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THE ORIGINAL Comprehensive Guide to Retirement Living®



Esther K.H. Goldstein
B.Sc., B.S.W., RSW

22ND
EDITION
Canada-wide

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Dedication

For

**Harvey
Zachary
Daniel
&
Amanda**

I am truly blessed to have all of you to love, and to know that you love me back.
There is no other world I would rather be in than this one, with all of you.

“To Love and be Loved is to feel the sun from both sides.” – **David Viscott**

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Comprehensive Guide to Retirement Living® and Long-Term Care®

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Welcome to our 22nd edition and our first free Canada-wide eBook!!! Our goal with this *Guide* and **www.senioropolis.com**[®] is, and will continue to be, ever-evolving as we endeavour to ensure that our information is accurate and helpful for our users. For the past two decades, we have made every effort to grow both our book and website through the addition of homes, articles and resources that meet the changing needs of Canada's seniors.

With a view to expanding our online presence, in 2018 we launched a new, second website, **www.seniorcareaccess.com**. As a member-only site, it prides itself on being inclusive and a constantly updated source of the most complete and accurate Canada-wide information in the industry, allowing for competitive and comparative searches of the growing number of housing options in the retirement living sector.

For those of you who are new to us from other parts of Canada....Welcome. Creating a book like this with information on multiple provinces is a daunting task on many levels. Besides the issue of the thousands of homes and seniors' resources that operate within our vast country, there is a lack of consistency of terminology from one province to the next and in some cases, this applies to regulation as well. Not all provinces have legislation governing senior care homes despite the significant growth in the industry over the last couple of decades. As well, some provinces have a variety of care options and public funding while others do not. Even with the great resources available on the "world wide web", finding information on many places can be difficult. Still, when it was suggested that we turn what has been an Ontario-only hard copy book into a Canada-wide eBook this year, despite knowing that there was still much work to do, it did seem like the next logical step for a resource that is well-established and well-used in Ontario. To this end, this edition has homes in Ontario, BC, Alberta and Saskatchewan. The information in Part 1 and Part 3 is reflective of this. It is our hope that over time, homes in other provinces will decide to participate in this eBook and as that happens, our information section will expand to include them as well. We know that with this edition, we will reach people who have never accessed our publication. So, this, our first Canada-wide free eBook is the start of a new 'chapter' for us as we endeavour to become the *Comprehensive Guide to Retirement Living* for seniors across Canada.

As I reflect on the past 22 years, it is clear that none of it — book, websites, CD or Apps — would exist were it not for our devoted supporters — our readers, our advertisers, various residences spanning Canada, professionals who use our *Guide* and refer people to it, and some very special people I need to thank, who help recreate this book every year from beginning to end.

The creation and continuity of this *Guide* would not have been possible without the assistance of the following important people: Kate Hemi for her lifelong support, encouragement, guidance, business expertise and teaching by example; BTT Communications for the endless hours of hard work and assistance in making this 22nd edition something we could all be proud of; Donna Beker, our account executive, who spent many hours working with existing contacts and making many new ones in order to create this edition; Bart Garner of NTech, our very responsive and creative webmaster, for his expertise and work on both of our websites and Jeff Schnurr and his team at In View Marketing for growing our social media presence.

Those of us involved in the production of this book would like to extend a special thank you to those who recognize its value and trust us enough to participate in its content: the residences that choose to be in our publication and the advertisers who purchase space throughout it. We welcome our many new supporters and again thank our regulars who faithfully respond to our quest for information and support year after year.

We would also like to thank Nikki Lewis and Esprit Lifestyle Communities for providing us with the photographs we used on our cover and dividers this year; and Matt Del Vecchio of Lianas Inc., Adrian Walton of Resolved Executor Services, Bayshore Home Health, and Harvey Goldstein, Barrister, Solicitor and Mediator for their contribution of articles in our SERVICES AND RESOURCES FOR SENIORS IN ONTARIO section (Part 2). As well, for reviewing, updating and assisting with information on their organizations, we thank Helen Simeon, Senior Manager Communications, RHRA; Debbie Humphreys, Senior Director Corporate and Public Affairs, AdvantAge Ontario; Kim Lucchetta, Manager Public Affairs and Digital Communications, OLTCA; and Central LHIN staff.

And finally, to those of you who have contributed and continue to do so without even knowing it:

To my many clients past, present, and future:

You have helped give me an understanding of the significance and meaning of my work, of dedication and devotion to aging relatives and of the importance of continuing this project.

Esther Goldstein



“What place would you choose for your parent?”

During the many years that I worked as a hospital social worker with seniors who required relocation, this was the most common question the families of my elderly clients would ask me. It was – and still is – a most difficult one to answer. My experience has taught me that it is not wise to recommend a specific retirement or senior care residence, especially for someone I don’t know. I believe that even those of us who know some objective information about these settings should not decide which one is the best place for someone else to call ‘home’. What one person might think is the perfect residence, another might not. It is imperative that the family/caregiver, and if physically possible, the person themselves, shop around and compare what is available.

The goal and purpose of this *Guide* is to give you the necessary tools to begin your search for the best place for yourself or a loved one. I hope it will help make what is often a difficult & emotional decision (that can be even more overwhelming if rigid time constraints are involved) a little bit easier by giving you as much information as possible as you try to navigate the options before you. I do not rate the residences detailed in this book. The information contained in the following pages is intentionally objective. However, I believe that the subjective perspective is of equal, if not greater, importance when searching for a retirement setting.

There are three very important factors that should be taken into consideration from the moment you start the process of searching for retirement accommodation – *choice, cost and care*. There are thousands of residences/homes across Canada, in many different price ranges, offering an array of care levels, services, features & amenities. The challenge is to narrow down the many options available to find one that best meets your or your loved one’s unique needs & desires, both physically and financially now and hopefully, in the future.

It is of utmost importance that you be an *informed consumer*. No decision should be made without a visit to a residence, or preferably, a few residences. When looking for a retirement community meet with staff, sample a meal, speak with residents and their families, get references, spend time at the places that interest you and ask a lot of questions (see RETIREMENT RESIDENCE VISITING TIPS in Part 1). Research is equally important when looking for a long-term care home however the options are less, priorities are different and for many, time is of the essence (see LONG-TERM CARE in Part 1).

A question I am often asked is why I don’t have every residence in the *Guide*. The answer is quite simple: although I would be very pleased if I did have comprehensive information on every setting, it is simply not possible. I cannot force retirement residences to have a presence in this publication and we do not include information on homes or resources without permission. Some homes choose to only be on our website, other choose to promote themselves through local sources rather than in a national forum such as ours. In smaller communities where there are few options, word of mouth is often the way potential residents find a place that meets their needs. That being said, our online directory is growing monthly since homes can be added to our website at any point in the year so, please visit our website to view other homes that are not in this eBook.

In compiling this edition, every residence in the country has an opportunity to participate by completing our online questionnaire. Information about the homes that chose to be in this eBook is contained in Part 3 of this *Guide*. I do not censor or change any of the information they provide. Essentially, Part 3 is a ‘snapshot’ of the data participating homes submitted to us in the summer of 2018. As a result, some pricing information may not be accurate. (Some were able to include 2019 pricing, others were not.) *I encourage you to verify all information, especially the data related to cost factors, with the residences directly.*

All homes on our website are invited to update their information as often as they wish online. Please visit our site regularly to check for additional homes, updated information and added features. Since all homes with detailed descriptions in this edition also have full online listings with us, you may wish to also look at the listings of homes that interest you on **www.senioropolis.com**® as many upload photos, videos, social media feeds, testimonials and events - all of which will give you a more complete picture of them and what they have to offer potential residents. I do not endorse any residence, and I take no responsibility for the information provided. It is my assumption that in choosing to be in the *Guide* and on **www.senioropolis.com**®, each retirement residence responded accurately.



PART 1

Where Do I Begin?



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we believe that a home is not just
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Adelaide Place Retirement Community
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Harmony Hill Retirement Community
Oshawa **905.428.0555**

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WHEN SHOULD I START TO CONSIDER OPTIONS?

The aging process for some is gradual and for others seemingly sudden. Caregivers need to watch, look and listen for signs that things are changing, and needs are increasing. It is advisable to start discussing options, if you notice that someone you care about is experiencing issues that are causing you to be concerned, such as:

- increasing/new health concerns/issues (or a recent diagnosis of a chronic illness, psychiatric illness or dementia)
- frequent visits to a hospital emergency room
- difficulties with shopping and/or preparing nutritious meals, including kitchen safety issues
- weight loss/not eating properly
- changes in habits and/or behaviours and/or personality
- change in communication patterns with friends and family
- unexplained signs of physical injury (bruising, bumps, broken bones, falls)
- difficulty performing activities they did easily in the past (either cognitively, e.g. financial management, opening and processing mail or physically, e.g. household tasks, getting up from a chair, walking, taking medications, etc.)
- difficulty looking after personal care needs (grooming, hygiene, toileting, bathing, etc.)
- issues with self-medicating/concerns about substance abuse
- cognitive issues (significant forgetfulness, poor judgment, changes in mood, confusion, wandering), loneliness or fear of being alone

While some of these issues in isolation may not be significant, a combination of a few of them may indicate a need for some intervention or assistance in the home. As a first step, you may want to speak with their family doctor. Depending on your concerns, the doctor may recommend various tests and referrals to other professionals. This may include a geriatric assessment if he/she feels it is warranted.

For the independent senior who isn't sure if they want to relocate or when the best time to move is, you might want to consider the following questions to help you to determine if you need to start thinking about options:

- Are there stairs in your home (either inside or to get inside)?
 - If yes, are you having difficulty with going up or down the stairs?
- Do you need help with any household tasks (laundry, cleaning, shopping, etc.)?
- Do you or your spouse need help with any personal care (bathing, dressing etc.)?
- Are you able to prepare nutritious meals for yourself?
- Do you have a yard/yard work/outside maintenance?
- Who does your repairs inside/outside your house?
- Do you have people who can assist you with any of the above issues now or in the future or, if you do not, can you afford to pay people to assist with any personal care or household tasks?
- If you already have people assisting you:
 - Are you happy with the service they are providing?
 - Do they provide enough to meet your needs?
 - Can they provide more if you need it?
 - Is the cost affordable?



- Are you and/or your spouse on a lot of medications?
 - If yes, are you able to keep track of when you need to take them?
- How do you get around (drive, cab, transit, family assistance)?
- Are you walking distance to important amenities (doctor, dentist, pharmacy, grocery store, etc.)?
- Do you/your spouse require any assistive devices to help you to function?
- Do you have any safety concerns?
- Has your family indicated that they have concerns about your living situation/safety?
- How is your/your spouse's hearing?
- How is your/your spouse's sight?
- Are you/your spouse forgetful?
- Do you/your spouse have any significant medical issues which require assistance or may in the near future?
- Do you feel isolated/lonely or scared at certain times of day/night?
- Do you (and your spouse) get out every day/almost every day or are you always home?
- Do you (and your spouse) have hobbies?
- Are you able to manage your finances?
- Do you/your spouse ask for help when you need it?
- Do you have a support network, friends or family nearby and available?
 - If not, would you like to move closer to family/friends?

Answering these questions honestly can serve as a 'conversation starter' as they will help you to focus in on the type of support you might need currently or, in the near future. While a few potential or minor issues may not be problematic, several might be, and may suggest a need to begin considering resources.

If, after thinking/talking about your current situation and (potential) concerns with your loved ones, it seems that in the somewhat near future, you might need either additional help in your own home or to relocate to a place where there are more supports to enable you to remain independent, it may be time to start looking at the options available to you based on your current financial, physical and social situation. Discuss any concerns you have with your family and your doctor, so they can assist you in locating supports in your area. As you will see as you work through the content of this book, it is better to begin doing your research and discussing what your desires are with your family *before* you need the help and most certainly, before a crisis forces the issue and limits available options.

OPTIONS FOR INDEPENDENT SENIORS

It is always best to consider in-home options before addressing relocation, provided that the environment can be made safe and you/your loved one is willing to accept in-home assistance. For some, downsizing from a two-story house to a single-level apartment-style dwelling and/or obtaining adequate assistance (e.g. personal support, homemaking, meals on wheels, help with shopping or transportation, day programs, emergency response system, etc.) through your local community/seniors' agency¹ or government home care agency (e.g. Local Health Integration Network (LHIN in Ontario, Alberta Health Services in Alberta, Home and Community Care in BC, or Local Health Authority in Saskatchewan)² may be sufficient. For others, relocation to a seniors' residence may be what is necessary for them to remain independent.

¹ Fee for service would be determined by the provider. Your government home care agency may be able to arrange or provide a referral to a local community agency that has various services for seniors. Some private insurance companies may cover some services. Eligible veterans may be able to obtain assistance/funds for service from the Department of Veteran Affairs.

² Information on government funded home and community care services can be found on **pages 11 - 16**.



Seniors who do not need any assistance or require only minimal support or home modifications to maintain their independence, may wish to consider the following:

Home Safety & Modifications - Many independent seniors have some minor mobility, hearing or vision issues which can increase their risk of a trip, fall or accident at home. It is always wise to ensure that the home is safe, especially if the senior has any deficits or functional issues. Below are some questions that can serve as a preliminary guide to determine modifications that may need to be made to the home to ensure it is safe³. If there are concerns, you may wish to download a more extensive home safety checklist from the internet which will allow you to assess the home in greater detail.⁴

- Are there loose throw rugs or electrical cords on the floor?
- Is there any loose or frayed broadloom in the home?
- Is the flooring in good condition?
- Are all kitchen appliances in working order?
- Is there anything flammable in the kitchen and if so, is it safely stored?
- Is the kettle auto-shut off?
- Are you (is the senior) safe to use all kitchen appliances?
- Do any appliances pose a fire hazard? (Check cords, plugs and auto shut-off features.)
- Are there working smoke detectors and CO detectors in the home on every floor?
- Is there a fire extinguisher in the home and can you (the senior) safely use it?
- Can you (the senior) safely reach things in cupboards?
- Can you (the senior) get in and out of the bathtub without issue? If not, are there properly installed safety bars?
- Is there a non-slip surface in the bathtub?
- Is there adequate lighting in the home/hallways/bathroom/kitchen and outside the house?
- Are light switches and plugs in good working order and easy to access?
- Are there night lights in the bathroom, hallways and kitchen?
- Are walkways and stairways clear so there are no tripping hazards present?
- Are there secure stair railings wherever there are steps (inside and outside)?
- Is it easy for you (the senior) to get in and out of bed, chesterfield and chairs?
- Are medications in their original containers, easy to reach and easy to open?
- Do you (the senior) have any issues taking/remembering medications?

If you have any concerns at all about the environment or your (the senior's) ability to manage safely in it, you may want to have the home assessed by a professional to determine and fix specific safety issues or arrange for specialized equipment to assist in functioning or maintaining independence. An Occupational Therapist will be able to determine functional needs and should know if there is any specialized funding or programs that can assist with the cost of equipment/renovations.

For seniors in Ontario who are home owners with low to moderate income who know that they require some home modifications to assist with safety or functioning (i.e. ramps, handrails, chair lifts, etc.), there is a financial program in place that may be of interest. Funding (in the form of grants or forgivable loans) may be possible through *The Ontario*

³ These questions are not meant to replace a home assessment by a trained professional. They merely highlight areas of greatest concern for a senior. If there are significant issues in the home or if you are concerned about the person's safety, please consult an Occupational Therapist.

⁴ A comprehensive home safety checklist can be found at www.ec-online.net/knowledge/articles/safehome.html.



Renovates - Home Adaptations for Independence Program. Applications are available, and money is administered, through regional/municipal housing departments. For details, eligibility guidelines and applications visit your city's website and look under the housing category or search their website for the *Ontario Renovates Program*. All other provinces have similar programs to Ontario's. Information for each province's programs can be found at: BC - www.bchousing.org, Alberta - seniors-housing.alberta.ca – search for the Seniors Home Adaptation and Repair Program, Saskatchewan - www.saskatchewan.ca – search for the Home Repair Program, Manitoba - <https://www.gov.mb.ca/housing/progs/repair.html>, Quebec - www.habitation.gouv.qc.ca, New Brunswick - www2.gnb.ca/content/gnb/en/services/services_renderer.8735.Federal_Provincial_Repair_Program_.html and Nova Scotia - housing.novascotia.ca. General information about Aging in Place/Accessible Home Modifications can be found at www.cmhc-schl.gc.ca.

Independent Seniors Buildings - Relocating to an independent seniors' apartment building, where rent may be geared to income for qualified tenants may be a viable option for seniors who do not require any physical assistance. These buildings provide an opportunity to establish social relationships with other healthy seniors, and some complexes even have regularly scheduled social events and activities. Some buildings may have features or special units for seniors with physical disabilities. In some of these buildings, a doctor is available to visit tenants on-site at regularly scheduled days and times. Residents are assumed to be independent and able to manage their own care. Some seniors' buildings are affiliated with retirement homes where optional meal packages can be purchased allowing for an easy transition to the retirement residence if such a move is required in the future. Assistance with personal care or housekeeping would have to be purchased privately through a local seniors' agency or arranged through your local government homecare agency (e.g. LHIN in Ontario), unless supportive housing services (see **SUPPORTIVE HOUSING on page 18**) are available.

Unfortunately, there isn't a managing agency or central registry for all seniors' buildings in Ontario. If there is a building that you know of and are interested in, you should contact them directly about the application process and eligibility. In other provinces, contact your Local Housing Authority to find out if there are independent seniors' buildings in your area, where they are located and how you apply for tenancy into them.

Subsidized Independent Seniors Housing – In Ontario, if you are on a limited income and need to relocate a place that has rent geared to income, you may want to look at 'Seniors Affordable Housing' structures that are managed by local municipalities (which are the responsibility of the Ministry of Municipal Affairs and Housing). Contact information for Service Managers across Ontario who manage the social housing programs (there are 47 each assigned to a different municipality/area) can be found at www.mah.gov.on.ca/Page1202.aspx or you can phone your municipality and ask for your local Service Manager. They can discuss waiting lists, applications, cost factors and any other questions you may have about social housing in your area. You may also wish to check the websites for AdvantAge Ontario (www.advantageontario.ca), The Ontario Non-Profit Housing Association (www.onpha.on.ca) or Housing Connections (www.housingconnections.ca) to find out about additional options for (subsidized) independent seniors' housing.

In BC, subsidized housing (rent geared to income) for those with a limited income is available through BC Housing. An application is required and there are waiting lists for these units. Those structures that are members of The Housing Registry (not-for-profits or housing co-operatives) can be applied for through their application process, those that are not listed with the Registry require separate applications. Visit the BC Housing Registry at www.bchousing.org/housing-assistance/rental-housing/subsidized-housing to determine if you are eligible, find housing and apply for it. Additionally, you may wish to contact the Seniors Services Society which can provide information on all types of housing and services for seniors in BC. They can be reached at www.seniorsservicessociety.ca or (604) 520-6621.

In Saskatchewan, the Social Housing Program for low-income independent adults, seniors, families and disabled individuals is administered through local Housing Authorities and subsidizes rent for those in financial need that meet the necessary criteria. Rent is based on income (30% of household income) and acceptance to the program is based on several criteria including need, current housing conditions, current costs and other factors. For information on the program visit www.saskatchewan.ca/residents/housing-and-renting/renting-and-leasing/rental-housing-for-people-with-low-incomes#eligibility, contact your local Housing Authority or call 1 (800) 667-7567.

Alberta has several "affordable housing programs" for seniors including community housing, seniors' apartments and seniors' lodges. All are for independent people, based on income and need. For more information on applications and



providers visit www.alberta.ca/affordable-housing-programs.aspx. Additionally, there are several housing registries in the province – www.ascha.com has a province-wide one; in Calgary visit www.kerbycentre.com and in Edmonton visit www.mysage.ca.

Co-operative Housing - Also known as 'co-op housing', it is a kind of non-profit housing in which the residents or 'members' are actively and equally involved in making decisions and running the community they live in. Co-op settings come in many shapes and sizes and can range from apartment-style dwellings to townhouse structures. The members do not usually hold any ownership in the property (it's usually owned by a co-operative corporation with an elected board of directors) but do pay monthly rent that may be income-based and possibly less than market rates depending on their situation and the rules of the co-operative. This option would be one geared to the independent person as opposed to someone with care needs. Canada Mortgage and Housing Corporation (CMHC) has created an information guide on Co-operative Housing that can be found at www.cmhc-schl.gc.ca/en/maintaining-and-managing/co-operative-housing-guide. To locate co-operatives for seniors or where there may be a large percentage of seniors, you may wish to do an internet search for 'senior co-op housing' in your city or region. Additionally, you can contact the Co-operative Housing Federation of Canada at 1 (800) 465-2752 or <https://chfcanada.coop> and/or for those in Ontario, visit the website for The Ontario Co-operative Association at www.ontario.coop.

Senior Cohousing – Fairly new to North America, the cohousing model which combines privacy with shared resources emphasizing social, environmental and economic sustainability, originated in Denmark in the late 1960's with its first community developed by 1973. The concept reached North America in the late 1980's with the first units opening in California in 1991. A few years later, in 1994, Canada's first was built in British Columbia.

Cohousing specifically for seniors has only been around for a few years and was developed because of the benefits discovered from multi-generational cohousing occurring in Europe and parts of the USA. Still in its infancy, there are a few communities in Ontario, Saskatchewan, Manitoba, Alberta and several in British Columbia. The model of senior cohousing takes elements from a few existing ones – co-op housing, Aging in Place, Life Lease and retirement living – in order to create something new and necessary as we begin to consider innovative ways to care for our increasing senior population. In most models, seniors are active participants in developing their own sense of 'community'. They buy in (and reside in the privacy of their own unit), manage the complex themselves, and share caregivers, chores, resources & common space as they deem necessary. In sharing resources and care, seniors can manage on a fixed income and with the support of others in their network, they benefit from social stimulation and emotional support. Residents are encouraged to be interdependent which encourages each persons' independence. To find out more about senior cohousing in Canada, visit <http://cohousing.ca> or <http://canadianseniorcohousing.com>.

Home Sharing – For those who want to age in place in their own home and believe they can benefit from having someone else around to help, home sharing may be a viable solution. Similar in some ways to the cohousing model, the concept dates back to the early 1980's in the USA but has recently garnered attention in Ontario as some regions have created intergenerational pilot projects to test out its viability⁵. A shared housing arrangement occurs when two people who are not related choose to live together on a long-term basis for the mutual benefits cohabiting offers. Essentially, in the context of senior housing, home sharing agencies/coordinators match elderly home owners, with younger people looking for a home. The younger 'renter' usually agrees to contribute in the form of household assistance, in exchange for reduced rent. With our increasingly expensive housing market and the reality that many seniors live in homes with more space than they need and can afford, this concept can resolve a financial issue for many on both sides of the equation.

The benefits – besides saving money for both as some expenses can be shared; and the income can be put towards the cost of running the home for the owner and rent would be less than market value for the renter – include

⁵ Current pilot projects in Ontario for home sharing include Northumberland County HomeShare Project and Halton Housing Help. For more information please see The Halton HomeShare Toolkit at <http://torontoist.com/wp-content/uploads/2015/04/The-HomeShare-Toolkit-Final.pdf>. Additionally, in Toronto, a 4-month provincially-funded pilot project between the city and the National Initiative for the Care of the Elderly beginning in September 2018, aims to match students with 55+ people who have a spare room available. The hope is that information obtained from this project can be used to create intergenerational home sharing models across Canada that can be tailored to different cities. For information on The Toronto Homeshare Pilot Project visit www.nicenet.ca.



companionship/friendship for both, assistance with household tasks (which may include shopping, cooking, light housekeeping or gardening), emergency assistance if required, and a sense of security (because someone else is in the home at night) for the senior, all of which allows them to stay independent in their own home. To a certain degree this can allow for some Aging in Place for seniors, reducing the pressure on our senior housing and long-term care system where waiting lists are increasing. However, with this concept, personal caregiving for the senior is NOT included and would have to be purchased so, for some, this would be a limiting factor.

The renter can be a younger senior, someone whose living situation is in transition or even a student. Before living together, the housemates would clarify their expectations and boundaries. It may be safest to seek out a formalized program rather than finding a 'roommate' on your own because such programs/organizations would do screenings & background checks, clarify expectations, and help to match people that seem like they would get along before arranging a meeting between potential housemates. Once a match is found, a formal contract detailing expectations and house rules (including guests, household tasks, parking, pets, use of kitchen/common areas, phone/tv/internet use and payment, itemized cost sharing parameters and privacy) should be drawn up and signed by both parties.

Reverse Mortgage - If you are over 55, own and live in your own home, an additional option may be available to you that allows you to tap into the equity in your house. If you wish to stay in your home but need money for any reason (e.g., you require care, but need an extra source of income to cover the costs) you may want to consider a reverse mortgage. With this option, a homeowner may borrow up to 55% of the appraised value of their home. The amount you can borrow is based on several factors, including age, gender, health, marital status, current interest rates and the location and appraised value of your home. The money can be used for anything. There are no required monthly payments, as long as you still live in your home. The full amount does not have to be repaid until the house is sold or the owners die, in which case the estate repays the mortgage and the accrued interest. *This option is not ideal for everyone, so if it is of interest to you, you should thoroughly investigate both the pros and cons very carefully before making a commitment.* Pay special attention to the impact of accrued interest on your equity over an extended time (your equity decreases as the interest accumulates). Investigate the fees involved (including legal costs), the percentage financing you will receive, and the mortgage rate being offered. You may want to compare the interest rate to that of a traditional mortgage or line of credit (usually the interest rate for a reverse mortgage is higher). Find out about early repayment and any financial penalties that may be involved. Ask for copies of all documentation prior to deciding and have a trusted friend or lawyer review them with you. You may also want to speak to your bank manager or financial advisor about other ways you may be able to free up some equity from your home. Whatever your reason for requiring extra money, *consider all potential options for borrowing or using your home's equity in light of your personal situation, current needs and possible future needs before making a final decision.* For additional information visit the fact sheet prepared by the Financial Consumer Agency of Canada at www.canada.ca/en/financial-consumer-agency/services/mortgages/reverse-mortgages.html.

Life Lease/Life Equity Housing - This type of residence, primarily used in the not-for-profit sector to increase housing options for the senior market, involves ownership but not in the traditional 'condominium-style' that most are familiar with. Usually, a senior would purchase a leasehold interest (the terms of which vary depending on the development) in a property when they are capable of independent living. The structure can be a townhouse or, similar to a condominium in unit size, features and monthly common expenses. The purchase price and maintenance costs are presumably more affordable than traditional housing because the sponsors are usually not-for-profit or charitable organizations. The corporation holds title to the property. It sets the eligibility guidelines for who may purchase a leasehold interest (which is the right to reside in the unit you choose and share use of the common amenities with other residents) in that structure. There is a monthly maintenance fee and the corporation maintains and manages the building.

One potential benefit of purchasing a Life Lease is that you may be able to remain at home even if your care needs increase (potentially it allows for Aging in Place). This is because many of the structures being built are connected to or affiliated with, other seniors' resources; part of this housing option is often the availability of on-site support services (which usually need to be purchased on a fee per service basis), through an affiliated seniors' agency, that can be utilized as needed. Depending on the residence, *this may include*: housekeeping (assistance with meals, laundry, cleaning), personal care (bathing and dressing), emergency call systems, dining/meal services, transportation, nearby or on-site



amenities and activities/recreational & social services. The units may have special safety features and fixtures designed for the seniors' needs (e.g. grab bars in the bathroom). The amenities available, purchase price, maintenance fees and costs to purchase services will vary depending on the structure, sponsor, location, etc.

It is important when considering this option that you do some research and ask many questions to ensure that your needs can be met both financially and physically, now and in the future, should your health decline. As well, be sure to ask about their policies around terminating a leasehold interest and how much equity would be returned or paid to you upon a decision to vacate⁶.

It may also be wise to review all documents with a lawyer to ensure that you have a clear understanding of all the terms of the agreement prior to signing anything. If you are purchasing a Life Lease in a residence prior to construction being completed, you might want to research the organization that is sponsoring the structure and will hold title to it, so that you can learn about their reputation and previous dealings. There is no central registry for Life Lease communities; a quick internet search will provide you with the websites of several projects and articles related to this housing option.

This housing option is not available in all provinces. However, it has existed in Ontario for several years and there are many structures in place currently and under construction. In 2014 Ontario's Ministry of Municipal Affairs and Housing produced the *Life Lease Housing Resource Guide: Questions and Answers for People Considering Life Lease Housing* which can be downloaded at www.mah.gov.on.ca/AssetFactory.aspx?did=10455.

In September 2017, *Bill 155, Life Lease Act, 2017* was introduced into Ontario's parliament. In October of the same year, it was referred to the Standing Committee on Regulations and Private Bills. Essentially, if passed, the landlord would be required to disclose significant information to the tenant specifically related to fees, governance and management. The landlord would also be required to have a reserve fund, necessary insurance and would have to appoint a trustee to manage the fees paid to purchase the lease⁷. For information on this proposed legislation visit www.ola.org/en/legislative-business/bills/parliament-41/session-2/bill-155.

Life lease is a growing option in the western provinces as well, though there is less information about it online for other parts of Canada than there is for Ontario. For additional information visit: www.saskatchewan.ca/residents/housing-and-renting/renting-and-leasing/life-lease-housing-for-seniors for Saskatchewan; www.mlloa.ca for Manitoba (they were the first province to enact legislation in 1999); www.cplea.ca/wp-content/uploads/LifeLeases.pdf for Alberta and www.communitylivingbc.ca/wp-content/uploads/Financing-Seniors-Equity-Final-Report-08.pdf for British Columbia. If you are seriously considering purchasing a life lease unit you may also want to visit www.aicanada.ca/article/possible-valuation-issues-with-life-lease-housing/.

Luxury Senior Condominium Complexes - Another housing opportunity for independent seniors is essentially a combination of retirement living and condominium ownership. Developers are building independent condominium units (as townhomes or apartment buildings) that are specifically geared toward seniors. Many will have senior-friendly special features such as grab bars in the bathroom, lower light switches and easy-to-turn door handles. Most will have a choice of service packages/amenities included for a set monthly fee. Suites all have full kitchens, but some structures also have meal packages (in on-site restaurants) available to residents. Some are affiliated with, built next door to or on the same property as, retirement residences where amenities can be accessed; most can provide extra care, if necessary, for a fee. While these complexes are geared to the independent senior, they also have the potential for some Aging in Place.

Adult Lifestyle Communities/Active Adult Communities - Primarily for the younger (usually 55+) and completely independent senior or 'mature adult', these communities are commonly built in outskirt area. Usually there is an ownership component (either full ownership or Life Lease) with a multitude of shared amenities (they often have a clubhouse which houses recreation facilities; there may be a golf course, swimming pool, scheduled activities, etc.)

⁶ In most complexes, when the owner of a leasehold interest (or their estate) wishes to terminate the agreement, he or she receives funds based on the market-value of the leasehold interest of the unit. There are some residences, however, that are based on a different model, and the entitlement to increased equity at the sale or transfer of the leasehold interest is linked to the amount of the initial payment.

⁷ Information on Bill 155 obtained from www.ola.org/en/legislative-business/bills/parliament-41/session-2/bill-155.



creating a 'resort-feel'. Residents are buying into a 'lifestyle' where they can stay active and meet others with shared interests. Structures can be bungalows, townhomes or apartment-style dwellings. Retirement is not a prerequisite and many residents still work or volunteer and have very active lives. Some newer communities may be part of a complex that has accommodation with care in a different building or services affiliated with them that allow for limited Aging in Place.

LIVING WITH FAMILY

There are often situations where caregivers consider the possibility of moving the senior into their home rather than relocating them to a retirement or long-term care home. While it is wonderful to be in a family where this is something one is willing and able to offer to a loved one, many factors and issues should be discussed openly before making this decision. Do take some time to determine the pros and cons of this scenario and the implications for yourself and your family now and in the future, to the best of your ability, before organizing anything. Keep in mind your existing and past relationship with the person and if there were/are conflicts, what they were and how/if they resolved. This will undoubtedly impact your new living situation should they move in. As well, issues such as care, privacy and accessibility are paramount. Speak to all family members that live with you to get their input, as well as other members who are involved with the senior on a regular basis and assist with any care or tasks.

Consideration needs to be given to how this move will impact:

The senior

- How will they handle their new role in your home?
- How will they cope with living with others; perhaps kids with different schedules to theirs, and a decrease in privacy and independence?
- Will they be able to assist with household tasks?
- Do they live close to their friends/other relatives who make up their social network? If not, how will they visit/spend time with them?

Family members living in your home

- What kind of a relationship does each person in the house have with the senior?
- Will the senior interfere in disciplining children or household decision making?
- How demanding is the senior on all family members?
- What are family members willing/able to do to help/assist?

Yourself

- Will it make caregiving more difficult/time consuming if they are always with you?
- How will this impact your work? and How flexible is your job?
- Ensure you are fully aware of their medical situation and needs. Can you give them enough or proper care?
- Can you assist with transportation to, or attending at, medical appointments if necessary?
- If you can't provide enough care in the future what is the alternate plan?
- What might the potential impact on your marriage be? (Does the senior get along well with your spouse and children?)
- What services are available in your community to help you out if you need assistance?
- If there are services, are they affordable and is the senior willing to accept outside help?



- Is your house able to accommodate any assistive devices or special needs? (i.e., are there stairs? how wide are doorways? are there safety hazards that need to be addressed? etc.) If not, are you willing/able to renovate to make it accessible/safe for the senior?
- If there are cognitive issues, are you/your family able to deal with related challenges?

Other family members external to your household

- Are there other family members who can or will help?
- What are they willing to do and how long will they commit to help?
- Are there conflicts with other family members that will be problematic if the senior lives with you and not them?

The relocation of the senior's belongings

- What do you do with what can't fit in your home or what you don't want?
- If they have a pet, are you able to keep it in your home and provide care for it?

Finances

- Can you afford the extra person?
- Will they contribute money to the household?
- If yes, how much and is it enough?
- Will the seniors' financial contribution create a problem with other relatives/siblings?

While intergenerational families living under one roof can prove to be very rewarding and beneficial, there are also times where adding others to your nuclear family home, can be stressful and create new issues and dynamics between people. As with any scenario involving family and emotionally-charged issues like relocation and decreasing independence, there are often several factors at play and often no easy solution that makes everyone equally happy. In order to maximize the chances of a good outcome, one should try to determine the motivation/reason behind why this is something you are thinking of doing (is it because of guilt? expectation? tradition? financial issues? conflict with other family members? other things?), and how each person involved may potentially be impacted both positively and negatively by the amalgamation of households.

For those who may be struggling with this decision, do keep in mind that especially in situations where caregiving is difficult for whatever reason, sometimes allowing others to provide care is the best solution for all involved. Even if the ultimate decision is relocation to a care setting, it should not be seen as a reflection of how you feel about the person or your ability/desire to be a 'care giver' to them.

GOVERNMENT FUNDED HOME AND COMMUNITY CARE SERVICES

Each province has their own model of funded health care services which includes home and community care (consisting of various supportive services/therapists like Speech, Occupational and Physical Therapy, homemaking, personal care, in-home nursing services), hospitals, long-term care and in some provinces, Assisted Living. Providing home support and home health care services is meant to prevent and, in some cases, delay acute or long-term care placement. While in-home support services can be accessed through the private sector through various agencies, across Canada there is also the option of obtaining care and service through a government funded agency. One of two models exist depending on where you reside. Some provinces have contracts with specific agencies to provide service and pay them directly; others have moved to more of a 'self-managed care' approach where users receive funds that they can direct to whichever agency best meets their needs.

Can't find what you are looking for?

Call us at **1 (844) 585-7255** for information on homes and resources across Canada.



ONTARIO LOCAL HEALTH INTEGRATION NETWORKS (LHINs)

The 14 Local Health Integration Networks (LHINs), created by the government of Ontario in 2006, are not-for-profit corporations with the responsibility of planning, integrating, funding and delivering health care services in the province. Each is governed by its own provincially-appointed board of directors. Each LHIN works with health service providers (e.g. hospitals, community health centres, long-term care, support services, mental health and addiction services) within their defined area. While funding for the LHINs comes directly from the Ministry of Health and Long-Term Care, the goal and purpose of creating this method of decentralized health care delivery, was to enable each community to assess their needs and decide priorities at a local level. The premise is that each community has unique needs and as a result, those who live, provide services and use services are the best people to understand needs at the community level.

Home and Community Care

The LHINs are responsible for delivering Home and Community Care services in their respective regions. LHINs provide assessment, care coordination, information and referral to a full range of services for children, palliative patients, individuals with complex care needs, those who are transitioning from hospital to home and patients who require in-home services to help them remain in their home.

LHIN Care Coordinators create individual care plans to help patients:

- Maintain independence in their own home
- Avoid hospital admission
- Explore and choose from a wide range of health and social services
- Find the right housing or long-term care home options when living independently is no longer possible

Health care services provided by the LHINs may include: nursing, personal support, physiotherapy, occupational therapy, speech-language therapy, and access to adult day programs, assisted living, falls prevention and group exercise classes. Anyone can make a referral/request for service by calling their local LHIN. If you are an inpatient in a hospital, LHIN staff will transition you safely home or to services within the community. As a first step, individuals are assessed by a Care Coordinator who works with patients, caregivers and your health care team to develop care plans to support your unique and changing needs. The LHIN uses a globally recognized, research-based assessment tool to help deliver the best possible care plan. If living independently is no longer the best option, Care Coordinators work with eligible patients and their families to find the long-term care home that best fits each person's needs. Application for admission into a provincially-regulated long-term care home can only be made through the LHIN, who assess eligibility, have comprehensive listings of available homes for long and short stays, and will help with the application forms.

Whether it's a LHIN home and community care service, or a service that is available in the community, LHINs work with patients to find the care and services they need. LHIN home and community care services are provided at no cost to the patient. Some community services are available, at a fee.

Additionally, certain medical supplies may, in some cases, be partially or fully covered by the program. Telephone numbers for all LHINs in Ontario and the areas each covers are included in the chart on the next page.

To find out further information about your local LHIN, call **310-2222** (area code not required) or visit www.lhins.on.ca⁸.

www.senioropolis.com[®] is a portal for information for seniors ...

We are constantly adding new articles, information on resources, jobs, special events, promotions and housing options ... visit us often to see what's new!

⁸ Information reviewed and edited by Central LHIN staff (August 2018).



LOCAL HEALTH INTEGRATION NETWORK CONTACT INFORMATION

LHIN HEAD OFFICE	PHONE NUMBER	AREAS/CITIES COVERED
Erie St. Clair LHIN	1 (888) 447-4468	Chatham-Kent, County of Lambton, Windsor & Essex County
South West LHIN	1 (800) 811-5146	London, Hanover, Owen Sound, St. Thomas, Seaforth, Stratford & Woodstock
Waterloo Wellington LHIN	1 (888) 883-3313	Waterloo Region, Guelph and Wellington County & the southern part of Grey County
Hamilton Niagara Haldimand Brant LHIN	1 (800) 810-0000	Grimsby, Hamilton, Niagara, Haldimand-Norfolk, Brant & Burlington
Central West LHIN	1 (888) 733-1177 or (905) 796-0040	Dufferin County, Caledon, Brampton, Malton, Rexdale & Woodbridge
Mississauga Halton LHIN	1 (866) 371-5446 or (905) 855-9090	Halton Hills, Milton, Oakville, North West Mississauga, South West Mississauga, East Mississauga and South Etobicoke
Toronto Central LHIN	1 (866) 243-0061 or 1 (866) 383-5446	Toronto
Central LHIN	1 (888) 470-2222	South Simcoe, York Region, North York and areas of Northern Toronto
Central East LHIN	1 (800) 263-3877	Scarborough, Durham, Northumberland, Kawartha Lakes, Peterborough & Haliburton
South East LHIN	1 (800) 869-8828 or 1 (800) 668-0901	Bancroft, Belleville, Brighton, Brockville, Gananoque, Kingston, Napanee, Perth, Picton, Smiths Falls, Trenton
Champlain LHIN	1 (800) 538-0520	Ottawa, Western & Eastern Champlain (including Carleton Place and Pembroke)
North Simcoe Muskoka LHIN	1 (888) 721-2222 or (705) 721-8010	Barrie, Midland, Collingwood, Penetanguishene, Wasaga Beach, Muskoka & Orillia
North East LHIN	1 (800) 461-2919	Algoma, Cochrane, James and Hudson Bay Coasts, Manitoulin/ Sudbury, Nipissing, Parry Sound & Timiskaming
North West LHIN	(807) 345-7339	Thunder Bay, Rainy River & Kenora Districts



ALBERTA HEALTH SERVICES (AHS)

While public homecare services are administered through Alberta Health Services to anyone with a valid healthcare card who has needs that can be met at home in a safe manner, there are several Homecare area specific Zone's in the province where one would connect with a Case Manager who can identify needs, create a plan of care and connect clients with services and resources in the community. Homecare can be provided in one's home, a specific clinic setting or in other community settings. To find out more information or request a homecare assessment you may call Health Link at **811** or visit ahs.ca/homecare. Alternately, you can look up your Zone on the chart below and contact the associated number. If you are unsure what Zone you are in, visit www.albertahealthservices.ca/zones/zones.aspx. A RN is on staff at each location and will be able to answer any questions you may have, do an assessment and arrange for any necessary referrals.⁹

ALBERTA HEALTH SERVICES CONTACT INFORMATION

Alberta Health Services Zone	Phone Number
North	1 (855)371-4122
Edmonton	(780) 496-1300
Central	1 (855) 371-4122
Calgary	1 (888) 943-1920 or (403) 943-1920
South – Bow Island	(403) 545-2296
South – Brooks	(403) 362-7766
South – Lethbridge and Area	1 (866) 388-6380 or (403) 388-6380
South – Medicine Hat	(403) 581-5750
South – Oyen	(403) 664-3651

BC COMMUNITY CARE

The process for applying for homecare and available services is similar in all provinces. Eligibility is always based on having a valid health card (in BC a Care Card or BC Service Card) and having needs that can safely be met in the community. The primary difference appears to be what each province calls the organizing government agency that does the assessments, creates care plans and makes referrals. Individuals (a potential client, friend or family member) or health care professionals can make a referral to BC Community Care. To apply for and receive home and community care services in British Columbia one would need to go through their local health authority¹⁰. If a needs assessment is deemed appropriate, someone will visit you at home to determine eligibility, service needs, urgency and if any costs would be involved. Some services are income based so in some situations you may need to provide your notice of assessment or tax return. If it is determined that you are eligible for services, a care plan will be developed to meet your needs. If you are found to be ineligible for government funded home care services, your health authority can direct you to other resources that can meet your needs. You may contact HealthLinkBC (www.healthlinkbc.ca) at **811** from your telephone or use the chart on the next page to contact your local health authority to enquire about available services.

Check out our Blog!
<http://blog.senioropolis.com/>

⁹ Information obtained from www.albertahealthservices.ca/cc/Page15488.aspx.

¹⁰ Information obtained from: www2.gov.bc.ca/gov/content/health/accessing-health-care/home-community-care/how-to-arrange-for-care (August 2018).



BC HEALTH AUTHORITY CONTACT INFORMATION

Health Authority	Phone Number
Fraser Health (or visit www.fraserhealth.ca/health-topics-a-to-z/home-and-community-care#.W2tQtyhKhPY)	1 (855) 412-2121
Interior Health (or for a list of offices within this region visit www.interiorhealth.ca/YourCare/HomeCommunityCare/Pages/AccessingServices.aspx)	(250) 469-7070
Island Health (or for a list of Community Health Services offices visit www.viha.ca/hcc/contacts/index.html)	(250) 388-2273 – South (250) 739-5749 – Central (250) 331-8570 – North
Northern Health (or for a list of offices visit www.northernhealth.ca/sites/northern_health/files/services/home-community-care/documents/health-offices-by-community.pdf)	(604) 215-8110
Vancouver Coastal Health (or visit www.vch.ca/your-care/home-community-care/how-to-access-services)	(604) 986-7111 – North Shore (604) 278-3361 – Richmond (604) 267-3419 – Vancouver

SASKATCHEWAN HEALTH AUTHORITY

Home care in Saskatchewan is provided by the provincial health authority. Available services include: assessments, case management, care coordination, nursing, personal care, therapies, volunteer programs and meal service.¹¹ Depending on the service and the client's income, a cost to the client may be involved though there is the opportunity for people to apply for a subsidy if they cannot afford the service cost. There is no cost if the service is provided by a professional (e.g. RN or Therapist) or a volunteer.¹²

Saskatchewan also has the option of 'individualized funding' whereby you would receive money directly to manage your non-professional support services such as personal/home care. The client would then purchase their services directly from an agency of their choice. The amount of funding received is based on 'assessed need'. For information on individualized funding visit www.saskatchewan.ca/residents/health/accessing-health-care-services/care-at-home-and-outside-the-hospital/individualized-funding-for-home-care. For additional information on home care services available in your area, eligibility and any cost factors, contact the HealthLine (www.healthlineonline.ca) at 811 from your telephone or use the chart on the next page to contact your local health authority¹³.

DID YOU KNOW?

Our very interactive & user-friendly website www.senioropolis.com[®] has an advanced search feature called the Retirement Home Finder that allows users to search for a home based on an array of important features and criteria.

¹¹ Information obtained from: www.saskatchewan.ca/residents/health/accessing-health-care-services/care-at-home-and-outside-the-hospital/home-care (August 2018).

¹² Information obtained from: www.saskatchewan.ca/residents/health/accessing-health-care-services/care-at-home-and-outside-the-hospital/home-care (August 2018).

¹³ Information obtained from: www.saskhealthauthority.ca/Services-Locations/Pages/Home.aspx (August 2018).



SASKATCHEWAN HEALTH AUTHORITY CONTACT INFORMATION

Health Authority¹⁴	Phone Number
Athabasca Health Authority	(306) 439-2200
Cypress Health Region	(306) 778-5100
Five Hills Health Region	(306) 694-0296
Heartland Health Region	(306) 882-4111
Keewatin Yatthé Health Region	(306) 235-2220
Kelsey Trail Health Region	(306) 873-6600
Mamawetan Churchill River Health Region	(306) 425-2422
Prairie North Health Region	(306) 446-6606
Prince Albert Parkland Health Region	(306) 765-6400
Regina Qu'Appelle Health Region	(306) 332-3307
Saskatoon Health Region	(306) 655-4346
Sun Country Health Region	(306) 842-8399
Sunrise Health Region	(306) 786-0711

HEALTH RELATED RESOURCES:

- Health Canada: www.hc-sc.gc.ca or 1 (866) 225-0709
- Kidney Foundation: www.kidney.ca or 1 (800) 387-4474
- Diabetes Canada: www.diabetes.ca or 1 (800) 226-8464
- Parkinson Canada: www.parkinson.ca or 1 (800) 565-3000
- Heart and Stroke Foundation: www.heartandstroke.ca or 1 (888) 473-4636
- The Canadian National Institute for the Blind: www.cnib.ca or 1 (800) 563-2642
- Alzheimer Society Canada: www.alzheimer.ca or 1 (800) 616-8816
- Canadian Cancer Society: www.cancer.ca or 1 (888) 939-3333
- Canadian Hearing Society: www.chs.ca or 1 (866) 518-0000
- The Lung Association: www.lung.ca or 1 (888) 566-5864
- Canadian Fitness and Lifestyle Research Institute: www.cflri.ca (Fitness Tips for Seniors) or (613) 233-5528

¹⁴ Within each health authority there are many sub-offices divided by area. The phone numbers provided in this chart are either a head office general information number or a number for one specific location where they can provide you with the direct number to home care services in your neighbourhood.



WHAT'S THE DIFFERENCE (ONTARIO)?

People attempting to determine the type of care they need for themselves or a loved one are often unaware of, or confused by, the difference in terminology with respect to levels of care. The chart below is meant to assist in quickly clarifying the difference, but for greater detail please see the sections related to each topic. **Please keep in mind that no decision for placement of any kind can or should be made without the consent and knowledge of the person involved, if they are competent.**

LEVEL OF CARE	KEY FEATURES
Independent Seniors' Apartments (Page 6)	<ul style="list-style-type: none"> • Private rental apartment; may have Rent Geared to Income. • May have some Supportive Housing services, meals for purchase, social programs, visiting MD.
Supportive Housing (Page 18)	<ul style="list-style-type: none"> • Independent apartments with a care component. • 24/7 availability of support workers – can assist with meal preparation and homemaking. • Subsidies are available in some buildings.
Retirement Residences (sometimes called Assisted Living, Retirement Homes, Retirement Communities) (Page 19)	<ul style="list-style-type: none"> • Privately owned and operated (some are owned by not-for-profit organizations). • Accommodation is mostly private – rooms, suites or apartments, some have semi-private units. • Services provided usually include: social/recreational activities, housekeeping, most/some/all meals, minimal assistance with personal care (may be a fee involved), 24-hour staff – additional care may have to be purchased. • Licensed and regulated by the Retirement Homes Regulatory Authority (RHRA). • Must abide by the Retirement Homes Act, 2010; the Residential Tenancies Act, Health Protection and Promotion Act, fire and building codes. • Apply directly to the home. • Cost is determined by individual homes based on various factors. • No government subsidies are available.
Long-Term Care Homes (formerly called Nursing Homes) (Page 47)	<ul style="list-style-type: none"> • Ownership/operation may be private, not-for profit, municipal or charitable. • Provide 24-hour assistance with personal care, eating, bathing, medications, medical/nursing needs. • Amenities, recreational activities vary; housekeeping, laundry services and meals are included. • Cost of care/support is covered by the Ministry of Health and Long-Term Care. • Residents pay room & board portion (called the "co-payment"). • Standardized rates across the province set by the Ontario Ministry of Health and Long-Term Care; subsidies available for those unable to pay ward rate. • May be waiting lists. • Apply through local LHIN – maximum of five choices, first one to come available must be accepted. • Residents must be medically stable but usually require care of some kind; may be cognitively impaired. • All homes are licensed, regulated and funded by the provincial government under the Long-Term Care Homes Act, 2007.
Complex Continuing Care	<ul style="list-style-type: none"> • Hospital-like facilities. • Patient must have very heavy care needs that cannot be managed in a long-term care home, be medically unstable or have complex issues that require frequent nursing/medical attention. • Usually admitted directly from an acute care hospital.



SUPPORTIVE HOUSING IN ONTARIO

Some seniors' rental apartment buildings offer something called 'supportive housing services'. This means that, if required, minimal to moderate care through personal support (which may include daily visits/check-ins, bathing and dressing, assistance with shopping, meals and transportation) and/or homemaking services is available to residents. There is usually a contract that details the care arrangement between the service provider and the resident (the owner of the unit is usually different from the service provider). Apartments with this option may make it possible for a senior to remain at home independently longer than they would in an apartment without supportive housing services available. In some instances, this type of service is offered in a setting adjacent or connected to another type of care/seniors' home, which allows residents to utilize some of the services or amenities in the adjoining residence.

Personal support and homemaking services coordinated through the LHIN are usually not available to residents of these buildings if those services are available within the building. The ownership, operation, funding base and administration of monies for such structures varies and may come from municipal governments, the LHINs, the Ministry of Housing or a not-for-profit organization such as a church/faith-based organization, seniors' organization or cultural group. As a result, accommodation, care requirements, service providers, building amenities, on-site services such as personal care and homemaking, subsidies and cost factors may differ from one residence to another. Rental costs are based on market rates; however, some may have subsidies available for eligible applicants. There is usually a waiting list for entry into these buildings. The Residential Tenancies Act governs the housing portion of the accommodation. If there is a specific building you are interested in finding out about, contact them directly to inquire about the application process, waiting list for service and amount of care available.

There does not appear to be one all-encompassing list of all supportive housing settings in Ontario but there are several ways to locate something in your community. You may wish to contact your local LHIN, community support agency or local housing authority to ask if they have information about supportive housing complexes or providers in your area. The Ontario Non-Profit Housing Association website (www.onpha.on.ca) contains contact details on region-specific access centres that can provide information or applications for non-profit housing complexes/services in Ontario (click on the box at the bottom of the page titled "Looking for Housing?" on their *About non-profit housing* page, accessible on the tab for *About* on the black bar at the top of their home page). AdvantAge Ontario's website (www.advantageontario.ca) contains listings of members of their organization by area, which includes those that offer "Seniors' Housing" (click the box titled "Find a Location" on their home page; find your region on the map of Ontario and click on it. A list of their member homes and agencies will appear below the map for that specific region). A quick search of the internet will reveal several additional websites detailing specific information about social/non-profit housing and supportive housing for seniors throughout the province.

SUPPORTIVE HOUSING IN BRITISH COLUMBIA

BC has a Seniors' Supportive Housing Program available to those low-income seniors who can live independently with some minimal assistance (less care than would be required in an Assisted Living residence). The program operates out of apartment buildings with private units that are part of the subsidized housing program. Units may have modifications to accommodate seniors and those with certain disabilities (e.g. grab bars, showers instead of tubs, easy to use door handles and faucets, etc.). Support services such as some meals, light housekeeping and some laundry services, as well as social and recreational activities and emergency response may be included. The cost is subsidized by BC Housing, so rent is geared to income (set at 50% of gross household income) and applications either go through the Housing Registry if the property is listed with them, or directly to the provider if they are not. As with most subsidized housing, the need far outweighs availability so there will likely be a waiting list for the property you are interested in. It is therefore important to keep your application active by updating it every 6 months until a unit becomes available.¹⁵ For additional information on Senior Supportive Housing in BC visit www.bchousing.org/housing-assistance/housing-with-support/seniors-supportive-housing.

¹⁵ Information obtained and summarized from: www.bchousing.org/housing-assistance/housing-with-support/seniors-supportive-housing (August 2018).



SUPPORTIVE HOUSING IN SASKATCHEWAN

Seniors in Saskatchewan on a limited income who require some support to remain independent may have the option of accessing SALS (Saskatchewan Assisted Living Services) which “provides the coordination of optional community-based services for seniors in select social housing projects”¹⁶. Services may include one meal per day, personal response, laundry, housekeeping and recreation. While there is a cost for the services, because it is geared to those on a limited income, rates are kept at an affordable level through “local coordination, partnerships, and bulk delivery”. Those interested in information on this program, can call **1 (800) 667-7567** or the local housing authority.

WHAT IS A RETIREMENT RESIDENCE (ONTARIO)?

Retirement residences and communities (also called retirement homes) are ideal for older persons in relatively good health who may have minimal or moderate care needs and cannot (or do not want to) be in their own homes. They provide a safe, supervised environment that allows for the opportunity to enjoy organized activities, socialize with people their own age, have their meals prepared and housekeeping done by someone else, and obtain some care if needed. Residents are able to maintain privacy, dignity and independence while having the freedom to choose how much to do for themselves, how much to have done for them and how and with whom to spend their time.

Residents can usually bring some of their own furniture. A few homes even allow small pets (as long as the pet owner can look after them). Several people living in retirement residences still drive their own cars. Most are free to leave during the daytime without supervision. Retirement living residences vary greatly in location, size, accommodation, cost factors, services, amenities and staffing. In general, costs are market-driven and dependent on location, ownership, care needs, amenities and other factors. Residences in rural areas may be less expensive than comparable ones in large urban centres. They are all privately owned and operated. There are over 750 licensed homes¹⁷ in Ontario and many new ones currently under construction.

In June 2010, the provincial government passed the *Retirement Homes Act* which now governs residences across Ontario. The legislation details mandatory standards for resident care and safety. As well, all homes must continue to abide by the regulations set out in the *Residential Tenancies Act*¹⁸, the *Health Protection and Promotion Act* (which sets standards that impact a variety of businesses, including retirement residences, related to water quality, sanitation and safe food preparation) and the *Ontario Building and Fire Codes*.

Retirement residences in Ontario may be for profit or not-for-profit. Rates across the province are not standardized; fees are based on various factors determined by each residence (e.g. location, amenities included, suite size, ownership, size, care level, etc.). Some not-for-profit residences may have available subsidies and are usually owned by a religious, charitable or community organization with management responsible to a central board of directors. There are no government subsidies available for retirement home residents; however, some costs related to care might be tax deductible. The Canada Customs and Revenue Agency (CCRA) allows retirement home & long-term care home residents to make a claim on their annual tax return for the care services they receive as a medical expense provided the required documentation is submitted for qualifying services (for more information visit the link for *Attendant care or care in a facility* at www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/lines-330-331-eligible-medical-expenses-you-claim-on-your-tax-return/attendant-care-care-a-facility.html).

Unlike long-term care homes, there are no standard application forms for all residences and no central processing agency. Application to enter a retirement residence is made directly to the residence itself. Prospective residents may be

¹⁶ Information for this section obtained and quoted from: http://publications.gov.sk.ca/documents/13/107855-SKH_Seniors_Program_Booklet-August-2018-online.pdf, page 19.

¹⁷ Licensed homes are those who meet the criteria of a retirement home set out in the *Retirement Homes Act, 2010* and have applied for and received a licence to operate from the Retirement Homes Regulatory Authority. As of March 31, 2018, there were 753 licensed retirement homes in Ontario.

¹⁸ Retirement residences are included in the definition of **Care Homes** in the Act.



WHAT IS A RETIREMENT RESIDENCE?

required to undergo a physical assessment (or have a medical form completed) by their physician or medical personnel attached to the residence, prior to moving in, to ensure that the residence can meet their physical and medical needs. Some residences may have waiting lists.

Residents mostly enter a retirement residence while they are still healthy, active, cognitively alert and fairly independent¹⁹. They can look after some or most of their personal care and can usually get to the dining room unassisted. Most retirement residences have health care aides and/or nursing staff available in the event of a medical emergency. Many can provide supervision with medication administration and bathing, if required, although some may charge an extra fee for these services. Meals (usually in a central dining room), housekeeping (and sometimes some laundry services) and in-house recreational programs are generally included in the monthly cost. Accommodation differs from one residence to another and ranges from ward to semi-private to variations of private rooms, suites and/or apartments. Some have suites with some form of a kitchenette to allow for light meal preparation; however, there are often restrictions around using many kinds of electrical appliances in your suite. Depending on the residence, available personal care services may range from minimal assistance to a comprehensive continuum of care. A home that offers varying levels of care may enable residents to continue to be managed in their chosen residence if their health deteriorates and their need for care increases (some residences term this Aging in Place²⁰).

Local Health Integration Networks (LHINs) may coordinate some personal support and/or professional services (e.g. physiotherapy, nursing, etc.) for residents of retirement residences. Provision of service is based on individual assessment of needs by a LHIN Care Coordinator and the services available in the residence. Professional services are usually time-limited and for assessment and training.

While some homes refer to themselves as 'Assisted Living' and include some basic care, others will offer Assisted Living (AL) programs or units (sometimes called Special Care, Enhanced Care, Supportive Care or Personal Care) where more nursing and/or personal care is available for residents who require it currently or in the future. Depending on the home and how they set up their packages and rates, "Assisted Living" may include variations of housekeeping, laundry services, meals, personal care and medication management. In most homes that offer this as an option, there is an extra cost for receiving this kind of care or residing in this type of a unit, and sometimes a waiting list for a separate unit, if there is one.

In many retirement settings, extra personal care can be purchased on an hourly, daily or monthly basis, either through the residence or from an external agency. In some homes, residents may hire private companions or 'shared care' (two residents hire one person who attends to both of them, enabling them to share services, reducing the cost of extra care) if the amount of care included in a resident's monthly fee (or the amount of care the residence can provide) is not enough.

Some residences have secure units or floors for residents with dementia/memory issues who are at risk for wandering. There are also a few residences that specialize in dementia care and are only accessible to those with significant cognitive impairment. Depending on the circumstances and symptoms, someone with dementia may be better suited to a long-term care home. Factors such as safety, behavioral issues, cost and care needs should be considered carefully when making a placement decision for someone with dementia.

Many retirement residences provide short-term respite care for people who are recovering from an illness or to provide relief for a caregiver, vacation care while caregivers are on holiday and trial stays for a few days or weeks, to allow people to try out the residence before making a final decision.

Can't find what you are looking for?

Call us at 1 (844) 585-7255 for information on homes and resources across Canada.

¹⁹ All homes offer independent living with minimal support however, in recent years, many homes also offer care to those who require assisted living and/or dementia care, though not all have secure units (which are necessary for those who may wander).

²⁰ In residences that offer "Aging in Place", costs may increase with care needs. Depending on the residence and the amount and type of care required, increasing care may involve moving within the residence to an Assisted Living or Supportive Care Unit.



SUBSIDIZED ASSISTED LIVING IN BRITISH COLUMBIA

Assisted Living in BC is much like retirement living in Ontario. It falls in between living at home and living in a long-term care home for many. In essence, it is for seniors or disabled adults who are fairly independent but require/may benefit from some support. It includes accommodation, meals, housekeeping and laundry services, recreation and may include some personal care services. BC does have some government-funded (through the Independent Living BC program) subsidized units for those on a limited income. Eligibility is determined through the local health authority and if qualified, a senior would pay 70% of their after-tax income and a hydro surcharge. For information on these subsidized residences visit www.bchousing.org/housing-assistance/housing-with-support/assisted-living-residences.

DID YOU KNOW?

One organ donor can save up to **eight lives**. Anyone who is healthy and of age to give consent can be an Organ Donor in the province of Ontario. For information or to register as a donor visit www.canada.ca/en/public-health/services/diseases/blood-organ-tissue-donation.html.

RETIREMENT RESIDENCE COST CALCULATOR

Many people think that it is more expensive to live in a retirement residence than it is to live in their current home. While in some cases, this may be true, in others, it may indeed cost less annually than maintaining an existing property. Below is a simple chart that will assist seniors in calculating the difference. An online version of this tool is available at www.senioropolis.com/retirement-calculator.asp.

Current Monthly Income

Government Pension	\$
Other Pensions	\$
Dividends/Interest/Annuities	\$
Other Income	\$
Gross Monthly Income (add all items above)	\$
Gross Annual Income (multiply above monthly figure by 12) (A)	\$

House Income (if you have a house or property to sell)

Sale Price of House/Condominium	\$
Balance left on Mortgage (if there is one) (subtract this amount)	(\$)
Real Estate Commission (subtract this amount)	(\$)
Net Proceeds (sale price minus mortgage, minus commission)	\$
Annual investment income from net proceeds of house sale (B)	\$

Continued on next page...



Post-Sale Income

New Annual Income	(A + B)	\$
Annual income tax (subtract this amount)		(\$)
Total Annual Income (annual income minus income tax)		\$
Monthly Income (divide total income on line above by 12)		\$

Your monthly income is what you will have available to spend on a retirement home should you decide to relocate to one.

Monthly Living Expenses

Item	Present Cost	Cost in a Retirement Home
Rent or Mortgage Payment	\$	\$
Property Taxes	\$	included
Home Insurance	\$	included
Home Repairs	\$	included
Utilities (water, electricity)	\$	included
Emergency Response System/House Alarm	\$	included
Housekeeping	\$	included
Laundry Services	\$	included
Meals	\$	(most included)
Entertainment	\$	(most included)
Cable TV/Telephone/Internet	\$	\$
Transportation	\$	\$
Gardening/Snow Removal	\$	included
Other/Miscellaneous	\$	\$
Total Monthly Cost	\$	\$

The final line in this table will allow you to compare the monthly cost of living in your own home vs. living in a retirement home. Keep in mind your new monthly income if you sell your home, which can be used toward your new accommodation.

WHAT IS THE RHRA (ONTARIO)?

The Retirement Homes Regulatory Authority (RHRA) is an independent, not-for-profit organization that oversees retirement homes in Ontario and enforces the *Retirement Homes Act, 2010* (the Act). RHRA staff process retirement home license applications, respond to calls about harm to retirement home residents and inspect retirement homes to make sure they meet the standards in the Act. The RHRA is accountable to the government of Ontario through a written agreement called a "Memorandum of Understanding", which is available on the RHRA website (www.rhra.ca).

Public Register - In Ontario all retirement homes that meet the Act's definition of a retirement home must have a license from the RHRA to operate. Retirement homes that have applied for a license, or that have received a license, are listed in the Public Register. The Register can be viewed at www.rhra.ca. The Public Register provides information on the presence of fire sprinklers, lists the services a home offers and includes inspection reports or conditions placed



on a home's license, as well as orders issued by the Registrar. The Register also lists license applications that have been refused or licenses that have been revoked, persons operating a retirement home without a license, and prosecutions. Retirement homes must post their license in view of residents.

Reporting Harm - The RHRA responds to information about harm or risk of harm to retirement home residents. These events include abuse, neglect, improper care or treatment, unlawful conduct and misuse of a resident's money. Persons that suspect harm must report it to the RHRA. A toll-free number – **1 (855) ASK-RHRA (1 (855) 275-7472)** has been set up to receive reports or to respond to questions. Reports of harm or risk of harm may be made anonymously. Reports or allegations of neglect or abuse are followed-up on by RHRA compliance staff and may result in an inspection of the home. Inspection reports are posted on the RHRA Public Register. Residents requiring immediate emergency assistance should call 911.

Complaints about Retirement Homes - Every retirement home is required to have an internal complaints process to help address residents' complaints. In addition to speaking with the home, residents may also file a formal complaint with the RHRA should they believe a retirement home is not following the Act. For information on how to file a complaint, visit the "For Retirement Home Residents" section on www.rhra.ca. You may download the complaint form and submit it with all required information to the RHRA. For more information and/or help completing the form, contact the RHRA at **(1 (855) 275-7472)**.

If your complaint relates to the Act, the RHRA staff will carefully review and assess it to determine what actions to take. Under certain conditions, if you are not satisfied with the outcome of your complaint, you may ask the RHRA's Complaint Review Officer to review it.²¹

WHAT IS ORCA? (ONTARIO)

The Ontario Retirement Communities Association (ORCA) is a provincial non-profit association that represents operators of retirement residences in Ontario. "ORCA represents over 92 per cent of retirement home suites in Ontario with members (over 600) providing accommodations and services to more than 56,000 seniors. ORCA's membership also includes over 240 commercial partners who provide products and valuable services to retirement communities throughout the province."²² ORCA's role in the industry is multi-faceted and encompasses education of members, advocacy within the industry and educating the public.

WHAT IS ADVANTAGE ONTARIO?

AdvantAge Ontario (formerly OANHSS) is the trusted voice for senior care. They are a community-based, not-for-profit organization dedicated to supporting the best possible aging experience. Member organizations serve over 36,000 residents annually and operate over 8,000 seniors' housing units across the province. AdvantAge Ontario works with member organizations, sector partners, consumer groups and governments to ensure high-quality care and services for seniors in Ontario. For more information on AdvantAge Ontario call **(905) 851-8821** or visit www.advantageontario.ca.²³

ASSISTED LIVING & REGULATION IN BRITISH COLUMBIA

British Columbia was the first province in Canada to regulate "Assisted Living Residences", the category under which many retirement residences fall. Assisted Living in British Columbia is regulated by the *Community Care and Assisted Living Act*, *Assisted Living Regulation* and *Community Care and Assisted Living Regulation*. All operators of Assisted Living must comply with these three pieces of legislation. The *Community Care and Assisted Living Act* is the governing legislation and details & defines the standards for health and safety of residents in licensed homes. The regulations dictate license application procedures, policies, health and safety provisions, staffing and management requirements. Many types of residences and facilities are governed by this legislation ranging from group homes for

²¹ Information edited by Helen Simeon, Senior Manager Communications, RHRA (August 2018).

²² Information obtained and quoted from: www.orcaretirement.com (July 2018).

²³ Information provided by Debbie Humphreys, Senior Director, Corporate and Public Affairs, AdvantAge Ontario (June 2018).



those with disabilities or mental illness to residential care homes housing 3 or more unrelated people regardless of the funding body or profit status of the home. Assisted Living units can be for profit or not-for-profit and vary in size and accommodation.

In order to be considered an Assisted Living Residence, residents must require assistance with their activities of daily living in one or two areas (more than two falls into the realm of long-term/residential care). Examples include: assistance with personal hygiene, dressing, eating, walking, medications, financial management etc. Residences that meet these criteria – both publicly subsidized and private pay – must be registered with and follow regulations set out by the Assisted Living Registrar. The mandate of the Registrar as indicated in the governing legislation is to “protect the health and safety of assisted living residents”.²⁴ This is accomplished through registering all qualifying residences, creating and upholding standards for health and safety (including staffing, safety, personal care services and emergency preparedness), investigating complaints and inspecting residences as deemed necessary. For additional information on the Assisted Living Registry and/or associated legislation visit <https://www2.gov.bc.ca/gov/content/health/accessing-health-care/assisted-living-registrar>.

WHAT IS THE BCSLA?

The British Columbia Seniors Living Association began in 2003 (originally called the British Columbia Retirement Communities Association) as a voluntary organization of 10 owners/operators of private retirement communities who wanted to ensure that there was adequate representation of the industry in BC. Over the last 15 years the membership has grown to 159 (independent and assisted living) retirement communities and 114 suppliers of goods and services to the industry.²⁵ The BCSLA's role in the BC retirement living industry is multi-faceted and includes leadership, advocacy for its members and education of consumers, members and stakeholders. For additional information call (604) 689-5949 or visit www.bcsla.ca.

SUPPORTIVE LIVING & REGULATION IN ALBERTA

Alberta is one of the provinces in Canada that has legislation to protect seniors who reside in retirement-type settings which are grouped under the category of ‘Supportive Living Facilities’. Accommodation standards have been in place since 2007 and are maintained and enforced through Alberta Health Services. Alberta has both public and private supportive living settings which are impacted by these standards.

What is the definition of Supportive Living in Alberta? - Supportive living is a housing/residential setting that encourages and supports independence with the provision of accommodation, care & support as required. While many residences under this definition are specifically for seniors, supportive living as a licenced level of care is broad enough to extend beyond seniors; younger people who have a mental or physical disability and require some support can also reside in a supportive living residence (which may be a group home or a designated supportive living²⁶ setting that is not a seniors' home) that is governed by the same legislation. Usually the environment also contains amenities that offer safety and security while meeting the needs of the residents. There are limits to this kind of care; facilities providing services for those with complex needs fall into a different category and as such under different regulations. Generally, supportive living residences offer “health and wellness” as well as “hospitality” services which encompass things such as meals, housekeeping, laundry, social and recreational services, etc. For further details on what Supportive Living entails you can visit www.health.alberta.ca/services/supportive-living-guide.html.

The *Supportive Living Accommodation Licensing Act* governs all settings with 4 or more permanent residents who receive “services related to safety and security [at least once a day]...and...at least one meal a day or housekeeping services”. In addition to the provincial standards set out under this legislation (which cover things like meal provision,

²⁴ Information obtained and quoted from: www2.gov.bc.ca/gov/content/health/accessing-health-care/assisted-living-registrar (August 2018).

²⁵ Information obtained from: www.bcsla.ca (August 2018).

²⁶ A Designated Supportive Living (DSL) residence has an agreement with Alberta Health Services (AHS) whereby AHS controls the access to a specific number of the spaces in their setting. DSL offers 24-hour on-site support and personal care (from: www.health.alberta.ca/services/supportive-living-guide.html) (August 2018).



housekeeping, maintenance, safety and security), residences are also expected to follow several other regulations administered by their municipalities as well as other applicable provincial and federal standards related to the health and safety of their residents and proper business practices of themselves and those they employ. The provincial government sets the standards for supportive living residences, monitors compliance and does annual inspections of licenced homes.²⁷ For information on complaints and compliance with standards of supportive living residences in Alberta visit <http://standardsandlicensing.alberta.ca/>. For further information on standards governing all supportive living in the province and what they encompass you can visit www.health.alberta.ca/services/continuing-care-forms.html.

As with retirement settings in Ontario, in Alberta each residence determines who is eligible, what accommodations and services/service packages they wish to offer, and the related costs for both. The Home Care Program administered by Alberta Health Services does provide some health and personal care services for residents of many supportive living homes. And, while many senior-specific residences are private pay, for those with a low/moderate income, there is provincial legislation that governs 'Seniors Lodges'²⁸ which caps the maximum accommodation fee they can be charged so that they have money left for personal expenses; they are entitled to a minimum of \$315.00/month for incidentals from their monthly income/pension. There are also "affordable supportive living spaces that were funded in part with capital grant dollars from the province", and as such, cannot charge a resident more than what it costs for a private room in a provincial long-term care home. For information on the costs in a designated supportive living setting, visit www.health.alberta.ca/services/continuing-care-accommodation-charges.html.

WHAT IS THE ASCHA?

The Alberta Seniors Communities and Housing Association (ASCHA) is a not-for-profit organization that represents and advocates for Alberta's senior housing owners and operators. Membership includes independent and supportive living properties and represents "almost 70% of the seniors housing sector in Alberta".²⁹ Members are part of the voluntary, public and private sector as well as various stakeholders in the industry. In their role as a resource for Alberta's senior housing industry they assist members as well as consumers in ensuring a positive quality of life for the seniors they serve. Consumers are welcome to visit their free online Alberta Seniors Housing Directory at <https://housingdirectory.ascha.com/> where you can search for housing by various criteria including location, organization, and support services, etc.

PERSONAL CARE HOMES IN SASKATCHEWAN

Personal Care Homes in Saskatchewan are much like Retirement Homes in other provinces. They are privately owned businesses but require a license and follow regulations set out in *The Personal Care Homes Act*. They provide accommodation, meals, personal care supervision, assistance or support and are generally for people who have light care needs; however, there are some settings that can manage those who require heavier care. The provincial Ministry of Health is responsible for licensing, monitoring, inspecting and ensuring compliance with legislation. As well, the Ministry maintains a publicly accessible database of Personal Care Homes, their contact information, costs and inspection records at <http://personalcarehomes.saskatchewan.ca/>.

As with other provinces, homes are both for profit and not-for-profit. There is no minimum or maximum number of beds a licenced home can have. Many homes are small with only a handful of residents while there are others that are corporately owned by large companies with many residents. Admission criteria and monthly cost varies and is determined by the owner/operator based on services, care available and other factors.

Seniors with a low income can apply for the *Personal Care Home Benefit (PCHB)* to supplement the cost of living in a Personal Care Home. Eligibility is based on marital status and monthly income. "This benefit supplements the

²⁷ Information for this section has been obtained and quoted from: www.health.alberta.ca/services/supportive-living-guide.html (August 2018).

²⁸ A Seniors Lodge is supportive living that offers room and board to independent seniors who may or may not need community support services and is operated under the *Alberta Housing Act* (from: www.health.alberta.ca/services/supportive-living-guide.html) (August 2018).

²⁹ Information obtained and quoted from: www.ascha.com (August 2018).



difference between a senior's monthly income and a threshold of \$2,000 per month"³⁰ For information on applying for the PCHB visit www.saskatchewan.ca/residents/family-and-social-support/seniors-services/seniors-living-in-personal-care-homes.

If there are any concerns an individual has with a home, they can complete a complaint form and submit it to the Ministry who will review it and investigate if required. The complaint form can be found at <https://www.ehealthsask.ca/services/resources/Resources/PCH%20Complaint%20Reporting%20Form%20Updated%20%20Sept%2025%202015.pdf>

RETIREMENT RESIDENCE VISITING TIPS

Choosing a retirement residence³¹ for yourself or a loved one is an important decision that should not be made hastily. If you are assisting someone in this process, before beginning your search you must know and understand their needs, both in terms of services required and the type of setting they would feel most at home in. In addition, since affordability is a key area of concern for many, you should determine available financial resources and a monthly budget prior to viewing residences. Keep in mind that beyond the posted room rate, there may be extra costs involved (care, cable, telephone, etc.) that should be factored into your calculations. If you have the luxury of time, take that time to research your options carefully. Discuss and take note of things of importance to the person moving – activities they like, external resources that should be nearby, important safety & care features you would like them to have, on-site amenities that are preferred/desired, etc. Conduct a preliminary search of residences either online or by using Part 3 of this *Guide* and choose a few places that you think will meet your/their needs and are within your – or your loved one's – budget. It is of utmost importance that the person making the move visits these homes before making a final decision. You may want to visit more than once, perhaps at different times of day. It is advisable to go for lunch or dinner and try the food (never underestimate the importance of liking the food). You may even wish to ask if you could spend a few hours or a day there to participate in some of the recreational programs, observe the interaction between staff and residents and the day-to-day activity. Beyond the walls, amenities and décor, every home has a unique environment, and it is only by spending an extended period in a setting that you can get a sense of whether you would feel comfortable living there.

When you go on visits or tours, you may want to go a bit early, so you can survey the neighbourhood and look around the grounds and lobby area. It is advisable to call ahead to make an appointment, rather than just showing up. This ensures that the Marketing Manager or Administrator is available and can give you the necessary time to tour and ask questions. Whether you go in person or call to make an appointment, be sure to ask for an information package that you can look over before your scheduled visit. You should visit at least three residences. Make sure you take along a list of questions to each one.

When constructing your list, be sure to note which things are mandatory (needs) and which things you would like but may be willing to compromise (desires). Go into each home with an open mind. Take notes during your visits and if the homes will allow it, take a few photos to remind you of significant aspects of each location when you review your notes and impressions later. If you are looking for a home for yourself, you may want to take along a trusted friend or relative so that you can get a second opinion and have someone to discuss your options with.

Many people, in the early stages of a visit to a residence, get a 'gut feeling' as to whether it is the right place for them or their loved one. However, it is still important to research each home carefully. While décor and physical environment are important, there are many other factors to investigate and consider before making a final decision. In addition to the objective questions we ask participating homes (the answers to which are in the Part 3 of this *Guide*), there are many things to look for and ask about when touring a retirement community. It is best to start by using your physical senses which will assist you in determining one of the most important things about any residence: *quality of care*. The greatest predictor of quality in any setting is the staff. A caring staff and a clean and welcoming environment are key factors that will impact your comfort with a home and can be ascertained easily, if you observe closely and listen

³⁰ Information obtained and quoted from: <http://personalcarehomes.saskatchewan.ca/Home/Faq> (August 2018).

³¹ Tips and questions in this section are specifically for those looking for a retirement residence. For a list of questions specifically for long-term care settings see pages 51 - 60.



carefully during your visit. Take the time to watch the interactions of staff with residents, talk with residents, try the food and observe the environment of each place you visit.

On the next few pages you will find a questionnaire (many questions and the way they are organized, are based on the concept of 'using your senses') which you can copy and use on your visits (or use as a guide to create your own questionnaire). While our list of questions is extensive, you may find that some are not relevant to you or your situation. So as not to overwhelm yourself or others in your group, it is advisable to review the questions below in advance of your visit and highlight those that seem most important for you to have answers to during your preliminary tour. If the first visit goes well, you can always return or call your contact at the residence to ask additional questions another time. Take a fresh questionnaire (and your list of needs vs. desires) to each residence you visit and some extra note paper where you can jot down general impressions and extra information.

Residence Name: _____

Date of Visit: _____

Residence Address: _____

Residence Phone Number: _____

Tour Guide/Contact Person: _____

SMELL
COMMENTS

1. Is there a foul odour in any part of the building?	
2. Does it smell clean? (Notice the common areas, hallways, kitchen, dining area, different floors of the building and suites.)	
3. Is the building (and suites) well-ventilated so smells do not linger?	

TOUCH
COMMENTS

4. Is the temperature in the building and suites comfortable?	
5. Are there individual temperature control units (for heat and/or cold) in each suite?	
6. Do suites have central air or window units?	
7a. If suites have window air conditioning units, do they supply and install them?	
7b. What is the cost?	
8. Is there air conditioning in common areas (central or window units)?	
9. If there is no air conditioning, what do they do in the summer when it is very hot outside?	



SIGHT	COMMENTS
OUTSIDE AND PUBLIC AREAS	
10a. Is the building adjacent to a busy traffic intersection/area?	
10b. If so, are there safety measures in place for seniors in the area, such as a well-defined crosswalk or extended green light?	
11. Is it in a safe neighbourhood?	
12. Is the location convenient for family and friends to visit?	
13. Does the building look clean and well-maintained? (Check inside and outside; high-traffic areas as well as those that are not used as frequently like stairwells.)	
14a. Is there a patio area/shady spots/garden with seating?	
14b. Are there areas where residents can walk safely outdoors?	
15a. Is there adequate guest parking?	
15b. Is there a cost?	
16a. Is there resident parking?	
16b. Is it indoor or outdoor?	
16c. Is there a cost?	
17. Is there a 24-hour concierge/attendant/security at the main desk?	
18. Are there many residents in the common areas and/or involved in activities?	
19. Are there pictures on the walls, living plants, comfortable sitting areas, private spaces for quiet visits with friends and family?	
20. Are the public areas/lounges clean, pleasant and inviting?	
21. Note the location of fire exits and the fire alarm and/or sprinkler system in hallways and public areas. Are they easily accessible, well-marked and easy to open?	



22.	Are there handrails in the hallways?	
23.	What is the lighting like? Is it well-lit, bright and well-distributed or dark in hallways and public areas?	

SIGHT
COMMENTS

SUITES		
24.	Do you like the size and layout of the suites in your price range?	
25.	If you are looking at a semi-private unit, are there curtains or wall dividers between the beds for privacy?	
26a.	Do suites have a kitchenette or full kitchen?	
26b.	Do suites have a bar fridge or microwave oven?	
26c.	If not, can residents bring their own bar fridge/microwave oven?	
27.	Are the suites clean, bright and comfortable?	
28.	Are bathrooms clean and in good condition?	
29.	Which assistive devices are present in bathrooms?	
30.	Which devices can be installed, if necessary?	
31a.	Are bathrooms private?	
31b.	Are they two-piece (toilet/sink), three-piece (toilet/sink/shower) or four-piece (toilet/sink/tub/shower)?	
32.	Do suites have:	
	• Sprinklers?	
	• Smoke detectors?	
	• Heat detectors?	
	• CO detectors?	
33.	Do suites have easy access electrical outlets?	
34.	Do all or some of the windows in individual suites open?	
35.	Is there a lot of natural light in the units?	



RETIREMENT RESIDENCE VISITING TIPS

36a.	Is there cable or satellite TV in all suites?	
36b.	What is the cost?	
37a.	Is there internet in all suites?	
37b.	What is the cost?	
38a.	Are there phone outlets in each suite?	
38b.	What is the cost to residents for individual phone numbers in suites?	
39.	Is there adequate storage/closet space for resident belongings in the suites and/or somewhere else in the building?	
40.	What kinds of light fixtures are included in the suite?	
41a.	Are rooms carpeted, hardwood or tiled?	
41b.	What is the condition of the flooring?	
42.	Do you notice any overt safety hazards or concerns?	
43a.	Are linens provided?	
43b.	How often are they changed?	
44.	How often are the rooms cleaned?	
45.	Are the suite doors fire-safe?	
46.	Do outer suite doors have a deadbolt lock and a peephole?	
47.	Are suite doors clearly labeled with numbers or resident names?	
48.	Are doorways, bathrooms and suites wide enough for walkers and wheelchairs to be used and maneuvered?	

Ask if they have floor plans (with square footage details) of the suite(s) you are interested in. Take them home with you so you can determine where your/your loved one's furnishings might fit.

TASTE

COMMENTS

49a.	Is there a central dining area for all residents?	
49b.	Is it clean, bright and appealing?	
50.	Does the food taste good? (We suggest you try more than one meal before finalizing a move.)	
51.	Are the portions adequate?	
52a.	Are all/some meals prepared on-site from scratch?	



52b.	If not, what items are purchased and what is prepared?	
53.	Is there a dietitian on staff?	
54.	Are fresh fruits and vegetables served year-round?	
55.	Is the presentation of meals appealing?	
56.	Is there a varied menu?	
57.	How many choices are available at every meal?	
58a.	Do menus rotate/change?	
58b.	How often?	
59.	What if residents don't like the selections available on the menu?	
60a.	Can special diets be accommodated?	
60b.	Specify if there are special dietary needs and ask about availability.	
61a.	Is alcohol allowed/served in the dining room?	
61b.	Is there a licensed bar area?	
62a.	Are meal times reasonable?	
62b.	If residents prefer to eat at a different time, are they accommodated?	
63.	Is there reserved or assigned seating for residents?	
64.	Is there full table service at every meal?	
65.	Are 3 meals/day and snacks included in fee?	
66a.	How are guests accommodated at meal times?	
66b.	Is there an extra cost?	
67a.	Is there a private dining area for residents to use with their families?	
67b.	How is this arranged?	
67c.	How many people can fit comfortably in that space?	
68.	Are there multiple dining locations/options for residents?	
69.	Is the daily menu posted in a high traffic area for residents to see?	



RETIREMENT RESIDENCE VISITING TIPS

70.	Is there a 'hobby kitchen' for resident workshops and events?	
71a.	What kinds of refreshments are offered between meals?	
71b.	At what time of day?	
72.	Is there an open pantry or complimentary snack bar?	
73a.	Is room service available?	
73b.	Is there an extra cost?	
73c.	Are there any restrictions?	
74.	If residents are away for a meal, will they provide one to take with them?	
75.	Ask if you can see the kitchen. Does it appear clean?	

Ask for copies of old menus to take home with you to review.

SOUND:

Speak with residents and their family members

(They know best what the residence and staff are like and whether it is a place that is safe and enjoyable to live in.)

COMMENTS

76.	Ask how long they have been there?	
77.	Do they feel as if it is their "home"?	
78.	What is most important to them?	
79.	Why did they choose this home?	
80.	Do they enjoy participating in the activities in the home?	
81.	What do they like most about this home?	
82.	What do they like least about this home?	
83.	Are they satisfied, and would they recommend it?	
84.	Conversely, if they don't like the home, what are the issues with it?	

If you were unable to speak with residents or their families during your visit, ask for references that you may call on your own once you leave the residence.

Observe the attitude of the staff & their interaction with residents

COMMENTS

85.	Are staff members friendly, polite, approachable and available?	
86.	Are staff members wearing name tags and dressed professionally?	



87.	Do they know the residents by name and greet them respectfully?	
88.	Is confidentiality/privacy of residents respected?	
89.	Did the staff check with residents before showing you their rooms?	
90.	Did they talk about residents indiscriminately?	
91.	If you dropped in without an appointment or to make an appointment, were you welcomed and treated respectfully?	
92.	Were you introduced to management staff?	

Ask to see a copy of the Tenancy Agreement, Mission Statement as well as their Care Home Information Package. Take it home and review it carefully before signing it.

Speak with the Administrator and other staff members

COMMENTS

RESIDENCE GENERAL INFORMATION		
93a.	Is there a waiting list to get into the residence?	
93b.	If yes, how long is it?	
94a.	Who owns/manages the residence?	
94b.	How long have they owned/managed it?	
94c.	How many other residences do they own/manage?	
94d.	What is their reputation? (You may want to look them up online.)	
95a.	Is there an alarm system on the doors?	
95b.	Are all doors locked 24-hours a day or only at night?	
96a.	How does the emergency call bell system work?	
96b.	Is there always someone who can answer a resident's call on-site?	
96c.	Where (in the building or external to it) is the station where call bells are answered?	
96d.	Are there call bells on the walls in all rooms and bathrooms or do residents wear call bell necklaces?	



RETIREMENT RESIDENCE VISITING TIPS

96e.	If call bells are worn, is there a location identified when the button is pressed?	
96f.	If call bells are in fixed positions on the walls, are they easy to reach?	
97.	What is the policy on having pets or visiting pets?	
98.	What is the policy on having the following items in individual suites:	
	• Microwave oven?	
	• Kettles?	
	• Toasters?	
	• Hot plates?	
	• Electric blankets or heating pads?	
99.	Can residents eat/prepare their own meals in their suite?	
100.	Are all residents monitored to ensure that they attend all meals daily?	
101a.	What is the residence's policy around decorating, painting and wallpapering individual units?	
101b.	Is there a cost involved if new residents would like the residence to paint their suite prior to moving in?	
102a.	Can the home provide furniture?	
102b.	If so, what pieces?	
102c.	Is there a charge?	
103.	What possessions can residents bring with them?	
104.	If closet space is limited, is there a place in the building where residents can store off season clothing?	
105.	Does each suite have a safe to store valuables?	
106.	Are there policies and procedures in place if residents report items lost or stolen?	
107.	Are residents free to come and go?	
108.	Is there a resident sign out/in process?	
109a.	Does the residence have a policy or any restrictions about overnight guests or daytime visitors?	



109b. Are guests required to sign in and out?	
110a. Are guest suites available?	
110b. What is the cost?	
111a. Are there visiting hours?	
111b. If there are specific hours, what happens if relatives would like to visit after hours?	
112a. Are there volunteers in the residence?	
112b. If yes, what do they do in the home?	
113a. Are there policies around abuse?	
113b. What is the procedure if abuse is reported (staff/resident, resident/staff, resident/resident)?	
114a. Are there transportation vehicles/ services on site?	
114b. For what purpose can they be used?	
114c. Is there a cost involved?	
115. Is there close access to public transit?	
116a. Is the residence a member of any organizations?	
116b. If yes, is their membership prominently displayed in the lobby?	
116c. Is it up-to-date?	
116d. If there was an accreditation process involved, what rating were they given?	
117. All retirement homes in Ontario ³² must be licensed, or have applied for a licence, to operate. Is the license status of the home listed as "licensed" in the RHRA's Public Register (available at www.rhra.ca)?	
118. Are there conditions on the retirement home's licence? (Check the Public Register at www.rhra.ca/en/search-the-public-register /where reports on individual homes are posted; if you are uncertain about any of the conditions or if the home corrected them, you can call the RHRA to inquire.)	

³² Questions 117 – 120 refer to Ontario retirement residences only.



119.	Ontario retirement home residents are entitled to specific rights. Is the <i>Residents' Bill of Rights</i> posted in view of residents?	
120.	Is there a poster in view of residents that provides information about how to report resident harm or risk of harm to the Retirement Homes Regulatory Authority?	
121.	Which community supports/services/resources/amenities are available in the residence and in the neighbourhood (e.g., shops, library, parks)?	
122.	How close are important resources & amenities such as:	
	• Hospital?	
	• Dentist office?	
	• Doctor's office?	
	• Lab?	
	• Places of worship?	
	• Bank/ATM?	
	• Seniors' Centre?	
	• Shops?	
	• Restaurants?	
	• Theatre?	
	• Public Library?	
123.	Do residents have input into activities or events?	
124.	Are there scheduled activities in the evenings and on weekends?	
125.	What kind of activities are there in the residence?	
126a.	Are there scheduled outings?	
126b.	Is there a cost?	
126c.	Are friends or relatives able to come with residents on outings?	
127.	Are there activities of interest to you/your loved one?	



128a.	Are there special amenity areas and what are they? (i.e. fitness room, swimming pool, game equipment, spa, salon, computer, tuck shop, etc.)?	
128b.	Is exercise equipment relatively new & in good condition?	
129.	Which religious/cultural holidays are celebrated at the residence?	
130a.	Are there visiting clergy?	
130b.	Which denominations?	
130c.	Can this home meet your/your loved one's spiritual needs?	
131.	How are disputes within the home or complaints from residents dealt with?	
132a.	Is there a Resident Council &/or a Family Council?	
132b.	If yes, what is the process to join it and what kinds of decisions are they able to make?	
132c.	Are minutes of previous meetings available for you to look at?	
133a.	Have they done a Resident Satisfaction Survey?	
133b.	If yes, can you see the results?	
134a.	Is there a written Tenancy Agreement that residents must sign before moving in? (By law, there should be one.)	
134b.	Will they give you a copy of it to take home and review?	
135a.	Is there an option of a trial stay?	
135b.	For how long can someone stay before having to decide to relocate?	
135c.	What is the cost of a trial stay?	
136.	Are there regular fire drills, fire inspections and staff training sessions for emergency situations?	
137.	What kind of safety procedures/emergency plans are in place?	
138.	How are daily activities and events communicated to residents?	



MEDICAL/CARE REQUIREMENTS	
139. Do potential residents require a medical assessment (by their own or the residence MD) before admission?	
140. Does everyone have a care plan and how often is it reviewed?	
141. What kind of consultation occurs when there are health care concerns?	
142. If you/your loved one requires oxygen therapy – or think that you/they might in the near future – will the home accept residents with oxygen and in what form (liquid, compressors, etc.)?	
143. Are there restrictions around certain medical conditions that cannot be managed in this home (catheters, ostomies, etc.)?	
144. Can the home manage residents who are incontinent?	
145a. Do the staff in the home assist with toileting?	
145b. If yes, is there an extra charge for this or is it part of a care package?	
146. If a person requires assistance getting in or out of bed or transferring to a wheelchair, is this available?	
147. Is there a special lift device in the residence for residents requiring more than a one-person assist?	
148a. If assistance with bathing is required, how often is this done?	
148b. Is there an extra cost for this?	
148c. Can more frequent bathing be accommodated?	
148d. What is the cost of extra baths?	
149. What is the process for informing family about changes in health status?	
150. What is the procedure in the event of a medical emergency?	
151. Does the home offer extra services like:	
• Physiotherapy?	
• Occupational Therapy?	



	<ul style="list-style-type: none"> • Podiatry/Chiropody? 	
	<ul style="list-style-type: none"> • Dentistry? 	
	<ul style="list-style-type: none"> • Social Work? (If yes, indicate how often and what the cost is next to each item.)	
152a.	How often does the Doctor visit?	
152b.	Does he only see people when they are ill or are there well check-ups also?	
153a.	If residents have medical appointments outside of the home, who arranges transportation?	
153b.	What kind of transportation is used?	
153c.	Who goes with them?	
153d.	Is there a cost?	
154.	Is there a Falls Prevention Program?	
155.	Does the home have an Assisted Living Area?	
156.	Does the home have a secure Dementia Area? ³³	
157a.	What are the criteria for admission to the Assisted Living/Dementia Area?	
157b.	Is there an extra cost involved?	
158.	What and how much extra care do they provide on the Assisted Living/Dementia Area?	
159a.	Can they manage different kinds of dementia?	
159b.	Is there anything they cannot manage in the spectrum of cognitive impairment illnesses?	
160.	How do staff deal with difficult behaviours/aggression etc.?	
161.	How do they keep residents with dementia oriented so they can find their rooms, dining room, etc.?	

³³ At one time, only long-term care homes could accommodate the special needs of those with memory issues. In the last few years though, more and more retirement homes have begun to cater to the needs of the memory impaired population. It seems too, that increasingly people are reaching out to the private sector to provide this sort of care. While there are many with mild dementia who can manage without a problem in a retirement home or assisted living setting, there are others who do require a more specialized kind of care especially if behavioural or wandering issues are occurring. If you are in the position of looking for a home for someone with dementia, please **see questions 156 - 167.**



RETIREMENT RESIDENCE VISITING TIPS

162.	What kind of security is available to prevent residents with dementia from wandering off the unit and out of the residence?	
163.	What is their policy on physical and chemical restraints for dementia residents?	
164.	Is there an outside secure patio area for residents with dementia?	
165a.	Are staff trained to manage and communicate with people with dementia?	
165b.	How are they trained?	
166.	Is the staff to resident ratio different on the dementia floor?	
167.	Are there special activities offered to residents with memory issues?	
168.	If you/your loved one requires special equipment, programs or staff training, is this residence able to provide it?	
169.	Is there a policy on assistive devices such as wheelchairs and scooters? (Some homes may not allow scooters inside the building).	
170.	Are there situations where a resident would not be allowed to return after a hospitalization?	
171a.	What happens if a resident's health declines (physically and/or mentally)?	
171b.	Do they help the person find an alternative living arrangement, if required?	
171c.	Do they allow the person to stay while looking for a new home?	
171d.	What if the person cannot afford to pay for extra care while they are waiting for alternate placement?	
172.	What are the procedures around an illness outbreak?	
COST FACTORS		
173.	What is included in the monthly cost? (Ask about meals, housekeeping,	



laundry, activities, personal care and utilities.)	
174a. How is rent paid (cheques, pre-authorized payments, etc.)?	
174b. How often is rent paid?	
175. Are residents required to have insurance on their units?	
176a. Does the home label resident clothing?	
176b. If they do, do they charge extra?	
177a. If laundry service is included, are residents' clothes laundered individually?	
177b. If not, who ensures that the correct clothes are given to their rightful owners?	
178a. Are there laundry machines so that residents can do their own laundry?	
178b. Is there a cost?	
179a. What is the cost of extra care if you/ your loved one should require it at a later date?	
179b. Is there a limit to how much extra care the residence can/will provide?	
180. Can you hire your own caregivers privately from an agency of your choice? (By law, the answer to this should always be "yes".)	
181a. Does the local LHIN/Health Authority/ publicly funded home health care agency, service residents in this residence?	
181b. If yes, what support/services do they provide?	
181c. Is there a time limit for service?	
182a. Are there extra/unpublished costs?	
182b. What are they?	
183a. When was the last extra care fee increase?	
183b. How much was it?	
184a. How often is rent increased?	



184b. By how much (i.e. is there a set percentage)? (By Ontario law, rent can be increased annually – 90 days' notice of a rental increase is required – and the maximum allowable rent increase for 2019 without making an application to Landlord and Tenant Board is 1.8% .)	
185a. Is there a rate reduction (for food and/or care costs) offered if a resident is away from the residence for an extended time? (i.e. if in hospital or on a vacation)?	
185b. How long do you have to be away to receive a reduction?	
185c. How much is the reduction per day?	
186. How much notice is required for residents who decide to leave?	
187. Is there a financial penalty if a resident does not give the necessary notice?	
188. If a resident prepares one or more of their own meals per day and eats in their room, is there a rate reduction offered?	
189. Are there optional meal packages available?	
190. Is there a resident trust account?	
STAFFING	
191a. What is the ratio of staff to residents?	
191b. Does the staff/resident ratio differ between the daytime, nighttime and weekends?	
192. What training does the staff have? (Both from the home and via certification.)	
193. Is there nursing staff (RN or RPN) on-site or available 24-hours/day?	
194a. If language is an issue, are there staff that speak your (or your loved one's) language?	
194b. If there are residents who do not speak English (and no staff on duty who	



194.	Do the staff speak the language of a resident), how does the staff communicate with them?	
195.	Are staff members & volunteers required to have vulnerable sector screening and reference checks prior to being hired?	
196.	How do the different staff shifts communicate vital resident information to each other?	
197.	Is management staff on site seven days/week?	
198.	Which hours do management staff work?	
199.	Do the same staff work with the same residents when they are on duty?	

MISCELLANEOUS/GENERAL IMPRESSIONS
COMMENTS

200.	Does the environment seem like a "community"?	
201.	During your tour, how did your guide interact with you/the senior? Did they only speak to the family members or did they direct information to the senior?	
202.	Were staff members able to answer all your questions?	
203.	Did you feel pressured to reserve a room?	
204.	Do residents seem to be well cared for (e.g. properly dressed, groomed & clean)?	
205.	Do residents appear happy?	
206.	Are there residents that appear to be in your/your loved one's age range?	
207.	Are there commonalities that you or your loved one share with other residents (i.e. languages, activities, culture, etc.)?	
208.	Do the recreation facilities and/or programs meet your/your relative's needs?	



209. In general, is this the type of place you/your relative would feel comfortable in?	
210. Will it meet your/your loved one's needs at an affordable price?	

Ask for copies of newsletters and recreation schedules/social calendar that you can take home and review.

Once you have seen all the places you are interested in, you may want to review your original wish list and modify it based on your visits, your current needs and desires and any issues — financial or other — that may have arisen during your search. With new thoughts or questions in mind, you may want to go back for another visit or two to the places you are most interested in, before making a final decision.

Some people will book a short trial stay before committing to a residence. If you do this, it may be wise to stay over a weekend because you may find the residence has a different atmosphere (with respect to staffing, environment and activities) that you may or may not like on those days. Be sure to pay special attention to how you feel while you are there: How do staff members respond to you and your requests? How do they interact with other residents? What are the other residents like? (Are they welcoming? Are you introduced to people? Do you have things in common with them?) Which activities and programs are available? What are the meals like (portion size, taste, variety, etc.)? If a trial stay is not possible, you may want to find out if you can arrange to spend a few hours at the residence where you can participate in activities, try the food and meet other residents.

Before deciding, discuss your impressions with a close friend or family member. Additionally, you may want to have a trusted friend, family member or lawyer review the Tenancy Agreement before you sign it.

RETIREMENT HOMES ACT, 2010 (ONTARIO)

Retirement homes are regulated and must follow legislation called *the Retirement Homes Act, 2010* (the Act). The Act provides protections for retirement home residents, so they can live with dignity and make choices about their care. The Act is enforced by the Retirement Homes Regulatory Authority (RHRA).

Under the Act, the RHRA is responsible for:

- Informing the public and educating the retirement home sector and residents about the Act, regulations and role of the RHRA
- Licensing retirement homes and maintaining a Public Register (available at www.rhra.ca)
- Inspecting retirement homes, overseeing compliance and enforcing the Act for the protection of residents

Among other consumer protection measures, the Act sets out a Residents' Bill of Rights. These may be enforced by a resident against a licensee. Operators must post these rights in the home and ensure staff members receive training about them.

The Residents' Bill of Rights includes:

1. The right to:
 - know what care services are provided and how much they cost
 - be informed before fees for a care service(s) are increased
 - receive notice before a care service(s) is discontinued
2. The right to apply for publicly funded care services and assessments
3. The right to be informed about and apply for care services and assessments from an external care provider (i.e. not by the home)



4. The right to have choice of care services provided by qualified and trained staff
5. The right to:
 - participate fully in making care decisions
 - participate fully in the plan of care (e.g. development, revision and review)
 - give or refuse informed consent to any treatment, care or service where consent is required by law
6. The right not to be restrained except in keeping with the common law (i.e. permitted if risk of serious bodily harm to self or others)
7. The right to privacy during treatment and care
8. The right to live in a safe and clean environment with dignity and respect
9. The right to have lifestyle choices respected
10. The right to raise concerns or recommend changes in policies and services without fear of coercion, discrimination or reprisal
11. The right to know if the home is also a care home within the meaning of the *Residential Tenancies Act, 2006*, and whether the residents therefore have rights and responsibilities as tenants under that Act

The Act does not regulate what retirement homes charge residents for or how much they charge, but residents do have the right to:

- know what care services are provided in the home and how much they cost; and
- be informed in advance of any increases in charges for care services provided in the home.

Retirement homes are also required to provide residents with an information package which must include a list of care services provided in the home and their price.

You can read the Retirement Homes Act, 2010 at www.ontario.ca/laws. Visit www.rhra.ca or call **1 (855) ASK-RHRA (275-7472)**, for more information about the RHRA³⁴.

THE RESIDENTIAL TENANCIES ACT (RTA) IN ONTARIO

Retirement Residences fall under the definition of "care homes" in the *Residential Tenancies Act, 2006*. Most of the same rules that apply to rental units also apply to care homes, but there are some additional rules that are specific to this type of housing³⁵. A care home is defined as "a residential building where people live so that they can receive 'care services'". Care services include things like nursing care, medication supervision and assistance with activities of daily living (for example: bathing, dressing, etc.). Excluded from the Act are long-term care homes, hospitals, short-term respite and rehabilitation facilities.

Prior to the signing of a *Tenancy Agreement*, all care homes must give the tenant a *Care Home Information Package* which must contain information required by the Act, including content relating to:

- types of accommodation
- care services
- meal packages

³⁴ Information edited by Helen Simeon, Senior Manager Communications, RHRA (August 2018).

³⁵ Information for this section obtained, paraphrased & quoted where indicated from [www.sjto.gov.on.ca/documents/lrb/Brochures/Care%20Homes%20\(EN\).html](http://www.sjto.gov.on.ca/documents/lrb/Brochures/Care%20Homes%20(EN).html) and [www.sjto.gov.on.ca/documents/lrb/Brochures/Guide%20to%20RTA%20\(English\).html](http://www.sjto.gov.on.ca/documents/lrb/Brochures/Guide%20to%20RTA%20(English).html) (July 2018).



- staffing levels and qualifications
- the emergency response system
- a list of services and associated costs
- any internal procedures for dealing with resident complaints, including rights of appeal

A written *Tenancy Agreement* between landlord and tenant (resident) must list the details of the care services and meals to be provided, as well as cost factors involved. It must also state that “the tenant has the right to consult” with a third party and can cancel the agreement in writing within five days of signing it.

Other highlights of the Act specifically for care homes include:

- The landlord must give at least 90 days’ written notice of rent increases.
- Rent can only be increased once in a 12-month period.
- Rent and care services are two different things: care services can be increased at any time, by any amount; but the landlord must give at least 90 days’ notice of a rate increase.
- If the agreement requires the landlord to do so, he may enter the unit at regular intervals to check the condition of the tenant. Permission can be revoked with written notice to the landlord from the tenant.
- A tenant can hire whomever he/she wants to provide extra care services.
- If an agreement relating to a care home is not in writing or does not detail what has been agreed to with respect to care services and meals, the tenant can apply to the Board for an abatement of rent.
- A tenant may terminate the tenancy anytime by giving a minimum of 30 days’ written notice to the landlord. However, if the landlord wishes to terminate the tenancy, he/she must give the tenant 60 days’ notice.
- The landlord may terminate the tenancy if the unit was occupied solely for the purpose of receiving rehabilitative or therapeutic services agreed upon for a fixed length of time.
- A landlord, who gives notice of termination because of the intended demolition or conversion of the unit or for repairs must “make reasonable efforts to find alternative accommodation” for the tenant.
- The landlord may apply to transfer the tenant if he “no longer requires the level of care the landlord provides... or requires a level of care that the landlord...is not able to provide”. However, “appropriate alternate accommodation” must be available.

Important regulations that apply to all residential rental units include:

- The resolution of disputes is handled by the Landlord and Tenant Board.
- Rent increases are governed by Rent Increase Guidelines which is set each year by the Ontario Government – for 2019 the maximum a landlord can increase rent is 1.8%, unless he applies to the Board for a rental increase above the Guideline amount. The increase may be requested to cover increased taxes, charges or utility bills, major renovations or repairs, or the addition of security services to a maximum of 3% above the Guideline amount per year.
- A landlord cannot charge more than one month’s rent (or if rent is paid weekly, not more than one week’s rent) in advance as a security deposit and must pay the tenant the interest on the deposit (which is the same as the Rent Increase Guideline for Ontario) annually.
- Landlords and tenants may also agree to add parking fees and other services such as cable, lockers, etc., to the rent without applying to the Board.

The tenant may apply for a rent reduction if the landlord:

- does not make agreed to repairs or improvements contained in the lease



- does not provide a previously agreed upon service e.g. maintenance
- experiences a decrease in taxes and charges
- reduces or removes a service

A landlord cannot interfere with the reasonable supply of vital services such as heat, natural gas or water.

A prospective tenant should carefully review the Tenancy Agreement, especially with respect to requirements for pre-admission and medical reports, signing out procedures, rules for motorized equipment, smoking, overnight guests and electrical appliances. It is important to keep in mind that a landlord cannot create arbitrary rules that conflict with tenancy rights under the Residential Tenancies Act³⁶.

DID YOU KNOW?

The province of Ontario, recognizing that by 2036 will be home to over 4 million seniors, has created an Action Plan for Seniors to keep seniors healthy, safe and secure. To read or download the document go to <https://www.ontario.ca/page/ontarios-action-plan-seniors>.

RESIDENTIAL TENANCIES LEGISLATION IN OTHER PROVINCES

There is also a *Residential Tenancies Act* in Alberta, Saskatchewan and British Columbia. Each Act details information on the rights and responsibilities of landlord and tenants as well as how to resolve issues between the two if they are unable to do so on their own. For Landlord Tenant information in each province you may visit the following websites: In Saskatchewan, www.saskatchewan.ca/government/government-structure/boards-commissions-and-agencies/office-of-residential-tenancies (or call 1 (888) 215-2222); in Alberta, www.servicealberta.ca/RTA-handbook-and-quick-reference-guide.cfm or servicealberta.gov.ab.ca/landlord-tenant-disputes.cfm (or call (780) 644-3000) and; in British Columbia, <http://tenants.bc.ca/Residential-Tenancy-Branch/> (or call 1 (800) 665-1185).

LONG-TERM CARE (LTC) IN CANADA

Long-Term Care across Canada varies in terms of terminology and cost factors though the care offered and amenities available is fairly consistent across the country. Long-term care is regulated & monthly rates are determined by each province's Ministry of Health. Every province determines what their rates are, when they are increased and by how much, what the monthly comfort allowance³⁷ is and what subsidies are available for those below the income level of minimum accommodation rates. Below is information divided by province on long-term care and cost factors for the provinces detailed in this edition. For other provinces not listed please visit the website for your provincial ministry of health and search the site for information on long-term care.

WHAT IS LONG-TERM CARE (LTC) IN ONTARIO?

If your care needs can no longer be met in the community or retirement home level does not appear to provide adequate care, you/your loved one may require a long-term care home. Long-term care homes (formerly called Nursing Homes) are licensed, regulated and funded by the Ministry of Health and Long-Term Care (MOHLTC). Eligibility for placement in long-term care is determined by your Local Health Integration Network (LHIN). Long-term care homes provide 24-hour/day supervision and/or assistance with personal care, eating, bathing, medications, and medical/nursing

³⁶ The information in this section is by no means complete and is only intended to highlight some important aspects of the RTA. It is NOT intended to be used in lieu of legal or professional advice. For further information on the legislation contact the Landlord and Tenant Board at 1 (888) 332-3234 or www.sjto.gov.on.ca/lrb/, the Ministry of Municipal Affairs and Housing at www.mah.gov.on.ca/ or a lawyer. A copy of the *Residential Tenancies Act, 2006* can be accessed online at www.ontario.ca/laws/regulation/060516.

³⁷ The Comfort allowance is the minimal monthly amount for incidentals a person must be left with after long-term care fees are paid.



needs for medically stable individuals in a secure, supervised environment. They tend to offer more care than is usually available in a seniors' building, retirement residence and even most assisted living settings and can manage special needs such as dementia. Standard room furnishings are provided, as are linens, meals, laundry services, hygiene and medical supplies. Availability of private, semi-private or basic accommodation varies from home to home and depends on when the home was built and renovated.

Long-term care homes have a dining room, lounge/common areas and activities/programs for residents. There is a doctor available for residents with regular on-site office hours. The government pays the "care portion" of the cost directly to the home. The resident is responsible for the co-payment which covers room and board costs. The "co-payment" amount is standardized across the province and set by the government (MOHLTC).³⁸

A co-payment reduction may be available for individuals who have chosen basic accommodation. If you wish to apply for a rate reduction, the LHIN will provide you with the Rate Reduction package most suitable to your circumstances. The package contains detailed instructions on the required list of documents and completion of the application, as well as phone numbers for assistance (note: eligibility is based on annual income, not personal assets).

If both spouses are receiving OAS, an application for Involuntary Separation can be made through the Income Securities Program of Human Resources Development Canada, which would effectively give each of them the benefit of receiving pensions – including Old Age Security (OAS), Guaranteed Income Supplement (GIS) & Guaranteed Annual Income System (GAINS) as if they were single individuals.

All nursing home applications are submitted to and through your Local Health Integration Network. There is no application fee. You must be over 18, have a valid Ontario Health Card and have care needs (eligibility criteria is set by the Ministry) that can be met in a long-term care home to be eligible for placement in one³⁹. Most long-term care homes have waiting lists and you may have to wait for an available bed in your chosen residence(s), depending on bed availability, length of waiting list, level of care required and other factors.

You can choose up to five long-term care homes. If you turn down a bed offer from one of your chosen homes, all your applications will be withdrawn and your application for placement will be closed for 3 months. Should your circumstances or situation change within that 3-month period, you will need to contact your LHIN Care Coordinator for reassessment. It is highly recommended that you take the time to research and visit the homes that you are considering. Once you choose the homes you want to see, call the long-term care homes to schedule a tour. Virtual tours of long-term care homes in your region may be available on the websites of homes you are interested in and/or on your LHIN's website (visit www.lhins.on.ca, select your region, the tab 'Home and Community Care' on their homepage, the tab 'Getting Care' and then, Long-Term Care from the drop-down menu).

For those who do not require permanent accommodation in a long-term care home, short stay respite and convalescent care is available. Application for any of these programs is managed by the LHIN. Short stay respite is designed to provide relief for caregivers. The maximum length of stay is 60 days at a time, up to a total of 90 days in a calendar year. Short stay convalescent care provides supportive and restorative services for people who are recovering

³⁸As of July 1, 2018, the monthly room rate for residents in Ontario long-term care homes are as follows: Basic (depending on when a home was built or renovated this can mean up to 4 residents in a room, in newer homes it is usually 2 people per room) – \$60.78/day (\$1,848.73/month). Semi-private (usually 2 people per room) – \$69.11/day (\$2,102.10/month) in an older bed or in a newer bed if admitted prior to July 1, 2012; \$70.14/day (\$2,133.43/month) if resident was admitted to a newer bed on or after July 1, 2012 but before July 1, 2013; \$71.19/day (\$2,165.36/month) in a newer bed if admitted July 1, 2013 but before September 1, 2014; \$72.23/day (\$2,197.00/month) if admitted to a newer bed on or after September 1, 2014 but before July 1, 2015; \$73.27/day (\$2,228.63/month) if admitted to a newer bed on or after July 1, 2015. Private (one person per room) – \$79.52/day (\$2,418.74) in an older bed or if admitted before July 1, 2012; \$81.35/day (\$2,474.40/month) if resident was admitted to a newer bed on or after July 1, 2012 but before July 1, 2013; \$83.17/day (\$2,529.76/month) in a newer bed if admitted July 1, 2013 but before September 1, 2014; \$85.00/day (\$2,585.42/month) if admitted to a newer bed on or after September 1, 2014 but before July 1, 2015; \$86.82/day (\$2,640.78/month) if admitted to a newer bed on or after July 1, 2015. Short Stay Rate – (for Respite/Caregiver Relief: the maximum is 60 continuous days or 90 accumulated days in a calendar year; for Convalescent Care the maximum stay is 90 days in a calendar year) – \$39.34/day. Note: fees are increased periodically so please check with your local LHIN for up-to-date rates. These fees do not include optional services like cable, phone, transportation and hairstylist visits. Please see section 245 of the Long-Term Care Homes Act for 'non-allowable resident charges'.

³⁹ If you are looking at placement for a couple who may require different levels of care, it may be best to look at residences which will accommodate both or are connected to alternate homes offering different levels of care. Even if both people are currently at the same level, you may want to explore residences that would continue to manage both, if one's health declines before the others'.



from an illness or injury in hospital or in the community. The maximum length of stay is up to a total of 90 days in a calendar year.

The Ministry of Health and Long-Term Care conducts inspections of long-term care homes and creates reports that are posted on site of the home. For detailed information (and any noted concerns by inspectors) visit the webpage entitled Public Reporting on Long-Term Care Homes at: http://publicreporting.ltchomes.net/en-ca/Search_Selection.aspx. To report any concerns about specific long-term care homes, you can call the Long-Term Care ACTION Line at **1 (866) 434-0144**⁴⁰. For additional information on long-term care homes and listings in Ontario, please visit our website www.senioropolis.com[®].

WHAT IS THE ONTARIO LONG TERM CARE ASSOCIATION?

The Ontario Long Term Care Association (OLTCA) is the largest association of long-term care providers in Canada and the only association that represents the full mix of long-term care operators — private, not-for-profit, charitable, and municipal. The Association represents nearly 70% of Ontario's 630 long-term care homes, located in communities across the province. Its members provide care and accommodation services to more than 70,000 residents annually.

The Association works to promote safe, quality long-term care to Ontario's seniors. It strives to lead the sector in innovation and quality care and services and build excellence in long-term care through leadership, analysis, advocacy and member services. Over the course of its history, the Ontario Long Term Care Association has developed a strong tradition of using a solutions-oriented approach to advance the delivery of the care and services to meet the changing needs of Ontario's long-term care residents. Its vision is a high performing, progressive sector and workplace environment, which delivers safe quality care, and supports a quality of life that engages abilities, respects humanity, and promotes comfort. To learn more, please visit www.oltca.com⁴¹.

LONG-TERM CARE IN ALBERTA

Long-Term Care in Alberta (nursing homes) is governed by the provincial government. Long-term care residences provide care for those who have complex health needs that deem them unable to live at home or in a Supportive Living facility. As in other provinces, long-term care homes provide 24-hour on-site care and are staffed by Registered Nurses. All long-term care operators are required to meet *Long-Term Care Accommodation Standards* (April 2010) in the areas of their physical environment, hospitality services, safety services, personal services, coordination and referral services, residential services, human resources and management and administration⁴². In all there are 30 standards. Additionally, long-term care homes must also comply with the *Continuing Care Health Services Standards*⁴³.

Long-term care and designated supportive living 'accommodation' fees are set by the government annually. As of July 1, 2018, the cost is as follows: Private room - \$66.95/day; semi-private - \$57.90/month; standard - \$55.00/day. Subsidies may be available based on an individual's income. Those wishing to have their care needs assessed &/or to find out if they are eligible to move into a long-term care facility can contact Alberta Health Services. For information on accessing Continuing Care in Alberta visit www.albertahealthservices.ca/cc/Page15328.aspx.

ALBERTA CONTINUING CARE ASSOCIATION

The Alberta Continuing Care Association (ACCA) was established in 1981 as voluntary organization which serves as a voice for members who currently provide care and services to 8,600 long-term care residents and 5,000 designated supportive living residents. Members are in both the private and not-for-profit owners and operators that provide

⁴⁰ Information reviewed and edited by Central LHIN staff (August 2018).

⁴¹ Information provided by Kim Lucchetta, Manager, Public Affairs and Digital Communications, Ontario Long Term Care Association (July 2018).

⁴² For information on these standards visit <https://open.alberta.ca/publications/4840070>.

⁴³ For information on these standards visit www.health.alberta.ca/services/continuing-care-standards.html.



care and services as well as other businesses who provide goods and services to the sector. The ACCA conveys issues to stakeholders on behalf of their members, collaborates with other organizations and works to support and ensure "quality of care and quality of life for all Albertans."⁴⁴ For additional information on this organization visit www.ab-cca.ca or call (780) 435-0699.

LONG-TERM RESIDENTIAL CARE HOMES IN BRITISH COLUMBIA

Long-Term Residential Care Homes (also called, nursing homes, long-term care or extended care) are facilities for those that have complex care needs requiring 24/7 care and support who cannot be cared for in their own homes or in an assisted living residence. Residents are provided with meals, medication assistance, assistance with activities of daily living and social/recreational programs. The governing legislation that sets out standards for 'health and safety, building requirements, food service, administering medications and resident care', is *The Community Care and Assisted Living Act (Residential Care Regulation)*⁴⁵. Available facilities range from smaller group home type settings to large stand-alone structures or those that are part of larger Campus' of Care. Some will offer a short-term stay option for convalescent care, respite or palliation. Eligibility for a government subsidized Residential Care facility is determined by your Regional Health Authority. Those assessed as having the greatest need will be given priority for admission to the first available and appropriate bed. Once a bed offer is made, the potential resident must move into the residence within 48 hours.

Health Authorities are responsible for investigating complaints and inspecting long-term residential care homes to ensure they meet the standards set by the government.

Fees for publicly-funded homes are determined by the person's after-tax income based on a specific formula. There are also private-pay residential care homes where no subsidies are available. The private homes set their own fees and manage their own waiting lists and admission procedures⁴⁶.

As of January 1, 2018⁴⁷, the cost of care (client rate) in a publicly-funded residential care home in BC is based on the following:

1. Annual income less than \$19,500.00 = minimum cost is \$1,130.60/month⁴⁸
2. Minimum client rate for spouses who share a room in a residential care home and both receive GIS (married rate) = \$783.50/month/each
3. Maximum rate for those who have a higher income = \$3,278.80/month⁴⁹
4. In addition, there will be some charges not included in the co-payment rate. Ask the homes you are interested in applying to for the list of supplies and items you will be responsible to pay for.

It is difficult to locate sources for details of the costs in private-pay residential care homes however, we were able to find one based on 2017 reported rates. The median rate for BC for room, board and basic care in a private room in 2017 was \$6,000.00/month. The range was from \$2,275.00/month to \$9,900.00/month depending on the location and other factors⁵⁰.

⁴⁴ Information for this section obtained and quoted from: www.ab-cca.ca/about (August 2018).

⁴⁵ Information obtained and quoted from: www.health.gov.bc.ca/library/publications/year/2013/planning-for-your-care-needs.pdf (August 2018).

⁴⁶ For information on the different options for long-term care in BC visit www.health.gov.bc.ca/library/publications/year/2013/planning-for-your-care-needs.pdf.

⁴⁷ Information obtained and quoted from: https://www2.gov.bc.ca/assets/gov/health-safety/home-community-care/accountability/hcc-policy-manual/7_hcc_policy_manual_chapter-7.pdf (August 2018).

⁴⁸ The comfort allowance is set at \$325.00/month so the minimum rate is meant to ensure that most people have at least that amount left for incidentals after paying the cost of room and board in a residential care home.

⁴⁹ Note: rates are subject to change and should be verified with your local Health Authority.

⁵⁰ Information obtained from: www.sunnet.sunlife.com/files/advisor/english/PDF/Completereport-LTC-Costs-BC.pdf (August 2018).



BC CARE PROVIDERS ASSOCIATION

The BC Care Providers Association (BCCPA) encompasses providers in the whole continuing care sector including residential care and assisted living as well as home care. Member organizations provide service to over 27,000 seniors through both in home care and residential settings. They focus on advocacy, promoting quality of care and partnering with key stakeholders to achieve and maintain their vision to deliver “effective leadership and valued resources that support progressive change, promoting the growth and success of its members who provide the best possible care services for seniors”⁵¹. For additional information on this organization visit <https://bccare.ca> or call (604) 736-4233.

SPECIAL-CARE HOMES IN SASKATCHEWAN

In Saskatchewan, publicly-funded long-term care is provided in Special-care Homes. As with other provincial nursing homes, admission to a home is for those whose care needs can no longer be met in the community or whose care needs are too great for a retirement/assisted living setting. Special-care Homes are either run by the Saskatchewan Health Authority or by an alternate provider who is contracted by the Health Authority. The legislative authority governing long-term care is *The Regional Health Services Act*. The standards for Special-care Homes are contained in the *Program Guidelines for Special-care Homes* as per the *Facility Designation Regulations*⁵²; it is the responsibility of the Health Authority to ensure that all regulations are met. Application for admission to a Special-care Home is made through your local Health Authority who will have a Client Care Coordinator assess your needs and determine eligibility. There are several parameters that encompass the assessment and will contribute to the determination of both need and urgency. This includes physical and mental status, abilities, formal and informal supports, current living environment and others. Priority is given to those with the highest needs and at greatest risk in the community. The cost residents pay is based on their reported income (indicated on line 150 of your Tax Return). Personal assets are not included in this determination. Rates are usually adjusted annually.

As of July 1, 2018, the minimum charge is \$1,106.00/month (for those with a monthly income of \$1,520.00/month) and the maximum is \$2,741.00/month (for those with an income of \$4,364.00/month and up). A special formula for those with a monthly income between \$1,520.00 and \$4,364.00 is applied to ensure affordability. In addition, there are other fees for some supplies and personal care items that are not included in the monthly room and board rate⁵³.

DID YOU KNOW?

Senioropolis.com® has a user-friendly Article Library containing interesting and informative articles related to seniors and many issues impacting them, across Canada. Check them out at <https://www.senioropolis.com/articles.asp>.

LONG-TERM CARE HOME VISITING TIPS

Recognizing that looking for a retirement residence vs, a long-term care home are two very different things, on the next few pages is a list of questions specifically geared towards those of you going through the process of choosing long-term care. Often, what separates the search for retirement homes from that of long-term care is time and circumstance. Time is usually of the essence when someone needs long-term care because in many cases an unsafe or inappropriate living situation necessitates the move. There is usually a significant difference in terms of the cost, care and options available in long-term care versus retirement level which results in different priorities and questions. So, employing the same ‘using your senses’ format of our *Retirement Residence Visiting Tips* questionnaire (including some

⁵¹ Information obtained and quoted from: <http://bccare.ca/about-us/mandate/> (August 2018).

⁵² For guideline information visit <http://publications.gov.sk.ca/documents/13/98649-Program%20Guidelines%202016.pdf>.

⁵³ Information obtained and quoted from: www.saskatchewan.ca/residents/health/accessing-health-care-services/care-at-home-and-outside-the-hospital/special-care-homes#types-of-special-care-homes (August 2018).



LONG-TERM CARE HOME VISITING TIPS

questions that are common to both levels), this section has content based on the options that are available specifically in long-term care settings. As with retirement level, it is always best to visit homes before choosing. Keep in mind that you will likely need to make an appointment or attend at a pre-determined tour time. Prior to going on your tours, it would be best to review the questions on the next few pages, taking time to eliminate any questions that are not relevant to your situation or, highlighting those that are most important to you. Additionally, go online and visit the websites of the homes you are looking at. Doing so may raise some additional questions for you to ask during your tours. Take a new questionnaire to each place that you visit. For added insight and assistance, speak with others you meet currently going through the process, families visiting the homes, and current cognitively alert residents.

Residence Name: _____

Date of Visit: _____

Residence Address: _____

Residence Phone Number: _____

Tour Guide/Contact Person: _____

SMELL

COMMENTS

1. Does the residence smell clean? (Notice the common areas, hallways, kitchen, dining area, different floors of the building and rooms.)	
2. Is the building well ventilated so smells do not linger?	

TOUCH

COMMENTS

3. Is the temperature in the building and rooms comfortable?	
4. Is there air-conditioning in rooms and common areas?	
5. If there is no air-conditioning, what do they do in the summer when it is very hot outside?	

SIGHT

COMMENTS

OUTSIDE AND PUBLIC AREAS	
6. Are all doors locked 24-hours a day or only at night?	
7. Is there a 24-hour attendant/security at the main desk?	
8. Is there a patio area/shady spots/garden with seating for residents and their visitors?	
9. Are there green spaces where residents can walk around the grounds safely?	



10.	Are there many residents in the common areas/involved in activities or are most in their rooms?	
11.	What are the common areas like (i.e. size, natural light, amenities, activity etc.)?	
12.	Is the common space on the main floor clean and welcoming?	
13.	Are the fire exits easily accessible and well-marked? (Also, note the locations of fire alarms and/or sprinkler system.)	
14.	Is the residence bright with well-distributed lighting or dark in hallways and public areas?	

Look for bulletin boards and read the posted items. It will give you an idea of activities currently going on in the home and any upcoming events.

SIGHT**COMMENTS**

ROOMS	
15.	What kind of accommodation is available – ward, semi, private?
16a.	How many people share a 'ward' room?
16b.	If the room is shared, is there an opportunity for privacy for residents?
17.	Are accommodations made for spouses who wish to stay together?
18.	Are room sizes comfortable/spacious?
19.	Is there a lot of natural light in the rooms?
20.	Are bathrooms clean and in good condition?
21.	Does each room have its own full bathroom?
22.	Which assistive devices are present in bathrooms?
23.	Do rooms have:
	• Sprinklers?
	• Smoke detectors?
	• Heat detectors?
	• CO detectors?



LONG-TERM CARE HOME VISITING TIPS

24.	Can you have your own TV?	
25a.	Is there Cable or Satellite TV?	
25b.	What is the cost per month?	
26a.	Can you have your own phone in your room?	
26b.	What is the cost per month?	
27a.	What furniture/possessions of your own can you bring?	
27b.	What furniture is provided?	
28.	What are the beds like? (Electric? Mechanical?)	
29a.	Are linens and towels provided?	
29b.	How often are they changed?	
30.	Where are the call bells in the room/bathroom?	
31.	What are the policies/procedures around lost/stolen items?	

TASTE/FOOD

COMMENTS

32a.	Are all/some meals prepared on site from scratch?	
32b.	If not, what items are purchased and what is prepared on-site?	
33.	Is there a dietitian on staff?	
34.	Are fresh fruits and vegetables served year-round?	
35.	If required, can cultural meals be accommodated?	
36.	Do staff assist with feeding, if required?	
37.	Are menu choices available at each meal?	
38.	Is the daily menu posted in a high traffic area for residents to see?	
39.	Is the dining room clean, bright and appealing?	
40a.	What kinds of refreshments are offered between meals?	
40b.	At what time of day?	
41.	Ask if you can see the kitchen. Does it appear clean?	



SOUND: Speak with residents' family members if you meet any during your visit*(They know best what the residence and staff are like and whether it is a place that is safe and enjoyable to live in)***COMMENTS**

42a. Do they like the residence?	
42b. Why/why not?	
43. Are their loved one's needs being met?	
44. Do they like the staff?	
45. Do staff communicate regularly with family?	
46. Are they satisfied with the home and would they recommend it?	

Observe the attitude of the staff & their interaction with residents**COMMENTS**

47. Are staff members friendly, caring, polite and available?	
48. Do they know the residents by name and greet them and other staff members respectfully?	
49. Do staff wear easy to read and visible name tags?	
50. Are staff members dressed professionally?	

Speak with the Administrator and other staff members**COMMENTS**

GENERAL HOME INFORMATION	
51a. Is there a waiting list to get into the residence?	
51b. If yes, how long is it for the type of room you would like? (e.g. some homes have a longer wait for private vs. ward)	
51c. If you would like this home to be your first choice, and another home comes up first that you/your loved one must take, would you/they remain on the waiting list and be moved when a bed comes up?	
52. How many residents are in this home at maximum?	
53a. Who owns/manages the residence?	



LONG-TERM CARE HOME VISITING TIPS

53b.	How long have they owned/managed it?	
53c.	How many other residences do they own/manage?	
53d.	What is their reputation? (this is something you can research online)	
54a.	What are the visiting hours?	
54b.	What if you would like to visit after visiting hours?	
55a.	What types of activities are available for residents?	
55b.	Can family attend?	
56a.	How are activities determined?	
56b.	Do residents have input?	
57.	Are there scheduled activities in the evenings and on weekends?	
58.	Which religious/cultural holidays are celebrated at the residence?	
59a.	If language is an issue, are there staff that speak your (or your loved one's) language?	
59b.	If not, how do they communicate with residents who speak other languages?	
60a.	Is the residence a member of any organizations or accredited by any independent organizations (e.g. OLTCA, Accreditation Canada, CARF)?	
60b.	If yes, is their membership prominently displayed in the lobby and is it up-to-date?	
61a.	When was their last inspection by the Ministry of Health and Long-Term Care (or other government agency that licenses long-term care homes)?	
61b.	What rating were they given? (most provinces do not have a public database of reports so do ask if you can see them. In Ontario, you can view inspection reports online at http://publicreporting.ltchomes.net/en-ca/default.aspx .)	
61c.	If there were noted violations, were they corrected?	



62a.	Is there a pet visiting program?	
62b.	Can resident families bring pets in for visits?	
63.	What is the smoking policy?	
64.	What is the policy around alcohol consumption?	
65a.	Is there a Family &/or Resident Council?	
65b.	If yes, what is the process to join it?	
65c.	What kinds of decisions are they able to make?	
65d.	Are minutes of previous meetings available for you to look at?	
66.	Who labels residents clothing?	
67a.	Are residents' clothes laundered individually?	
67b.	If not, who ensures that the correct clothes are given to their owners?	
68.	Are there regular fire drills, fire inspections and staff training sessions for emergency situations?	
69.	What kind of safety procedures are in place? (i.e. with respect to emergency situations, fire, exit doors, etc.)	
FINANCIAL		
70.	What is included in the basic monthly charge?	
71.	What are the extra mandatory monthly costs?	
72.	What are the optional monthly costs?	
73a.	If you require a rate reduction: What is available?	
73b.	Who provides the documents to be completed?	
73c.	What documents do they need from you to apply?	
74d.	When is the paperwork started/ completed?	
74e.	Can the home assist with the process?	



LONG-TERM CARE HOME VISITING TIPS

75.	How is rent paid (cheques, pre-authorized payments, etc.)?	
76.	Is there a resident trust account?	
CARE		
77a.	How often are residents bathed?	
77b.	If a resident wants to bathe more frequently, is this possible?	
77c.	Is a cost involved?	
78a.	If residents are incontinent, how often are they changed?	
78b.	What if they need additional changes beyond the prescribed number per day?	
79.	Is there a 'no restraint' policy?	
80.	What is the policy around residents with behavioural issues?	
81.	Are there policies and procedures around abuse? (staff/resident, resident/resident, resident/staff)	
82.	What are the procedures around an outbreak?	
83.	Is there a Falls Prevention Program?	
84.	Are there restrictions around certain medical conditions that cannot be managed in this home?	
85.	Does the home have a secure Dementia Area?	
86.	What kind of security is available to prevent residents with dementia from wandering off their unit and out of the residence?	
87a.	Are staff trained to manage and communicate with people with dementia?	
87b.	How are they trained?	
88.	Is there an outside secure patio area for residents with dementia?	
89.	How are families involved in the residents' plan of care?	
90.	How often are family meetings held (to update and provide information)?	



91.	What is the process for informing family about changes in health status?	
92.	What is the procedure in the event of a medical emergency?	
STAFFING		
93a.	What is the ratio of staff to residents?	
93b.	Does the staff/patient ratio differ between the daytime, nighttime and weekends?	
94a.	Do the same staff work with the same residents when they are on duty? (Is there consistency?)	
94b.	How many staff are responsible for one resident?	
95a.	Are there volunteers in the residence?	
95b.	If yes, what do they do?	
96.	Is a police check/vulnerable person screening and reference checks mandatory for all staff and volunteers?	
97.	Does the home offer extra services like:	
	• Physiotherapy?	
	• Occupational Therapy?	
	• Podiatry?	
	• Dentistry?	
	• Social Work?	
	• Hairdresser?	
	(If yes, indicate how often and what the cost is next to each item.)	
98a.	How often does the doctor visit?	
98b.	Does he only see people when they are ill or are there well check-ups also?	
98c.	What is the procedure if residents need to see the doctor outside of regular hours?	
99a.	If residents have appointments outside of the home, who arranges transportation and what kind of transportation is used?	
99b.	Who goes with them?	



LONG-TERM CARE HOME VISITING TIPS/CAREGIVING

99c. Is there a cost?	
100a. Are there visiting clergy?	
100b. Which denominations?	
100c. Are there religious programs/services?	
101a. Is management staff on-site seven days/week?	
101b. Which hours do management staff work?	

MISCELLANEOUS/GENERAL IMPRESSIONS COMMENTS

102. Does the building and grounds look clean & well-maintained?	
103. What is the atmosphere like? (Is it pleasant or depressing? etc.)	
104. Do residents seem to be well cared for (e.g. properly dressed & groomed/clean)?	
105. Is the location convenient for friends and family to visit?	

If you have not been able to speak to any cognitively alert residents or families of residents during your tour, ask for a few family references that you can contact when you get home. Before leaving, ask for sample menus, activity calendars, newsletters and any additional documentation they are willing to share.⁵⁴

Can't find what you are looking for?

Call us at **1 (844) 585-7255** for information on homes and resources across Canada.

IF THIS IS RIGHT, WHY DO I FEEL SO BAD?

Caring for our elderly has changed over the years. In many families, children live great distances from their parents and women work full-time, so a multi-generational family living under one roof is neither feasible nor realistic. Caregiving is something we do from a distance or something we squeeze in among our other daily responsibilities. For many of us, the only safe and realistic alternative is to relocate yourself or a family member to a care home.

The decision to move yourself or a loved one into a care setting can be a difficult, highly emotional, life-altering process, which may create tremendous stress for all involved — on your relationships with each other, and in your daily lives. Along with the overwhelming responsibility of finding the right place is the realization that your relative is (or you are) aging and becoming less independent. There are many normal feelings that both the caregiver and the senior may experience at this time.

Elderly people who now require care that they hoped they would never need may be angry with physicians who cannot make them 'normal' again. They may be angry with family for not taking them into their homes and looking after

⁵⁴ You can also research homes you are considering using an online tool created by The Canadian Institute for Health Information at <http://yourhealthsystem.cihi.ca/hsp/indepth?lang=en#/>. The website enables consumers to compare/review long-term care homes in terms of safety and quality of care.



them, as they may have done for their parents. They may feel guilty that they are imposing on their busy families or pride may interfere as they try to resist the idea of extra care or relocation by denying that they are unable to manage.

Change for anyone is scary. It is perfectly normal to be afraid of changing your home (especially for someone who has been in the same home for what is often a lifetime), daily routine and social interactions and relationships. This change may also involve a sense of loss (of control over one's life and decision making, independence, privacy, lifestyle, etc.). As people begin to feel dependent, they may become depressed or feel helpless. Financial issues often cloud decision-making. People are afraid they will spend their life savings and not have any money left for themselves or to leave to their families. A person in this situation may remain uncertain about what to do and may have difficulty expressing these fears and concerns to others.

Likewise, children or caregivers may also have difficulty discussing their feelings about their loved ones' increasing need for care. Some children may have trouble accepting or seeing their once invincible parent and protector become dependent. Often the role reversal between parent and child is hard to accept and cope with. Caregivers may be afraid to discuss their concerns because of how they think the person will react or because discussing it suddenly makes it 'real'. They may have misconceptions about what a residence is like or how the person will cope physically and mentally. One may feel guilty because he/she cannot provide the care that is needed for the person to remain at home or with family. Many have grown up with their parents caring for their grandparents and there is an expectation (or promise, made years earlier) that they would follow in their parents' footsteps. They may be angry at other siblings or relatives for not helping or providing care or with medical personnel for not making the person better.

Families may not notice a decline in cognition or physical health/independence occurring because of denial or infrequent contact. Realization may come suddenly, along with self-blame, sadness, depression, overwhelming anxiety, and feelings of failure, loss and confusion about what to do. If the ultimate decision involves letting go of the family home filled with memories of one's own childhood, this process may prove especially stressful for everyone involved. If your loved one does not have adequate funds, this transition may have financial implications for you as well.

CARING FOR THE CAREGIVER

In 2013, Statistics Canada published a paper entitled *Portrait of caregivers, 2012* based on the General Social Survey⁵⁵. The results are quite staggering when reviewed in the context of our aging population. In 2012, more than 8 million people across our country were identified as being 'caregivers' – 28% of which indicated that they "provided care for age-related needs" (page 5, *Portrait of caregivers, 2012*). In the coming years, more families will be called upon to fulfill a caregiver role, as evidenced by the 2016 census which reflected an increased life expectancy and the new societal reality where the number of seniors in Canada is greater than that of children for the first time in history. In fact, the fastest growing segment of the population are centenarians. While the proportion of seniors varies by province, it is projected that by 2053, 23.5 to 26.8% of Canada's population will be 65 and up⁵⁶. As projections become reality, health care, housing, transportation and so many other things, including caregiving, will be affected. As people live longer, and stay healthy well into their senior years, those that will require care will presumably be older; logically, those family members who will become caregivers, will also be older and may be dealing with their own age-related issues at the same time as those of their elder parents'.

Regardless of one's age or situation, the overall impact of the caregiver role can affect both mental and physical health. For some who may also be juggling other family and paid work responsibilities, being a caregiver as well, will most definitely increase already existing stress levels. So, for those of our readers who have added caregiver to their list of roles – whether through choice or necessity, I thought it important to include some information for you, to both

⁵⁵ The paper in its entirety can be downloaded at <https://www150.statcan.gc.ca/n1/pub/89-652-x/89-652-x2013001-eng.pdf>.

⁵⁶ From: Population Projections for Canada (2013 to 2063), Provinces and Territories (2013 to 2038), p.14, <https://www150.statcan.gc.ca/n1/en/pub/91-520-x/91-520-x2014001-eng.pdf?st=l8lVamoX>. Report prepared for Statistics Canada by the National Projections team – written by Nora Bohnert, Jonathan Chagnon and Patrice Dion, released May 26, 2015.



acknowledge how very difficult this task can be (for both the caregiver and recipient) and to offer some thoughts that might help you cope better.

Without doubt, it is most important that those providing care and support for a loved one “care” for themselves as much as the person they are caring for – seek out support, assistance and help that can allow you to carve out time to meet some of your own needs.

First and foremost, caregivers must communicate openly – with medical personnel, family, friends and their support network. Avoiding or negating problems does not help anyone and can easily escalate and impact relationships. Letting your employer know your situation — especially in the event of a crisis — is important as well. There may be available support groups, Employee Assistance Programs, paid family leave options or financial assistance (in the form of benefits or tax credits) available to you⁵⁷.

A key component to your role of caregiver is education. Educate yourself and help to educate other people assisting you with care. Knowledge is empowering, and can both decrease anxiety and help you provide the proper support. You need to seek out information about their medical condition, treatment options & resources available to both/all of you. This will enable you to plan ahead as much as possible (although the situation may change frequently so, flexibility is also necessary). If you take your loved one to medical appointments, write out questions you have prior to your appointment so you can ensure you cover all issues of concern. If you are providing physical care, make sure you know how to do this safely. If you do not feel you can do this, take some time to explore options for either in-home assistance or relocation.

There are many supports and resources available for caregivers however sometimes knowing where to locate what you need can be a bit of a challenge. As a first step, discuss your needs with the primary care physician. If he/she is unable to provide suggestions, ask for a referral to a local seniors or care agency that can help you to coordinate care and supports.

Sharing responsibilities with others is one of the most significant aspects of this role that benefits both the caregiver and the person they are caring for. Know when you need help and don't be afraid to ask or seek it out (accepting your limits and knowing the kind of care and help you are comfortable with is an important piece of this). Allow the person you are caring for to make as many decisions as they can for themselves if they are competent and they do not unnecessarily compromise their own safety. If other family members & friends can help, try to delegate tasks based on everyone's abilities, availability and limitations. Find out about community resources and use them. In addition to family, friends, private and community caregivers, consider using respite services, day programs, transportation programs, volunteers, etc. While learning to share responsibility might be difficult, it's important to recognize that good care and help can also be provided by people outside the immediate family.

For those who are 'long-distance caregivers' it is especially important to create a group of helpers who are near your loved one and can keep an eye on them through regular physical contact, so they can alert you if something is of concern. It's far easier to hide/downplay problems on the phone than in person. If you are far away, do make time to go for a visit (as often as you can), check the home for safety issues and familiarize yourself with health & financial issues. If required, ensure that a support network is in place before you leave to return home. Do what you can to organize paperwork, ensure contact information for helpers, obtain medical information and complete necessary financial documents to make things easier especially if you are coordinating care from a great distance. As well, there are many new technological tools that allow caregivers to monitor their loved ones from a distance. You may want to consider looking into the options available to you in your loved ones' community, especially if you are not able to visit often.

Caregiving will impact each person differently and can easily result in physical and mental health issues. Stress management may be an important factor in decreasing your risk of illness. By acknowledging your feelings (and accepting that it is completely normal to have all sorts of emotions when you are a caregiver including: anger, fear, guilt,

⁵⁷ Compassionate Care Benefits are available to a maximum of 26 weeks through EI benefits for those who take time off to provide care for a “gravely ill family member”. For information visit www.canada.ca/en/employment-social-development/programs/ei/ei-list/reports/compassionate-care.html#h2.1. You may also want to investigate the Disability Tax Credit available to those with disabilities or “their supporting persons” (www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html) and the Canadian Caregiver Credit (www.canada.ca/en/revenue-agency/programs/about-canada-revenue-agency-cra/federal-government-budgets/budget-2017-building-a-strong-middle-class/consolidation-caregiver-credits.html).



frustration, grief and depression) and recognizing the signs of stress and its impact on you, you will be better able to cope with your situation and seek help before 'burnout' occurs. It's important for caregivers to accept and understand that while you might not be able to change the situation, you can control your reaction to it. Often being organized decreases stress as well. It might be helpful to create an Emergency File (see **EMERGENCY FILE AND INFORMATION on pages 67 - 70**) and a Communication Binder for people assisting with care that can be in the home of your loved one for all helpers to review and update when they visit.

The stress inherent in caring for someone else can be diminished if you are able to ensure a balance in your life. Prioritize tasks. Ensure that your goals are realistic. Accept that there will be good days and bad days. Do things for yourself every day: eat properly, exercise, sleep and take breaks when you need them. Don't neglect your own health - if you aren't feeling well, make the time to seek medical attention. Don't allow pressure from others or feelings of guilt to force you into doing something that you are not comfortable with or take on more than you can cope with. It really is okay to say 'no' if you can't do something. If you are 'sandwiched' between an older generation and a younger still dependent one, do keep in mind the importance of not sacrificing one for the other or your own mental health. Often it is helpful to join a support group of people struggling with similar issues (if it's not possible for you to go to physical group meetings, you may be able to find an online support network that you can take part in⁵⁸) or to seek out professional help if caregiving is impacting your functioning and health⁵⁹. Keep in mind that in order 'give care' to another person, you need to be in good physical and mental health yourself. It is only through self-care that you can remain well and able to fulfill the incredibly difficult and rewarding role of being a *care giver* to someone else.

MAKING THE TRANSITION EASIER

Change is difficult; especially when it involves coming to terms with a loss of independence and possibly relocating one's life and possessions. The transition and acceptance of what it entails, can be made easier with *good communication, planning and patience*. It is best if communication begins early on – before a decision is forced by circumstance or illness. I have heard repeatedly from both children and seniors how the 'other one' does not want to discuss future care issues. Children say that their parent won't accept that they may need care, while seniors say that their children cannot face seeing them age and become dependent. Often, at least one — if not both — of them is afraid to broach the subject, even though similar fears and concerns occupy their thoughts.

There is no 'easy way' or 'perfect time' to discuss the issue. No one wants to talk about losing their independence. The reality is that it ranks among one of the most difficult topics anyone will ever have to raise with someone they care about. But not talking about it does not make the problem or concerns go away. Discussing it (if all involved are open to it) can create a sense of relief for both parties. Often, we make assumptions based on our own fears instead of actual knowledge. The only way to attempt to make things better is to begin discussions with your loved one. Timing is an important factor. Talking about it early on, when they are healthy and before they need care or assistance, will allow you to get a sense of what they want without them questioning your motivation (if it is raised when the person is already in failing health, they may perceive it as an attempt to institutionalize them rather than as concern for their future safety and health). As well, discussing thoughts, ideas and options over time when the person is not under pressure, makes it far easier to accept & come to terms with a loss of independence and relocation than if it is raised when there is a crisis.

The approach you take will depend on the personality of your loved one. If they are someone that can handle a 'direct' approach, then do express concerns or ask what they would like you to do if they need care. You may want to discuss different scenarios to get a sense of the point at which they might be willing to relocate. For those that are harder to approach about declining health and functioning, talking about someone you or they know who did not have the foresight to plan ahead may be a safe starting point to begin a conversation. If they refuse to discuss it, the task is more difficult, and the issue may need to be approached from a different perspective or with the help of other trusted friends, relatives or medical personnel, especially if health and safety issues become evident. Keep in mind when

⁵⁸ One popular online resource for caregivers is www.huddol.com.

⁵⁹ To locate counselling or support services contact your family doctor, Family Service Association or visit <http://211.ca>.



exploring issues and concerns that a competent person has the right to live at risk if they so desire, and as hard it is to witness, it is still his/her right. *No decision for placement of any kind can or should be made without the consent and knowledge of the person involved, if he/she is competent.*

Unfortunately, there are instances where people insist on living at risk and, because they are capable of making their own decisions, nothing can be done to change the situation. In these very difficult cases, things may have to worsen before intervention can occur and things can get better. Sometimes a crisis, scare or health issue needs to happen before someone will be open to considering options.

When raising the topic of future planning, it is important to listen and be supportive. This can be a very frightening experience (especially if the person's health is declining and functioning independently is becoming difficult), and both the caregiver and senior may experience a range of emotions throughout the process. Be patient and caring as all of you try to process the conversation and implications of the available options on all family members as well as the person you are concerned about. Ensure that conversations are in person. The location of the meeting should be one that is comfortable for all parties and has limited or no distractions. It might be helpful for someone to create an agenda/checklist for the meeting (e.g. concerns, potential needs, options, tasks, etc.) to act as a guide and keep everyone on topic. Start slowly; try not to overwhelm the person. Ensure that there is an opportunity for all present to discuss any concerns, fears and feelings related to obtaining extra care and the possibility of moving. Stress the fact that when discussion begins early, there is much more choice available and a far better chance that the person will be able to remain independent in their own home for longer with the proper supports in place. Plan ahead and prepare yourself for the discussion. If possible, know their needs, value of their home/assets, monthly income, available resources (both community based and private) and costs before you raise your concerns. Present options thoughtfully and focus on what you see as the greatest need currently.

During the discussion, stay focused on the senior – not on what the family needs and wants. Agree to leave all old “baggage” at the door. Keep in mind the importance of what you are doing and the need not to become side-tracked by childhood issues and resentments. Try not to argue, coerce, judge, criticize or condescend; stick to the facts. State observations and concerns – don't demand actions or try to force what you want on them (use wording like “I am”, not “you must” e.g. “Mom, I am concerned about you....” NOT “You must go to a long-term care home...”). Allow your loved one to be part of the process and the solution. Give them an opportunity to speak and give their opinion. It is important to point out that if their wishes are not known in the event of a rapid health decline, the options may be much more limited and the person making the decision may make one that the senior is not happy with. Needless to say, it is also much more difficult to make such a decision on someone else's behalf if you are not confident that you know what their wishes are. If you can raise other issues during your meeting(s), you may want to also address financial/estate planning and end-of-life issues. These are also very important topics for families to discuss while a person is healthy and mentally alert.

Be open and honest with each other and problem-solve together. Focus on the positives and do what you can to encourage independence where possible (and safe). Teamwork is often a helpful way to relieve some of the stress for all parties. Create a plan including timelines. Involve trusted family members (who are all in agreement) in the process to assist with both emotional support and practical tasks. Clearly denote the tasks and expectations on all parties keeping in mind that if possible, no one person should be expected to take on all the responsibility for care. Expect to have multiple meetings to deal with concerns and look at solutions. You might need to ‘pick your battles’ or compromise at some point especially if there are some things that your loved one stands firm on. Know when it's important to back down on something, even if only temporarily.

For most, there is truly no place like home, so if possible, you should first look at options to help the person remain at home, albeit with help or support (and possibly some home modifications) for as long as possible (if all safety concerns can be properly addressed). It may be helpful to have an Occupational Therapist review safety issues in the home if you have concerns. If this is not possible, ensure you remove tripping hazards (electrical cords, throw rugs, furniture), assess kitchen safety (if there are concerns, consider options to decrease the risk), check the bathroom area (install assistive devices that will help prevent falls), etc. (See section on **HOME SAFETY & MODIFICATIONS** on pages 5 - 6).



To locate in-home supports, start by researching the available services for seniors in their area. Your LHIN (in Ontario) or government-funded home care agency (in other provinces) may be able to help you with this. If there are available funds, you may also wish to look at some private services. Ensure you visit often to monitor the situation. This will allow you to determine when added supports or intervention becomes necessary. Sometimes, if in-home options have been explored & tried first, it makes it easier for the senior to accept the possibility of moving into a care setting.

If, after careful consideration, it is decided that the best option is relocation, you may find that it is a highly emotional process for everyone involved, especially if it involves selling the family home and many of the possessions in it. It is important to stress that moving will not erase the memories that are connected to the house or its contents.

If you decide that the most feasible solution is to move the person into your home (see section on **LIVING WITH FAMILY on pages 10 - 11**), do keep in mind that this will likely change the family dynamics and relationships of those within the home and potentially with other family members who do not live with you. Issues around physical space, tasks, care needs, lifestyle changes, work schedules, personal time, home safety/modifications, finances and a host of other things need to be addressed before finalizing this as a viable solution.

If the decision is to relocate to a care home⁶⁰ allow the search for – and move to – a new home to be a co-operative process. Involve the person who will be experiencing the change in the decision-making as much as possible. This will assist them in feeling that they still have control over their life and future. It is best to avoid frequent moves so look for homes that can manage the person's needs/care now and in the future, should they require more assistance at a later date. Address any financial concerns early on. Know your/their budget so you will know what is affordable before you start looking. Determine where the best location for a new home would be so that relatives & friends can visit often and without difficulty, and if able, your loved one can feel comfortable going out in the neighbourhood. For those in other provinces where care homes are licensed, do make time to review the relevant legislation. For example, if you are looking for a retirement community in Ontario, get to know the *Retirement Homes Act* and *Ontario's Residential Tenancies Act* so you know whether homes are abiding by these two important pieces of legislation when you interview them. Before moving forward, you may also want to review home license and inspection reports on the various provincial inspection websites (e.g. RHRA in Ontario at www.rhra.ca, Personal Care Homes site in Saskatchewan at <http://personalcarehomes.saskatchewan.ca/>, Public Reporting of Accommodations Standards in Alberta at <http://standardsandlicensing.alberta.ca/> and in BC, The Assisted Living Registry at www.health.gov.bc.ca/assisted/locator/index.php/displaycommunity/index) of homes you are considering. Make a wish list of wants and needs with your relative, recognizing that some things may have to be compromised. Take special note of what they are unwilling to concede on. This allows you to be aware of what is most important to them. Work with them to compose a list of questions to ask while touring places (see **RETIREMENT RESIDENCE VISITING TIPS on pages 26 - 43**). Take them to visit residences. Make a list of pros and cons of each place. If possible, encourage a trial stay in the prospective residence before finalizing plans for moving. Talk to people you (or they) know who have been through this process already, either for themselves or for someone else. They may be able to make some valuable suggestions on how to find the perfect home and how to help you or your loved one adjust to their new surroundings.

Family support throughout the process is of paramount importance. To help decrease anxiety, offer to help them make a list of everything that needs to be done before moving day. It might be a good idea to help your relative decide which things they can take with them and how to dispose of what can't be accommodated in their new home. Keep in mind the overwhelming experience that sorting a lifetime of possessions entails as one tries to separate the 'memories from the possessions'. This is especially difficult for people who are moved without much notice (e.g. after an illness or hospitalization directly to a care home). In order to assist with the adjustment to relocation, they may need an opportunity to say "good-bye" to all they held dear for many years, so you may need to arrange for a 'day visit' to their old home to give them some closure.

⁶⁰ The information related to making the transition easier in this section is primarily geared toward those who are at an independent or retirement home level. If your loved one requires long-term care, this process may be significantly different for you and, both your time to decide and the options available will be far more limited than if they decide to move when they are healthier and require little or no assistance.



Help your loved one to maintain and relocate their memories. Often people save possessions that link them to something in their past. While these items may not hold the same 'value' to others, where possible try to find ways to help them preserve some favourite treasures. If there are items that some relatives are fond of, perhaps suggest that they pass them on, so they can be 'visited' rather than given to strangers. Focus on keeping furniture that will easily fit in a small space but will help them to feel like their new place is their home. Do spend time sharing memories and discussing feelings around the move.

Help sort & pack, arrange for storage and movers, assist with change of address notifications, be present on the day of the move and, if possible, help them decorate the room and settle in. Ensure that the suite is cleaned and in good working order, if possible, before the furniture is in. You may want to spend your first few visits exploring and becoming familiar with the new neighbourhood together. Ask the Home Administrator if they can match you/your loved one with a current resident with similar interests who can help with learning the routine and adjusting to the new surroundings.

Many people are concerned that once they are in a retirement residence or long-term care home, their family will not visit them. Reassure them that this will not happen by continuing to visit and taking them out as much as possible. Schedule outings, plan private time and activities you can enjoy together, continue to celebrate special events and update them on family happenings. You are still their caregiver, but the way in which you provide care has changed. Knowing they are safe and well cared for will afford you more time to socialize and spend quality time together. Your visits can be spent enjoying each other's company, rather than focusing on personal care and household tasks which may have consumed your time when the person lived independently.

Despite this potential positive change to your relationship, keep in mind that there will be an adjustment period. It is important to be supportive and continue communicating regularly and frequently, both with your loved one and residence personnel. Get to know the staff and help them get to know your relative. If there are concerns, be sure to discuss them promptly with the appropriate staff.

Allow your loved one to talk about his/her feelings with you; don't avoid uncomfortable discussions. Listen and don't fear talking about the past but, if negative or depressed feelings persist for a prolonged period after the move — in either you or them — you may want to consider seeking out support or counselling from a trained professional. If you require assistance in locating a counsellor, you can contact your local Family Service Association (www.familyservicecanada.org/member-benefits/current-members-by-province/), community information agency (<http://211.ca>) or your family doctor.

DOWNSIZING TIPS

For those who may be relocating with limited or no assistance, it might be helpful to plan your packing and moving tasks well in advance of your actual move date. Where you move will determine what you can take with you. More independent settings will usually allow for more furnishings while more dependent settings like long-term care homes, will dictate that very few items beyond clothing accompany the person.

If possible, well in advance of moving, start de-cluttering. Throw out whatever you can including unnecessary papers, clothes, etc. Put all important documents that you deem necessary to keep, in one place so they are easy to locate when you need them. Paring down and organizing your possessions will save you time when it comes to packing and allow you to focus on other important tasks (if this is too overwhelming you may want to hire a professional organizer to assist with this). When considering what you will take to your new home, eliminate possessions that are not useful, functional or overly important to you. Items should be durable and easy to care for but most importantly they should fit in your new place and allow space for you to comfortably move around.

When you begin sorting belongings, don't try to overwhelm yourself with doing everything in one day. Remember to ASK FOR HELP if you need it. Allow yourself a set amount of time per day (try 2 - 3 hours to start with). Before starting to pack, make sure you have what you need (boxes/tape, etc.). Start with the least used room first, work in one room at a time and start by sorting large items. You may wish to use a "colour coding system" to label boxes that will go in different rooms (e.g., green labels for the kitchen, red for the bedroom, etc.). Ensure you have a floor plan (with exact dimensions) of your new home before deciding on furniture. It is helpful to "map out" the size of certain items so you



can see what will fit in the space you have. If you have rooms with similar dimensions in your home, use them to gauge what things will look like in your new setting. Make a list of the items you are keeping and where you want them to go in your new home.

For items you don't need, don't want or can't take with you, create several piles or boxes for different things - one will be to keep and take with you to your new home, another to throw in the garbage or recycle (if you are throwing out a lot, there are companies that can come and pick up your "junk" for a fee), another to give to family/friends, and a fourth to give to charity (some organizations will pick up items from you and/or give you a tax receipt). If there are items you want to sell, create a fifth pile and consider having a garage sale (enlist the family to help with this) or list items on a reputable website that sells used goods. Additionally, there are many consignment shops that might be able to find a home for clothing and household items in good condition. While they do take a portion of the sale price, they will give you money for those items they can sell, saving you the time and effort it would take for you to do so on your own. Do keep your expectations of financial return reasonable and weigh the value of what you might get, with the time and effort it will take to sell the items, when deciding on the best route to dispose of old belongings. Be sure to check pockets, drawers, books, etc. for things you may have hidden and forgotten about. It is not uncommon to read a story of someone who finds something valuable at a garage sale or in something they purchased at a consignment store. If you have expensive items or things you suspect are of great value, you might want to arrange for an appraisal and then seek out an auction house or an estate sale company.

There will likely be items that you cannot take with you but want to stay in the family because they hold special meaning to you. Take the time to write down the stories behind those treasures which you can then give your loved ones with each item. Additionally, you may want to create a 'memory book' with photos of things that you hold dear that you can take with you to your new home. Keep in mind that some items you treasure may not have the same meaning to your loved ones or, things that you are not particularly attached to may be special to others. If possible, allow those you have chosen to give pieces to, to pick what they would like to keep. It is far nicer to share items that are important to you with others when you can see them being enjoyed and, it will make you feel much better knowing your special things are with people that will treasure them as much as you do. Make every effort to preserve family photos and mementos. While not everyone is sentimental, there are often children or grandchildren who would be more than willing to be the keeper of your family history.

Prior to moving, make a list of tasks, target dates and the person responsible. Ensure you have sent out move notifications to everyone who sends you mail - family, friends, credit card companies, insurance, banks, any government offices, etc. or have your mail redirected (or both). Arrange for movers and a realtor if you have a property to sell. Notify utilities and your landlord (if you are renting). Should the task of packing and/or moving be overwhelming, you may also want to consider the option of hiring a downsizing/relocation company that specializes in moving seniors and can handle your move in its entirety (packing, moving, unpacking etc.) There are several of these in existence, many of which are listed in Part 2 of this *Guide* (**SERVICES AND RESOURCES FOR SENIORS** under *Downsizing and Relocation*, pages **76 - 80**). When choosing a company to assist you with this difficult task, interview them in person, get detailed estimates from more than one company and ask for references. Hire the person you feel most comfortable with and one who you believe understands your needs and will make this process easier and less stressful for you. It is helpful if they have experience with the place you have chosen to move to, so they can best advise you on the specifics of your move, procedures, best items to take, etc.

On Moving Day pack a small bag with items you will need for the day, including any medications and snacks. Arrange for a friend or relative to accompany you and stay with you for the day. Unpack important items first and hang your pictures right away; it is what will make you feel at home!

EMERGENCY FILE AND INFORMATION

A good idea for everyone, because unexpected illness or injury can happen to anyone regardless of age or circumstance, is the creation of an Emergency File. This becomes even more important when you are, or when you have relatives who are, older. There may be a time (or several times), when you or your loved ones must locate information



that might impact their/your care or needs, quickly. Having all documents in one place will make this a far easier task than potentially sorting through what may be, years of papers.

This file should be reviewed/updated annually, to ensure that everything in it is accurate. If you are putting important documents in this file, it would be best to keep photocopies only in the file and store originals in a safe place. For legal documents like Powers of Attorney, do make a few copies in case financial institutions or medical personnel are required to hold onto them. If you are creating an Emergency File for yourself, inform your close relatives where it is in the event of an emergency. Ensure it is well-labelled so it can be found easily. In order for it to have the flexibility of adding information, you may wish to put it in something that allows pages to be inserted. An accordion file works well for someone with many kinds of papers but for others, a 3-ring binder with dividers may be sufficient. Ensure that all caregivers involved know the location of the Emergency File/Binder in case specific documents are needed by any involved parties.

It is also helpful to create a document with important medical facts about the person you are providing care for (or for yourself) that is easy to access in an emergency or even simply for when you are attending appointments or sharing information with a care team (see list in *Medical Information* section below). A master copy of the document should be included in your Emergency File/Binder and updated as necessary. Below is a list of items and documents which will assist you in organizing important personal & care information for your Emergency File/Binder.⁶¹

PERSONAL INFORMATION:

- Name
- Spouse/Partner Name
- Address
- Phone Number
- Birthdate
- Place of Birth
- Religious/Cultural Affiliation
- Language(s) Spoken
- Social Insurance Number
- Passport Number/Expiry
- Birth Certificate
- Veteran Status/Number
- Immigration Documents
- Marriage Certificate
- If no longer married include Divorce Certificate or Spouse's Death Certificate
- Children's Names & Birthdates
- Emergency Contact Names and Phone Number

If possible, take a photocopy of each document and keep it in your file.

MEDICAL INFORMATION:

In your file include any documents related to health issues.

(If you are a caregiver and take your loved one to all appointments – or if you share this task with others, you might want to create a separate document with the information in this category that you can reference during appointments and a journal of all appointments where you can document what was discussed, any follow-up decided upon as well as contact information/business cards for all doctors.)

⁶¹ A detailed Emergency File document that you can complete, is available on our website <https://www.senioropolis.com/BookInfo.asp>. Alternatively, a more complex Care Planning Workbook, can be downloaded from the Online Store at www.seniorcareaccess.com.



- Health Card # and Expiry Date.
- Extended Health Policies/Health Insurance/Long Term Care Insurance – note the policy number, company and contact person.
- Allergies – including treatment and reactions.
- Disabilities/Impairments – include information on any necessary assisted devices.
- Surgeries – include type, date and surgeon.
- Hospitalizations – include date, reason and doctor.
- Other Physical or Mental Health Issues – include date of diagnosis and treating doctor.
- All Medications – include prescription, non-prescription, herbal and vitamins. Ensure that you indicate dosage, frequency, the reason for the medication, the prescribing MD and any side effects.

(If you are a caregiver, ensure you take a list of all medications to doctor's appointments so medication reactions can be easily avoided.)

- Family Health Issues – note any chronic or hereditary mental and physical health issues in parents, siblings and children. Include the age of diagnosis if known.
- For those who have deceased parents or siblings – indicate what they died of and their age of death.
- List of Tests, X-rays, Procedures, etc. – include the referring MD, date, type and the results/treatment given.
- List of Immunizations – indicate the date and the person who administered it.
- List of all Medical Doctors/Specialists – include their address, phone number and specialty.
- Pharmacy/Pharmacist – include address and phone number.
- Dentist/Denturist – include address and phone number.
- List of all Dental Procedures – include date and the person who did the procedure.

FINANCIAL INFORMATION:

- List all Credit and Bank Cards – include the type of card, number, full name on card, expiry and PIN. *(You may wish to photocopy all cards and keep them in your file.)*
- Bank Accounts – include bank name, branch address, bank account number, name on bank account and contact name of staff person at the branch.

(Photocopy bank statements from each account and keep them in in your file. If you are a caregiver, you may want to ask the bank about getting signing authority on our loved one's bank accounts.)

- Safety Deposit Box - note the bank branch it is located at, number of the box and location of the key. You may wish to inventory all items in the box. If you do not have signing authority on the account, speak to the bank about how you can become a secondary access person for it.
- List all Monthly Bills – include the company, due date, account number and how the bill is paid. *(For bills that are being paid with a monthly cheque, you may want to set up a direct withdrawal from a bank account.)*
- List of Monthly Deposits – include the company, date of deposit, amount and the account it is deposited to.
- Life Insurance Policies – list the company, policy number, phone number and contact person. *(Review and familiarize yourself with all policies.)*
- Debts – include who the debt is owed to, the amount owing and a contact person with phone number.
- Pensions – include the source, monthly amount, contact person with phone number.



- Ensure you have copies of tax returns/notices of assessments from the last couple of years and file in a location that is easy to access (or in your Emergency File).

If your loved one is on a limited income, you may want to review the CRA website (www.canada.ca/en/revenue-agency/services/tax/individuals/segments/changes-your-taxes-when-you-retire-turn-65-years-old.html) to ensure they are receiving all available tax credits and pension benefits.

- Assets – list each asset and approximate value.
- Properties – list all properties owned, co-owners, if there is a mortgage include documents in file, deeds and tax bill.
- Investments – list all stocks, bonds, RRSPs, RIFs, TFSAs, etc. Include company, account number, beneficiary, contact person and phone number.
- Debts Owed to Person – if anyone owes money or property to the person, list their information and include any formal documentation about the debt and payment plan.

You may wish to include any documents related to financial obligations and investments in your master file.

LEGAL DOCUMENTS:

Ensure you have up-to-date, signed and witnessed copies of any Powers of Attorney (if you are the attorney you will need an original to use it), a Will & Living Will/Advanced Directive. Indicate the location of the original and copies as well as information about the lawyer who prepared it. Ensure any attorneys are aware that they have this responsibility and have photocopies of the document.

VEHICLE INFORMATION:

If your loved one owns and drives their own car still, ensure you have vehicle ownership and insurance information on file.

PETS:

List names, type of pet, any health conditions, medications, special diets, pet insurance policy number and contact information for their Veterinarian.

CONTACTS:

- Professional Contacts - include lawyers, accountant, financial advisor and insurance agents with phone numbers and addresses.
- Internet Passwords – list all banking and other website passwords with the correct URL and email address to access information.
- Personal Contacts – include friends, family, neighbours and their phone numbers.
- Memberships – list of any organizations and contact information that they are a member of.
- Care Team – list caregivers, agencies, clergy, etc. Include the organization they are attached to, their role and phone number.

FUNERAL ARRANGEMENTS:

If prearrangements have been made – include any related information – funeral home, cemetery, location, etc. If there are specific instructions related to the funeral service, include on a separate piece of paper. Keep all issued documents in your file.

MISCELLANEOUS:

If you have come across documents, passwords, contact names of people important to you or your loved one, do include them in your document/file. It is always helpful to photocopy and file any important documents you may require at some point in the future.



PART 2

Services and Resources for Seniors in Ontario



Photos provided by

Esprit 
Lifestyle
Communities



Signature Realty
IND. OWNED & OPERATED BROKERAGE

8 Sampson Mews, Suite 201, Toronto Ontario, M3C 0H5

Making Seniors Matter Again



**REAL ESTATE AND LIFE TRANSITIONS FOR
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Full Service Real Estate Specializing in The Needs of Mature Clientele

- Complimentary Needs Assessment
- Access to Professionals:
 - Accountants who specialize in Tax and Inheritance Law
 - Elder Lawyers
 - Financial Planners and Advisors
 - Art, Antique Appraisers/Auctions
- Contractors/Handyman
 - Repairs and Renovations
- Transition Managers will assist in the disposal and the sale of personal property
- Property Management with the option for rental and/or maintenance of property
- Facilitation of "Aging in Place" Services
 - Government Subsidies
 - In-House Home Assistance etc.
- Relocation
 - Specialized movers that will transfer personal property and setup in new residence

Over
25
Years Experience

I have extensive experience working with seniors and their families through every step of their transition.



An alternative to reverse mortgages providing 100% equity with no property tax and no maintenance.

RESOURCE INFORMATION

The information listed on the next few pages, describes many different private services available to seniors in Ontario. The companies/organizations detailed below are listed in alphabetical order within each category. Following the ads and text descriptions are information articles contributed by some of our resource providers.

ACCESSIBLE BATHTUB SERVICES

Bath Cutter (Trenworks)

STEP-IN BATHTUB CONVERSION WITH REMOVABLE DOOR! Now save thousands of dollars on bathroom renovation costs by converting your existing bathtub into a *Step-In Bathtub and Shower*. Trenworks installation service usually takes ONLY about 2 hours to complete! Your Step-In Bathtub can easily transform into a fully functioning bathtub for convenient bathing ANYTIME, with the placement of our exclusive removable QuickTub Cap, in just 2 seconds! Call (647) 977-5260 or 1 (855) 343-4514 or visit www.BathCutter.ca.



LEARN MORE AT:



Convert
your existing
bathtub to a
Step-In-Bathtub
and Shower, NOW
with a
Removable Door!

www.BathCutter.ca | 1-855-343-4512

Bathway Inc.

For some individuals getting in and out of the bathtub can be difficult and even dangerous. Bathway offers a solution that will convert an existing bathtub into a safe and accessible step-in shower. Our unique "tub cutting" service is a quick, clean and economical alternative to traditional bathroom remodeling. Call (416) 222-5333 or 1 (888) 778-3746 or visit www.bathway.ca.

Can't find what you are looking for?

Call us at 1 (844) 585-7255 for information on resources across Ontario.



AUCTION/LIQUIDATION

Gordon's Downsizing & Estate Services

Are you DOWNSIZING and feeling OVERWHELMED? Gordon's Downsizing & Estate Services is here to help. We know this big decision goes beyond just selling your house; it means moving a lifetime of memories. We can help with every step you will face including: finding a new home, retirement community, condominium or apartment, sorting, packing, moving and unpacking, getting you settled in your new home, cleaning and preparing your current home for sale, selling extra household items and the efficient sale of your current home. One call can take care of it all. Gordon's Downsizing & Estate Services. We help. You move on. Call **1 (800) 267-2206** or visit **www.gogordons.com**.

BEAUTY NEEDS

Instyle Nails and Boutique

We are a specialized Nail and Skin Spa located in Oakville. Our services include facials, manicures, pedicures, nail extensions, massage, waxing, makeup application and eyelash extensions. In addition, we carry two of the highest brands in skin care products, Guinot/France and Swiss-line by Dermalab from Switzerland. We also carry Glo Mineral makeup brands. Come and enjoy clean, friendly and relaxing service. Visit our website **www.instylenail.ca** or call **(905) 257-0778** for more information, and to book an appointment.

DAY PROGRAMS/MEMORY CARE

Memories+ Adult Program and Wellness Centre

We are dedicated to providing a place for adults to enjoy meaningful engagement in a fun and interactive supervised environment. We are committed to improving quality of life for our clients and their families and making great memories that last a lifetime. Our day program includes flexible full and half day programs, Fit Minds™ Cognitive Stimulation Therapy, Physical Activity, Music Therapy, Art Therapy, fresh catered meals daily, supervised trips and outings, and so much more. *No specific diagnosis or referrals are ever required*. Visit us on the web at **www.memoriesplusgroup.com** or call us to set up a FREE half day trial at **1 (855) 558-HOME (4663)**.



- Flexible Full and Half Day Programs
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- Fit Minds™ Cognitive Stimulation Program
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- Caregiver Respite



291 Davis Drive, Unit 8, Newmarket, ON 1-855-558-4663

www.memoriesplusgroup.com



DAY PROGRAMS/MEMORY CARE/OVERNIGHT RESPITE

Memory & Company

Memory Health Club and Overnight Respite Resort. RESPITE WHEN YOU NEED IT. We are a Premium Day Program that focuses on slowing memory loss, in a state-of-the-art club, thoughtfully designed for those living with memory loss. We provide day, evening, weekend, and overnight respite. We offer five private respite bedrooms done up like a boutique hotel to ensure our guests are comfortable and well taken care of. Our goal is to help relieve the stress related to caregiving, by providing much deserved respite for caregivers, and a VIP experience for those living with memory loss, all in a club ANYONE would enjoy. We also welcome caregivers, both formal and informal, to attend if they wish, with our Better Together program. Call **(905) 888-8808** or visit **www.memoryandcompany.com**.

Respite when you need it.

Premium Day Program & Respite Resort
for people living with memory loss.

day | evening | weekend | overnight

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MEMORY  COMPANY



DENTAL SERVICES

CMS Dental Hygiene Services

Offering mobile dental hygiene services for seniors in nursing homes, retirement homes, hospitals and in private residences. If you have a loved one who is unable to get to the dental office please contact CMS DENTAL HYGIENE SERVICES. Cheryl will visit you right in the comfort and privacy of your home/room. Dental Hygiene services are covered through ODSP, OW, NHIB, Veteran Affairs and other private insurance plans. CMS DENTAL HYGIENE SERVICES coverage includes London/St.Thomas, Strathroy/Watford, Glencoe, Chatham, Wallaceburg and Blenheim areas. Visit www.cmsdentalhygieneservices.com for more information. Contact Cheryl at (519) 350-6267 or cherylannsincclair@gmail.com.

DOWNSIZING AND RELOCATION

Corner Comforts Home Downsizing Services

Corner Comforts is a family run complete service solution. Some of our services include decluttering, organizing, packing, unpacking, moving, estate sales, staging, disposal, donating items, safe space clean up, professional services and most importantly helping you settle comfortably in your new home. Our service plans are flexible and customized to fit your needs. Our team is successful in helping seniors create an atmosphere that feels warm and happy in their transition so they can focus on a new beginning. We do it all and we do it with love, fun and compassion!! *"My husband and I were faced with moving out of our home that we had for over 54 years. Gillian's encouragement, can do attitude and compassion made it a pleasant experience for us. We took what we loved and she dealt with the rest. She helped us to look forward and enjoy a new beginning."* The Lorne's. We look forward to meeting you. Please call Gillian Sweeney (416) 319-7722 or visit www.cornercomforts.ca for a complimentary in-home assessment.

HOME DOWNSIZING

DECLUTTER, ORGANIZE, STAGE,
PACK, SELL, MOVE AND UNPACK



Call Gillian at **416 319 7722**
Specializing in difficult transitions
www.cornercomforts.ca

Have you found our Guide helpful?
Please let the resources you contact know that you found them here!!!



DOWNSIZING AND RELOCATION

Elder Care Transitions

Are you thinking of downsizing or moving into a retirement residence or somewhere with more care options? Our knowledgeable advisors can assist in all aspects of a senior's move into a retirement residence or condominium. Servicing The Greater Toronto Area since 2009, we are a full service agency that offers a "Whole Solution" approach to helping you make the transition to your new home as comfortable as possible, reducing stress and anxiety. We specialize in helping seniors and their families through all aspects of the move/transition. Elder Care Transitions will help find the right retirement residence for you, organize your belongings, pack & move your belongings, as well as fully set-up your new home, coordinate in-home care management, sell/rent your home and more! Our unique style of work is customizable to serve your specific needs and allows us to offer a very personalized service. We are a team of trusted professionals who work very hard to make your transition absolutely seamless. Elder Care Transitions offers many support services from our reliable professional network to our clients such as accountants, lawyers, financial advisors, personal support workers, and other care professionals. Contact us for a free in-home consultation at **(647) 268-3295**, www.ectransitions.com or email talialia@ectransitions.com.

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We Make Change Easy



Gordon's Downsizing & Estate Services

Are you DOWNSIZING and feeling OVERWHELMED? Gordon's Downsizing & Estate Services is here to help. We know this big decision goes beyond just selling your house; it means moving a lifetime of memories. We can help with every step you will face including: finding a new home, retirement community, condominium or apartment, sorting, packing, moving and unpacking, getting you settled in your new home, cleaning and preparing your current home for sale, selling extra household items and the efficient sale of your current home. One call can take care of it all. Gordon's Downsizing & Estate Services. We help. You move on. Call **1 (800) 267-2206** or visit www.gogordons.com.

DOWNSIZING TIP

Consider involving your children and grandchildren in your decluttering process. Ask them to help organize a Garage Sale in the summer and allow them to keep all or some of the money for items sold.



DOWNSIZING AND RELOCATION

Move Seniors Lovingly

We are a Move Management Company providing relocation services to seniors since 2005. DOWNSIZING AND MOVING? WE WANT TO HELP! Our mission is to honour our Fathers and our Mothers through Senior Relocation. We create simply beautiful residences, completed by the evening of the move. We are comprised of a team of people committed to assisting seniors with downsizing, packing, moving, unpacking, designing and setting up new residences. We also help with selling or disposing of unwanted furniture and items. We guide you through our expert step-by-step process with proven results. This ensures that when you are ready to downsize, the transition is smooth and managed effectively. Our services also include preparing your home to sell by decluttering, staging, cleaning, painting, and doing minor renovations, if necessary. BBB accredited, bonded and insured. Call us for a complimentary consultation. Halton region: (647) 714-8145, Hamilton and Niagara Regions: (905) 769-0811, Toll Free: 1 (888) 884-0804 or visit www.moveseniorslovingly.com.



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Honouring Our Fathers and Our Mothers

Downsize • Move • Design • Setup

Burlington, Hamilton & Niagara Regions: (905) 769-0811

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DOWNSIZING AND RELOCATION

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with a smile INC.

**Organizing ■ Downsizing
Senior Move Management
Services**

**What to take? What to sell?
What to give away?**

**What to do with
what's left over?**

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DOWNSIZING AND RELOCATION

Transitions Canada

Offering services to assist seniors, families and caregivers maintain a quality of life through the aging process. Some seniors may decide to stay in their current home while others may downsize or move to a seniors' residence. A seniors' needs may change as they age and new services may be required. We offer a range of flexible services, so changes can occur as easily and stress-free as possible. We offer: transition services/planning; light shopping; home checks while hospitalized/vacationing; day respite; organizing; decluttering; packing; staging; unpacking and settlement. If there is a service that you require, and it is not noted, please contact us as we are very flexible and will try to accommodate you. Call **(289) 228-7782** or visit **www.transitionscanada.ca**.



Property Management, Downsizing, Relocation and Transition Services

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www.transitionscanada.ca **289-228-7782**

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93% of Canadians aged 65+ feel it's important to stay in their current home throughout their retirement according to an IPSO survey conducted June 2018

IPSOS survey conducted in June 2018, commissioned by HomeEquity Bank

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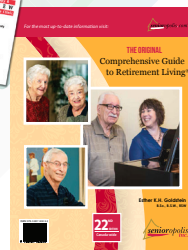
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HOME HEALTH CARE SERVICES

Bayshore Home Health

A division of Bayshore HealthCare, Bayshore Home Health is one of the country's largest providers of home and community health care services, with more than 60 offices, over 70 community care clinics and over 13,000 employees. Offering a wide range of home and community health services, we strive to make a difference in our clients' lives - every visit, every time. Our nursing, personal care, home support and therapy and rehabilitation services are available privately as well as through government care programs, personal and group insurance plans, and workplace safety insurance. For more information, call your local Bayshore office, visit **www.bayshore.ca** or call **1 (877) 289-3997**.



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Bayshore Home Health is a division of Bayshore HealthCare, a leading provider of home and community health care services. As a Canadian-owned company, Bayshore has been enhancing the quality of life, well-being, dignity and independence of Canadians since 1966.

www.bayshore.ca



HOME HEALTH CARE SERVICES

Here to Care for Seniors

We were founded by a husband and wife team of registered nurses with a true love for working with and assisting individuals who need an extra helping hand. We are a Certified Age Friendly Business, and our mission is to provide individualized, client-centered care that promotes and supports the wellness of seniors and adults with disabilities. At Here to Care for Seniors, we strive to exceed our clients' expectations, promote their dignity, and encourage social engagement. We vow to treat each client with honesty, integrity, reliability, respect, and consistency while honouring their privacy, dignity, property, and family customs. We work closely with you and your loved ones to create a unique care plan that will enhance your life, empower you to feel independent, and increase your joy! Our services include: Personal and Companion Care, Alzheimer's and Dementia Care, Post Hospital Recovery, Respite Care, Live-In Caregivers, and more. Please give us a call and we will be happy to discuss your needs and options for care. Call **(647) 499-4409** or **1 (877) 365-2233**. Visit us at **www.heretocare.com**.





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The emerging leader in Home Care for Seniors. We're an independently owned & operated Canadian company with over 25 years' of experience in the Geriatric Care sector. We provide nonmedical services to seniors in their private homes, facility residences, retirement homes & long-term care facilities. We offer complimentary home assessments, written reports with required care recommendations, follow-up action plans & the development of a care plan tailored to meet the needs of the client/family. We provide personal care, support, homemaking (laundry/cooking/cleaning) & companionship. Services are aimed at supporting & sustaining independence, socialization & community interactions. Being at home, should never mean... in isolation. Our team is caring, compassionate, experienced & certified. Whatever your needs are, they will be met effectively & efficiently... including: Palliative, Alzheimer's & Dementia Care. Whether your needs are casual or 24-hour care, we'll be at your side... Your safety & care is not only our priority – it's our business. We will never recommend anything unless you truly need it. Call Victor Oliveira at **(905) 785-2341**, email **voliveira@inourcareservices.com** or visit **www.inourcareservices.com**. Twitter **@inourcare**.



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HOME HEALTH CARE SERVICES

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HOME HEALTH CARE SERVICES

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We provide seniors and adults with needed assistance in private homes, hospitals, and other residential settings. Our mission is to maintain the independence and familiar surroundings for those in need of care and support. We provide an opportunity for our clients to select their caregivers by matching their needs with the experience and skills of our caregivers. We treat our clients like a family and work hard to maintain lasting relationships with them. Senior Homecare By Angels is the most respected name in senior homecare. Awarded the Service Award for Home Care Excellence consecutively for about 11 years. Call **(416) 398-4663** or visit www.seniorhomecaretoronto.ca for more information and a free consultation.

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HARVEY S. GOLDSTEIN




MR. GOLDSTEIN has been practicing law since 1984. His experience is varied. With his extensive experience in the preparation of Wills and Powers of Attorney, he has conducted seminars in estate planning.

He has litigated in almost all areas of civil and criminal law (defence and prosecution) and appeared before all levels of the Court, including jury trials.



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Katrina McHugh

Broker

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Where Do I Go Now?

What Will I Do With My Things?

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The Master ASA™ (MASTER Accredited Senior Agent), the SRES (Senior Real Estate Specialists) and CPCA (Certified Professional Consultant on Aging) designations are signs that your REALTOR® has the training, skill set and dedication that is required when working with mature and senior clients. The needs of this clientele are different from other types of real estate, whether relating to the need for information on available housing options or, government loans & grant programs to help you stay in your home. Magda has access to a Network of Exceptional Specialists who specialize in Canadian tax laws, estate planning, wills, trusts, capital gains and other options. Call Magda for a complimentary consultation and ask her about 'Aging in Place' programs. If you love where you live, then these options offer an exciting alternative for people who want to change their ownership status but not their home address. Programs offer a Safe, Simple and Private alternative to a Reverse Mortgage or Line of Credit. Call Magda Zecevic at Royal LePage Signature Realty - Office: **(416) 443-0300**. Cell: **(416) 704-7011**. Website: **www.NextMoveToronto.com**. (See ad on page 72)

Patty Fleischman & Michael Rosen, Slavens & Associates Real Estate Inc., Brokerage

As Senior Real Estate specialists we address the needs of the senior population and their families. If you are in the "sandwich generation", you're probably working, keeping up with children, and helping aging parents. Worry about aging parents' living situation is a very real and often pressing problem. Our mission is to ease that stress and provide families with personalized real estate options, so everyone can get on with their lives. Remember – you don't have to do this alone! For more information on how we can help please call **(416) 483-4337** or visit our website **SeniorsFirstRealEstate.com**.



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DOWNSIZING TIP

Get a floor plan of the apartment or suite you will be moving into with the exact square footage of the rooms. This will allow you to determine what large items will fit in the space you have. If you have rooms with similar dimensions in your current home, have a look at what fits in those spaces and use it as a guide to help you choose items for your new home.



RETIREMENT HOME SEARCH AND TRANSITION SUPPORT

Lianas Inc.

We take the stress out of retirement home search and relocation. A Lianas Advisor will personally meet with you and your loved ones in the comfort of your own home and complete a Needs Assessment. We research the market to find the best senior community to meet your specific needs. We sit back down with the family to review the best options. We then accompany the family on tours of the top 3 recommendations. Lianas will also guide families in the various aspects of any transition including valuable checklists for tours and stress-free transitions, recommended real estate agents and downsizing companies that specialize in senior moves. Call us at **1 (877) 450-3365** or visit **www.lianasservices.com**.



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RESOURCE ARTICLES

How to Choose a Home Health Care Provider *Advice from the Care Experts at Bayshore Home Health*

Website: **www.bayshore.ca** • Phone: **1 (877) 289-3997**

Today more than two million Canadians receive care at home – a number that will continue to climb as our population ages. Knowing what to look for and the right questions to ask is an important part of choosing the home health provider that is right for you.

Home health care lets seniors who want to stay in their homes remain independent for as long as possible. But hiring the right help can be confusing, so we suggest you ask all of the following questions to be sure you find the right provider for you.

- What kind of services do you provide?
- What type of training has your staff received?
- How do you ensure the quality of your service?
- How do you evaluate the skills and abilities of your staff?
- How long have you been in operation?
- Do you provide a personalized care plan?
- Will you consult with my doctor?
- Will my caregiver be supervised by a nurse?
- Will you assist in investigating my home care funding options?
- Do you ensure your staff are bonded, insured and professionally licensed or certified?

To learn more about the benefits of a personalized home health care plan, please visit **www.bayshore.ca**.

Bayshore Home Health has been enhancing the quality of life, dignity and independence of Canadians in their homes since 1966. Canadian owned and operated, we offer a wide range of home and community health care services through more than 60 offices across the country.



Wills and Powers of Attorney (Ontario)

Contributed By: **Harvey S. Goldstein, Barrister, Solicitor & Mediator**

Website: www.thedivorcelawyer.ca • Phone: (905) 761-6263

Email: harvey@thedivorcelawyer.ca

WILLS

What is a Will?

A written legal document setting out what is to happen after death to his/her property and who will be the guardian of his/her children. A Will must be in writing and should be dated and properly witnessed.

A Will can be revoked or replaced by another Will at any time as long as you are mentally competent. Because circumstances, beneficiaries, or assets change, conduct an annual review, especially if you become engaged, married, separated, and/or have children.

Why make a Will?

1. If you don't have one your estate will be divided according to provincial intestacy laws, which may not reflect your wishes. Property would devolve to your next of kin without regard for your fondness for certain people, and not to non-blood relatives, your common-law spouse, or charities. With a Will, you maintain the freedom to benefit those as you please, for the most part.
2. You will have the freedom to choose a guardian (custodian) for your minor children, a trustee of their money and specify at which age they will receive their inheritance.
3. If you marry, your Will is automatically revoked unless it specifies that it is made in contemplation of a forthcoming marriage. If you are married but separated, your estranged spouse may inherit your share of the family property unless your Will or a separation agreement states otherwise.
4. It is less expensive for your beneficiaries if you have a Will. If you do not, an Estate Trustee (the manager of your estate) will have to be appointed by the court and may be required to post a bond. Appointing a Trustee in a Will may reduce the potential for disagreements between beneficiaries.

Not all property passes by operation of a Will. Some pass by contract or by the operation of law. For example: jointly owned property (such as a house held in Joint Tenancy), or bank accounts, GICs, life insurance proceeds, registered RSPs, RIFs, and pensions payable to a designated individual, not to your estate.

Provincial laws may apply to limit what you can do with your property. Your spouse may make a claim for a division of property or to take what is given to him/her in the Will. Children and spouses may claim to be "dependents". "Dependents" may include: your: spouse, common law spouse, former spouse, children, including those born out of wedlock, born after the testator's death and a person you treated as a child of your family (step-children), parent, sibling to whom you were supporting or have a legal obligation to support. You must make adequate provisions for them, just as you would when alive. If you fail to make adequate provisions, the court may order the estate to make payments to some or all of them in an amount it sees fit.

Who gets what if you die without a Will?

Under the Succession Law Reform Act, the spouse gets the first \$200,000.00 of the net value of the estate. If there is one child, he/she also gets ½ of the residue, and the child gets the other half. If there is more than one child, the spouse gets the first \$200,000.00 and ⅓ of the remainder and the children share equally the other ⅔.



CONTINUING POWER OF ATTORNEY FOR PERSONAL PROPERTY

A Continuing Power of Attorney for Personal Property (POA) is a legal document to give another person legal authority to make decisions about their finances and property, if they become unable to make those decisions themselves.

It may also authorize only a specific transaction, for example: listing your house and/or signing the Agreement of Purchase and Sale for you. The power of attorney is called "Continuing" because it continues to be used after you are no longer mentally capable of making those financial decisions yourself. It may also be used if you cannot physically handle the finances and need someone to attend at the bank, or anywhere else for you. The POA may be limited to a time or task, or give a general blanket authority.

You may appoint sole or joint attorneys, for example: they may be your child and a trust company or your children who will share the job or divide the responsibilities among them. They may act together or separately. Two attorneys offer a "double check" and less risk of inconsistent decisions.

If you do not have a Power of Attorney, the Public Guardian and Trustee may be appointed by the court to manage your property.

The POA will give the attorney authority to act as soon as it is made, unless you specify otherwise. You may still, however, look after your own affairs while still mentally capable. Give the attorney a copy of the POA. Set a specific start date or a particular event to trigger its use.

POWER OF ATTORNEY FOR PERSONAL CARE (POAPC)

Sometimes called "living wills", because they are thought to be Wills taking effect while you are alive. This is a misnomer. A Will, by definition, takes effect only upon your death.

A POAPC may be used to empower someone else to make decisions for you concerning your diet, clothing, health care, medical procedures, drugs, safety, residence when you are mentally unable to do so yourself. It cannot be employed to make decisions regarding your property and finances, although you may appoint the same person to be both types of attorney.

You may appoint different people for different types of decision-making. For example, one for health care and another for personal decisions like food, housing, etc.

You may make restrictions or provide specific instructions to your attorney. You may also give the attorney a blanket authority to make all decisions for you. Alternatively, you may decline treatment such as artificial life supports or the taking of heroic or extraordinary measures, as determined by your attorney alone or in consultation with your doctor(s), a doctor of your attorney's choosing, or a religious adviser and/or family members. You may specify that your attorney must get confirmation of your incapacity before he/she acts, and how the confirmation is to be obtained (i.e. by your doctor, etc.).

The attorney is required to follow your instructions, despite his personal beliefs, unless it is impossible for him to do so. If no instructions are provided, your attorney must make decisions according to what he/she believes are in your best interests at the time.

Neither type of Power of Attorney is filed with the Public Guardian and Trustee. It is kept in your safe deposit box or other safe place.

Harvey Goldstein is a family lawyer who has been practicing law for over 30 years. He specializes in Wills, Powers of Attorney, Divorce, Separation, Custody and Property Division.



Secrets to Longevity Lifestyle Choices Today That Can Reap Benefits Tomorrow

Contributed by: Matt Del Vecchio, President Lianas Inc.
Website: www.lianasservices.com • Phone: 1 (877) 450-3365
Email: mdelvecchio@lianasservices.com

Will you be dancing at your grandchild's wedding? How about your great-grandchild's wedding? Some super-agers are not only dancing, but also cooking, walking, and golfing past the age of 90. With life expectancy on the rise, researchers are attempting to figure out how we can increase our healthy life spans. So, exactly what lifestyle choices matter the most for longevity?

Don't sweat the small stuff

One of the more memorable comments from one of my clients was "Please don't refer to me as a senior. I would prefer to be called a mature adult with significantly reduced filters". A positive attitude with an optimistic outlook helps reduce stress and enhances healthy living. Get rid of negativity even if it means distancing yourself from friends that drag you down. Put things in perspective and don't let the little things in life drive you crazy.

Diet is a key ingredient to a long life

Diet tends to be one of the most important factors for better health and a longer life. Researcher, Dan Buettner set off around the globe to answer the question: Why do people in some parts of the world live longer than others? Buettner teamed up with National Geographic to identify five "Blue Zones" that have the highest percentage of the world's longest-lived and healthiest people. The Blue Zones include Loma Linda, California; Ikaria, Greece; Sardinia, Italy; Okinawa, Japan; and Nicoya, Costa Rica. A common thread in all areas was a healthy diet. Many of them had plant based diets with very little red meat with beans as a primary source of protein. The Mediterranean diet was also common – plenty of fruits and vegetables, whole grains, fish and seafood, nuts, olive oil, yogurt, traditional cheeses and of course, red wine in moderation.

Get moving

Regular exercise equals longevity. Our bodies are designed to be active every day. It's not a secret that physical activity burns calories, tones muscles, and keeps you looking and feeling fit. But, there is a bonus benefit to exercise: it acts as a powerful vaccine against the aging process itself.

Keep your brain sharp

By flexing your mind in productive ways, you can lower your risk of mental decline as you age. The single biggest cause of Alzheimer's disease is aging. When it comes to memory & using your brain, studies have shown that physical & cognitive exercise is one of the best ways to keep our minds sharp.

Socialize

Maintaining a proper diet, finding a routine for physical exercise and keeping your brain sharp, all take some effort and dedication. The same can be said with trying to have an active social life. However, the benefits are plentiful. Study after study demonstrate the advantages of being social. They include a greater sense of belonging, better quality of life, enhanced mental health and increased self esteem. Just as important, it combats social isolation, one of the greatest causes of depression and advanced aging.

We're all here for a relatively short period of time. Enjoy life while you can. You'd be amazed how contagious it is.

Matt Del Vecchio is the founder and president of Lianas Services, Retirement Home Search and Senior Transition Support. He is also the co-host of the Life Unrehearsed radio show which is aired every Sunday at 4:00 pm on CJAD800 in Montreal and can be live streamed at cjad.com. For more information on Lianas Services Retirement Home Search and Transition Support, please contact Matt Del Vecchio at 1 (877) 450-3365 or mdelvecchio@lianasservices.com.



It's Never Too Late – Embracing the Aging Process

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Email: mdelvecchio@lianasservices.com

As our population ages, life expectancy increases. There are some seniors that look at the aging process in a negative light as they fear what lies ahead. This thought process can usually increase the risk of depression and generally make life miserable for the individual as well as their friends and loved ones.

There are fortunately many other seniors that have chosen the optimistic route by displaying a positive attitude and embracing the aging process. There are many inspirational stories of individuals such as the four Australian swimmers in their 80's and 90's setting a world record in the 200-metre freestyle. Then there is the amazing Hazel McCallion who retired from politics at the age of 93 after 12 consecutive terms as mayor of Mississauga. She is 97 and still going strong as the Chief Elder Officer for Revera, a leading operator in the senior living sector.

There is one common theme behind all these "Super Seniors" – ATTITUDE!!

They have chosen to make a difference on their own terms. You can do the same. It doesn't have to be the grandiose, social media activity that goes viral. It could be very simple. It all starts with small steps that can be achievable. Make it something that you are passionate about. Most of all, make it happen!!

Start by putting it in writing. If you want something to happen, put pen to paper the good old-fashioned way. Then tell people about it. Let your friends know. Let your loved ones know. They will help you along the way.

Why not begin with your bucket list? This could be traveling to a destination that you have always wanted to visit. Why wait? Book that trip!!! I have spoken to far too many seniors that wished they would have traveled earlier on because they are now limited due to mobility issues.

Pursue your passion. You have worked hard your entire life. Kids and family were probably always your priority. It's time to put yourself first. It could be as simple as becoming a member of an organization; joining a club; a dance class; an art class; yoga; cooking class; theater group; cycling; swimming; learning to play a musical instrument; getting to know computers or becoming a mentor.

Many people sing the praises of volunteering. Fulfilling, gratifying, enjoyable and pleasing are just a few of the adjectives I have heard used by seniors that have chosen to make a difference in the lives of others.

Try stepping it up a bit. Why not pursue more adventurous activities? It's not unheard of for seniors to try things for the first time including parachuting; fantasy sports camps or becoming a freelance writer. Why not get that tattoo that you were always embarrassed to get? The grandkids will love you.

The side benefit to many of these activities is that it will promote physical and mental stimulation – two important ingredients to prolonged and sustained health. Don't put it off any longer. *There's no better time than now!!*

Matt Del Vecchio is the founder and president of Lianas Services, Retirement Home Search and Senior Transition Support. He is also the co-host of the Life Unrehearsed radio show which is aired every Sunday at 4:00 pm on CJAD800 in Montreal and can be live streamed at cjad.com. For more information on Lianas Services Retirement Home Search and Transition Support, please contact Matt Del Vecchio at 1 (877) 450-3365 or mdelvecchio@lianasservices.com.



Time to Save For Your Funeral; CPP Isn't Going To Do It For You

Contributed by: Adrian Walton, BA, Dip FSE, CEA

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Email: askus@resolvedestate.ca

In December 2017, Canada's Finance Ministers met to review the Canada Pension Plan system, including the "CPP Death Benefit", frozen for over 20 years at a maximum of \$2,500.

Representatives of Canada's funeral industry argued that had this benefit been indexed, the amount today would be over \$5,500. In case you didn't know, the CPP Death Benefit in 1997 was \$3,580 before it was cut to the current figure.

So what was the outcome of the Finance Ministers' meeting? The CPP Death Benefit will remain fixed at \$2,500 and will NOT be indexed.

There is a little good news for some. Beginning in 2019, the \$2,500 benefit will be available to all CPP recipients, instead of being rated against contributions or CPP income. However, it will remain taxable and an application will continue to be required. It cannot be paid directly to the funeral home. In most cases, the CPP Death Benefit is payable to the estate.

In Ontario, it is not unusual for funeral costs to exceed \$11,000, and they can easily approach \$15,000, especially in larger cities. If you want to be buried, hopefully you have rights to a grave purchased long ago. If not, expect to pay anywhere from \$3,000 to \$10,000 for that, on top of funeral home costs. Would you like that grave marked with some sort of memorial? That's extra too.

The lesson here is not new, but seems more important than ever before. Funeral and final expense funding, in one form or another, must be an integral part of retirement and estate planning. These expenses are a certainty. Costs for even the most basic funeral are significant and generally payable immediately. At best, they will be required within days of a death. Cemetery and crematorium fees are almost always payable in advance.

Legal costs, the Ontario "Estate Administration Tax" (formerly "probate" fees and the highest in Canada) and various estate resolution costs can easily total several thousands of dollars. Even when an estate's value far exceeds projected "final expenses", almost all are payable well before the estate is settled and funds become available.

There's a little good news here too. There are opportunities, options and incentives available for Canadians to protect themselves and their families. Canada Revenue Agency designates a tax-free saving plan known as the Eligible Funeral Arrangement (EFA) with a lifetime contribution limit up to \$35,000 per person. Think of it as a TFSA for funeral costs.

An EFA, regardless of the funding vehicle, must be linked to a contract with a funeral service provider. Contributions to the EFA can exceed the value of the funeral. This excess, with its interest, is paid tax-free for other qualifying final expenses.

One of the most popular funding plans in use is a unique insured annuity, specially developed to qualify as an EFA and comply with provincial bereavement industry regulations. The contributor makes manageable, interest free, deposits to their EFA over several years. Should they die before the scheduled deposits are completed, their family won't be left struggling to make up the shortfall. The full "insured" EFA value, plus interest on that insured value, will be immediately available to satisfy the intended final expenses and contracted funeral services.

Yes, other funding options are available for the tax-free EFA. However, many see the insured annuity plan as a wise choice since existing savings and assets are preserved while funeral and some other costs are guaranteed. It's affordable, tax-free peace of mind.

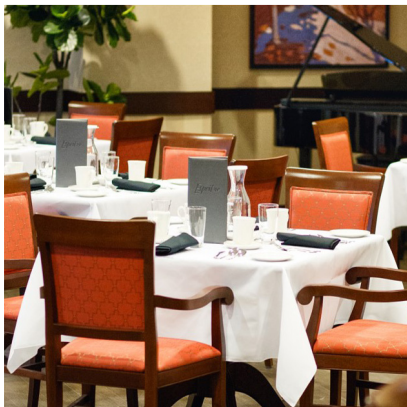
It has always been essential to consider final expense provisions as part of your retirement and estate planning. As costs for these inevitable services increase, and assistance available continues to decrease, it makes no sense to put it off any longer.

Adrian Walton is Co-founder of RESOLVED, offering independent advocacy and guidance in final wishes planning and funding, as well as Certified Executor Advisor support and final document preparation services for Ontario Estate Trustees.



PART 3

Retirement Residences and Communities



Photos provided by

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UNDERSTANDING RETIREMENT RESIDENCE LISTINGS

The Comprehensive Guide to Retirement Living® is set up in an easy-to-read format. Headings are in bold print. Under each heading are responses provided by the residences to our online questionnaire. To simplify your search, we have listed the cities – and the homes within them – alphabetically. Since Ottawa and Toronto are both amalgamations of several smaller areas, where possible, the former neighbourhood/area/city appears in brackets in the address of the home.

QUESTIONNAIRE FORMAT AND CONTENT

Name of Residence:

Address:

Phone number:

Fax number:

Toll-Free number: if available

Email:

Website:

Contact Person:

Capacity: maximum number of residents (or number of units if resident capacity isn't indicated)

Subsidies: if available/source

Price: *Please note:* Pricing may not be accurate as information was obtained in the summer of 2018, before many of the homes had finalized their 2019 rates. *We encourage you to verify all prices with the homes directly.*

DESCRIPTIVE INTRODUCTION: Homes can include any information they wish as an introduction to their home.

RESIDENCE INFORMATION: This section includes the number of years in operation, nearest intersection, when it was decorated, the existence of handrails in the hallways, the number of floors, the number of units, the number of elevators, wheelchair accessibility, the funding base (i.e. for-profit or not-for-profit), the owners and/or manager's/management company's name, the waiting period for admission, the average age of residents, the accommodation of cognitively impaired and physically challenged residents, the existence of a resident dress code, restrictions about smoking, alcohol use and visiting hours, procedures for residents to leave the premises, languages spoken, when main doors are locked (night only or all the time), nearby amenities including local hospitals, predominant ethnic/cultural group, any organizations that the residence is a member of and retirement home licensing status with the RHRA for homes in Ontario.

STAFFING: This section includes staff/services available through the residence and/or the LHIN (Ontario homes only). (Note: an individual must be deemed eligible for LHIN services by a LHIN Care Coordinator to receive services from them.) It also includes information on who arranges external services if needed, staff training regarding visually, cognitively and hearing impaired people, type of staffing i.e., RNs (Registered Nurses), RPNs (Registered Practical Nurses), PSWs (Personal Support Workers), UCPs (Unregulated Care Providers) and/or HCAs (Health Care Aides), availability of a visiting MD, possibility of retaining one's own MD/family physician, and if new staff members are subject to a vulnerable sector screening.

HEALTH SERVICES: This includes availability of medication administration and/or supervision, whether or not staff monitor vitals, acceptance of residents who require oxygen, catheters, feeding-tubes and ostomies (and if residence assists with care of these devices), if and how often assistance with bathing is provided (extra charge if indicated), if assistance with dressing is available, completion of care plans, availability and cost of an Assisted Living Area/Private Duty Care/secure unit, accommodation of different levels of care, if there is a lab service – visiting or on-site – and the cost per visit, the availability of a clinic area for medical visits, and if assistance locating a higher level of care is provided.



ACCOMMODATION: This section includes choice and number of suite types available, what is included in all suites (storage, kitchenette, fridge, stove, window coverings, linens, patio/balcony, thermostats, light fixtures, fire alarms, smoke detector, sprinkler, air conditioning, *cable TV and telephone outlets, emergency call bell system, bathrooms), availability of furnished and unfurnished suites, any restrictions regarding electrical appliances, sharing suites and pets.

DINING SERVICES: This section details all meals included in the monthly fee and where they are served, sittings and choices per meal, availability of guest meals and cost, any special diets available, in-suite tray service if resident is ill, snacks/refreshments and party facilities. Homes are also able to include additional information on dining services.

AMENITIES AND ACTIVITIES: This section includes parking, available on-site services (library, visiting library, banking service, lounges, TVs, pianos, barber/beauty shop, visiting hairdresser, guest suites, laundry machines for resident use, newspaper delivery, mail delivery, tuck shop, chapel), recreation facilities and programs.

OTHER SERVICES: This section includes housekeeping, laundry, security, transportation, nightly security checks, telephone*, cable TV*, internet, utilities and any other amenities/services. *Note: some or all the services listed in this section may not be included in the monthly fee and/or some might be priced separately or as part of "care packages". We encourage you to contact the home directly for clarification and specific pricing.*

RENTAL INFORMATION: This section includes the cost for couples sharing suites, how and how often rent is paid, if units can be purchased, standardized rent increases, amount of notice given for increases, whether help moving is available (cost), and the possibility of short-term respite (cost) and trial stays (cost).

*Most homes will have outlets in each room or suite but, cable TV and telephone costs are usually not included in the monthly fee, unless specified in either ACCOMMODATION, OTHER SERVICES or both sections.

GLOSSARY OF TERMS

ACCA – Alberta Continuing Care Association: See description on **page 49**.

ADL – Activities of Daily Living: Encompass the skills required for a person to live independently. They include: personal care activities such as feeding, dressing, bathing, daily hygiene tasks, toileting and other activities such as walking, thinking, speaking and hearing.

ASCHA – Alberta Seniors Communities and Housing Association: See description on **page 25**.

Assisted Living Services/Care: Also called ADL/AL care. Caregivers come to your suite to provide necessary care and assistance with Activities of Daily Living. Some residences may include some minimal care and assistance in their base fee, while others allow you to purchase assistance (or private duty care) on an hourly basis. Some residences have different Care Packages, offering varying degrees of in-suite assistance.

Assisted Living Area: Sometimes called Assisted Daily Living (ADL) Unit, Special Care Unit/Floor, Enhanced Care Floor or Personal Care Unit. A separate unit, floor or area in a retirement residence devoted to the care of individuals who require assistance with their Activities of Daily Living beyond what is normally offered and available in the rest of the residence. In some homes where care for the cognitively impaired is offered in a special area/floor, they will have safety measures to prevent wandering off the unit, such as locked exits and coded elevators. If exits are locked, the unit is often referred to as a Secure Area/Floor. There is usually an extra charge to reside in this type of unit.

BCCPA – British Columbia Care Providers Association: See description on **page 51**.

BCSLA – British Columbia Seniors Living Association: See description on **page 24**.

CHIP – Care Home Information Package (Ontario): All retirement homes in ONTARIO are required to provide new tenants with this document that outlines important information including cost factors. Information on the necessary content in this package is contained in the *Residential Tenancies Act*.



DVA – Department of Veterans Affairs: Veterans Affairs Canada provides services, programs and funding to eligible veterans in need of assistance. For further information, you may visit www.veterans.gc.ca.

HCA – Health Care Aides: Perform tasks that are similar to those of a PSW. They usually have a Health Care Aide certificate, which is a level below the PSW certificate.

HEALTHLINK/HEALTHLINE: For general non-urgent health advice and information, it is a free confidential telephone service available by dialing **811** from your phone. Available in Quebec, BC, Nova Scotia, Saskatchewan, Alberta, New Brunswick and Newfoundland and Labrador. In Ontario, the number for the equivalent service (called Telehealth) is **1 (866) 797-0000**.

LHIN – Local Health Integration Network (Ontario specific): See description on **pages 12 – 13**.

LTC – Long-Term Care: Denotes nursing-home level of care. See description on **pages 47 – 51**.

OLTCA – Ontario Long Term Care Association: See description on **page 49**.

ORCA – Ontario Retirement Communities Association: See description on **page 23**.

OT – Occupational Therapy/Therapist: A type of therapy that assists a person to become more independent with tasks involving personal care/ADLs as well as many other activities that help maintain or attain skills for living and functioning as independently as possible.

POA – Power of Attorney: A document authorizing someone else to act on your behalf. In Ontario, there are two kinds of documents – a POA for Personal Care allows someone else to make health related decisions for you when you are ill & a Continuing POA for Personal Property which allows someone to make financial decisions for you. See article on **page 97**.

PSW – Personal Support Workers: Are trained to aid with basic homemaking tasks such as cleaning, meal preparation and shopping, as well as personal care tasks such as bathing, personal hygiene, mobility and other activities of daily living. The *Regulated Health Professions Act* governs their scope of practice, but they are not regulated or registered by any government or other body.

Residential Care Homes: Long-term care homes in BC are called Residential Care Homes.

RHRA – Retirement Homes Regulatory Authority (Ontario): Are responsible for licensing and regulating Retirement Residences in Ontario. They keep a database of all homes in Ontario, handle complaints and educate the public about the *Retirement Homes Act, 2010*. For additional information visit www.rhra.ca. See **pages 22 – 23**.

RN – Registered Nurse: Requires a four-year Bachelor of Nursing/Bachelor of Science in Nursing degree for all graduates as of 2005 (prior to this RNs could also have a three-year diploma from a college). RNs are regulated by the College of Nurses.

RPN – Registered Practical Nurse: As of 2005, all new RPNs must have a two-year college diploma in Practical Nursing. Education is less comprehensive than that of an RN and geared more toward medically-stable and less complex patients. RPNs are regulated by the College of Nurses.

RHA – Retirement Homes Act, 2010 (Ontario): Is the legislation in Ontario that governs & regulates retirement homes. The RHRA is the organization that is mandated with ensuring all homes abide by the legislation. See **page 44**.

RTA – Residential Tenancies Act (Ontario): Is the provincial legislation that governs interactions between landlords and tenants. The RTA replaced the *Tenant Protection Act (TPA)* in 2007. See **page 45**.

Special Care Homes: Long-term care in Saskatchewan is provided in Special-care Homes.

Supportive Living: Long-term care in Alberta is called Supportive Living.

UCP – Unregulated Care Provider: Are paid care providers who may be PSWs, Personal Care Attendants, Physician Assistants and others (who work in a health care setting and provide some sort of assistance or care), who are not registered or licensed by a regulatory body (i.e. they are not governed by the *Regulated Health Professions Act*). In



some retirement homes, they may provide personal care, assistance with ADLs and/or assist with some tasks delegated by an RPN/RN i.e. medication administration.

HELPFUL WEBSITES FOR SENIORS IN ONTARIO

- Federal/Provincial/Territorial Ministers Responsible for Seniors Forum: www.seniors.gc.ca – *information and resources for seniors*
- Canada Revenue Agency (CRA): www.canada.ca/en/revenue-agency.html - *information for Canadian seniors on income programs, income tax, financial credits*
- Public Health Agency of Canada - Aging and Seniors (Canada): www.canada.ca/en/public-health/services/health-promotion/aging-seniors.html - *information on issues related to seniors and aging in Canada*
- Veterans Affairs Canada: www.veterans.gc.ca/eng - *information on services and benefits for war veterans in Canada*
- Canada Mortgage and Housing Corporation: www.cmhc-schl.gc.ca - *information on accessible housing and aging in place for seniors*
- The National Seniors Council: www.canada.ca/en/national-seniors-council.html
- Ontario Ministry for Seniors and Accessibility: www.ontario.ca/page/ministry-seniors-accessibility - *information on Ontario programs and services for seniors*
- Retirement Home Regulatory Authority: www.rhra.ca – *view the Public Register to check the license status of an Ontario retirement home, report resident harm or risk of harm*
- The Safe Living Guide: <https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/publications/publications-general-public/safe-living-guide-a-guide-home-safety-seniors.html> - *A Guide to Home Safety for Seniors*

DO YOU NEED HELP NAVIGATING RETIREMENT LIVING OPTIONS?

Visit www.seniorcareaccess.com

Retirement Consultants are available to assist you with all aspects of Senior Care.



ONTARIO

◆ ALEXANDRIA ◆

CHATEAU GLENGARRY

105 St. Paul Street,
Alexandria, ON K0C 1A0

Tel: (613) 525-4440 • Fax: (613) 525-0898

Email: diane@chateauglengarry.ca

Website: www.chateauglengarry.ca

Contact: **Diane St-Denis**

Capacity: **90 residents**

Subsidies: **available through the City of Cornwall**

Price: **\$1,740.00 - \$2,100.00/month**



Chateau Glengarry is a bilingual retirement residence located in the picturesque city of Alexandria, Ontario, conveniently located midway between Ottawa and Montreal. We specialize in an unparalleled level of personalized service in a comfortable and friendly environment. All our meals and snacks are homemade daily in our own kitchen. Our staff are on-site 24-hours/day to assist our residents with any needs.

RESIDENCE INFORMATION: 34 years in operation. Near: Main Street and St. Paul Street. Decorated in 2015. Handrails in hallways. 2 floors, 1 elevator. Wheelchair accessible. *Funding Base:* Corporate/for profit. Privately owned. *Managed by:* PGW Ltd. 60 units. *Average Waiting Period:* none. *Average Age:* 85. Can accommodate cognitively impaired people with restrictions (circumstances to be discussed with Administrator). Can accommodate physically challenged people (to be discussed with Administrator). Residents have a dress code (proper attire expected in dining room). Smoke-free residence (smoking outside building only). Alcohol allowed for special celebrations, in the dining room. *Procedures to Leave the Premises on a Temporary Basis...* Short-Term: sign out and in. Overnight & Holidays: advise staff. *Languages:* English and French. Main doors of residence are always secured. Close to: Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (5 minutes from Glengarry Memorial Hospital). Member of Chamber of Commerce. Licensed under the Retirement Homes Act.

STAFFING: Available Staff/Services: Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Dietitian (via LHIN), Podiatry, Hairdresser, Lab Service (on-site) and Doctor (in-house). *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually and hearing impaired. 24-hour staff. RPNs and PSWs on staff. Visiting MD (bi-weekly and on-call). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen and catheters. Assistance with dressing available (cost). Assistance with bathing available twice/week. *Extra baths:* \$10.00/half hour. Care plans done. Different levels of care available. Lab service (on-site, \$7.00/visit). Will help locate higher level of care if needed (find appropriate care for each case).

ACCOMMODATION: Suite Types: large private (38), medium private (14), small private (15) and semi-private (11) suites. *In All Suites:* storage, window coverings, light fixtures, fire alarm, smoke detector, thermostats for heating and furniture. If necessary. Bathroom (6 rooms available with common bathroom) with grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV provided by residence (\$25.00/month). Can have own phone number if resident arranges with phone company. Furnished & unfurnished suites available. *Restrictions on Electrical Appliances:* not permitted. Suites can be shared (to be discussed), roommate picked by resident. No pets allowed.

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$5.00, Lunch \$10.00, Dinner \$6.00. *Special Diets:* Vegetarian, Low Salt, Diabetic, Gluten Free and Others (to be discussed). Tray



service to suite if ill (no charge for a maximum time of 5 days). 2 snacks/day. Fresh home-cooked meals daily. Fruit, tea, coffee available all day. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and residents: \$10.00/month). 6 lounges with: TV (1). Guest suites available (\$75.00/night). *Residence has a:* library, visiting library, visiting hairdresser and laundry room(s) (no cost). Resident can arrange newspaper delivery to dining room. Mail delivered to dining room. *Recreation Facilities:* exercise room, craft room, card room, outdoor gazebo and large sun deck. Posted schedule of activities. *Recreational Programs:* exercise, theatre, parties, entertainment, art classes, pet visiting and day trips.

OTHER SERVICES: *Housekeeping:* daily and weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee) and personal (included in fee - up to 2 loads/week). Transportation to medical appointments (resident pays for transportation and assistants) and for group social activities (resident pays for transportation and assistants). 24-hour security. Nightly security checks. Telephone (resident pays phone company). Cable TV (\$25.00/month). Utilities (included in fee). Walk-in tub available for use.

RENTAL INFORMATION: Rates may vary. Small private - \$1,740.00/month; medium private - \$1,915.00/month; large private - \$1,980.00/month; large double - \$2,100.00/month. Extra cost for 2nd person sharing suite (\$1,320.00/month). Rent paid monthly. *Payment Options:* cheques, post-dated cheques, direct deposit, pre-authorized payments and cash. Rent increases are a set percentage as per Provincial Tenancy Legislation, annual with 3 months' notice given. Will help resident move into residence (extra cost). Short-term respite and trial stays available (both \$75.00/day).

◆ ALLISTON ◆

GOOD SAMARITAN RETIREMENT LODGE

481 Victoria Street East,

Alliston, ON L9R 1J8

Tel: (705) 435-5722 · Fax: (705) 435-0235

Email: deirdreb@goodsamseniors.com

Website: www.goodsamseniors.com

Contact: Deirdre Britton

Capacity: 46 residents

Subsidies: none

Price: \$2,500.00 - \$4,240.00/month



Come home to a warm and friendly place. The Good Samaritan Retirement Lodge is an intimate and unpretentious treasure of a residence. Residents enjoy our one-storey design with such lovely features as a charming dining room, a great room, activity lounge, private dining area, resident kitchen, walking path and gazebo. So many delightful surprises in a cozy size of only 24 well-designed studio and one-bedroom suites. And we have the added benefit of being attached to a licensed, accredited long-term care home. *Visit us soon - you'll see for yourself why new residents quickly become old friends at the Good Sam.*

RESIDENCE INFORMATION: 15 years in operation. Near: Highway 89 Victoria Street and Tottenham Road. Decorated in 2004. Handrails in hallways. 1 floor, no elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. Privately owned by Clurelea LTD. 24 units. *Average Waiting Period:* varies. *Average Age:* 85. Can sometimes accommodate cognitively impaired people (early stage cognitive issues). Can accommodate physically challenged people (wheelchairs welcome; scooters not allowed indoors). Residents have a dress code (casual clothing suggested). Smoke-free residence. Alcohol allowed in suites only. Visitors are encouraged to enter up to 9:00 p.m., though welcome beyond this in some circumstances. *Procedures to Leave the Premises on a Temporary Basis...* Short-term & Overnight: inform staff; sign out and get any medication from registered staff. Holidays: provide a few days' notice so enough medication can be



arranged. *Languages:* English. Main doors of residence are always secured. *Close to:* Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Stevenson Memorial Hospital). Member of ORCA. Attached long-term care home is a member of Ontario Long Term Care Association. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Dietitian, Podiatry/Chiropody, Chaplaincy, Speech Pathology (via LHIN), Audiology/Hearing Clinic and Guest Attendants. *External services arranged by:* residence. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs and UCPs on staff. Visiting MD (as required by telephone & bi-weekly visits). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen and catheters. Assistance with dressing available. Assistance with bathing available twice/week. Care plans done. Lab service (visiting, \$25.00/visit). Will help locate higher level of care if needed (LHIN).

ACCOMMODATION: *Suite Types:* bachelor (16), private (3) and 1-bedroom (5) suites. *In All Suites:* storage, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, window air conditioning (extra cost) and thermostats for heating. Residents may have a bar fridge in room. Private bathroom with call bell, grab bars, tub and/or shower. In-suite cable TV if resident arranges with cable company. Can have own phone number provided by residence (\$25.00/month). Unfurnished suites; furnished suites available for short stays. Suites can be shared (by couples only). No pets allowed.

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$3.00, Lunch \$5.00, Dinner \$7.00. *Special Diets:* Low Salt, Diabetic and Reducing. Tray service to suite if ill (no charge or restrictions). 3 snacks/day. There is a resident kitchen area for making tea, coffee, storing food in the fridge, with kitchen equipment to use. There is a private dining room for family. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). *3 lounges with:* TV (1), piano (1), billiard table (1) and greenhouse (1). *Residence has a:* barber/beauty shop and laundry room(s) (no cost). Residence provides newspaper delivery to main desk. Mail delivered to resident. *Recreation Facilities:* pool table, greenhouse, craft room and card room. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting and day trips. Residents' suggestions assist in determining activities.

OTHER SERVICES: *Housekeeping:* 3x/week & daily touch ups (included in fee). *Laundry:* linen (included in fee), towel (included in fee) and personal (included in fee). Staff are available to assist clients. 24-hour security. Nightly security checks. Telephone (\$25.00/month + long distance). Cable TV (Roger's fees). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Bachelor (\$2,500.00 to \$3,400.00/month); private suite (\$3,600.00 to \$3,700.00/month); 1-bedroom suite (\$4,240.00/month). Extra cost for 2nd person sharing suite (\$600.00/month). Rent paid monthly. *Payment Options:* cheques, post-dated cheques and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation (depends on the market whether an increase process) with 3 months' notice given. Will help resident move into residence. Short-term respite available (daily rate is based on room occupied).

DID YOU KNOW?

The phone number for Telehealth Ontario, a free, confidential health advice & information line staffed 24/7 by Registered Nurses is **1 (866) 797-0000**.



◆ ANCASTER ◆

HIGHGATE RESIDENCE

325 Fiddler's Green Road,

Ancaster, ON L9G 1W9

Tel: (905) 648-8399 • Fax: (905) 648-5190

Email: info@highgateresidence.com

Website: www.highgateresidence.com

Contact: **Christoph Summer**

Capacity: **110 residents**

Subsidies: **none**

Price: **\$3,120.00 - \$4,110.00/month**



Privately owned and operated by the Summer family. Located in the scenic town of Ancaster, this friendly home environment is surrounded by history and tradition, while only minutes away from shopping, entertainment, the finest recreational facilities and the nearby City of Hamilton. The residence is encircled by beautifully landscaped lawns and gardens with walking paths, gazebo and patios. Expansion late 2018 to include 13 private rooms for full physical care and 17 private units for Memory Care.

RESIDENCE INFORMATION: 30 years in operation. *Near:* Fiddler's Green Road and Highway 403. Decorated in 2012. Handrails in hallways. 2 floors, 1 elevator. *Funding Base:* Corporate/for profit. *Owned by:* Christoph Summer. 100 units. *Average Waiting Period:* varies. *Average Age:* 88. Can accommodate cognitively impaired people (early stage in residence; 17 secured Memory Care Units). Can accommodate physically challenged people (ambulatory without supervision in residence; 13 private Full Care units). Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* Short-Term: notify Receptionist. Overnight & Holidays: notify Nurse. *Languages:* English and German. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Hamilton Health Sciences Corporation -- McMaster University Medical Centre Site). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy, Dietitian (via LHIN), Chaplaincy, Speech Pathology (via LHIN), Chiropractic and Hairdresser. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing staff. RPNs and PSWs on staff. Visiting MD. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administered if required (must use our pharmacy). Vitals monitored if required. Will accept (but not provide special assistance for) residents who require ostomies and feeding tubes. Will accept and provide special assistance for residents who require oxygen and catheters. Assistance with dressing available (\$12.50/half hour). Weekly assistance with bathing available. *Extra baths:* \$12.50/half hour. Care plans done. Different levels of care available. Private Duty/Extra Care available (\$25.00/hour). Assisted Living Area is secured to accommodate residents with dementia. Will help locate higher level of care if needed.

ACCOMMODATION: *Suite Types:* private bed/sitting rooms and one-bedroom (70), private Full Care (13) and secured Memory Care (17) units. *In All Suites:* storage, window coverings, light fixtures, linens, smoke detector, call bell, individual suite air conditioner & heater with thermostat control, telephone outlets and high-speed internet. Private bathroom with call bell, grab bars, shower with non-slip surface and elevated toilet seat. Supervised shower rooms in Full Care & Memory Care areas. In-suite cable TV provided by residence. Can have own phone extension number provided by residence. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* CSA Approved/must have automatic shut-off. Suites can be shared (by couples only). No pets allowed.



DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Lunch \$7.00, Dinner \$10.00. *Special Diets:* Vegetarian, Low Salt, Diabetic, Soft, Renal and Diverticulitis. Tray service to suite if ill (no charge if Doctor orders). All meals prepared on-site. Unlimited snacks available at any time. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 5 lounges with: TV (1), piano (1), kitchenette lounges (2) and crafts & games lounge (1). *Residence has a:* library, chapel, barber/beauty shop and visiting hairdresser. Resident can arrange newspaper delivery to main desk (extra cost). Mail delivered to main desk. *Recreation Facilities:* shuffleboard, exercise room, craft room, card room, sunroom and private dining room. Posted schedule of activities. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, day trips, physiotherapy, fashion shows, bingo, cards, slide shows, resident plays and gardening.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (included in fee) and dry cleaning (extra cost). Transportation for group social activities. Nightly security checks. Telephone (included in fee). Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. 260 sq. ft. - \$3,120.00/month; 405 sq. ft. - \$4,110.00/month in 2018 (2019 fee schedule available in January 2019). Extra cost for 2nd person sharing suite (\$700.00/month). Rent paid monthly. *Payment Options:* cheques and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given.

◆ AURORA ◆

KINGSWAY PLACE

145 Murray Drive,
Aurora, ON L4G 2C7

Tel: (905) 841-2777 • Fax: (905) 841-1562

Email: elainer@kingswayaurora.com

Website: www.kingswayaurora.com

Contact: Elaine Ross Ruskin

Capacity: 118 units

Subsidies: none

Price: \$2,900.00 - \$6,550.00/month



Kingsway Place is well-suited to individuals who prefer a small-town setting but still wish to remain close to Yonge Street and all the amenities it has to offer. Located close to the beautiful downtown core of Aurora, our residents enjoy living in a quiet neighbourly community, overlooking the park. At Kingsway Place, you can select the lifestyle that best suits your needs. Choose from a host of services and activities, and let our trained staff take care of the rest.

RESIDENCE INFORMATION: 33 years in operation. Near: Yonge Street and Murray Drive. Decorated in 2003. Handrails in hallways. 4 floors, 3 elevators. Wheelchair accessible. *Owned and managed by:* Fieldgate Properties Ltd. *Average Waiting Period:* varies. *Average Age:* 83. Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* Short-Term: sign out book. Overnight & Holidays: special form. *Languages:* English. Main doors of residence secured at night only. Close to: Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Southlake Regional Health Centre). Member of ORCA and Aurora Chamber of Commerce. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Podiatry (via LHIN)/Chiropractic and Chaplaincy. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs and PSWs on staff. Visiting MD (weekly on call). Can retain own MD.



HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept (but not provide special assistance for) residents who require ostomies. Will accept and provide special assistance for residents who require oxygen and catheters. Assistance with dressing available (cost). Weekly assistance with bathing available (cost). Care plans done. Lab service (visiting). Will help locate higher level of care if needed (with LHIN).

ACCOMMODATION: *Suite Types:* studio, 1-bedroom and 2-bedroom units. *In All Suites:* kitchenette, fridge & freezer, microwave, window coverings, light fixtures, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. Private bathroom with grab bars and shower with non-slip surface. In-suite cable TV if resident arranges with cable company. Can have own phone number if resident arranges with phone company. Unfurnished suites; furnished suites available for short stays. Pets allowed (resident must be able to care for the pet).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt and Diabetic. Tray service to suite if ill. Unlimited snacks available at any time. Tea stations that offer fresh fruit, homemade snacks, juice or hot beverages, available on a self-serve basis throughout the day. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). *9 lounges with:* TVs (2) and piano (1). Guest suites available. *Residence has a:* library, chapel, barber/beauty shop, visiting hairdresser and laundry room(s) (no cost). Mail delivered to dining room. *Recreation Facilities:* pool table, exercise room, craft room, card room, movie theatre, bistro and terrace. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting and day trips.

OTHER SERVICES: *Housekeeping:* weekly. *Laundry:* linen (included in fee) and towel (included in fee). Transportation for group social activities. 24-hour security. Nightly security checks. Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite. Rent paid monthly. *Payment Options:* direct deposit. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Short-term respite (\$115.00/day) and trial stays available.

◆ BARRIE ◆

SIMCOE TERRACE RETIREMENT CENTRE

44 Donald Street,

Barrie, ON L4N 1E3

Tel: (705) 722-5750 • Fax: (705) 722-7041

Email: info@simcoeterrace.com

Website: www.simcoeterrace.com

Contact: Michael Ayers or Theresa Abreu

Capacity: 126 residents

Subsidies: limited number semi-private; Ontario Works Domiciliary Care Program

Price: \$1,950.00 - \$2,950.00/month



If you're looking for a warm and friendly residence at an affordable rate, you will be happy to discover Simcoe Terrace - Barrie's best retirement value. With more than 30 years of experience, and friendly staff, Simcoe Terrace is a comfortable and inviting place to call home. Our innovative philosophy promotes the health and well-being of each resident by focusing on individual needs. We work with you one-on-one to connect you with activities, care and services, that spark your interests and meet your specific needs. Whether you're looking for Independent or Assisted Living, this is a place where you can live life to its fullest. With lots to do every day, you'll also benefit from attentive service and access to



flexible supportive care services to meet your changing needs. Come and explore Simcoe Terrace for yourself. *If you are looking for a rewarding place to live with staff that truly care about you – our doors are open.*

RESIDENCE INFORMATION: 33 years in operation. Near: Anne Street and Dunlop Street. Decorated in 2011. Handrails in hallways. 2 floors, 1 elevator. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Simcoe Terrace Inc. 97 units. *Average Waiting Period:* varies. Can accommodate cognitively impaired people with restrictions (no risk of elopement or aggressive behaviour). Can accommodate physically challenged people with restrictions (by assessment). Smoking allowed in specified area outside residence only. Alcohol allowed in rooms only (if not medically contraindicated and no behavioral problems). *Procedures to Leave the Premises on a Temporary Basis...* Short-term & Overnight: notify staff, sign out in log book. Holidays: notify staff 4 days advance if medications are required. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Royal Victoria Regional Health Centre). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Dietitian (via LHIN), Podiatry (via LHIN), Chaplaincy, Speech Pathology (via LHIN), Foot Care and Nail Care. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs, PSWs and UCPs on staff. Visiting MD (weekly). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration (supplied by specified pharmacy) and/or supervision. Vitals monitored if required. Will accept (but not provide special assistance for) residents who require catheters. Will accept and provide special assistance for residents who require oxygen. Assistance with dressing available (cost). Weekly assistance with bathing available. *Extra baths:* \$108.00/month. Care plans done. Different levels of care available. Assisted Living Care (extra cost). Lab service (visiting). Will help locate higher level of care if needed (via LHIN & will assist if needed).

ACCOMMODATION: *Suite Types:* studio - semi-private or private units. *In All Suites:* storage, window coverings, light fixtures, smoke detector, sprinkler, call bell, window air conditioning (extra cost) and thermostats for heating. Common areas have heater/air conditioning units. Private bathroom with call bell, grab bars, tub and/or shower. In-suite cable TV if resident arranges with cable company. Can have own phone number if resident arranges with phone company. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* all electrical items must be checked by Administration. Suites can be shared (couples, family members or companion/friendship), roommate picked by resident & residence staff. Pets allowed (subject to approval of the General Manager).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$5.00, Lunch \$7.00, Dinner \$9.00. *Special Diets:* Vegetarian, Low Salt, Diabetic and Cholesterol Reduced. Tray service to suite if ill (no charge for a maximum time of 3 days). 3 snacks/day. Coffee, tea & juice available 24-hours/day. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). *5 lounges with:* TVs (3), piano (1) and pool table (1). Guest suites available (\$95.00/night). *Residence has a:* library, visiting library, barber/beauty shop, laundry room(s) (no cost), tuck/convenience store (open twice weekly, hours vary). Resident can arrange newspaper delivery to main desk. Mail delivered to main desk. *Recreation Facilities:* pool table, exercise room, craft room and card room. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips/outings, pub night with entertainment Thursday nights, horse races, horseshoes, bingo, art club and book club.

OTHER SERVICES: *Housekeeping:* weekly for Full Service; bi-weekly for Independent. *Laundry:* linen (included in fee), towel (included in fee) and personal (extra cost for Full Service & Independent). Transportation for group social activities (nominal cost). 24-hour security. Telephone (external supplier). Cable TV (external supplier). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Full Service shared suite - \$1,950.00/month; Independent private - \$2,500.00/month; Full Service private - \$2,800.00/month. Extra cost for 2nd person sharing suite (\$650.00/month). Rent paid



monthly. *Payment Options:* post-dated cheques and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation is reviewed annually with 3 months' notice given. Short-term respite (\$95.00/day) and trial stays available.

THE BARRIEVIEW

**3 Concert Way,
Barrie, ON L4N 0M7**
Tel: (705) 812-6485
 Email: info@thebarrierview.ca
 Website: www.espritlifestyle.com
 Contact: **Community Relations Coordinator**
 Capacity: **160 residents**
 Subsidies: **none**
 Price: **\$2,995.00 - \$6,095.00/month**



The Barrierview is an Esprit Lifestyle Retirement Community that offers spacious living with beautifully appointed studio, 1-bedroom and 2-bedroom suites. Exceptional offerings reflect our dedication to ensuring quality health services, innovative technology, enriched fitness and social programs, and outstanding dining experiences. Conveniently located in Barrie, Ontario, at Park Place, a hub of shopping, entertainment and activities, and minutes from Highway 400.

RESIDENCE INFORMATION: New residence. Near: Mapleview Drive and Bayview Avenue. Decorated in 2019. Handrails in hallways. 7 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Esprit Lifestyle Communities. 124 units. *Average Waiting Period:* none. *Average Age:* 78. Can accommodate cognitively impaired people (Memory Care Neighbourhood). Can accommodate physically challenged people (Assisted Living Neighbourhood). Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* inform Front Desk. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Royal Victoria Regional Health Centre). Member of ORCA.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Dietitian (via LHIN), Companions, Podiatry (via LHIN)/Chiropractic, Chaplaincy, Speech Pathology (via LHIN) and Audiology/Hearing Clinic. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, PSWs and UCPs on staff. Visiting MD (weekly). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen. Assistance with dressing available (cost). Weekly assistance with bathing available (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available. Separate unit for residents with dementia. Lab service (visiting). Will help locate higher level of care if needed.

ACCOMMODATION: *Suite Types:* Independent Living, Assisted Living and Memory Care. *In All Suites:* kitchenette, bar fridge, microwave, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Private bathroom with call bell, grab bars and shower with non-slip surface. In-suite cable TV if resident arranges with cable company (residence charges extra). Unfurnished suites. *Restrictions on Electrical Appliances:* automatic shut-off appliances. Suites can be shared. Small pets allowed.

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt and Diabetic. Offering a hot and cold continental breakfast, 3 course lunch and dinner, and an à la



carte menu. Tray service to suite if ill (no charge for a maximum time of 3 days). Unlimited snacks available at any time. Private dining and catering services available. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). *Residence has a:* library, visiting library, chapel, barber/beauty shop and laundry room(s) (no cost). Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, exercise room, craft room, card room, computer lounge and theatre. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting and day trips.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost or complimentary resident laundry machines) and dry cleaning (extra cost). 24-hour security. Nightly security checks. Telephone (extra cost). Cable TV (extra cost). Utilities (included in fee). Complimentary Wi-Fi in common areas.

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$650.00/month). Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given.

◆ BOLTON ◆

BOLTON MILLS

100 Morra Avenue,
Bolton, ON L7E 4K5

Tel: (289) 206-0775

Email: info@boltonmills.ca

Website: www.espritlifestyle.com

Contact: **Community Relations Coordinator**

Capacity: **112 units**

Subsidies: **none**

Price: **\$2,995.00 - \$5,795.00/month**



Welcome to something wonderful; Bolton Mills Retirement Community, offering the finest lifestyle options in Retirement and Assisted Living with outstanding amenities and services. At Bolton Mills, you can enjoy exciting social opportunities, delicious dining experiences and a wonderful place to call home.

RESIDENCE INFORMATION: New residence. Near: Albion Vaughan Road and Highway 50. 4 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Esprit Lifestyle Communities. *Average Waiting Period:* none. Smoke-free residence. Visitors are asked to sign in with Concierge. *Procedures to Leave the Premises on a Temporary Basis...*advise and sign out with Concierge. *Languages:* English and Italian. Main doors of residence secured at night only. Close to: Shopping, Churches, Seniors' Centre, Library and Major Highway. Member of ORCA.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Dietitian (via LHIN), Companions, Podiatry (via LHIN) and Speech Pathology (via LHIN). *External services arranged by:* family/resident. *Staff trained re:* visually and hearing impaired. 24-hour nursing and other staff. RPNs and PSWs on staff. Visiting MD. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administered if required. Will accept and provide special assistance for residents who require oxygen. Community will provide care behind closed doors for those who need assistance.



ACCOMMODATION: *Suite Types:* 19 different suite types - studio, 1-bedroom, 1-bedroom + den and 2-bedroom units. *In All Suites:* kitchenette, bar fridge, microwave, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. Private bathroom with grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV if resident arranges with cable company. Unfurnished suites. Suites can be shared. Pets allowed (Pet Policy).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt and Diabetic. Tray service to suite if ill. Unlimited snacks available at any time. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 4 lounges with: TV (1), piano (1), games room (1) and party room (1). *Residence has a:* library, chapel, barber/beauty shop and laundry room(s) (no cost). Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, exercise room, craft room and card room. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes and pet visiting.

OTHER SERVICES: *Housekeeping:* weekly. *Laundry:* linen (included in fee). Telephone (extra cost). Cable TV (extra cost). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$650.00/month). Rent paid monthly. *Payment Options:* cheques and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation with 3 months' notice given.

◆ BRAMPTON ◆

BRAMALEA RETIREMENT RESIDENCE

30 Peel Centre Drive,

Brampton, ON L6T 4G3

Tel: (905) 790-7900 • Fax: (289) 201-2335

Toll Free: 1 (844) 790-7900

Email: elisabete@bramalearr.com or marie@bramalearr.com

Website: www.BramaleaRR.com

Contact: **Elisabete Garcia-Refai** or **Marie Benjamin**

Capacity: **160 residents**

Subsidies: **none**

Price: **\$2,800.00 - \$4,500.00/month**



Bramalea Retirement Residence is located adjacent to Bramalea City Centre. You'll enjoy a full recreation calendar, fitness centre, good friends and good meals served with a side of laughter. At Bramalea Retirement Residence you can be as active and independent as you like, and you can relax in comfort knowing our team is available 24/7 should you ever need us.

RESIDENCE INFORMATION: 4 years in operation. *On:* Queen Street and Dixie Road. Decorated in 2015. 6 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Greenwood Retirement Communities. 148 units. *Average Waiting Period:* varies. Can accommodate cognitively impaired people with restrictions (no wandering or aggression). Can accommodate physically challenged people with restrictions (no 2-person transfer; no Hoyer lift). Smoking allowed outside. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* notify Front Desk. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Library, Major Highway and Local Hospital (William Osler Health System – Brampton Civic Hospital Site). Member of ORCA. Licensed under the Retirement Homes Act.



STAFFING: Available Staff/Services: Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy, Denturist, Dietitian (via LHIN), Speech Pathology (via LHIN), Chiropody and Audiology/Hearing Clinic. *External services arranged by:* family/resident. *Staff trained re:* visually and hearing impaired. 24-hour staff. RPNs, PSWs and UCPs on staff. Visiting MD. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administered if required. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen and catheters. Weekly assistance with bathing available. Care plans done. Lab service (visiting). Will help locate higher level of care if needed (home will assist resident in finding an alternate place to meet their care needs as well as private duty).

ACCOMMODATION: *Suite Types:* private suites (148). *In All Suites:* bar fridge, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. Private bathroom with walk-in bathtub or shower with grab bars and elevated toilet seat. In-suite cable TV provided by residence. Can have own phone extension number provided by residence. Furnished & unfurnished suites available. Suites can be shared (by couples only). Pets allowed (specific breed and height requirements).

DINING SERVICE: Lunch and Dinner included in fee and served in dining room daily. *Guest Meals:* Lunch \$8.00, Dinner \$12.00. *Special Diets:* Diabetic dessert options offered. Tray service to suite if ill (no charge if Doctor orders). Unlimited snacks available at any time. Bistro always open with snack items. Lounge/Bar open set days and times weekly. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and residents: \$50.00/month). 6 lounges with: TVs (3) and pianos (2). Guest suites available. *Residence has a:* library, chapel and laundry room(s) (no cost). Residence provides newspaper delivery to main desk. Mail delivered to main desk. *Recreation Facilities:* pool table, shuffleboard, exercise room, greenhouse, craft room, card room and swimming pool. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting and day trips.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee) and personal (\$15.00/load). Transportation to medical appointments and for group social activities. Nightly security checks (\$150.00/month). Telephone (included in fee). Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$600.00/month). Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases are a set percentage as per Provincial Tenancy Legislation, annual for resident with 3 months' notice given. Short-term respite and trial stays available (2 week minimum).

DOWNSIZING TIP

Before starting to pack things up or decide what to take with you, make sure you have everything you will need handy: boxes, tape, coloured stickers, pen and paper. Use different coloured stickers for boxed items based on the room they are going into in your new home. This will assist the movers in placing the correct boxes in the rooms you need them to be in. Organize yourself in advance of the move and keep track of where all of your items are (so you know what boxes to unpack first) by numbering each box and creating a list of items in each box.



WOODHALL PARK RETIREMENT VILLAGE

10250 Kennedy Road,
Brampton, ON L6Z 4N7

Tel: (905) 846-1441 • Fax: (905) 846-1451

Email: postmaster@woodhallpark.ca

Website: www.woodhallpark.ca

Contact: **Pat Crake** or **Adrienne Smith**

Capacity: **99 residents**

Subsidies: **none**

Price: **\$2,699.00 - \$4,737.00/month**



Woodhall Park Retirement Village opened in 1988 and keeping with the heritage of the area, we named our building after the Woodhall family who once farmed this very same property. The purpose of Woodhall Park Retirement Village is to be a community for seniors. We enable our residents and their families to flourish by providing supportive services individualized to each person's needs and preferences, in a safe, clean and comfortable environment. We offer many conveniences under one roof such as a library, hair salon, corner store, visiting Doctor, lab services, physiotherapy and many others. We are a community within a community offering you comfort and peace of mind. At Woodhall Park Retirement Village we believe that people live better lives when they are surrounded by their peers, family and supportive people. Like all good communities we embrace trust, respect, compassion, integrity and individuality. Woodhall Park Retirement Village will continue its tradition of excellence by ensuring resident satisfaction and remain a viable business through sound operational practices provided by high quality satisfied staff members.

RESIDENCE INFORMATION: 31 years in operation. *Near:* Bovaird Drive and Kennedy Road. Decorated in 2014. Handrails in hallways. 3 floors, 1 elevator. Wheelchair accessible. *Funding Base:* Corporate/for profit. Privately owned. 67 units. *Average Waiting Period:* 2 - 3 weeks. *Average Age:* 85. Can accommodate cognitively impaired people (cannot accommodate wanderers). Can accommodate physically challenged people (as long as they can be managed by one person only). Smoke-free residence. Alcohol allowed. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (William Osler Health System - Brampton Civic Hospital Site). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Dietitian (via LHIN), Companions, Podiatry/Chiropractic, Chaplaincy, Speech Pathology (via LHIN), Visiting Doctor and Visiting Audiologist. *External services arranged by:* family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs, HCAs and PSWs on staff. Visiting MD (2x weekly or by phone daily). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters, ostomies and feeding tubes. Assistance with dressing available (cost). Weekly assistance with bathing available (\$65.00/month). Care plans done. Different levels of care available. Lab service (visiting, \$27.50/visit). Will help locate higher level of care if needed.

ACCOMMODATION: *Suite Types:* private, deluxe and couple suites. *In All Suites:* storage, window coverings, light fixtures, linens, fire alarm, smoke detector, sprinkler, call bell, air conditioning (central) and thermostats for heating & cooling. Private bathroom with call bell, grab bars, tub and/or shower with non-slip surface. In-suite cable TV provided by residence (\$38.00/month). Can have own phone number if resident arranges with phone company. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* NO cooking allowed in rooms. Suites can be shared (pending availability of beds), roommate picked by resident & residence staff. No pets allowed.

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Lunch \$9.00, Dinner \$12.00. *Special Diets:* Vegetarian, Low Salt and Diabetic. Tray service to suite if ill (no charge if Doctor orders). Unlimited snacks available at any time. All day snack stations. Party facilities available.



AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 7 lounges with: TVs (2) and pianos (3). Residence has a: library, visiting library, barber/beauty shop, visiting hairdresser, laundry room(s) (no cost) and tuck/convenience store. Residence provides newspaper delivery to individual suite. Mail delivered to individual suite. *Recreation Facilities:* craft room, card room and auditorium. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting and day trips.

OTHER SERVICES: *Housekeeping:* daily (included in fee). *Laundry:* linen (included in fee), towel (included in fee) and personal (choose extra service or do your own). Transportation for group social activities. 24-hour security. Nightly security checks. Telephone (extra cost). Cable TV (extra cost). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite. Rent paid monthly. *Payment Options:* cheques and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Short-term respite and trial stays available (both \$148.49/day).

◆ BRANTFORD ◆

BRIERWOOD GARDENS BY REVERA

425 Park Road North,
Brantford, ON N3R 7G5

Tel: (519) 759-1040

Email: brierwoodgardens@reveraliving.com

Website: www.reveraliving.com/retirement-living/locations/brierwood-gardens

Contact: Sales Consultant

CARE LEVELS: Independent Living • Assisted Living • Respite Care • Long-Term Care



◆ BURLINGTON ◆

APPLEBY PLACE BY REVERA

500 Appleby Line,
Burlington, ON L7L 5Z6

Tel: (905) 333-1611

Email: sally.lloyd@reveraliving.com

Website: www.reveraliving.com/retirement-living/locations/appleby-place

Contact: Sally Lloyd

CARE LEVELS: Independent Living • Independent Supported Living • Respite Care



Might we suggest?

Regardless of one's age or medical condition, it is important to have up-to-date Powers of Attorney for both Personal Care and Property. To obtain a free Power of Attorney kit visit:

<https://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/poa.pdf>.



HERITAGE PLACE RETIREMENT COMMUNITY

4151 Kilmer Drive,

Burlington, ON L7M 5A9

Tel: (905) 315-2500 • Fax: (905) 319-6349

Email: leslieh@heritage-place.ca

Website: www.heritage-place.ca

Contact: **Leslie Henry**

Capacity: **200 residents**

Subsidies: **none**

Price: **\$3,619.00 - \$6,350.00/month**



Heritage Place is an independent retirement community in Burlington, with spacious studio, 1-bedroom and 2-bedroom suites with balconies, walk-in closets and kitchenettes. Also available are elegant, 2-bedroom maintenance-free bungalows with patios plus 5 appliances. Enjoy first-class dining in our beautiful dining room. A full complement of services is offered plus well-appointed amenity spaces; a theatre, piano lounge, library, wellness centre, chapel, hair salon and much more. 24-hour emergency response and on-site staffing provide peace of mind. Health support program with on-site nurse consultation is available 7 days/week. Our signature lifestyle program offers a wide range of activities that support the mind, body and spirit with everything from a choice of fitness classes and equipment, lectures, and entertainment, to travel opportunities. Our competitive rates offer a great lifestyle for the active senior. Trial stays available.

RESIDENCE INFORMATION: 14 years in operation. Near: Walkers Line and Upper Middle Road. Decorated in 2017. 4 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Tobyn Park Homes. 133 units. *Average Waiting Period:* varies. *Average Age:* 85. Can accommodate cognitively impaired people with restrictions (assessment required). Can accommodate physically challenged people with restrictions (assessed individually). Smoking allowed in outdoor gazebo. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* Short-term & Overnight: sign out with Front Desk. Holidays: notify Administration. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Joseph Brant Hospital). Member of ORCA and Chamber of Commerce. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (on-site), Dietitian (via LHIN), Companions, Podiatry (via LHIN)/Chiropractic, Chaplaincy, Speech Pathology (via LHIN), Audiology/Hearing Clinic and Professional Health Support Services Consultant (on-site RN/RPN). *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually and hearing impaired. 24-hour staff. RNs and RPNs on staff. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration (extra fee) and/or supervision (extra fee). Vitals monitored if required. Will accept (but not provide special assistance for) residents who require oxygen. Respite care subject to availability. Care plans done. Will help locate higher level of care if needed (information and referral to LHIN).

ACCOMMODATION: *Suite Types:* studio (36), 1-bedroom (58), 2-bedroom (12) and 2-bedroom bungalow (25) units. *In All Suites:* kitchenette or full-size kitchen, apartment-size fridge, patio/balcony, storage, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (central & window units) and thermostats for heating & cooling. Private bathroom with grab bars and walk-in shower or tub/shower combination with non-slip surface. In-suite cable TV provided by residence. Can have own phone number provided by residence. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* must be approved by Administration. Suites can be shared (couples, family members or friends), roommate picked by resident. Small pets allowed (with approval of Administration).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$8.00, Lunch \$13.00, Dinner \$18.00. *Special Diets:* Vegetarian, Low Salt, Diabetic and Healthy Choices. À la carte options available.



Tray service to suite if ill (no charge for a maximum time of 3 days). Unlimited snacks available at any time. Bistro/bar open daily for resident snacks, cocktail hours and wine service. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 7 lounges with: TVs (4), piano (1), double-sided fireplaces (2) and baker's kitchen (1). Guest suites available (\$150.00/night). *Residence has a:* library, visiting library, chapel, barber/beauty shop, visiting hairdresser and laundry room(s) (no cost). Resident can arrange newspaper delivery to individual suite. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, shuffleboard, exercise room/fitness equipment, craft room, card room, surround sound movie theatre and baker's kitchen. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, day trips, overnight get-aways, bridge, euchre, lectures, slide shows, cruises and various lessons.

OTHER SERVICES: *Housekeeping:* weekly (included in fee; daily at an extra cost). *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost) and dry cleaning (delivery services as required, cost as posted). Transportation for group social activities. 24-hour security. Nightly security checks. Telephone (included in fee). Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Studio - \$3,479.00/month & up; 1-bedroom - \$4,455.00/month & up; 2-bedroom - \$5,602.00/month & up; 2-bedroom bungalows - \$6,380.00/month & up. Extra cost for 2nd person sharing suite (\$760.00/month). Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Trial stays (\$128.00/day; includes 3 meals/day and all activities) available.

EAST YORK

LEASIDE RETIREMENT RESIDENCE BY REVERA

Please see TORONTO for information on this residence.

ETOBICOKE

CENTENNIAL PARK PLACE BY REVERA

DELMANOR PRINCE EDWARD

KINGSWAY BY REVERA

TAPESTRY AT VILLAGE GATE WEST

Please see TORONTO for information on these residences.

DID YOU KNOW?

Each LHIN in Ontario has a website listing resources in their area. Topics include health care options, issues specific to age and gender, health topics and many others. To view listings and information visit www.thehealthline.ca and choose the area you reside in from the list on the home page.



◆ GEORGETOWN ◆

MOUNTAINVIEW RESIDENCE

222 Mountainview Road North,

Georgetown, ON L7G 3R2

Tel: (905) 877-1800 • Fax: (905) 873-9083

Email: info@mountainviewresidence.com

or marketing@mountainviewresidence.com

Website: www.mountainviewresidence.com

Contact: **Christoph Summer** or **Linda Lewis**

Capacity: **90 residents**

Subsidies: **none**

Price: **\$3,465.00 - \$6,350.00/month**



Privately owned and operated by the Summer family. Located in a residential area, the Residence is set on 5.66 acres of land close to picturesque Glen Williams. Enjoy the raised gardens for easy gardening, outside walkways, gazebos, water features, flower gardens and a wooded area. The Residence building is for mobile seniors able to walk independently or with the use of cane or walker. Residents' cognition levels range from being completely intact to early stages of dementia.

RESIDENCE INFORMATION: 19 years in operation. Near: Mountainview Road and Guelph Street. Decorated in 2012. Handrails in hallways. 2 floors, 1 elevator. *Funding Base:* Corporate/for profit. *Owned by:* Ursula & Christoph Summer. 81 units. *Average Waiting Period:* varies. *Average Age:* 87. Can accommodate cognitively impaired people with restrictions (early stage only). Can accommodate physically challenged people with restrictions (ambulatory without supervision; use of cane/walker). Smoke-free residence. Alcohol allowed. Exterior door hours 9:00 a.m. to 9:00 p.m. daily. *Procedures to Leave the Premises on a Temporary Basis...* notify Nurse. *Languages:* English and German. Main doors of residence secured at night only. Close to: Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Halton Healthcare Services Corporation – Georgetown Hospital Site). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy, Dietitian (via LHIN), Chaplaincy, Speech Pathology (via LHIN), Audiology/Hearing Clinic, Hairdresser and Foot Care. *External services arranged by:* family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing staff. RPNs, PSWs and UCPs on staff. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administered if required (must use our pharmacy). Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen and catheters. Weekly assistance with bathing available. *Extra baths:* \$12.50/half hour. Care plans done. Assisted Living Area (\$5,155.00 to \$6,220.00/month; *waiting period:* more than 2 years). Separate unit for residents with dementia. 12 bed nursing care & 12 bed dementia care. Lab service (on-site). Will help locate higher level of care if needed (Care Wing attached or LHIN re: long-term care options).

ACCOMMODATION: *Suite Types:* private units (81), studio-style (57), large (10) and 1-bedroom with kitchenette (14) units. All rooms have a private bathroom with walk-in shower. *In All Suites:* storage, window coverings, light fixtures, linens, fire alarm, smoke detector, sprinkler, call bell, air conditioning (wall unit/HVAC/PTAC), thermostats for heating & cooling and high-speed internet. Private bathroom with call bell, grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV package provided by residence. Can have own phone extension number provided by residence (local telephone line). Unfurnished suites. *Restrictions on Electrical Appliances:* CSA Approved; must have automatic shut-off. Suites can be shared (by couples only). No pets allowed.



DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Lunch \$12.00, Dinner \$17.00. *Special Diets:* Vegetarian, Low Salt, Diabetic and others if possible, as directed by a registered dietitian. Tray service to suite if ill (no charge if Doctor orders). Unlimited snacks available throughout the day in the café. All meals prepared on-site. Gourmet nights twice/month. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and indoor for residents: \$65.00/month). 5 lounges with: TV (1), pianos (2), computer (1) and card/sunroom lounge (1). Residence has a: library, visiting library, chapel, barber/beauty shop, laundry room(s) (no cost) and tuck/convenience store (open Monday - 2:00 p.m. to 3:00 p.m., Wednesday - 3:00 p.m. to 4:00 p.m., Saturday - 10:00 a.m. to 11:00 a.m.). Resident can arrange newspaper delivery to main desk (extra cost). Mail delivered to main desk. *Recreation Facilities:* pool table, shuffleboard, exercise room, craft room, 2 sunrooms, theatre, activities kitchen, computer lounge and exercise pool. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, pet visiting, day trips/scheduled outings, church services, cards, bowling, discussion groups, crafts, bingo and computer class.

OTHER SERVICES: *Housekeeping:* daily and weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (included in fee) and dry cleaning (resident's responsibility). Transportation for group social activities. 24-hour security. Nightly security checks. Telephone (long distance charges are extra). Cable TV (in-house, included in fee). Utilities (included in fee). All meals & snacks. Basic Care Package.

RENTAL INFORMATION: Rates may vary. A suite - \$3,465.00 to \$3,490.00/month; B suite - \$3,830.00 to \$3,855.00/month; information on larger suites available on our website. Extra cost for 2nd person sharing suite (\$800.00/month). Rent paid monthly. *Payment Options:* cheques and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given.

Mountainview Care Wing

Located on 5.66 acres of beautifully landscaped grounds, this 24 unit care wing consists of 12 Alzheimer/dementia beds and 12 care beds. With a higher nursing staff ratio, healthcare will be personal and specialized within a cozy home environment. The residents will also enjoy a structured activity program with physiotherapy.



For more information: info@mountainviewresidence.com Call: 905-877-1800

We collected the information to create this edition of the *Guide* in the summer of 2018 through our online questionnaire. As such, pricing information may not be accurate for some residences. Readers are encouraged to contact the places they are interested in directly, to discuss up-to-date pricing.



MOUNTAINVIEW RESIDENCE CARE WING

222 Mountainview Road North,
Georgetown, ON L7G 3R2
Tel: (905) 877-1800 • Fax: (905) 873-9083
Email: info@mountainviewresidence.com
or marketing@mountainviewresidence.com
Website: www.mountainviewresidence.com
Contact: **Christoph Summer** or **Linda Lewis**
Capacity: **24 residents**
Subsidies: **none**



Privately owned and operated by the Summer family, Mountainview Care Wing is an intimate and specialized two floor care facility providing services for individual persons who can no longer live independently and require 24-hour nursing services. The Care Wing opened in Fall 2015 with each floor containing 12 private rooms. Residents who are experiencing mobility issues and are in wheelchairs receive care on our first floor. For those requiring a Supportive Memory Care environment, our secured Dementia Care Program is located on the second floor.

For additional information, please visit the online listing for Mountainview Residence Care Wing on www.senioropolis.com®.

MOUNTAINVIEW TERRACE

222 Mountainview Road North,
Georgetown, ON L7G 3R2
Tel: (905) 877-1800 • Fax: (905) 873-9083
Email: info@mountainviewterrace.ca
or marketing@mountainviewresidence.com
Website: www.mountainviewterrace.ca
Contact: **Christoph Summer** or **Linda Lewis**
Capacity: **72 residents**
Subsidies: **none**
Price: **\$3,210.00 - \$4,475.00/month**



The Terrace is privately owned and operated by the Summer family since 2010. This completely independent living building is for social and active seniors with no cognitive, mobility or visual impediments & consists of 60 private apartment-style suites. Situated on 5.6 scenic acres and located in picturesque Glen Williams. Residents continue to enjoy their independence whether participating in community activities or planned on-site activities. Outside amenities include walkways, gazebos, water features, flower gardens, roof-top patio and a wooded area. Indoor amenities include in-room internet access and Wi-Fi as well as a computer lounge, exercise room and exercise pool.

RESIDENCE INFORMATION: 9 years in operation. Near: Mountainview Road and Guelph Street. 4 floors, 1 elevator. *Funding Base:* Corporate/for profit. *Owned by:* Ursula & Christoph Summer. 60 units. *Average Waiting Period:* varies. *Average Age:* 80. Can accommodate physically challenged people with restrictions (ambulatory without supervision; capable vision for buffet lunch unassisted). Residents must be cognitively intact and completely responsible for finances and medication administration. Smoke-free residence. Alcohol allowed. Exterior door hours 9:00 a.m. to 9:00 p.m. daily. *Procedures to Leave the Premises on a Temporary Basis...* Short-Term: sign in/out book. Overnight & Holidays: notify Nurse & sign in/out book. *Languages:* English and German. Main doors of residence secured at night only. *Close to:* Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Halton Healthcare Services Corporation – Georgetown Hospital Site). Member of ORCA. Licensed under the Retirement Homes Act.



STAFFING: Available Staff/Services: Recreation Therapy, Physiotherapy, Chaplaincy, Audiology/Hearing Clinic and Hair Salon & Foot Care. External services arranged by: family/resident. PSWs on staff. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Vitals monitored if required. Will accept (but not provide special assistance for) residents who require oxygen. Care plans done. Lab service (on-site, \$25.00/visit). Will help locate higher level of care if needed.

ACCOMMODATION: Suite Types: 60 private 1-bedroom and 2-bedroom units; some 1-bedroom units + den. In All Suites: kitchenette, apartment-size fridge, microwave, walk-in storage closet, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. Private bathroom with call bell, grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV provided by residence. Can have own phone extension number provided by residence. Unfurnished suites. Restrictions on Electrical Appliances: CSA Approved; automatic shut-off. Suites can be shared (by couples only). No pets allowed.

DINING SERVICE: Lunch and Dinner included in fee and served in dining room daily. Guest Meals: Lunch \$12.00, Dinner \$17.00. Special Diets: Vegetarian, Low Salt and Diabetic. Tray service to suite if ill. Snacks available in the afternoon and evening in the café. All meals prepared on-site. Gourmet nights twice/month. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and indoor for residents: \$65.00/month). 8 lounges with: TV (1), piano (1), computer (1) and multi-use (5). Residence has a: library, visiting library, chapel, barber/beauty shop, laundry room(s) (no cost) and tuck/convenience store (open Monday - 2:00 p.m. to 3:00 p.m., Wednesday - 3:00 p.m. to 4:00 p.m., Saturday 10:00 p.m. to 11:00 a.m.). Resident can arrange newspaper delivery to main desk (extra cost). Mail delivered to main desk. Recreation Facilities: pool table, shuffleboard, exercise room, craft room, card room and exercise pool. Posted schedule of activities. Internal newsletter for residents. Recreational Programs: exercise, shopping, parties, entertainment, pet visiting, day trips, church services, cards, bowling, discussion groups, crafts, bingo, computer class and physiotherapy.

OTHER SERVICES: Housekeeping: weekly (included in fee). Laundry: dry cleaning (extra cost; arrangements made at Front Desk). Transportation for group social activities. Telephone (long distance charges extra). Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Logan Suite - \$3,210.00 to \$3,285.00/month; Glen Suite - \$3,450.00 to \$3,525.00/month; Terra Cotta Suite - \$3,970.00 to \$4,250.00/month; Esquesing Suite - \$4,400.00 to \$4,475.00/month. Extra cost for 2nd person sharing suite (\$600.00/month). Rent paid monthly. Payment Options: cheques and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given.

◆ GODERICH ◆

GODERICH PLACE RETIREMENT RESIDENCE

30 Balvina Drive East,
Goderich, ON N7A 4L5

Tel: (519) 524-4243

Email: salesgp@hurontel.on.ca

Website: www.goderichplace.ca

Contact: Sue LeBeau



CARE LEVELS: Retirement Living with 5 levels of care available – Select Service • Care Free • Care Free Enhanced • Helping Hands • Harmony Memory Care



◆ HAMILTON ◆

ABERDEEN GARDENS

330 Dundurn Street South,
Hamilton, ON L8P 4L6

Tel: (905) 529-3163 • Fax: (905) 529-3214

Email: maddi@aberdeengardens.com or rachel@aberdeengardens.com

Website: www.aberdeengardens.com

Contact: **Madelaine Steller-Cain** or **Rachel Carver**

Capacity: **120 residents**

Subsidies: **none**

Price: **\$2,700.00 - \$4,155.00/month**



Aberdeen Gardens is located off Highway 403 on Dundurn Street South, allowing for very easy access. We have warm and caring team members, and great space for all the activities in-house. We have a van for trips and appointments and lots of parking for visitors. With Assisted Living support, our professional staff can handle resident needs 24-hours/day. Our location and the many services we have make us a great choice for retirement living in Hamilton today. Please call for lunch and a tour. We would love to show our home.

RESIDENCE INFORMATION: 21 years in operation. Near: Aberdeen Street and Dundurn Street South. Decorated in 2015. Handrails in hallways. 3 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Greenwood Retirement Communities. 111 units. *Average Waiting Period:* 2 - 3 weeks. *Average Age:* 84. Can accommodate cognitively impaired people (cannot accommodate wandering residents). Can accommodate physically challenged people (need to be able to transfer with a 1-person assist). Residents have a dress code for eating in dining room (no pyjamas). Smoking allowed outside (9 metres from building). Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...*sign out sheet. *Languages:* English. Main doors of residence secured at night only. Close to: Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospital (St. Joseph's Healthcare Hamilton). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Dietitian, Companions, Podiatry/Chiropody, Speech Pathology (via LHIN) and Audiology/Hearing Clinic. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs, HCAs, PSWs and UCPs on staff. Can retain own MD. Some staff have been working at Aberdeen since it opened. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration (we use our own pharmacy) and/or supervision (*restrictions:* no sliding scale insulin). Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters and ostomies. Assistance with dressing available (\$26.00/hour). Weekly assistance with bathing available (\$26.00/hour). *Extra baths:* \$13.00/half hour. Care plans done. Different levels of care available. If extra care services are needed, we assess with the LHIN first before charging for extra care. Private Duty/Extra Care available (\$26.00/hour). Assisted Living Area (\$26.00/hour; *waiting period:* 1 - 2 months). Lab service (visiting, \$30.00/visit). Will help locate higher level of care if needed (we work with families and the LHIN to find a solution if we are unable to care for the resident).

ACCOMMODATION: *Suite Types:* 4 sizes of studio apartments and 2 styles of 1-bedroom units. *In All Suites:* storage, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. Kitchenettes in



the new section added in the winter of 2014. Private bathroom with call bell, grab bars, tub and/or shower with non-slip surface. In-suite cable TV provided by residence. Can have own phone extension number provided by residence. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* utilize power bar to ensure safety. Suites can be shared (by couples only). Pets allowed (an Agreement must be signed).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$10.00, Lunch \$10.00, Dinner \$15.00. *Special Diets:* Vegetarian, Low Salt, Diabetic, Cut-up, Minced and Pureed. Tray service to suite if ill (no charge for a maximum time of 3 days). Unlimited snacks available at any time. Café in house open 24-hours. Full stove and microwave available to residents and families in café. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 5 lounges with: TV (1), piano (1), pool table (1) and library (1). *Residence has a:* library, visiting library, chapel, barber/beauty shop, visiting hairdresser and laundry room(s) (no cost). Resident can arrange newspaper delivery to individual suite. Mail delivered to private mailbox (no key). *Recreation Facilities:* pool table, shuffleboard, exercise room, craft room, card room, café, games room and puzzle area. Van available for trips & Doctor visits. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips.

OTHER SERVICES: *Housekeeping:* weekly (included in fee; daily is possible if needed for an extra cost). *Laundry:* linen (included in fee once/week), towel (included in fee once/week), personal (\$10.00/load) and dry cleaning (dry cleaners around the corner). All residents' laundry is done individually and weekly. Transportation to medical appointments (by appointment 2 days/week, 1st & 3rd Friday) and for group social activities (ticket portion of outings paid by residents). 24-hour security. Nightly security checks. Telephone (included in fee). Cable TV (included in fee). Utilities (included in fee). Daily costs for extra services can be arranged.

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$750.00/month). Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Will help resident move into residence (\$26.00/hour). Short-term respite and trial stays available (both \$100.00/day).

CAROLINE PLACE RETIREMENT RESIDENCE

**118 Market Street,
Hamilton, ON L8R 3P9
Tel: (905) 548-7660
Email: info@caroline-place.com
Website: www.caroline-place.com
Contact: Madelaine Steller Cain or Jason Boelhouwer
Capacity: 120 residents
Subsidies: none
Price: \$3,025.00 - \$4,850.00/month**



Caroline Place Retirement Residence is a *Community with a Heart* in the Heart of Hamilton. It is central to transportation, banking, hospitals, churches and doctor's offices. For those who desire a vibrant lifestyle, we are steps away from theatres, First Ontario Place, the James Street North Art District, the Art Gallery of Hamilton, The Farmer's Market, Hamilton Place, Jackson Square, and so much more! Just minutes from great food and shopping districts such as Hess Village, Locke Street and Westdale. You will love being in the neighbourhood.

RESIDENCE INFORMATION: 9 years in operation. *Near:* Bay Street and King Street. Decorated in 2010. 3 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Greenwood Retirement Communities. 108 units. *Average Waiting Period:* none. *Average Age:* 84. Can accommodate cognitively impaired



people with restrictions. Can accommodate physically challenged people. Residents have a dress code (casual). Smoking allowed outside. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis*...sign out. *Languages*: English, Croatian, German, French and Italian. Main doors of residence secured at night only. *Close to*: Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospital (St. Joseph's Healthcare Hamilton). Member of ORCA, Hamilton Council on Aging, CARP, Rotary Club of Hamilton and Chamber of Commerce. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services*: Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy, Dietitian (via LHIN), Podiatry (via LHIN)/Chiropractic, Chaplaincy, Speech Pathology (via LHIN) and Red Seal Executive Chef. *External services arranged by*: residence and/or family/resident. *Staff trained re*: visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs, PSWs and UCPs on staff. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept (but not provide special assistance for) residents who require catheters, ostomies and feeding tubes. Will accept and provide special assistance for residents who require oxygen. Assistance with dressing available (\$30.00/hour). Assistance with bathing available as needed (\$30.00/hour). Care plans done. Private Duty/Extra Care available (\$30.00/hour). Lab service (visiting, \$30.00/visit). Will help locate higher level of care if needed.

ACCOMMODATION: *Suite Types*: private, studio, 1-bedroom and 2-bedroom suites. *In All Suites*: kitchenette, full-size fridge, microwave, stove, cooktop, dishwasher, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. Private bathroom with grab bars, tub and/or shower with non-slip surface. In-suite cable TV provided by residence (\$50.00/month). Can have own phone number provided by residence (\$35.00/month). Furnished & unfurnished suites available. *Restrictions on Electrical Appliances*: must be in good condition. Suites can be shared. Pets allowed (resident must be able to take care of their own pet).

DINING SERVICE: Lunch and Dinner included in fee and served in dining room daily. *Guest Meals*: Breakfast \$5.00, Lunch \$12.00, Dinner \$17.00. *Special Diets*: Vegetarian, Low Salt, Diabetic, Gluten Free, Lactose Intolerant and Renal. Tray service to suite if ill (no charge for a maximum time of 3 days). Unlimited snacks available at any time. Self-serve Continental Breakfast in the café; full breakfast available at extra charge in the dining room. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and residents: \$25.00/month). 5 lounges with: TVs (3) and piano (1). Guest suites available (\$125.00/night). Residence has a: library, barber/beauty shop, visiting hairdresser and laundry room(s) (no cost). Resident can arrange newspaper delivery to individual suite. Mail delivered to main desk. *Recreation Facilities*: exercise room, craft room, card room and café. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs*: exercise, shopping, theatre, parties, entertainment, art classes, pet visiting and day trips.

OTHER SERVICES: *Housekeeping*: weekly (included in fee; extra cost if required more frequently). *Laundry*: linen (included in fee), towel (included in fee) and personal (\$22.00/load). No charge for use of laundry machines. Transportation to medical appointments (scheduled transportation available) and for group social activities. 24-hour security. Nightly security checks (2 checks/night for a fee). Telephone (\$35.00/month). Cable TV (\$50.00/month). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Studios - \$3,025.00 to \$3,750.00/month depending on size; 1-bedroom suites - \$4,350.00/month; 2-bedroom suites - \$4,850.00/month. Extra cost for 2nd person sharing suite (\$700.00/month). Rent paid monthly. *Payment Options*: cheques and pre-authorized payments. Rent increases are indexed to inflation, annual for resident with 3 months' notice given. Short-term respite and trial stays available (both \$125.00/day; extra care services available for a fee).

Have you found our Guide helpful?
Please let the homes you contact know that you found them here!!!



THE WELLINGTON

1430 Upper Wellington Street,
Hamilton, ON L9A 5H3

Tel: (905) 385-2111 • Fax: (905) 385-2110

Toll Free: 1 (866) 385-2111

Email: dderosa@thewellington.ca

Website: www.thewellington.ca

Contact: **Doretta DeRosa**

Capacity: **102 residents**

Subsidies: **none**

Price: **\$2,670.00 - \$4,510.00/month**



Our first and second floors are independent living and our third floor offers more living assistance, with attendants to aid our seniors in daily living activities. Our residence also has an attached 102-bed long-term care home. This is a totally separate facility but is available to residents that require more assistance than can be provided in our Retirement Residence. Our Living Tapestry program creates a comfortable home where residents can put up their feet, surround themselves in children's laughter and the companionship of animals within a framework of vibrant greenery.....

RESIDENCE INFORMATION: 28 years in operation. *On:* Upper Wellington Street and Stonechurch Avenue. Decorated in 2011. Handrails in hallways. 3 floors, 1 elevator. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Mr. Daniel Scully - Barton Retirement Inc. 78 units. *Average Waiting Period:* varies. *Average Age:* 85. Can accommodate cognitively impaired people (on our 3rd floor Personal Service Unit). Can sometimes accommodate physically challenged people (on our 3rd floor Personal Service Unit). Residents have a dress code (must be appropriately dressed for meal times in the dining room). Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...*sign out and inform Nurse Manager. *Languages:* English, Italian, Portuguese, Polish, German, Filipino and Spanish. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospitals (St. Joseph's Healthcare Hamilton, Hamilton Health Sciences Corporation – Juravinski Hospital, Hamilton General Hospital and McMaster University Medical Centre Sites). Member of ORCA & OLTCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work, Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Dietitian, Companions, Podiatry/Chiropody, Chaplaincy, Speech Pathology (via LHIN), Audiology/Hearing Clinic, Financial Planners, Massage Therapy and Optometry. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing staff. RNs, RPNs, HCAs and PSWs on staff. Visiting MD (every other Friday and on an as needed basis). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administered if required. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters and ostomies. Assistance with dressing available (\$350.00/month). Weekly assistance with bathing available (\$55.00/month). *Extra baths:* \$13.75/half hour. Care plans done. Different levels of care available. Private Duty/Extra Care available (\$29.00/hour). Assisted Living Area is secured to accommodate residents with dementia (\$520.00/month). Lab service (visiting, \$25.00/visit). Will help locate higher level of care if needed (with the help of Nurse Manager, Social Worker, LHIN, Marketing Manager and our own long-term care home).

ACCOMMODATION: *Suite Types:* private (65) and 2-room (12) suites. *In All Suites:* kitchenette, bar fridge, window coverings, light fixtures, linens, fire alarm, smoke detector, air conditioning (window units) and thermostats for heating & cooling. Private bathroom with call bell, grab bars, tub and/or shower with non-slip surface. In-suite cable TV if resident arranges with cable company. Can have own phone extension number provided by residence (\$28.00/month). Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* no toasters or toaster



ovens allowed. Suites can be shared (pending availability of beds), roommate picked by resident & residence staff. No pets allowed.

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$5.00, Lunch \$8.00, Dinner \$12.00. *Special Diets:* Vegetarian, Low Salt and Diabetic. Tray service to suite if ill (no charge for a maximum time of 3 days). 3 snacks/day. Home-cooked meals on premises. Elegant dining room with fireplace.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 2 lounges with: TV (1) and piano (1). Guest suites available (\$85.00/night). *Residence has a:* library, barber/beauty shop, laundry room(s) (no cost), tuck/convenience store (open at meal times and as needed). Residence provides newspaper delivery to individual suite. Mail delivered to private mailbox with key. Posted schedule of activities. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips, planting and fundraisers.

OTHER SERVICES: *Housekeeping:* daily. *Laundry:* linen (included in fee), towel (included in fee) and personal (\$50.00/month/person). Staff label clothing (\$22.50/40 labels). Transportation for group social activities (mini-bus for weekly planned activities). 24-hour security. Nightly security checks. Telephone (\$28.00/month). Cable TV (resident to arrange with cable company). Utilities (included in fee). 24-hour nursing care. Medication supervision.

RENTAL INFORMATION: Rates may vary. Small studio - \$2,622.00/month; large studio - \$3,215.00/month; suite - \$3,926.00/month; 2-bathroom suite - \$4,435.00/month. Extra cost for 2nd person sharing suite (\$725.00/month). Rent paid monthly. *Payment Options:* cheques, post-dated cheques and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Short-term respite (\$95.00/day) and trial stays (\$85.00/day; \$95.00/day for the Supportive Care Unit) available.

VILLA ITALIA RETIREMENT RESIDENCE

530 Upper Paradise Road,
Hamilton, ON L9C 7W2

Tel: (905) 388-4552 • Fax: (905) 540-3736

Email: abiscak@villaitalia.ca

Website: www.villaitalia.ca

Contact: Anita Biscak

Capacity: 130 residents

Subsidies: call for information; through an application process

Price: \$3,130.00 - \$4,270.00/month



Villa Italia Retirement Residence caters to seniors who enjoy a European lifestyle. Our gracious lounges and libraries, 24-hour nursing care, activities tailored to suite your needs and 3 delicious meals a day, ensure you enjoy carefree living while your loved ones know all your needs are being met.

RESIDENCE INFORMATION: 16 years in operation. On: Upper Paradise Road and south of Mohawk Road West. Decorated in 2012. Handrails in hallways. 3 floors, 3 elevators. Wheelchair accessible. *Funding Base:* Not-for-profit. *Owned by:* The Sons of Italy Hamilton Charitable Corp. 123 units. *Average Waiting Period:* varies. *Average Age:* 83. Can accommodate cognitively impaired people. Can accommodate physically challenged people. Smoking allowed outside (9 metres from entrance). Alcohol allowed (responsible drinking). *Procedures to Leave the Premises on a Temporary Basis...* sign out process to inform nurses. *Languages:* English, Italian and Portuguese. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospitals (St. Joseph's Healthcare Hamilton and Hamilton Health Sciences Corporation). *Predominant Cultural Group:* Italian. Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Dietitian (via LHIN), Podiatry (via LHIN), Chaplaincy, Speech Pathology (via LHIN) and



Foot Care Nurse. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs and PSWs on staff. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept (but not provide special assistance for) residents who require catheters, ostomies and feeding tubes. Will accept and provide special assistance for residents who require oxygen. Assistance with dressing available (cost). Weekly assistance with bathing available. Care plans done. Different levels of care available. Private Duty/Extra Care available. Lab service (on-site). Will help locate higher level of care if needed (Director of Care works with families & referral source to assist family & resident).

ACCOMMODATION: *Suite Types:* 123 private suites. *In All Suites:* kitchenette, bar fridge, microwave, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, air conditioning (central) and thermostats for heating & cooling. Private bathroom with call bell, grab bars and shower. In-suite cable TV provided by residence (residence charges extra). Can have own phone number provided by residence (\$30.00/month). Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* no toaster ovens, hot plates or electric blankets. Pets allowed.

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$5.00, Lunch \$6.00, Dinner \$10.00. *Special Diets:* Vegetarian, Low Salt, Diabetic, Celiac, Lactose Free and Gluten Free. Tray service to suite if ill. 3 snacks/day. Dining room faces out to a beautiful fountained courtyard. Party facilities (private dining room) available. Fully equipped kitchen located in the Activity Room is also available for parties or small get togethers.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 3 lounges with: TVs (2), piano (1) and pool table (1). Guest suites available. *Residence has a:* library, visiting library, chapel, barber/beauty shop, visiting hairdresser, laundry room(s) (no cost) and tuck/convenience store (open Monday - Saturday, 9:00 a.m. to 5:00 p.m.). Residence provides newspaper delivery to individual suite. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, shuffleboard, exercise room, craft room, card room and raised garden. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips and aromatherapy.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee) and personal (included in fee). Laundry savings apply if resident/family does personal laundry. Either staff or resident label clothing (extra fee if staff to apply name labels). Transportation for group social activities (transportation to planned outings is included). 24-hour security. Nightly security checks. Telephone (\$30.00/month). Cable TV (extra cost varies depending on cable package chosen). Utilities (included in fee). Medication administration. Weekly bathing assistance.

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$865.00/month). Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases as per Provincial Tenancy Legislation is reviewed annually with 3 months' notice given. Short-term respite and trial stays available (both \$125.00/day; care packages available).

DID WE MISS YOU THIS EDITION?

For information on how to get your residence or business included in our 2020 *Guide* call us at **1 (844) 585-7255** or email **info@senioropolis.com**



WESTMOUNT TERRACE

723 Rymal Road West,
Hamilton, ON L9B 2W1

Tel: (905) 318-3090 • Fax: (905) 318-3091

Email: westmount.terrace@gmail.com

Website: www.westmountterrace.ca

Contact: **Melissa Oakes** or **Francesca Bozzo**

Capacity: **51 residents**

Subsidies: **none**

Price: **\$2,650.00 - \$2,880.00/month**



At Westmount Terrace, we care. Your comfort is our utmost concern. Our home is your home. Located on Hamilton's West Mountain, our intimate family environment provides a full range of services and amenities. We invite you to come and enjoy our inviting lounges and activity areas. Or perhaps, afternoon tea with a friend or a stroll around our garden. Whatever your choice, you are sure to enjoy the variety of activities, new friendships, and facilities available to you. At Westmount Terrace we offer short-stay accommodation and services. Join us at the Terrace for a short-stay to recuperate from or following a hospitalization, surgery or illness. Our residence is ideal if you need extra care, while your family is away, if you want a change of scenery or if you just want a trial stay in our comfortable and elegant home. Our short stay suite is fully furnished with all the services provided. We offer this enhanced program on a daily rate basis.

RESIDENCE INFORMATION: 18 years in operation. Near: Upper Paradise Road and Rymal Road. Decorated in 2013. 2 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Westmount Terrace I Inc. 51 units. *Average Waiting Period:* varies. *Average Age:* 85. Can sometimes accommodate cognitively impaired people (mild and must not wander). Can sometimes accommodate physically challenged people. Residents have a dress code (residents must be dressed to attend meals). Smoking allowed outside on front or back patio. Alcohol allowed (not in public areas unless part of activity). Visitors are to sign in & out. All entries are locked 8:00 p.m.; intercom for visitors after hours. *Procedures to Leave the Premises on a Temporary Basis...* Short-Term: sign in and out. Overnight: staff member must be notified. Holidays: staff member must be notified, and dates given. *Languages:* English. Main doors of residence secured at night only. Close to: Public Transit, Shopping, Churches and Major Highway. Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: Available Staff/Services: Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Denturist, Dietitian, Podiatry/Chiropody, Speech Pathology (via LHIN), Audiology/Hearing Clinic, Dentist, X-Ray/Ultrasound and GP and Specialty Clinics. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs, PSWs and UCPs on staff. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration (must be administered for those over 85 years of age) and/or supervision. Vitals monitored if required. Will accept (but not provide special assistance for) residents who require ostomies. Will accept and provide special assistance for residents who require oxygen and catheters. Assistance with dressing available. Weekly assistance with bathing available. Care plans done. Different levels of care available. Lab service (visiting). Will help locate higher level of care if needed (Administrator assists family and resident through the LHIN).

ACCOMMODATION: All private suites. *In All Suites:* kitchenette, bar fridge, storage, window coverings, light fixtures, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. Private bathroom with grab bars, tub and/or shower with non-slip surface. In-suite cable TV if resident arranges with cable company. Can have own phone number if resident arranges with phone company. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* kettles must have an automatic shut-off; toasters & irons are not permitted in suites. No pets allowed.



DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$5.00, Lunch \$6.00, Dinner \$8.00. *Special Diets:* Low Salt, Diabetic, Celiac and Lactose Free. Tray service to suite if ill. 3 snacks/day. Fruit available in dining room and refreshments available on request.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 3 lounges with: TVs (2) and piano (1). *Residence has a:* library, visiting library, barber/beauty shop, visiting hairdresser and laundry room(s) (no cost). Resident can arrange newspaper delivery to individual suite. Mail delivered to individual suite. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, parties, entertainment, pet visiting, day trips/outings, swimming at local Recreation Centre, Happy Hour, Social Tea, regular games and fundraisers.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee) and personal (included in fee). Transportation to medical appointments (first come, first served basis) and for group social activities. 24-hour security. Nightly security checks. Telephone (resident responsible). Cable TV (resident responsible). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Rent paid monthly. *Payment Options:* cheques and post-dated cheques. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Short-term respite and trial stays available (both \$99.00/day).

◆ LEAMINGTON ◆

SEACLIFF MANOR

30 Seacliff Drive East,
Leamington, ON N8H 0E5

Tel: (519) 326-2624

Email: kari.sleiman@seacliffmanor.ca

Website: seacliffmanor.ca

Contact: Kari Sleiman, General Manager



CARE LEVELS: Independent Living • Assisted Living • Memory Care

For additional information, please visit the online listing for Seacliff Manor on www.senioropolis.com®.

DID YOU KNOW?

The Government of Canada has produced *The Safe Living Guide: A Guide to Home Safety for Seniors*. It contains valuable tips on keeping your home safe as well as checklists for nutrition, physical activity and medications. It can be downloaded at: <https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/publications/publications-general-public/safe-living-guide-a-guide-home-safety-seniors.html>.



◆ LINDSAY ◆

ADELAIDE PLACE RETIREMENT COMMUNITY

84 Adelaide Street South,

Lindsay, ON K9V 0G6

Tel: (705) 340-4000 • Fax: (705) 328-1612

Email: info@adelaidedplace.com

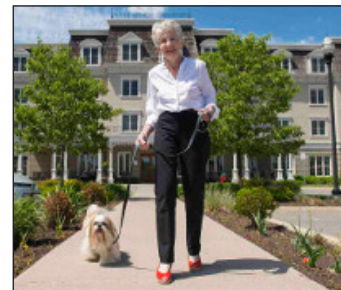
Website: www.adelaidedplace.com

Contact: **Tish Black**

Capacity: **150 residents**

Subsidies: **none**

Price: **\$3,875.00 - \$5,300.00/month**



You deserve an Adelaide Place retirement. Everything you've always wanted, at a price less than you imagined. It's all here for you! Come home to a place where you can relax and be yourself...where friends look out for you, dinner is ready when you are, and your days unfold just the way you want them to. At Adelaide Place, you'll enjoy all the comforts of home - without the burden of responsibility. With 24-hour security and personal assistance monitoring, everyone sleeps better.

RESIDENCE INFORMATION: 8 years in operation. *On:* Adelaide Street near Mary Street. Decorated in 2011. 4 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Managed by:* Greenwood Retirement Communities. 125 units. *Average Waiting Period:* varies. *Average Age:* 86. Can sometimes accommodate cognitively impaired people (we ensure our residents' dignity and safety are a top priority). Can accommodate physically challenged people (wheelchair accessible and 24-hour support). Smoking allowed outdoors only. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* Short-term & Overnight: sign out with Concierge at Front Desk. Holidays: some discounts may apply. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library and Local Hospital (Ross Memorial Hospital is less than 5 minutes away). Member of ORCA, Chamber of Commerce, United Way, Silver Connections and Elder Abuse Prevention Network. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Mobile Dental Services, Physiotherapy (private pay & via LHIN), Dietitian (via LHIN), Companions, Podiatry (via LHIN), Speech Pathology (via LHIN), Audiology/Hearing Clinic and Foot Care. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs and PSWs on staff. Visiting MD (weekly by appointment for patients only). Can retain own MD. All staff have had Vulnerable Sector Screening, Orientation, ORCA Tutor Training and In-Service Training.

HEALTH SERVICES: Medication administration (Medication Management is included if administered in a central location breakfast, lunch, dinner) and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters, ostomies and feeding tubes. Assistance with dressing available (cost). Care plans done. Different levels of care available. Additional care services offered in the Care Home Information Package, discussed with each resident. Private Duty/Extra Care available. Lab service (visiting). Will help locate higher level of care if needed (Director of Wellness will assist with transfers).

ACCOMMODATION: *Suite Types:* 1-bedroom, 1-bedroom + den and 2-bedroom suites. *In All Suites:* kitchenette, granite countertops, bar fridge, storage, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, Lifeline emergency response system with wearable pendant, air conditioning (central - forced air) and thermostats for heating & cooling. Full kitchen in 3 units. Private bathroom with call bell, heat lamp, grab bars, shower with non-slip surface and elevated toilet seat. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* must be in good working order and CSA Approved. Suites can be shared (by couples only), roommate picked by resident. Pets allowed (weight restriction may apply for dogs; resident must be able to care for the pet).



DINING SERVICE: All meals included in fee and served in dining room daily. Flexible seating times daily. *Guest Meals:* Breakfast \$9.00, Lunch \$9.00, Dinner \$11.00. *Special Diets:* Vegetarian, Low Salt and Diabetic. Additional menu items available at every meal. Tray service to suite if ill. Unlimited snacks available at any time; 24-hour café. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and residents: \$50.00/month). 3 lounges with: TV (1), piano (1) and reading areas (2). Guest suites available (\$90.00/night). *Residence has a:* library, barber/beauty shop, laundry room(s) (no cost) and tuck/convenience store (flexible based on need). Resident can arrange newspaper delivery to individual suite (extra cost). Mail delivered to private mailbox with key. *Recreation Facilities:* shuffleboard, exercise room, craft room, card room, swimming pool and movie theatre/chapel. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips, pool fitness/therapy, group physiotherapy classes, Happy Hour and special events.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (\$50.00/month for a weekly load) and dry cleaning (local vendor arranged). Laundry room and cart on each floor, complimentary soap. Transportation to medical appointments (within determined geographic region) and for group social activities (some may have an extra fee). 24-hour security. Nightly security checks (as requested). Telephone (included in fee). Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$800.00/month). Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Short-term respite and trial stays available (both \$100.00/day).

◆ LONDON ◆

OAKCROSSING RETIREMENT LIVING

1238 Oakcrossing Road,
London, ON N6H 0K2
Tel: (519) 641-3131 • Toll Free: 1 (844) 470-7070
Email: oakcrossinginfo@peoplecare.ca
Website: oakcrossing.ca
Contact: Holly Jordan
Capacity: 120 residents
Subsidies: none
Price: \$3,200.00 - \$6,000.00/month

peopleCare
communities



Welcome to Oakcrossing Retirement Living, where we have a fresh perspective on senior living. Suite layouts offer a large variety of spacious studios, 1-bedroom and 2-bedroom suites with both Retirement and Assisted Living services available. The residence has elegant dining rooms, lounges, a pub, cinema, library, greenhouse and spa. The building design sets the stage for life at Oakcrossing Retirement Living: delicious meals, robust leisure and fitness programs, first rate hospitality services, security and healthcare services if needed. *All the best retirement living can offer.*

RESIDENCE INFORMATION: New residence. Near: Sarnia Road and Oakcrossing Gate. Decorated in 2017. 4 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* peopleCare Communities Inc. 101 units. *Average Waiting Period:* none. Can accommodate physically challenged people. Smoke-free residence. Alcohol allowed. *Languages:* English. Main doors of residence secured at night only. Close to: Public Transit, Shopping and Churches. Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Podiatry and Speech Pathology (via LHIN). *External services arranged by:* residence and/or family/resident.



Staff trained re: visually, hearing and cognitively impaired. 24-hour nursing staff. RPNs and PSWs on staff. Visiting MD. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision (if the resident requires or chooses this service). Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen. Assistance with dressing available (cost). Weekly assistance with bathing available (cost). Care plans done. Different levels of care available. Assisted Living Area. Assisted Living includes: daily tidy, bathing assistance, medication administration and laundry of linens, towels and personal clothing. Will help locate higher level of care if needed.

ACCOMMODATION: *Suite Types:* studio, 1-bedroom and 2-bedroom units. *In All Suites:* kitchenette, apartment-size fridge with freezer, microwave, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant (extra cost), air conditioning (central) and thermostats for heating & cooling. Washers/dryers in some suites. Balconies/patios with some suites. In-suite Internet (residence charges extra). Private bathroom with grab bars and shower. In-suite cable TV provided by residence (residence charges extra). Can have own phone number if resident arranges with phone company. Unfurnished suites; furnished suites available for short stays. Suites can be shared (by loved ones). Pets allowed.

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Available. Tray service to suite if ill (no charge for a maximum time of 4 days). Unlimited snacks available at any time. Café, beautiful central dining room, private dining room and family room with demo kitchen. Party facilities available.

AMENITIES AND ACTIVITIES: 4 lounges. Guest suites available. *Residence has a:* library, hair salon, laundry room(s) (no cost) and tuck/convenience store. Mail delivered to private mailbox in front lobby. *Recreation Facilities:* pool table, exercise room, craft room, card room, movie theatre, café/bar and lovely courtyard. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, parties, entertainment and day trips.

OTHER SERVICES: *Housekeeping:* weekly (included in fee; daily tidy included on Assisted Living). *Laundry:* linen (included on Independent & Assisted Living), towel (included on Independent & Assisted Living), personal (included on Assisted Living) and dry cleaning (extra cost). Transportation for group social activities. Telephone (extra cost). Cable TV (extra cost). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$550.00/month; \$750.00/month on Assisted Living). Rent paid monthly. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Trial stays available. Guest suites available for family stays.

◆ MISSISSAUGA ◆

BOUGH BEECHES PLACE BY REVERA

1130 Bough Beeches Boulevard,

Mississauga, ON L4W 4G3

Tel: (905) 625-2022 • Toll Free: 1 (855) 573-8372

Email: boughbeeches@reveraliving.com

Website: www.reveraliving.com/boughbeeches

Contact: **Executive Director** or **Sales Consultant**

Capacity: **104 residents**

Subsidies: **none**



Keep living your life, your way, at Bough Beeches. Here, you'll find the range of services, amenities and choices that fit your lifestyle and requirements – all in a warm and safe environment. Bough Beeches is a one-storey residence nestled within a beautiful, mature neighbourhood, conveniently located close to parkland, shopping, churches, community/



senior centres, community services, and public transit. Explore what we have to offer, to keep you living in freedom and comfort. Everything is designed to enable you to maintain your independence and privacy, enjoy a full social life, and participate in the activities you love. Our caring and friendly staff, along with appealing accommodations, support who you are and how you want to live. With retirement living at Bough Beeches, you change your address, not your life. Bough Beeches is part of the Revera family, one of North America's leading and most trusted providers of seniors' accommodation, care and services since 1961.

RESIDENCE INFORMATION: 34 years in operation. Near: Dixie Road and Burnhamthorpe Road. Decorated in 2011. Handrails in hallways. 1 floor, no elevator. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Revera Inc. 98 units. *Average Waiting Period:* less than 2 weeks. *Average Age:* 80. Can accommodate cognitively impaired people (secure living area within the building for Memory Care residents). Can accommodate physically challenged people (i.e. walkers, canes, wheelchairs, scooters). Residents have a dress code (casual). Smoking allowed outside residence. Alcohol allowed. After 9:00 p.m., visitors must ring the doorbell for access. *Procedures to Leave the Premises on a Temporary Basis...* Short-term & Overnight: inform Office and Nursing & sign in/out. Holidays: inform Office and Nursing. *Languages:* English, Polish, Italian, Filipino, Ukrainian, Iranian, Japanese and Portuguese, etc. Main doors of residence are always secured. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospitals (Trillium Health Partners – Mississauga Hospital and Credit Valley Hospital Sites). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Dietitian (via LHIN), Companions, Podiatry (via LHIN)/Chiropractic, Chaplaincy, Speech Pathology (via LHIN) and Audiology/Hearing Clinic. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs, HCAs, PSWs and UCPs on staff. Visiting MD (twice weekly and on call). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters and ostomies. Assistance with dressing available. Weekly assistance with bathing available. Assistance with all aspects of personal care. Care plans done. Optional services available. Different levels of care available. Private Duty/Extra Care available. Separate unit for residents with dementia. Lab service (visiting). Will help locate higher level of care if needed (through Doctor, Director of Care, Executive Director and LHIN).

ACCOMMODATION: *Suite Types:* private and semi-private suites. *In All Suites:* storage, window coverings, light fixtures, linens, fire alarm, smoke detector, carbon monoxide detector, sprinkler, nursing call bell system, air conditioning (central) and thermostats for heating & cooling. Private bathroom with call bell, grab bars, tub and/or shower with non-slip surface. In-suite cable TV provided by residence (residence charges extra). Can have own phone number if resident arranges with phone company (residence charges extra). Furnished & unfurnished suites available. *Restrictions on Electrical Appliances:* no stoves or hot plates; all appliances require a safety check prior to entering suite. Suites can be shared (pending availability of beds), roommate picked by residence staff. Pets allowed (as per Pet Policy).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt, Diabetic, Low Sodium, Pureed and Minced, etc. Tray service to suite if ill. Unlimited snacks available at any time. Assistance with feeding is part of a care package. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 2 lounges with: TVs (2) and piano (1). Residence has a: barber/beauty shop and visiting hairdresser. Resident can arrange newspaper delivery to individual suite (extra cost). Mail delivered to resident. *Recreation Facilities:* craft room and 2 secure outdoor gardens. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips, daily activities, socials, community groups, museum visits and visiting programs, etc.



OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (included in fee) and dry cleaning (Office Manager can assist). Pen or labels provided to family for free. 24-hour security. Nightly security checks. Telephone (extra cost). Cable TV (extra cost). Utilities (included in fee).

RENTAL INFORMATION: Call about our promotions. Suite rate varies depending on size and care/service package requested. Extra cost for 2nd person sharing suite. Rent paid monthly. *Payment Options:* cheques and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Will help resident move into residence. Short-term respite and trial stays available.

CONSTITUTION PLACE BY REVERA

3051 Constitution Boulevard,

Mississauga, ON L4Y 2Z1

Tel: (905) 279-8554 • Toll Free: 1 (855) 573-8372

Email: constitution@reveraliving.com

Website: www.reveraliving.com/retirement-living/locations/constitution-place

Contact: **Executive Director** or **Sales Consultant**

Capacity: **65 residents**

Subsidies: **none**



Keep living your life, your way, at Constitution Place. You'll find the range of services, amenities and choices that fit your lifestyle and requirements – all in a warm and safe environment. Constitution Place is an intimate single-storey residence located in a well-established residential neighbourhood in Mississauga, close to shopping, health centres, churches and seniors' centres. Everything is designed to enable you to maintain your independence and privacy, enjoy a full social life, and participate in the activities that you love. Our caring, friendly and multilingual staff, along with appealing accommodations, support who you are and how you want to live in freedom and comfort. With retirement living at Revera, you change your address, not your life. Constitution Place is part of the Revera family, one of North America's leading and most trusted providers of seniors' accommodation, care and services since 1961.

RESIDENCE INFORMATION: 41 years in operation. Near: Dixie Road and Dundas Street. Decorated in 2012. Handrails in hallways. 1 floor, no elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Revera Inc. 53 units. *Average Waiting Period:* varies. *Average Age:* 80. Can accommodate cognitively impaired people (mild to moderate dementia). Can accommodate physically challenged people (walker, wheelchair-bound). Residents have a dress code (casual). Smoking allowed in designated area outside the building. Alcohol allowed. Doors are locked at 8:00 p.m. but, visitors can ring doorbell for access. *Procedures to Leave the Premises on a Temporary Basis...* Short-Term: sign in/out book. Overnight & Holidays: notify Management. *Languages:* English, Polish, Croatian, Russian, French, Ukrainian, Italian and Portuguese. Main doors of residence are always secured. Close to: Public Transit, Shopping, Churches, Seniors' Centre, Major Highway and Local Hospital (Trillium Health Partners). *Predominant Cultural Group:* English and Portuguese. Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Chaplaincy, Visiting Lab Technicians and Foot Care Nurse. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, PSWs and UCPs on staff. Visiting MD (once/week, on call 24/7). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen. Assistance with dressing available (cost). Weekly assistance with bathing available (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available. Lab service (visiting).



ACCOMMODATION: Suite Types: private studio (40) or semi-private (12) suites. *In All Suites:* storage, window coverings, light fixtures, linens, fire alarm, smoke detector, carbon monoxide detector, sprinkler, emergency call bell system, emergency response system with wearable pendant, air conditioning (central), thermostats for heating & cooling and wall to wall carpet. Private bathroom with call bell, grab bars and shower with non-slip surface. In-suite cable TV provided by residence (residence charges extra). Can have own phone number if resident arranges with phone company. Furnished & unfurnished suites available. *Restrictions on Electrical Appliances:* no stoves, microwaves or heaters. Suites can be shared (pending availability of beds), roommate picked by resident & residence staff. Pets allowed (cats, birds and small dogs welcome with assessment).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt, Diabetic and Therapeutic. Tray service to suite if ill. 3 snacks/day. All meals are homemade and freshly prepared on-site.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 2 lounges with: TV (1) and piano (1). Guest suites available. *Residence has a:* library, visiting library, barber/beauty shop, visiting hairdresser and tuck/convenience store (open Monday - Friday). Banking services on premises (Trust Account). Residence provides newspaper delivery to individual suite. Mail delivered to resident. *Recreation Facilities:* craft room, card room, shuffleboard and bowling. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, parties, entertainment, art classes, pet visiting, day trips, festivals and theme nights.

OTHER SERVICES: *Housekeeping:* daily (extra cost). *Laundry:* linen (included in fee), towel (included in fee), personal (included in fee) and dry cleaning (resident or family). 24-hour security. Telephone (extra cost). Cable TV (extra cost). Utilities (included in fee).

RENTAL INFORMATION: Call about our promotions. Suite rate varies depending on size and care/service package requested. Extra cost for 2nd person sharing suite. Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Will help resident move into residence. Short-term respite and trial stays subject to availability (depends on level of care required).

KING GARDENS BY REVERA

85 King Street East,
Mississauga, ON L5A 4G6

Tel: (905) 566-4545 • Toll Free: 1 (855) 573-8372

Email: kinggardens@reveraliving.com

Website: www.reveraliving.com/kinggardens

Contact: **Executive Director** or **Sales Consultant**

Capacity: **144 units**

Subsidies: **none**



Keep living your life, your way, at King Gardens. Here, you'll find the range of services, amenities and choices that fit your lifestyle and requirements – all in a warm and safe environment. With retirement living at King Gardens, you change your address, not your life. Located in the heart of Cooksville, just steps from Cooksville Park, 2 shopping malls, public transit, and medical offices. Close to Port Credit Harbour, and Square One Shopping Centre, churches, community services and recreation, Trillium Hospital, the highway, and more. Everything is designed to enable you to maintain your independence and privacy, enjoy a full social life, and participate in the activities that you love. Our caring and friendly staff, along with appealing accommodations, support who you are and how you want to live in freedom and comfort. King Gardens is part of the Revera family, one of North America's leading and most trusted providers of seniors' accommodation, care and services since 1961.



RESIDENCE INFORMATION: 28 years in operation. Near: Dundas Street and Hurontario Street. Decorated in 2018. Handrails in hallways. 10 floors, 3 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Revera Inc. *Average Waiting Period:* varies. *Average Age:* 80. Can accommodate cognitively impaired people (Alzheimer's/dementia). Can accommodate physically challenged people (wheelchair accessible). Residents have a dress code (casual). Smoking allowed outside only. Alcohol allowed (Kings Pub). Visitor access to property after 9:00 p.m. via front door bell. *Procedures to Leave the Premises on a Temporary Basis...*resident sign in/out book. *Languages:* staff and residents speak various languages; all cultures welcome. Main doors of residence are always secured. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospitals (Trillium Health Partners – Mississauga Hospital and Credit Valley Hospital Sites). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Companions, Podiatry (via LHIN)/Chiropody, Chaplaincy and Pet Therapy Visits. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, HCAs and PSWs on staff. Visiting MD (once/week on call 24/7). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration (usually centralized - additional cost) and/or supervision. Vitals monitored if required. Will accept (but not provide special assistance for) residents who require catheters and ostomies. Will accept and provide special assistance for residents who require oxygen. Assistance with dressing available (cost). Weekly assistance with bathing available (cost). Care plans done. Different levels of care available. Costs for care services and Assisted Living vary according to needs. Assisted Living Area (*waiting period:* less than 2 weeks). Separate unit for residents with dementia. Lab service (visiting). Will help locate higher level of care if needed (family conference arranged to determine future care needs).

ACCOMMODATION: *Suite Types:* studio, 1-bedroom and 2-bedroom suites; a few shared semi-private suites. *In All Suites:* kitchenette, bar fridge, storage, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Bathrooms (most private; semi-private suites are shared with one other resident) with call bells, grab bars and shower with non-slip surfaces. In-suite cable TV provided by residence (residence charges extra). Can have own phone number provided by residence (residence charges extra). Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* hot plates not permitted; electric kettles must have automatic shut-off switches. Suites can be shared (by couples only), roommate picked by resident & residence staff. Pets allowed (cats, birds and small dogs with assessment).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt, Diabetic and Therapeutic. Tray service to suite if ill. Unlimited snacks available at any time. Private dining room. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and indoor for residents). *8 lounges with:* TVs (4) and pianos (2). Guest suites available. *Residence has a:* library, barber/beauty shop, visiting hairdresser, laundry room(s) (no cost) and tuck/convenience store (open 1 hour/week). Resident can arrange newspaper delivery to individual suite (extra cost). Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, shuffleboard, exercise room, craft room, card room, swimming pool and resident garden. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips, horticulture program and baking/cooking demonstrations.

OTHER SERVICES: *Housekeeping:* weekly (included in fee; options available for more or less often; daily can be arranged). *Laundry:* linen (included in fee), towel (included in fee) and personal (included for Memory Care & Assisted Living). Transportation for group social activities (most included; some are user pay). 24-hour security. Nightly security checks. Telephone (mandatory add-on to fee). Cable TV (optional add-on to fee - Rogers Cable). Utilities (included in fee).

RENTAL INFORMATION: Call about our promotions. Suite rate varies depending on size and care/service package requested. Extra cost for 2nd person sharing suite (fee varies depending on service). Rent paid monthly. *Payment*



Options: cheques, post-dated cheques and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Will help resident move into residence (extra cost). Short-term respite and trial stays available (cost variable). Hotel suites available.

PARKLAND ON THE GLEN

1665 The Collegeway,

Mississauga, ON L5L 0A9

Tel: (905) 820-8210 • Fax: (905) 820-8260

Email: gmiksa@shannex.com

Website: parklandretirementliving.com/locations/ontario/parkland-on-the-glen/

Contact: **Grace Miksa**

Capacity: **194 units**

Subsidies: **none**

Price: **\$3,422.00 - \$7,150.00/month**

SHANNEX



Located in one of Mississauga's most prestigious neighbourhoods, Parkland on the Glen Retirement Community sits alongside the historical and distinguished Glenora Inn. The opulent design of this retirement residence is set amongst the lush greenery of the Sawmill Valley Ravine and the well-preserved Credit Valley Conservation Area. Lavish studio, 1-bedroom, 1-bedroom + den, 2-bedroom or 2-bedroom + den suites are for rent or for sale as condominiums in this very unique retirement residence. Flexible service packages are just one of the many perks that distinguish us from others. **For the past 7 years our Community has been awarded Readers' Choice for one of the top 3 'Best Retirement Residence in Mississauga'!**

RESIDENCE INFORMATION: 9 years in operation. Near: Mississauga Road and Dundas Street. Decorated in 2010. Handrails in hallways. 21 floors, 3 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Shannex. *Average Age:* 81. Can accommodate cognitively impaired people with restrictions (depends on severity of impairment). Can accommodate physically challenged people (wheelchair). Smoking allowed in purchased condominium suites only. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* residents sign in and out. *Languages:* English, French, Croatian, Ukrainian, Tagalog, Mandarin, Farsi and Hindi. Main doors of residence are always secured. Close to: Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospitals (Trillium Health Partners - Credit Valley Hospital and Mississauga Hospital Sites). *Predominant Cultural Group:* Canadian. Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Dietitian (via LHIN), Podiatry (via LHIN), Chaplaincy, Speech Pathology (via LHIN), Audiology/Hearing Clinic, Massage Therapy, Reflexology and Chiropody. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs, PSWs and UCPs on staff. Visiting MD (every 1½ to 2 weeks or as required). Can retain own MD. Vulnerable Sector Screening and TB test is done for all new staff members.

HEALTH SERVICES: Medication administration (*restrictions:* not via IV) and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen and catheters. Assistance with dressing available (cost). Assistance with bathing available as needed (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available. Pharmacy services. Lab service (visiting, \$32.00/visit). Will help locate higher level of care if needed (Director of Care will assist).

ACCOMMODATION: *Suite Types:* studio, 1-bedroom, 1-bedroom + den, 2-bedroom and 2-bedroom + den, rental apartments and condominium suites. *In All Suites:* kitchenette, microwave, patio/balcony, storage, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. Sheers are provided in rental suites. Private bathroom



with grab bars, tub and/or shower with non-slip surface. In-suite cable TV provided by residence. Can have own phone number if resident arranges with phone company (residence charges extra). Unfurnished suites; furnished suites available for short stays. Restrictions on Electrical Appliances if special outlets are required. Suites can be shared (by couples only). Pets allowed (one dog or cat per suite).

DINING SERVICE: Lunch and Dinner included in fee and served in dining room daily. No defined seating/sittings - breakfast 7:30 a.m. - 11:00 a.m., a light lunch in bistro or menued lunch in the dining room 11:30 a.m. - 1:30 p.m., dinner 4:30 p.m. - 7:00 p.m. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt, Diabetic and Gluten Free. Tray service to suite if ill (no charge for a maximum time of 5 days). 1 snack/day and unlimited snacks available at any time. Meal/service packages available. Minimum 10 meals/month available for condominium retirement units. Private dining room. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (indoor & outdoor, for visitors and indoor for residents). 5 lounges with: TVs (2), piano (1), bar (1) and games (1). Guest suites available. *Residence has a:* library, barber/beauty shop and laundry room(s) (no cost). Residence provides newspaper delivery to individual suite. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, exercise room, craft room, card room, swimming pool, putting green, patio garden, theatre/chapel, wellness centre, hydrotherapy and private family lounge. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips, travelogues, lectures, euchre, bridge, computer training, Book Club, French Club, Zumba and Yoga.

OTHER SERVICES: *Housekeeping:* weekly (included in fee; daily and bi-weekly also available). *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost depends on service package) and dry cleaning (outside service). Private laundry in condominium suites. Transportation to medical appointments (included in rental packages; extra cost for condominiums) and for group social activities (included in fee, except for outside events). 24-hour security. Nightly security checks. Telephone (resident responsible). Cable TV (included in fee). Utilities (all are included for renters; electricity is an extra cost for condominium owners). Amenities vary based on service package purchased.

RENTAL INFORMATION: Rates may vary. For rental information call (905) 820-8210. Extra cost for 2nd person sharing suite (varies by suite size). Option to purchase unit available (floors 12-21). Condominium purchases are through resale only and are listed on www.realtor.ca. Rent paid monthly. *Payment Options:* cheques, post-dated cheques and pre-authorized payments. Rent increases are indexed to inflation, as per Provincial Tenancy Legislation, annual for resident with 3 months' notice given. Will help resident move into residence (extra cost). Short-term respite and trial stays available.

THE BEECHWOOD BY REVERA

1500 Rathburn Road East,
Mississauga, ON L4W 4L7

Tel: (905) 238-0800 • Toll Free: 1 (855) 573-8372

Email: beechwood@reveraliving.com

Website: www.reveraliving.com/retirement-living/locations/the-beechwood

Contact: **Executive Director** or **Lifestyle Consultant**

Capacity: **250 residents**

Subsidies: **none**



Keep living your life, your way, at The Beechwood. You'll find a full range of options to choose from, you can select the lifestyle that suits you best. The Beechwood exudes classic elegance. Located in the heart of Rockwood Village, Mississauga; you're steps away from Rockwood Mall, groceries, banks, public transit & picturesque Beechwood Park. With the sophisticated décor of a fine hotel, The Beechwood caters to independent active seniors, while also offering Assisted Living options. Everything here is designed to enable you to maintain your independence and privacy, enjoy a full social life, and participate in the activities that you love. With retirement living at The Beechwood, you change your



address, not your life. The Beechwood is part of the Revera family, one of North America's leading and most trusted providers of seniors' accommodation, care and services since 1961.

RESIDENCE INFORMATION: 32 years in operation. Near: Dixie Road and Rathburn Road. Decorated in 2010. Handrails in hallways. 4 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Revera Inc. 202 units. *Average Waiting Period:* none. *Average Age:* 80. Can accommodate cognitively impaired people (mild to moderate dementia). Can accommodate physically challenged people (wheelchair accessible). Residents have a dress code (casual). Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...*inform staff. *Languages:* English; staff speak various languages. Main doors of residence are always secured. Close to: Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospitals (Trillium Health Partners - Credit Valley Hospital and Mississauga Hospital Sites). *Predominant Cultural Group:* English-speaking. Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Dietitian, Companions, Podiatry/Chiropody, Chaplaincy, Speech Pathology (via LHIN) and 24-hour Emergency Response. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, HCAs, PSWs and UCPs on staff. Visiting MD (weekly). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters and ostomies. Assistance with dressing available (cost). Assistance with bathing available as needed (cost). Care plans done. Different levels of care available. Assisted Living Area. Lab service (visiting). Will help locate higher level of care if needed (family conference arranged to determine future care needs).

ACCOMMODATION: *Suite Types:* studio, 1-bedroom and 2-bedroom suites. *In All Suites:* storage, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Private bathroom with call bell, grab bars, tub and/or shower with non-slip surface and elevated toilet seat. In-suite cable TV provided by residence (residence charges extra). Can have own phone number provided by residence (residence charges extra). Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* no cooking appliances in Assisted Living suites. Suites can be shared (by couples only). Pets allowed (on a case-by-case basis with assessment).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt, Diabetic, Therapeutic, Minced and Gluten Free. Tray service to suite if ill. 2 snacks/day. Private parties can be arranged/catered. Private dining room available. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 7 lounges with: TVs (5), pianos (3) and pool table (1). Guest suites available. *Residence has a:* library, visiting library, barber/beauty shop, visiting hairdresser, laundry room(s) (no cost) and tuck/convenience store (open 2 hours/week). Resident can arrange newspaper delivery to individual suite. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, exercise room, craft room, card room and country kitchen. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips, daily tea social, card games and in-house Movie Nights.

OTHER SERVICES: *Housekeeping:* daily and weekly (included in fee). *Laundry:* linen (included in fee - Independent Living (&) Assisted Living), towel (included in fee - Independent Living (&) Assisted Living), personal (ONLY Assisted Living included) and dry cleaning (arranged by resident). Transportation for group social activities. 24-hour security. Telephone (monthly cost to resident). Cable TV (monthly cost to resident). Utilities (included in fee).

RENTAL INFORMATION: Call about our promotions. Suite rate varies depending on size and care/service package requested. Extra cost for 2nd person sharing suite. Rent paid monthly. *Payment Options:* cheques, post-dated cheques



and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Short-term respite and trial stays available.

THE ERINVIEW RETIREMENT RESIDENCE

2132 Dundas Street West,

Mississauga, ON L5K 2K7

Tel: (905) 823-6700

Email: info@erinview.sifton.com

Website: erinview.sifton.com

Contact: Sales & Marketing Manager

CARE LEVELS: Independent Living • In-Suite Enhanced Care • Respite Care



WALDEN CIRCLE RETIREMENT COMMUNITY

1907 Lakeshore Road West,

Mississauga, ON L5J 1J6

Tel: (905) 403-8660 • Fax: (905) 403-0737

Email: info@waldencircleretirement.com

Website: www.waldencircleretirement.com

Contact: Sara Garrigan or Debbie Higgins

Capacity: 150 residents

Subsidies: none

Price: \$4,079.00 - \$7,700.00/month



Looking for more energy every day? Ready to step out with a new sense of positive vitality? Then come to live at Walden Circle; a community devoted to helping you bring positive energy to everything you do, with a comprehensive program of activities and services designed to help make every day fantastic! Located in the heart of Clarkson Village. Independent Living, Personal on-site Care, Assisted Living, Trial Stays and Respite Stays. Full-service dining room. Spectacular views. Movie theatre, pub, games room, activities room, indoor heated salt water swimming pool and wellness care. Please call us today for more information and to book your personal tour and complimentary lunch.

RESIDENCE INFORMATION: 6 years in operation. Near: Lakeshore Road and Southdown Road. Decorated in 2013. Handrails in some of the hallways. 8 floors, 3 elevators. Wheelchair accessible. Owned and managed by: Signature Retirement Living. 121 units. Average Waiting Period: varies. Average Age: 84. Can accommodate cognitively impaired people with restrictions. Can accommodate physically challenged people with restrictions. Residents have a dress code (suitable attire). Smoke-free residence. Alcohol allowed. Visitors always welcome. *Procedures to Leave the Premises on a Temporary Basis...* check in with Concierge. Languages: English, Polish, Dutch, German and French. Main doors of residence are always secured. Close to: Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospital (Trillium Health Partners - Credit Valley Hospital Site). Member of ORCA. Licensed under the Retirement Homes Act. More information can be provided, please call (905) 403-8660.

STAFFING: Available Staff/Services: Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Dietitian (via LHIN), Companions, Podiatry (via LHIN)/Chiropractic, Chaplaincy, Speech Pathology (via LHIN) and Audiology/Hearing Clinic. External services arranged by: family/resident. Staff trained re: visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs and PSWs on staff. Visiting MD (twice/week). Can retain own MD. Vulnerable Sector Screening is done for all new staff members. More information can be provided, please call (905) 403-8660.



HEALTH SERVICES: Medication administration and/or supervision (if required, the care plan for medication administration will be discussed with our Director of Care). Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen and catheters. Assistance with dressing available. Assistance with bathing available as needed. Care plans done. Different levels of care available. Private Duty/Extra Care available. Assisted Living Area. Lab service (visiting).

ACCOMMODATION: *Suite Types:* studio, 1-bedroom, 1-bedroom + den and 2-bedroom units. *In All Suites:* kitchenette, full fridge/freezer, microwave, patio/balcony, storage, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Private bathroom with call bell, grab bars, tub and/or shower and elevated toilet seat. In-suite cable TV if resident arranges with cable company (residence charges extra). Can have own phone number if resident arranges with phone company (residence charges extra). Furnished & unfurnished suites available. Suites can be shared. Pets allowed (with approval of Management).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt, Diabetic and Gluten Free. Tray service to suite if ill (no charge if Doctor orders). Unlimited snacks available at any time. Party facilities available. More information can be provided, please call **(905) 403-8660**.

AMENITIES AND ACTIVITIES: Parking available (indoor & outdoor, for visitors: free and indoor for residents: \$55.00/month). Guest suites available. *Residence has a:* library, visiting library, barber/beauty shop, visiting hairdresser and laundry room(s) (no cost). Residence provides newspaper delivery to individual suite. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, shuffleboard, exercise room, greenhouse, craft room, card room, swimming pool, pub and Walden bus (wheelchair & walker accessible). Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips and companionship (volunteer based).

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee) and dry cleaning (across the street). Transportation for group social activities. 24-hour security. Nightly security checks. Telephone (extra cost). Cable TV (extra cost). Utilities (included in fee). More information can be provided, please call **(905) 403-8660**.

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$735.00/month). Rent paid monthly. *Payment Options:* direct deposit and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Trial stays available.

◆ NIAGARA FALLS ◆

EMERALD RETIREMENT RESIDENCE

5807 Ferry Street,
Niagara Falls, ON L2G 1S8
Tel: (905) 358-2500 • Fax: (905) 358-2502
Email: leasing@emeraldresidence.ca
Website: www.emeraldresidence.ca
Contact: **Jacqueline Smith**
Capacity: **113 residents**
Subsidies: **none**
Price: **\$2,300.00 - \$4,000.00/month**



Luxurious Retirement living with all amenities including an outdoor pool. Centrally located in Niagara Falls near shopping and local attractions. **Voted Best Retirement Home 2 years in a row.** Spectacular views from some of our beautiful and spacious suites. Professional, competent and loyal staff available to assist you 24-hours a day.



RESIDENCE INFORMATION: 4 years in operation. Near: Main Street and Ferry Street. Decorated in 2015. 11 floors, 3 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. 113 units. *Average Waiting Period:* none. *Average Age:* 80. Can sometimes accommodate cognitively impaired people (mild dementia). Can accommodate physically challenged people with restrictions (mild physical). Residents have a dress code (no sleepwear in dining room). Smoking allowed outdoors. Alcohol allowed (*restrictions:* at family request or medication issue). *Procedures to Leave the Premises on a Temporary Basis...*advise and sign out. *Languages:* English. Main doors of residence secured at night only. Close to: Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Niagara Health System – Greater Niagara General Hospital Site is 3 minutes away). *Predominant Cultural Group:* English. Member of ORCA and Chamber of Commerce. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Dietitian (via LHIN), Podiatry (via LHIN), Chaplaincy, Speech Pathology (via LHIN) and Audiology/Hearing Clinic. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, HCAs, PSWs and UCPs on staff. Visiting MD (once/week). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters and ostomies. Assistance with dressing available (\$400.00/month). Daily assistance with bathing available (\$200.00/month). *Extra baths:* \$25.00/half hour. Care plans done. Different levels of care available. Private Duty/Extra Care available (\$100.00 to \$900.00/month). Assisted Care (\$275.00 to \$940.00/month). Lab service (visiting, \$30.00/visit). Will help locate higher level of care if needed (with the aid of the LHIN).

ACCOMMODATION: *Suite Types:* private and semi-private suites. *In All Suites:* kitchenette in some suites only, bar fridge, microwave, storage, window coverings, light fixtures, linens, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. Private bathroom with grab bars, walk-in tiled shower and tub cut out with non-slip surface and elevated toilet seat. In-suite cable TV provided by residence. Can have own phone number provided by residence. Furnished & unfurnished suites available. *Restrictions on Electrical Appliances:* no cooktop or stove. Suites can be shared. No pets allowed (up to the discretion of the Director of Care and the owner).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$6.00, Lunch \$8.00, Dinner \$12.00. *Special Diets:* Vegetarian, Low Salt, Diabetic and Renal. Tray service to suite if ill (no charge if Doctor orders). 3 snacks/day. Guest dining room and service. Events room with service. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (indoor & outdoor, for visitors: free and residents: \$40.00/month). 4 lounges with: TVs (4), piano (1), games (1) and billiards (1). Guest suites available (\$95.00/night). *Residence has a:* library, chapel, visiting hairdresser, laundry room(s) (no cost) and tuck/convenience store (open 24-hours). Banking services on premises. Resident can arrange newspaper delivery to main desk. Mail delivered to main desk. *Recreation Facilities:* pool table, exercise room, craft room, card room and outdoor swimming pool. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting and day trips.

OTHER SERVICES: *Housekeeping:* weekly (included in fee; extra for a fee). *Laundry:* linen (included in fee), towel (included in fee), personal (\$15.00/load; or no cost laundry facilities) and dry cleaning (resident to arrange). Transportation for group social activities (outings on calendar included). 24-hour security. Nightly security checks (additional care available for a fee). Telephone (included in fee). Cable TV (included in fee). Utilities (included in fee). Lifeline (\$40.00/month).

RENTAL INFORMATION: Rates may vary. Entry level suit 350 sq. ft. private bathroom, meals, cable TV, phone, internet & housekeeping - \$2,300.00/month; largest suite 900 sq. ft. living and bedroom area, kitchenette, large tile walk-in shower, cable TV & housekeeping - \$4,000.00/month. One-person occupancy for single and 2-person for double/larger,



except for semi-private suites; meals and emergency response included. Extra cost for 2nd person sharing suite (\$775.00/month). Life Lease option is available. Rent paid monthly. *Payment Options:* cheques, post-dated cheques, direct deposit and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Will help resident move into residence. Short-term respite (\$95.00/day; minimum 30-day respite stay unless family visiting) and trial stays available.

RIVER ROAD RETIREMENT RESIDENCE

4067 River Road,

Niagara Falls, ON L2E 3E6

Tel: (905) 374-2015 • Fax: (905) 374-7746

Email: sales@riverroadretirement.com

Website: www.riverroadretirement.com

Contact: **Shelley Potter** or **Jan Smith**

Capacity: **120 residents**

Subsidies: **none**

Price: **\$2,395.00 - \$3,800.00/month**



Overlooking the beauty of the Niagara River and located close to many amenities and services, River Road Retirement Residence provides the perfect setting to maintain an independent and secure lifestyle in the Niagara Region.

RESIDENCE INFORMATION: 7 years in operation. Near: Bridge Street and River Road. Decorated in 2017. Handrails in some of the hallways. 4 floors, 1 elevator. Wheelchair accessible *Funding Base:* Corporate/for profit. Privately owned. 96 units. *Average Waiting Period:* none. *Average Age:* 80. Can sometimes accommodate cognitively impaired people (mild dementia). Can accommodate physically challenged people (slow mobility - some assistance). Residents have a dress code (dressed when in common areas). Smoking allowed outdoors. Alcohol allowed in suites, dining room, and social lounge. *Procedures to Leave the Premises on a Temporary Basis...* resident to inform staff and sign out. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospital (Niagara Health System - Greater Niagara General Hospital Site). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Chaplaincy, Speech Pathology (via LHIN) and Chiropractic. *External services arranged by:* family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, HCAs, PSWs and UCPs on staff. Visiting MD (weekly). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administered if required. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters and ostomies. Assistance with dressing available (\$175.00/month). Assistance with bathing available as needed (\$25.00/bath). Care plans done. Different levels of care available. Private Duty/Extra Care available (\$30.00/hour). Assisted Living (\$425.00 to \$750.00/month). Lab service (visiting, \$25.00/visit). Will help locate higher level of care if needed (Director of Care facilitates).

ACCOMMODATION: *Suite Types:* private (89) and semi-private (7) suites. *In All Suites:* kitchenette, storage, light fixtures, fire alarm, smoke detector, sprinkler, Lifeline emergency response system with wearable pendant, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. Private bathroom with grab bars, tub and/or shower with non-slip surface. In suite satellite TV provided by residence (\$30.00/month). Can have own phone extension number provided by residence (\$45.00/month). Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* CSA Approved; no toaster ovens, no hot plates. Suites can be shared (pending availability of beds), roommate picked by residence staff. Small pets allowed (resident must be able to care for pet).



DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$6.00, Lunch \$8.00, Dinner \$12.00. *Special Diets:* Vegetarian, Low Salt, Diabetic and Renal. Tray service to suite if ill (no charge if Doctor orders). 3 snacks/day. Beautiful dining room overlooking Niagara River Gorge. Private dining room. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and residents: \$50.00/month). 2 lounges with: TVs (2) and piano (1). *Residence has a:* library, visiting library, chapel, barber/beauty shop, visiting hairdresser, laundry room(s) (no cost) and tuck/convenience store (open twice/month). Resident can arrange newspaper delivery to individual suite. Mail delivered to individual suite. *Recreation Facilities:* social lounge/multi-purpose room. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes and special outings to local attractions.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (weekly included in fee), towel (weekly included in fee), personal (\$25.00/load) and dry cleaning (extra cost). Transportation to medical appointments (Chair-a-Van/Taxi) and for group social activities (Chair-a-Van/Taxi). 24-hour security. Nightly security checks. Telephone (\$45.00/month). Cable TV (\$30.00/month). Utilities (included in fee). Lifeline Emergency Response.

RENTAL INFORMATION: Rates may vary. Semi-private - \$1,900.00/month; large studio - \$2,395.00 to 2,795.00/month; 1-bedroom - \$3,800.00/month. Extra cost for 2nd person sharing suite (\$1,000.00/month). Rent paid monthly. *Payment Options:* cheques and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Short-term respite and trial stays available (both \$90.00/day).

NORTH YORK
CANTERBURY PLACE RETIREMENT RESIDENCE
DELMANOR NORTHTOWN
DELMANOR WYNFORD
FORESTVIEW RETIREMENT RESIDENCE
GREENVIEW RESIDENCE
L'CHAIM RETIREMENT HOMES INC.
TERRACE GARDENS BY REVERA

Please see **TORONTO** for information on these residences.

Keep in mind....

The most important factor in determining quality of care in any residence or care situation is that of the staff. You can determine this easily if you take the time to watch and listen during your visits. Watch other residents when you visit; get to know them, their families/regular visitors and talk to them. Developing relationships with both staff and residents in the home is important and will ensure that if there are issues, you are notified of them. Focus on the food quality, cleanliness and staff attitude. Join a Family Council if there is one or encourage your loved one to join a Residents' Council if they are able to participate. If you have the time, join in activities in the residence. This is a way to help your loved one adjust while creating opportunities for you to get to know other residents and staff by observing and interacting.



◆ OAKVILLE ◆

DELMANOR GLEN ABBEY

1459 Nottinghill Gate,

Oakville, ON L6M 4W1

Tel: (905) 469-3232 • Fax: (905) 469-7495

Email: delmanorglenabbey@delmanor.com

Website: www.delmanor.com

Contact: **Monique Kuhn** or **Pat Niblett**

Capacity: **135 residents**

Subsidies: **none**

Price: **\$3,695.00 - \$6,245.00/month**

DELMANOR
Inspired Retirement Living™



Award-winning Tridel-inspired retirement community located near the prestigious Glen Abbey golf course. Attentive, caring staff support an active and independent lifestyle. Delmanor Glen Abbey's low-rise, intimate, manor-style building offers superior dining with white linens, fine china and a private dining room for entertaining family and friends. Our LivingWell personal coaching program is individualized just for you. Registered nursing staff available 24/7 with Assisted Living Regal services. In-suite safety and personal security monitoring. Lush, manicured grounds, a putting green, private courtyards, spa, home theatre/chapel, library, internet and fireplace lounges for your enjoyment. You'll also enjoy many planned excursions in our exclusive Delmanor bus.

RESIDENCE INFORMATION: 15 years in operation. Near: Upper Middle Road and Nottinghill Gate. Decorated in 2018. Handrails in hallways. 3 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Tridel Inc. *Managed by:* Delmanor Seniors Communities Inc. 112 units. *Average Waiting Period:* varies. *Average Age:* 86. Can sometimes accommodate cognitively impaired people. Can accommodate physically challenged people (1-person transfer). Residents have a dress code. Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* notify Concierge. *Languages:* English. Main doors of residence secured at night only. Close to: Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Halton Healthcare Services Corporation - Oakville Trafalgar Memorial Hospital Site). Member of ORCA and Oakville Chamber of Commerce. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Dietitian (via LHIN), Podiatry (via LHIN)/Chiropody, Chaplaincy and Audiology/Hearing Clinic. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually and hearing impaired. 24-hour nursing and other staff. RPNs and PSWs on staff. Visiting MD (weekly). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administered if required. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen and ostomies. Assistance with dressing available (cost). Assistance with bathing available as needed (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available. Assisted Living Area. Lab service (visiting). Will help locate higher level of care if needed (residence will work with the LHIN).

ACCOMMODATION: *Suite Types:* studio, 1-bedroom and 2-bedroom suites. *In All Suites:* kitchenette, apartment-size refrigerator, microwave, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. Private bathroom with grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV provided by residence. Can have own phone number provided by residence. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* no hot plates; appliances must have automatic shut-off. Suites can be shared. Small pets allowed (under 30 lbs.; residents must sign Pet Waiver).



DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Lunch \$14.00, Dinner \$22.00. *Special Diets:* Vegetarian, Low Salt, Diabetic, Heart Smart and Gluten Free. À la carte menu available for residents and guests. Tray service to suite if ill (no charge for a maximum time of 4 days). Unlimited snacks available at any time. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and residents: \$45.00/month). 5 lounges with: TVs (4) and piano (1). Guest suites available. *Residence has a:* library, chapel, barber/beauty shop, visiting hairdresser, laundry room(s) (no cost) and tuck/convenience store (open Monday - Friday, 11:00 a.m. to 12:00 noon). Resident can arrange newspaper delivery to individual suite (extra cost). Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, shuffleboard, exercise room/fitness studio, craft room, greenhouse, card room, theatre and putting green. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips and Living**Well** personal coach.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost) and dry cleaning (weekly pickup/return service by outside company). Transportation for group social activities. 24-hour security. Telephone (included in fee). Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$750.00/month). Rent paid monthly. *Payment Options:* post-dated cheques and pre-authorized payments. Rent increases are annual for resident with 3 months' notice given. Short-term respite and trial stays available.

◆ ORANGEVILLE ◆

LORD DUFFERIN CENTRE RETIREMENT RESIDENCE

32 First Street,
Orangeville, ON L9W 2E1
Tel: (519) 941-8433
Email: tabendroth@lorddufferincentre.ca
Website: www.lorddufferincentre.ca
Contact: **Tammy Abendroth, Marketing Coordinator**



CARE LEVELS: Independent Living • Supportive Living

ORLÉANS

BRUYÈRE VILLAGE

PORTOBELLO BY REVERA

Please see OTTAWA for information on these residences.

www.senioropolis.com[®] is a portal for information for seniors ...

We are constantly adding new articles, information on resources, jobs, special events, promotions and housing options ... visit us often to see what's new!



◆ OSHAWA ◆

HARMONY HILL RETIREMENT COMMUNITY

**1335 Benson Street,
Oshawa, ON L1K 0W6**

Tel: (905) 428-0555 • Toll Free: 1 (888) 224-2294

Email: luke@harmony-hill.ca or deborah@harmony-hill.ca

Website: www.harmony-hill.ca

Contact: Luke Papadopoulos or Deborah Northwood-Tink

Capacity: 300 residents

Subsidies: none

Price: \$3,300.00 - \$4,500.00/month



COMING early 2019 – The Forest! Our newest independent living building offers 1-bedroom + den, 2-bedroom + den and premium 2-bedroom + den units. These suites include full kitchen, in-suite laundry, walk-in closets, patio or balcony. We are currently accepting deposits for these units! The Grove building offers Independent Living Apartments consisting of 1-bedroom + den, 2-bedroom and 2-bedroom + den units with a full kitchen, in-suite laundry, walk-in closets, patio or balcony. The Orchard building offers Retirement Suites consisting of spacious studio, 1-bedroom, 1-bedroom + den and 2-bedroom suites with a kitchenette, and walk-in closets. In the centre of the Grove and Orchard is our Harmony Square offering numerous amenities such as our dining room, activity room, bistro, indoor pool, library, fitness room, roof top patio and much more. Forest residents have access to these amenities as well.

RESIDENCE INFORMATION: 4 years in operation. Near: Taunton Road and Harmony Road. Decorated in 2015. 4 floors, 5 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. Privately owned. *Managed by:* Greenwood Retirement Communities. 205 units. *Average Waiting Period:* none. *Average Age:* 83. Can accommodate cognitively impaired people with restrictions (no secured units for wanderers). Can accommodate physically challenged people. Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* must sign out at Front Desk. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Lakeridge Health – Oshawa Site). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Recreation Therapy, Physiotherapy, Denturist, Dietitian, Companions, Chiropody and Audiology/Hearing Clinic. *External services arranged by:* family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, PSWs and UCPs on staff. Visiting MD (twice/month). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters and ostomies. Assistance with dressing available (\$200.00/month). Weekly assistance with bathing available (\$100.00/month). *Extra baths:* \$25.00/half hour. Care plans done. Different levels of care available. Will help locate higher level of care if needed (contact information provided for the LHIN).

ACCOMMODATION: *Suite Types:* studio, 1-bedroom, 1-bedroom + den, 2-bedroom and 2-bedroom + den units. *In All Suites:* kitchenette, full-size fridge, window coverings, light fixtures, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Private bathroom with grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV provided by residence. Can have own phone extension number provided by residence. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* no hot plates. Suites can be shared. Small pets allowed.



DINING SERVICE: Lunch and Dinner included in fee and served in dining room daily. *Guest Meals:* Breakfast \$8.00, Lunch \$12.00, Dinner \$15.00. *Special Diets:* Vegetarian, Low Salt, Diabetic and Gluten Free. Tray service to suite if ill. We offer bistro dining which is more of a deli-style. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and indoor for residents: \$75.00/month). 6 lounges with: TVs (3), piano (1), billiards (1) and BBQ (1). Guest suites available (\$125.00/night). *Residence has a:* library, chapel, barber/beauty shop, laundry room(s) (no cost) and tuck/convenience store. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, exercise room, greenhouse, craft room, card room and swimming pool. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, pool, shopping, theatre, parties, art classes, entertainment, pet visiting and day trips.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee) and personal (extra cost). Transportation for group social activities. 24-hour security. Nightly security checks. Telephone (included in fee; long distance in Canada and United States up to 200 minutes/month). Cable TV (included in fee). Internet (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Forest Building: Beech Suite - \$3,300.00/month; Pine Suite - \$3,700.00/month; Cedar Suite - \$3,900.00/month. Grove Building: Maple Suite - \$3,400.00/month; Poplar Suite - \$3,800.00/month; Oak Suite - \$3,900.00/month. Orchard Building: Willow Suite - \$3,500.00/month; Birch Suite - \$3,900.00/month; Elm Suite - \$3,900.00/month; Ash Suite - \$4,500.00/month. Extra cost for 2nd person sharing suite (\$500.00/month; Independent Apartments - \$250.00/month). Rent paid monthly. *Payment Options:* cheques, post-dated cheques and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Short-term respite and trial stays available (both \$90.00/day, minimum 2 week stay required).

DID YOU KNOW?

The Alzheimer Society of Canada has a list of tips to cope with "age-related memory difficulties"

- "Keep a routine
- Organize information (keep details in a calendar or day planner)
- Put items in the same spot (always put your keys in the same place by the door)
- Repeat information (repeat names when you meet people)
- Run through the alphabet in your head to help you remember a word
- Make associations (relate new information to things you already know)
- Involve your senses (if you are a visual learner, visualize an item)
- Teach others or tell them stories
- Get a full night's sleep
- Learn more about what you can do to maintain your brain health and strengthen your memory"

Quoted from: alzheimer.ca/en/About-dementia/What-is-dementia/Normal-aging-vs-dementia October 2018



◆ OTTAWA ◆

OTTAWA (153 - 158) – In 2001 the City of Ottawa was created through the amalgamation of several former cities/area/townships (Ottawa, Nepean, Kanata, Gloucester, Orléans and others). To assist our readers in locating where a home is within the amalgamated larger City of Ottawa, if a home has indicated a former area/neighbourhood, it will appear in brackets after 'Ottawa' in the address. Homes in the Ottawa section are listed in alphabetical order.

ALTA VISTA BY REVERA

751 Peter Morand Crescent,
Ottawa, ON K1G 6S9

Tel: (613) 739-0909

Email: denis.robert@reveraliving.com or lucie.tardif@reveraliving.com

Website: www.reveraliving.com/altavista

Contact: **Denis Robert** or **Lucie Tardif**

Capacity: **210 residents**

Subsidies: **none**

Price: **\$1,999.00 - \$7,000.00/month**



Live life your way at Alta Vista. Ideally located in the heart of Ottawa, the comfortable Alta Vista tailors its service to grow with people throughout their retirement. With beautiful grounds and an array of options suitable for all seniors, we offer 137 Independent Living suites, 37 Assisted Living suites and 17 Memory Care suites. At our retirement residence, the level of amenities and the quality of care means that residents can have peace of mind, the support they need, and opportunities to keep engaging in activities and interests that matter most to them.

RESIDENCE INFORMATION: 15 years in operation. Near: Smyth Road and Roger Guindon Avenue. Decorated in 2018. Handrails in hallways. 5 floors, 3 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Revera Inc. 191 units. *Average Waiting Period:* varies. *Average Age:* 80. Can accommodate cognitively impaired people (Memory Care & Assisted Living floor). Can accommodate physically challenged people (multi-person assistance & mechanical lift). Smoking allowed in outdoor designated areas. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* Short-Term: sign in/sign out. Overnight & Holidays: sign in/sign out, let Nursing know. *Languages:* English and French. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Library, Major Highway and Local Hospital (The Ottawa Hospital - General Site). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: Available Staff/Services: Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy, Denturist, Dietitian, Companions, Podiatry/Chiropody, Chaplaincy, Speech Pathology and Audiology/Hearing Clinic. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs, HCAs, PSWs and UCPs on staff. Visiting MD (2 - 3 days/week). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration supervised. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters, ostomies and feeding tubes. Assistance with dressing available.



Weekly assistance with bathing available. Care plans done. Different levels of care available; full continuum of care offered. Private Duty/Extra Care available. Separate unit for residents with dementia. Lab service (on-site, \$30.00/visit).

ACCOMMODATION: *Suite Types:* studios (148) and 1-bedroom (26) units. *In All Suites:* kitchenette, bar fridge, patio/balcony, window coverings, light fixtures, linens, fire alarm, smoke detector, call bell, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Private bathroom with call bell, grab bars, tub and/or shower with non-slip surface. In-suite cable TV provided by residence. Can have own phone number if resident arranges with phone company (residence charges extra). Furnished & unfurnished suites available. *Restrictions on Electrical Appliances:* no stove or burning elements. Suites can be shared. Small pets allowed.

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$6.00, Lunch \$11.00, Dinner \$11.00. *Special Diets:* Vegetarian, Low Salt, Diabetic, Pureed and Kosher (catered). Tray service to suite if ill (no charge for a maximum time of 4 days). There is also a supervised dining room on the Assisted Living floor which helps provide assistance with meal time to residents in need. Unlimited snacks available at any time. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and indoor & outdoor for residents). 2 lounges with: TV (1) and piano (1). Guest suites available (\$85.00/night). *Residence has a:* library, visiting library, chapel, barber/beauty shop, visiting hairdresser and laundry room(s) (no cost). Resident can arrange newspaper delivery to individual suite (extra cost). Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, shuffleboard, exercise room, craft room and card room. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips, discussion group and group & individual physiotherapy classes.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (included in fee) and dry cleaning (extra cost). Transportation to medical appointments (extra cost) and for group social activities. Nightly security checks. Telephone (extra cost). Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Studio suites - \$1,999.00/month & up. Please check in with us at Alta Vista to see what new promotions we may have! Extra cost for 2nd person sharing suite (\$840.00/month). Rent paid monthly. *Payment Options:* cheques, post-dated cheques and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Short-term respite and trial stays available (both \$85.00/day; care is additional cost).

BILLINGSWOOD MANOR

1370 Bank Street,
Ottawa (Old Ottawa South), ON K1H 8N6
Tel: (613) 731-8448
Email: brandie@billingswoodmanor.com
Website: www.billingswoodmanor.com
Contact: Brandie Cyr



CARE LEVELS: Independent Living • Assisted Living • Respite Stay

DID YOU KNOW?

The Ontario government has passed a law that allows caregivers to take up to 8 weeks of unpaid leave from their jobs to care for a sick loved one without them fearing that their job will be terminated. For additional information visit <https://www.ontario.ca/document/your-guide-employment-standards-act-0/family-caregiver-leave>.



BRUYÈRE VILLAGE

889 Hiawatha Park,
Ottawa (Orléans), ON K1C 0A9

Tel: (613) 683-2508

Email: village@bruyere.org

Website: bruyere.org/village

Contact: **Tenant Coordinator**

Capacity: **300 residents**

Subsidies: **45 subsidized apartments available through the Ottawa Housing Registry**

Price: **\$2,180.00 - \$3,840.00/month**



The Bruyère Village offers a wide range of living accommodations and services in a bilingual community setting, along the banks of the Ottawa River, in Orléans. Our vision is simple: *To support seniors so they can remain in their homes as long as possible, maintain healthy lifestyles, have access to different levels of accommodations and to provide affordable housing in Ottawa.* The Bruyère Village includes components such as Independent Living and Assisted Living that support activities of daily living and offers healthy aging and community programs. Our dedicated staff members are committed to ensuring that our tenants receive the proper support services to maintain an ongoing quality of life throughout their years, within a continuum of care setting. *Welcome to Bruyère Village!*

RESIDENCE INFORMATION: 7 years in operation. Near: Hiawatha Park Street and St. Louis Drive. Decorated in 2014. Handrails in hallways. 4 floors, 3 elevators. Wheelchair accessible. *Funding Base:* Not-for-profit. *Owned by:* Bruyère Continuing Care. 227 units. *Average Waiting Period:* varies. *Average Age:* 75. Can accommodate cognitively impaired people with restrictions (locked units not available). Can accommodate physically challenged people with restrictions (no lifts available). Smoke-free residence. Alcohol allowed. *Languages:* English and French. Main doors of residence are always secured. Close to: Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospital (Hopital Montfort).

STAFFING: Available Staff/Services: Pharmacy, Visiting Dentist, Chaplaincy, Chiropody, Audiology/Hearing Clinic and Hair Salon. *External services arranged by:* family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour staff. PSWs on staff. Visiting MD (weekly). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

Bruyère Village
Adding Life to Years for Seniors

Apartments
for people 60+

on the banks of the Ottawa River.

For a guided tour, call us at: **613-683-2508**

889 Hiawatha Park Rd., Orléans | bruyere.org/village

SOINS CONTINUS
Bruyère
CONTINUING CARE

 VILLAGE
BRUYÈRE
VILLAGE



HEALTH SERVICES: Medication administration supervised (Assisted Living clients only). Vitals monitored if required. Will accept (but not provide special assistance for) residents who require oxygen, catheters, ostomies and feeding tubes. Assistance with dressing available. Assistance with bathing available twice/week. Care plans done. Assisted Living Area. Separate unit for residents with dementia. Will help locate higher level of care if needed.

ACCOMMODATION: Suite Types: bachelor, 1-bedroom, 2-bedroom and 2-bedroom + den units. *In All Suites:* kitchenette, stove, window coverings, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Fridge, dishwasher and washer/dryer in each apartment. Private bathroom with grab bars and walk-in shower with non-slip surface. In-suite cable TV if resident arranges with cable company. Can have own phone number if resident arranges with phone company. Unfurnished suites. Suites can be shared (pending availability of beds), roommate picked by residence staff. No pets allowed.

DINING SERVICE: 3 meals/day included in cluster/studio units. 2 meals/day included in co-housing apartments. Tenants residing in 1-bedroom, 2-bedroom, 1-bedroom + den, and 2-bedroom + den units pay extra for meals. *Guest Meals:* Lunch \$11.00, Dinner \$14.00. *Special Diets:* Available. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and residents: \$45.00/month). 6 lounges with: TVs (6) and full kitchens (5). Guest suites available (\$80.00/night). *Residence has a:* library, chapel, barber/beauty shop, laundry room(s) (\$1.00/washer load, \$1.00/dryer load) and tuck/convenience store (open 8:00 a.m. to 4:00 p.m.). Banking services on premises (once/month, upon availability). Resident can arrange newspaper delivery to lobby. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, shuffleboard, exercise room, craft room, card room and hobby room. Posted schedule of activities. *Recreational Programs:* exercise, shopping, parties, entertainment and day trips.

OTHER SERVICES: *Housekeeping:* weekly (included in rent in Besserer Place). Transportation to medical appointments (fee varies) and for group social activities (fee varies). Nightly security checks (for Assisted Living clients). Telephone (according to service provider). Cable TV (according to service provider). Utilities (heat, hydro, air conditioning, water included in fee). Parking. Meals. Storage Lockers.

RENTAL INFORMATION: Rates may vary. No cost for sharing suite. Rent paid monthly. *Payment Options:* cheques, post-dated cheques and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Trial stays (\$80.00/day) available.

PORTOBELLO RETIREMENT COMMUNITY BY REVERA

691 Valin Street,
Ottawa (Orléans), ON K4A 0G3
Tel: (613) 824-6909
Email: Louise.Hague@reveraliving.com
Website: www.reveraliving.com/portobello
Contact: Louise Hague, Executive Director



CARE LEVELS: Independent Living • Assisted Living • Respite and Convalescent Care • Trial Stays • Guest Stays

Have you found our *Guide* helpful?
Please let the homes you contact know that you found them here!!!



VILLAGIA IN THE GLEBE

**480 Metcalfe Street,
Ottawa (The Glebe), ON K1S 3N6**
Tel: (613) 565-5212 or (613) 617-7888 • Fax: (613) 565-8902
Email: leasing@villagiaintheglebe.com
Website: www.villagiaintheglebe.com
Contact: Sue Lankford
Capacity: 210 residents
Subsidies: none
Price: \$2,674.00 - \$7,595.00/month



Active and Assisted Retirement Living in the heart of the Glebe near the Rideau Canal. Choice of renovated suites, many with views of the Rideau Canal and Pretoria Bridge. Enjoy your free time with Executive Chef-prepared meals, busy social programs with excursions to cultural and sporting events, exercise classes and wireless internet. Elegant dining rooms and lounges, heated indoor swimming pool, beauty/barber shop with spa and Certified Esthetician and Massage Therapist, movie theatre room, ballroom for dances and so much more. Our health and wellness program with a nurse available 24/7 if needed, offers peace of mind. Let us take care of the snow shoveling and maintenance so you may enjoy your new friends!

RESIDENCE INFORMATION: 21 years in operation. On: Isabella Street and Metcalfe Street. Decorated in 2007. Handrails in hallways. 10 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Vivacity Property Management. *Managed by:* Vivacite. 154 units. *Average Waiting Period:* none. *Average Age:* 80. Can accommodate cognitively impaired people (secure Memory Care Floor). Can accommodate physically challenged people (assessment required). Residents have a dress code (dress for dinner). Smoke-free residence. Alcohol allowed (non-licensed therefore we do not charge for alcohol when it is served). *Procedures to Leave the Premises on a Temporary Basis...* notify the Reception Desk. *Languages:* English and French. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospitals (The Ottawa Hospital - General and Civic Sites). *Predominant Cultural Group:* English. Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Dietitian (via LHIN), Companions, Podiatry (via LHIN), Chaplaincy, Speech Pathology (via LHIN), Audiology/Hearing Clinic, Certified Massage Therapist, Certified Reflexologist and Doctor's Office (on-site). *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, HCAs, PSWs and UCPs on staff. In-house full-time Physician and Hairdresser. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept (but not provide special assistance for) residents who require feeding tubes. Will accept and provide special assistance for residents who require oxygen, catheters and ostomies. Assistance with dressing available (cost). Weekly assistance with bathing available (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available. Assisted Living Area is secured to accommodate residents with dementia. Lab service (visiting). Will help locate higher level of care if needed.

ACCOMMODATION: *Suite Types:* studio, 1-bedroom, 1-bedroom + den and 2-bedroom suites. *In All Suites:* storage, window coverings, light fixtures, linens, stove, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. 90% of suites have full kitchens & 10% kitchenettes, full fridge and convection/microwave. Private bathroom with grab bars, tub and/or shower with non-slip surface. In-suite cable TV provided by residence. Unfurnished suites; furnished suites available for



short stays. *Restrictions on Electrical Appliances:* must pass safety inspection. Suites can be shared (by couples only). Pets allowed (must receive annual shots; be leashed in common areas; resident must be able to look after own).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$8.25, Lunch \$11.00, Dinner \$16.00. *Special Diets:* Vegetarian, Low Salt, Diabetic and Gluten Free. Most special diets accommodated. Tray service to suite if ill (no charge for a maximum time of 21 days). Unlimited snacks available at any time. Executive Chef-prepared meals. Breakfast is à la carte, Private dining room available. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and indoor for residents: \$100.00/month). 7 lounges with: TVs (2), pianos (2), computers (1), pool table and cards (2). Guest suites available. *Residence has a:* library, visiting library, chapel, barber/beauty shop and laundry room(s) (no cost). Residence provides newspaper delivery to individual suite. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, exercise room, craft room, card room, swimming pool, movie theatre, ballroom, computer room, pub lounge, spa and outdoor patio. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips, Yoga, Tai Chi, ballroom dancing, line dancing, dinner theatre, computer training and languages.

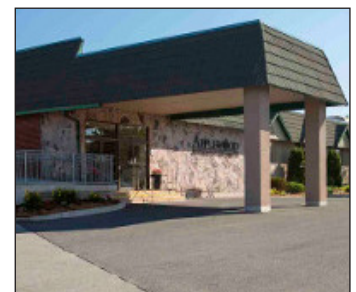
OTHER SERVICES: *Housekeeping:* included in fee weekly for Independent; daily for Assisted Living. *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost; included for Assisted Living) and dry cleaning (extra cost). Extra cost for laundry services depends on level of care. Transportation for group social activities. Nightly security checks. Telephone (extra cost). Cable TV (included in fee). Utilities (included in fee). Emergency Response pendant.

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (cost depends on level of care required). Rent paid monthly. *Payment Options:* cheques, post-dated cheques, direct deposit and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual with 3 months' notice given. Will help resident move into residence (extra cost). Short-term respite (\$110.00/day) and trial stays available (rates are determined by level of care required).

◆ PETERBOROUGH ◆

APPLEWOOD RETIREMENT RESIDENCE

1500 Lansdowne Street West,
Peterborough, ON K9J 2A2
Tel: (705) 749-1500 • Fax: (705) 749-1991
Email: betty@applewoodrr.com or neila@applewoodrr.com
Website: www.applewoodrr.com
Contact: **Betty Smith** or **Neila Curtin**
Capacity: **136 residents**
Subsidies: **none**
Price: **\$3,250.00/month and up**



Applewood Retirement Residence is a well-established, warm retirement community nestled on 2 acres of beautifully landscaped gardens in picturesque Peterborough. Every suite has a balcony or patio. We offer short-term trial, convalescent, respite, or winter stays as well as permanent residency. Join us for a few weeks, a few months, or make Applewood your home.

RESIDENCE INFORMATION: 31 years in operation. *Near:* Kawartha Heights Boulevard on Lansdowne Street West. Decorated in 2018. Handrails in hallways. 3 floors, 3 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* private investors. *Managed by:* Greenwood Retirement Communities. 125 units. Average Waiting



Period: varies. *Average Age:* 87. Can accommodate cognitively impaired people (must be safe in their room on their own). Can accommodate physically challenged people with restrictions (3 barrier free suites; must be safe in room by themselves). Residents have a dress code (no night wear in the dining room). Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...*sign out/notify Front Desk. *Languages:* English and some French & Italian residents. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Major Highway and Local Hospital (Peterborough Regional Health Centre). Member of ORCA and Peterborough Chamber of Commerce. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy, Podiatry (via LHIN), Chaplaincy, Speech Pathology (via LHIN) and Audiology/Hearing Clinic. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, HCAs and PSWs on staff. Visiting MD (once monthly on-site, more often at his office). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters, ostomies and feeding tubes. Assistance with dressing available (\$25.00/hour). Weekly assistance with bathing available (\$25.00/hour). Care plans done. Lab service (visiting, \$25.00/visit). Will help locate higher level of care if needed (LHIN involvement; long-term care wait list).

ACCOMMODATION: *Suite Types:* private studio (97) or private 1-bedroom (29) suites. *In All Suites:* kitchenette, bar fridge, microwave, private balcony or patio, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. Private bathroom with call bell and grab bars, tub or walk-in shower with non-slip surface. In-suite cable TV provided by residence, satellite TV if resident arranges with satellite company (residence charges extra). Can have own phone number provided by residence. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* no hot plates or frying pans. Suites can be shared (by couples only), roommate picked by resident. Pets allowed (dogs, cats & birds).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$5.00, Lunch \$8.00, Dinner \$10.00. *Special Diets:* Vegetarian, Low Salt, Diabetic, Celiac and Renal. Alternate menu available. Tray service to suite if ill (no charge for a maximum time of 3 days). Unlimited snacks available at any time. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and indoor & outdoor for residents: \$25.00/month). 3 lounges with: TVs (2) and pianos (2). Guest suites available (\$50.00/night). *Residence has a:* library, chapel, barber/beauty shop, laundry room(s) (no cost) and tuck/convenience store (open daily, 7:00 p.m.). Residence provides newspaper delivery to individual suite. Mail delivered to individual suite. *Recreation Facilities:* shuffleboard, exercise room, craft room, card room, plant room, raised garden beds and horseshoes. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips, Lunch Club, Book Club, craft classes and dementia program.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost; each floor has free laundry rooms, bring own soap) and dry cleaning (pick up & delivery on-site). Transportation to medical appointments and for group social activities. 24-hour security. Nightly security checks. Telephone (included in fee; local and long distance North America). Cable TV (included in fee). Utilities (included in fee). Covered parking (\$40.00/month).

RENTAL INFORMATION: Rates may vary. Studio - \$3,250.00/month; 1-bedroom suites - up to \$4,450.00/month - all-inclusive pricing. Extra cost for 2nd person sharing suite (\$550.00/month for all-inclusive service). Rent paid monthly. *Payment Options:* cheques, post-dated cheques, direct deposit and pre-authorized payments. Rent increases as per regulation are annual with 3 months' notice given. Short-term respite and trial stays available (both \$50.00/day to \$75.00/day for 7- 14 days then regular daily rate; \$75.00/day if more care required).



◆ PICKERING ◆

ABBEYLAWN MANOR LIVING

534 Rodd Avenue,
Pickering, ON L1W 2B2

Tel: (905) 509-2582 • Fax: (905) 509-5467

Toll Free: 1 (888) 999-5668

Email: info@abbeylawnmanor.com or kjshields@abbeylawnmanor.com

Website: www.abbeylawnmanor.com

Contact: **Kim Jimmo-Shields**

Capacity: **57 residents**

Subsidies: **none**

Price: **\$2,889.00 - \$5,468.00/month**



Pickering's Best Kept Secret! Picturesque setting by Lake Ontario surrounded by the Petticoat Creek Conservation Area. A Country Inn setting in the city.

RESIDENCE INFORMATION: 12 years in operation. Near: Whites Road and Highway 401. Decorated in 2015. Handrails in hallways. 4 floors, 1 elevator. Wheelchair accessible. *Funding Base:* Corporate/for profit. 57 units. *Average Waiting Period:* varies. *Average Age:* 85. Can accommodate cognitively impaired people (Enhanced Living with secure indoor/outdoor area). Can accommodate physically challenged people with restrictions (no 2-person transfers or mechanical lifts). Smoking allowed in designated outdoor areas. Alcohol allowed (no public intoxication, residents may have alcohol in their suites). *Procedures to Leave the Premises on a Temporary Basis...* Short-Term: sign out and in. Overnight & Holidays: advise the nurse and sign out and in. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Lakeridge Health – Ajax and Pickering Site). *Predominant Cultural Group:* Canadian/English speaking. Member of ORCA and Board of Trade Pickering/Ajax. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Dietitian (via LHIN), Companions, Podiatry, Chaplaincy, Speech Pathology (via LHIN), Audiology/Hearing Clinic, Fall Prevention and Exercise Class 5 days/week. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, PSWs and UCPs on staff. Visiting MD (weekly; phone consult 24/7). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters and ostomies. Assistance with dressing available (\$35.00/hour). Weekly assistance with bathing available. *Extra baths:* \$20.00/bath. Care plans done. Different levels of care available. Private Duty/Extra Care available (\$302.00 to \$1,204.00/month). Assisted Living Area (\$4,188.00 to \$5,468.00/month). Separate unit for residents with dementia. Lab service (visiting, \$25.00/visit). Will help locate higher level of care if needed (contact with LHIN Care Coordinator to initiate placement papers).

ACCOMMODATION: *Suite Types:* small, medium, large, studio apartment with kitchenette and penthouse units. *In All Suites:* storage, window coverings, light fixtures, linens, smoke detector, sprinkler, call bell and air conditioning (window unit if desired - bring own). Studios have kitchenette with bar fridge & microwave. All common areas have air conditioning. Private bathroom with call bell, grab bars, tub and/or shower. In-suite cable TV if resident arranges with cable company. Can have own phone number if resident arranges with phone company. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* must be CSA Approved. Suites can be shared (by couples only). Pets allowed (Pet Policy Agreement is required).



DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$6.00, Lunch \$8.00, Dinner \$11.00. *Special Diets:* Vegetarian, Low Salt, Diabetic and Therapeutic. Tray service to suite if ill (no charge for a maximum time of 3 days). 2 snacks/day and unlimited snacks available at any time. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 4 lounges with: TVs (2) and piano (1). Residence has a: library, visiting library, chapel, barber/beauty shop, laundry room(s) (no cost) and tuck cart (door to door twice monthly). Residence provides newspaper delivery to main desk. Mail delivered to individual suite. *Recreation Facilities:* exercise room, craft room and card room. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting and day trips.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee) and personal (\$40.00/month). Transportation for group social activities. 24-hour security. Nightly security checks. Telephone (resident orders service). Cable TV (resident orders service). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Independent: small suite - \$2,952.00 /month; medium suite - \$3,180.00/month; large suite - \$3,820.00/month; studio apartment with kitchenette - \$4,312.00/month. Assisted: small suite - \$4,188.00/month; medium suite - \$4,352.00/month; large suite - \$4,885.00/month; studio apartment with kitchenette - \$5,468.00/month; penthouse - \$5,394.00/month. Extra cost for 2nd person sharing suite (\$890.00/month). Rent paid monthly. *Payment Options:* cheques, post-dated cheques and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 90 days' notice given. Will help resident move into residence. Short-term respite and trial stays available (both \$100.00/day).

◆ PORT HOPE ◆

EMPIRE CROSSING RETIREMENT COMMUNITY

224 Ward Street,

Port Hope, ON L1A 0C5

Tel: (905) 885-9898 • Fax: (905) 885-6363

Email: info@empirecrossing.ca

Website: www.espritlifestyle.com

Contact: **Community Relations Coordinator**

Capacity: **87 residents**

Subsidies: **none**

Price: **\$3,150.00 - \$4,800.00/month**

Esprit
Lifestyle
Communities



At Empire Crossing, you will enjoy a comfortable and stimulating community surrounded by people from varied backgrounds and interests. We offer 1-bedroom and 2-bedroom apartment-style suites, which you may personalize yourself, and each has a balcony or a patio. Located in lovely residential area with easy access to transportation and Highway 401.

RESIDENCE INFORMATION: 4 years in operation. *On:* Ward Street and Rose Glen Road. Decorated in 2015. 4 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Esprit Lifestyle Communities. 63 units. *Average Waiting Period:* varies. *Average Age:* 84. Can sometimes accommodate cognitively impaired people (cannot accommodate exit-seeking). Can sometimes accommodate physically challenged people (must be able to transfer oneself). Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...*advise Wellness Staff of your absence and anticipated return. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping and Major Highway. Member of ORCA. Licensed under the Retirement Homes Act.



STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Dietitian (via LHIN), Companions, Podiatry (via LHIN), Chaplaincy and Speech Pathology (via LHIN). *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing staff. RPNs, PSWs and UCPs on staff. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept (but not provide special assistance for) residents who require catheters. Will accept and provide special assistance for residents who require oxygen and ostomies. Assistance with dressing available (cost). Weekly assistance with bathing available (cost). Care plans done. Different levels of care available. Lab service (visiting). Will help locate higher level of care if needed (work with the LHIN).

ACCOMMODATION: *Suite Types:* 1-bedroom and 2-bedroom units. *In All Suites:* kitchenette, bar fridge, patio/balcony, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Private bathroom with call bell, grab bars and shower. In suite satellite TV provided by residence (residence charges extra). Can have own phone number provided by residence (residence charges extra). Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* no toaster ovens; auto shut-off kettles. Suites can be shared. Pets allowed (Pet Policy).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt and Diabetic. Tray service to suite if ill (no charge for a maximum time of 3 days). Unlimited snacks available at any time. Bistro always available for refreshments. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). *2 lounges with:* piano (1). Guest suites available. *Residence has a:* library, visiting library, barber/beauty shop, visiting hairdresser and laundry room(s) (no cost). Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, craft room, card room and resident bus. Posted schedule of activities. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting and day trips.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee) and personal (extra cost). Transportation for group social activities. Nightly security checks. Telephone (extra cost). Cable TV (extra cost). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$650.00/month). Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Short-term respite and trial stays available.

DID YOU KNOW?

The Retirement Homes Regulatory Authority (RHRA) regulates, educates, oversees and enforces the regulations and care standards established by the government to protect seniors in retirement residences across Ontario. For additional information and to view the Public Register of homes visit www.rhra.ca or call **1 (855) ASK-RHRA (275-7472)**.



◆ PORT PERRY ◆

WEST SHORE VILLAGE

293 Perry Street,
Port Perry, ON L9L 1S6
Tel: (905) 985-8660 • Fax: (905) 985-1881
Email: t.brandenburg@powergate.ca or dmarch@powergate.ca
Website: www.westshorevillage.ca
Contact: **Tammy Brandenburg** or **Debbie March**
Capacity: **75 residents**
Subsidies: **none**
Price: **\$3,604.00 - \$5,398.00/month**



West Shore Village is a family-owned retirement community that takes pride in offering seniors the lifestyle they deserve. Accommodations and service options are tailored to suit individual needs and lifestyles. Located in the heart of Port Perry, nestled on just under 10 acres, the property boasts stunning gardens, natural conservation areas and patios. Our grounds are connected by a private walkway to lakeshore nature trails, the library and seniors' centre.

RESIDENCE INFORMATION: 21 years in operation. *Near:* Highway 7A and Simcoe Street. Decorated in 2017. 4 floors, 3 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. 72 units. *Average Waiting Period:* varies. *Average Age:* 85. Can accommodate cognitively impaired people (mild cognitive impairment). Can accommodate physically challenged people. Smoking allowed outside the building. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* Short-Term: notify staff. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library and Local Hospital (Lakeridge Health - Port Perry Site). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Dietitian (via LHIN), Chaplaincy, Speech Pathology (via LHIN), Audiology/Hearing Clinic and Foot Care Nurse. *External services arranged by:* residence and/or family/resident. *Staff trained re:* cognitively impaired. 24-hour nursing and other staff. RPNs, HCAs, PSWs and UCPs on staff. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration supervised (\$175.00/month). Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters, ostomies and feeding tubes. Assistance with dressing available (\$28.50/hour). Weekly assistance with bathing available (\$100.00/month). *Extra baths:* \$28.50/bath. Care plans done. Different levels of care available. Private Duty/Extra Care available (\$28.50/hour). Assisted Living available. Lab service (visiting, \$28.75/visit). Will help locate higher level of care if needed (referral forms for application to the LHIN for long-term care).

ACCOMMODATION: *Suite Types:* studio suite and 1-bedroom units. *In All Suites:* window coverings, light fixtures, linens, fire alarm, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, window air conditioning (extra cost) and thermostats for heating & cooling. Kitchenettes are available upon request. Private bathroom with grab bars and shower. In-suite cable TV if resident arranges with cable company. Can have own phone number provided by residence. Unfurnished suites; furnished suites available for short stays. Suites can be shared (by couples only). Pets allowed (resident must be able to care for pet independently).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$9.00, Lunch \$12.00, Dinner \$15.00. *Special Diets:* Low Salt, Diabetic and Medically Ordered. Tray service to suite if ill (no charge or restrictions). 2 snacks/day and unlimited snacks available at any time. Party facilities available.



AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and residents: \$35.00/month). 3 lounges with: TVs (2) and piano (1). Residence has a: library, chapel, barber/beauty shop, laundry room(s) (no cost) and tuck/convenience store (open 10:30 a.m. to 11:30 a.m.). Resident can arrange newspaper delivery to individual suite (extra cost). Mail delivered to individual suite. *Recreation Facilities:* pool table, shuffleboard, exercise room, craft room and card room. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting and day trips.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (weekly included in fee), towel (weekly included in fee) and personal (weekly included in fee). Transportation to medical appointments (locally \$5.00 each way) and for group social activities. 24-hour security. Nightly security checks. Telephone (included in care portion of fees). Cable TV (resident to arrange). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. All-inclusive monthly rates. Studio Suite Village View - \$3,604.00/month; Studio Suite Lake Side \$3,722.00/month; 1-bedroom units - \$5,398.00/month. Extra cost for 2nd person sharing suite (\$950.00/month). Life Lease option is available (bungalows). Rent paid monthly. *Payment Options:* cheques, post-dated cheques and e-transfers. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Short-term respite (\$135.00/day) and trial stays available.

◆ RICHMOND HILL ◆

DELMANOR ELGIN MILLS

80 Elgin Mills Road East,

Richmond Hill, ON L4C 0L3

Tel: (905) 770-7963 • Fax: (905) 737-7446

Email: delmanorelginmills@delmanor.com

Website: www.delmanor.com

Contact: Susan Applebaum or Kyle Grant

Capacity: 145 residents

Subsidies: none

Price: \$3,295.00 - \$6,495.00/month

DELMANOR
Inspired Retirement Living™



Memory**Plus**™ NOW OPEN! Award-winning Delmanor Elgin Mills is a proud member of the Tridel group. Established in 2002, Delmanor Elgin Mills is an intimate manor-style residence that offers both Independent and Assisted Living with attentive hotel-style service. Beautifully appointed studio, 1-bedroom & 2-bedroom suites in a community that offers around the clock registered nursing and in-suite emergency response systems. Nestled in a quiet residential neighbourhood, but steps away from shopping, restaurants and many other local amenities. Fine dining with menu choices and table service at each meal, with refreshments available all day in the café. There is a full recreation calendar & Living**Well** personal coaching program. Enjoy the theatre, chapel, fitness room, private dining room, conservatory, lush private gardens as well as an exclusive Delmanor bus for excursions. Proud member of ORCA.

RESIDENCE INFORMATION: 17 years in operation. Near: Yonge Street on Elgin Mills Road. Decorated in 2011. Handrails in hallways. 3 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Tridel Inc. *Managed by:* Delmanor Seniors Communities Inc. 121 units. *Average Waiting Period:* varies. *Average Age:* 84. Can accommodate cognitively impaired people (Memory**Plus**™ NOW OPEN!). Can accommodate physically challenged people (1-person transfer only). Residents have a dress code. Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* notify Concierge. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospital (Mackenzie Health). Member of ORCA and Richmond Hill Chamber of Commerce. Licensed under the Retirement Homes Act.



STAFFING: Available Staff/Services: Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Dietitian (via LHIN), Companions, Podiatry (via LHIN)/Chiropractic, Chaplaincy, Audiology/Hearing Clinic, Massage Therapist and Optician. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, PSWs and UCPs on staff. Visiting MD (every 2 weeks). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision (included in monthly rate in Regal and MemoryPlus™). Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen and ostomies. Assistance with dressing available (cost). Assistance with bathing available as needed (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available. Separate unit for residents with dementia. Lab service (visiting). Will help locate higher level of care if needed (residence will work with the LHIN).

ACCOMMODATION: Suite Types: studios, 1-bedroom and 2-bedroom suites. *In All Suites:* bar fridge, microwave, window coverings, light fixtures, linens, fire alarm, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. Private bathroom with grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV provided by residence. Can have own phone number provided by residence. Furnished & unfurnished suites available. *Restrictions on Electrical Appliances:* no hot plates; appliances must have automatic shut-off. Suites can be shared. Small pets allowed (under 30 lbs.; residents must sign a Pet Waiver).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$8.00, Lunch \$13.00, Dinner \$20.50. *Special Diets:* Vegetarian, Low Salt, Diabetic, Heart Smart and Gluten Free. À la carte menu available for residents and guests. Tray service to suite if ill (no charge for a maximum time of 4 days). Unlimited snacks available at any time. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and residents: \$25.00/month). 10 lounges with: TVs (6), piano (1), billiards (1) and fitness equipment (1). Guest suites available. *Residence has a:* library, chapel, barber/beauty shop, visiting hairdresser, laundry room(s) (no cost) and tuck/convenience store (open 3 morning/week). Residence provides newspaper delivery to individual suite (extra cost). Mail delivered to main desk. *Recreation Facilities:* pool table, exercise room, greenhouse, craft room, card room, potting room, private courtyards and lush gardens. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips and LivingWell personal coaching.

OTHER SERVICES: *Housekeeping:* daily and weekly (included in Regal Service). *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost on Presidential Plan; included for Regal Service) and dry cleaning (extra cost; cleaners will pick up items and return). Transportation for group social activities (extra cost for trips to theatre, restaurants). 24-hour security. Nightly security checks. Telephone (included in fee). Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$795.00/month). Rent paid monthly. *Payment Options:* post-dated cheques and pre-authorized payments. Rent increases are annual for resident with 3 months' notice given. Will help resident move into residence. Short-term respite and trial stays available.

DON'T FORGET...

When searching for a retirement home you must be an **Informed Consumer**. Ask questions, make notes, talk to residents and staff, try the food and arrange a trial stay. Review our section on RETIREMENT RESIDENCE VISITING TIPS before your visits.



SCARBOROUGH

ALEXIS LODGE
 CEDARBOOK LODGE
 MCCOWAN RETIREMENT RESIDENCE
 PRESENTATION MANOR
 SCARBOROUGH RETIREMENT RESIDENCE
 SHEPHERD TERRACE RETIREMENT RESIDENCE
 VILLA PUGLIESE ASSISTED LIVING FACILITY

Please see TORONTO for information on these residences.

◆ SIMCOE ◆

CEDAR CROSSING RETIREMENT COMMUNITY

395 Cedar Street,
 Simcoe, ON N3Y 2J2
 Tel: (226) 484-6000
 Email: info@cedarcrossing.ca
 Website: www.espritlifestyle.com
 Contact: **Community Relations Coordinator**
 Capacity: **80 residents**
 Subsidies: **none**
 Price: **\$2,900.00 - \$5,700.00/month**

Esprit
 Lifestyle
 Communities



At Cedar Crossing, you have the freedom to choose the kind of retirement lifestyle you've been looking for. From the comfort of your private suite, you'll have access to a full range of comforts and services you can enjoy with new friends and old alike. Delicious, professionally-prepared meals are served in the dining room, and extra help is always at hand if you need it. Cedar Crossing, in the heart of Simcoe, Ontario, offers a selection of 1-bedroom and studio suites. We are sure to have one perfectly suited to you.

RESIDENCE INFORMATION: 3 years in operation. Near: Queensway Avenue and Cedar Street. Decorated in 2016. Handrails in hallways. 4 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Esprit Lifestyle Communities. 69 units. *Average Waiting Period:* none. *Average Age:* 82. Can sometimes accommodate cognitively impaired people. Can accommodate physically challenged people. Smoke-free residence. Alcohol allowed. *Languages:* English. Main doors of residence secured at night only. *Close to:* Shopping, Churches, Major Highway and Local Hospital. Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Dietitian (via LHIN), Podiatry (via LHIN), Chaplaincy and Speech Pathology (via LHIN). *External services arranged by:* residence and/or family/resident. *Staff trained re:* hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, HCAs and PSWs on staff. Visiting MD. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administered if required. Vitals monitored if required. Will accept (but not provide special assistance for) residents who require catheters and ostomies. Will accept and provide special assistance for residents who require oxygen. Assistance with dressing available (cost). Weekly assistance with bathing available (cost).



Care plans done. Different levels of care available. Private Duty/Extra Care available. Lab service (visiting). Will help locate higher level of care if needed.

ACCOMMODATION: *Suite Types:* studio and 1-bedroom suites. *In All Suites:* window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, 24-hour emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Private bathroom with grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV provided by residence. Can have own phone number if resident arranges with phone company. Furnished & unfurnished suites available. Restrictions on electrical appliances. Suites can be shared. Pets allowed (Pet Policy).

DINING SERVICE: All meals included in fee and served in dining room daily. Tray service to suite if ill. Unlimited snacks available at any time. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 3 lounges with: TVs (3) and piano (1). Residence has a: library, chapel, barber/beauty shop, visiting hairdresser and laundry room(s) (no cost). Banking services on premises. Residence provides newspaper delivery to individual suite. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, exercise room, craft room and card room. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting and day trips.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost) and dry cleaning (extra cost). Transportation for group social activities. 24-hour security. Nightly security checks. Telephone (extra cost). Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$650.00/month). Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases as per Provincial Tenancy Legislation, with 3 months' notice given. Will help resident move into residence. Short-term respite and trial stays available.

◆ STOUFFVILLE ◆

STOUFFVILLE CREEK RETIREMENT RESIDENCE

40 Freel Lane,
Stouffville, ON L4A 0P5
Tel: (905) 642-2902 • Fax: (905) 642-8580
Email: mkg.mgr.stouffville@verveseniorliving.com
Website: www.verveseniorliving.com/stouffville-creek/
Contact: **Marketing Manager**
Capacity: **130 residents**
Subsidies: **none**
Price: **\$3,426.00 - \$5,962.00/month**



Stouffville Creek combines a luxurious, yet relaxed atmosphere as an Independent and Full Service Retirement Residence. We are in the heart of Stouffville just off Main Street and steps away from buses and trains. A quiet oasis in the midst of a vibrant community. Come and discover farmlands, an amazing country market, gallery, museum and art centre. Stouffville Creek is owned & managed by VERVE/Diversicare, who is the recipient of the 2003, 2006, 2009, 2012 and 2015 Order of Excellence Award presented by Excellence Canada. This award was received for the exceptional quality and customer service we provide to our residents every day.

RESIDENCE INFORMATION: 10 years in operation. *Near:* Main Street and Freel Lane. Decorated in 2009. Handrails in hallways. 5 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Diversicare/



Verve Senior Living. *Managed by:* Verve Senior Living. 118 units. *Average Waiting Period:* varies. *Average Age:* 84. Can accommodate cognitively impaired people (assessment must be conducted). Can accommodate physically challenged people (assessment must be conducted). Smoke-free residence. Alcohol allowed. Visitor sign in and out required. *Procedures to Leave the Premises on a Temporary Basis...*resident sign in and sign out required. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Markham-Stouffville Hospital). *Predominant Cultural Group:* Canadian. Member of ORCA, Whitchurch-Stouffville Chamber of Commerce, Markham Board of Trade and Silver Jubilee. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Dietitian (via LHIN), Companions, Podiatry (via LHIN), Chaplaincy, Speech Pathology (via LHIN) and Audiology/Hearing Clinic. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, PSWs and UCPs on staff. Visiting MD (every 2 weeks). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept (but not provide special assistance for) residents who require catheters and ostomies. Will accept and provide special assistance for residents who require oxygen. Assistance with dressing available (\$24.00/half hour). Assistance with bathing available as needed (\$17.00/half hour). Care plans done. Different levels of care available. Lab service (visiting, \$30.00/visit). Will help locate higher level of care if needed (long-term care process is reviewed with resident and family).

ACCOMMODATION: *Suite Types:* studio (35), 1-bedroom (63) and 2-bedroom (20) suites. *In All Suites:* kitchenette, bar fridge, most suites have balconies, storage, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency pull cord/emergency response system with wearable pendant, air conditioning (central - forced air) and thermostats for heating & cooling. Private bathroom with call bell, grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV if resident arranges with cable company. Can have own phone number if resident arranges with phone company. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* no toasters. Suites can be shared (by couples only), roommate picked by resident. Small pets allowed (must be able to care for pet).

DINING SERVICE: All meals included in fee. Lunch and dinner in dining room with daily features and à la carte menu; separate breakfast room. *Guest Meals:* Breakfast \$6.00, Lunch \$12.00, Dinner \$17.00. *Special Diets:* Vegetarian, Low Salt Diabetic and Limited Therapeutic Diets. Tray service to suite if ill (no charge if Doctor orders). Unlimited snacks available at any time. Alcohol available in dining room and bistro. Party facilities available. *Living Loving Local from Farm to Table.*

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and residents: \$75.00/month). 4 lounges with: TVs (2) and piano (1). Guest suites available (\$95.00/night). *Residence has a:* library, visiting library, chapel, barber/beauty shop, visiting hairdresser, laundry room(s) (no cost) and tuck/convenience store (open daily, 10:30 a.m. to 11:30 a.m.). Banking services on premises (once/month). Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, exercise room, craft room, card room and media room. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips and Brain Gym & MORE® programs.

OTHER SERVICES: *Housekeeping:* weekly (included in fee; daily tidy up extra cost). *Laundry:* linen (included in fee), towel (included in fee) and personal (\$25.00/load). Staff label clothing (included in fee). Complimentary laundry facilities. Transportation for group social activities. 24-hour security. Nightly security checks. Telephone (extra cost). Cable TV (extra cost). Utilities (included in fee). Full Service Lifestyle (\$650.00/month) includes medication management & administration, assistance with personal care as per contract and weekly laundering of personal clothing.

RENTAL INFORMATION: Rates may vary. Studio - \$3,426.00/month & up; 1-bedroom - \$4,404.00/month & up; 2-bedroom - \$5,506.00/month & up. Extra cost for 2nd person sharing suite (\$700.00/month). Rent paid monthly.



Payment Options: cheques, post-dated cheques and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Will help resident move into residence (extra cost). Short-term respite (\$115.00/day) and trial stays (\$95.00/day) available.

◆ THORNHILL ◆

FOUR ELMS RETIREMENT RESIDENCE

1500 Steeles Avenue West,
Thornhill, ON L4J 4H6

Tel: (905) 738-0905 • Fax: (905) 738-6710

Email: mktg1.fe@verveseniorliving.com or mktg2.fe@verveseniorliving.com

Website: www.verveseniorliving.com/four-elms/

Contact: **Marketing Manager**

Capacity: **185 residents**

Subsidies: **none**

Price: **\$3,465.00 - \$6,417.00/month**



Four Elms Retirement Residence is a lovely, warm and friendly community located in Thornhill, at Dufferin Street and Steeles Avenue. With 161 suites we offer a variety of styles and sizes including studio, 1-bedroom, & 2-bedroom suites, some with den and balcony. We provide Independent and Assisted Living Lifestyles. We are serviced by both TTC Wheel-Trans and Vaughan Mobility Plus. Four Elms Retirement Residence is owned/managed by VERVE Senior Living, the proud recipient of the 2003, 2006, 2009, 2012 and 2015 Order of Excellence Award. The award was received for the exceptional quality and customer service we provide to our residents every day.

RESIDENCE INFORMATION: 9 years in operation. On: Steeles Avenue and Dufferin Street. Decorated in 2018. Handrails in hallways. 6 floors, 3 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Diversicare/Verve Senior Living. *Managed by:* Verve Senior Living. 161 units. *Average Waiting Period:* varies. *Average Age:* 84. Can accommodate cognitively impaired people. Can accommodate physically challenged people. Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* notify Front Desk. *Languages:* English, Hebrew, Italian, Russian, Filipino, Spanish and Portuguese. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospitals (North York General Hospital and Mackenzie Health). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Dietitian (via LHIN), Companions, Podiatry (via LHIN)/Chiropody, Chaplaincy, Speech Pathology (via LHIN) and Audiology/Hearing Clinic. *External services arranged by:* family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, PSWs and UCPs on staff. Visiting MD (twice/week). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters and ostomies. Assistance with dressing available. Assistance with bathing available twice/week. Care plans done. Different levels of care available. Private Duty/Extra Care available. Assisted Living Area is secured to accommodate residents with dementia (rates vary based on size of suite; *waiting period:* 1 month). Lab service (visiting, \$25.00/visit). Will help locate higher level of care if needed (Health & Wellness Manager works with the LHIN).

ACCOMMODATION: *Suite Types:* studio (25), alcove (16), 1-bedroom (32), 1-bedroom + den (40), 2-bedroom (4) and 2-bedroom + den (14) units. Secure Floor - studio (14) and 1-bedroom (15) units. *In All Suites:* kitchenette, bar fridge,



storage, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Some suites have balconies. No kitchenettes on Assisted Living floor. Private bathroom with call bell, grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV if resident arranges with cable company. Can have own phone number if resident arranges with phone company. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* automatic shut-off; CSA Approved; no hot plates. Suites can be shared, roommate picked by resident. Small pets allowed (resident must take care of them).

DINING SERVICE: All meals included in fee and served in dining room daily. Open seating for breakfast. *Guest Meals:* Breakfast \$8.00, Lunch \$10.00, Dinner \$20.00. *Special Diets:* Vegetarian, Low Salt, Diabetic, Gluten Free, Lactose Free and Renal. Tray service to suite if ill (no charge if Doctor orders). 2 snacks/day. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and indoor for residents: \$75.00/month). 3 lounges with: TVs (2) and piano (1). Guest suites available. *Residence has a:* library, barber/beauty shop, laundry room(s) (no cost) and tuck/convenience store (open daily, 8 :00 a.m. to 8:00 p.m.). Residence provides newspaper delivery to main desk. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, exercise room, greenhouse, craft room, card room, computer lounge, theatre, activity room, bistro, café and patio. Residence has its own bus. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, art classes, pet visiting, day trips, movies, card games, guest speakers and live entertainment.

OTHER SERVICES: *Housekeeping:* weekly (included in fee; Assisted Living includes daily tidy). *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost for Independent only; included for Assisted Living) and dry cleaning (extra cost). Resident laundry rooms available on each resident floor at no charge. Transportation for group social activities. 24-hour security (staff on duty 24/7). Nightly security checks (only for Assisted Living). Telephone (pay provider). Cable TV (pay provider). Internet (resident must arrange own and pay provider). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$750.00/month). Rent paid monthly. *Payment Options:* cheques, post-dated cheques, direct deposit and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Will help resident move into residence (extra cost). Short-term respite (\$125.00 to \$150.00/day depending upon care services provided), trial and guest stays (single occupancy - \$100.00/day; double occupancy - \$140.00/day) available.

FOLLOW US ON SOCIAL MEDIA!

YouTube, Google+, LinkedIn, Pinterest, Facebook – search for **Senioropolis Inc.**

Twitter – @Senioropolis

CHECK OUT OUR BLOG!

<http://blog.senioropolis.com/>



◆ TILLSONBURG ◆

HARVEST CROSSING RETIREMENT COMMUNITY

15 Harvest Avenue,
Tillsonburg, ON N4G 0E2
Tel: (519) 688-0448 • Fax: (519) 688-1856
Email: info@harvestcrossing.ca
Website: www.espritlifestyle.com
Contact: **Community Relations Coordinator**
Capacity: **150 residents**
Subsidies: **none**
Price: **\$3,400.00 - \$4,700.00/month**



Tucked away in the peaceful community of Tillsonburg, Harvest Crossing Retirement Community is a vibrant senior residence offering deluxe amenities to active and independent retirees. Our unique, all-inclusive lifestyle allows you to enjoy retirement to its fullest with the benefit of a safety net of supportive services should your needs change over time. Harvest Crossing Retirement Community is one of several independent retirement communities owned and managed by Esprit Lifestyle Communities/Extendicare. Our communities are designed to provide Canadian seniors with the services and amenities needed so they may create the independent lifestyle they have always wanted.

RESIDENCE INFORMATION: 9 years in operation. Near: Simcoe Street and West Townline Road. Decorated in 2015. Handrails in hallways. 4 floors, 3 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Esprit Lifestyle Communities. 100 units. *Average Waiting Period:* varies. *Average Age:* 83. Can sometimes accommodate cognitively impaired people. Can sometimes accommodate physically challenged people. Smoke-free residence. Alcohol allowed. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library and Local Hospital (Tillsonburg District Memorial Hospital). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Dietitian (via LHIN), Companions, Podiatry (via LHIN), Chaplaincy and Speech Pathology (via LHIN). *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually and hearing impaired. 24-hour nursing and other staff. RPNs and PSWs on staff. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept (but not provide special assistance for) residents who require catheters and ostomies. Will accept and provide special assistance for residents who require oxygen. Assistance with dressing available. Weekly assistance with bathing available. Care plans done. Different levels of care available. Private Duty/Extra Care available. Lab service (visiting). Will help locate higher level of care if needed (through the LHIN).

ACCOMMODATION: *Suite Types:* 1-bedroom and 2-bedroom suites. *In All Suites:* kitchenette, bar fridge, patio/balcony, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. Private bathroom with call bell, grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV if resident arranges with cable company (residence charges extra). Can have own phone number if resident arranges with phone company (residence charges extra). Furnished & unfurnished suites available. Suites can be shared. Pets allowed (Pet Policy).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt and Diabetic. À la carte options available. Tray service to suite if ill. Unlimited snacks available at any time. Party facilities available.



AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 6 lounges with: TVs (3) and pianos (3). Guest suites available. Residence has a: library, barber/beauty shop, visiting hairdresser and laundry room(s) (no cost). Residence provides newspaper delivery to main desk. Mail delivered to private mailbox with key. *Recreation Facilities:* exercise room, greenhouse, craft room, card room and residence bus. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting and day trips.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost) and dry cleaning (extra cost). Transportation to medical appointments and for group social activities. 24-hour security. Nightly security checks. Telephone (extra cost). Cable TV (extra cost). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$650.00/month). Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases are indexed to inflation as per Provincial Tenancy Legislation, annual with 3 months' notice given. Will help resident move into residence. Short-term respite and trial stays available.

◆ TORONTO ◆

TORONTO (pages 172 - 218) – In 1998 six municipalities (East York, Etobicoke, North York, Scarborough, York and Toronto) were amalgamated to create one large City of Toronto. Therefore, this section includes all of the former municipalities that now make up the current City of Toronto. Because of the size of the city and the number of homes within it, if a home has identified their former municipality, we have included it in brackets after 'Toronto' within the address line for each home. Homes are in alphabetical order within the region.

ALEXIS LODGE RETIREMENT RESIDENCE

705-707 Ellesmere Road,
Toronto (Scarborough), ON M1P 2W1
Tel: (416) 752-1923 • Fax: (416) 752-4750
Email: admin@alexislodge.com
Website: www.alexislodge.com
Contact: **Christiana Egi**
Capacity: **21 residents**
Subsidies: **may be available through residence**
Price: **\$1,800.00 - \$2,900.00/month**



Beautiful non-institutional, home-like setting for people with Alzheimer's Disease and other forms of dementia. Residents use their own furnishings and mementos to assist in providing a familiar environment for them to live in. We provide a therapeutic program aimed at maintaining and prolonging their memory for as long as possible.

RESIDENCE INFORMATION: 20 years in operation. Near: Birchmount Road and Ellesmere Road. Decorated in 2016. Handrails in some of the hallways. 3 floors, no elevator. *Funding Base:* Corporate/for profit. 21 units. *Average Waiting Period:* varies. *Average Age:* 80. Can accommodate cognitively impaired people (Alzheimer's and brain injury). Smoke-free residence. *Procedures to Leave the Premises on a Temporary Basis...* Short-Term: outings encouraged with staff permission. Overnight & Holidays: depends on the individual resident. *Languages:* English, Tamil, Hindi, Russian, Patois, Yoruba, Hausa, Igbo and Cantonese. Main doors of residence are always secured. Close to: Public Transit, Shopping,



Churches, Seniors' Centre, Library, Major Highway and Local Hospitals (Scarborough and Rouge Hospital – Birchmount, General and Centenary Sites). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: Available Staff/Services: Pharmacy, Recreation Therapy, Occupational Therapy, Visiting Dentist, Denturist, Dietitian, Chaplaincy and Physiotherapy (available 3 times/week). External services arranged by: residence and/or family/resident. Staff trained re: visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs, PSWs and UCPs on staff. Visiting MD (bi-weekly or as required). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen and catheters. Assistance with dressing available. Daily assistance with bathing available. Care plans done. Different levels of care available. Lab service (visiting, \$30.00/visit). Will help locate higher level of care if needed (via LHIN).

ACCOMMODATION: Suite Types: all rooms are private. In All Suites: window coverings, light fixtures, linens, smoke detector and hardwood floors with matt finish. Shared bathroom with grab bars, tub and/or shower with non-slip surface and elevated toilet seat. In-suite cable TV provided by residence. Can have own phone extension number provided by residence. Furnished & unfurnished suites available. Suites can be shared. No pets allowed.

DINING SERVICE: All meals included in fee and served in dining room daily. Guest Meals: Breakfast \$4.00, Lunch \$4.00, Dinner \$4.00. Special Diets: Vegetarian, Low Salt and Diabetic. Tray service to suite if ill. 3 snacks/day. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 3 lounges with: TVs (3), piano (1) and computer (1). Residence has a: chapel and visiting hairdresser. Mail delivered to resident. Posted schedule of activities. Recreational Programs: exercise, parties, art classes, entertainment, pet visiting and walks.

OTHER SERVICES: Housekeeping: daily. Laundry: linen (included in fee), towel (included in fee) and personal (included in fee). Transportation to medical appointments (through EMS). 24-hour security. Nightly security checks. Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Cost for sharing suite - fee is per person. Rent paid monthly. Payment Options: cheques, post-dated cheques, direct deposit and cash. Rent increases as per Provincial Tenancy Legislation. Short-term respite and trial stays available (both \$75.00/day).

DID YOU KNOW?

There is a service called the Community Navigation and Access Program (CNAP) in Toronto that helps seniors locate resources in their community. Supported through the Toronto Central LHIN, the organization is a network of over 30 community services in Toronto. Visit www.cnap.ca or call **1(877) 621-2077/(416) 217-2077** for further information or to locate a service provider.

Prices listed in this Guide may vary slightly.
Please call the homes you are interested in directly to verify cost factors.



BELMONT HOUSE

55 Belmont Street,

Toronto, ON M5R 1R1

Tel: (416) 964-9231 • Fax: (416) 964-1448

Email: information@belmonthouse.com

Website: www.belmonthouse.com

Contact: **Gail Walker**

Capacity: **87 residents**

Subsidies: **none**

Price: **\$3,850.00 - \$6,500.00/month**



Belmont House is a charitable, non-profit, Christian Retirement Home for seniors. Situated in one of the last remaining green spaces in the heart of downtown Toronto, Belmont House provides a wide range of programs, services, and resources for both our residents and the community.

RESIDENCE INFORMATION: 167 years in operation. *Near:* Yonge Street and Davenport Avenue. Handrails in hallways. 7 floors, 3 elevators. Wheelchair accessible. *Funding Base:* Not-for-profit. 81 units. *Average Waiting Period:* varies. Can sometimes accommodate physically challenged people. Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* Overnight & Holidays: inform Reception. *Languages:* English. Main doors of residence are always secured. *Close to:* Public Transit, Shopping, Churches, Synagogues, Library and Local Hospitals (University Health Network - Toronto Western Hospital Site and St. Michael's Hospital). *Predominant Cultural Group:* English-speaking Christian. Member of ORCA and AdvantAge Ontario. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Dietitian, Companions, Podiatry/Chiropractic, Chaplaincy, Speech Pathology (via LHIN) and Audiology/Hearing Clinic. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs, HCAs, PSWs and UCPs on staff. Visiting MD (weekly). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and treatments available (cost may apply) and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters and ostomies. Assistance with dressing available (cost). Weekly assistance with bathing available (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available. Lab service (visiting, \$25.00/visit). Will help locate higher level of care if needed.

ACCOMMODATION: *Suite Types:* studio (15), 1-bedroom (60) and 2-bedroom (6) units. *In All Suites:* kitchenette, bar fridge, storage, window coverings, light fixtures, linens, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Full kitchen with 3 appliances in apartments. Private bathroom with call bell, grab bars, tub and/or shower with non-slip surface. In-suite cable TV if resident arranges with cable company. Can have own phone number if resident arranges with phone company. Unfurnished suites. *Restrictions on Electrical Appliances:* must be CSA Approved. Pets allowed (cats).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$7.50, Lunch \$16.00, Dinner \$22.00. *Special Diets:* Vegetarian, Low Salt and Diabetic. Will accommodate any dietary needs. Tray service to suite if ill (no charge for a maximum time of 7 days). Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and residents: \$160.00/month). 7 lounges with: TV (1) and pianos (3). *Residence has a:* library, visiting library, chapel, barber/beauty shop, visiting hairdresser, laundry room(s) (\$1.25/washer load, \$1.25/dryer load) and tuck/convenience store (open Monday – Friday, 10:00 a.m. to 12:00 p.m.). Banking services on premises (daily). Residence provides newspaper delivery to main desk (extra cost). Mail



delivered to private mailbox with key. *Recreation Facilities:* pool table, shuffleboard, exercise room, greenhouse, craft room and card room. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, art classes, entertainment, pet visiting, day trips and inter-generational programs.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (\$125.00/month), towel (\$125.00/month), personal (\$200.00/month) and dry cleaning (extra cost - available). Staff label clothing (one-time cost for labeling all clothes). Transportation for group social activities. 24-hour security. Nightly security checks (cost depends on type of night check). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. 2-bedroom apartment - \$5,850.00/month to \$6,670.00/month. Extra cost for 2nd person sharing suite (\$950.00/month - Independent Package). Rent paid monthly. *Payment Options:* cheques, post-dated cheques and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given.

BRADGATE ARMS BY REVERA

54 Foxbar Road,
Toronto, ON M4V 2G6
Tel: (416) 968-1331 • Toll Free: 1 (855) 573-8372
Email: bradgate@reveraliving.com
Website: www.reveraliving.com/bradgate
Contact: **Sale Consultant** or **Executive Director**
Capacity: **95 residents**
Subsidies: **none**



Keep living your life, your way, at Bradgate Arms. Once an exclusive hotel, Bradgate Arms is now Toronto's premier choice for luxurious retirement living. Bradgate Arms has been part of the historic Toronto community for more than 100 years. Near Avenue Road and St. Clair, you'll find services and amenities to fit your lifestyle, from valet parking to room service. Many suites have architectural details like wood beams and fireplaces, echoing features of fine homes in Forest Hill and Rosedale. Step outside, and you're near great shopping, community services, a seniors' centre, and public transit. Everything is designed to help you maintain your independence and privacy, enjoy a full social life, and participate in the activities you love. With retirement living at Bradgate Arms, you change your address, not your life. Bradgate Arms is part of the Revera family, one of North America's leading and most trusted providers of seniors' accommodation, care and services since 1961.

RESIDENCE INFORMATION: 23 years in operation. Near: Avenue Road and St. Clair Avenue. Decorated in 2010. Handrails in hallways. 6 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Revera Inc. 81 units. *Average Waiting Period:* varies. *Average Age:* 80. Can accommodate cognitively impaired people with restrictions. Can accommodate physically challenged people with restrictions. While there is no formal dress code the residents do generally dress for dinner. Smoking allowed in designated area outside the building. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* Overnight & Holidays: residents sign a form with the Receptionist outlining who they are with in case of emergency. *Languages:* English. Main doors of residence secured at night only. Close to: Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospitals (University Health Network - Toronto General Hospital Site and Sinai Health System - Mount Sinai Hospital Site). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Dietitian (via LHIN), Companions, Podiatry (via LHIN)/Chiropody, Chaplaincy, Speech Pathology (via LHIN), Audiology/Hearing Clinic, Foot Care Clinic and Massage Therapist. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively



impaired. 24-hour nursing staff. RPNs, HCAs and PSWs on staff. Visiting MD (weekly; on call 24/7). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Will accept and provide special assistance for residents who require oxygen. Assistance with dressing available (cost). Weekly assistance with bathing available. Care plans done. Different levels of care available. Private Duty/Extra Care available. Assisted Living Area. Lab service (visiting). Will help locate higher level of care if needed (referrals to Revera residences; assistance with contacting the LHIN for services).

ACCOMMODATION: *Suite Types:* unique suites, some with historical features; studio, 1-bedroom and 2-bedroom units. *In All Suites:* kitchenette, bar fridge, storage, window coverings, light fixtures, linens, fire alarm, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Private bathroom with call bell, grab bars and walk-in shower with non-slip surface. In-suite cable TV provided by residence (residence charges extra). Can have own phone number provided by residence (residence charges extra). Unfurnished suites. *Restrictions on Electrical Appliances:* no open elements. Pets allowed (as per Pet Policy within the Tenancy Agreement).

DINING SERVICE: All meals included in fee and served in our full-service dining room daily between 7:30 a.m. - 10:30 p.m. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt and Diabetic. Specialty diets accommodated. Tray service to suite if ill (no charge or restrictions). 2 snacks/day. Unlimited complimentary room service is available upon request. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (indoor, for visitors and residents). 3 lounges with: TVs (2) and pianos (2). *Residence has a:* library, barber/beauty shop, visiting hairdresser and laundry room(s) (no cost). Residence provides newspaper delivery to individual suite (extra cost). Mail delivered to main desk. *Recreation Facilities:* exercise room, card room and salon. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips, artist in residence, Yoga, lectures and music appreciation.

OTHER SERVICES: *Housekeeping:* daily and weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (included in fee) and dry cleaning (extra cost based on the item). Free washer/dryer on 2nd and 4th floor for resident use. Transportation to medical appointments (Town Car service within 5 km) and for group social activities (Town Car service within 5 km). 24-hour security. Nightly security checks. Telephone (extra cost). Cable TV (extra cost). Utilities (included in fee). Valet Parking (no additional cost).

RENTAL INFORMATION: Call about our promotions. Suite rate varies depending on size and care/service package requested. Extra cost for 2nd person sharing suite. Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Will help resident move into residence. Short-term respite and trial stays available (cost depends on care and services). Hotel suites available and fully furnished.

We collected the information to create this edition of the *Guide* in the summer of 2018 through our online questionnaire. As such, pricing information may not be accurate for some residences.

Readers are encouraged to contact the places they are interested in directly, to discuss up-to-date pricing.



BRITON HOUSE RETIREMENT CENTRE (THE)

720 Mount Pleasant Road,

Toronto, ON M4S 2N6

Tel: (416) 487-3392 • Fax: (416) 482-0469

Toll Free: 1 (877) 487-3392

Email: karen@britonhouse.com

Website: www.britonhouse.com

Contact: Karen Coles, Family Consultant

Capacity: 224 units

Subsidies: none

Price: \$2,895.00 - \$7,895.00/month



Tranquility in the city... the vision of the family owners of The Briton House Retirement Centre is a Florida all-year-round resort atmosphere where residents can age in place, enjoying retirement in Independent, Assisted Living, and Assisted Living Memory Suites. The Briton House offers a lavish year-round English Garden complete with miniature golf and shuffleboard, an indoor salt water swimming pool, a unique simulated sunshine space and a large outdoor patio. Fitness classes are varied and include aquafit, Yoga and Tai Chi. In the elegant Recital Hall, residents enjoy weekly live entertainment, concerts, current and classical movies, stimulating documentaries and lectures. Most suites have spacious outdoor balconies, many with beautiful southerly views of the city and Lake Ontario. The Briton House continues to be family-owned and operated, serving the needs of our North Toronto community for over 43 years.

RESIDENCE INFORMATION: 44 years in operation. Near: Eglinton Avenue East and Mount Pleasant Road. Handrails in hallways. 12 floors, 3 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Wells Gordon Ltd. *Average Waiting Period:* varies. *Average Age:* 84. Can accommodate cognitively impaired people (flexible/Independent Living with Assistance or Secure). Can accommodate physically challenged people (depends on situation). Residents have a dress code. Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* Short-Term: notify Front Desk. Overnight & Holidays: notify Management. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library and Local Hospital (Sunnybrook Health Sciences Centre). *Predominant Cultural Group:* Anglo-Saxon. Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Dietitian (via LHIN), Companions, Podiatry/Chiropody Speech Pathology (via LHIN) and Audiology/Hearing Clinic. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing staff. RNs, RPNs, HCAs and PSWs on staff. Visiting MD (2 days/week). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision (\$60.00/week). Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters, ostomies and feeding tubes. Assistance with dressing available (cost). Assistance with bathing available as needed (cost). Care plans done. Different levels of care available. Extensive list of à la carte services (medical & non-medical) available on a fee-per-service basis. Assisted Living Area (*waiting period:* 1 - 2 years). Separate unit for residents with dementia. 41 Assisted Living suites & 21 Assisted Living - Memory Care secure suites. Assisted Living - Memory Care includes daily life-skills program. Lab service (on-site). Will help locate higher level of care if needed (will assist with LHIN placement).

ACCOMMODATION: *Suite Types:* studio, 1-bedroom and 2-bedroom suites. *In All Suites:* storage, fridge, window coverings, light fixtures, linens, fire alarm, smoke detector, sprinkler, call bell, emergency response system, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. Balconies in most tower suites. Kitchenettes in larger suites. Private bathroom with call bell, grab bars, tub and/or shower with non-slip surface. In suite cable & satellite TV provided by residence (residence charges extra). Can have own phone number if resident arranges with



phone company (residence charges extra). Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* subject to approval of Management. Pets allowed (individual approval required; must be able to care for pet).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$10.00, Lunch \$15.00, Dinner \$20.00. *Special Diets:* Vegetarian, Low Salt and Diabetic. Tray service to suite if ill (no charge if Doctor orders). Complimentary specialty coffee and juice station; snacks available upon request. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (indoor, for visitors: free and residents: \$100.00/month). 5 lounges with: TV (1), piano (1), fireplaces (2) and library (1). *Residence has a:* library, chapel, barber/beauty shop, laundry room(s) (\$2.25/washer load and \$2.00/dryer load). Resident can arrange newspaper delivery to individual suite. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, shuffleboard, exercise room, card room, swimming pool, concert hall, large sky-lit atrium with English Garden & mini-golf and Thai Breezes (simulated sunroom). Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, art classes, entertainment, pet visiting, day trips, bridge, bingo, gardening, aquafit, lectures, monthly outings and computer classes.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost or coin laundry) and dry cleaning (dry cleaner nearby). 24-hour security. Nightly security checks (fee applies). Telephone (extra cost). Cable TV (extra cost). Internet (extra cost). Utilities (included in fee). Safety checks at mealtimes (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$750.00/month; extra cost not applicable in certain units). Rent paid monthly. Payment *Options:* cheques and direct debit. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Will help resident move into residence. Short-term respite and trial stays available (furnished rooms; minimum stay 1 month; price depends on unit rented + phone & internet; cable TV complimentary).

CANTERBURY PLACE RETIREMENT RESIDENCE

1 Canterbury Place,
Toronto (North York), ON M2N 0G7
Tel: (416) 227-1643 • Fax: (416) 227-2344
Email: mktg1.canterbury@verveseniorliving.com
or mkg.asst.canterbury@verveseniorliving.com
Website: www.verveseniorliving.com/canterbury-place/
Contact: Nina Hundertmark or Bianca Delos Santos
Capacity: 185 residents
Subsidies: none
Price: \$3,300.00 - \$5,900.00/month



Sunshine streaming through the windows will welcome you to Canterbury Place Retirement Residence and will invoke a sense of warmth right from the start. The views from our condominium-style residence are breathtaking. Enjoy Chef-prepared nutritious meals, blending both traditional and inventive choices, in the comfort of our elegant dining room. Canterbury Place will keep you as active or relaxed as you choose, as we plan a program around your interests. Staff at Canterbury are second to none; you'll never meet a more pleasing and obliging group of people in a senior living environment. Our community is ideal for individuals who enjoy the many things North York has to offer, all within walking distance. Canterbury Place is a community where extraordinary luxury, comfort and security are just part of everyday retirement living. Come discover this amazing lifestyle! Canterbury Place Retirement Residence is owned and managed by Verve/Diversicare, who is the proud recipient of the Order of Excellence Award given by Excellence Canada. This award was received for the exceptional quality and customer service we provide to our residents every day.



RESIDENCE INFORMATION: 7 years in operation. Near: Yonge Street and Ellerslie Avenue. Decorated in 2012. Handrails in hallways. 17 floors, 3 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Diversicare/Verve Senior Living. *Managed by:* Verve Senior Living. 165 units. *Average Waiting Period:* 1 - 2 months. *Average Age:* 85. Can accommodate cognitively impaired people with restrictions (nursing consultation required). Can accommodate physically challenged people with restrictions (nursing consultation required). Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* sign out. *Languages:* English, Spanish, Japanese, Tagalog, Korean, Cantonese, French, German, Hungarian and Italian. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospital (North York General Hospital). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Denturist, Dietitian (via LHIN), Companions, Chaplaincy, Speech Pathology (via LHIN), Chiroprody, Audiology/Hearing Clinic and Nurse Practitioner. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs, PSWs and UCPs on staff. Visiting MD (available through Nurse Practitioner). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept (but not provide special assistance for) residents who require catheters and ostomies. Will accept and provide special assistance for residents who require oxygen. Assistance with dressing available (cost). Assistance with bathing available as needed (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available. Full Service Package (\$800.00/month) includes customized nursing care. Lab service (visiting). Will help locate higher level of care if needed (our nursing staff will discuss with family and involve the LHIN).

ACCOMMODATION: *Suite Types:* studio (15), 1-bedroom (120) and 2-bedroom (30) units. *In All Suites:* kitchenette, bar fridge, microwave, patio/balcony, storage, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, air conditioning (central - forced air) and thermostats for heating & cooling. Air conditioning (central & Geo Thermal HVAC) in common areas. Private bathroom with call bell, grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV if resident arranges with cable company. Can have own phone number if resident arranges with phone company. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* approved appliances only; no burners. Suites can be shared (by couples only). Small pets allowed (on approval).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Lunch \$8.00, Dinner \$15.00. *Special Diets:* Vegetarian, Low Salt, Diabetic, Gluten Free, Lactose Free and Limited Therapeutic Diets. Tray service to suite if ill (no charge if Doctor orders). Unlimited snacks available at any time. Elegant, licensed dining room & bar. All day bar menu. Lunch express. Private dining room. Serving Chef-prepared meals. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (indoor & outdoor, for visitors: free and indoor for residents: \$99.00/month). 4 lounges with: TVs (2), piano (1), fireplaces (3) and outdoor terraces (2). *Residence has a:* library, visiting library, chapel, barber/beauty shop, visiting hairdresser, laundry room(s) (no cost) and tuck/convenience store (hours vary). Banking services on premises. Residence provides newspaper delivery to main desk. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, exercise room, craft room, card room, hair salon, spa, internet access and piano lounge. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting and day trips.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee) and personal (extra cost). Complimentary laundry room on every floor. Transportation for group social activities. 24-hour security. Nightly security checks. Telephone (extra cost). Cable TV (extra cost). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Studio suites - \$3,300.00/month; junior 1-bedroom suites - \$3,800.00/month; 1-bedroom suites - \$4,100.00/month; 1-bedroom + den suites - \$4,750.00/month; 2-bedroom suites - \$5,700.00/month.



Cost of Full Care Service: \$800.00/month. Extra cost for 2nd person sharing suite (\$800.00/month). Rent paid monthly. *Payment Options:* post-dated cheques, direct deposit and pre-authorized payments. Rent increases are indexed to inflation, as per Provincial Tenancy Legislation and are annual for resident with 3 months' notice given. Will help resident move into residence (extra cost). Short-term respite (\$129.00/day) and trial stays (\$119.00/day) available.

CEDARBROOK LODGE RETIREMENT RESIDENCE

520 Markham Road,
Toronto (Scarborough), ON M1H 3A1
Tel: (416) 431-6400
Email: myhome@cedarbrooklodge.ca
Website: www.cedarbrooklodge.ca
Contact: Joanne Smith



CARE LEVELS: Independent Living • Assisted Living • Respite Care

CENTENNIAL PARK PLACE BY REVERA

25 Centennial Park Road,
Toronto (Etobicoke), ON M9C 5H1
Tel: (416) 621-2139 • Toll Free: 1 (855) 573-8372
Email: centennial@reveraliving.com
Website: www.reveraliving.com/centennial
Contact: **Executive Director** or **Sales Consultant**
Capacity: **46 residents**
Subsidies: **none**



Keep living your life, your way, at Centennial Park Place. You'll find the range of services, amenities and choices that fit your lifestyle and requirements – in a warm and safe environment. Nestled right in the heart of Centennial Park in Etobicoke, our charming single-storey residence is conveniently located close to shopping, churches, community centres and services, medical services, an art gallery, public transportation, and more. Everything here is designed to enable you to maintain your independence and privacy, enjoy a full social life, and participate in the activities that you love. Our caring and friendly staff, along with appealing accommodations, support who you are and how you want to live, in freedom and comfort. With retirement living at Centennial Park Place, you change your address, not your life. Centennial Park Place is part of the Revera family, one of North America's leading and most trusted providers of seniors' accommodation, care and services since 1961.

RESIDENCE INFORMATION: 38 years in operation. Near: Renforth Drive and Rathburn Road. Decorated in 2012. Handrails in hallways. 1 floor, no elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Revera Inc. 46 units. *Average Waiting Period:* varies. *Average Age:* 80. Can accommodate cognitively impaired people (mild dementia). Can accommodate physically challenged people (wheelchair bound). Residents have a dress code (casual). Smoking allowed outside in the front, away from the entrance. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* Short-Term: inform staff. Overnight & Holidays: notify Management. *Languages:* English, Polish, Croatian, German, Ukrainian, French, Slovak and Italian. Main doors of residence are always secured. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospitals (Trillium Health Partners, Humber River Hospital, William Osler Health System - Etobicoke General Hospital and St. Joseph's Health Centre). Member of ORCA. Licensed under the Retirement Homes Act.



STAFFING: Available Staff/Services: Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Companions, Podiatry (via LHIN), Chaplaincy, Speech Pathology (via LHIN), Audiology/Hearing Clinic and Visiting Lab Technicians. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, PSWs and UCPs on staff. Visiting MD (weekly visits and on call 24/7). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept (but not provide special assistance for) residents who require catheters. Will accept and provide special assistance for residents who require oxygen. Assistance with dressing available (cost). Weekly assistance with bathing available (cost). Care plans done. Different levels of care available. Assisted Living Area. Lab service (visiting). Will help locate higher level of care if needed (family conference arranged to determine future care needs).

ACCOMMODATION: Suite Types: studio suites (46). In All Suites: storage, window coverings, light fixtures, linens, smoke detector, sprinkler, emergency call bell system, emergency response system with wearable pendant, air conditioning (central), thermostats for heating & cooling and wall to wall coverings. Private bathroom with call bell, grab bars, tub and/or shower with non-slip surface. In-suite cable TV provided by residence. Can have own phone number if resident arranges with phone company. Furnished & unfurnished suites available. *Restrictions on Electrical Appliances:* no stoves, microwaves or heaters. Suites can be shared (by couples only), roommate picked by residence staff. Pets allowed (cats, birds and small dogs).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt, Diabetic, Textured, Gluten Free and Lactose Free. Tray service to suite if ill. 2 snacks/day. All meals are prepared on-site by trained cooks.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and indoor for residents). 1 lounge with: TV (1) and piano (1). Guest suites available. *Residence has a:* barber/beauty shop, visiting hairdresser and tuck/convenience store (upon request at Reception). Residence provides newspaper delivery to individual suite (extra cost). Mail delivered to resident. *Recreation Facilities:* craft room, card room and outdoor courtyard. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, parties, entertainment, art classes, pet visiting, day trips and theme evenings.

OTHER SERVICES: *Housekeeping:* daily (included in fee). *Laundry:* linen (included in fee), towel (included in fee) and dry cleaning (extra cost). Transportation to medical appointments (Transhelp, outside agency) and for group social activities. 24-hour security. Telephone (extra cost). Cable TV (extra cost). Utilities (included in fee).

RENTAL INFORMATION: Call about our promotions. Suite rate varies depending on size and care/service package requested. Extra cost for 2nd person sharing suite. Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Will help resident move into residence (extra cost). Short-term respite and trial stays available (subject to availability).

DID YOU KNOW?

www.senioropolis.com® has a great **FREE GPS App** to help you locate contact information and map your way directly to retirement homes you are interested in visiting. This app is available for iPhones and Android devices in the associated App Stores. All homes across Canada that are active on our site can be found in the App which hooks into the native mapping application of your device. Go to your device's App Store/Google Play Store and enter *Senioropolis Inc.* into the Search Bar to download your FREE App today!



DAVENHILL SENIOR LIVING

877 Yonge Street,

Toronto, ON M4W 3M2

Tel: (416) 923-8887 • Fax: (416) 923-1343

Email: sales@davenhillliving.com

Website: www.davenhillliving.com

Contact: Brent De Klerck

Capacity: 220 residents

Subsidies: none

Price: \$2,600.00 - \$6,000.00/month



Davenhill Senior Living is a friendly retirement community providing quality living for seniors. Where we are, shapes who we are, and what we have to offer. Our unique location, nestled in the heart of Toronto, is at the centre of all that an urban lifestyle has to offer; the arts, entertainment, shopping, dining, culture and public transit. Well-appointed living spaces, spectacular views of the city and an expansive greenbelt behind the residence - all at a surprisingly good value. It's hard to believe we're not-for-profit. Come experience, engage and enjoy all that life has to offer within our lovely community.

RESIDENCE INFORMATION: 37 years in operation. Near: Davenport Road and Yonge Street. Decorated in 2018. Handrails in hallways. 15 floors, 3 elevators. *Funding Base:* Not-for-profit. Independently owned. 200 units. *Average Waiting Period:* varies. *Average Age:* 80. Can accommodate cognitively impaired people with restrictions. Can accommodate physically challenged people with restrictions (access is limited by structural capacity). Residents have a dress code (no dressing gowns are permitted in public areas). Smoke-free residence. Alcohol allowed (may be consumed in resident's units but is not served or permitted in main dining room). Guest suites are available for a fee for those wishing to visit overnight. *Procedures to Leave the Premises on a Temporary Basis...*sign out. *Languages:* English. Main doors of residence are always secured. *Close to:* Public Transit, Shopping, Churches, Library, Major Highway and Local Hospitals (St. Michael's Hospital, University Health Network - Toronto General Hospital Site, Sinai Health System - Mount Sinai Hospital Site and Sunnybrook Health Sciences Centre). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Dietitian (via LHIN), Companions, Podiatry/Chiropody, Chaplaincy and Speech Pathology (via LHIN). *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs, HCAs, PSWs and UCPs on staff. Visiting MD (once/week). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administered if required (various packages available for a fee). Vitals monitored if required. Assistance with dressing available (cost). Assistance with bathing available twice/week (\$300.00/month). Care plans done. Different levels of care available. Private Duty/Extra Care available (\$28.00/hour). Please request a Care Home Information Package for details about our flexible package pricing. Assisted Living Area. Separate unit for residents with dementia. Lab service (visiting). Will help locate higher level of care if needed (Health Services Department will assist by acting as a conduit between the resident and the LHIN).

ACCOMMODATION: *Suite Types:* 1-bedroom (100) and studio (100) units. *In All Suites:* storage, light fixtures, smoke detector, sprinkler, air conditioning (window air conditioning - included) and thermostats for heating & cooling. 1-bedroom units include a full kitchen 3-piece bath, living/dining and bedroom. Studio units include private 3-piece bath and bed/sitting room with a shared entrance and kitchenette. Private bathroom with grab bars, tub and/or shower. In-suite cable TV provided by residence. Can have own phone number provided by residence (\$25.00/month). Suites can be shared (2 people can reside in an apartment). No pets allowed.

DINING SERVICE: Meals included in fee depend on package chosen. All meals are served in dining room. *Guest Meals:* Breakfast \$7.00, Lunch \$12.00, Dinner \$18.00. *Special Diets:* Vegetarian, Low Salt and Diabetic. Tray service to suite if ill.



Dining room offers open seating. Complimentary tea, coffee, fresh fruit and pastries are served from 10:00 a.m. to 4:00 p.m. in Tea Room. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: \$16.00/day). 2 lounges with: TV (1) and piano (1). Guest suites available (\$140.00/night). *Residence has a:* library, chapel, barber/beauty shop, visiting hairdresser, laundry room(s) (\$1.50/washer load and \$1.50/dryer load). Resident can arrange newspaper delivery to individual suite. Mail delivered to private mailbox with key. *Recreation Facilities:* exercise room, craft room, lounge, tea room and computer centre. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips, bible studies, games, walking, discussion groups and sing-alongs.

OTHER SERVICES: *Housekeeping:* depends on service package - minimum twice/month. *Laundry:* linen (included in fee), towel (included in fee), personal (\$25.50/load; 2 or more loads = \$19.50/load) and dry cleaning (arranged by Concierge). Transportation for group social activities (extra cost; sign up for outings). 24-hour security (24-hour Concierge). Nightly security checks (extra cost). Telephone (monthly basic fee is \$25.00; monthly voicemail fee is \$6.00). Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates above are approximate and vary based on square footage of unit & service packages subscribed to. Rent is increased on anniversary date for accommodation charges and January 1 for service fees. Extra cost for 2nd person sharing suite (\$600.00/month). Rent paid monthly. *Payment Options:* cheques, post-dated cheques and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 90 days' notice given. Short-term respite (\$125.00/day) and trial stays (\$3,500.00/month) available (minimum 2-week stay is required).

DELMANOR NORTHTOWN

**5351 Yonge Street,
Toronto (North York), ON M2N 7L5
Tel: (416) 225-9146 • Fax: (416) 225-9185
Email: delmanornorhttown@delmanor.com
Website: www.delmanor.com
Contact: Laurie Fortin or Keri Armstrong
Capacity: 150 residents
Subsidies: none
Price: \$4,195.00 - \$7,345.00/month**

DELMANOR
Inspired Retirement Living™



Luxury awaits in this Tridel-Inspired Retirement Community. Steps from the subway; Delmanor Northtown is located near shopping malls, Toronto Centre for the Performing Arts, parks, churches and medical services. Spacious 1-bedroom and 2-bedroom suites with private balconies or terraces, stainless steel appliances, granite countertops and in-suite washers and dryers. Building amenities include a dining room with garden view, fireplace lounges, a pub with billiards lounge and card room, stocked library with wireless internet, fitness centre and a state-of-the-art home movie theatre. There are 3 landscaped terraces. Enjoy the magnificent views from the rooftop terrace complete with a putting green. Guest stays offered, subject to availability.

RESIDENCE INFORMATION: 10 years in operation. Near: Yonge Street and Finch Avenue. Decorated in 2018. Handrails in hallways. 8 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Tridel Inc. *Managed by:* Delmanor Seniors Communities Inc. 112 units. *Average Waiting Period:* varies. *Average Age:* 83. Can accommodate cognitively impaired people with restrictions. Can accommodate physically challenged people. Residents have a dress code. Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* notify Concierge. *Languages:* English. Main doors of residence secured at night only. Close to: Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospital (North York General Hospital). Member of ORCA. Licensed under the Retirement Homes Act.



STAFFING: *Available Staff/Services:* Pharmacy, Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Companions, Podiatry/Chiropody, Chaplaincy, Audiology/Hearing Clinic and Registered Massage Therapy. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs and PSWs on staff. Visiting MD (weekly). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administered if required. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen and ostomies. Assistance with dressing available (cost). Assistance with bathing available as needed (cost). Care plans done. Different levels of care available. Lab service (visiting). Will help locate higher level of care if needed (will assist with the LHIN application process).

ACCOMMODATION: *Suite Types:* 1-bedroom and 2-bedroom suites; some with dens, most with private balcony or terrace. *In All Suites:* kitchenette, full-size stainless steel fridge, microwave, in-suite washer & dryer, storage, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (central - forced air) and thermostats for heating & cooling. Many suites have balconies or terraces. Private bathroom with grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV provided by residence. Can have own phone number provided by residence. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* no hot plates; appliances must have automatic shut-off. Suites can be shared. Pets allowed (must be 30 lbs. or under; resident must sign a Pet Waiver).

DINING SERVICE: Continental Breakfast served daily. Lunch and Dinner included in fee and served in dining room daily. *Guest Meals:* Lunch \$14.00, Dinner \$21.00. *Special Diets:* Vegetarian, Low Salt, Diabetic, Heart Smart and Gluten Free. À la carte dining menu available to residents and their guests. Tray service to suite if ill (no charge for a maximum time of 4 days). Unlimited snacks available at any time. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (indoor for residents). 3 lounges with: TVs (2), piano (1), fireplaces (2), billiards, pub (1). Guest suites available (\$160.00/night). *Residence has a:* library, chapel, barber/beauty shop, visiting hairdresser and laundry room(s) (no cost). Resident can arrange newspaper delivery to individual suite. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, shuffleboard, exercise room, craft room, greenhouse, card room and gourmet demonstration kitchen. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips and LivingWell personal coach.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost) and dry cleaning (extra cost). Washers & dryers in each suite. Transportation for group social activities. 24-hour security. Nightly security checks. Telephone (included in fee). Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$875.00/month). Rent paid monthly. *Payment Options:* post-dated cheques and pre-authorized payments. Rent increases are annual for resident with 3 months' notice given. Short-term respite and trial stays available (both \$130.00/day + HST based on single occupancy).

Did you know?

There are many different things you can do to keep your mind active. For a selection of 'BrainBooster® activities' visit www.alzheimer.ca/en/Living-with-dementia/BrainBooster.



DELMANOR PRINCE EDWARD

**4180 Dundas Street West,
Toronto (Etobicoke), ON M8X 1X8
Tel: (416) 233-0725 • Fax: (416) 637-9171
Email: delmanorprinceedward@delmanor.com
Website: www.delmanor.com
Contact: Julie Shuster or Pam Palmer
Capacity: 160 residents
Subsidies: none
Price: \$3,995.00 - \$8,395.00/month**

DELMANOR
Inspired Retirement Living™



Located in the prestigious Kingsway neighbourhood in Etobicoke, the newest Tridel-inspired retirement community backs directly onto the spectacular Humber River. Extensive amenities include a fitness centre, movie theatre, full-service spa and salon, pub, library, gourmet demo kitchen and a fully landscaped rooftop terrace complete with extensive seating areas, a putting green and shuffleboard court. Full-service Independent and Assisted Living services, along with state-of-the-art building security and emergency response systems. Spacious and well-appointed studio, 1-bedroom and 2-bedroom suites - most with balconies or terraces. Breathtaking, panoramic views of the Humber River or downtown Toronto. Luxury suite features include granite countertops, full-size stainless steel fridge, microwave oven and front-loading washer and dryer for your added convenience.

RESIDENCE INFORMATION: 5 years in operation. Near: Dundas Street and Prince Edward Drive. Decorated in 2014. Handrails in hallways. 8 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Tridel Inc. *Managed by:* Delmanor Seniors Communities Inc. 139 units. *Average Waiting Period:* none. *Average Age:* 84. Can accommodate cognitively impaired people (mild dementia; Assisted Living services). Can accommodate physically challenged people (one-person transfers). Residents have a dress code (no shorts at dinner). Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* notify Concierge. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospitals (St. Joseph's Health Centre, Humber River Hospital and Trillium Health Partners – Queensway Health Centre Site). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Companions, Podiatry/Chiropractic, Audiology/Hearing Clinic and Esthetician. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs and PSWs on staff. Visiting MD (weekly). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administered if required. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen and ostomies. Assistance with dressing available (cost). Weekly assistance with bathing available (cost). Care plans done. Different levels of care available. Assisted Living Area. Lab service (visiting). Will help locate higher level of care if needed (residence will work with the LHIN).

ACCOMMODATION: *Suite Types:* studio, 1-bedroom and 2-bedroom suites - Independent and Assisted Living. *In All Suites:* kitchenette, microwave, full-size stainless steel fridge, in-suite washers & dryers, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (central - forced air) and thermostats for heating & cooling. Private bathroom with grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV provided by residence. Can have own phone number provided by residence. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* no hot plates, appliances must have automatic shut-off. Suites can be shared. Small pets allowed (30 lbs. or less; must sign Pet Waiver).

DINING SERVICE: Lunch and Dinner included in fee and served in dining room daily. *Guest Meals:* Lunch \$14.00, Dinner \$22.00. *Special Diets:* Vegetarian, Low Salt, Diabetic, Heart Healthy Options and Gluten Free. Tray service to suite if ill



(no charge for a maximum time of 4 days). Unlimited snacks available at any time. Private dining room to host family and friends. Pub Lunch Menu available in the Old Mill Pub. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (indoor, for visitors: free and residents: \$90.00/month). 3 lounges with: TVs (3) and piano (1). Guest suites available. *Residence has a:* library, visiting library, chapel, barber/beauty shop, visiting hairdresser and tuck/convenience store (open daily, 11:00 a.m. to 12:00 p.m.). Resident can arrange newspaper delivery to individual suite. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, shuffleboard, exercise room, greenhouse, craft room, card room, movie theatre, rooftop terrace and putting green. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips and Living **Well** personal coach.

OTHER SERVICES: *Housekeeping:* weekly (included in fee; daily cleaning is also available at an extra cost). *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost) and dry cleaning (extra cost). In-suite washer and dryer in all units. Transportation for group social activities. 24-hour security. Telephone (included in fee). Cable TV (included; \$59.95 + tax installation fee applies). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$750.00/month). Rent paid monthly. *Payment Options:* post-dated cheques and pre-authorized payments. Rent increases are annual for resident with 3 months' notice given. Short-term respite and trial stays available.

DELMANOR WYNFORD

187 Wynford Drive,
Toronto (North York), ON M3C 0C7
Tel: (416) 331-9797 • Fax: (416) 331-8815
Email: delmanorwynford@delmanor.com
Website: www.delmanor.com
Contact: Janice Hicks or Ashley Bourne
Capacity: 150 residents
Subsidies: none
Price: \$4,495.00 - \$7,795.00/month

DELMANOR
Inspired Retirement Living™



Delmanor Wynford is a Tridel-inspired retirement community located in the heart of Don Mills, conveniently situated off Eglinton Avenue and the DVP. Delmanor Wynford offers many large, one-of-a-kind suites with balconies, stainless steel full-size fridges and microwaves, granite countertops and in-suite washers and dryers. Building amenities include a dining room with courtyard view, fireplace lounges, a pub with billiards lounge, ground floor wireless internet, conservatory and a state-of-the-art home theatre. There are 2 landscaped terraces, one of them on the rooftop with shuffleboard and putting green.

RESIDENCE INFORMATION: 9 years in operation. Near: Eglinton Avenue and Don Valley Parkway. Decorated in 2010. Handrails in hallways. 6 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Tridel Inc. *Managed by:* Delmanor Seniors Communities Inc. 120 units. *Average Waiting Period:* varies. *Average Age:* 84. Can sometimes accommodate cognitively impaired people (mild dementia). Can sometimes accommodate physically challenged people. Residents have a dress code (appropriate day/evening attire). Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* notify Concierge. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospitals (Sunnybrook Health Sciences Centre and Toronto East Health Network – Michael Garron Hospital). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Companions, Podiatry/Chiropody, Chaplaincy, Audiology/Hearing Clinic, Massage



Therapy, Foot-Care Nurse and Reflexology. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs and PSWs on staff. Visiting MD (weekly). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administered if required. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen and ostomies. Assistance with dressing available (cost). Assistance with bathing available as needed (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available. Lab service (visiting). Will help locate higher level of care if needed (residence will work with the LHIN).

ACCOMMODATION: *Suite Types:* 1-bedroom, 1-bedroom + den and 2-bedroom units. *In All Suites:* kitchenette, microwave, full-size fridge, washer & dryer, granite countertops, storage, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (central - forced air), thermostats for heating & cooling and in-suite safe. Most suites have balconies. Private bathroom with grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV provided by residence. Can have own phone number provided by residence. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* no hot plates; appliances must have automatic shut-off. Suites can be shared. Small pets allowed (30 lbs. and under; resident must sign Pet Waiver).

DINING SERVICE: Continental Breakfast served daily. Lunch and Dinner included in fee and served in dining room daily. *Guest Meals:* Lunch \$13.00, Dinner \$20.00. *Special Diets:* Vegetarian, Low Salt, Diabetic, Heart Smart and Gluten Free. À la carte dining menu available to residents and their guests. Tray service to suite if ill (no charge for a maximum time of 4 days). Unlimited snacks available at any time. Pub Lunch Menu available in the Massey Pub. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (indoor & outdoor, for visitors and indoor for residents). 4 lounges with: TV (1), piano (1), computers (1) and fully-licensed bar (1). *Residence has a:* library, visiting library, chapel, barber/beauty shop, visiting hairdresser, laundry room(s) (no cost) and tuck/convenience store (open 11:00 a.m. to 12:00 noon). ATM machine on premises. Resident can arrange newspaper delivery to individual suite (extra cost). Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, shuffleboard, exercise room, greenhouse, craft room, card room, rooftop putting green and outdoor shuffleboard. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips and LivingWell personal coach.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost) and dry cleaning (extra cost; dry cleaner will pick up at the Concierge Desk). Transportation for group social activities. 24-hour security. Telephone (included in fee). Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$825.00/month). Rent paid monthly. *Payment Options:* post-dated cheques and pre-authorized payments. Rent increases are annual for resident with 3 months' notice given. Trial stays available.

DID YOU KNOW?

The Ontario Government has created a Substitute Decision-Maker Wallet Card for emergency situations. To download a wallet card visit: <https://files.ontario.ca/advancedcare.walletcard.pdf>. It allows you to specify if you have a Power of Attorney for Personal Care and who your substitute decision maker is. It does not however, replace a Power of Attorney.



FOREST HILL PLACE BY REVERA

645 Castlefield Avenue,
Toronto, ON M5N 3A5

Tel: (416) 785-1511 • Toll Free: 1 (855) 573-8372

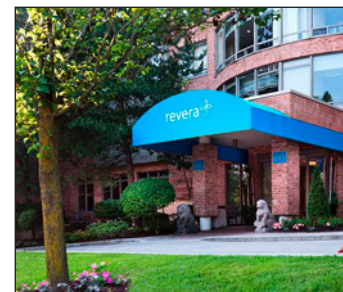
Email: foresthill@reveraliving.com

Website: www.reveraliving.com/foresthill

Contact: **Executive Director** or **Sales Consultant**

Capacity: **156 residents**

Subsidies: **none**



Keep living your life, your way, at Forest Hill Place. You'll find a range of services, features and choices that fit your lifestyle and requirements – all in a refined, friendly and safe environment. Located in one of Toronto's premier residential neighbourhoods, we feature landscaped gardens, high calibre entertainment and cultural programs. Our central location, proximity to shopping and other amenities, and warm atmosphere all make us the residence of choice for many retired members of the Forest Hill community. Everything is designed for you to maintain your independence and privacy, enjoy a full social life, and participate in the activities that you love. With retirement living at Forest Hill Place, you change your address, not your life. Forest Hill Place is part of the Revera family, one of North America's leading and most trusted providers of seniors' accommodation, care and services since 1961.

RESIDENCE INFORMATION: 29 years in operation. Near: Bathurst Street and Eglinton Avenue. Decorated in 2012. Handrails in hallways. 8 floors, 3 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Revera Inc. 156 units. *Average Waiting Period:* none. *Average Age:* 80. Can accommodate cognitively impaired people (moderate dementia). Can accommodate physically challenged people (moderate physical challenges; walkers and wheelchairs). Residents have a dress code (casual dress). Smoke-free residence (specific outdoor smoking amenities). Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* give notice from a security perspective. *Languages:* English, Yiddish, Hebrew, French and Spanish. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospitals (North York General Hospital and Sunnybrook Health Sciences Centre). *Predominant Cultural Group:* Jewish. Member of ORCA. Associated with Hadassah Group and National Council of Jewish Women. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Dietitian (via LHIN), Companions, Podiatry/Chiropody, Chaplaincy, Audiology/Hearing Clinic, RMT, Foot Clinic, Optometrist and Blood Work Clinic. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs and PSWs on staff. Visiting MD (once/week). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters and ostomies. Assistance with dressing available (cost). Weekly assistance with bathing available (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available. Assisted Living Area. Lab service (visiting). Will help locate higher level of care if needed (referral to Revera Residence or assistance with obtaining services from the LHIN).

ACCOMMODATION: *Suite Types:* Apartments – various studio and 1-bedroom units with full kitchens & 3 full-size appliances; Independent Living – studio, 1-bedroom and 2-bedroom units with kitchenettes & fridges; Assisted Living – studio, 1-bedroom and 2-bedroom units. *In All Suites:* kitchenette, bar fridge, microwave, storage, walk-in closets, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Private bathroom with call bell, grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV provided by residence (residence charges



extra). Can have own phone number if resident arranges with phone company (residence charges extra). Furnished & unfurnished suites available. *Restrictions on Electrical Appliances:* no hot plates. Suites can be shared (by couples only). Pets allowed (as per Pet Policy within Tenancy Agreement).

DINING SERVICE: 3 meals daily included in fee and served in dining room daily (for Independent Living and Assisted Living); Apartment Living dining available à la carte. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt, Diabetic, Gluten Free and Lactose Intolerance. Tray service to suite if ill (no charge for a maximum time of 4 days). 2 snacks/day. Coffee and tea available all day. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and indoor for residents). 10 lounges with: TVs (3) and pianos (3). Guest suites available. *Residence has a:* barber/beauty shop, visiting hairdresser, laundry room(s) (no cost) and tuck/convenience store (open 3 days/week). Resident can arrange newspaper delivery to individual suite (extra cost). Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, exercise room, craft room, card room, kitchen centre, LLBO bar, library, media room, theatre and garden patio. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, art classes, entertainment, pet visiting, day trips and computer email/internet use.

OTHER SERVICES: *Housekeeping:* weekly (included in fee; daily on Assisted Living). *Laundry:* linen (included in fee), towel (included in fee), personal (weekly - extra cost; included in Assisted Living) and dry cleaning (extra cost as per dry cleaning service). Transportation to medical appointments (Town Car service within 5 km) and for group social activities (Town Car service within 5 km). 24-hour security. Nightly security checks (extra cost). Telephone (extra cost), Cable TV (extra cost). Utilities (extra cost). Medication administration (extra cost). Diabetes management (extra cost). Underground Parking.

RENTAL INFORMATION: Call about our promotions. Suite rate varies depending on size and care/service package requested. Extra cost for 2nd person sharing suite. Rent paid monthly. *Payment Options:* cheques, post-dated cheques, direct deposit and pre-authorized payments; credit card payment available for short-term stays. Rent increases are indexed to inflation as per Provincial Tenancy Legislation and annual for resident with 90 days' notice given. Will help resident move into residence (extra cost). Short-term respite and trial stays available.

FORESTVIEW RETIREMENT RESIDENCE

**537 Finch Avenue,
Toronto (North York), ON M2R 0A8**
Tel: (416) 398-4341 • Fax: (416) 398-0238
Email: srefai@forestviewrr.org or cgonzaga@forestviewrr.org
Website: www.verveseniorliving.com/forestview/
Contact: **Shiran Refai** or **Carolina Gonzaga**
Capacity: **147 residents**
Subsidies: **none**
Price: **\$3,100.00 - \$5,800.00/month**



Forestview Retirement Residence, owned by Advent Health Care Corporation, is in North York near the intersection of Finch Avenue and Bathurst Street. This five-storey building opened in March 2018. The community offers secure underground parking; and consists of 128 suites ranging in styles from studio to 2-bedroom units. Forestview Retirement Residence is managed by VERVE/Diversicare, who is the proud recipient of the Order of Excellence Award presented by Excellence Canada. This award was received for the exceptional quality and customer service we provide to our residents every day.

RESIDENCE INFORMATION: New residence. *Near:* Finch Avenue and Bathurst Street. Decorated in 2017. Handrails in hallways. 5 floors, 3 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Advent Health



Corporation. *Managed by:* Verve Senior Living. 127 units. *Average Waiting Period:* none. Can sometimes accommodate cognitively impaired people (assessment required). Can accommodate physically challenged people (assessment required). Smoke-free residence. *Procedures to Leave the Premises on a Temporary Basis...*sign out at Reception. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library and Local Hospital (North York General Hospital). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Dietitian (via LHIN), Companions, Podiatry (via LHIN), Chaplaincy, Speech Pathology (via LHIN), Audiology/Hearing Clinic and Assisted Living. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, HCAs, PSWs and UCPs on staff. Visiting MD. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept (but not provide special assistance for) residents who require oxygen, catheters and ostomies. Assistance with dressing available (cost). Weekly assistance with bathing available (cost). Different levels of care available. Private Duty/Extra Care available. Assisted Living Area is secured to accommodate residents with dementia. Will help locate higher level of care if needed.

ACCOMMODATION: *Suite Types:* studio, 1-bedroom and 2-bedroom units. *In All Suites:* kitchenette, bar fridge, patio/balcony, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Private bathroom with call bell, grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV if resident arranges with cable company. Can have own phone number if resident arranges with phone company. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* inquire with Management. Suites can be shared (couples and special circumstances), roommate picked by resident. Pets allowed.

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt and Diabetic. Tray service to suite if ill (no charge if Doctor orders). Unlimited snacks available at any time. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (indoor & outdoor, for visitors and residents). 3 lounges with: TVs (3) and piano (1). Guest suites available. *Residence has a:* library, barber/beauty shop, visiting hairdresser, laundry room(s) (no cost) and tuck/convenience store. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, exercise room and craft room. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting and day trips.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (\$20.00/load) and dry cleaning (extra cost). Complimentary laundry rooms on each floor. Transportation for group social activities. Nightly security checks. Telephone (extra cost). Cable TV (extra cost). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$700.00/month). Rent paid monthly. *Payment Options:* cheques, post-dated cheques and pre-authorized payments. Rent increases are a set percentage, annual for resident with 3 months' notice given. Will help resident move into residence. Short-term respite (\$129.00/day), trial stays (\$105.00/day) and guest suites (\$105.00 to 129.00 + HST/night, depending on care needs) available.

JUST A REMINDER

Pricing information for homes listed in the *Guide* may vary slightly.
Please verify rates with the residences you are interested in directly.



GREENVIEW RESIDENCE

**880 Lawrence Avenue East,
Toronto (North York), ON M3C 1P6**
Tel: (416) 445-2255 • Fax: (416) 391-2397
 Email: adam@mettalifestyles.com or elton@mettalifestyles.com
 Website: www.mettalifestyles.com/greenview-residence
 Contact: **Adam Cranley** or **Elton Ly**
 Capacity: **83 residents**
 Subsidies: **none**
 Price: **\$3,600.00 - \$5,600.00/month**



- **PERFECT LOCATION:** In the heart of Don Mills – walking distance to the Shops at Don Mills, Edwards Gardens, North York Central Library, Sunnybrook Park, Banks, TTC & Shoppers Drug Mart.
- **TYPES OF CARE WE OFFER:** Respite Care, Assisted Living, Alzheimer's & Memory Care, Short-Term Stays, Hospital Rehabilitation, Vacation Stays.
- **PERFECT SIZE:** Private rooms with ensuite washroom, safe and secure environment, nurse call system, daily activities for the mind and body, religious accommodation, 3 delicious home-cooked meals, hair and beauty salon on-site.
- **PRICE:** Affordable. Additional services include daily housekeeping, personal laundry service & supervised medication administration.
- **OPTIMAL CARE:** Geriatric Activationist, weekly Physician visits, Audiologist, Dentist, Podiatrist, Ophthalmologist, Hair Care Professional, 24-hour RPN's and PSW's on-site.
- **MISSION:** To create a happy, healthy, positive, clean and safe environment for our residents to thrive in.

RESIDENCE INFORMATION: 40 years in operation. *On:* Don Mills Road and Lawrence Avenue East. Decorated in 2018. Handrails in hallways. 3 floors, 1 elevator. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Metta Lifestyles. 74 units. *Average Waiting Period:* less than 2 weeks. *Average Age:* 87. Can accommodate cognitively impaired people (Alzheimer's, Memory Care & Parkinson's). Can accommodate physically challenged people (varying levels of care). Smoke-free residence. Alcohol allowed (medical restrictions). Visitors are required to sign in when they visit. *Procedures to Leave the Premises on a Temporary Basis...*sign out. *Languages:* English. Main doors of residence are always secured. *Close to:* Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospitals (North York General Hospital and Sunnybrook Health Sciences Centre). Member of ORCA. *Memberships/Associations:* Alzheimer's Society Canada and AODA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Dietitian (via LHIN), Companions, Podiatry (via LHIN)/Chiropody, Chaplaincy, Speech Pathology (via LHIN), Audiology/Hearing Clinic, Doctor and Hair Salon. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs, HCAs, PSWs and UCPs on staff. Visiting MD (every other week and on call 24-hours/day). Can retain own MD. Staff receive ongoing education to meet the needs of the residents. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters, ostomies and feeding tubes. Assistance with dressing available (cost). Weekly assistance with bathing available (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available. Registered Staff Supervision 24-hours/day. Nightly room/security checks. Assisted Living Area is secured to accommodate residents with dementia (*waiting period:* less than 2 weeks). Lab service (visiting). Will help locate higher level of care if needed.



ACCOMMODATION: *Suite Types:* private and semi-private rooms. *In All Suites:* storage, window coverings, light fixtures, linens, fire alarm, smoke detector, carbon monoxide detector, heat detector, sprinkler, call bell, nurse call emergency response system with wearable pendant, window air conditioning (included) and thermostats for heating & cooling. Private bathroom with grab bars, tub and/or shower. In-suite cable TV provided by residence (\$40.00/month). Can have own phone number provided by residence (\$40.00/month). Furnished & unfurnished suites available. *Restrictions on Electrical Appliances:* items checked for safety; some restrictions apply. Suites can be shared (couples welcome), roommate picked by resident & residence staff. No pets allowed.

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$10.00, Lunch \$10.00, Dinner \$12.00. *Special Diets:* Vegetarian, Low Salt, Diabetic, Low Fat and Heart-Friendly. Tray service to suite if ill (no charge for a maximum time of 4 days). 3 snacks/day. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (indoor, for visitors and indoor & outdoor for residents). 3 lounges with: pianos (2) and large screen TVs (3). Guest suites available (\$100.00/night). *Residence has a:* library, chapel, barber/beauty shop and visiting hairdresser. Mail delivered to main desk. *Recreation Facilities:* shuffleboard, craft room, card room and outdoor patios. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips, religious services, holiday celebrations, discussion groups and inter-generational visits.

OTHER SERVICES: *Housekeeping:* weekly (extra room cleaning at an additional cost). *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost; 1 load/week) and dry cleaning (extra cost). Transportation to medical appointments (can be arranged at additional cost) and for group social activities (extra cost for special outings e.g. theatre). 24-hour security. Nightly security checks. Telephone (\$40.00/month). Cable TV (\$40.00/month basic only). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (based on care needs). Rent paid monthly. *Payment Options:* cheques, post-dated cheques, direct deposit and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 90 days' notice given. Will help resident move into residence (\$30.00/hour). Short-term respite and trial stays (\$125.00/day) available.

HAZELTON PLACE RETIREMENT RESIDENCE

111 Avenue Road,

Toronto, ON M5R 3J8

Tel: (416) 928-0111 • Fax: (416) 928-0118

Email: mkg.mgr.hazelton@verveseniorliving.com

Website: www.verveseniorliving.com/hazelton-place

Contact: **Leslie Westlake**

Capacity: **185 residents**

Subsidies: **none**

Price: **\$4,580.00 - \$9,350.00/month**



Located in the heart of the city in Yorkville, close to the arts, shops, restaurants & the entertainment district, Hazelton Place offers full service retirement living; providing our residents with unparalleled service, comfort and superb Chef-prepared dining. 24-hour health care team & state-of-the-art security system. Assisted Living and Independent Living. Respite and trial stays welcome. Hazelton Place is managed by VERVE/Diversicare, who is the proud recipient of the 2003, 2006, 2009, 2012 and 2015 Order of Excellence Award given by Excellence Canada. This award was received for the exceptional quality and customer service we provide to our residents every day.

RESIDENCE INFORMATION: 19 years in operation. Near: Avenue Road and Bloor Street. Decorated in 2018. Handrails in hallways. 8 floors, 3 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. Owned by: BC Pension



Fund - Quadreal. *Managed by:* Verve Senior Living. 161 units. *Average Waiting Period:* 4 - 6 months. *Average Age:* 85. Can accommodate cognitively impaired people (with assessment). Can accommodate physically challenged people (with assessment). Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* sign out. *Languages:* English. Main doors of residence are always secured. *Close to:* Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospitals (University Health Network - Toronto General Hospital, Toronto Western Hospital, Toronto Rehabilitation Institute & Princess Margaret Sites, Sinai Health System - Mount Sinai Hospital Site, St. Michael's Hospital and Sunnybrook Health Sciences Centre - Orthopaedic and Arthritic Site). *Predominant Cultural Group:* English-speaking. Member of ORCA, Yonge-Bloor-Bay Business Association and Ontario Gerontology Association. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Dietitian (via LHIN), Companions, Podiatry/Chiropractic, Speech Pathology (via LHIN), Audiology/Hearing Clinic and Clergy (alternating visiting Minister & Priest). *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing staff. RNs, RPNs, HCAs, PSWs and UCPs on staff. Visiting MD (once/week). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters and ostomies. Assistance with dressing available (\$24.00/half hour). Assistance with bathing available as needed (\$24.00/half hour). Care plans done. Different levels of care available. Private Duty/Extra Care available (\$36.00/hour). Assisted Living Area is secured to accommodate residents with dementia (\$1,450.00/month; *waiting period:* 6 - 12 months). Lab service (visiting, \$30.00/visit). Will help locate higher level of care if needed (Health & Wellness Manager will discuss options with family).

LIFE IN THE HEART OF THE CITY

Located in the heart of the city on Avenue Road, just north of Bloor Street, Hazelton Place is a quiet, tranquil oasis in the midst of a bustling and vibrant community. With fine dining, life-enrichment programming, a robust community feel and seemingly endless services and amenities, you'll love your new lifestyle. Our dedicated staff can't wait to meet you!

To discover Hazelton Place Retirement Residence, visit verveseniorliving.com/hazelton-place/

Including 3 meals a day, rec. programs, housekeeping & 24 hour emergency nursing response.

 **HAZELTON PLACE**
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH



**MONTHLY RATES
STARTING AT \$4,595**



416.928.0111 | 111 AVENUE RD, TORONTO, ON M5R 3J8 | VERVESENIORLIVING.COM



ACCOMMODATION: *Suite Types:* 1-bedroom and 2-bedroom suites - various sizes and styles. *In All Suites:* kitchenette, bar fridge, storage, window coverings, light fixtures, fire alarm, CO alarm/detector, smoke detector, sprinkler, emergency call bell/emergency response system with wearable pendant per suite, air conditioning (central) and thermostats for heating & cooling. Private bathroom with call bell, grab bars and shower. In-suite cable TV if resident arranges with cable company. Can have own phone number if resident arranges with phone company. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* approved appliances only; no burners, no toasters. Suites can be shared (by couples only), roommate picked by resident. Pets allowed (cats, birds, small dogs).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$10.95, Lunch \$18.95, Dinner \$20.95. *Special Diets:* Vegetarian, Low Salt, Diabetic and Therapeutic. Tray service to suite if ill (no charge if Doctor orders). 2 snacks/day. Elegant restaurant and private dining room, both with wait service, cathedral ceiling, full window views and private dining. Open seating. Sunday brunch every 2nd week. Licensed bar newly renovated. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and indoor for residents: \$110.00/month). *6 lounges with:* TVs (3), pianos (3), gas fireplaces (3), games, bridge and ping pong (1). *Residence has a:* library, barber/beauty shop, visiting hairdresser, laundry room(s) (no cost), tuck/convenience store (open 3 times/week, 3:00 p.m. to 4:00 p.m.). Resident can arrange newspaper delivery to individual suite (extra cost). Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, exercise room, craft room, card room, spa, landscaped garden, hobby/art studio and resident kitchen. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips, Brain Gym & MORE®, Tai Chi, Yoga, dance and one-on-one & individualized recreation programs.

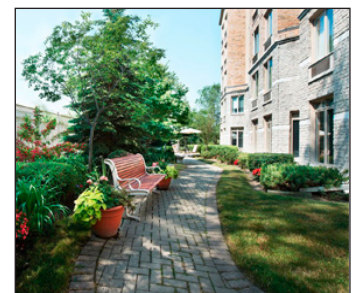
OTHER SERVICES: *Housekeeping:* daily and weekly (included in fee; daily at an additional cost if Independent). *Laundry:* linen (included in fee), towel (included in fee), personal (\$22.00/load for Independent; no charge for Assisted Living) and dry cleaning (pick up & delivery available - local dry cleaners). Transportation for group social activities. 24-hour security. Nightly security checks. Telephone (resident responsible). Cable TV (resident responsible). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$915.00/month; \$1,505.00/month for Assisted Living). Rent paid monthly. *Payment Options:* post-dated cheques, direct deposit and pre-authorized payments. Rent increases are indexed to inflation as per Provincial Tenancy Legislation and annual for resident with 3 months' notice given.

KINGSWAY BY REVERA

**4251 Dundas Street West,
Toronto (Etobicoke), ON M8X 2Z5
Tel: (416) 236-7575 • Toll Free: 1 (855) 573-8372
Email: kingsway@reveraliving.com
Website: www.reveraliving.com/kingsway
Contact: **Executive Director** or **Sales Consultant**
Capacity: **107 units**
Subsidies: **none****

revera[®]



Keep living your life, your way, at Kingsway. Here, you'll find a range of services, amenities and choices that fit your lifestyle and requirements – all in a warm and safe environment, in the most established retirement residence in the community. With retirement living at Kingsway, you change your address, not your life. We're conveniently located near Royal York Road, with easy access to public transit, shopping, entertainment, parks, and churches. Everything here is designed to enable you to maintain your independence and privacy, enjoy a full social life, and participate in



the activities that you love. Our caring and friendly staff, appealing accommodations and our refined style and luxury support who you are and how you want to live. Explore what we have to offer, to keep you living in freedom and comfort. Kingsway is part of the Revera family, one of North America's leading and most trusted providers of seniors' accommodation, care and services since 1961.

RESIDENCE INFORMATION: 20 years in operation. *On:* Royal York Road and Dundas Street. Decorated in 2010. Handrails in hallways. 6 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Revera Inc. *Average Waiting Period:* varies. *Average Age:* 80. Can accommodate cognitively impaired people (secured floor for residents with dementia). Can accommodate physically challenged people (moderately physically challenge; walkers & wheelchairs). Residents have a dress code (smart, casual dress). Smoking allowed outdoors only in designated area. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* Short-Term: inform Reception. Overnight & Holidays: inform Nursing and Reception. *Languages:* English. Kingsway is a multicultural community where many European languages are spoken. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (St Joseph's Heath Centre). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Dietitian, Companions, Podiatry (via LHIN)/Chiropractic, Chaplaincy, Speech Pathology (via LHIN) and Audiology/Hearing Clinic. *External services arranged by:* family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, PSWs and UCPs on staff. Visiting MD (weekly visits and on call 24/7). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept (but not provide special assistance for) residents who require catheters. Will accept and provide special assistance for residents who require oxygen. Assistance with dressing available (cost). Assistance with bathing available as needed (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available. Separate unit for residents with dementia. Lab service (visiting). Will help locate higher level of care if needed (family conference arranged to determine future care needs).

ACCOMMODATION: *Suite Types:* studio, 1-bedroom and 2-bedroom suites. *In All Suites:* kitchenette, bar fridge, storage, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Private bathroom with call bell, grab bars and shower (walk-in shower available) with non-slip surface. In-suite cable TV provided by residence (residence charges extra). Can have own phone number if resident arranges with phone company (residence charges extra). Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* microwaves and auto shut-off kettles permitted based on assessment. Suites can be shared (by couples or family members only). Pets allowed (cats, birds and small dogs).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt and Diabetic. Can assist with many types of diets. Tray service to suite if ill (no charge if Doctor orders). Unlimited snacks available at any time. Party facilities available (private dining room or The Kingsway Lounge is available for private parties).

AMENITIES AND ACTIVITIES: Parking available (indoor & outdoor, for visitors and residents). 3 lounges with: TVs (2), pianos (2) and double-sided fireplaces (2). Guest suites available. *Residence has a:* library, barber/beauty shop, visiting hairdresser, laundry room(s) (no cost) and tuck/convenience store (open every Wednesday). Resident can arrange newspaper delivery to individual suite (extra cost). Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, exercise room, craft room, card room, unique café, fireside library and penthouse bar/theatre. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, parties, entertainment, art classes, pet visiting, day trips, day trips by bus to casino, shopping, theatre and winery tours, etc.



OTHER SERVICES: *Housekeeping:* daily and weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost) and dry cleaning (pick-up and delivery service available). Transportation to medical appointments (extra cost) and for group social activities (extra cost). 24-hour security. Nightly security checks. Telephone (extra cost). Cable TV (extra cost). Utilities (included in fee).

RENTAL INFORMATION: Call about our promotions. Suite rate varies depending on size and care/service package requested. Extra cost for 2nd person sharing suite. Rent paid monthly. *Payment Options:* cheques, post-dated cheques, direct deposit and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Will help resident move into residence (extra cost). Short-term respite and trial stays available.

L'CHAIM RETIREMENT HOMES INC.

718 Sheppard Avenue West,

Toronto (North York), ON M3H 2S6

Tel: (416) 398-7898 • Fax: (416) 398-3909

Email: judy@lchaimretirement.ca or deborah@lchaimretirement.ca

Website: www.lchaimretirement.ca

Contact: **Judy Cohen** or **Deborah Rothenberg**

Capacity: **30 residents**

Subsidies: **none**

Price: **\$7,000.00 - \$7,500.00/month**



L'Chaim Retirement Home is a small and unique home that provides its residents with a Jewish environment geared to those in need of Assisted Living. L'Chaim is a leader in dementia care. We provide full-time residents with all levels of care. At L'Chaim you can enjoy your "golden years" knowing that all your needs are being taken care of. Residents are encouraged to maintain their independence, continue to grow intellectually and make new friendships.

RESIDENCE INFORMATION: 18 years in operation. Near: Bathurst Street and Sheppard Avenue. Decorated in 2012. Handrails in hallways. 3 floors, 1 elevator. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Judy Cohen. 30 units. *Average Waiting Period:* varies. *Average Age:* 85. Can accommodate cognitively impaired people (specializing in dementia using the Montessori Methods for dementia). Can accommodate physically challenged people. Smoke-free residence. We welcome visitors anytime other than meal times. *Procedures to Leave the Premises on a Temporary Basis...* inform our Administrative Office. *Languages:* English, Yiddish and Hebrew. Main doors of residence secured at night only. Close to: Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospital (North York General Hospital). *Predominant Cultural Group:* Jewish. Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Dietitian (via LHIN), Companions, Podiatry (via LHIN)/Chiropody, Chaplaincy, Speech Pathology (via LHIN) and Audiology/Hearing Clinic. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour staff. RNs, RPNs, HCAs, PSWs and UCPs on staff. Visiting MD (once/week and when needed). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters, ostomies and feeding tubes. Assistance with dressing available. Assistance with bathing available twice/week. *Extra baths:* \$15.00/bath. Care plans done. Different levels of care available. Private Duty/Extra Care available (\$15.00/hour). Assisted Living Area is secured to accommodate residents with dementia. Lab service (on-site). Will help locate higher level of care if needed (level of care is adjusted as needed).



ACCOMMODATION: *Suite Types:* unfurnished single private rooms with private bathrooms. *In All Suites:* window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, air conditioning (central & window units) and thermostats for heating & cooling. Private bathroom with call bell, grab bars, walk-in shower with non-slip surface and elevated toilet seat. In-suite cable TV if resident arranges with cable company. Can have own phone number if resident arranges with phone company. Unfurnished suites. No pets allowed.

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Lunch \$5.00, Dinner \$10.00. *Special Diets:* Vegetarian, Low Salt and Diabetic. Kosher meat and poultry & dairy (no Mashgiach). All meals are cooked on-site using only fresh ingredients. Tray service to suite if ill (no charge if Doctor orders). Unlimited snacks available at any time. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 3 lounges with: TVs (2), piano (1) and fireplace (1). Residence has a: library, visiting library, barber/beauty shop, visiting hairdresser and laundry room(s) (no cost). Residence provides newspaper delivery to dining room. Mail delivered to private mailbox (no key). *Recreation Facilities:* exercise room and card room. Posted schedule of activities. Internal newsletter for residents. All day programming for all residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes and pet visiting.

OTHER SERVICES: *Housekeeping:* daily (included in fee). *Laundry:* linen (included in fee), towel (included in fee) and personal (included in fee). We provide individual laundry service! Transportation for group social activities. 24-hour security. Nightly security checks. Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. L'Chaim provides all-inclusive 24/7 care, supervision and attention. Our price is inclusive of all care, meals, rent, programming and all other services we provide. There is no need to bring an additional caregiver. No cost for sharing suite. Rent paid monthly. *Payment Options:* post-dated cheques. Rent increases as per Provincial Tenancy Legislation are annual with 3 months' notice given. Trial stays available.

LEASIDE RETIREMENT RESIDENCE BY REVERA

10/14 William Morgan Drive,
Toronto, ON M4H 1E7

Tel: (416) 425-3722 • Fax: (416) 425-3946

Toll Free: 1 (877) 929-9222

Email: julie.lang@reveraliving.com or kelly.grady@reveraliving.com

Website: www.reveraliving.com/leaside

Contact: Julie Lang or Kelly Grady

Capacity: 310 residents

Subsidies: none

Price: \$2,500.00 - \$7,000.00/month



Keep living your life, your way, at Leaside. You'll find a range of services, amenities and choices that fit your lifestyle and requirements – all in a warm, safe and stylish environment. Backing on to the scenic Taylor Creek Ravine, Leaside by Revera offers options for all. Whether it's Independent Living, Retirement Living, Assisted Living or Memory Care, Leaside boasts a full continuum of care, all within a beautifully appointed residence. Everything is designed with you in mind; maintain your independence and privacy, enjoy a full social life, and participate in the activities you love. Our caring and friendly staff and appealing accommodations support who you are and how you want to live. With retirement living at Leaside, you change your address, not your life. Leaside is part of the Revera family, one of North America's leading and most trusted providers of seniors' accommodation, care and services since 1961.

RESIDENCE INFORMATION: 54 years in operation. Near: Don Mills Road and Overlea Boulevard. Decorated in 2015. Handrails in hallways. 7 floors, 5 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. Owned and



managed by: Revera Inc. 288 units. *Average Waiting Period:* varies. *Average Age:* 84. Can accommodate cognitively impaired people (separate secured Memory Care accommodation). Can accommodate physically challenged people (can accommodate walkers, wheelchairs, and Hoyer lifts). Smoking allowed in outside designated area. Alcohol allowed (*restrictions:* not permitted in Memory Care). Receptionist on duty until 10:00 p.m. 7 days/week; visitors use buzzer to get in after 10:00 p.m. *Procedures to Leave the Premises on a Temporary Basis...* Short-Term: sign in/out at Reception. Overnight & Holidays: inform staff and sign in/out at Reception. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospitals (Sunnybrook Health Sciences Centre, North York General Hospital and Toronto East Health Network – Michael Garron Hospital). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Companions, Podiatry (via LHIN)/Chiropractic, Chaplaincy, Speech Pathology (via LHIN), Audiology/Hearing Clinic, Massage Therapy, Esthetician and Hair Salon. *External services arranged by:* family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing staff. RNs, RPNs and PSWs on staff. Visiting MD (4 Physicians on-site 4 times/week & on call 24-hours). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration (*restrictions:* no sliding scale insulin) and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters and ostomies. Assistance with dressing available (cost). Assistance with bathing available as needed (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available. Assisted Living Area (*waiting period:* less than 2 weeks). Separate unit for residents with dementia. Lab service (visiting, \$25.00/visit). Will help locate higher level of care if needed (assistance coordinating services/long-term care through the LHIN).

ACCOMMODATION: *Suite Types:* private studio, 1-bedroom and 2-bedroom suites. *In All Suites:* storage, window coverings, light fixtures, smoke detector, sprinkler, call bell, 24/7 emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Kitchenettes in many suites. Linens provided to Assisted Living & Memory Care residents. All suites renovated prior to move-in. Private bathroom with call bell, grab bars and shower with non-slip surface. In-suite cable TV provided by residence (residence charges extra). Can have own phone number provided by residence (residence charges extra). Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* auto shut-off appliances only. Pets allowed (pet-friendly residence; cats, birds and small to medium-size dogs are all welcome).

DINING SERVICE: All meals included in fee and served in dining room daily. Assisted Living and Memory Care offer their own dining room on the floor making it easily accessible for those with mobility issues. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt, Diabetic, Heart Smart Choices and Gluten Free. Tray service to suite if ill. 2 snacks/day. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 21 lounges with: TVs (6), pianos (2), music playing 24/7 (2) and grand piano (1). Guest suites available. *Residence has a:* library, visiting library, chapel, barber/beauty shop, visiting hairdresser, laundry room(s) (no cost) and tuck/convenience store (open 9:00 a.m. to 3:00 p.m.). Resident can arrange newspaper delivery to individual suite (extra cost). Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, exercise room, craft room, card room, bar/pub, games room, recreation area, sunrooms, outdoor patios, walking path, theatre and party room. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, dining club, excursions/trips, church services, lectures, socials and Happy Hour.

OTHER SERVICES: *Housekeeping:* daily and weekly (weekly included in fee for all). *Laundry:* linen (extra cost for Independent Living; included for Assisted Living and Memory Care), towel (extra cost for Independent Living; included for Assisted Living and Memory Care), personal (extra cost for Independent Living; included for Assisted Living and Memory Care) and dry cleaning (arrange with Reception). Either staff or resident label clothing (maximum \$50.00 charge



for all labels). Transportation to medical appointments (WheelTrans or taxi service) and for group social activities (cost of admission only; transportation included). 24-hour security. Nightly security checks. Telephone (extra cost; residents can port their current phone number). Cable TV (extra cost). Utilities (included in fee). Optional services available.

RENTAL INFORMATION: Rates may vary. Independent Living studios - \$2,500.00/month & up; Assisted Living studios - \$4,100.00/month & up; Memory Care studios - \$4,600.00/month & up. Extra cost for 2nd person sharing suite (fee depends on living option). Rent paid monthly. *Payment Options:* cheques, post-dated cheques and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Will help resident move into residence. Short-term respite and trial stays available (vacation & respite stays easily arranged).

MCCOWAN RETIREMENT RESIDENCE

**2881 Eglinton Avenue East,
Toronto (Scarborough), ON M1J 0A2**
Tel: (416) 266-4445 • Fax: (416) 264-8377
Email: rebecca@mccowanrr.com
Website: www.mccowanRR.com
Contact: **Rebecca Centeno**
Capacity: **150 residents**
Subsidies: **none**
Price: **\$3,450.00 - \$6,995.00/month**



Located in the heart of Scarborough, offering a wide range of retirement living choices: from Independent to Supportive Living and featuring warm water aquafit, respite stays for short-term needs, or permanent residency. We also offer Memory Lane, a safe and secure residence option for those with Alzheimer's and dementia. McCowan Retirement Residence has been in operation since December 2004. We pride ourselves on the care we offer to today's seniors. We are close to the TTC, GO Transit, shopping malls and the major hospitals in the area. We are a fun loving and vibrant retirement home, with an exceptional and dedicated team of staff ready to let you experience the FUN side of retirement living!

RESIDENCE INFORMATION: 15 years in operation. Near: McCowan Road and Eglinton Avenue. Decorated in 2018. 7 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Greenwood Retirement Communities. 142 units. *Average Waiting Period:* varies. *Average Age:* 85. Can accommodate cognitively impaired people (on Memory Lane, our secure 6th floor). Can accommodate physically challenged people with restrictions (one-person pivot transfer). Smoking allowed in designated area outside. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...*sign out at the Reception Desk. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Scarborough and Rouge Hospital - General Site). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Companions, Podiatry/Chiropractic and Audiology/Hearing Clinic. *External services arranged by:* family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, PSWs and UCPs on staff. Visiting MD (once/week). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen and catheters. Assistance with dressing available (cost). Weekly assistance with bathing available (\$20.00/bath). *Extra baths:* \$20.00/bath. Care plans done. Different levels of care available. Private Duty/Extra Care available (\$40.00/hour). Separate unit for residents with dementia. Lab service (visiting). Will help locate higher level of care if needed (through care conferencing).



ACCOMMODATION: *Suite Types:* studio and 1-bedroom suites, all private. *In All Suites:* kitchenette, microwave, bar fridge, storage, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. Private bathroom with call bell, grab bars and shower with non-slip surface. In-suite cable TV provided by residence. Can have own phone number provided by residence. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* no hot plates or toaster ovens. Suites can be shared (by couples only). Pets allowed (looked after by resident).

DINING SERVICE: Lunch and Dinner included in fee and served in dining room daily. *Guest Meals:* Breakfast \$6.00, Lunch \$10.00, Dinner \$15.00. *Special Diets:* Vegetarian, Low Salt, Diabetic and Others (as resident requests). Tray service to suite if ill (no charge if Doctor orders). 2 snacks/day. Private dining room available for use by residents. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). *2 lounges with:* TVs (2), pool table, exercise equipment (1) and library (1). Guest suites available (\$125.00/night). *Residence has a:* library, visiting library, chapel, barber/beauty shop and laundry room(s) (no cost). Resident can arrange newspaper delivery to main desk (extra cost). Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, exercise room, craft room, card room, swimming pool, movie theatre and internet lounge. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips and outside entertainers.

OTHER SERVICES: *Housekeeping:* daily and weekly (included in fee; weekly on Independent and daily on Supportive Care). *Laundry:* linen (included in fee), towel (included in fee), personal (\$100.00/month for à la carte; included on Supportive Care) and dry cleaning (extra cost). Either staff or resident label clothing (service provided if required for \$50.00 including labels). Transportation for group social activities. 24-hour security. Nightly security checks. Telephone (included in fee). Cable TV (included in fee). Internet (\$30.00/month). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$700.00/month). Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases are indexed to inflation as per Provincial Tenancy Legislation and annual for resident with 3 months' notice given. Short-term respite (\$125.00/day; \$160.00/day on Memory Care secure floor) and trial stays (\$95.00/day) available.

DID YOU KNOW?

People who are over 80 years old must renew their driver's license every 2 years and in order to do so must go through a vision test, driving record review, attend a group education session and an in-class cognitive screening exercise. You must make an appointment for the session (which is said to take about 90 minutes) as soon as you get your renewal notice. In rare instances, a senior will have to take a road test and/or may need to provide medical information. Drivers over 80 years old must complete this process every two years in order to maintain a driver's license. There is a nominal cost for renewal. You will need to have your renewal form, current license and if you use glasses or hearing aids, take those with you as well.

For further information call **1 (800) 396-4233** or visit

<https://www.ontario.ca/page/renew-g-drivers-licence-80-years-and-over>



MEIGHEN RETIREMENT RESIDENCE

**84 Davisville Avenue,
Toronto, ON M4S 1G1**
Tel: (416) 481-5557 • Fax: (416) 481-8540
 Email: gail_bungay@can.salvationarmy.org
 Website: www.sa-mhc.ca
 Contact: **Gail Bungay**
 Capacity: **89 residents**
 Subsidies: **none**
 Price: **\$2,546.00 - \$4,722.00/month**



The Meighen Retirement Residence is home to those who enjoy living in a safe and comfortable environment, centrally located, in a vibrant area of North Toronto.

RESIDENCE INFORMATION: 47 years in operation. *Near:* Yonge Street and Mount Pleasant Avenue. Decorated in 2008. Handrails in hallways. 6 floors, 3 elevators. *Funding Base:* Not-for-profit. *Owned by:* The Salvation Army. *Managed by:* The Meighen Health Centre. 69 units. *Average Waiting Period:* varies. *Average Age:* 85. Can accommodate cognitively impaired people with restrictions (mild cognitively impaired with no elopement or safety risks). Can accommodate physically challenged people with restrictions (Independent Living with minimal assist). Residents have a dress code (no night clothes in the dining room or main lounge). Smoke-free residence. Reception is open from 8:00 a.m. to 11:00 p.m. *Procedures to Leave the Premises on a Temporary Basis...* Short-Term: sign in/out at Reception. Overnight: sign in/out and inform Nursing Department. Holidays: written notice of time away to Administration and Care Departments. *Languages:* English. Main doors of residence are always secured. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library and Local Hospital (Sunnybrook Health Sciences Centre). *Predominant Cultural Group:* Second Generation Canadians. Member of ORCA.

STAFFING: *Available Staff/Services:* Pharmacy, Recreation Therapy, Dietitian, Chaplaincy, Chiropody, Housekeeping, Nursing and 24-hour Care Staff. *External services arranged by:* family/resident. *Staff trained re:* visually and hearing impaired. 24-hour nursing staff. RNs, RPNs and PSWs on staff. Visiting MD (one day/week and on call). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept (but not provide special assistance for) residents who require ostomies. Will accept and provide special assistance for residents who require oxygen. Assistance with bathing available twice/week. Care plans done. Lab service (visiting, \$25.00/visit). Will help locate higher level of care if needed (resident/family responsible for initiating application to long-term care).

ACCOMMODATION: *Suite Types:* single rooms with 2-piece bathroom (28) single rooms with 3-piece bathroom (21) and 1-bedroom suites (20). *In All Suites:* storage, window coverings, light fixtures, linens, fire alarm, smoke detector, sprinkler, call bell, air conditioning (central - forced air) and thermostats for heating. Private bathroom with call bell and grab bars. In-suite cable TV if resident arranges with cable company. Can have own phone number if resident arranges with phone company. Unfurnished suites. *Restrictions on Electrical Appliances:* ALL electrical appliances must be CSA Approved. Suites can be shared (by couples only). No pets allowed.

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$7.00, Lunch \$10.00, Dinner \$7.00. *Special Diets:* Diabetic and Lactose Free. Tray service to suite if ill/when ordered by the Nursing Department (no charge or restrictions). 1 snack/day. Unlimited snacks available at any time. Party facilities and outside meeting space available at no charge except for refreshments, food and staff.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 6 lounges with: TVs (6), pianos (2) and kitchenettes (5). *Residence has a:* library, visiting library, chapel, barber/beauty shop, visiting hairdresser, laundry room(s) (no cost) and tuck/convenience store (open 8:00 a.m. to 11:00 p.m.). Resident can arrange newspaper delivery



to main desk (extra cost). Mail delivered to main desk. *Recreation Facilities:* activity room and large screen TV area. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, parties, entertainment, pet visiting, day trips/outings, walking programs, games, craft program and table tennis.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee) and personal (\$25.00/month; subject to change). Either staff or resident label clothing (included in fee). Laundry is done once/week. 24-hour security. Nightly security checks. Utilities (included in fee). Foot care (\$25.00/visit; subject to change). Hairdressing (prices vary based on service). House calls for blood work (\$25.00/visit; subject to change).

RENTAL INFORMATION: Rates may vary. Single private, 2-piece bathroom - \$2,546.00/month; single private, 3-piece bathroom - \$2,618.00/month; suite/1 person - \$3,449.00/month; suite/2 people - \$4,447.00/month; new suite/1 person - \$3,703.00/month; new suite/2 people - \$4,722.00/month. Extra cost for 2nd person sharing suite (\$998.00/month difference is cost of food). Rent is paid on the first day of each month. *Payment Options:* pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual with 90 days' notice given (each year on August 1, an annual increase in rent is applied that is consistent with Ontario's Rent Increase Guidelines).

PRESENTATION MANOR

**61 Fairfax Crescent,
Toronto (Scarborough), ON M1L 1Z7
Tel: (647) 350-3755**

Email: gordperrault@hotmail.com or dflanagan@presentationmanor.com

Website: www.presentationmanor.com

Contact: **Gord Perrault** or **Deirdre Flanagan**

Capacity: **249 units**

Subsidies: **none**



Presentation Manor is a non-profit seniors' residence located in the Clairlea-Birchmount neighbourhood. Inspired by Catholic religious women and men, Presentation Manor strives to provide comprehensive and compassionate care for the well-being of all residents.

RESIDENCE INFORMATION: New residence. Near: St. Clair Avenue and Warden Road. Decorated in 2018. Handrails in hallways. 4 floors, 6 elevators. Wheelchair accessible. *Funding Base:* Not-for-profit. *Owned by:* The Catholic Church. *Average Waiting Period:* none. *Average Age:* 85. Can accommodate cognitively impaired people. Can accommodate physically challenged people. Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* inform Front Desk and Wellness Director. *Languages:* English. Main doors of residence secured at night only. Close to: Public Transit, Shopping, Churches, Major Highway and Local Hospital (Providence Healthcare). *Predominant Cultural Group:* Roman Catholic.

STAFFING: *Available Staff/Services:* Pharmacy, Visiting Dentist, Physiotherapy (via LHIN), Dietitian, Chaplaincy and Audiology/Hearing Clinic. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs and PSWs on staff. Visiting MD. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administered if required. Vitals monitored if required. Will accept (but not provide special assistance for) residents who require oxygen, catheters and ostomies. Assistance with dressing available (cost). Weekly assistance with bathing available (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available. Assisted Living Area. Separate unit for residents with dementia. This residence has specially designed accommodations for Assisted Living and Memory Care services. Will help locate higher level of care if needed (Director of Wellness and the LHIN).



ACCOMMODATION: Choice of suites available. *In All Suites:* kitchenette, apartment-size fridge with freezer, microwave, patio/balcony, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Private bathroom with grab bars, tub and/or shower with non-slip surface and elevated toilet seat. In-suite cable TV provided by residence (residence charges extra). Can have own phone number if resident arranges with phone company (residence charges extra). Unfurnished suites; furnished suites available for short stays. Suites can be shared (by couples, or related family members). Pets allowed.

DINING SERVICE: All meals included in fee and served in dining room daily. *Special Diets:* Vegetarian, Low Salt and Diabetic. Tray service to suite if ill (no charge if Doctor orders). Unlimited snacks available at any time. Buffet-style dining in our beautiful two-storey high dining room. Outdoor dining is available also. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (indoor & outdoor, for visitors and residents). Guest suites available. *Residence has a:* library, chapel, barber/beauty shop, laundry room(s) (no cost) and tuck/convenience store. Mail delivered to resident. *Recreation Facilities:* pool table, shuffleboard, exercise room, greenhouse, craft room, card room and swimming pool. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting and day trips.

OTHER SERVICES: *Housekeeping:* daily and weekly. *Laundry:* linen (included in fee), towel (included in fee) and personal (extra cost).

RENTAL INFORMATION: Extra cost for 2nd person sharing suite. Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Short-term respite and trial stays available.

RETIREMENT SUITES BY THE LAKE

2121 Kingston Road,
Toronto (Scarborough), ON M1N 1T5
Tel: (416) 267-2121 • Fax: (416) 267-2213
Email: info@rsbl.ca or diane@rsbl.ca
Website: www.suitesbythelake.ca
Contact: **Lorrie Brown** or **Diane Shaddock**
Capacity: **110 residents**
Subsidies: **none**
Price: **\$2,950.00 - \$5,000.00/month**



Retirement Suites by the Lake is an independent living community, in Toronto, located right in the heart of Southern Ontario's beach area. Enjoy breathtaking, picturesque views from Rosetta McClain Park, which is located right next door. The history of Scarborough is alive and well at Retirement Suites by the Lake. Once the White Castle Inn, this home has remained true to the original character of the building and offers plenty of unique floor plans. Crown moldings, wainscoting, high ceilings and beautiful large windows add to the attractive interior stylings. A long-standing fixture in the community, Retirement Suites by the Lake has been your neighbor for over 12 years. The residents who live here have also been fixtures in this local community. You will not be surprised to find many people that you know, living here.

RESIDENCE INFORMATION: 14 years in operation. *Near:* Birchmount Road and Kingston Road. Decorated in 2014. Handrails in hallways. 4 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Greenwood Retirement Communities. 92 units. *Average Waiting Period:* 3 - 4 weeks. *Average Age:* 84. Can sometimes accommodate cognitively impaired people (assessment required). Can sometimes accommodate physically challenged people (assessment required). Smoking allowed outside in designated area. Alcohol allowed. Guests sign in/out. *Procedures to Leave the Premises on a Temporary Basis...*communication to Management/Staff.



Languages: English, French, Italian, German and Filipino. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospitals (Toronto East Health Network – Michael Garron Hospital and Scarborough and Rouge Hospital). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Dietitian (via LHIN), Podiatry (via LHIN)/Chiropractor, Chaplaincy, Speech Pathology (via LHIN), Audiology/Hearing Clinic, Physician (in-house) and Physiotherapist. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour staff. RPNs, HCAs, PSWs and UCPs on staff. Visiting MD (bi-weekly). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept (but not provide special assistance for) residents who require catheters and ostomies. Will accept and provide special assistance for residents who require oxygen. Assistance with dressing available (cost). Assistance with bathing available as needed (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available (\$180.00 to \$700.00/month). Lab service (visiting, \$25.00/visit). All residents can stay in our residence with an appropriate care plan in place. Will help locate higher level of care if needed (through the LHIN).

ACCOMMODATION: *Suite Types:* all private suites; 1-bedroom (77) and studio (15) units. *In All Suites:* kitchenette, bar fridge, microwave, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. Private bathroom with grab bars, tub and/or shower with non-slip surface. In-suite cable TV provided by residence. Can have own phone extension number provided by residence. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* no open flame; no electrical appliances allowed in suites of cognitively impaired residents. Suites can be shared (by couples only). Pets allowed (dog owners occupy suites with a walkout to patio).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$6.50, Lunch \$6.50, Dinner \$10.00. *Special Diets:* Vegetarian, Low Salt, Diabetic, Calorie Reduced, Minced and Pureed. Tray service to suite if ill (no charge if Doctor orders). Unlimited snacks available at any time. Spacious dining area with large windows provide extensive lighting. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and residents: \$25.00/month). 3 lounges with: TVs (2), piano (1), fireplaces (2) and computers (1). Guest suites available (\$99.00/night). *Residence has a:* library, visiting library, chapel, barber/beauty shop, visiting hairdresser and laundry room(s) (no cost). Residence provides newspaper delivery to individual suite. Mail delivered to individual suite. *Recreation Facilities:* shuffleboard, exercise room, craft room, card room, gazebo, patio and deck. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips, manicures and Happy Hour.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (\$20.00/load) and dry cleaning (extra cost). Laundry room available for residents to do personal laundry; soap and bounce sheets are free. Transportation for group social activities. 24-hour security. Nightly security checks. Telephone (included in fee). Cable TV (included in fee). Utilities (included in fee). Inquire about current promotions.

RENTAL INFORMATION: Rates may vary. Studios - \$2,950.00/month & up; 1-bedroom suites - \$3,485.00/month & up. Extra cost for 2nd person sharing suite (\$600.00/month). Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases are indexed to inflation, annual for resident with 3 months' notice given. Will help resident move into residence. Short-term respite and trial stays available (both \$99.00/day).

Prices listed in this Guide may vary slightly. Please call the home or resource directly to verify rates.



SCARBOROUGH RETIREMENT RESIDENCE

148 Markham Road,
Toronto (Scarborough), ON M1M 2Z8
Tel: (416) 264-3566

Email: maureen@scarboroughretirement.com or tracy@scarboroughretirement.com

Website: www.scarboroughretirement.ca

Contact: **Maureen Scordamaglia** or **Tracy Erickson**

Capacity: **137 residents**

Subsidies: **none**

Price: **\$2,865.00 - \$4,630.00/month**



Scarborough Retirement Residence has been voted the #1 Retirement Residence by the Scarborough community.

It is a Premier Boutique Retirement Experience, offering accommodations in a full-service community for seniors who wish to maintain their independence. This commitment is reflected by the number of our on-site amenities such as a chapel with daily mass, air purification system for promoting optimal health, in-house physiotherapy program, in-house Physician and dynamic social planning. We pride ourselves on a level of excellence that comes from dedicated and caring staff. We also accommodate short-term residency for respite or trial stays.

RESIDENCE INFORMATION: 30 years in operation. Near: Markham Road and Kingston Road. Decorated in 2018. Handrails in some of the hallways. 7 floors, 2 elevators. Wheelchair accessible. Funding Base: Corporate/for profit. Owned by: Josee Lafontaine. 124 units. Average Waiting Period: varies. Average Age: 85. Can sometimes accommodate cognitively impaired people (mild impairment). Can accommodate physically challenged people with some restrictions. Smoking allowed on back patio. Alcohol allowed. Visitors are required to sign in and out at the Reception Desk. Procedures to Leave the Premises on a Temporary Basis...notify Health & Wellness Department/Reception Desk. Languages: English. Main doors of residence are always secured. Close to: Public Transit, Shopping, Churches, Seniors' Centre, Library and Local Hospitals (Scarborough and Rouge Hospital – General & Centenary Sites). Predominant Cultural Group: Catholic. Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: Available Staff/Services: Pharmacy, Visiting Dentist, Physiotherapy (via LHIN), Companions, Chaplaincy, Audiology/Hearing Clinic, Foot Care and Wellness Programs. External services arranged by: residence and/or family/resident. Staff trained re: visually, hearing and cognitively impaired. 24-hour nursing staff. RNs, RPNs and PSWs on staff. Visiting MD (twice/week and on call 24-hours/day for emergencies). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administered if required. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen. Weekly assistance with bathing available (\$120.00/month). Care plans done. Different levels of care available. Private Duty/Extra Care available (\$750.00 to \$1,250.00/month). Will help locate higher level of care if needed (assistance with navigating the path to long-term care through the LHIN).

ACCOMMODATION: Suite Types: various sized studio (83) and 1-bedroom (41) suites. In All Suites: storage, window coverings, light fixtures, linens, fire alarm, smoke detector, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Some studios & all 1-bedroom suites include kitchenettes. Private bathroom with grab bars, tub and/or shower with non-slip surface. In-suite cable TV provided by residence (\$45.14/month). Can have own phone number provided by residence (\$50.85/month). Unfurnished suites; furnished suites available for short stays. Restrictions on Electrical Appliances: must pass inspection of Environmental Services. Suites can be shared (couples or siblings). Pets allowed (pending the signing of a Pet Contract).

DINING SERVICE: All meals included in fee and served in dining room daily. Guest Meals: Breakfast \$12.00, Lunch \$15.00, Dinner \$18.00. Special Diets: Vegetarian, Low Salt, Diabetic, Low Potassium, Minced, Calorie Reduced and Celiac. Tray service to suite if ill (no charge for a maximum time of 1 days). Unlimited snacks available at any time. 24-hour café with tea, coffee, juices and snacks available to residents. Party facilities available.



AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 8 lounges with: TVs (2), piano (1) and stereo & records (1). Guest suites available (\$135.71/night). Residence has a: library, visiting library, chapel, barber/beauty shop, visiting hairdresser, laundry room(s) (no cost) and tuck/convenience store (open various hours 7 days/week). ATM machine on premises. Resident can arrange newspaper delivery to individual suite. Mail delivered to private mailbox with key. *Recreation Facilities:* shuffleboard, exercise room, craft room, card room, resident's kitchen, auditorium, tea room, physiotherapy room, garden club room and games room with billiards table. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips, card games, social groups, bingo, Social Teas and Happy Hour.

OTHER SERVICES: *Housekeeping:* weekly (included in fee; daily extra charge). *Laundry:* linen (included in fee), towel (included in fee), personal (\$154.50/month) and dry cleaning (extra cost). Transportation for group social activities (\$10.00/trip). 24-hour security. Nightly security checks (\$300.00/month). Telephone (extra cost). Cable TV (extra cost). Communications Package includes: cable, telephone and internet services (\$141.25/month). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$900.00/month). Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Short-term respite and trial stays available (both \$135.71/day).

SHEPHERD TERRACE RETIREMENT RESIDENCE

3758 Sheppard Avenue East,
Toronto (Scarborough), ON M1T 3K9
Tel: (416) 609-5700 • Fax: (416) 609-8329
Email: SHayman@shepherdvillage.org
Website: www.shepherdvillage.org
Contact: Sandra Hayman
Capacity: 160 residents
Subsidies: none
Price: \$3,400.00 - \$4,970.00/month



Warm and caring Christian environment. Access to salt water pool, health & wellness centre, salon and spa, pharmacy, tuck shop, adult day program and church in the village. Smoke-free environment. This residence is part of a retirement community that offers 5 different lifestyles from Independent Living to Long-Term Care.

RESIDENCE INFORMATION: 28 years in operation. Near: Kennedy Road and Sheppard Avenue. Decorated in 2009. Handrails in hallways. 6 floors, 4 elevators. Wheelchair accessible. *Funding Base:* Not-for-profit. *Owned and managed by:* Shepherd Village Inc. 141 units. *Average Waiting Period:* varies. *Average Age:* 82. Can accommodate cognitively impaired people with restrictions (no wandering). Can accommodate physically challenged people. Smoke-free residence. Alcohol allowed (*restrictions:* not in public areas). *Procedures to Leave the Premises on a Temporary Basis...* inform staff and sign out. *Languages:* English. Main doors of residence are always secured. Close to: Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospitals (Scarborough and Rouge Hospital - Birchmount & General Sites). Member of ORCA. Joint long-term care CARF accreditation; long-term care is OLTCA accredited. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Recreation Therapy, Occupational Therapy, Visiting Dentist, Denturist, Physiotherapy, Dietitian, Companions, Podiatry/Chiropody, Chaplaincy, Audiology/Hearing Clinic, Ophthalmologist, Optician and Massage Therapist. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs and PSWs on staff. In-house MDs (3 days/week on-site and on 24-hour call). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.



HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen and ostomies. Assistance with dressing available. Weekly assistance with bathing available. Care plans done. Different levels of care available. Private Duty/Extra Care available (\$40.00 to \$70.00/day). Assisted Living Area. Lab service (visiting, \$20.00/visit). Will help locate higher level of care if needed (assistance with completing LHIN papers; we also have a long-term care home).

ACCOMMODATION: *Suite Types:* private suites, choice of sizes available (231 to 757sq. ft.). *In All Suites:* storage, window coverings, light fixtures, linens, fire alarm, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Either private or shared kitchenette & bar fridge. Private bathroom with call bell, grab bars, tub and/or shower with non-slip surface. Can have own phone number if resident arranges with phone company. Unfurnished suites. Suites can be shared (with spouse or sibling). Pets allowed (resident must be able to provide total care; Pet Policy Agreement).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt, Diabetic, Gluten Free and Others. Tray service to suite if ill (no charge if Doctor orders). Unlimited snacks available at any time. Special area for private dining. Restaurant, café and convenience store open to the public. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). *2 lounges with:* piano, pool table, mini putt (1) and shuffleboard (1). Guest suites available. *Residence has a:* library, chapel, barber/beauty shop, laundry room(s) (\$1.50/washer load and \$1.50/dryer load). ATM machine on premises. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, shuffleboard, exercise room, craft room, card room, swimming pool, computer, games room, art studio and 3-hole mini golf. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, art classes, pet visiting, day trips, crafts, games, spiritual programming, movies and entertainment.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee) and personal (extra cost; included in Assisted Living). Transportation for group social activities (cost varies by outing). 24-hour security. Nightly security checks. Cable TV (extra cost). Utilities (extra cost).

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (varies). Rent paid monthly. *Payment Options:* cheques, post-dated cheques and pre-authorized payments. Rent increases are indexed to inflation as per Provincial Tenancy Legislation and annual for resident with 90 days' notice given. Trial stays (\$130.00/day) available (90 days' maximum).

DID YOU KNOW?

Many of the homes listed in this *Guide* have additional information on our website. Several have testimonials, photos, virtual tours, YouTube videos, PDF brochures, Facebook and Twitter feeds, information on events and jobs!!!! Go to **www.senioropolis.com®**, quick search for the home of your choice (or check out homes in your area by searching by city), and browse their many extras. Homes have access to add information throughout the year so, come back often to see what's new!



TAPESTRY AT VILLAGE GATE WEST

15 Summerland Terrace,

Toronto (Etobicoke), ON M9A 0B5

Tel: (416) 777-2911 • Fax: (416) 777-2888

Email: cbettencourt@discovertapestry.com or jhowell@discovertapestry.com

Website: www.discovertapestry.com

Contact: **Cynthia Bettencourt** or **Jeff Howell**

Capacity: **200 residents**

Subsidies: **none**

Price: **\$3,740.00 - \$8,195.00/month**



Tapestry at Village Gate West features full kitchens with fridge, stove and dishwasher. The well-appointed suites range from 344 – 1,039 sq. ft., offering a choice of floor plans from studios to 2-bedrooms + den - most of which offer balconies or terraces. Five-star restaurant dining for breakfast; lunch & dinner is offered in either Montgomery's or The Black Alder Pub. Flexible dining, no set seating, with restaurant-style menus. Fabulous amenities including an indoor heated pool, 2 lounges, beautiful private courtyard, movie theatre and a high definition golf simulator. Outstanding staff & amazing activities. Shuttle as well as private car transportation services. Fun & exciting lifestyle.

RESIDENCE INFORMATION: 11 years in operation. *On:* Dundas Street near Kipling Avenue. Handrails in hallways. 11 floors, 3 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Concert Properties. 168 units. *Average Waiting Period:* varies. *Average Age:* 82. Can accommodate physically challenged people with restrictions (1-person transfers only). Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* Overnight & Holidays: inform the Front Desk. *Languages:* English, Hungarian, Spanish, Ukrainian, Polish, Italian and German. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospitals (St Joseph's Health Centre, Trillium Health Partners and William Osler Health System - Etobicoke General Site). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Physiotherapy, Podiatry/Chiropody and Audiology/Hearing Clinic. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually and hearing impaired. 24-hour staff. RNs, RPNs and PSWs on staff. Visiting MD (weekly). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administered if required (medication assistance provided). Vitals monitored if required. Will accept (but not provide special assistance for) residents who require oxygen and catheters. Assistance with dressing available (cost). Assistance with bathing available as needed (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available. Will help locate higher level of care if needed (referral services available).

ACCOMMODATION: *Suite Types:* studio, junior 1-bedroom, 1-bedroom, 1-bedroom + den, 2-bedroom and 2-bedroom + den suites. All suites have kitchens with refrigerators, stoves and majority have dishwashers. *In All Suites:* window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Private bathroom with call bell, grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV provided by residence. Can have own phone number if resident arranges with phone company. Unfurnished suites; furnished suites available for short stays. Pets allowed (dogs & cats only).

DINING SERVICE: Residents receive a meal credit of \$452.00 or \$565.00/month which may be used in either the restaurant or pub. There are no seatings as menus are restaurant-style with countless choices. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt and Diabetic. Large selection on our menus plus daily features. Tray service to suite if ill (no charge or restrictions). 2 snacks/day. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (indoor, for visitors: free and residents: \$95.00/month). 3 lounges with: TVs (2) and piano (1). Guest suites available (\$135.00/night). *Residence has a:* library, barber/beauty shop and laundry



room(s) (no cost). Residence provides newspaper delivery to individual suite. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, shuffleboard, exercise room, craft room, card room and swimming pool. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, day trips, seminars & lectures, cooking demonstrations, jewelry making and extensive fitness programs including aquafit.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost) and dry cleaning (extra cost). Complimentary laundry facilities and laundry soap on each floor. Transportation to Doctor or medical appointments and for group social activities (extensive Life Enrichment Social Programs). 24-hour security. Nightly security checks. Telephone (per provider costs with Bell/Rogers/etc.). Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Studio - \$3,740.00 /month; 1-bedroom - \$4,450.00/month & up; 1-bedroom + den - \$5,975.00/month & up; 2-bedroom - \$6,300.00/month & up; 2-bedroom + den - \$7,175.00/month & up. Extra cost for 2nd person sharing suite (\$695.00/month). Rent paid monthly. *Payment Options:* cheques, post-dated cheques, direct deposit and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Will help resident move into residence. Short-term respite (\$135.00 to \$175.00/night) and trial stays (\$135.00/day) available.

TERRACE GARDENS BY REVERA

3705 Bathurst Street,

Toronto (North York), ON M6A 2E8

Tel: (416) 789-7670 • Toll Free: 1 (855) 573-8372

Email: terracegardens@reveraliving.com

Website: www.reveraliving.com/terracegardens

Contact: **Executive Director** or **Sales Consultant**

Capacity: **62 units**

Subsidies: **none**



Keep living your life, your way, at Terrace Gardens. Here, you'll find the range of services, amenities and choices that fit your lifestyle and requirements – all in a warm and safe environment. Enjoy all the conveniences of quality Jewish retirement. We're located in a beautiful and established residential neighbourhood within Toronto's Jewish community, close to a wide variety of stores, banks, synagogues, public transit, and the highway. Terrace Gardens is a kosher-certified residence offering a full range of care services, with the feel of a small and close community. Everything here is designed to enable you to maintain your independence and privacy, enjoy a full social life, and participate in the activities that you love. With retirement living at Terrace Gardens, you change your address, not your life. Terrace Gardens is part of the Revera family, one of North America's leading and most trusted providers of seniors' accommodation, care and services since 1961.

RESIDENCE INFORMATION: 34 years in operation. *On:* Bathurst Street and Wilson Avenue. Decorated in 2009. Handrails in hallways. 5 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Revera Inc. *Average Waiting Period:* varies. *Average Age:* 80. Can accommodate cognitively impaired people (various levels of care for individuals with Alzheimer's or other dementias). Can accommodate physically challenged people (residents using wheelchairs, walkers and scooters). Residents have a dress code (casual). Smoking allowed in exterior designated areas. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* Short-Term: inform Reception. Overnight & Holidays: inform charge staff or RN or Executive Director. *Languages:* English, Hebrew, Yiddish, Russian, Polish, Spanish, Romanian, French and Hungarian. Main doors of residence are always secured. *Close to:* Public Transit, Shopping, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospitals



(Sunnybrook Health Sciences Centre, North York General Hospital, Humber River Hospital and Baycrest Hospital).
Predominant Cultural Group: Jewish. Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Recreation Therapy, Occupational Therapy, Physiotherapy (via LHIN), Companions, Podiatry/Chiropractic, Chaplaincy and 24-hour Supervision. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs, HCAs and PSWs on staff. Visiting MD (once/week with possible house calls available). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen. Assistance with dressing available (cost). Weekly assistance with bathing available (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available. Assisted Living Area. Lab service (visiting). Will help locate higher level of care if needed (will provide higher level of care if needed or assist in finding other information; referral to other Revera residences).

ACCOMMODATION: *Suite Types:* private and shared suites. *In All Suites:* kitchenette, bar fridge, microwave, storage, window coverings, light fixtures, fire alarm, heat detector, carbon monoxide detector, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, air conditioning (central), thermostats for heating & cooling. Bathroom (shared suites share one bathroom per 2 residents) with call bell, grab bars and shower with non-slip surface. In-suite cable TV provided by residence (residence charges extra). Can have own phone number if resident arranges with phone company (residence charges extra). Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* no hot plates or stove/ovens; microwave and automatic shut-off kettles are welcome. Suites can be shared (married couples or roommate chosen by residence staff). Pets allowed (as per Pet Policy within Tenancy Agreement).

DINING SERVICE: Certified COR Kosher. Cholel Yisroel Milk products available. All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Vegetarian, Kosher, Low Salt, Diabetic, Puree, Lactose Free and Renal, etc. Tray service to suite if ill. 2 snacks/day. Take out lunches and dinners available upon advance request. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). *8 lounges with:* TVs (2) and piano (1). *Residence has a:* library, chapel, barber/beauty shop and visiting hairdresser. Residence provides newspaper delivery to main desk. Mail delivered to private mailbox with key. *Recreation Facilities:* exercise room, craft room, card room, recreation lounge, computer area and theatre room. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips, bingo, baking, gardening, walking, special Shabbat & holiday dinners, movies and discussion groups.

OTHER SERVICES: *Housekeeping:* daily and weekly. *Laundry:* linen (included in fee), towel (included in fee), personal (included in fee) and dry cleaning (extra cost). Either staff or resident label clothing (cost if residence provides service). 24-hour security. Nightly security checks. Telephone (extra cost). Cable TV (extra cost). Utilities (included in fee). Extra care available for dressing, bathing, eating and toileting if necessary (extra cost).

RENTAL INFORMATION: Call about our promotions. Suite rate varies depending on size and care/service package requested. Extra cost for 2nd person sharing suite. Rent paid monthly. *Payment Options:* cheques, post-dated cheques, pre-authorized payments; cheques and charge cards for short stays. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Will help resident move into residence (extra cost). Short-term respite and trial stays available.

Prices listed in this Guide may vary slightly.
 Please call the homes you are interested in directly to verify cost factors.





Freedom, Meet Choice.

Think all retirement residences are the same? At Revera, we're just as unique as you are. We're all about freedom of choice and making sure you maintain your independence while getting the individual support you need. Come see the difference for yourself at one of our locations in Ontario.

Call to book your personal tour today.

Toronto

Forest Hill Place
645 Castlefield Ave

Bradgate Arms
54 Foxbar Rd

Terrace Gardens
3705 Bathurst St

The Claremont
305 Balliol St

The Annex
123 Spadina Rd

Etobicoke

The Kingsway
4251 Dundas St W

Centennial Park Place
25 Centennial Park Rd

Mississauga

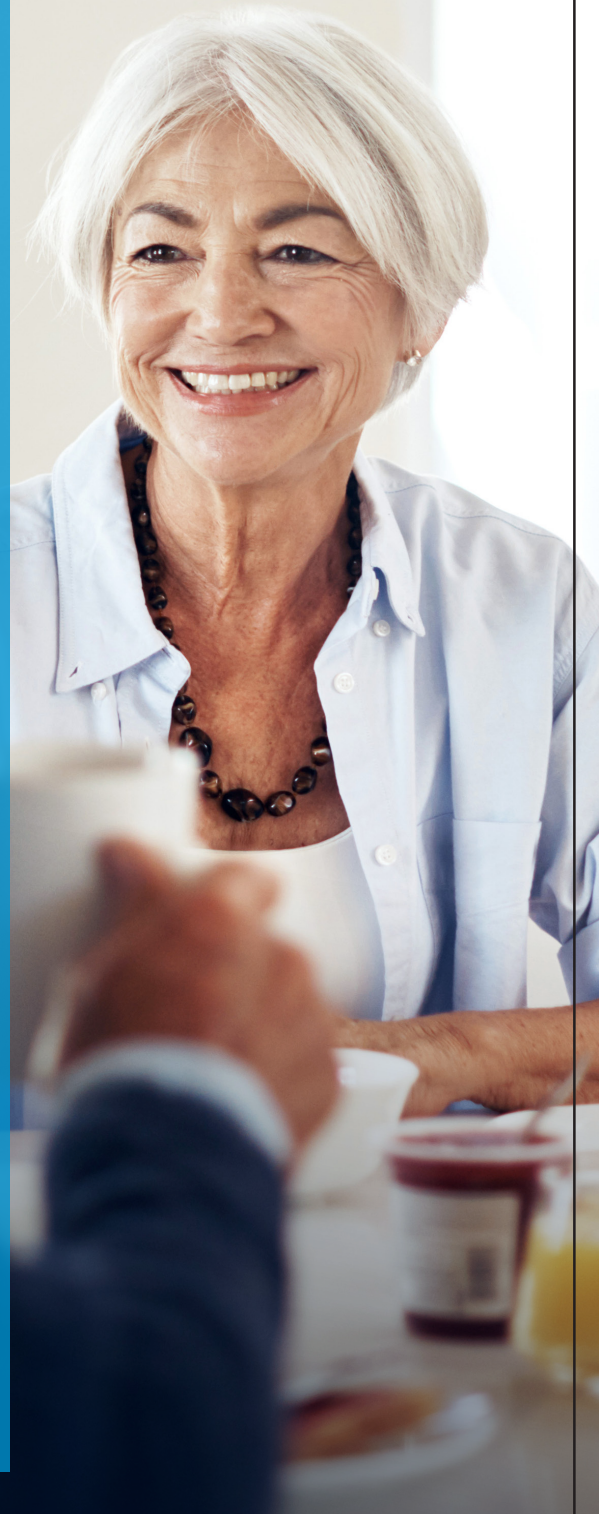
The Beechwood
1500 Rathburn Rd

Bough Beeches Place
1130 Bough Beeches Blvd

King Gardens
85 King St E

Constitution Place
3051 Constitution Blvd

1-877-929-9222
reveraliving.com



THE ANNEX BY REVERA

123 Spadina Road,
Toronto, ON M5R 2T1

Tel: (416) 961-6446

Toll Free: 1 (855) 573-8372

Email: annex@reveraliving.com

Website: www.reveraliving.com/retirement-living/locations/the-annex

Contact: **Executive Director Sales Consultant**

Capacity: **100 residents**

Subsidies: **none**



Keep living your life, your way, at The Annex. You'll find the range of services, amenities and choices that fit your lifestyle and requirements – all in a warm, safe and intimate environment. The Annex residence is in one of the most historic and unique neighbourhoods in Toronto, right on the subway line. We provide a full spectrum of care with the convenience of a downtown location. Everything here is designed to enable you to maintain your independence and privacy, enjoy a full social life and participate in activities you love. Our caring and friendly staff and appealing accommodations support who you are and how you want to live. With retirement living at The Annex, you change your address, not your life. The Annex is part of the Revera family, one of North America's leading and most trusted providers of seniors' accommodation, care and services since 1961.

RESIDENCE INFORMATION: 47 years in operation. *Near:* Spadina Road and Bloor Street. Decorated in 2009. Handrails in hallways. 5 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Revera Inc. 99 units. *Average Waiting Period:* varies. *Average Age:* 80. Can accommodate cognitively impaired people with restrictions (depending on level of impairment). Can sometimes accommodate physically challenged people (depending on level of care required). Residents have a dress code (casual). Smoking allowed outdoors only in designated area. Alcohol allowed (Bar/Pub also on-site). Family may visit at any time - building is locked at 9:00 p.m.; visitors after 9:00 p.m. should call ahead. *Procedures to Leave the Premises on a Temporary Basis...* Short-Term: notify Reception. Overnight & Holidays: notify Nursing or Administration. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library and Local Hospitals (University Health Network - Toronto General Hospital, Toronto Western Hospital, Princess Margaret Hospital Sites, Sinai Health System - Mount Sinai Hospital Site, Women's College Hospital and St. Michael's Hospital). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Podiatry/Chiropractic, Chaplaincy, Speech Pathology (via LHIN), Manicurist, Hair Stylist and Barber. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, PSWs and UCPs on staff. Visiting MD (2-3 days/week). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration (Medication Management Program available at extra charge) and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen and catheters. Assistance with dressing available (cost). Assistance with bathing available as needed (cost). Care plans done. Different levels of care available. Separate unit for residents with dementia. Lab service (visiting). Will help locate higher level of care if needed (referrals to Revera residences; will help apply for long-term care if required).

ACCOMMODATION: *Suite Types:* studios with private bath and 1-bedroom suites. *In All Suites:* storage, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. Kitchenettes & balcony in some suites only. Each floor has a kitchenette, heat detector, CO detector. Central air conditioning in building. Private bathroom with call bell, grab bars and shower with non-slip surface. In-suite cable TV provided by residence (residence



charges extra). Can have own phone number provided by residence (residence charges extra). Unfurnished suites; furnished suites available for short stays. *Acceptable Appliances:* small fridges, microwaves and auto shut-off kettles. Suites can be shared (by couples only), roommate picked by resident. Pets allowed (as per Pet Policy within Tenancy Agreement).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt, Diabetic and Therapeutic. Tray service to suite if ill. Unlimited snacks available at any time. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors). 3 lounges with: TV (1), piano (1), fireside private dining (1) and internet computer (1). Guest suites available. *Residence has a:* library, barber/beauty shop, visiting hairdresser, laundry room(s) (no cost) and tuck/convenience store (open daily). Resident can arrange newspaper delivery to individual suite (extra cost). Mail delivered to main desk. *Recreation Facilities:* craft room, card room and fireside lounge. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips, restaurants and lectures.

OTHER SERVICES: *Housekeeping:* weekly (included in fee; extra cost for daily tidy). *Laundry:* linen (included in fee), towel (included in fee) and personal (extra cost). Either staff or resident label clothing. Dry cleaner picks up and delivers to residence (extra cost). Transportation for group social activities. Nightly security checks. Telephone (extra cost). Cable TV (extra cost). Utilities (included in fee).

RENTAL INFORMATION: Call about our promotions. Suite rate varies depending on size and care/service package requested. Extra cost for 2nd person sharing suite. Rent paid monthly. *Payment Options:* post-dated cheques, pre-authorized payments; credit card payments available for short-term stays. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Will help resident move into residence (extra cost). Short-term respite, vacation and trial stays available.

THE CLAREMONT BY REVERA

305 Balliol Street,
Toronto, ON M4S 3H5

Tel: (416) 440-0012 • Toll Free: 1 (855) 573-8372

Email: claremont@reveraliving.com

Website: www.reveraliving.com/claremont

Contact: Sales Consultant Executive Director

Capacity: 77 residents

Subsidies: none



Keep living your life, your way, at The Claremont. You'll find the range of services, amenities and choices that fit your lifestyle and requirements – all in a warm and safe environment. Located in the neighbourhood of Mt. Pleasant and Davisville, The Claremont is one of Toronto's premier choices for luxurious retirement living – a haven of tranquility, elegance and care. Conveniently located near shops, great restaurants, galleries, and public transit. Everything is designed to enable you to maintain your independence and privacy, enjoy a full social life and participate in the activities you love. With retirement living at The Claremont, you change your address, not your life. The Claremont is part of the Revera family, one of North America's leading and most trusted providers of seniors' accommodation, care and services since 1961.

RESIDENCE INFORMATION: 17 years in operation. Near: Mount Pleasant Avenue and Davisville Avenue. Decorated in 2012. Handrails in hallways. 8 floors, 2 elevators. Wheelchair accessible. Funding Base: Corporate/for profit. Owned and managed by: Revera Inc. 77 units. Average Waiting Period: varies. Average Age: 80. Can accommodate cognitively impaired people with restrictions. Can accommodate physically challenged people with restrictions. Smoke-free



residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...*sign out. *Languages:* English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Sunnybrook Health Sciences Centre). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Dietitian (via LHIN), Companions, Podiatry/Chiropody, Chaplaincy, Speech Pathology (via LHIN) and Audiology/Hearing Clinic. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually and hearing impaired. 24-hour nursing staff. RPNs and UCPs on staff. Visiting MD (weekly visits; 24/7 emergency calls). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters and ostomies. Assistance with dressing available (cost). Assistance with bathing available as needed (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available. Lab service (visiting). Will help locate higher level of care if needed.

ACCOMMODATION: *Suite Types:* various sizes of 1-bedroom suites. *In All Suites:* kitchenette, bar fridge, storage, window coverings, light fixtures, linens, fire alarm, smoke detector, sprinkler, call bell, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Private bathroom with call bell, grab bars and shower with non-slip surface. In-suite cable TV provided by residence. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* no toasters or toaster ovens. Suites can be shared (by couples only). Pets allowed (as per Pet Policy within the Residency Agreement).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt, Diabetic and Others (as required). Tray service to suite if ill. Unlimited snacks available at any time. Afternoon Tea. Private dining room available for catered events. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). *3 lounges with:* TV (1) and piano (1). *Residence has a:* library, visiting library, barber/beauty shop, visiting hairdresser and laundry room(s) (no cost). Resident can arrange newspaper delivery to individual suite. Mail delivered to private mailbox with key. *Recreation Facilities:* exercise room, craft room and card room. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips and other activities as requested by residents.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost) and dry cleaning (extra cost). Laundry facilities are available on each floor for resident use. Transportation for group social activities. 24-hour security. Telephone (included in fee). Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Call about our promotions. Suite rate varies depending on size and care/service package requested. Extra cost for 2nd person sharing suite. Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Short-term respite and trial stays available.

Did you know?

The Ontario government has created a program called *Health Care Connect* that helps people find a family doctor or nurse practitioner in their area. For further information, visit <https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner>.



THE DUNFIELD

77 Dunfield Avenue,
Toronto, ON M4S 2H3

Tel: (416) 481-8524 • Fax: (416) 481-3041

Email: khen@thedunfield.com or mscholte@thedunfield.com

Website: www.thedunfield.com

Contact: Karen Hen or Marley Scholte

Capacity: 200 residents

Subsidies: none

Price: \$5,200.00 - \$16,000.00/month



THE DUNFIELD's unique Retirement concept permeates every aspect of this premiere resort-inspired residence. Centrally located in the vibrant Yonge & Eglinton neighbourhood, The Dunfield's exceptional location offers restaurants, entertainment, shopping, and transportation at its doorstep. The Dunfield establishes a new standard in senior living with fully equipped kitchens in the 1-bedroom or 2-bedroom suites and washers and dryers in all suites. The Dunfield appeals to seniors by offering services personalized to meet and exceed their every expectation. *Welcome to The Dunfield Retirement Residence!*

RESIDENCE INFORMATION: 10 years in operation. On: Yonge Street and Eglinton Avenue. Decorated in 2009. Handrails in hallways. 17 floors, 3 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Shiplake Dunfield Ltd. 177 units. *Average Waiting Period:* 6 - 12 months. *Average Age:* 84. Can accommodate cognitively impaired people (as assessed by the Resident Care Manager). Can accommodate physically challenged people (as assessed by the Resident Care Manager). Residents have a dress code (casual). Smoking allowed in designated areas (smoke-free residence). Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* notify Resident Service Manager/Resident Care Manager. *Languages:* English, French, Italian, Dutch and Greek. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospital (Sunnybrook Health Sciences Centre). *Predominant Cultural Group:* Multicultural. Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: Available Staff/Services: Pharmacy, Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Companions, Podiatry/Chiropractic, Audiology/Hearing Clinic and Eye Clinic. *External services*

The Dunfield Retirement Residence.

UNPARALLELED CHOICE. UNPARALLELED LIFESTYLE.

- HEALTHY GOURMET DINING
- WELLNESS CENTRE
- SPACIOUS SUITES WITH FULL KITCHENS
- INDIVIDUALLY TAILORED LIFESTYLE PACKAGES

The
Dunfield

Retirement Residence

TheDunfield.com



arranged by: residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs and PSWs on staff. Visiting MD (1 afternoon/week). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen, catheters and ostomies. Assistance with dressing available (\$500.00/month). Weekly assistance with bathing available. *Extra baths:* \$200.00/month. Care plans done. Different levels of care available. Private Duty/Extra Care available. Assisted Living Area (\$500.00 to \$2,500.00/month; *waiting period:* 1 - 2 years). Separate unit for residents with dementia. Lab service (visiting, \$30.00/visit). Will help locate higher level of care if needed (in consultation with the Resident Care Manager).

ACCOMMODATION: *Suite Types:* studio (11), 1-bedroom (101), 2-bedroom (38) and assisted (27) units. *In All Suites:* kitchenette, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating & cooling. Fridge, dishwasher, microwave, washer/dryer and stove in all 1-bedroom & 2-bedroom units; bar fridge and microwave in studio units. Private bathroom (call bells in washroom on care floors only) with grab bars and shower with non-slip surface. In-suite cable TV provided by residence. Can have own phone number provided by residence. Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* must be approved by Environmental Services Manager. Suites can be shared (by couples only). Pets allowed (residents can only have one pet at a time).

DINING SERVICE: All meals included in fee and served in dining room daily. Meal options available. À la carte menu. 3 special items every day for lunch & dinner. *Guest Meals:* Breakfast \$10.50, Lunch \$15.95, Dinner \$25.95. Guest meals as per à la carte. *Special Diets:* Vegetarian, Low Salt, Diabetic and Lactose Intolerant. Tray service to suite if ill (no charge for a maximum time of 4 days). Unlimited snacks available at any time. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (indoor, for visitors: free and residents: \$150.00/month). 15 lounges with: TVs (3) and pianos (2). Guest suites available (\$199.00/night). *Residence has a:* library, visiting library, barber/beauty shop, visiting hairdresser and tuck/convenience store (open 4 hours/week). Resident can arrange newspaper delivery to main desk. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, shuffleboard, exercise room, craft room, card room, swimming pool, Nintendo Wii and computer room. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips and aquafit.

OTHER SERVICES: *Housekeeping:* weekly (included in fee; daily quick clean extra charge). *Laundry:* linen (included in fee; suites have washers/dryers), towel (included in fee; suites have washers/dryers), personal (extra cost; included only on Assisted Living & Memory Care) and dry cleaning (resident's responsibility). Bed linens & towels are provided; laundering of homes linens and towels are included. Transportation for group social activities. 24-hour security. Nightly security checks. Telephone (included in fee). Cable TV (included in fee). Utilities (included in fee). Rebate of monthly service charge for Internet.

RENTAL INFORMATION: Rates may vary. Studio - \$5,200.00/month & up; 1-bedroom - \$5,700.00/month & up; 2-bedroom - \$8,900.00/month & up. Extra cost for 2nd person sharing suite (\$800.00/month). Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Will help resident move into residence. Short-term respite and trial stays available (both \$199.00/day).

QUESTIONS ABOUT HEALTHY EATING OR NUTRITION FOR SENIORS?

Call EatRight Ontario at 1 (877) 510-5102 and speak to a registered dietitian. You can also download 'A guide to healthy eating for Older Adults' at www.unlockfood.ca/en/Articles/Seniors-nutrition/A-Guide-to-Healthy-Eating-for-Older-Adults.aspx#.VdtjZyVviko.



VILLA PUGLIESE ASSISTED LIVING FACILITY

**50 Gooderham Drive,
Toronto (Scarborough), ON M1R 3G7**
Tel: (416) 757-0836 • Fax: (416) 757-0836
 Email: r.volpe@rogers.com
 Website: www.villapugliese.com
 Contact: **Rocchina Volpe**
 Capacity: **10 residents**
 Subsidies: **none**
 Price: **\$3,100.00/month**



Assisted Living residence complete with elevator, lift and ramp. Offering various levels of care and is an alternative to institutionalized living. We welcome brain injury residents. We provide comfort, supervision and assistance with daily tasks. Also offering transitional care after hospitalization or surgery. Long-term care, activities of daily living, respite care.

RESIDENCE INFORMATION: 14 years in operation. Near: Lawrence Avenue and Victoria Park Avenue. Decorated in 2008. 2 floors, 1 elevator. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Rocchina Volpe. 7 units. *Average Waiting Period:* none. *Average Age:* 45. Can sometimes accommodate cognitively impaired people (mild dementia, brain injury; no wanderers). Can accommodate physically challenged people (brain injury, MS, stroke survivors). Smoking allowed in enclosed sunroom or outdoors. Alcohol allowed (strictly monitored). *Procedures to Leave the Premises on a Temporary Basis...* advance notice to staff. *Languages:* English, Italian, French and Russian. Main doors of residence are always secured. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospitals (Scarborough and Rouge Hospital – Birchmount & General Sites and North York General Hospital).

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Dietitian (via LHIN), Podiatry (via LHIN), Speech Pathology (via LHIN) and Visiting Volunteers. *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour staff. PSWs on staff. Visiting MD (as necessary). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require catheters, ostomies and feeding tubes. Assistance with dressing available. Assistance with bathing available as needed. Care plans done. Different levels of care available. Will help locate higher level of care if needed (refer to the LHIN).

ACCOMMODATION: *Suite Types:* private (4) and shared (3) units. *In All Suites:* storage, window coverings, light fixtures, linens, smoke detector and air conditioning (central). Bathroom (2 bedrooms for each bathroom; one private bathroom) with grab bars, tub and/or shower with non-slip surface and elevated toilet seat. In-suite cable TV provided by residence. Can have own phone number if resident arranges with phone company. Furnished & unfurnished suites available. Restrictions on electrical appliances. Suites can be shared, roommate picked by resident & residence staff. Pets allowed.

DINING SERVICE: All meals included in fee and served in dining room daily. *Special Diets:* Vegetarian, Low Salt, Diabetic and Others (as needed). Tray service to suite if ill. 3 snacks/day. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 1 lounge with: TV (1). Residence has a: visiting hairdresser. Residence provides newspaper delivery to individual suite. Mail delivered to resident. *Recreation Facilities:* craft room. Posted schedule of activities. *Recreational Programs:* exercise, shopping, parties, day trips and other activities can be arranged at residents' request.

OTHER SERVICES: *Housekeeping:* daily (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (included in fee) and dry cleaning (extra cost). Either staff or resident label clothing. Transportation to medical



appointments. 24-hour security. Nightly security checks. Telephone (resident pays phone company). Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Shared accommodation may be arranged based on availability; private is \$100.00/day. Extra cost for 2nd person sharing suite (couples rate available). Rent paid monthly. *Payment Options:* cheques and direct deposit. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Will help resident move into residence (extra cost). Short-term respite (depends on availability) and trial stays available.

◆ TRENTON ◆

THE CARRINGTON RETIREMENT RESIDENCE

114 Whites Road,
Trenton, ON K8V 5P5
Tel: (613) 392-1615
Email: carrington@cogeco.net
Website: www.thecarringtonretirement.com
Contact: Kristin Bernstein

CARE LEVELS: Assisted Living • Respite Care



◆ UXBRIDGE ◆

DOUGLAS CROSSING RETIREMENT COMMUNITY

6 Douglas Road,
Uxbridge, ON L9P 1S9
Tel: (289) 640-1922
Email: info@douglascrossing.ca
Website: www.espritlifestyle.com
Contact: Community Relations Coordinator
Capacity: 180 residents
Subsidies: none
Price: \$3,150.00 - \$6,500.00/month

Esprit
Lifestyle
Communities



Introducing Douglas Crossing - Independent Living, Assisted Living and Memory Care. Phase 1 opened in Fall 2017. Phase 2 opened in Fall 2018. At Douglas Crossing, you have the freedom to choose the kind of retirement lifestyle you've been looking for. From the comfort of your private suite, you'll have access to a full range of comforts and services you can enjoy with new friends and old alike. Delicious, professionally-prepared meals are served in the dining room, and extra help is always at hand if you need it. Douglas Crossing, in the heart of Uxbridge, Ontario, offers a selection of 2-bedroom, 1-bedroom and studio suites. We are sure to have one perfectly suited to you.

RESIDENCE INFORMATION: New residence. Near: Toronto Street and Douglas Road. Decorated in 2017. Handrails in hallways. 6 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Esprit Lifestyle Communities. 148 units. *Average Waiting Period:* none. *Average Age:* 84. Can accommodate cognitively impaired people (Memory Care Living Area). Can accommodate physically challenged people (Assisted Living Area). Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...*inform Front Desk.



Languages: English. Main doors of residence secured at night only. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Markham-Stouffville Hospital - The Cottage Hospital Site). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Visiting Dentist, Physiotherapy (via LHIN), Denturist, Dietitian (via LHIN), Companions, Podiatry (via LHIN)/Chiropractic, Chaplaincy and Speech Pathology (via LHIN). *External services arranged by:* residence and/or family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RPNs, PSWs and UCPs on staff. Visiting MD (weekly). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept and provide special assistance for residents who require oxygen. Assistance with dressing available (cost). Weekly assistance with bathing available (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available. Assisted Living Area. Separate unit for residents with dementia. Lab service (visiting). Will help locate higher level of care if needed.

ACCOMMODATION: *Suite Types:* studio, 1-bedroom and 2-bedroom units. *In All Suites:* bar fridge, microwave, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (wall unit/HVAC/PTAC) and thermostats for heating & cooling. Private bathroom with call bell, grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV if resident arranges with cable company. Can have own phone number provided by residence. Furnished & unfurnished suites available. *Restrictions on Electrical Appliances:* no electric blankets, hot plates or heaters. Suites can be shared. Pets allowed (resident to provide care for pet or arrange Pet Concierge Services).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt and Diabetic. À la carte menu services offered at lunch & dinner. Tray service to suite if ill (no charge for a maximum time of 3 days). Unlimited snacks available at any time. Private dining and catering services available. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). *8 lounges with:* TVs (4) and piano (1). Guest suites available. *Residence has a:* scooter charging station, visiting library, chapel, barber/beauty shop, laundry room(s) (no cost) and tuck/convenience store. Residence provides newspaper delivery to main desk. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, exercise room, craft room, library and computer lounge, card room and resident theatre. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, art classes, pet visiting and day trips.

OTHER SERVICES: *Housekeeping:* daily and weekly (weekly included in fee on Independent Living; daily tidy on Assisted Living and Memory Care). *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost; included for Assisted Living and Memory Care) and dry cleaning (extra cost). Complimentary resident laundry machines. Transportation for group social activities (resident bus). 24-hour security. Nightly security checks.

RENTAL INFORMATION: Rates may vary. Ask for details about suites & services in our Phase 2 building. Extra cost for 2nd person sharing suite (\$650.00/month). Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Short-term respite and trial stays available.

Prices listed in this Guide may vary slightly.
Please call the home you are interested in directly to verify cost factors.



◆ WHITBY ◆

LYNDE CREEK MANOR RETIREMENT RESIDENCE

50 Paul Burns Way,
Whitby, ON L1R 2Y9

Tel: (905) 665-9227 • Fax: (905) 665-7018

Email: info@lyndecreekmanor.com

Website: www.espritlifestyle.com

Contact: **Community Relations Coordinator**

Capacity: **120 residents**

Subsidies: **none**

Price: **\$3,000.00 - \$6,000.00/month**



Lynde Creek Manor located in North Whitby, is a lively addition to Lynde Creek Village, a unique adult lifestyle retirement community. Nestled near the quiet banks of Lynde Creek, the Manor is close to shopping, banking, churches, seniors' centre, golf courses and more. Lynde Creek Manor offers Independent and Assisted Living Services in the privacy of your own suite. We are owned and operated by Esprit Lifestyle Community. Give us a call today to book your tour and complimentary lunch.

RESIDENCE INFORMATION: 15 years in operation. Near: Valleywood Drive and Taunton Road. Decorated in 2015. 5 floors, 3 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned and managed by:* Esprit Lifestyle Communities. 94 units. *Average Waiting Period:* varies. *Average Age:* 86. Can accommodate cognitively impaired people with restrictions. Can accommodate physically challenged people with restrictions. Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* notify Reception Desk. *Languages:* English. Main doors of residence are always secured. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Lakeridge Health - Oshawa Site). Member of ORCA. Licensed under the Retirement Homes Act.

STAFFING: *Available Staff/Services:* Pharmacy, Social Work (via LHIN), Recreation Therapy, Occupational Therapy (via LHIN), Physiotherapy (via LHIN), Dietitian (via LHIN), Companions, Chaplaincy, Speech Pathology (via LHIN), Chiroprody, Audiology/Hearing Clinic and Hair Salon. *External services arranged by:* family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour nursing and other staff. RNs, RPNs, HCAs, PSWs and UCPs on staff. Visiting MD (once/week). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration and/or supervision. Vitals monitored if required. Will accept (but not provide special assistance for) residents who require catheters and ostomies. Will accept and provide special assistance for residents who require oxygen. Assistance with dressing available (cost). Weekly assistance with bathing available (cost). Care plans done. Different levels of care available. Private Duty/Extra Care available. Assisted Living Area (*waiting period:* 1 month). Lab service (visiting). Will help locate higher level of care if needed (referrals, paperwork).

ACCOMMODATION: *Suite Types:* bachelor, 1-bedroom and 2-bedroom walkout; all with kitchenettes. *In All Suites:* kitchenette, bar fridge, microwave, patio/balcony, storage, window coverings, light fixtures, fire alarm, smoke/heat detector, sprinkler, call bell, cordless emergency response system with wearable pendant, air conditioning (central - forced air) and thermostats for heating & cooling/individual climate control. Private bathroom with call bell, grab bars, tub and/or shower with non-slip surface. In-suite cable TV provided by residence (residence charges extra). Can have own phone number if resident arranges with phone company (residence charges extra). Unfurnished suites; furnished suites available for short stays. *Restrictions on Electrical Appliances:* no hot plates; all space heaters must have auto shut-off. Suites can be shared. Pets allowed (contact for Pet Policy).



DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Available. *Special Diets:* Vegetarian, Low Salt and Diabetic. Tray service to suite if ill (no charge for a maximum time of 3 days). Unlimited snacks available at any time. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 4 lounges with: TV (1), piano (1), pool table (2) and computers (2). Guest suites available (\$95.00/night). *Residence has a:* library, chapel, barber/beauty shop, visiting hairdresser, laundry room(s) (cost) and tuck/convenience store (open 8:00 a.m. to 4:00 p.m.). Resident can arrange newspaper delivery to individual suite. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, exercise room, craft room, card room and large activity room. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, shopping, theatre, parties, entertainment, pet visiting, day trips, cards, Paraffin Hand Treatments, Brain Benders and so much more.

OTHER SERVICES: *Housekeeping:* weekly light clean of suites (included in fee). *Laundry:* linen (included in fee), towel (included in fee), personal (extra cost) and dry cleaning (extra cost). Transportation for group social activities. 24-hour security. Nightly security checks. Telephone (extra cost). Cable TV (extra cost). Utilities (included in fee). Contact residence for details on other optional services.

RENTAL INFORMATION: Rates may vary. Extra cost for 2nd person sharing suite (\$650.00/month). Life Lease option is available (Village Garden Homes). Rent paid monthly. *Payment Options:* pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given. Short-term respite and trial stays available.

ALBERTA

◆ AIRDRIE ◆

LUXSTONE MANOR

2014 Luxstone Blvd,
Airdrie, AB T4B 0L6
Tel: (403) 945-4700 • Fax: (403) 945-4701
Email: info@luxstonemanor.ca
Website: www.luxstonemanor.ca
Contact: Lisa Woodworth
Capacity: 120 residents
Subsidies: none
Price: \$1,890.00 - \$4,100.00/month



Luxstone Manor is a 109-unit seniors' residential rental property in Airdrie. Accommodations include 3 meals/day, weekly housekeeping and linen service, 24-hour emergency pendant and monitoring, daily planned activities as well as community outings. Access to Homecare services are available. Pets under twenty pounds are welcome.

RESIDENCE INFORMATION: 10 years in operation. Near: Yankee Valley Boulevard and Luxstone Boulevard. Decorated in 2009. Handrails in hallways. 3 floors, 2 elevators. Wheelchair accessible. Funding Base: Corporate/for profit. Owned by: Leava Group. Managed by: Extendicare Inc. 109 units. Average Waiting Period: none. Average Age: 78. Can accommodate cognitively impaired people with restrictions (mild to moderate status). Can accommodate physically challenged people (wheelchairs and walkers are allowed). Smoking allowed outside in courtyard. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* notify staff of departure. Languages: English. Main doors of residence are always secured. Close to: Public Transit, Shopping, Churches, Seniors' Centre, Major Highway and Local Hospital (24-hour urgent care facility). Accredited through Accreditation Canada.



STAFFING: *Available Staff/Services:* Recreation Therapy and Dietitian. *External services arranged by:* family/resident. *Staff trained re:* visually, hearing and cognitively impaired. 24-hour staff. HCAs on staff. Visiting MD (weekly). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration (provided through Homecare) and/or supervision (provided through Homecare). Vitals monitored if required. Will accept (but not provide special assistance for) residents who require oxygen, catheters and ostomies. Private Duty/Extra Care available. Will help locate higher level of care if needed (Luxstone, Homecare, resident and family work together).

ACCOMMODATION: *Suite Types:* affordable studio, regular studio, 1-bedroom and 2-bedroom units. *In All Suites:* kitchenette, bar fridge, microwave, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, and thermostats for heating. Private bathroom with grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV provided by residence. Can have own phone number provided by residence. Unfurnished suites. Suites can be shared (by couples only), roommate picked by resident. Pets allowed (under 20 lbs., with vaccinations).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$5.00, Lunch \$12.00, Dinner \$9.00. *Special Diets:* Vegetarian, Low Salt, Diabetic and Gluten Free. Tray service to suite if ill (no charge for a maximum time of 5 days). Unlimited snacks available at any time. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and residents: \$15.00/month). 4 lounges with: TVs (4), piano (1), pool table (1) and theatre (1). Guest suites available (\$85.00/night). *Residence has a:* library, barber/beauty shop and laundry room(s) (no cost). Residence provides newspaper delivery to individual suite. Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, shuffleboard, exercise room, craft room and card room. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, parties, entertainment, art classes, pet visiting and day trips.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), personal (\$30.00/month/one weekly load) and dry cleaning (extra cost). Transportation for group social activities (extra cost for bus rental fee). 24-hour security. Nightly security checks. Telephone (included in fee). Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. NEW - 30 affordable studio units priced at \$1,890.00/month inclusive; includes a 40" wall mounted TV. Regular studio - \$2,150.00/month; 1-bedroom - \$3,150.00/month; 2-bedroom - \$4,100.00/month; couple - \$4,300.00/month. Extra cost for 2nd person sharing suite (\$650.00/month). Rent paid monthly. *Payment Options:* cheques and direct deposit. Rent increases are indexed to inflation, annual, with 3 months' notice given. Short-term respite (\$125.00/day) and trial stays (\$375.00/day for 4 days) available.

JUST A SUGGESTION...

In an emergency, one can easily get side tracked and forget important items. Create an 'emergency list' for things you will need in the event of an emergency or a situation that requires you to leave your home suddenly for what may be several hours or days. Include any assistive devices, medications, identification, and a list of contact numbers for family and doctors. For a detailed list and further information, you may also wish to download the 'Emergency Preparedness Guide for People with Disabilities/Special Needs' at https://www.emergencymanagementontario.ca/english/beprepared/diversegroups/PeoplewithDisabilities/disability_guide_english.html.



◆ STRATHMORE ◆

MEADOWLARK SENIOR CARE HOMES

203 Hillcrest Blvd,
Strathmore, AB T1P 0A3

Tel: (403) 934-5294

Email: Debbie@meadowlarkcare.com

Website: www.meadowlarkcare.com

Contact: **Debbie Wakelam**

Capacity: **9 residents**

Subsidies: **government self-managed care program**

Price: **\$2,276.00 - \$2,346.00/month**



Private Choice Dementia Care ~ Alberta government licensed and approved Supportive Living Facility. Residential home setting for 9 people.

RESIDENCE INFORMATION: 19 years in operation. Decorated in 2018. 2 floors, 1 elevator. Wheelchair accessible. *Funding Base:* Corporate/for profit. Owner Managed. 9 units. *Average Waiting Period:* 6 - 12 months. *Average Age:* 80. Can accommodate cognitively impaired people (dementia). Smoke-free residence. *Languages:* English. Main doors of residence are always secured. Close to: Shopping, Churches, Library, Major Highway and Local Hospital (Strathmore District Health Services). Member of Alberta Senior Community Housing Association (ASCHA).

STAFFING: *Available Staff/Services:* Pharmacy, Podiatry, Doctor and Home Care Nurse. *External services arranged by:* residence and/or family/resident. 24-hour staff. HCAs and PSWs on staff. Visiting MD (as required). Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Medication administration supervised. Vitals monitored if required. Will accept and provide special assistance for residents who require catheters. Assistance with dressing available. Assistance with bathing available twice/week. Care plans done. Different levels of care available. Private Duty/Extra Care available (\$2,033.00 to \$4,000.00/month). Assisted Living Area is secured to accommodate residents with dementia.

ACCOMMODATION: *Suite Types:* private (4) and semi-private (3) units. *In All Suites:* window coverings, light fixtures, linens, smoke detector, call bell, emergency response system with wearable pendant, air conditioning (central), bed, night table and dresser. Shared bathroom with grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV provided by residence. Can have own phone number if resident arranges with phone company. Furnished suites available on request. Suites can be shared (pending availability of beds). No pets allowed.

DINING SERVICE: All meals included in fee and served in dining room daily. *Special Diets:* Low Salt and Diabetic. Tray service to suite if ill (no charge or restrictions). 2 snacks/day. All our nutritious meals are made on-site with fresh ingredients.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors). *Residence has a:* chapel and visiting hairdresser. Residence provides newspaper delivery to dining room. Mail delivered to main desk. *Recreation Facilities:* quiet room for visiting. *Recreational Programs:* exercise, art classes, entertainment, pet visiting, baking and crafts.

OTHER SERVICES: *Housekeeping:* daily and weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee) and personal (included in fee). Staff label clothing (included in fee). Transportation to medical appointments (additional hourly rate is invoiced). 24-hour security. Telephone (extra cost). Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Extra cost for Care Services. No cost for sharing suite. Rent paid monthly. *Payment Options:* direct deposit and pre-authorized payments. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given.



BRITISH COLUMBIA

◆ BURNABY ◆

SALISHAN

9210 Salish Court,
Burnaby, BC V3J 7C4

Tel: (604) 421-1466 • Fax: (604) 421-1406

Email: salishan@scce.ca

Website: scce.ca/residences/salishan/

Contact: Pamela Simpson

Capacity: 188 units

Subsidies: all suites are low income; declaration income below max./Safer for 60+

Price: \$615.00 - \$765.00/month



Excellent location with Lougheed Mall a short walk away. Skytrain, buses and a park across the street.

RESIDENCE INFORMATION: *Near:* Salish Court and Bell Avenue. Decorated in 2014. Handrails in hallways. 15 floors, 2 elevators. *Funding Base:* Not-for-profit. *Owned by:* Society for Christian Care of the Elderly. *Managed by:* Societies Management Limited/S.C.C.E. *Average Waiting Period:* 6 - 12 months. *Average Age:* 80. Can accommodate physically challenged people (as long as they are independent). Smoking allowed in designated area outside. Alcohol allowed within your suite. *Languages:* English. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Royal Columbian Hospital).

STAFFING: *External services arranged by:* family/resident. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

ACCOMMODATION: *Suite Types:* bachelor (140) and 1-bedroom double occupancy (40) suites. *In All Suites:* full-size kitchen, apartment-size fridge, microwave, stove, storage, window coverings, light fixtures, fire alarm, smoke detector and thermostats for heating. Private bathroom with grab bars and shower with non-slip surface. In-suite cable TV provided by residence. Can have own phone number if resident arranges with phone company. Unfurnished suites. Suites can be shared (by couples only), roommate picked by resident. No pets allowed.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and indoor & outdoor for residents: \$40.00/month). 2 lounges with: piano (1) and kitchen for events (1). *Residence has a:* laundry room(s) (\$1.50/washer load and \$1.50/dryer load). Resident can arrange newspaper delivery to individual suite (extra cost). Mail delivered to private mailbox with key. *Recreation Facilities:* pool table and card room. *Recreational Programs:* parties.

OTHER SERVICES: Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Adult 55+ building. 325 sq. ft. to 525 sq. ft. Studio no balcony - \$680.00/month & up; Studio with balcony - \$725.00/month & up; 1-bedroom - \$895.00/month & up. No cost for sharing suite. Rent paid monthly. *Payment Options:* post-dated cheques. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given.

JUST A REMINDER

Pricing information for homes listed in the *Guide* may vary slightly.
Please verify rates with the residences you are interested in directly.





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Hawthorne Place, Qualicum (250) 752-4217



Wedgwood House, Duncan (250) 746-9808



Stevenson Place, Comox (250) 339-7012



◆ COMOX ◆

STEVENSON PLACE**1683 Balmoral Avenue,****Comox, BC V9M 2M9****Tel: (250) 339-7012 • Fax: (250) 339-7013****Email: stevenson@novapacific.ca****Website: novapacific.ca/residences/stevenson-place/****Contact: Donna Baydock****Capacity: 48 residents****Subsidies: none****Price: \$3,000.00 - \$3,300.00/month**

We are smaller and more like a large family. We have a great sense of community with residents and their extended families.

RESIDENCE INFORMATION: 22 years in operation. Near: Balmoral Avenue and Port Augusta Street. Decorated in 2017. Handrails in hallways. 4 floors, 1 elevator. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Nova Pacific Homes LP. *Managed by:* Nova Pacific Care Inc. 33 units. *Average Waiting Period:* 6 - 12 months. *Average Age:* 89. Can accommodate physically challenged people. Smoking allowed in outside covered designated area. Alcohol allowed. *Visiting Hours:* until 11:00 p.m. *Procedures to Leave the Premises on a Temporary Basis...* when in hospital or visiting family, note in a book to keep track of when residents are away. *Languages:* English. Main doors of residence are always secured. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library and Local Hospital (St. Joseph's General Hospital). *Predominant Cultural Group:* Caucasian. Member of BC Seniors Living Association.

STAFFING: *External services arranged by:* family/resident. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

ACCOMMODATION: *Suite Types:* 2-bedroom/2-bath (24) and 1-bedroom (9) units. *In All Suites:* kitchenette, microwave, stove, patio/balcony, storage, window coverings, light fixtures, linens, fire alarm, smoke detector, emergency response system with wearable pendant and thermostats for heating. Private bathroom with grab bars, shower with non-slip surface and elevated toilet seat. Unfurnished suites. Suites can be shared, roommate picked by resident. Small pets allowed.

DINING SERVICE: Dinner included in fee and served in dining room daily. *Guest Meals:* Dinner \$12.00. *Special Diets:* Vegetarian, Low Salt, Diabetic and Gluten Free. Tray service to suite if ill.

AMENITIES AND ACTIVITIES: Parking available (indoor & outdoor, for visitors: free and residents: \$25.00/month). 2 lounges with: TV (1). Guest suites available (\$45.00/night). *Residence has a:* library, barber/beauty shop, laundry room(s) (no cost). Mail delivered to resident. *Recreation Facilities:* craft room and card room. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise and parties.

OTHER SERVICES: *Housekeeping:* weekly and 6 month deeper clean including windows and decks (included in fee). *Laundry:* linen (included in fee), towel (included in fee) and personal (included in fee). Nightly security checks. Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. 1-bedroom - \$3,000.00/month; 2-bedroom - \$3,300.00/month. Extra cost for 2nd person sharing suite (\$750.00/month). Rent paid monthly. *Payment Options:* post-dated cheques. Rent increases are annual for residence with 3 months' notice given.



◆ DUNCAN ◆

SHERWOOD HOUSE

**280 Government Street,
Duncan, BC V9L 0B5**

Tel: (250) 737-1458 • Fax: (250) 715-0117

Email: laura@sherwood-house.com

Website: www.sherwood-house.com

Contact: Laura Griffin

Capacity: 124 residents

Subsidies: none

Price: \$2,890.00 - \$4,020.00/month



Welcome to Sherwood House, a place where you can hang your hat; a place you can call your own. We want you to feel at home with others who have made Sherwood House what it is today – a family oriented, welcoming place with friendly, helpful staff who care about your comfort. Sherwood House is in the Cowichan Valley, in Duncan, British Columbia. Our independent retirement living home is designed to suit your needs while leaving the rest up to us! Assisted Living Services available on-site by a 3rd party provider.

RESIDENCE INFORMATION: 12 years in operation. Near: Station Street and Government Street. Decorated in 2018. Handrails in hallways. 4 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Arbourside Court LP. *Managed by:* Societies Management Limited/S.C.C.E. 62 units. *Average Waiting Period:* 6 - 12 months. *Average Age:* 80. Can accommodate physically challenged people (able to live independently). Smoke-free residence. *Languages:* English. Main doors of residence are always secured. Close to: Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Cowichan District Hospital).

STAFFING: Available Staff/Services: Home & Community Care directly with resident. External services arranged by: family/resident. Vulnerable Sector Screening is done for all new staff members.

ACCOMMODATION: Suite Types: 1-bedroom and 2-bedroom units. In All Suites: kitchenette, full-size fridge, microwave, patio/balcony, storage, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant, air conditioning (central) and thermostats for heating. Private bathroom with grab bars and shower with non-slip surface. In-suite cable TV if resident arranges with cable company. Can have own phone number if resident arranges with phone company. Unfurnished suites. *Restrictions on Electrical Appliances:* Must be CSA Approved; no BBQ's. Suites can be shared (by couples only), roommate picked by resident. Pets allowed (small dogs/cats; must be continent & tenant must be able to care for them).

DINING SERVICE: All meals included in fee and served in dining room daily. *Guest Meals:* Breakfast \$3.00, Lunch \$7.50, Dinner \$12.00. *Special Diets:* Can accommodate allergies & preference/textures. Tray service to suite if ill (no charge for a maximum time of 10 days). 2 snacks/day. Special events, monthly birthday parties and outside entertainment all have special food provided. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor for residents: \$25.00/month). 10 lounges with: TVs (2) and piano (1). Residence has a: library, barber/beauty shop and laundry room(s) (no cost). Residence provides newspaper delivery to individual suite. Mail delivered to private mailbox with key. *Recreation Facilities:* exercise room. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, parties, entertainment, art classes, pet visiting and day trips.

OTHER SERVICES: Housekeeping: weekly (included in fee). Laundry: linen (included in fee), towel (included in fee) and personal (\$30.00/hour). Transportation for group social activities (as long as through Sherwood House). 24-hour security.



Nightly security checks (around building; only resident if with pendant). Utilities (included in fee). Parking (\$30.00/month).

RENTAL INFORMATION: Rates may vary. 1-bedroom - \$2,890.00/month & up; 2-bedroom - \$3,600.00/month & up. Extra cost for 2nd person sharing suite (\$750.00/month). Rent paid monthly. *Payment Options:* post-dated cheques. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given.

WEDGWOOD HOUSE

256 Government Street,

Duncan, BC V9L 1A4

Tel: (250) 746-9808 • Fax: (250) 746-5007

Email: wedgwood@novapacific.ca

Website: novapacific.ca/residences/wedgewood/

Contact: **Deb DeLure-Powers**

Capacity: **60 residents**

Subsidies: **none**

Price: **\$2,850.00 - \$3,200.00/month**



Very wonderful group of friendly residents who love to do things together. Residents Group arrange entertainment, winemaking and wine & cheese parties each month. They are helpful and welcoming. Wedgwood feels like home! Yoga, card and board games, Nintendo Wii, crib tournaments, luncheons, pig races and so much more! If you want to make friends, we will make sure you meet some. Families are welcome. Annual Sports Day. Christmas in July. The whole building, top to bottom, is decorated at Christmas time.

RESIDENCE INFORMATION: 22 years in operation. Near: Government Street and Station Street. Decorated in 2018. Handrails in hallways. 4 floors, 1 elevator. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Nova Pacific Homes Ltd. *Managed by:* Nova Pacific Care Inc. 40 units. *Average Waiting Period:* 6 - 12 months. *Average Age:* 87. Can accommodate physically challenged people (independent). Smoking allowed inside resident's own suite, but extra damage deposit is required. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* Short-term & Overnight: resident books out of the dining room. Holidays: resident books out of the dining room and can arrange for mail pick up & plant watering. *Languages:* English. Main doors of residence are always secured. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library, Major Highway and Local Hospital (Cowichan District Hospital). Member of BC Seniors Living Association.

STAFFING: Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

ACCOMMODATION: *Suite Types:* 1-bedroom (6), 1-bedroom + den (16) and 2-bedroom (18) units. *In All Suites:* full kitchen with apartment-size fridge & range, microwave, window coverings, light fixtures, fire alarm, smoke detector, sprinkler and thermostats for heating. Shared bathroom with grab bars, non-slip surface and elevated toilet seat. In-suite cable TV provided by residence. Can have own phone number if resident arranges with phone company. Unfurnished suites. Suites can be shared (by couples only), roommate picked by resident. Small pets allowed (1 per residence).

DINING SERVICE: Dinner included in fee and served in dining room daily. *Guest Meals:* Dinner \$12.00. Tray service to suite if ill.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 1 lounge with: TV (1), piano (1) and organ (1). Guest suites available (\$40.00/night). *Residence has a:* library, visiting hairdresser and laundry room(s) (no cost). Resident can arrange newspaper delivery to individual suite. Mail delivered to private mailbox with key. *Recreation Facilities:* craft room. *Recreational Programs:* exercise, parties and entertainment.



OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee), towel (included in fee) and personal (\$25.00/hour). 24-hour security (live-in night responder & security alarm). Nightly security checks. Utilities (extra cost).

RENTAL INFORMATION: Rates may vary. 1-bedroom - \$2,850.00/month single occupancy; 1-bedroom + den - \$2,950.00/month single occupancy; 2-bedroom - \$3,050.00/month single occupancy. Extra cost for 2nd person sharing suite (\$900.00/month). Rent paid monthly. *Payment Options:* post-dated cheques. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given.

◆ QUALICUM ◆

HAWTHORNE PLACE

750 Memorial Avenue,
Qualicum, BC V9K 2P6

Tel: (250) 752-4217 • Fax: (250) 752-4257

Email: hawthorne@novapacific.ca

Website: www.novapacific.ca/residence/hawthorne/

Contact: Hawthorne Place

Contact: Stacey Ryhorchuk

Capacity: 66 residents

Subsidies: none

Price: \$3,090.00 - \$3,400.00/month



Night responder lives on-site for security & quick response time. Skylights, vaulted ceilings and generous floor space make these Independent Living with Services Apartments an easy transition from the family home!

RESIDENCE INFORMATION: 22 years in operation. *On:* Memorial Avenue and Fern Road. Decorated in 2018. Handrails in hallways. 3 floors, 1 elevator. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Nova Pacific Homes Ltd. *Managed by:* Nova Pacific Care Inc. 33 units. *Average Waiting Period:* 1 - 2 years. Can accommodate physically challenged people. Smoking allowed in designated area. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* Short-Term: let staff know if resident will not be at supper. *Languages:* English. Main doors of residence are always secured. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library and Major Highway. *Predominant Cultural Group:* Caucasian. Member of BC Seniors Living Association.

STAFFING: *Available Staff/Services:* Hairdresser. *External services arranged by:* family/resident. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

ACCOMMODATION: *Suite Types:* 1-bedroom and 2-bedroom suites. *In All Suites:* kitchenette, apartment-size fridge, stove, patio/balcony, storage, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant and thermostats for heating. Private bathroom with grab bars and shower with non-slip surface. Unfurnished suites. Suites can be shared (must be 55+), roommate picked by resident. Pets allowed (1 cat or dog; 15 lbs. or under).

DINING SERVICE: Dinner included in fee and served in dining room daily. *Guest Meals:* Dinner \$12.00. *Special Diets:* Vegetarian, Low Salt and Gluten Free. Tray service to suite if ill. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor for residents). 1 lounge with: TV (1), piano (1) and fireplace (1). Guest suites available (\$40.00/night). *Residence has a:* library, barber/beauty shop and laundry room(s) (no cost). Resident can arrange newspaper delivery to main desk. Mail delivered to private mailbox with key. Posted schedule



of activities. Internal newsletter for residents. *Recreational Programs*: exercise, parties, entertainment, games and Nintendo Wii video games.

OTHER SERVICES: *Housekeeping*: weekly (included in fee). *Laundry*: linen (included in fee), towel (included in fee) and personal (included in fee). Utilities (resident pays own). Wi-Fi is available in some suites.

RENTAL INFORMATION: Rates may vary. 1-bedroom - \$3,090.00/month single occupancy; 2-bedroom - \$3,400.00/month single occupancy. Extra cost for 2nd person sharing suite (\$780.00/month). Rent paid monthly. *Payment Options*: post-dated cheques. Rent increases: Service Fee Increase July 1st, annual allowable for residence with 3 months' notice given.

◆ SURREY ◆

ARBOURSIDE COURT

**13751 74th Avenue,
Surrey, BC V3W 1A8**
Tel: (778) 919-6601 • Fax: (604) 597-6401
Email: jdiebolt@arbourside.com
Website: www.arbourside.com
Contact: **Jessica Diebolt**
Capacity: **200 residents**
Subsidies: **none**
Price: **\$2,000.00 - \$3,000.00/month**



A picturesque short flat walk to all amenities in Kings Cross Mall and to the Seniors' Community Centre, Library and Swimming Pool.

RESIDENCE INFORMATION: 13 years in operation. *Near*: King George Boulevard and 74th Avenue. Decorated in 2013. Handrails in hallways. 4 floors, 2 elevators. Wheelchair accessible. *Owned by*: Jones Corporate Group. *Managed by*: Societies Management Limited/S.C.C.E. 92 units. *Average Waiting Period*: none. *Average Age*: 82. Can sometimes accommodate cognitively impaired people. Can accommodate physically challenged people. Smoke-free residence. Alcohol allowed. *Languages*: English, Spanish, Filipino, Punjabi, Hindi and Italian. Main doors of residence are always secured. *Close to*: Public Transit, Shopping, Seniors' Centre, Library, Major Highway and Local Hospital (Surrey Memorial Hospital).

STAFFING: *Available Staff/Services*: Elder Care Massage. *External services arranged by*: family/resident. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

HEALTH SERVICES: Will accept (but not provide special assistance for) residents who require oxygen.

ACCOMMODATION: *Suite Types*: studio, 1-bedroom and 2-bedroom units. *In All Suites*: kitchenette, bar fridge, microwave, stove, storage, window coverings, light fixtures, fire alarm, smoke detector, sprinkler, emergency response system with wearable pendant and thermostats for heating. Studio units do NOT have a balcony, stove, microwave, fridge or dishwasher. Private bathroom with call bell, grab bars, tub and/or shower with non-slip surface. Unfurnished suites; furnished suites available for short stays. Suites can be shared (partner or friend). Pets allowed (small cats or dog).

DINING SERVICE: All meals included in fee and served in dining room daily. Continental breakfast 8:00 a.m. to 9:30 a.m. *Guest Meals*: Breakfast \$4.00, Lunch \$8.00, Dinner \$11.00. *Special Diets*: Vegetarian, Low Salt and Diabetic. Tray service to suite if ill (no charge for a maximum time of 4 days). 2 snacks/day. Party facilities available.



AMENITIES AND ACTIVITIES: Parking available (indoor, for visitors: free and residents: \$35.00/month). 6 lounges with: TV (1), piano (1), fireplaces (3) and comfortable furniture (3). Guest suites available (\$75.00/night). Residence has a: Library, visiting library, chapel, barber/beauty shop, visiting hairdresser, laundry room(s) (no cost) and tuck/convenience store (open all day). Residence provides newspaper delivery to library. Mail delivered to private mailbox with key. Recreation Facilities: exercise room, craft room and card room. Posted schedule of activities. Internal newsletter for residents. Recreational Programs: exercise, shopping, theatre, parties, entertainment, art classes, pet visiting, day trips and carpet bowling.

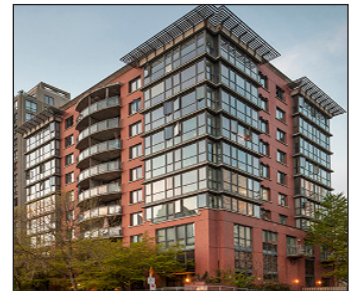
OTHER SERVICES: Housekeeping: weekly. Laundry: linen (included in fee), towel (included in fee) and personal (\$12.00/load). Either staff or resident label clothing (included in fee). Transportation for group social activities (extra cost - HandyDART). 24-hour security. Nightly security checks. Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Studio - \$1,954.00/month; 1-bedroom - \$2,475.00/month; 2-bedroom - \$2,900.00/month. Extra cost for 2nd person sharing suite (\$500.00/month). Rent paid monthly. Payment Options: post-dated cheques. Rent increases are a set percentage and annual for resident with 3 months' notice given. Trial stays (\$75.00/day) available.

◆ VANCOUVER ◆

SIDNEY MANOR

183 Drake Street,
Vancouver, BC V6Z 2Y8
Tel: (604) 687-6141 • Fax: (604) 687-8515
Email: sidneymanor@scce.ca
Website: scce.ca/residences/sidney-manor/
Contact: Deborah Haskins
Capacity: 148 residents
Subsidies: Through SAFER for 60+
Price: \$1,050.00/month and up



Beautiful location and view of False Creek, mountains, and David Lam Park. Skytrain right behind the building in the heart of Yaletown.

RESIDENCE INFORMATION: 21 years in operation. Near: Drake Street and Pacific Boulevard. Decorated in 2015. Handrails in hallways. 9 floors, 2 elevators. Wheelchair accessible. Funding Base: Not-for-profit. Owned by: Society for Christian Care of the Elderly. Managed by: Societies Management Limited/S.C.C.E. 74 units. Average Waiting Period: 6 - 12 months. Average Age: 65. Can accommodate physically challenged people (must be independent). Smoking allowed in outside designated area. Alcohol allowed in private residence. Languages: English. Close to: Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospital (St. Paul's Hospital).

STAFFING: External services arranged by: family/resident. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

ACCOMMODATION: Suite Types: studio, 1-bedroom and 2-bedroom units. In All Suites: patio/balcony, full kitchen, stove, storage, window coverings, light fixtures, fire alarm, smoke detector and thermostats for heating. Private bathroom. In-suite cable TV provided by residence. Can have own phone number if resident arranges with phone company. Unfurnished suites. Suites can be shared (by couples only), roommate picked by resident. Small pets allowed (1 per resident).



AMENITIES AND ACTIVITIES: Parking available (indoor & outdoor, for visitors: free and residents: \$40.00/month). 1 lounge with: TV (1) and kitchenette (1). *Residence has a:* laundry room(s) (\$1.50/washer load and \$1.50/dryer load). Resident can arrange newspaper delivery to individual suite (extra cost). Mail delivered to private mailbox with key. *Recreation Facilities:* exercise room, card room and rooftop patio with BBQ. *Recreational Programs:* parties.

OTHER SERVICES: 24-hour security (camera monitored). Nightly security checks. Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Adult 55+ building. 410 sq. ft. to 1,095 sq. ft. Studio - \$1,050.00/month & up; small 1 bedroom - \$1,400.00/month & up; 1-bedroom - \$1,495.00/month & up; 2-bedroom - \$1,995.00/month & up. Rent paid monthly. *Payment Options:* post-dated cheques. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given.

THE WELLINGTON TOWER AND TOWNHOMES

101 – 1399 Fountain Way,
Vancouver, BC V6H 3T3

Tel: (604) 731-1399 • Fax: (604) 731-1496

Email: manager@wellingtonsociety.ca

Website: www.wellingtonsociety.ca

Contact: **Greg White**

Capacity: **85 units**

Subsidies: **some tower suites are subsidized by the Society**

Price: **\$1,390.00 - \$2,700.00/month**



The Wellington is a 2-minute walk to Granville Island, a popular Vancouver destination where you'll find wonderful shops and restaurants. A community centre is located within easy walking distance from The Wellington and a bus stop can be found right outside the front of our building. Come and see why this is a sought-after location to enjoy a full and active lifestyle with or without children.

RESIDENCE INFORMATION: 39 years in operation. *Near:* Fountain Way and Birch Walk. Decorated in 2014. Handrails in hallways. 9 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Not-for-profit. *Owned by:* The Wellington Society. *Managed by:* Societies Management Limited/S.C.C.E. *Average Waiting Period:* 4 - 6 months. *Average Age:* 55. Can accommodate physically challenged people (must be independent). Smoking allowed in outside designated area. Alcohol allowed in private residence. *Languages:* English. *Close to:* Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library, Major Highway and Local Hospital (Vancouver General Hospital).

STAFFING: Vulnerable Sector Screening is done for all new staff members.

ACCOMMODATION: *Suite Types:* 1-bedroom and 2-bedroom (69 suites total) suites, 2-bedroom townhomes and 3-bedroom townhomes (9 townhomes total). *In All Suites:* patio/balcony, fully equipped apartment-size kitchen, microwave, stove, storage, window coverings, light fixtures, fire alarm, smoke detector and thermostats for heating. Private bathrooms. In-suite cable TV if resident arranges with cable company. Can have own phone number if resident arranges with phone company (residence charges extra). Unfurnished suites. Suites can be shared (must disclose roommates for approval by Manager), roommate picked by resident & residence staff. No pets allowed.

AMENITIES AND ACTIVITIES: Parking available (indoor & outdoor, for visitors and residents). 1 lounge. *Residence has a:* laundry room(s) (\$1.50/washer load, \$1.50/dryer load) and tuck/convenience store (open 9:00 a.m. to 9:00 p.m.). Resident can arrange newspaper delivery to individual suite (extra cost). Mail delivered to private mailbox with key. *Recreational Programs:* parties.

RENTAL INFORMATION: Rates may vary. 1-bedroom suites - \$1,390.00/month & up; 2-bedroom suites - \$1,790.00/month & up, 2-bedroom townhomes - \$1,890.00/month & up; 3-bedroom townhomes - \$2,590.00/month & up. No cost



for sharing suite. Rent paid monthly. *Payment Options:* post-dated cheques. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given.

TWIN ARMS

1030 Burnaby Street,
Vancouver, BC V6E 1N8

Tel: (604) 688-2771 • Fax: (604) 688-2781

Email: twinarms@scce.ca

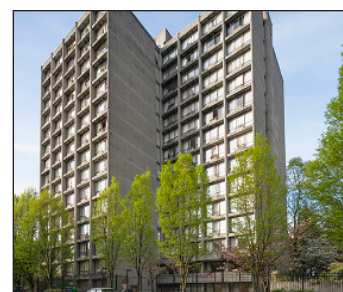
Website: scce.ca/residences/twin-arms/

Contact: **Andrew Maure**

Capacity: **242 residents**

Subsidies: **all are subsidized and require proof of low income**

Price: **\$730.00/month and up**



There are all sorts of resident organized activities going on in Twin Arms including piano sing-alongs, Gardening Club, Morning Coffee, Ladies Craft Activities and more.

RESIDENCE INFORMATION: 47 years in operation. Near: Burrard Street and Drake Street. Decorated in 2017. Handrails in hallways. 13 floors, 2 elevators. Wheelchair accessible. *Funding Base:* Not-for-profit. *Owned by:* Society for Christian Care of the Elderly. *Managed by:* Societies Management Limited/S.C.C.E. 216 units. *Average Waiting Period:* more than 2 years. *Average Age:* 65. Can accommodate physically challenged people (as long as they are independent). Residents have a dress code (must be dressed!). Smoking allowed in outside in designated area. Alcohol allowed within own suite. *Languages:* English. Main doors of residence are always secured. *Close to:* Public Transit, Shopping, Churches, Seniors' Centre, Library and Local Hospital (St. Paul's Hospital).

STAFFING: *External services arranged by:* family/resident. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

ACCOMMODATION: *Suite Types:* bachelor (189) and 1-bedroom double occupancy (28) suites. *In All Suites:* full kitchen with apartment-size fridge & range, microwave, storage, window coverings, light fixtures, fire alarm, smoke detector and thermostats for heating. Private bathroom with shower. In-suite cable TV provided by residence. Can have own phone number if resident arranges with phone company. Unfurnished suites. No pets allowed.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors and residents). 2 lounges with: TV (1) and piano (1) *Residence has a:* library, laundry room(s) (\$1.60/washer load and \$1.25/dryer load). Mail delivered to private mailbox with key. *Recreation Facilities:* pool table, exercise room, craft room, card room and garden plots for gardening. *Recreational Programs:* parties.

OTHER SERVICES: Telephone (extra cost). Cable TV (included in fee). Utilities (included in fee).

RENTAL INFORMATION: Rates may vary. Adult 55+ building. 330 sq. ft. to 550 sq. ft. Bachelor suite - \$730.00/month & up; 1-bedroom - \$975.00/month & up. No cost for sharing suite. Rent paid monthly. *Payment Options:* cheques and post-dated cheques. Rent increases as per Provincial Tenancy Legislation are annual for resident with 3 months' notice given.

Prices listed in this *Guide* may vary slightly.
Please call the homes you are interested in directly to verify rates.



◆ VICTORIA ◆

THE CAMELOT

455 Kingston Street,
Victoria, BC V8V 1V8

Tel: (250) 384-3336 • Fax: (250) 384-5536

Email: camelot@novapacific.ca

Website: novapacific.ca/residences/the-camelot/

Contact: **Cathy Clarke**

Capacity: **68 residents**

Subsidies: **none**

Price: **\$2,800.00 - \$3,800.00/month**



Location, Location, Location!!! Short walk to Victoria Harbour and all the wonderful attractions and shopping of Victoria's James Bay neighbourhood.

RESIDENCE INFORMATION: 21 years in operation. Near: Menzies Street and Kingston Street. Decorated in 2018. Handrails in hallways. 4 floors, 1 elevator. Wheelchair accessible. *Funding Base:* Corporate/for profit. *Owned by:* Nova Pacific Homes LP. *Managed by:* Nova Pacific Care Inc. 34 units. *Average Waiting Period:* varies. *Average Age:* 85. Can accommodate physically challenged people. Residents have a dress code (must be dressed!). Smoke-free residence. Alcohol allowed. *Procedures to Leave the Premises on a Temporary Basis...* inform staff in case of fire or emergency; meals 48-hour notice = credit. *Languages:* English. Main doors of residence are always secured. Close to: Public Transit, Shopping, Churches, Synagogues, Seniors' Centre, Library and Local Hospital (Royal Jubilee Hospital). Member of BC Seniors Living Association.

STAFFING: *External services arranged by:* family/resident. Can retain own MD. Vulnerable Sector Screening is done for all new staff members.

ACCOMMODATION: *Suite Types:* 1-bedroom (10), 1-bedroom + den (5), 2-bedroom (15) and 2-bedroom penthouse (4) units. *In All Suites:* kitchenette, full-size fridge, microwave, stove, patio/balcony, storage, window coverings, light fixtures, linens, fire alarm, smoke detector, sprinkler, Lifeline emergency response system with wearable pendant and thermostats for heating. Private bathroom with grab bars, shower with non-slip surface and elevated toilet seat. In-suite cable TV if resident arranges with cable company. Can have own phone number if resident arranges with phone company. Unfurnished suites. Suites can be shared, roommate picked by resident. Pets allowed (one small cat or dog; Pet Deposit applies).

DINING SERVICE: Dinner included in fee and served in dining room daily. *Guest Meals:* Dinner \$12.00. *Special Diets:* Vegetarian, Low Salt and Diabetic. Tray service to suite if ill (no charge if Doctor orders). Special events booked in the dining room other than at dinner time. Party facilities available.

AMENITIES AND ACTIVITIES: Parking available (outdoor, for visitors: free and indoor for residents: \$25.00/month). 1 lounge with: TV (1) and piano (1). Guest suites available (\$40.00/night). *Residence has a:* library and laundry room(s) (no cost). Residence provides newspaper delivery to individual suite (extra cost). Mail delivered to private mailbox with key. Posted schedule of activities. Internal newsletter for residents. *Recreational Programs:* exercise, theatre, parties, entertainment and bingo.

OTHER SERVICES: *Housekeeping:* weekly (included in fee). *Laundry:* linen (included in fee) and towel (included in fee). 24-hour security. Nightly security checks. Utilities (extra cost for hydro).

RENTAL INFORMATION: Rates may vary. 1-bedroom single occupancy - \$2,800.00/month; 1-bedroom + den single occupancy - \$3,100.00/month; 2-bedroom single occupancy - \$3,300.00/month. Extra cost for 2nd person sharing suite (\$821.66/month). Rent paid monthly. *Payment Options:* cheques. Rent increases: Service Fee Increase August 1st, annual allowable for residence with 3 months' notice given.



SASKATCHEWAN

◆ MOOSE JAW ◆

WEST PARK CROSSING

1801 Meier Drive,
Moose Jaw, SK S6J 0C3

Tel: (306) 694-4744 • Fax: (306) 694-4741

Email: info@westparkcrossing.ca

Website: www.espritlifestyle.com

Contact: **Community Relations Coordinator**

Capacity: **88 residents**

Price: **\$2,595.00 - \$5,295.00/month**



CARE LEVELS: Independent Living • Assisted Living • Memory Care

For additional information, please visit the online listing for West Park Crossing on www.senioropolis.com®.

◆ REGINA ◆

RIVERBEND CROSSING, MEMORY CARE COMMUNITY

2235 Heseltine Road,
Regina, SK S4Y 3G8

Tel: (306) 347-7773 • Fax: (306) 721-9370

Email: info@riverbendcrossing.com

Website: www.espritlifestyle.com

Contact: **Community Relations Coordinator**

Capacity: **72 residents**

Price: **\$5,420.00 - \$5,995.00/month**



CARE LEVELS: Memory Care

For additional information, please visit the online listing for Riverbend Crossing on www.senioropolis.com®.

DID WE MISS YOU THIS EDITION?

For information on how to get your residence or business included in our 2020 Guide call us at **1 (844) 585-7255** or email info@senioropolis.com



◆ SASKATOON ◆

STONEBRIDGE CROSSING

102 Wellman Crescent,
Saskatoon, SK S7T 0J1

Tel: (306) 974-7990

Email: info@stonebridgecrossing.ca

Website: www.espritlifestyle.com

Contact: **Community Relations Coordinator**

Capacity: **130 residents**

Price: **\$3,250.00 - \$6,640.00/month**

Esprit
Lifestyle
Communities



CARE LEVELS: Independent Living • Assisted Living • Memory Care

For additional information, please visit the online listing for Stonebridge Crossing on www.senioropolis.com®.

◆ YORKTON ◆

YORKTON CROSSING

348 Morrison Drive,
Yorkton, SK S3N 4H9

Tel: (306) 782-0005

Email: info@yorktoncrossing.ca

Website: www.espritlifestyle.com

Contact: **Community Relations Coordinator**

Capacity: **88 residents**

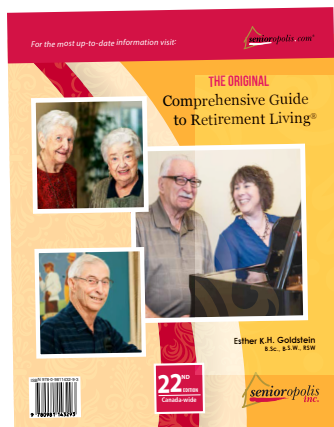
Price: **\$2,995.00 - \$4,950.00/month**

Esprit
Lifestyle
Communities



CARE LEVELS: Independent Living • Assisted Living

For additional information, please visit the online listing for Yorkton Crossing on www.senioropolis.com®.



Thank you
FOR USING OUR Guide!

Please feel free to contact us with feedback and suggestions for future editions at info@senioropolis.com.



Esther Karen Hemi Goldstein obtained a Bachelor degree in Science from the University of Toronto in 1986 and in Social Work from Ryerson University in 1990. She is a registered member of the Ontario College of Social Workers and Social Service Workers.

Esther worked as a hospital social worker in the Greater Toronto Area for many years, primarily with the geriatric population. A significant portion of her work involved counselling senior clients and their families about the difficult task of relocating to care homes and assisting them with the process. At the time, information about retirement residences and many other private services was limited and hard to find, so Esther created this *Guide* out of a need she had for this information. Over the last 22 years, the *Guide* evolved and expanded to become what it is today. Currently Esther works full-time on this publication, its affiliated website **www.senioropolis.com®** and her new website **www.seniorcareaccess.com**.

Senioropolis.com® continues to build its database of information on housing options and services for seniors across Canada as it strives to become a portal for “all things senior”. In 2018, Esther launched a second (member-based) site, **www.seniorcareaccess.com**, which enables professionals and consumers to access Retirement Consultants and Canada-wide information on senior resources and housing options incorporating comparative and competitive searches across many different dimensions.

Esther has been a member of the Stakeholders Advisory Council (SAC) of Ontario’s Retirement Homes Regulatory Authority since the Fall of 2013. At the end of 2016, Esther was appointed Chair of SAC, a position she continues to hold through 2019. Additionally, Esther volunteers her time as a member of the Board of Directors of The International Breastfeeding Centre in Toronto.

Esther shares her knowledge through article/blog contributions, media interviews and lectures/workshops on ‘Senior Living Options’ and related topics at different venues including retirement homes, community agencies and private companies and organizations.



The Forever Bond

Childhood memories vivid but fleeting....

The warmth of her embrace.
The sound of her laughter.
Her full-body 'giggle'.
The smell of her cooking,
mingled with cigarettes.
The hunch in her back.
The touch of her hands,
crippled with age.

Daily visits.....
watching soap operas;
eating soft-boiled eggs for breakfast,
and spumoni ice cream for dessert;
April Fool's jokes;
stories from The National Enquirer;
and our annual viewing of the Wizard of Oz.
A constant through childhood.
A safe haven in her arms.

When did it begin?
She looked the same but really wasn't.
When was.....
the moment that her memories began to fade;
the hour when no one was familiar;
the day when she ceased to be the person I knew.
Was there fear? Anguish? Or passive acceptance?

If I knew then, what I know now.....
Would it have made a difference?
Would I, or she, have done things differently?
Or said things left unspoken?
An unconditional acceptance and love like no other,
gone over time and in an instant.

© Esther Goldstein, 2018





Brought to you by:



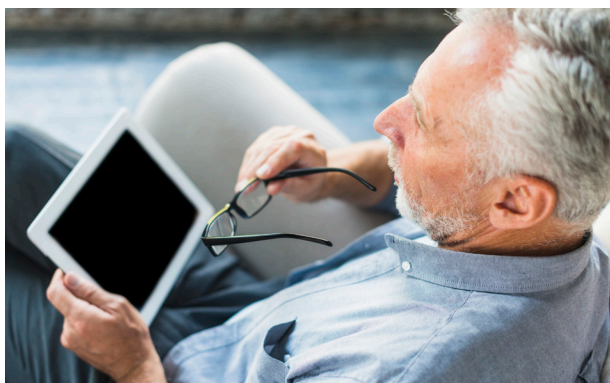
SeniorCareAccess.com is a unique online portal offering Canadian older adults and their families a one-stop-shop for their transitioning lifestyle by creating industry and professional access to an extensive resource and housing database.

The site offers to deliver professional senior services in two ways.

- 1. The Pivotal Consulting Program** – This is a one-on-one consulting program providing seniors and their families an opportunity to find guidance and assistance in managing resources.
- 2. Professional Resources** – Designed for direct interaction by senior service providers and interested senior consumers, we will maintain a database of resources, housing and vacancy availability allowing for focused research on service options.

In addition to the housing aspect of our site, we also have a senior-centric resource database with free access for all who visit the site.

Whether it be accessing home care, finding a REALTOR®, retrofitting, aging in place, financial preservation, estate planning, retirement home transition, dementia therapy, alternate financing, locating support groups or getting direction after the passing of a partner, **SeniorcareAccess.com** aims to offer dozens of services focused on Older Adults and Life Transitions.



Discover how to have your Retirement Lifestyle Solution listed for FREE (Retirement home, LTC, Adult community or senior-focused housing) or as a Service Provider, how the SeniorCareAccess portal can offer you senior-focused marketing opportunities.

Hurry, the program offers limited spaces within your category!

Contact Esther Goldstein at: Esther@Senioropolis.com

www.seniorcareaccess.com • (884) 585-7255

