

Rideau Review

Owned and Operated by
Chalmers Foundation

APRIL 2025



In this issue:

Message from CEO	2
April Updates	3
Health & Community	4
Birthdays & Pictures	5
Activities & Events	6
Crosswords & Puzzle	7

Message From CEO

Dear Rideau Retirement Residence Community,

Happy Spring, Everyone! 🌸☀️

The season of sunshine, fresh flowers, and longer days are finally here, and we have so much to look forward to! As you may have noticed, not only is our residence growing, but our Rideau team is expanding as well. I'm thrilled to introduce our new General Manager, Veronica Brown, to the Rideau Retirement Residence family! Veronica brings a wealth of experience to our team, having spent the past seven years at the Royal Canadian Legion BC/Yukon Command, where she supported 146 branches and 47,000 members across the region. Her dedication to fostering strong communities and providing exceptional service aligns perfectly with our values here at Rideau. As General Manager, she is committed to supporting our incredible team and ensuring that our residents receive the best possible experience. We're also excited to welcome three new team members—two in our accounting department and one in community relations!

- Jitin has joined us in Payroll, and Darly is our new Accounting Associate, both working alongside Accounting Manager, Edgar Castillo in our finance department. Their expertise and enthusiasm will be a tremendous asset to our team.
- Krit Pridhan has joined Lianne McGarrity as the Community Relations Coordinator to help grow the presence of Rideau in the Burnaby Community.

Please join us in giving a warm welcome to Veronica, Jitin, Darly, and Krit!

Jag Sangha C.E.O.

Chalmers Foundation



April Updates

I'm thrilled to join Rideau Residences as the new General Manager! With over seven years of experience supporting communities at The Royal Canadian Legion BC/Yukon Command, I'm passionate about fostering meaningful connections and ensuring a warm, enriching environment for residents and staff alike.

Outside of work, I love traveling with my husband and spending time with our three adult children. I look forward to getting to know everyone and being part of the wonderful Rideau Residences family!

Veronica Brown



Jitin Vimal



I'm Jitin Vimal, currently working as a Payroll and HR Administrator at Chalmers Foundation, bringing over 5 years of experience in recruitment, HR operations, and payroll administration. I specialize in streamlining processes, ensuring compliance, and supporting employees across all HR touchpoints. I recently transitioned into the Canadian nonprofit sector and am expanding my expertise in local payroll systems and HR best practices. I'm naturally approachable, detail-oriented, and thrive in collaborative environments. Outside of work, I enjoy exploring nature trails, cooking Indian fusion dishes, and curating minimalist fashion on a budget.

Darly Maje

Hi, my name is Darly, and I recently joined the accounting department. I have been an accountant for over 15 years and love working with numbers. I also enjoy spending time with my family, seeing new places, singing, and of course being part of a beautiful project like this. Don't hesitate to look me up if you need help.



Seasonal Health Update

Ailment of the Month:

Shingles

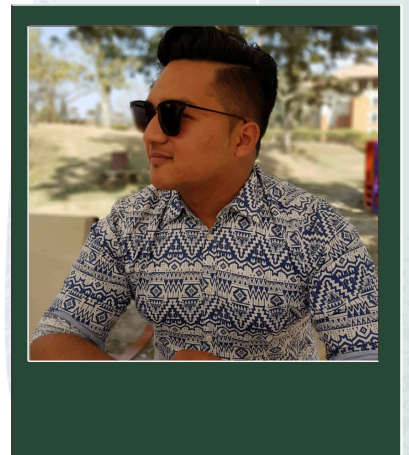
Shingles is a painful skin rash, often with blisters, caused by the same virus that causes chickenpox. About 1 in 5 people experience severe, debilitating nerve pain and other serious complications lasting months or years after the rash clears. Shingrix vaccine can help protect residents from getting shingles. Did you know only someone who has had chickenpox can get shingles? Derek can also prescribe antivirals within 72 hrs of rash onset. Feel free to speak with Eric and Derek for more info or next steps.

Community Relations Message

In Community Relations, Lianne is excited to have **Krit** on board as they plan exciting summer events! We hope to offer activities you'll want to invite your friends to while also welcoming the Burnaby community to get to know Rideau Residence. Of course, we know you all look forward to Carnival, so we'll be keeping that on the docket, but we're also brainstorming new and engaging events for you to enjoy. Stay tuned for more details!

Krit Pradhan - Community Relations Coordinator

Hi everyone! My name is Krit, which stands for creativity. I am excited to join the team at Rideau Residence! Originally from Nepal, I have lived in a few different countries, which has fueled my love for meeting new people and experiencing different cultures. When I am not working, you can probably find me playing one of the 13 sports I enjoy. I am passionate about marketing, storytelling and creating meaningful connections, and I cannot wait to get to know all of you.





BIRTHDAYS & PICTURES



April Birthdays

April 5 - Patricia L

April 10 - Leno M

April 12 - Ester S

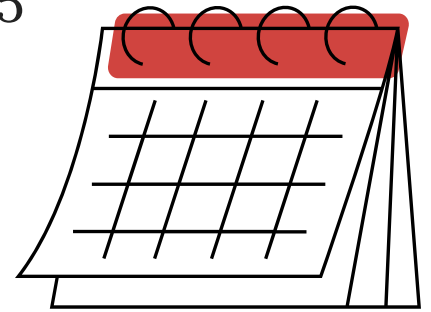
April 19 - Shirley C



ACTIVITIES & EVENTS



Important Reminder
Residents General
Meeting will take place
on Thursday, April 17th,
2025



Check out some of our events for the month of April:

April 1st - Coffee Chat With Veronica

April 2nd - Bus Tour - Lunch At Flying Beaver Bar & Grill

April 3rd - 1950's Party With Mike Kinal

April 7th - Hearing Health Workshop By Amplifon Hearing
Care Expert

April 11th - Grade 1 And 2 Students Visit

April 17th - Activity Planning With Residents

April 19th - Dementia Co-Creation Academy Workshop

April 20th - Easter Celebration With Marie And Micheal
Cronin

April 21st - Easter Egg Hunt

April 22nd - Horse Race And Social

April 25th - Afternoon Social With Pete Campbell

April 28th - Food Tasting And Trivia With Chef David

April 30th - Gardening

Need More Members!

**The Gardening Club and
Music Club need more
members!**

Join Us!



EASTER

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

By Jimmy and Evelyn Johnson - www.qets.com

Assemble

Basket

Bonnet

Bunny

Devoted

Ecumenical

Eggs

Emerge

Faith

Festive

Finery

Gospel

Hats

Inspiration

Lent

Phenomenon

Praised

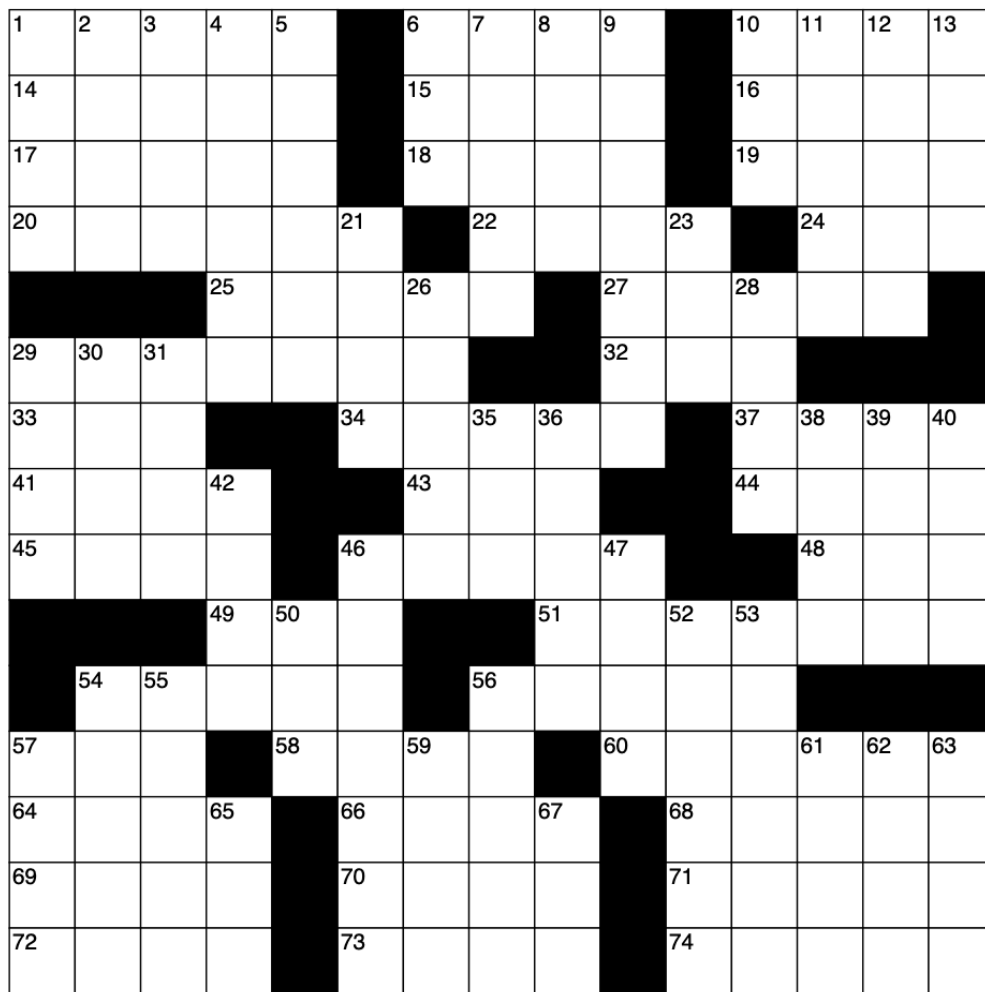
Revelation

Spring

Traditional

Worship

EASTER



ACROSS

- 1 Ragu's competition
- 6 Syrian bishop
- 10 Retired persons association (abbr.)
- 14 Architecture style
- 15 Maize
- 16 Tiny insect
- 17 Anxiety
- 18 Cancel
- 19 Colored or hidden
- 20 Flowed out slowly
- 22 Slave
- 24 Headed
- 25 Heron
- 27 Went gently
- 29 Approve enthusiastically
- 32 Compass point
- 33 River (Spanish)
- 34 Elects
- 37 Baby's "ball"
- 41 Press
- 43 Day of the wk.
- 44 Blemish
- 45 Soybean
- 46 Drug doers
- 48 Traditional Easter meal
- 49 Beige
- 51 Innocently
- 54 Italian herb
- 56 Side note
- 57 Point
- 58 One who gets things done
- 60 Undermine
- 64 Baby's bed
- 66 Opera solo
- 68 Seasoner
- 69 Volcano
- 70 Record
- 71 Scoop out
- 72 Booted
- 73 Observes with eye
- 74 Svelte

DOWN

- 1 Parent groups
- 2 Ancien German character
- 3 Lip
- 4 Doctrine, belief or principle
- 5 Mexican food brand
- 6 Hovercraft
- 7 Push upward
- 8 Soft cheese
- 9 Actress Julie
- 10 Maturity
- 11 Slant
- 12 Got angry
- 13 Posttraumatic stress disorder
- 21 Leaky faucet noise
- 23 Air blower
- 26 Gives off
- 28 Southwest by south
- 29 Weapons
- 30 See ya!
- 31 Comfortable
- 35 Remind
- 36 Soft drink brand
- 38 Prick
- 39 False bible god
- 40 Navy's rival
- 42 Head covering
- 46 Brings in from the car
- 47 Spoken
- 50 Rescue
- 52 Utopian ideas
- 53 _____ equinox
- 54 Nativity
- 55 Protein part, with 'acid'
- 56 Come into view or existence
- 57 Experts
- 59 Canal
- 61 Helper
- 62 Island
- 63 Scallion
- 65 Rotten
- 67 American Cancer Society (abbr.)