

# Rideau Review

Owned and Operated by  
Chalmers Foundation



NOVEMBER 2024



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# November Updates

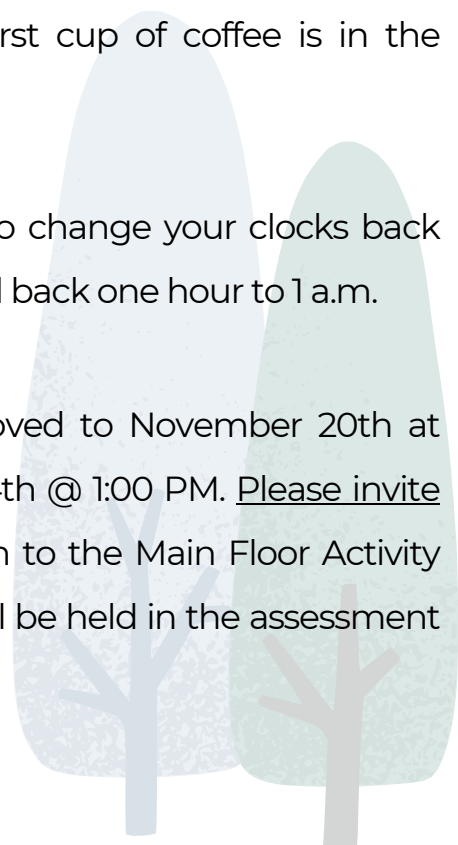
## **Elevator Upgrade Update:**

The elevator upgrades were delayed one week due to some required permits needed. TK Elevator technicians began work on Monday Oct 28. To our delight they were able to start work without shutting down one of the elevators, allowing us an extra week with two elevators! You may hear them working on the 19th floor in the elevator room. On Monday November 4 we expect the elevator to be out of service for the next 2-3 weeks as they replace the hoist system. We will continue to communicate updates as we receive them by posting notices around the building, setting up update meetings in the Bistro and announcements during activities. We thank everyone for their patience and understanding as we continue to work closely with TK Elevators to do the work with the least amount of disruption as possible.

**Reminder:** Breakfast starts in the Bistro at 7:30am. Please do not help yourself to breakfast before this time to allow staff to complete the set up. If you arrive before 7:30 please make yourself comfortable in the Bistro and wait for the staff to welcome you to breakfast. We appreciate your support as well all know how important that first cup of coffee is in the morning!

**Daylight savings** time ends Sunday November 3rd. Remember to change your clocks back one hour on Sunday Morning! When clocks reach 2 a.m. they will roll back one hour to 1 a.m.

**“Downsizing and De-cluttering with the Genies”** has been moved to November 20th at 1:30PM and the hearing screening clinic will be held November 14th @ 1:00 PM. Please invite your friends and register at the front desk to join us! Come down to the Main Floor Activity Room for the downsizing seminar! The Hearing Screening clinic will be held in the assessment room off the Concierge Desk.





# Seasonal Health Update

**Cold and flu season is here**, and staff have been working hard to put in preventative measures to keep our community healthy. We have implemented our Enhanced Infection Prevention and Control Procedures which includes enhanced cleaning, reminders on hand hygiene and encouraging all staff and residents to get their flu and COVID vaccine. We ask that all staff and visitors self-monitor and refrain from entering the building if you have symptoms of illness. Residents who have flu symptoms will be supported to rest and get better in the comfort of their suite with meal deliveries and wellness checks.

We want to thank our in-house Pharmacist, Derek Lee, from Inlet Pharmacy for providing our Flu and COVID vaccine clinic at Rideau on October 24th, vaccinating 92 residents and staff in one day! Thank you to all the residents who received their immunizations to keep yourself and others safe, we currently have over 90% of the building with up-to-date immunizations.

## Ailment of the Month:

### **Gastric Reflux**

- Derek can recommend gastric acid-reducing medications such as antacids, Pepcid or Nexium or prescribe prescriptions such as Pantoprazole or Rabeprazole.
- See Eric or Derek when you feel you have such a condition that needs attention.

# Staffing Update

## **Message from Kara, General Manager:**

It is with sincere regret that I inform you that I am relocating to Victoria BC and will be leaving my role as General Manager at the end of November. My husband was offered an exciting job opportunity with BC Cancer in Victoria, and we made the decision that it was a good time to make the move while my daughter is still young. I want to take this opportunity to express my sincere gratitude for the time I have spent with you all. The length of time in this role was shorter than I hoped for, but I must do what is best for my family. The relationships I've built here have been invaluable and I am truly sad to leave the organization, the staff and all the wonderful people who live at Rideau. It has truly been my honour to work here and get to know all of you. I am particularly disappointed that I will not have the opportunity to work and learn from Jag Sangha, our new CEO. The wealth of knowledge, compassion and leadership that I have experienced working with him leaves me confident you are all in excellent hands moving forward.

## **Welcome Edgar Castillo, Interim Accounting and Administrative Manager!**

Edgar joins us with 25+ years of experience in corporate finance, financial analysis, setting up new companies to leverage new trade operations, implementing internal control and accounting procedures in the automotive industry. Edgar came to Canada in 2016 with his wife and daughter, who was 5 years old, from Colombia, South America. Edgar enjoys his family life accompanying his daughter to her dance classes and competitions such as, acro-dance, ballet, tap, contemporary, lyrical, among others. On Fridays or Saturdays you'll find him playing night table games at home, trying to share time while having fun. Edgar shares "My time on this project should be filled with positive memories and valuable lessons. I'm excited to work together to build an extraordinary and inspiring Chalmers Foundation." Welcome to the team Edgar!



# BIRTHDAYS & PICTURES



## November Birthdays

- Nov 8 - Ben Y
- Nov 14 - Joan F
- Nov 18 - Luigi S
- Nov 25 - Dorothy S
- Nov 26 - Sandy M
- Nov 27 - Mary T



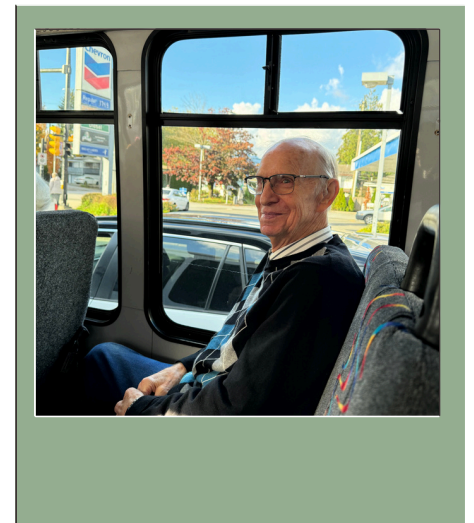
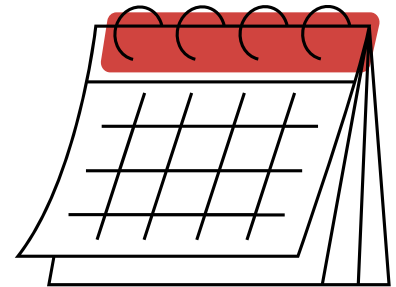
# ACTIVITIES & EVENTS



Important Reminder  
Residents General Meeting will take place on Thursday, November 21st, 2024

## **Check out all our events for the month of November:**

- November 5th - Coffee Chat With Jag
- November 6th - Bus Tour: Lunch at Sylvia Hotel and Restaurant
- November 8th - Afternoon Social With Patrizia Coletta
- November 11th - Remembrance Day Service
- November 14th - Acoustica Hearing Screening Clinic
- November 15th - Grade 1 and 2 Students Visit
- November 16th - Afternoon Music with Carmine
- November 20th - Bus Tour: Shopping at Tsawwassen Mills
- November 20th - information Session On Downsizing
- November 21st - Resident General Meeting
- November 22nd - Afternoon Social with Pete Campbell
- November 28th - Rideau's Got Talent
- November 29th - Afternoon Social With Gabriel Hasselbach



# NOVEMBER

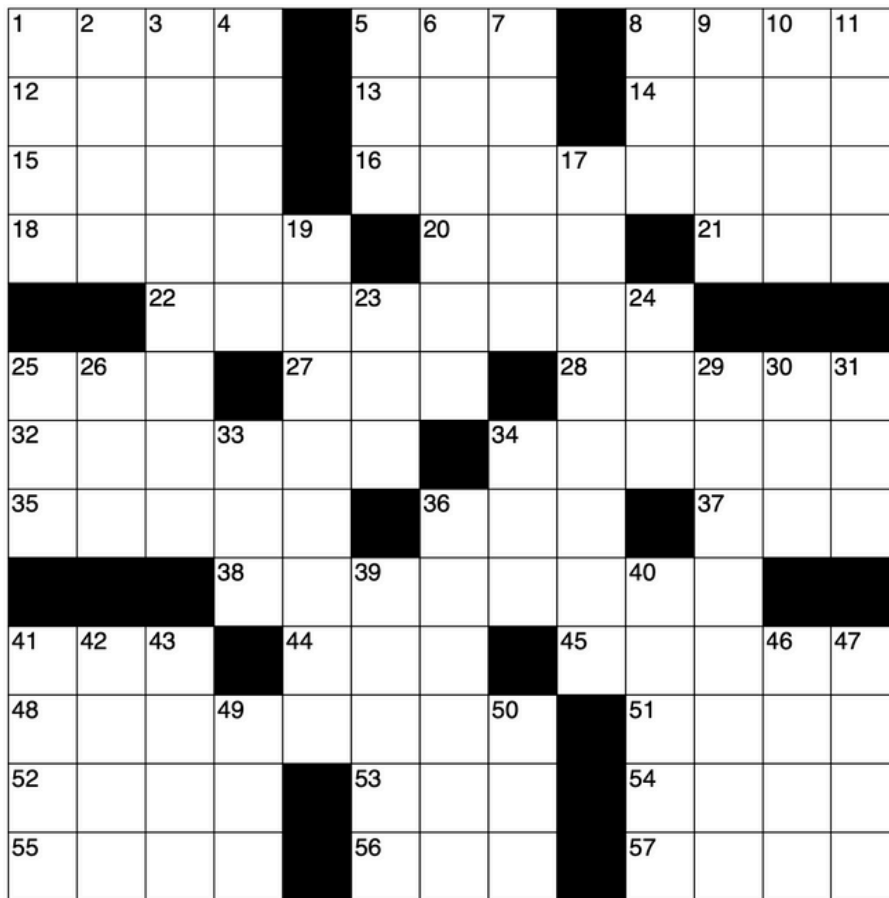
Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

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

Benevolent	Indians	Stuffing
Chrysanthemum	Mayflower	Thanksgiving
Cornucopia	Memorial	Topaz
Cranberry	November	Traditions
Election	Pilgrims	Turkey
Family	Pumpkin	Veteran
Grateful	Snow	Voter

# NOVEMBER



## ACROSS

- 1 Christmas meats
- 5 Furthest back
- 8 Syrian bishop
- 12 Black
- 13 Professional
- 14 Sampling of vote
- 15 Second letter of the greek alphabet
- 16 Tore (2 wds.)
- 18 Set of moral values
- 20 Mr.
- 21 Okay
- 22 Angus (2 wds.)
- 25 Women's undergarment
- 27 State
- 28 Rabbit
- 32 Type of star or watch

## DOWN

- 1 Greek goddess of youth
- 2 A wager (2 wds.)
- 3 Coat protector
- 4 Slow, shelled animal
- 5 Rainy mo.
- 6 Playful
- 7 Subject
- 8 Copy
- 9 Personify
- 10 Color
- 11 Swiss mountains
- 17 Lengthens duration
- 19 Famous lover
- 23 Sedan
- 24 Colorless
- 25 Tempo
- 26 Regret
- 29 First to celebrate thanksgiving
- 30 That (possessive)
- 31 Affirmative gesture
- 33 Sun's name
- 34 Shop
- 36 Grow feathers
- 39 Ocean \_\_ (big ship)
- 40 Afloat (2 wds.)
- 41 Singing voice
- 42 Plant with ears
- 43 Mock
- 46 Limbs
- 47 Deprive
- 49 Lavatory
- 50 Sward
- 34 Medium-sized tuna
- 35 Fruit
- 36 Romp
- 37 Acid drug
- 38 Loaf
- 41 Enact
- 44 Compete
- 45 "That's the last \_\_\_!"
- 48 Scottish area
- 51 Father
- 52 Three
- 53 Self-esteem
- 54 Austin novel
- 55 Upon
- 56 Color of cranberries
- 57 Association (abbr.)