dogdays	Leaves	Squash
Equinox	Libra	Windy



ACROSS

- 1 Tie shoes
- 5 Uproar
- 9 Type of monkey
- 14 Flatten
- 15 Sympathize
- 16 Grind
- 17 Ham
- 18 Colors
- 19 Quick-witted
- 20 Defends their country
- 22 Lunges
- 24 Flurry
- 25 Glance over
- 26 Group discussion
- 28 Motor vehicle
- 29 Not JFK
- 32 Approximate date
- 33 Liners
- 35 Rio de Janeiro
- 36 Surpass
- 37 Summer skin color
- 38 Tiny particles
- 40 Fib
- 41 Plant trunks
- 43 Ramble
- 44 Headed
- 45 Type of music
- 46 Crimes
- 47 Tuber
- 49 Dashed
- 50 Tutor
- 53 Madman
- 57 Shelter under branches
- 58 Kiln
- 60 Prank
- 61 Purple fruit
- 62 Pit noise
- 63 Brand of sandwich cookie
- 64 Sugar-free brand
- 65 Long
- 66 Apply a varnish

DOWN

- 1 Wilted
- 2 Realm
- 3 Cake
- 4 Entry
- 5 What children attend
- 6 Rigid
- 7 Wrath
- 8 Curbs
- 9 Louis' partner
- 10 Netherlands' capital
- 11 Wading bird
- 12 Shed
- 13 V.P.'s boss
- 21 Utopian ideas
- 23 Lyre
- 26 Elf
- 27 Arched
- 28 Winner
- 29 Put icing on a cake
- 30 Ten cent coins
- 31 Optimistic
- 32 Tiny body part
- 33 Sauna (2 wds.)
- 34 Island inhabitant
- 39 Twisters
- 42 Maple
- 46 Stems
- 47 Quick bread
- 48 Troika
- 50 Record
- 51 Goofs
- 52 Connect
- 53 Optical device
- 54 Exhaust
- 55 Whim
- 56 Rad!
- 59 Seven