

Rideau Review

Owned and Operated by
Chalmers Foundation



FEBRUARY 2025



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Message From CEO

Dear Rideau Retirement Residence Community,

As January comes to a close and February begins, we can almost see the light at the end of the tunnel for our elevator upgrade project. I know this has been an inconvenience for some of you, but we truly appreciate your patience and understanding. The end is near, and soon we'll have a brand-new elevator that will make daily life here at Rideau even more convenient and comfortable.

A big thank you to all our residents, families, and staff for being so cooperative throughout this process. The elevator upgrade is just the beginning of many improvements that the Chalmers Foundation is committed to making in an effort to enhance your living experience here at Rideau.

In addition to the elevator upgrade, we are excited to announce that February will bring some new programs to our community calendar along with some new residents! This is an exciting time as we continue to grow together, and we can't wait for you to be a part of these new offerings. Be sure to check out the calendar for all the details.

In the meantime, we ask that you please continue to use caution when entering and exiting the elevator for everyone's safety. Consideration for others will help ensure that this transition remains as smooth as possible for all.

Thank you again for your patience and support.

Jag Sangha

C.E.O.

Chalmers Foundation



February Updates



Employee Profile of the Month:

This month, we want to take a moment to acknowledge and celebrate the incredible efforts of our ENTIRE TEAM, who have gone above and beyond to keep things running smoothly during the elevator upgrades. Despite the delays and challenges, they've truly shown what teamwork and dedication are all about.

A special shout-out goes to our housekeeping staff and the dining room staff that do the tray deliveries, who don't even have the option of using the stairs with all the trollies and equipment but still manage their day. And to all the team members who've been running the stairs to minimize elevator use—you are truly appreciated.

We also want to acknowledge the extraordinary efforts made when our worst nightmare happened and BOTH elevators were out of commission at once! Thank you to Gunter who never fails to come in on his own time to manage these things.

We all appreciate you, Gunter! It was an incredibly difficult day, and we are grateful for everyone's hard work to ensure minimal impact on our residents.

Thank you, Team! Your resilience and symbiosis are what makes this community so special. Well done!



Seasonal Health Update

Ailment
of the Month:

Nicotine Cessation

If you're smoking and are ready to stop, Derek can help. He can recommend and prescribe nicotine replacements that come in a variety of delivery methods, such as chewing pieces, lozenges, inhalers, mouth sprays, transdermal patches, etc. Such brands include Nicorette, Habitrol, and Thrive. There are also prescription drugs that Derek can prescribe. Of course, Derek would support you with counselling and someone to correspond with on your journey to stop smoking. Please feel free to reach out to Eric or Derek.

Community Relations Message

In Community Relations this month, we continue to invite you to grow your neighbourhood by inviting your friends to visit, join you for lunch or perhaps even an education session we offer. Your friends are always welcome to join in on the fun and who knows!? Maybe they, too will want to be a part of the Rideau community! I am personally grateful to you all who make my job so much easier by welcoming people when I am touring them and helping me to show others what a fantastic community Rideau is! This month we will welcome 4 new residents and they are all very excited to be part of Rideau. Watch the board for photos if you want to see who your new neighbours will be.



BIRTHDAYS & PICTURES



February Birthdays

Feb 2 - Margaret G.

Feb 2 - Judy G.

Feb 4 - Rodney D.

Feb 6 - Dorothy K.

Feb 9 - Richard C.

Feb 14 - Leo R.

Feb 15 - Carol R.

Feb 18 - Donna M.

Feb 19 - Darlene K.

Feb 21 - Antonia N.

Feb 26 - Hazel G.



ACTIVITIES & EVENTS



Important Reminder
Residents General Meeting will take place on Thursday, February 20th, 2024

Check out all our events for the month of February:

February 2nd - Virtual Concert: Lang Lang Plays Disney

February 6th - Social With Augustin

February 7th - Afternoon Social With Marie And Micheal Cronin

February 11th - New Resident Welcome Social

February 12th - Bus Tour: Lunch At Chinese Restaurant

February 14th - Valentine's Day Celebration With Cristina Barbosa

February 15th - Dementia Co-Creation Academy

February 16th - Virtual Concert: Elton John Live

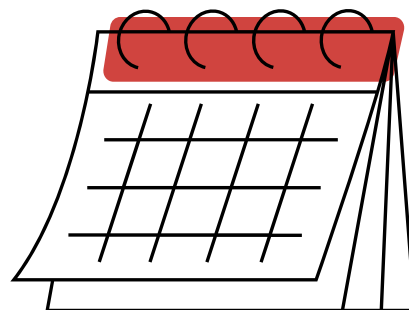
February 19th - Bus Tour: New Westminster Museum

February 21st - Afternoon Social With James Burton

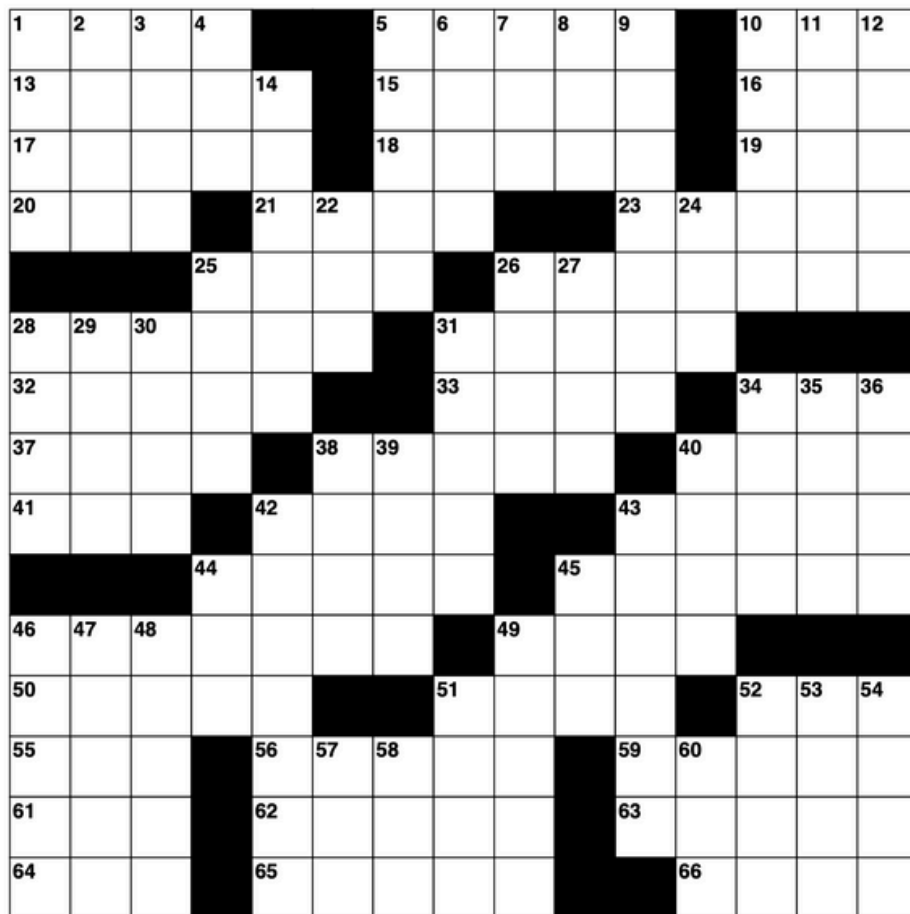
February 24th - Food Tasting With Chef David and Trivia

February 26th - Scotland Armchair Travel and Trivia

February 28th - Afternoon Social With Roberto Risman



GROUNDHOG DAY



ACROSS

- 1 Desert condition
- 5 Special case only (2 wds.)
- 10 Movie 2001's talking computer
- 13 Half man, half goat
- 15 Hair care product brand
- 16 Southwestern Indian
- 17 Host
- 18 India language
- 19 Traveler's aid
- 20 Fire remains
- 21 Skid
- 23 Wood
- 25 Shaded
- 26 State of atmosphere at a particular time
- 28 Narrated again
- 31 Fry
- 32 Tipped
- 33 Giant
- 34 Recede
- 37 Bomb
- 38 Cowboy show
- 40 Ticket amount
- 41 Fasten
- 42 Unconsciousness
- 43 Uncanny
- 44 Fools
- 45 Good luck charm
- 46 Not imprisoned men
- 49 Luge
- 50 Gives temporarily
- 51 Two
- 52 Animal foot
- 55 Serving of corn
- 56 Employer
- 59 Skid
- 61 Sign language
- 62 Sporty car brand
- 63 Sugar-free brand
- 64 Pigpen
- 65 Artist Andrew
- 66 Humid

DOWN

- 1 At sea
- 2 Los Angeles football team
- 3 Scratch
- 4 Imbue
- 5 Plant louse
- 6 Leaky faucet noise
- 7 Egg layer
- 8 Stale
- 9 Weather conditions prevailing at a certain time
- 10 Expressing dislike word
- 11 Dickens' "___ of Two Cities" (2 wds.)
- 12 Pariah
- 14 Occur, happen or outcome
- 22 Headed
- 24 Dined
- 25 Opening or hollow cavity
- 26 Payment
- 27 European monetary unit
- 28 Mouth off
- 29 Decorative needle case
- 30 Small fry
- 31 Fizzy drinks
- 34 Royalty
- 35 Soft cheese
- 36 Purple vegetable
- 38 Strong cord
- 39 Occurrence believed to be supernatural
- 40 Violent quarrel
- 42 Tip or gratuity
- 43 Come out of a surrounding environment
- 44 Place of concealment or shelter
- 45 Boxer Muhammad
- 46 Animal insects
- 47 Cook with dry heat
- 48 First stage of a time period
- 49 ___ Lee (pie brand name)
- 51 Fresh
- 52 Pocket bread
- 53 A cozy room (2 wds.)
- 54 Seven days of calender
- 57 Cold
- 58 Regret
- 60 Acid drug

CHINESE NEW YEAR

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.

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

By Jimmy and Evelyn Johnson - www.qets.com

Bamboo	Holiday	Rice
Chinese	Jade	Ritual
Dragon	Lantern	Silk
Emperor	Luck	Snake
Firecrackers	Lunar	Tradition
Gold	Panda	Vigil
Happiness	Rabbit	Year