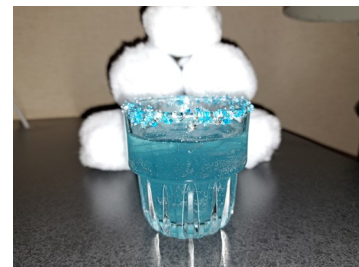


Goodbye  
2023  
Welcome  
2024



INSPIRED SENIOR LIVING



THE RICHMOND  
RETIREMENT RESIDENCE

# The Richmond Reader January 2024



2024

Every year you make a resolution to change yourself. This year, make a resolution to be yourself.

-Unkn own



Message From Erica in Life Enrichment

Happy New year Richmond Family! It's time to bid farewell to the old year and welcome in 2024! From the champagne New Year's toasts to watching the ball drop with friends and family, there are so many ways to usher in the new year. For some, it's about loading the table with good luck foods for a year of abundance. For other's it's a time for self-reflection and setting new intentions with achievable New Year's resolutions for 2024. However you celebrate the beginning of the new year we are excited to celebrate with you.

As the weather turns colder we tend to want to hibernate inside. It is important that we stay hydrated and keep our bodies moving to help with mobility, health and mental well being. Join us at our **exercise classes or walking group. Bundle up and take a tour around the parking lot or walk on your floor. Find a buddy and do it together!** If you need some ideas come and see me. I will be happy to help. Welcome to 2024!!

**Be Proud** and tell the world about inspired senior living! If you're one of the first 15 residents to give The Richmond a 5-Star Google review, we'll treat you to a \$5 Gift Card!

Our friendly management team is here to lend a helping hand if you need it.

**CareRx**

Wednesday January 10th

with Lisa Steffan  
Clinical Consultant  
Pharmacist with **CareRx**

In the Lower Level

At 10:30 am

**Topic: Falls Prevention**

*Welcome Home*

*Please help us give a very warm welcome to the following residents.*

Edna	David
Betty Lou	Joe
James	Diane

January Word Search

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

- |            |            |            |            |           |               |
|------------|------------|------------|------------|-----------|---------------|
| Wool       | Wood Stove | Wintertime | Windy      | Wind      | Thermal       |
| Storm      | Snowstorm  | Snowflake  | Snowboard  | Snow      | Slippery      |
| Sled       | Ski        | Scarf      | Polar      | Mittens   | Melt          |
| Jack Frost | Jacket     | Icy        | Ice Skates | Ice       | Hot Chocolate |
| Heater     | Heat       | Frost      | Frosty     | Frostbite | Freezing Rain |
| Freezing   | Fireplace  | Fire       | earmuffs   | Comforter | cold          |
| coat       | Chill      | Blizzard   | Blanket    | Black Ice | Bitter Cold   |
| Below Zero | Arctic     |            |            |           |               |

**Go 4 Life Walking Club**

*Physical and Social Wellness*

**Go4Life** is a fitness program, including walking, that encourages adults to incorporate exercise and physical activity into their daily lives. The National Institute on Aging (NIA) leads the efforts in conducting and supporting research on aging and the health and well-being of older adults. They created **Go4Life** to try and make a difference by providing information and motivational tools to assist with physical activity and by working with organizations to provide an environment that support their efforts. A daily walking club was one of the key exercise programs. **Go4Life** also emphasizes the importance of resistance exercise for the overall goal of achieving overall brain health.

**Come meet us in the front lobby every Monday, Wednesday and Friday morning at 9:30**



**Richmond Family**

Susanne Lachapelle  
General Manager

Kim Flint  
Health & Wellness Manager

Stephanie Reid  
Dietary Services Manager

Marion Young  
Office Manager

Christiane Bouchard-Howden  
Community Relations Manager

Erica Lynch  
Life Enrichment Manager

Don Cruickshank  
Environmental Services Manager

The Richmond Management team has an open door policy! If you need to chat with them at any time please reach out to them directly!



This month we are featuring Carrots. Watch for special treats on the Menu



We are so excited to announce that we have successfully recruited a new **Environmental Services Manager**. Our new leader will be joining us in January, but he needs no introduction.

A familiar face to many, **Don Cruickshank** has been supporting our suite renovations this past year, as well he held the role in a temporary capacity in 2018. He is eager to join the team in his new permanent role and has great visions for the future of The Richmond.

Welcome to the team Don!



**January Outings**

**January 10: Shopping at Walmart 2:30**

**January 12: Walking Club goes to an indoor Track the out for Coffee 9:30 am**

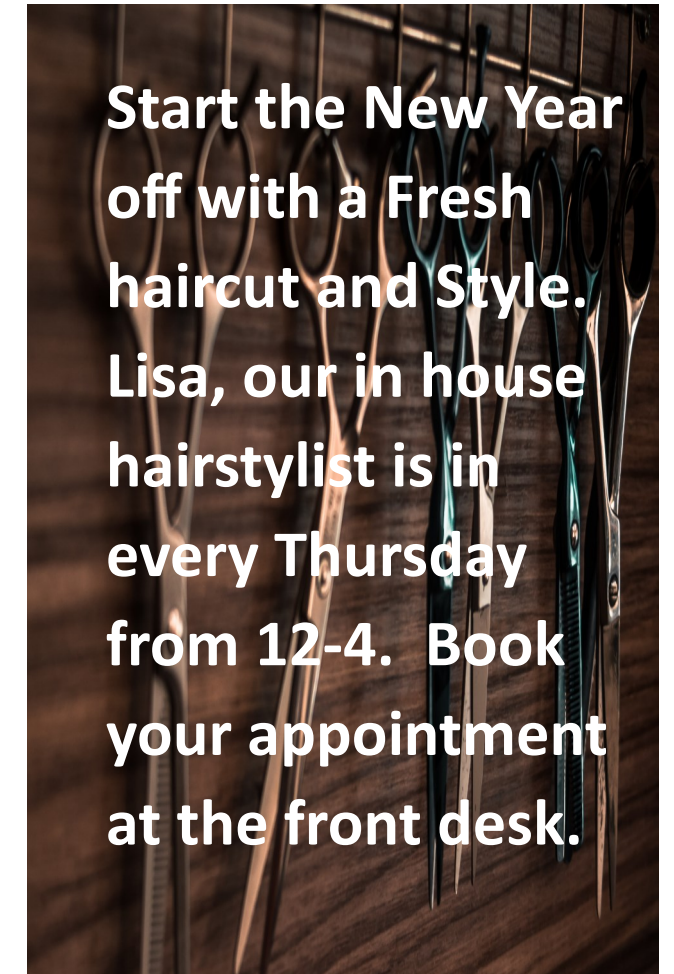
**January 17: Afternoon at the Casino 2:30 Drop off and Pick up 4:00**

**January 24th: Out for Lunch to Swiss Chalet**

**January 30th: Out for Lunch Bourbon St Pizza**

Please sign up at the front desk

Please arrive 10 minutes before departure time



**Start the New Year off with a Fresh haircut and Style. Lisa, our in house hairstylist is in every Thursday from 12-4. Book your appointment at the front desk.**

Happy Birthday

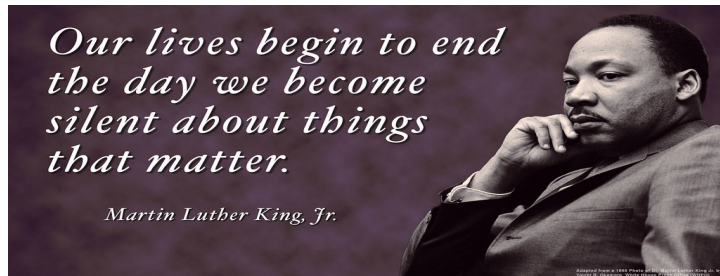
*The Richmond community would like to wish the following residents a very happy birthday*

Alan M.	January 1
Sandra M	January 3
Bob G.	January 9
Marilyn H.	January 12
Denton W	January 13
Diane W.	January 15
Florence W.	January 19
Elaine Webb	January 23



Robert Burns is considered the national poet of Scotland. Also known as the 'Bard of Ayrshire', he was also a lyricist and songwriter. He was born on January 25, 1759 in the village of Alloway, He wrote more than 400 songs and at least one of them became world famous: 'Auld Lang Syne'. Robbie Burns died at the age of 37 of heart disease. His son Maxwell was born on the very day he died. He was buried with great honour .

Join us to celebrate with a music at 2:30 in the Lower Level

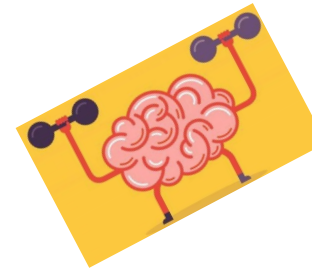


During the less than **13 years** of Dr. Martin Luther King, Jr.'s leadership of the modern American Civil Rights Movement, from **December 1955** until **April 4, 1968**, African Americans achieved more genuine progress toward racial equality in America than the previous **350 years** had produced. Dr. King is widely regarded as America's pre-eminent advocate of nonviolence and one of the greatest nonviolent leaders in world history.

Our Signature Programs

Fit Minds

*Intellectual and Social Wellness*  
 Fit Minds programs are evidence-based Cognitive Stimulation Programs based on Language and Music, Visual/ Spatial Orientation, Working & Long Term Memory, Critical Thinking and Computation skills.



Because of the concept of brain plasticity, we know the brain can continue to grow as we age. It's important that we continue to challenge our brains every day.

**Come join us in the bistro on Tuesday mornings at 10:30**

Drumfit

*Physical and Emotional Wellness*

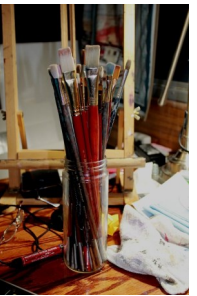
A Music, Memory & Motion is a program that is fun, physical, and social. Using drumsticks and a yoga ball, either standing or sitting. Participants drum to the beat of popular upbeat music while getting your exercise physically and intellectually.

**Join us Wednesday mornings at 10:30 in the lower level**



Meet Me at the MoMA

Meet Me at the MoMA is an art program utilizing prints, sketches and photography from the Museum of Modern Art. An art lecture series will accompany all art modules in the Meet Me at the MoMA program. You will enjoy working with art in different mediums and have the opportunity to engage in intellectual conversations about art history, the artists and their works. Art alone can be fun and experiential but is not limited to just an artistic endeavour, but you will also enjoy the many health benefits associated with art and will be encouraged and supported in their artistic expression and creativity.



Artful Enrichment

High-quality art programs that promote creative expression, social connectivity, and lifelong learning. All of the programs are uniquely designed to empower everyone, and enhance your community's overall creative culture.