



About Russell Meadows Retirement Community

Russell Meadows Retirement Community is locally owned and operated. You'll find a private, quiet, and relaxed atmosphere; a wonderful place to enjoy the company of friends and stimulating activities. This is...Russell Meadows Retirement Community.

Our Mission is to set an exceptional standard in retirement living and to meet the lifestyle requirements of today's seniors.

Each Suite offers the following:

- ◆ Individual Climate Control
- ◆ Phone/TV/Internet Available

Some Suites include the following:

- ◆ Balcony/Patio
- ◆ Fireplace
- ◆ Kitchenette



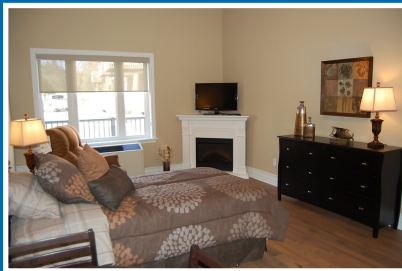
Retirement Living at its Best!

Amenities

- ◆ Complimentary resident laundry room
- ◆ Outdoor Patios; attractively landscaped property
- ◆ Various stores within walking distance
- ◆ Beauty Salon
- ◆ Community hall/lounge/activity room/caf /craft kitchen
- ◆ Billiard and game room
- ◆ Theatre/media room
- ◆ Chapel and Movie Theatre
- ◆ Library and Computer room
- ◆ Two Elevators

Accommodations

Our accommodations include: studio and one bedroom—some with a balcony, patio, fireplace, barrier free access and/or kitchenette; all with individual climate control, available phone/TV/internet services and the latest in personal security with professionally trained staff on duty day and night.



Lifestyle Options

- ◆ Full Hospitality Service Lifestyle
- ◆ Care and Service by Design
- ◆ Temporary Stay

CALL US TODAY AT 613-445-5200 TO SCHEDULE AN APPOINTMENT!

Retirement Living at its Best!

Lifestyle Options

Full Hospitality Service Lifestyle

- ◆ Breakfast, Lunch and Dinner served in the dining room daily (special dietary requirement available)
- ◆ Snacks available at various times throughout the day
- ◆ Weekly housekeeping
- ◆ 24 hour emergency response by fully trained professionals
- ◆ Security system throughout the building with 24 hour camera surveillance
- ◆ Fire alarm, sprinkler system and smoke detectors
- ◆ Health care monitoring – monthly blood pressure and weight checks in our wellness centre (laboratory services)
- ◆ Medication supervision and management available
- ◆ Weekly personal laundry
- ◆ Weekly laundering of flat linens and terry (linens and terry included)
- ◆ Monthly calendar of social, cultural and recreational activities – activity and lifestyle program tailored to meet the needs of each individual resident
- ◆ Transportation to scheduled outings & medical appointments (available)
- ◆ Administrative/concierge service available 7 days a week
- ◆ Daily presence & well-being monitoring
- ◆ Complimentary resident laundry facilities
- ◆ Monthly fee to include – heat, hydro, water and maintenance/repairs (wear and tear only)
- ◆ Cable, telephone, long distance (global), & internet available
- ◆ State of the art amenities
- ◆ In the event of power failure, the generator covers the entire building.
- ◆ Footcare/Hearing Aid service available
- ◆ Occupational/Physio Therapy Services available
- ◆ In-House physician (based on availability)

Care & Service by Design

At Russell Meadows Retirement Community, we can arrange for additional care and service options that allow you to customize the retirement experience so that it best suits your needs today and in the future.

You can rest assured knowing that we can accommodate changing care needs. “Care and Service-by-Design” can be arranged discreetly; we will provide you with just what you need – when you need it.

Temporary Stay

You’ve planned the operation – time to plan the recovery! Peace of mind that’s affordable, accessible, close to home! Successful and monitored recovery is just as important as the operation itself. That is why we have developed a thorough, comprehensive, and personalized therapy program. Our first priority is to help active seniors return to an improved and healthy lifestyle. Let us make your recovery a holiday away from home.

**PEACE OF MIND THAT’S
AFFORDABLE, ACCESSIBLE, AND
CLOSE TO HOME!**



Retirement Living at its Best!

Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Juice/Tea/Coffee/ Milk	Juice/Tea/Coffee/ Milk	Juice/Tea/Coffee/ Milk	Juice/Tea/Coffee/ Milk	Juice/Tea/Coffee/ Milk
	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad
	Hot Porridge/Cold Cereal, Toast	Hot Porridge/Cold Cereal, Toast	Hot Porridge/Cold Cereal, Toast	Hot Porridge/Cold Cereal, Toast	Hot Porridge/Cold Cereal, Toast
	Eggs Benedict	Blueberry Pancakes	Cheese Omelet	Strawberry Waffles	Bagels with Cream Cheese
Lunch	Tomato Vegetable Soup	Ham Barley Soup	Chicken and Rice Soup	Carrot Soup	Tomato Soup
	Ham and Cheese Crepe with Tater Tots & Apple Salad	Roast Beef dip sandwich in a bun with French Fries, gravy and broccoli coleslaw (no greens carrot salad)	Turkey submarine cheese	Salmon stuffed twice baked potato garden salad	Breaded haddock
			Lettuce, tomato	Salad dressings	French Fries
			Watermelon	(Red salad for no greens)	Green peas (Carrots for no greens)
	Dessert	Dessert	Dessert	Dessert	Dessert
	Lemon Square / Diabetic Lemon Mousse	Chocolate Cake/ Diabetic chocolate mousse cake	Apple cobbler Vanilla ice cream Regular & Diabetic	Pumpkin Pie Diabetic Cherry Pie	Strawberry cake Regular and Diabetic
Dinner	Butternut Squash Soup	Broccoli Soup	Vegetable Soup	Celery Soup	Pea Soup
	Roast Tukey Dinner Stuffing, whipped potato, mashed turnip and gravy	Cheeseburger casserole with fresh garden salad	Chicken Drum Sticks and roasted vegetables	Lamb and Butternut Squash stew	Spaghetti with homemade meat balls
	Cranberry sauce	Whole wheat or white dinner roll	Mustard-Tarragon Sauce	Whole Wheat or White dinner roll	Garlic Bread Parmesan Cheese
	Whole wheat or White bun		Whole Wheat or White Dinner Roll		
	Dessert	Dessert	Dessert	Dessert	Dessert
	Apple pie Regular and Diabetic	Banana Cream Pie Regular and Diabetic	Carrot Cake Diabetic Blueberry Cake	Orange Trifle Regular and Diabetic	Rocky Road Squares Diabetic Chocolate Tart



Temporary Stay Program

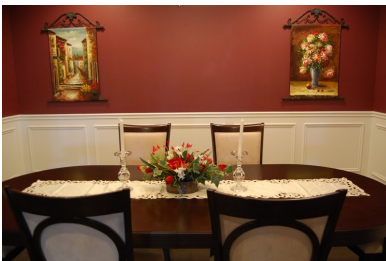
KNEE SURGERY – HIP SURGERY— HEART SURGERY

YOU'VE PLANNED THE OPERATION—TIME TO PLAN THE RECOVERY!

Successful and monitored recovery is just as important as the operation itself. That is why we have developed a thorough, comprehensive, and personalized therapy program. Our first priority is to help active seniors return to an improved and healthy lifestyle. Let us make your recovery a holiday away from home.

PEACE OF MIND THAT'S AFFORDABLE, ACCESSIBLE, AND CLOSE TO HOME!

To find out more about our recovery programs, please call TODAY or visit our website.



Some Conditions Apply

Retirement Living at its Best!

Whether it's for a trial period, after surgery, convalescent care or respite stay, we will provide and offer this short term stay program for residents. Vacation and trial stay are also available.

STARTING AT \$99/DAY—ALL INCLUSIVE

Care

- ◆ Personal Consultation with Care and Service Manager on individual needs
- ◆ Daily bed making and daily garbage removal
- ◆ Weekly assistance with bathing
- ◆ 24h emergency response by fully trained professionals
- ◆ Health Care monitoring—monthly blood pressure and weight checks
- ◆ Medication administration and monitoring
- ◆ Monitoring blood pressure and vital signs as requested by the doctor
- ◆ Morning and evening assistance with activities of daily living if required.
- ◆ Assistance with personal care
- ◆ Cuing when required
- ◆ Night checks if required

Accommodation

- ◆ Fully furnished suite including telephone, cable, and internet for our short stay guests.
- ◆ Individual climate control with Air Conditioning / Heating
- ◆ Fire alarm, sprinkler system, smoke detector
- ◆ Permanent residency available

Services

- ◆ 3 meals served in our beautiful appointing dining room
- ◆ Healthy and nutritional meals based on dietary requirements of the guest
- ◆ Weekly housekeeping
- ◆ Linens and personal laundry weekly
- ◆ Social and recreational activities
- ◆ Transportation to medical/dental/banking appointment
- ◆ Full activities scheduled coordinated by our full-time Activities and Recreational Manager
- ◆ Snacks available at various times throughout the day
- ◆ Security system throughout the building with 24h camera surveillance
- ◆ Three times a week exercise group sessions

Amenities

- ◆ Library and Computer Room
- ◆ Spacious lounges
- ◆ Community Games Room
- ◆ Resident's Laundry Facilities
- ◆ Beauty Salon
- ◆ Chapel & Movie Theatre
- ◆ Full Kitchen & Bistro area

Retirement Living at its Best!



Volunteer Opportunities

***IT'S ONLY A FEW HOURS TO YOU
IT'S THE WORLD TO THEM***

Russell Meadows Retirement Community is always looking to secure the services of individuals who have an interest in volunteering. The benefits last a lifetime.

We are building a team of caring individuals to help out with our many different programs. We need assistance with our tuck shop, pet therapy, knitting, bingo, special activities, weekly transportation with the house minivan, crafts, and much more.

Come and be a part of our growing community and our dynamic volunteer team!

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Reservation / Deposit Confirmation

Thank you for your interest in Russell Meadows Retirement Community.

Upon receipt of your \$500.00 deposit fee*, you will be added to our priority waiting list, with the option to either secure a specific suite immediately or at a later date, based on availability and your continued desire to join Russell Meadows Retirement Community.

TERMS:

- ◆ Prior to moving in, you will be required to attend a “tea & chat” Pre-admission with our Director of Care to review your health status.
- ◆ The deposit fee shall be applied towards the first month’s occupancy fee.
- ◆ In the event that Russell Meadows Retirement Community is not able to meet your needs or a moving date decision not made within 45-90 days, **the deposit fee shall be fully refunded to you.**
- ◆ The execution of a formal Residency Agreement with Russell Meadows Retirement Community will be subject to your health status report.

Name: _____ Phone: _____

Address: _____

POA/SDM/Next of Kin: _____ Email: _____

Phone: _____ Address: _____

Suite Style/Location Preference/Unit Number _____

Date: _____ Monthly Rate: _____ Lifestyle Package: _____

Expected Moving Date / Alternative: _____

In the event of a refund of deposit, the cheque shall be made payable to: _____
at the following mailing address: _____


Signature _____
Applicant or Authorized Representative

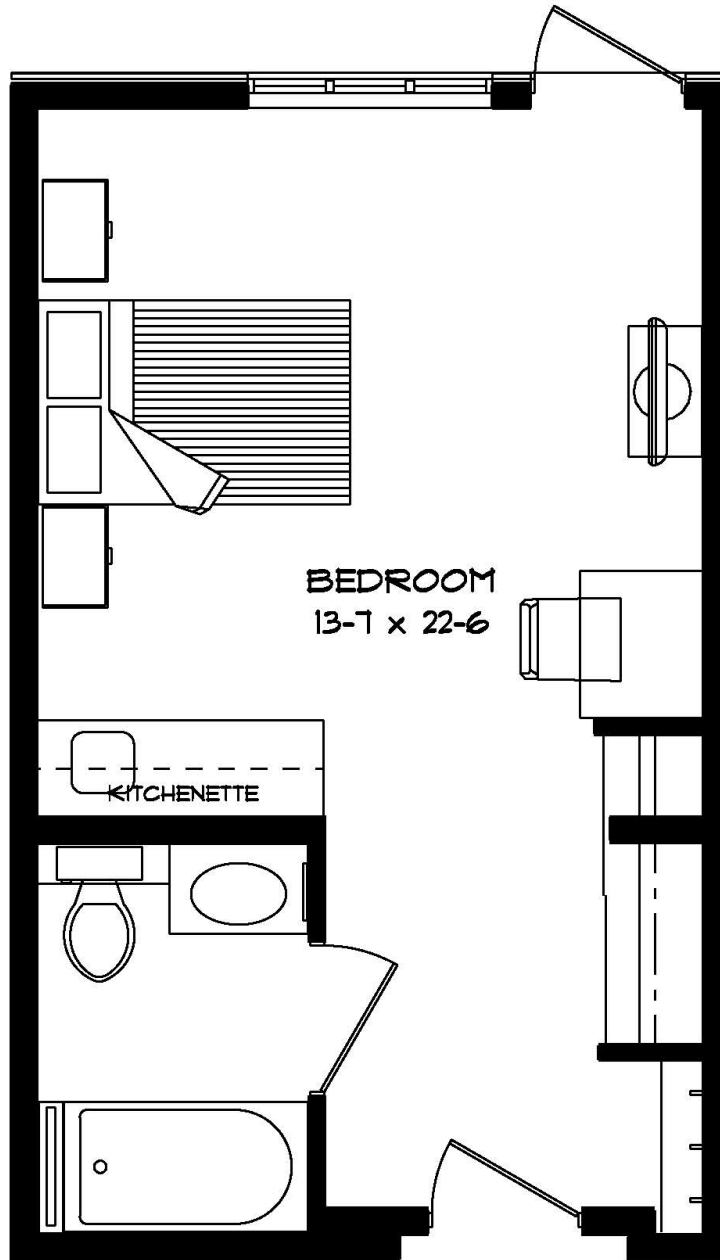
Signature _____
Russell Meadows Retirement Community

The \$500 reservation/deposit fee is fully refundable (without interest) at any time prior to move-in, and up until (5) days following the execution of the formal Residency Agreement, signed by all parties. Please allow 30 days for refund cheque to be issued.

Cheques should be made payable to 7209908 CANADA INC / Russell Meadows Retirement Community

IRIS

 260-310 sq. ft.

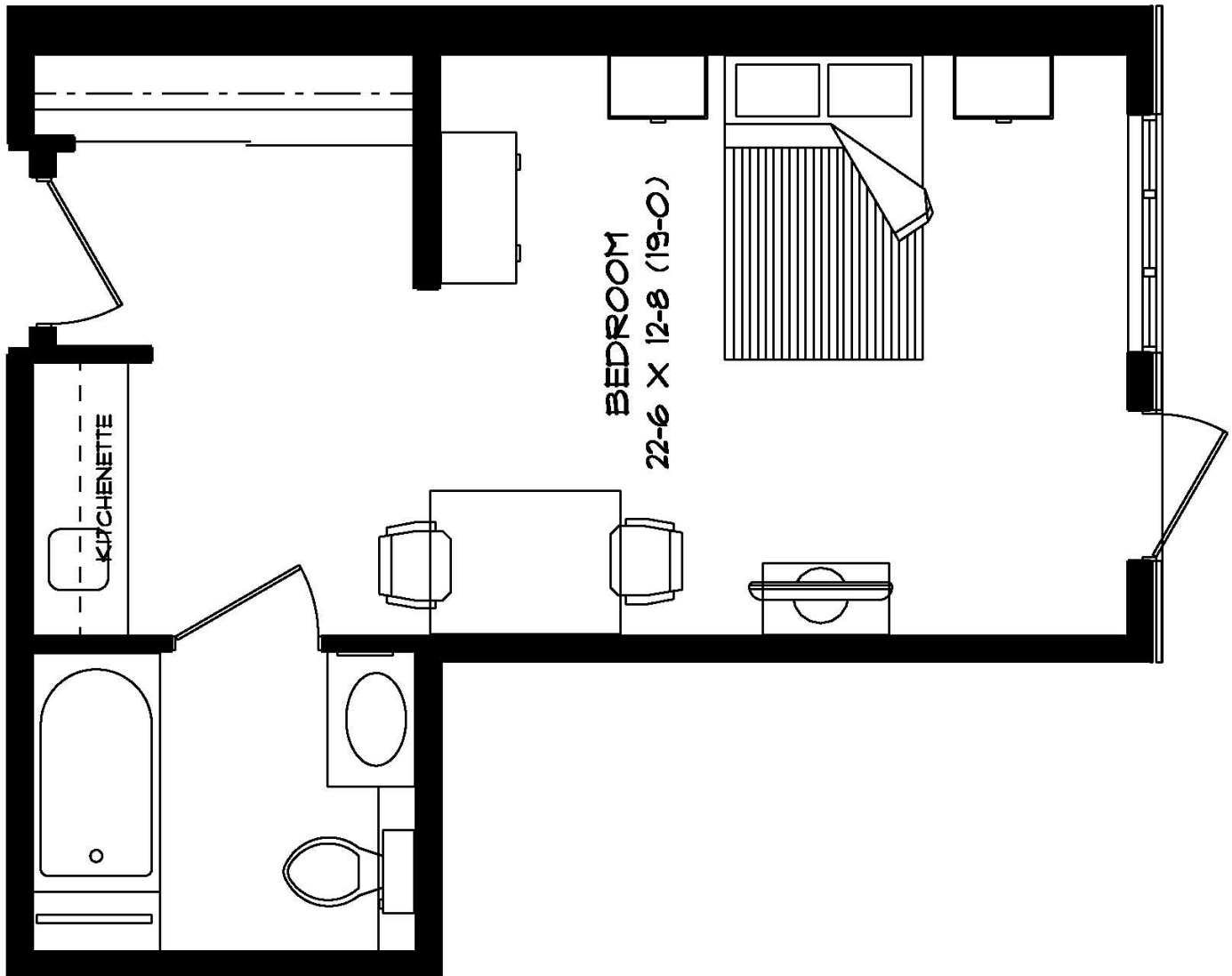


Typical suite. Inquire within for additional layouts
All measurements are approximate. Furniture layout is for presentation purposes only.

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ZINNIA

📐 330 sq. ft.

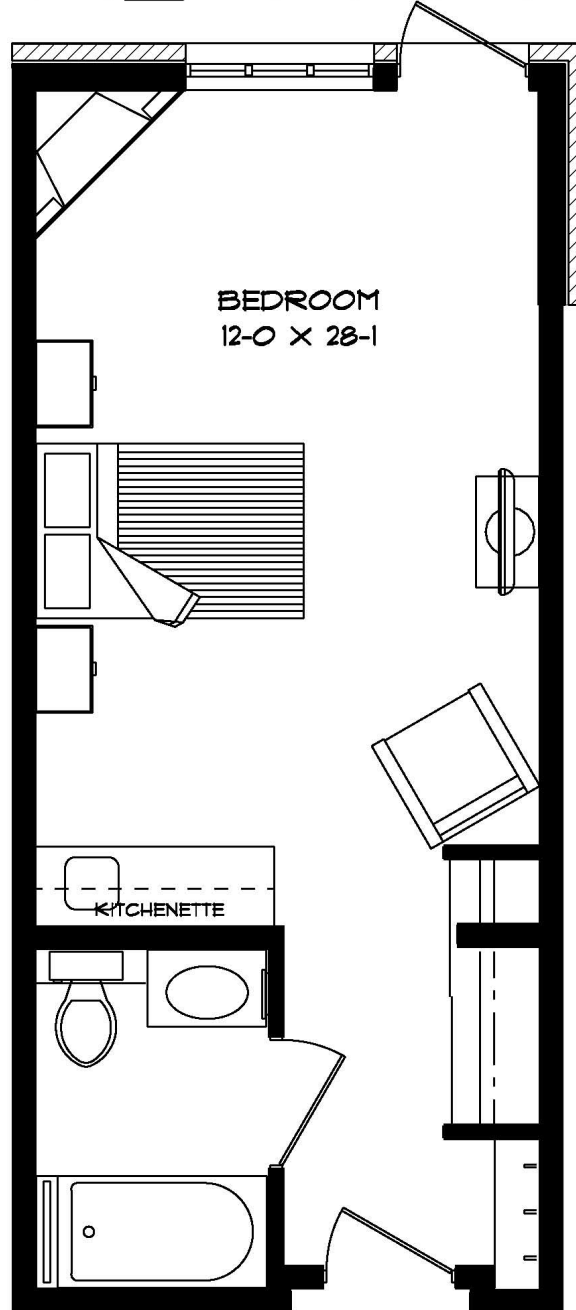


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ORCHID

📐 325-345 sq. ft.

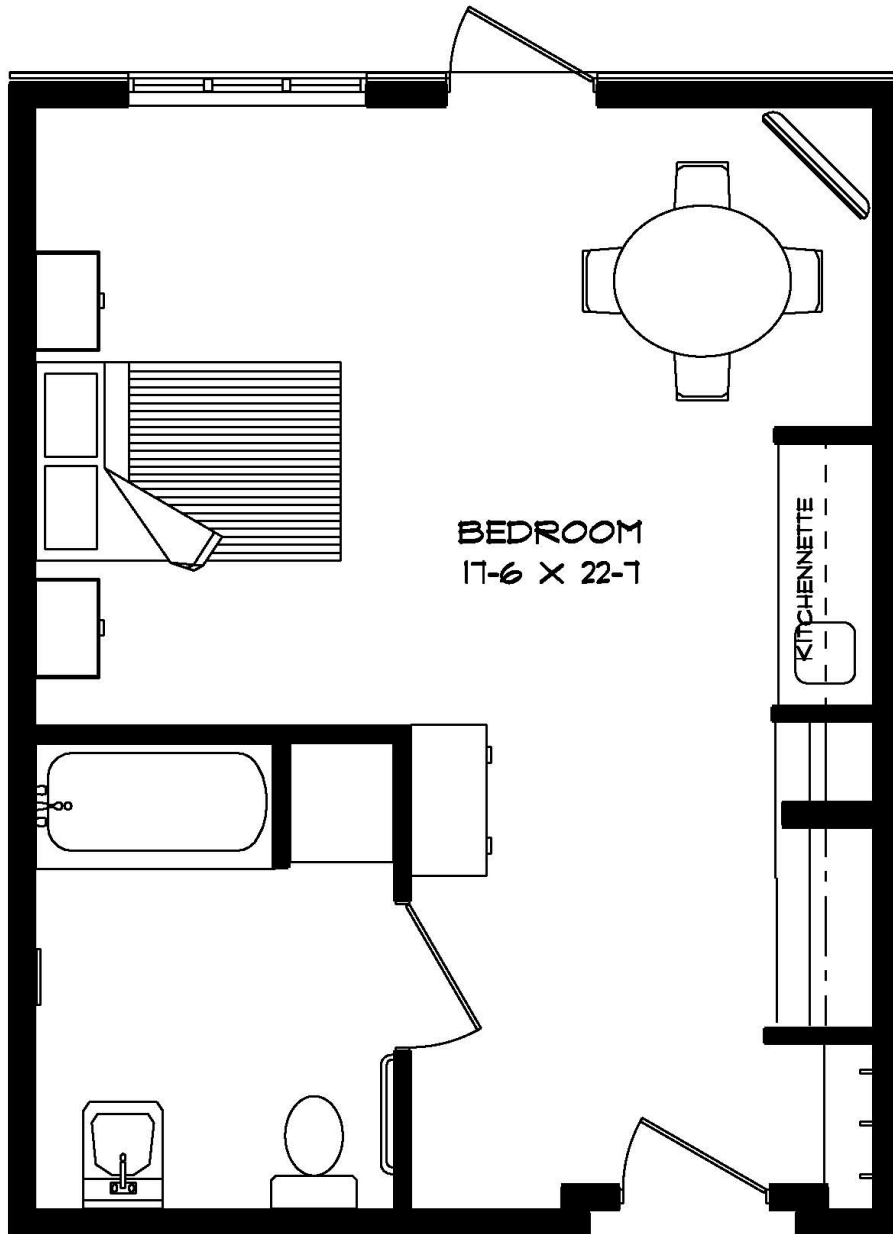


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CHICORY

📐 400-430sq. ft.

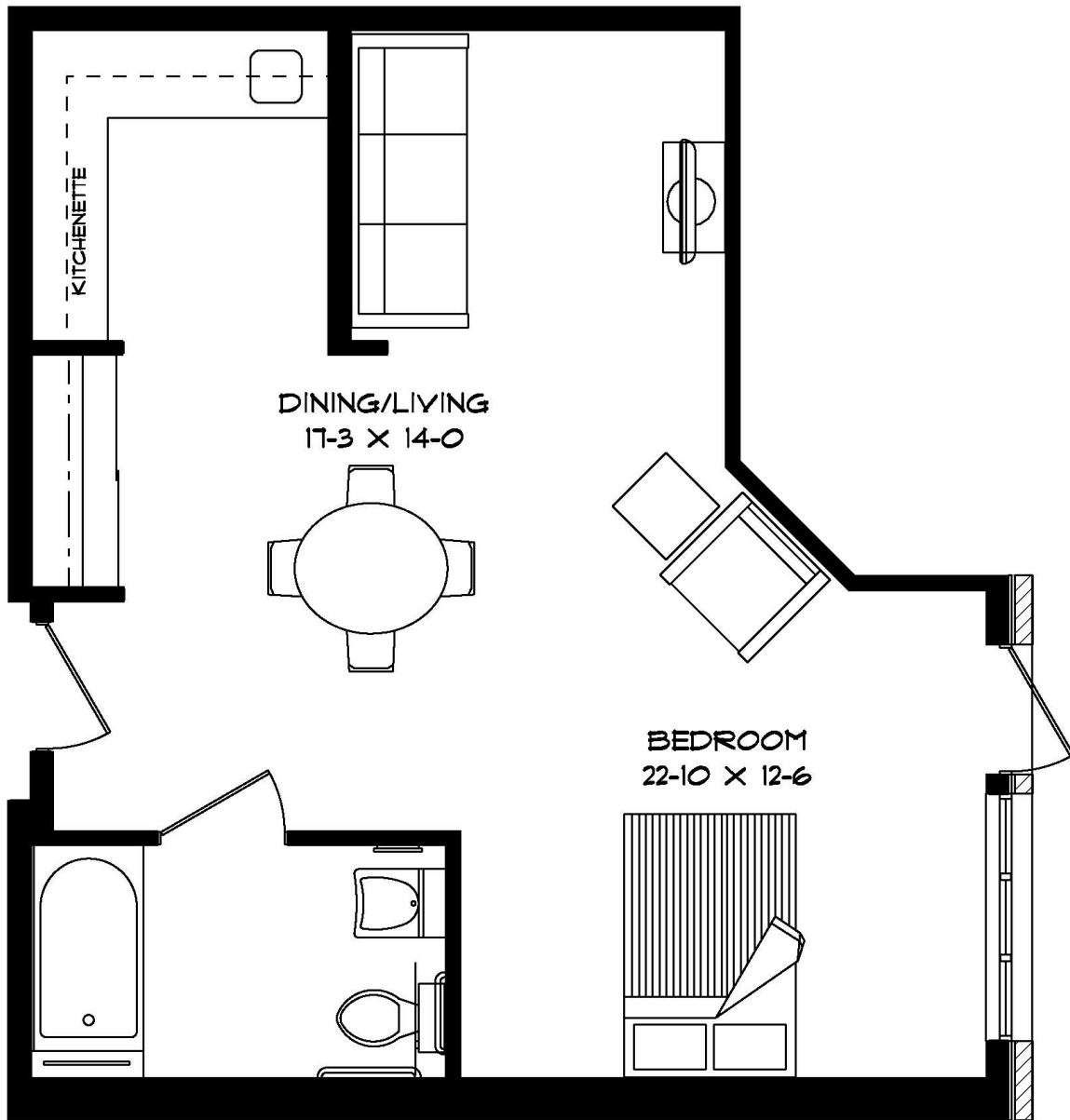


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ACACIA

📐 500 sq. ft.

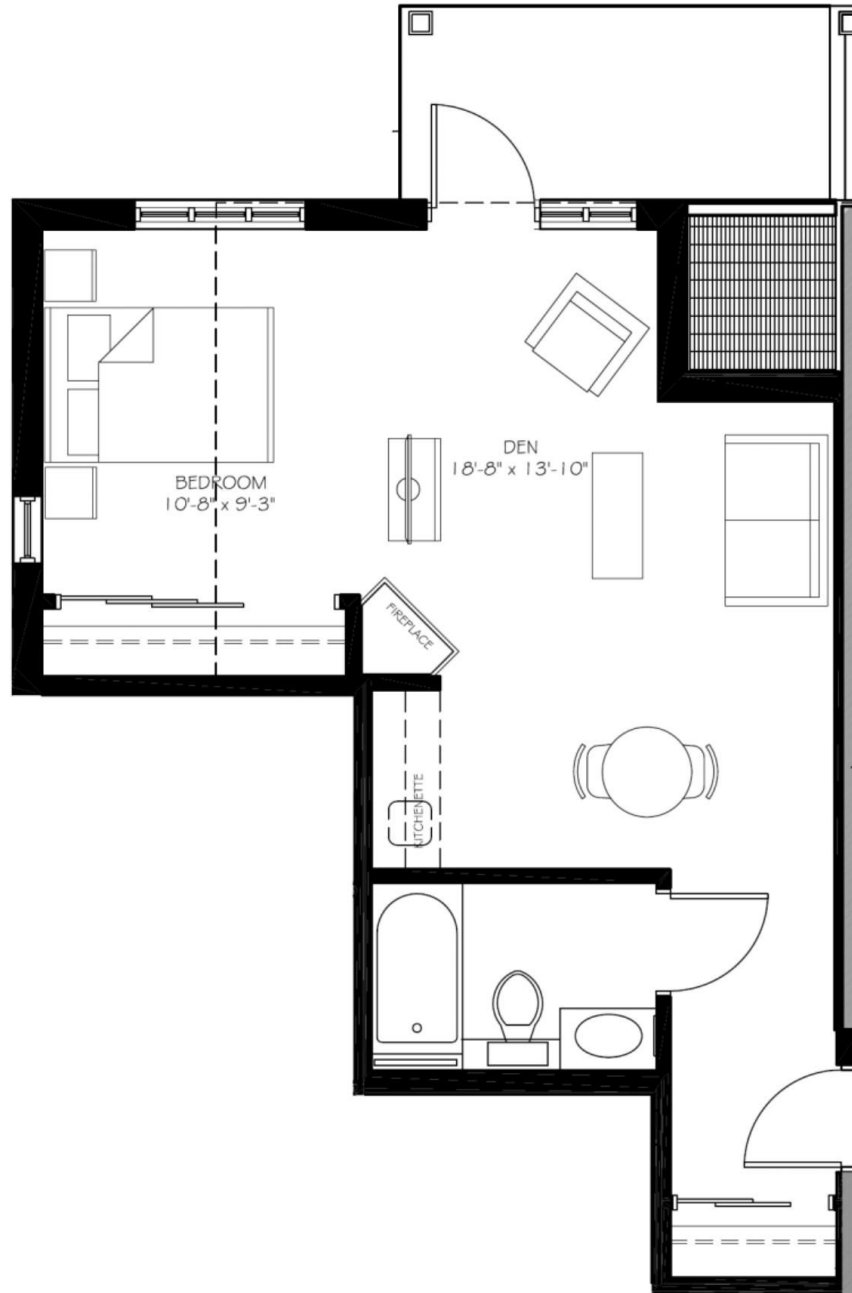


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BUTTERCUP

📐 522 sq. ft.

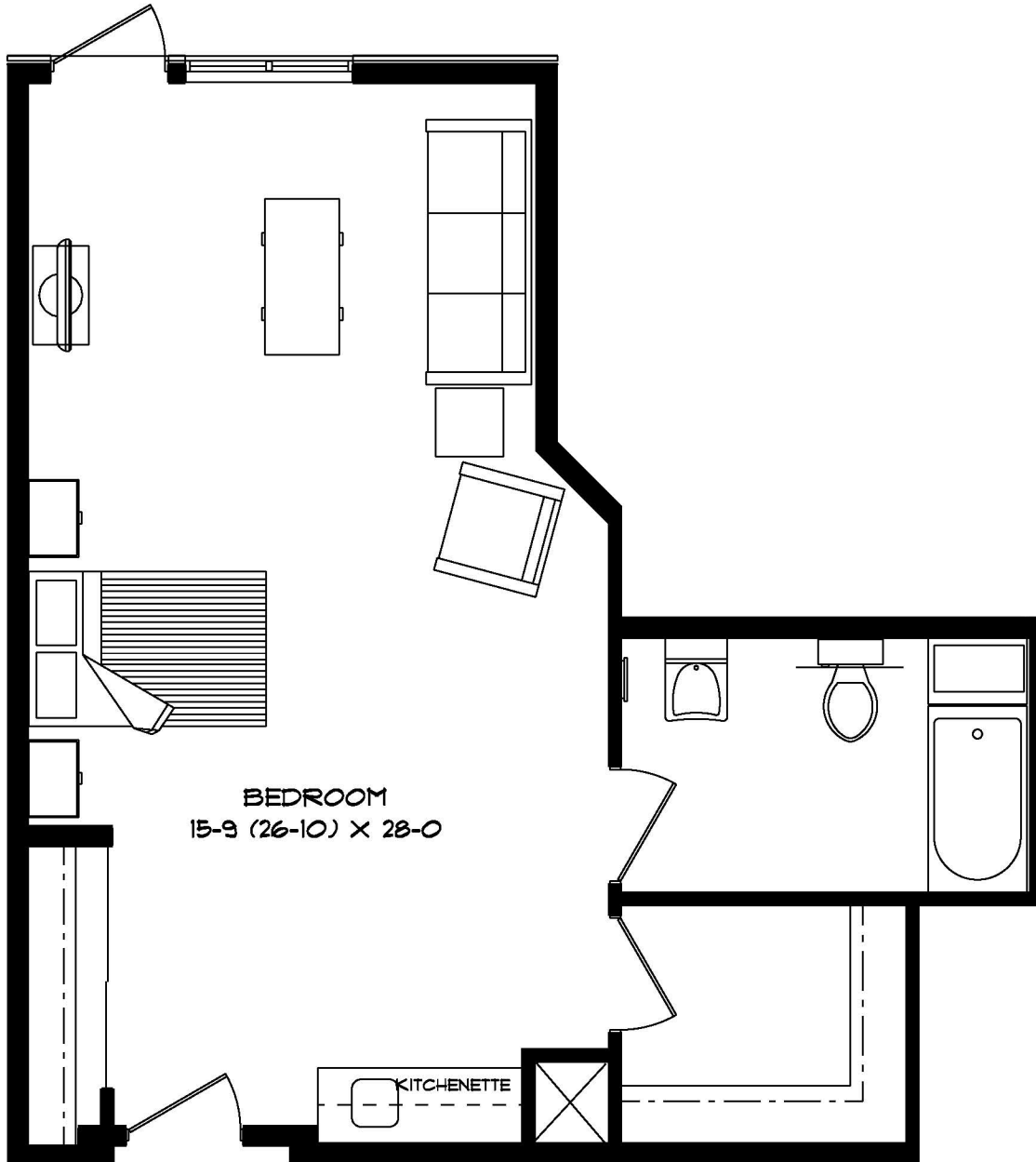


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FOXGLOVE

 545 sq. ft.

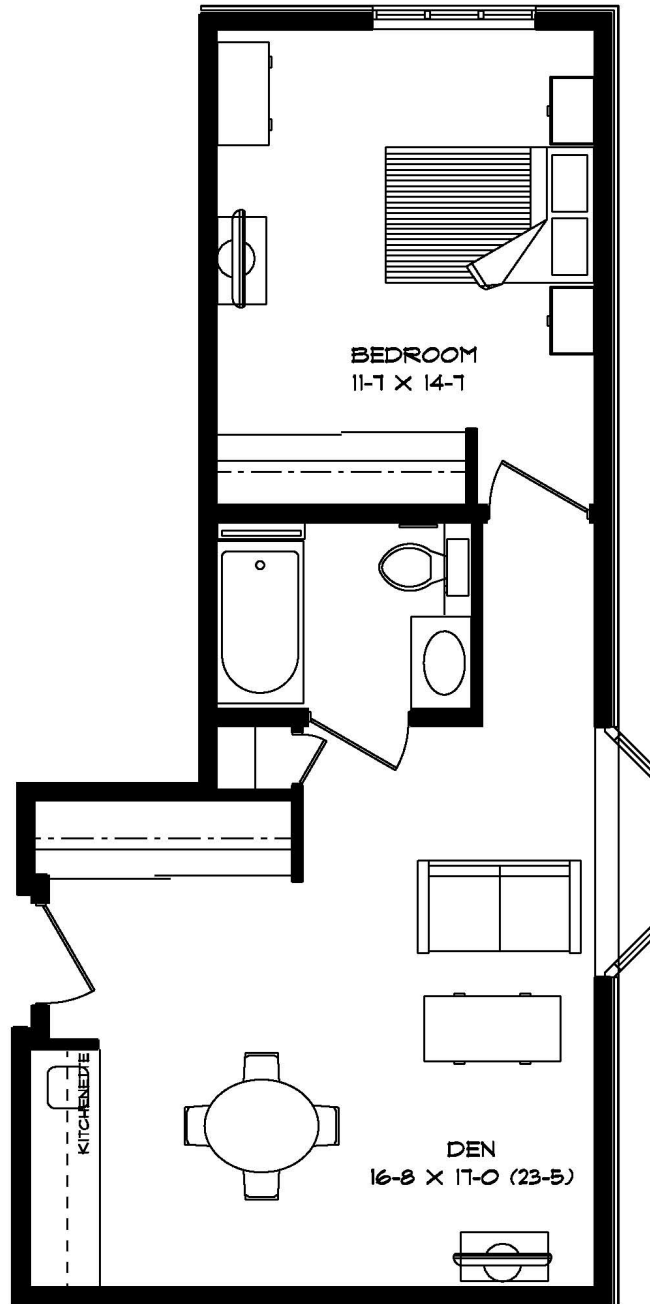


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IVY

 530 sq. ft.

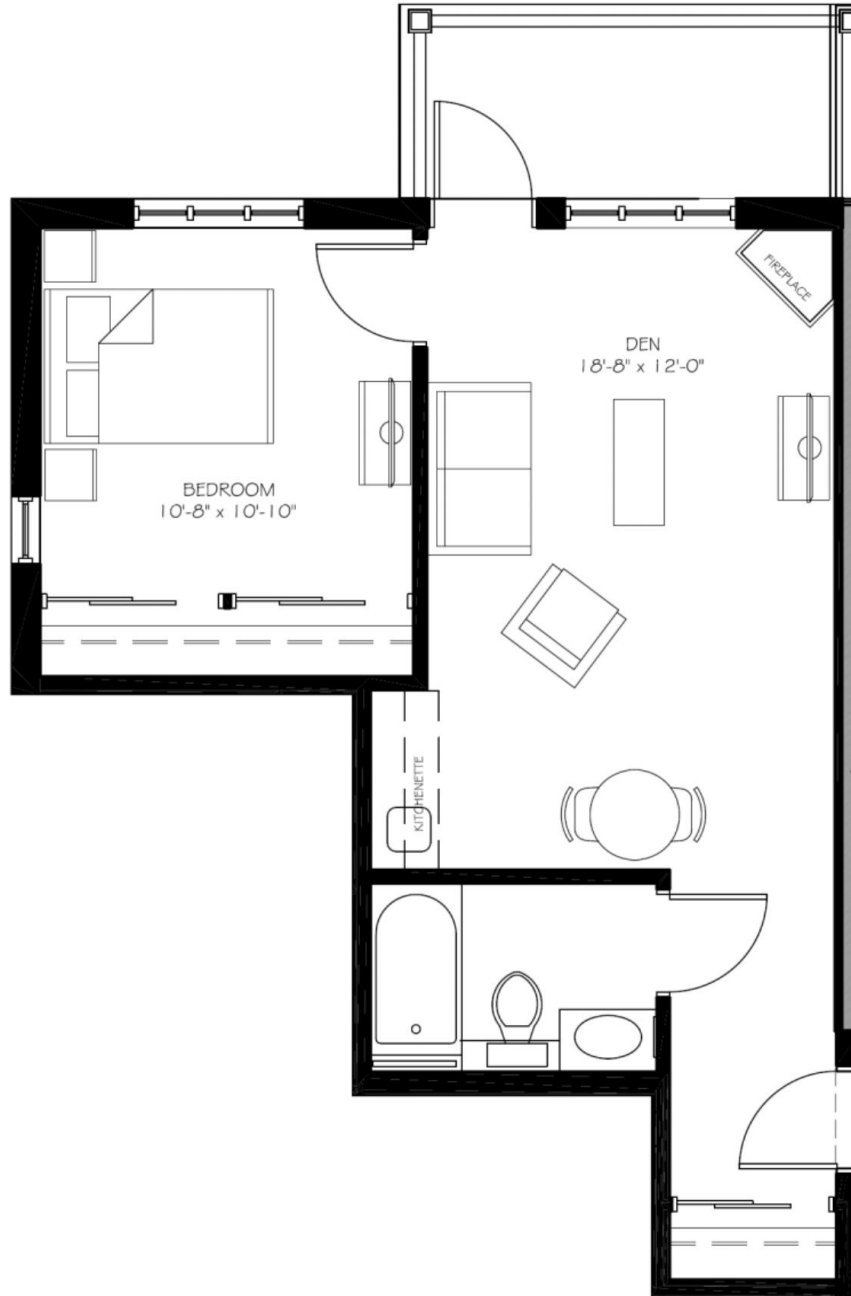


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PERIWINKLE


 548 sq. ft.

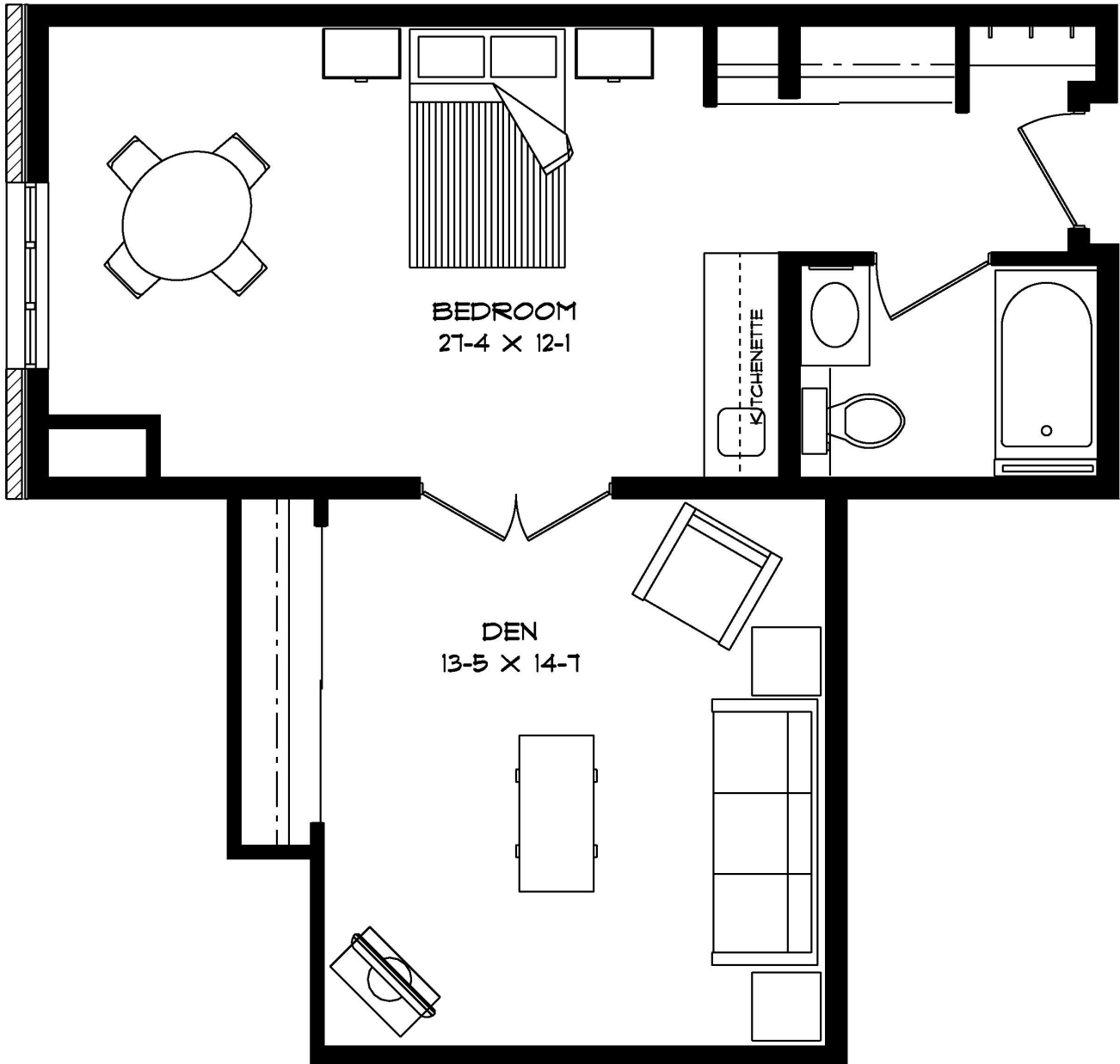


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TULIP

 560 sq. ft.

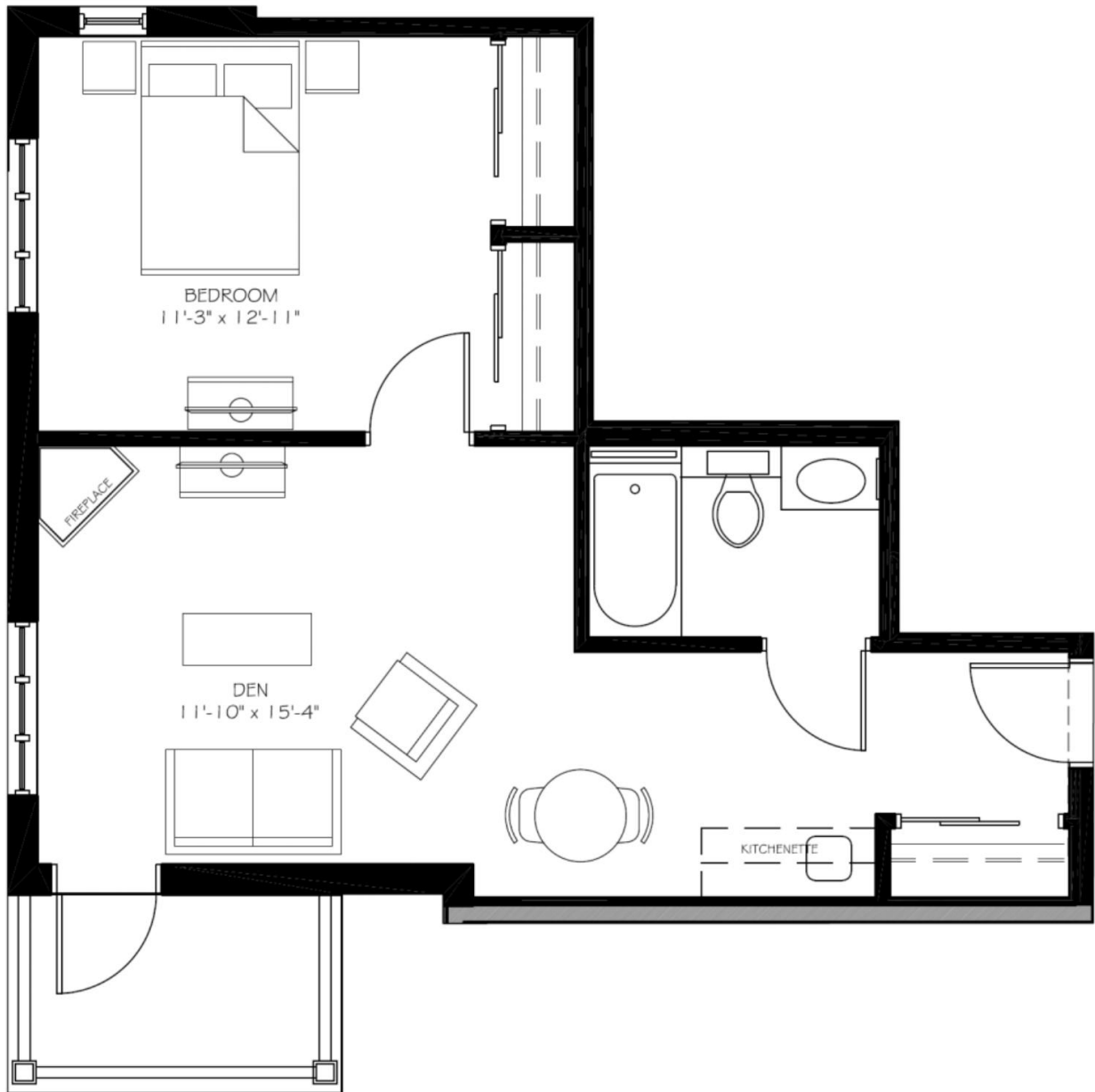


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PRIMROSE


📐 569 sq. ft.

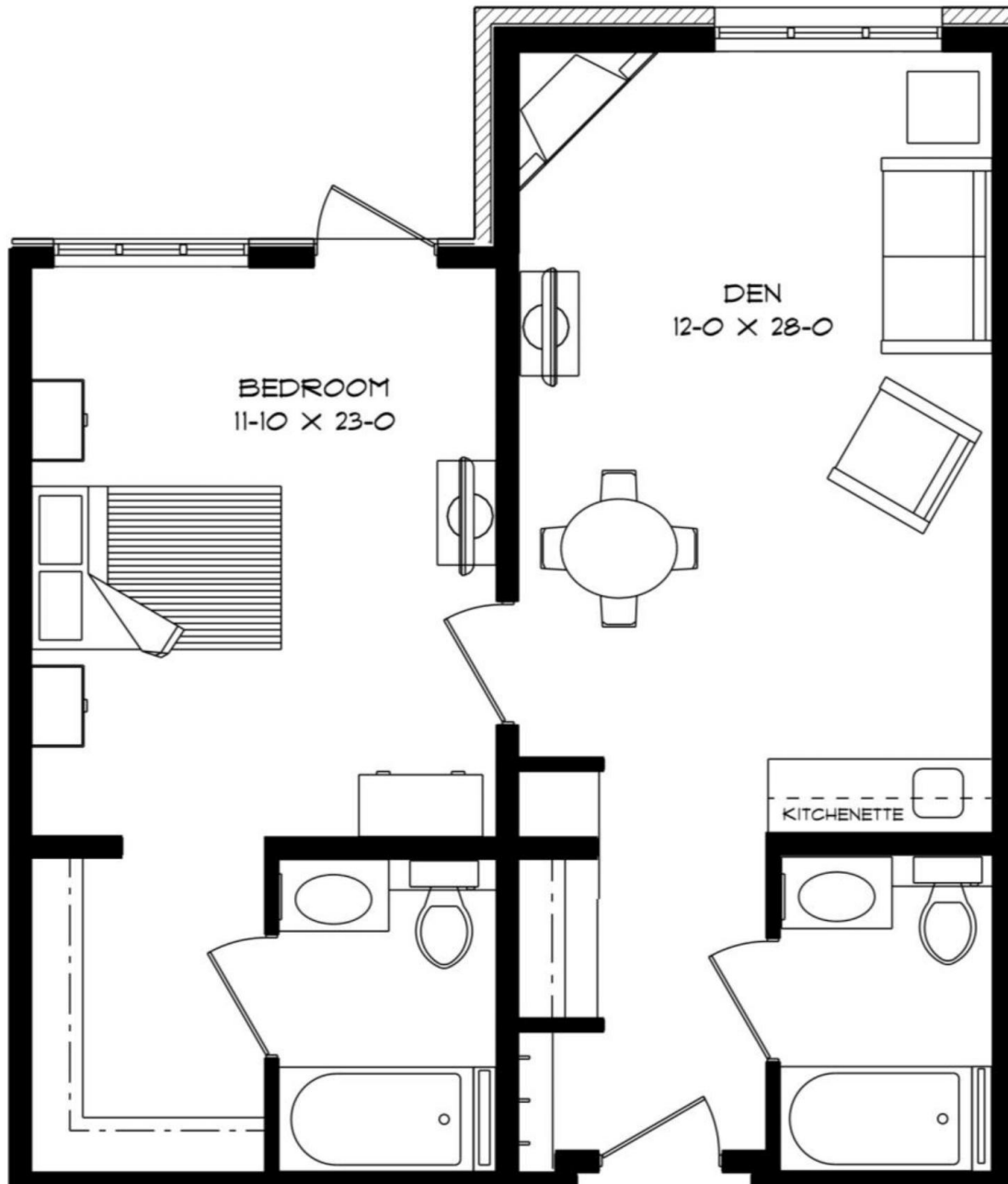


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MARIGOLD

 590-625 sq. ft.

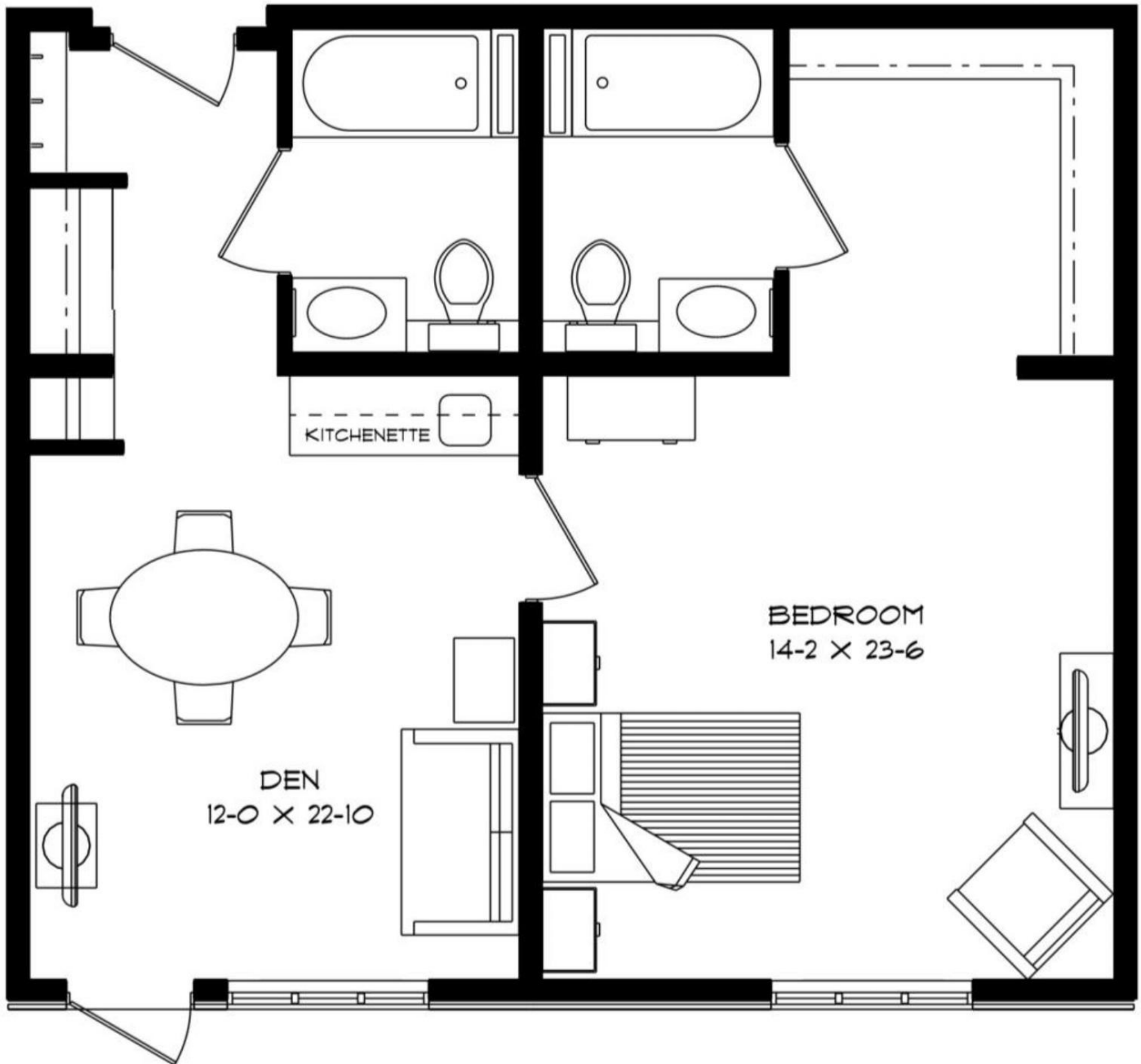


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CLOVER

 620 sq. ft.

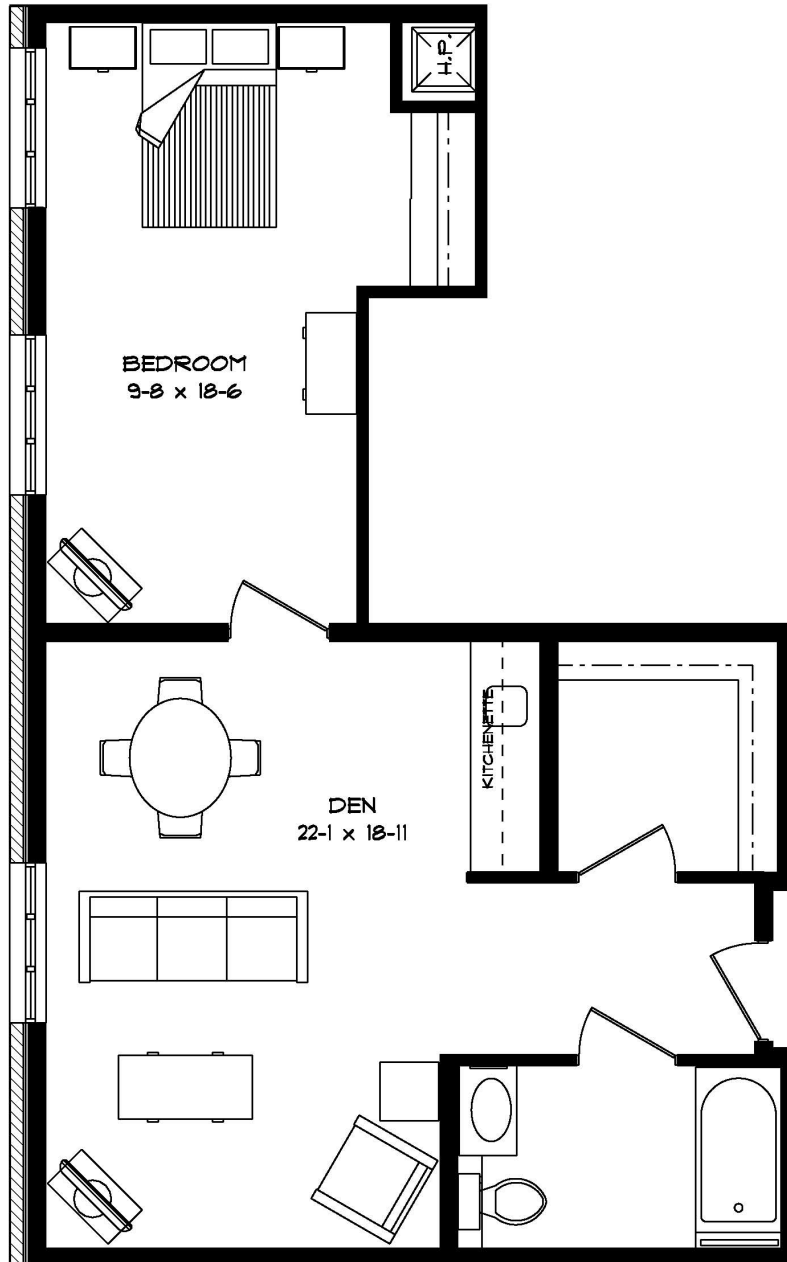


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TRILLIUM

📐 635 sq. ft.

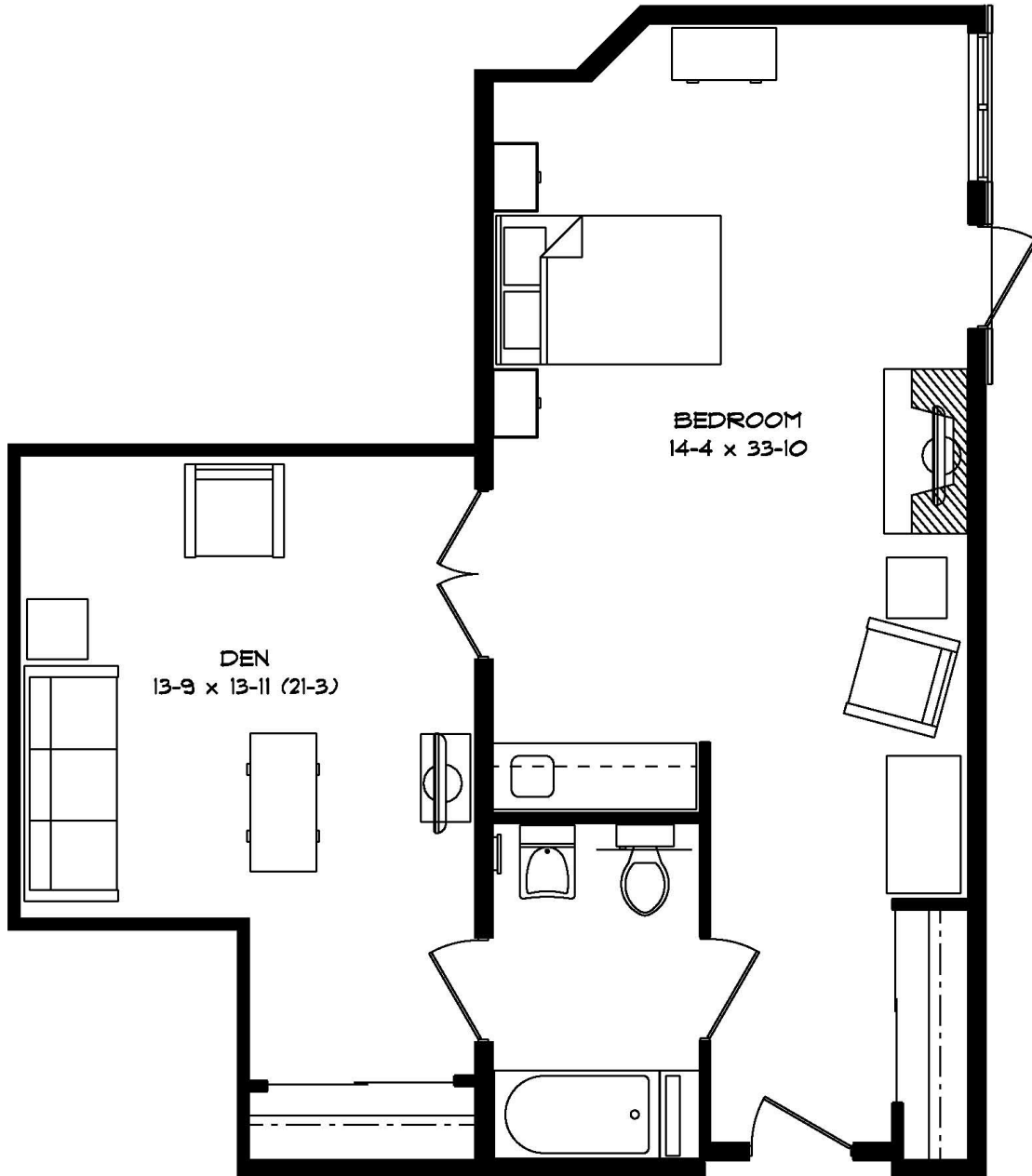


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MYRTLE

📐 710 sq. ft.

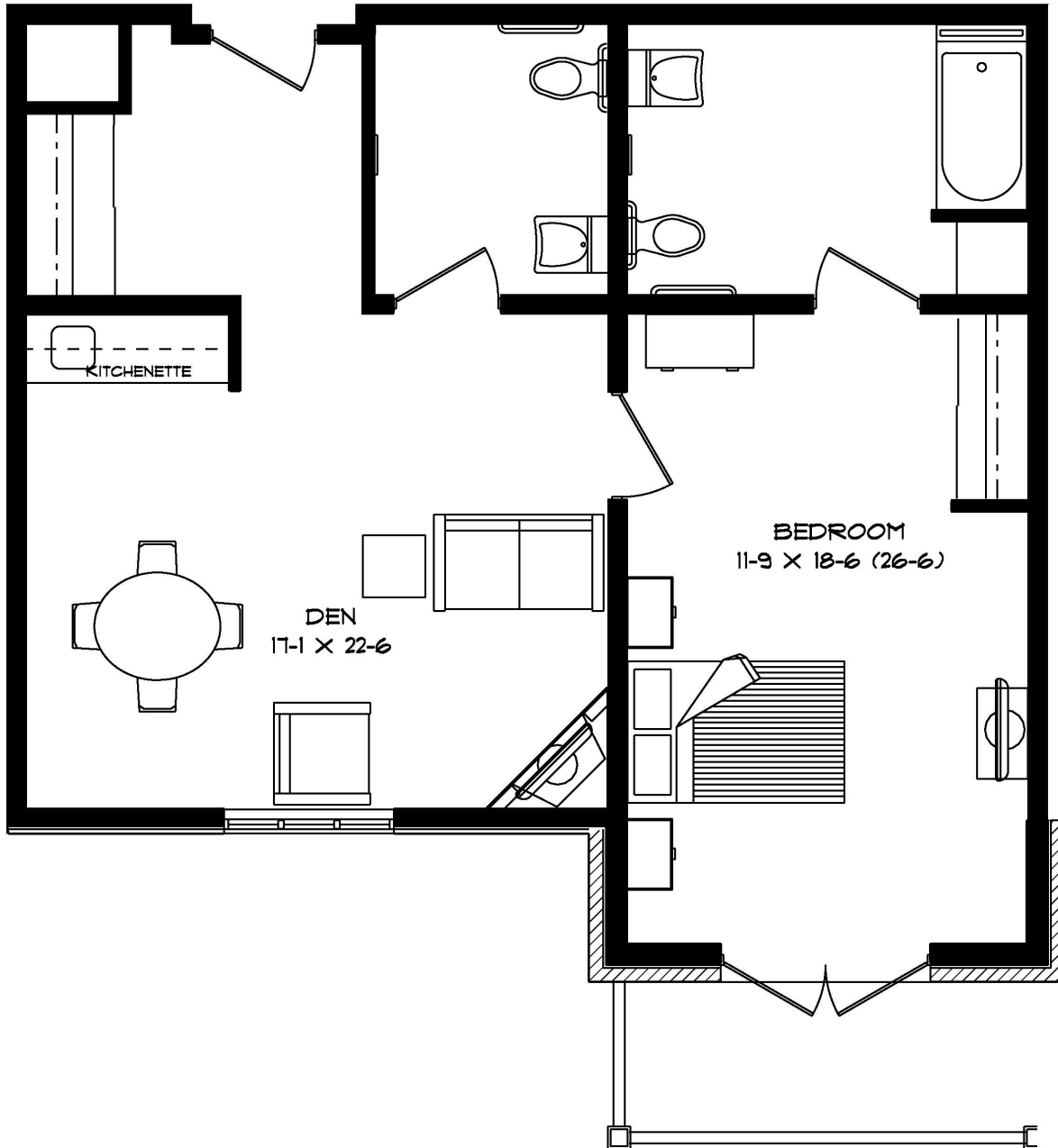


Typical suite. Inquire within for additional layouts
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SUNFLOWER

715 sq. ft.



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