



INSPIRED SENIOR LIVING



THE RICHMOND RETIREMENT RESIDENCE

The Richmond Reader September 2023

Be Social



Congratulations! Today is your day. You're off to Great Places! You're off and away!" -Dr. Seuss





What is the theme for world Alzheimer's Month 2023?

The campaign theme for World Alzheimer's Month 2023 is '**Never too early never too late**'. The 'Never too early, never too late' campaign aims to underscore the pivotal role of identifying risk factors and adopting proactive risk reduction measures to delay, and potentially even prevent, the onset of dementia.

Join us For Alzheimer's Coffee break at McDonalds across the street on September 21st.



CareRx
 Tuesday September 26th
 Education with Lisa Steffan
 Clinical Consultant Pharmacist with **CareRx**
Topic: Diabetes care
 In the Lower Level
 At 2:00 pm
 Everyone Welcome!

HITCHON'S Hearing Centre
 Friday September 1st
 1:00-3:30
 Movie Theatre/Chapel
 By Appointment.
 Services:

- ♦ cleaning hearing aids
- ♦ Ear wax removal (advance notice)
- ♦ battery sales
- ♦ hearing test screenings

Grandparent's Day

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

BEST TIME EVER
 CARING
 GRANDPA
 LAUGH
 PLAY

BOOKS
 COOKIES
 HAPPY
 LOVING
 STORIES

CANDY
 GRANDMOM
 HUGS
 MEMORIES
 TOYS

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 Manger
- Stephanie Reid
Dietary Services Manager
- Scott Stoodley
Environmental Services Manager
- Marion Young
Office Manager
- Christiane Bouchard-Howden
Community Relations Manager
- Erica Lynch
Life Enrichment 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!



**Join us at The Richmond Retirement Residence
Saturday, September 16th from 1:00-4:00 p.m.**

From savoury spices to sweet delights, we've got global eats & treats plus craft stations and entertainment the whole family will enjoy. Bon appétit and let your taste buds travel the world with us all while learning about what our amazing residence has to offer!

Call to RSVP!

The Richmond Retirement Residence
Call (613) 966-4407
175 North Front St., Belleville, ON K8P 4Y8
RichmondRetirement.ca

**THE RICHMOND
RETIREMENT RESIDENCE**

INSPIRED SENIOR LIVING WITH

September Outings

Please sign up at the front desk

Please arrive 10 minutes before departure time

- September 5: Scenic Drive to Grill's Orchard
- September 7: Shopping to Giant Tiger
- September 12: Shopping to Walmart
- September 13: Parrot Gallery Lunch Series: 1973 and beyond in Belleville
- September 14: Visit to a horse farm and Wagon Ride
- September 19: Shoreline's Casino
- September 27: Scenic Fall colours Drive

Happy Birthday

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

Phyllis G.



"Grandma and Grandpa, tell me a story and snuggle me with your love. When I'm in your arms, the world seems small and we're blessed by the heavens above."

—Laura Spiess

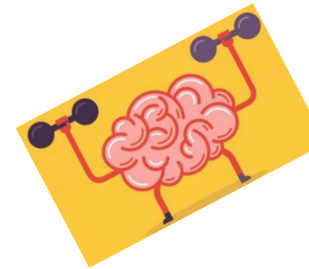
Invite the grandkids for a family movie on September 10th at 2:00. Popcorn, take home craft kits and colouring sheets will be available.

****Please sign up at the front desk****

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

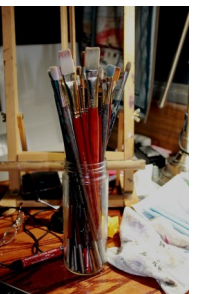
A Music, Memory & Motion is a program that is fun, physical, and social. Using drumsticks and a yoga ball, either standing or sitting. participants drum to the beat of popular upbeat music while getting your exercise physically and intellectually.



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.