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Quality choices in a caring and inclusive, home-like community.
A tradition of promoting dignity and independence for those we
serve and their families.



Living Options

From those who wish to live independently to partially assisted living to full long-term care, The Elliott has choices for every stage of life.



My Home at The Elliott

We pride ourselves on creating an active and inclusive community where residents are encouraged to live life to the fullest.



Cafe, Catering & Community Centre

Join us in our Elliott Community Cafe to enjoy delicious, healthy food in a warm and welcoming atmosphere.



About Us

The Elliott Community strives to create a welcoming environment for all staff, residents and visitors to our Home, including those with disabilities.

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WELCOME



On behalf of The Elliott Community, the Board of Trustees, the Residents and Staff, I am honoured and pleased to welcome you to The Elliott Community.

For over 100 years, The Elliott Community has had the privilege of providing various levels of care to citizens of Guelph and area. Our Mission is to offer "Quality choices in a caring and inclusive, home-like community. A tradition of promoting dignity and independence for those we serve and their families." Our home is dedicated to providing the highest quality of life for our residents. The Elliott Community has a unique philosophy formed on family values. We strive to provide a home-like atmosphere. Our meals and activities are determined based on active participation of both residents and staff. However, this home isn't merely bricks and mortar. It is the friendships that develop amongst everyone that make it a home.

CONTENTS

IFC	<i>Compass Private Wealth</i>	16	Four Signs That It's Time	26	Legal Assistance For Seniors
03	About Us	17	Understanding Your Options	27	Hospice Care
04	Living Options	19	Age-Related Eye Problems	29	Your Net Worth
04	Life Lease	20	Dental Health	30	Monthly Countdown
06	Supportive Living	22	<i>Pharmasave</i>	31	<i>Royal LePage Royal City Realty</i>
08	Long-Term Care	23	Things You Didn't Know About Pharmacists	31	<i>Guelph CHC Pharmacy</i>
09	My Home At The Elliott	24	Senior Move Managers	32	<i>Original Home Furniture</i>
11	Cafe, Catering & Community Centre	25	<i>Red Brick Real Estate - Randy Dickson</i>	IBC	<i>Red Brick Real Estate - Amanda Lirusso</i>
12	Working & Volunteering			IBC	<i>db Financial</i>
13	Volunteer Programs				
15	Talking To Loved Ones				

ABOUT US

The Elliott Community strives to create a welcoming environment for all staff, residents and visitors to our Home, including those with disabilities. If you have an accommodation request for any of our services, including alternate formats for our printed material or information on our website, these documents will be made available to you in a format of customer choice.

The Elliott Community has created policies and procedures to meet the required Accessibility Standards for Customer Service, Ontario Regulation 429/07 under the Accessibility for Ontarians with Disabilities Act 2005. Our accessibility policies and multi-year accessibility plan are available for your review in a format that takes into account the person's disability.

The Elliott Community will provide or arrange for the provision of accessible formats and communication supports for persons with disabilities, upon request.

The Elliott Community shall provide customers with the opportunity to provide feedback on the goods, services and facilities provided to customers with disabilities. Information about the feedback process will be readily available to all customers and notice of the process will be made available through our website and upon request. Feedback forms along with alternate methods of providing feedback, such as verbally (in person or by telephone) or written (hand written, delivered, website or email), will also be available upon request.

AODA – Statement of Commitment to Accessibility

The Elliott Community is committed to providing a barrier-free environment for all stakeholders including our residents, family members, employees, job applicants, suppliers, and any visitors who may enter our premises, access our information, or use our services. As an organization, we respect and uphold the requirements set forth under the Accessibility for Ontarians with Disabilities Act (2005), and its associated standards and regulations.

The Elliott Community understands that we have a responsibility for ensuring a safe, dignified, and welcoming environment for everyone. We are committed to ensuring our organization's compliance by incorporating accessibility legislation into our policies, procedures, equipment requirements, training, and best practices. We will review these policies and practices annually, as organizational changes occur, or in anticipation of compliance deadlines. In addition, we will strive to meet the needs of individuals with disabilities in a timely and effective manner.

Providing an accessible and barrier-free environment is a shared effort, and as an organization, The Elliott Community is committed to working with the necessary parties to make accessibility for all a reality. For more detailed information on our accessibility policies, plans, and training programs, please contact the Human Resources Department.



Proud
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Advancing Senior Care



Ontario Association of
Non-Profit Homes and
Services for Seniors



LIVING OPTIONS

Life Lease

Fully independent living with a strong support network and social circle are available at The Elliott Community's Life Lease building, The Ellridge.

While retaining many of the perks of home ownership, residents can take advantage of recreational facilities and programs, our local community centre and more. Owners of our Life Lease Suites are able to establish a home at The Elliott while having the peace of mind that additional care and living options are available to them, should the need arise.



Life Lease suites offer the benefits of living in an independent apartment while at the same time giving you the opportunity to invest in your accommodation.

Much like a condominium, you purchase the right to live in your suite for as long as you want (up to 49 years). What is different is buyers must live in their suites and are not allowed to sublet to others. That way, the original aim of providing a secure, comfortable and worry-free environment for seniors can be protected. Over time, your investment follows the trends in the real estate market.

Living in your life lease suite, you will experience a new freedom in a secure lifestyle. Whether at home or away, your peace of mind is assured in a controlled entry building. In addition, you no longer need to be concerned with responsibility of upkeep and exterior maintenance. For your suite, all mechanical and plumbing maintenance is included.

Along with your new carefree lifestyle is the opportunity to become part of a community. You can take advantage of the social areas including the hobby shop, virtual reality room, exercise room and chapel. There are various organized activities including Bridge, Cribbage and Euchre clubs as well as planned social events such as monthly parties and other organized activities.

While retaining many of the benefits of home ownership, life lease living is generally more economical. Like condominiums, there is a monthly maintenance fee. This fee contributes towards the cost of maintaining the common areas of the building as well as the surrounding grounds and gardens. Also included are Municipal taxes, garbage collection fees and common area fees. Heating costs are included while electricity is individually metered and billed. Each life lease suite has its own temperature control so you can set your suite's temperature to your liking.

Should you no longer wish (or be able) to occupy your suite and the time comes to re-lease it, you will receive a return of 90% of the equity value of your suite priced according to the market trends at the time of releasing. Upon the death of a sole occupant, this will be paid to your estate. Our Community Sales Supervisor can explain the rights of survivors in the case of joint ownership.

There is no sub-leasing of suites. Management will protect your right to the “quiet enjoyment” of your suite while providing encouragement for participation in community activities both on and off site. On behalf of the residents, a Residents’ Council brings forward issues or concerns. This council is very effective in maintaining a responsive and respectful relationship with our management team.

SPECIAL FEATURES

- Security check system in all exterior doors including video camera surveillance
- Secure, controlled entry to garage and building
- Individual thermostat-controlled heating and cooling in each suite
- Luminous ceilings in kitchens
- Individual hydro meter in each suite
- Extra storage available
- Indoor car wash
- Softened water except for cold water in kitchen
- Heightened electrical wall outlets to reduce back strain
- Increased number of electrical wall outlets to reduce hazards of extension cords
- Fire and smoke detectors are externally monitored by the Guelph Fire Department



SHARED FACILITIES

- Fitness room
- Virtual reality room
- Atrium
- Hobby shop
- Salon
- General store
- Cafe

OTHER SITE AMENITIES

- Situated near downtown Guelph on 7.5 acres with a park-like setting
- Offers scenic walks,
- landscaped gardens and patio areas
- Close to shopping, Guelph General Hospital and churches
- Guest suite
- On-site hearing services



Supportive Living

Many seniors today would like to live an active and independent life, yet they need some support with daily tasks such as meals, bathing or housekeeping. For these residents the supportive living options at The Elliott Community is the right choice.

Offering a moderate level of support, residents live in independent suites yet can take advantage of communal social areas to connect and enjoy time with their friends. For more information, please review this section of our website, or contact us to arrange a visit of The Elliott Community.



At The Elliott Community, we believe each resident is unique and should be treated with respect and consideration in a caring, home-like environment.

SUITES

Your suite includes modern lifestyle safety amenities and security systems. Our bright and spacious suites are prewired for phone, cable and internet and include a kitchenette as well as an ensuite bathroom with shower.

Your comfort is assured with individually controlled heating and air conditioning.



SERVICES

- Delicious and nutritious meals are served daily in our stylish dining room
- Personal emergency response system has 24-hour call-bell monitoring
- Weekly housekeeping, towel and linen laundry services
- Optional personal laundry services
- Monthly calendar of social and recreational activities
- Many amenities including chapel, hair salon, general store and community centre
- An active volunteer program to enhance the good work of our staff

FEATURES & BENEFITS

- Call-bell monitoring (personal emergency response system)
- 24-hour emergency nursing services
- Medication administration optional through registered nursing staff
- Two or three meal a day packages
- Supervision of nursing requirements
- Weekly housekeeping services
- Laundering of bed and bath linens
- Use of laundry room facilities on each floor for personal laundry
- Programs and activities tailored to meet the needs of our residents
- Community chapel services
- Fresh fruit and snacks available daily
- Dental services
- Therapeutic diets available
- Price includes electricity and water utilities
- Individually controlled heating and air conditioning
- Telephone jacks and cable television outlets
- Blinds on all windows
- Preventative suite maintenance twice a year
- Individual storage lockers @ an extra charge
- Annual window cleaning, both interior and exterior
- Unlimited use of lounges and recreational areas
- Unlimited access to beautifully landscaped grounds
- Social Work services
- Fitness room



ASSISTED LIVING

When a resident requires more than the services of our supportive living program, The Elliott Community is pleased to offer our assisted living services.

With all the benefits of supportive living, plus additional care such as assistance with bathing, morning and evening assistance and enhanced housekeeping, assisted living allows residents to stay independent longer, enjoying the lifestyle that they are accustomed to.



Long-Term Care

For those residents who require full time care, the long-term care option at The Elliott Community is ideal.

While full care is available, we encourage independence and embrace active living through a range of services and recreational activities. Long-term care residents have access to nursing care 24-hours a day and all meals are provided as well as personal care support. Learn more about our long-term care services and contact us to arrange a personal visit.



We are committed to making sure our residents have the opportunity to live life to their fullest. We believe each resident is unique and should be treated with respect and consideration in a caring, home-like environment. Residents are encouraged to maintain as much independence as possible and we support their fundamental right to self-determination.

Residents are admitted through the Ontario Health at Home.

SERVICES

Services for our long-term care residents include:

- Registered Nursing Staff on duty 24 hours a day
- Doctors on call 24 hours a day
- Medication administration
- Personal assistance provided
- Registered Dietitian consultation, including swallowing assessments
- Nutritional supplements
- Physical therapies by qualified staff and home care professionals
- Consulting Occupational and Physical Therapists available
- Laundry services included
- Daily housekeeping
- Organized and spontaneous activity programs
- Palliative care
- Private and basic accommodations
- Snoezelen Program – multi-sensory stimulation
- Laboratory services
- On-site dental, oral hygiene and vision care services
- Oxygen assessments and needs
- Salon
- Community Centre activities (entertainment, craft sales, bazaars, clothing sales)
- Chaplain
- Infection Control Coordinator
- Guest suite
- Formal dining room
- Fitness room
- Virtual reality room
- Atrium
- General store
- Cafe
- In-house horticultural therapy programs
- Art Therapist
- Hearing aid repairs
- Wound and Foot Care Nurses
- Music Therapist
- Denturist appointments available
- Contracted mobility services
- Social Work services

IF YOU HAVE ANY QUESTIONS OR TO BOOK A VISIT:

Fiona Miletic, Community Sales Supervisor: 519-822-0491 Ext. 2240 | fmiletic@elliottcommunity.org.

Luciana Borba, Community Sales Coordinator: 519-822-0491 Ext. 2103 | lborda@elliottcommunity.org.

MY HOME AT THE ELLIOTT

Those who live at The Elliott Community enjoy so many perks, events, special programs and more. We pride ourselves on creating an active, stimulating and inclusive community where all residents are encouraged to live their lives to the fullest.

There are a variety of things happening every day that we encourage you to participate in. We are proud of the services that are right here at your doorstep. Should you have an idea for additional services or programs that would enhance your days with us, please contact a member of our team. We would love to hear your ideas.



FAMILY COUNCIL FOR LONG-TERM RESIDENTS

The Elliott Community's Family Council for Long-Term Care residents was formed in 2009 in response to the Long-Term Care Homes Act.

The Family Council is a group of family members and friends of residents who come together on a monthly basis to discuss issues which may affect residents' quality of life. The members also act as a support network for one another and all families of The Elliott Community's Long-Term Care Residence. The meetings present an opportunity for friends and families to discuss ideas and concerns and to make recommendations for change to the facility. The Family Council serves as an advocate for the residents, as well as a line of communication between staff and families. The Family Council's goal regionally is to "educate, advocate and disseminate" information to shape long term care in Ontario.



RESIDENTS' COUNCIL

The Residents' Council is made up of and represents all of the residents in our Long-Term Care Home, Retirement Home, and Life Lease Building. The Council serves as a means by which residents maintain a degree of control over their lives and share in the management of their home.

The Council meets on a regular monthly basis. During these meetings residents can voice their concerns or address any other issues. This forum allows residents the opportunity to network, share information and keep up to date on any new or upcoming changes or events happening in their home.

RESIDENTS' SALON

Look and feel your best at every age!

No matter your age or stage of life, it is important to look and feel your best. The Salon at The Elliott Community can make this easier by bringing professional, trained hair care specialists to our Salon. Our team can offer you services including: hair cuts, blow dry, colour, permanents, hair setting, nail care, and waxing.

FITNESS CENTRE

Your health is important to us. Please feel free to access our Fitness Centre. Before your first time using our equipment in the Centre, please ensure you complete a liability waiver form and return to Reception.

ELLIOTT GENERAL STORE

We all sometimes need a little something. From toiletries to household items, to cards and small gifts, the Elliott General Store offers you an easy location to fill these needs.

Located on the main floor of The Elliott Community, near the Cafe and Community Centre, this entirely volunteer run store raises funds for the organization. Our store is pleased to offer The Elliott's Effortless Cooking – frozen meals prepared in-house. Come visit and check out some of the delicious options!

ELLIOTT MOBILITY BUS

The Elliott Mobility Bus is used for our Long-Term Care, Retirement and Life Lease residents for a variety of different recreational programs and events in the community. Our Bus is fully accessible and able to accommodate several different seating and wheelchair configurations, to ensure every resident in our Community has the ability to enjoy and participate in community outings while riding safely and comfortably every time!



CAFE, CATERING & COMMUNITY CENTRE

We invite you to join us in our Elliott Community Cafe to enjoy delicious, healthy food in a warm and welcoming atmosphere. Our Cafe is located in our Community Centre in our bright and spacious Atrium.

Open to the general public, our licensed Cafe offers a wide selection of delicious food and beverages.

Our Cafe and Catering Services team strive to develop a menu that is attractive and unique to the Cafe. The Cafe is fully licenced and offers a full service bar during its times of operation.



COMMUNITY CENTRE ROOM BOOKINGS

The Elliott Community's Cafe and Catering Services team are committed to making your special event a pleasurable and memorable one.

Our staff have extensive catering and event planning experience and will be happy to assist in the planning of your event, whether it be a 90th birthday party for a loved one or a fully engaged multi-day conference. We have the skill, expertise and resources to meet your needs.

Please contact Sherry Collins: scollins@elliottcommunity.org for more information!

EVENT PLANNING

Sometimes we could all use a little help with planning that special event.

The Elliott Community's Cafe and Catering Services team can provide the services that are just the ticket. From catering to decor, space rentals and so much more, let The Elliott Community make your next event memorable. Planning a wedding? Our Community Centre is the perfect spot - a warm, relaxed venue that can accommodate up to 300 people!



WORKING & VOLUNTEERING

A job at The Elliott Community is unlike any other you've had. You'll be challenged. You'll be inspired. And you'll be proud. Because whatever your job is here, you'll be part of something very special. You will be part of our residents' lives.

When there's an opening at The Elliott Community, we always look to fill it with the best talent. The Elliott Community lives our values every day. Our values govern our actions and they are the foundation of our leadership and the advantage that translates into the high quality staff we attract and engage. If that sounds like you, then start your search right here.

"There is nothing as strong as a volunteer's heart, for it is where it wants to be."

- Anonymous

We recognize that great staff should have great working conditions. Here are some of the reasons you might like to work here:

- We are a not-for-profit charitable home. Quality resident care is our foremost priority. If it's important to you to work with talented people who take pride in their job, you've found it here.
- We have a unique physical workplace which includes a variety of on-site amenities such as a fitness centre, cafe, lounge with television and kitchenette, general store and multiple outdoor patios.
- We encourage ongoing employee commitment and an ownership culture, which in tandem bring our residents continuity of care.
- We encourage longevity in our staff through our generous employer matched OMERS pension plan – one of the best pensions you'll find in the country!
- We care about the well-being of our staff and their family. We have an extensive health and dental program, as well as life insurance for both part-time and full-time staff.
- To better protect our residents and give our staff financial peace of mind, we offer a sick plan for both part-time and full-time staff.
- New staff are enrolled in our extensive on-boarding program which includes a variety of training mediums: on-the-job training, on-line training and formal classroom education sessions (where required).
- Healthcare is a demanding work environment and we recognize the importance of continuous improvement. Employees receive individual performance reviews, which includes performance feedback provided from co-workers and other managers familiar with each employee's work.
- As part of our employee engagement process, new staff are provided the opportunity to participate in a New Hire Satisfaction Survey which is used to gather opinion on the on-boarding process and job satisfaction rate.
- The Elliott Community sponsors its own in-house employee satisfaction survey which is circulated every 18 months; data is collected respecting employee anonymity and the full results are shared with staff who collaboratively create an action plan for improvement.
- Our incredible staff support over 300 residents. The Elliott Community's 290+ employees and many volunteers are dedicated to providing excellent resident-focused care. Every effort is made to make sure our care and service is sensitive, personalized and consistent with resident needs. We are committed to making sure our residents have the opportunity to live life to their fullest. We believe each resident is unique and should be treated with respect and consideration in a caring, home-like environment.

Volunteer Programs

Volunteers play an important part in helping us provide care and service that is sensitive, personalized and consistent with resident needs.

We are committed to making sure our residents have the opportunity to live life to their fullest. We believe each resident is unique and should be treated with respect and consideration in a safe, caring, home-like environment. We encourage residents to maintain as much independence as possible and we support their fundamental right to self-determination.

Below is an outline of our volunteer screening process:

INTERVIEW AND COMMUNITY TOUR

After receiving an application, the Volunteer Coordinator will contact the applicant to arrange an interview. The interview provides us the opportunity to discover the applicant's interests and motivations, and provides the opportunity for the applicant to learn a little bit more about the The Elliott Community and the volunteer roles that are available. A tour of the community will also be provided.

POLICE CHECK

Every volunteer over the age of 18 must submit a Police Records Check including a Vulnerable Sector Screening. Police Checks can be obtained by visiting the applicant's local police station and filling out a request application. It may take several weeks for the Police Records Check to be returned.

TUBERCULIN/MANTOUX SKIN TEST (2 STEP TB TEST)

To ensure the safety and well being of our residents, The Elliott Community requires all volunteers to have a 2-Step TB Test prior to beginning a volunteer placement at The Elliott Community. This can be obtained from your family doctor or the Public Health Unit at your own expense. The cost of the TB test is not covered by The Elliott Community, however, if a volunteer completes over 100 hours of volunteering at The Elliott Community, The Elliott Community will issue a refund up to \$60.00

towards the cost of the TB test with proof of payment (receipt issued by party administering the test). If you've previously had a 2-Step TB Skin Test and have documentation, you may only require a 1-Step TB Test in order to volunteer.

ORIENTATION

Once all of the required documentations have been submitted to the Volunteer Coordinator, an orientation training session will be arranged, at a time that is convenient for both the applicant and the Volunteer Coordinator. This will provide the applicant with information about The Elliott Community, the roles and responsibilities of a volunteer and policies and procedures relevant to the volunteer department. The first volunteer session will be arranged at the end of the Orientation Session.

CHANGING POSITIONS

There are many different volunteer opportunities at The Elliott Community providing a broad range of experiences and opportunities. Working with the Volunteer Coordinator or designate, volunteers can move between departments and positions. At any time, a meeting with the Volunteer Coordinator can be arranged to review positions, gain feedback and perhaps try something new.

If you have any questions, or would like more information, please contact our Volunteer Coordinator at 519-822-0491 ext. 2232 or by emailing volunteer@elliottcommunity.org



What are our volunteers saying?...

"The staff and residents are really wonderful people. Some of the residents can make you laugh to tears. Others need a little coaxing to get them engaged in conversation. When that happens, you feel like "wow," I made a difference.... I helped someone smile. Everyone has time. Life is short. It only takes a minute to make a smile. It is a wonderful way to give back for all you have."

"It keeps me in touch with aging seniors - their needs, their living conditions, their caregivers. It is an opportunity to get an inside look at the system we as a society have in place, and work at improving the lives of individuals in their later years."

"A feeling of bringing something good to someone's morning, even if it is for a short time."

"Sharing with others, caring shown by helping, helpfulness and meeting many residents."

OPPORTUNITIES

At different times throughout the year, we will be recruiting for different volunteer positions. There are some that we recruit for regularly including:

Mobility Bus Driver – Volunteers will provide the opportunity to help residents attend and enjoy outings around the Guelph area. Volunteers will operate and drive residents to and from the desired destination.

Friendly Visitor – Volunteers will provide one-to-one visits to individual residents in our LTC and/or Retirement Communities. Visits could involve chatting, reading to the resident, playing cards, reminiscing or walking in the gardens of The Elliott Community.

Recreation Assistant – Volunteers will work closely with Recreation Staff and assist with various recreation programs. Programs may include but are not limited to: Bingo, Bowling, Trivia, Sing-along, Horticulture and Outings. Programs run throughout the day, evenings, and on weekends.

Fitness Room Supervisor – Volunteers will open our small fitness room and supervise residents while they use the machines. Volunteers are not expected to offer fitness advice, but are simply there to encourage residents, assist with machine settings and call for help if needed.

Dining Room Assistant – Volunteers will assist in the dining room of the long term care residents. Duties will include sitting with a resident for company, encouraging a resident to eat, and assisting with cutlery etc. as per resident needs.

General Store Attendant – Volunteers will provide customer service in our general store that allows residents and visitors to purchase sundry items, small gifts, cards and snacks. Duties include sitting in the general store, greeting people and basic point of sale transactions. Volunteers come for at least one scheduled shift per week (mornings and afternoons on weekdays and weekends).

Pet Visitors – Volunteers will provide one-to-one or small group visits to enrich residents' quality of life through interaction with pets and their owners. Pets must qualify for this program. Please see the Volunteer Coordinator for further requirements.

Special Event Volunteers – Volunteers will work closely with Recreation Staff and assist during special functions, holiday events, birthday parties and other social functions. Dates and times of events vary.

Musicians – Volunteers will bring a musical instrument and visit residents either 1:1 or in small groups, allowing the residents to experience the joy and peace that music can bring.



TALKING TO LOVED ONES

ABOUT SENIOR LIVING CHOICES

Discussing the move from the family home to a community living home is not always easy, and is often a conversation that adult children don't feel comfortable with. But there may come a time when it is too difficult to ignore that an aged loved one needs more support and care than they are able to provide for themselves.

Whatever type of move you are considering, planning ahead before initiating the conversation will help.

EDUCATE YOURSELF

The environment we live in plays an important part in both our physical safety and our mental health well-being.

Learning about the different senior care options that are available to you, and which options will best fit the needs of your relative, will help make the conversation go easier.

WRITE DOWN YOUR CONCERNS REGARDING YOUR AGING RELATIVE

Are they lonely? Do they require that little extra help on a daily basis? Do you have concerns about their ability to correctly take their medication? Is their home no longer a safe environment for them?

TIPS FOR TALKING

- Sit down and have the conversation in person – Plan the day and time so that you have no interruptions.
- Be empathetic – Often the idea of accepting in-home care or moving to a senior community can be tough. Show you care by listening to them and show that you are trying to understand their fears and frustrations.
- Don't rush them for a decision – Allow them time to think about what you have discussed and to find the words to express how they feel.
- Plan to talk again, and again – While it may be easy to think that once the discussion has taken place you can move ahead, in reality, it is a process that will require a series of conversations. Unless they are in imminent danger, then it's okay to take time to ensure all parties are happy with the final choices.





FOUR SIGNS THAT IT'S TIME

Sometimes the signs are obvious, and often dangerous, such as forgetting to turn the stove off, being unable to mobilize yourself after a fall, forgetting to take medication, etc., all of which have life-threatening possibilities.

Pinpointing the early signs that you or your loved one may require some extra care is beneficial to quality of life.

1

SAFETY

This is a top priority when taking care of yourself or a loved one. If you notice that your loved one is unable to protect themselves from harm, or showing signs of forgetfulness in dangerous situations, then it may be time for alternative arrangements.

2

MOBILITY

If mobility is becoming restricted, then this will have an impact on day-to-day tasks. Simple household chores, such as doing the laundry or cooking, can become difficult. Having extra help and support can lighten the physical and emotional burden.

3

SUPPORT NETWORK

Caring for a loved one isn't always possible for many families; with work, distance and childcare commitments, it can all become too much. Additional health care and support can provide the family with a less stressful routine by assisting with daily or weekly activities.

4

INDEPENDENCE

Having that little extra help, whether in your own home or in a senior living community, is a way to help them retain a sense of independence while having assistance available.

UNDERSTANDING YOUR OPTIONS

There are **many** things to consider as you take steps toward choosing a senior living community. Offering a maintenance-free lifestyle, chef-prepared meals, local transportation and a host of on-site amenities, you might just be surprised by everything you're missing.

Q What is senior living?

A Senior living encompasses many lifestyles and living options. Each Community may offer one or more options within the Senior Living Spectrum, from independent living to assisted living to memory care. Each option is designed to enhance the lives and well being of seniors. The Senior Living Spectrum will help you choose the option that's best for you or your loved one.

Q How does the cost of senior living compare to remaining at home?

A Start by totaling all of your separate current living expenses and compare that number to the total cost for living in our community. You may find that senior living is more cost effective than you thought.

Q How do I financially plan for senior living?

A Understanding the available financial options is an important step that should be made early in the process. From Veteran's Benefits to tax benefits, these resources can make senior living more affordable.

Q How do I find the best senior living option for me?

A Consider your current lifestyle needs to prioritize what makes your ideal senior living option. While every experience is unique, you can gather insight from those who have already made the transition to senior living.





Q What questions should I ask before making a decision?

A There are many factors to consider, and it's natural to feel unsure of where to begin. We will provide personal guidance every step of the way and will ensure all of your questions are answered.

Q What should I expect when I move?

A The prospect of moving can be overwhelming, which is why our team is here to provide support and preparation. From finding the ideal living option to moving into it, our goal is to make the process simpler than ever.

Q How do I begin the conversation with my loved one?

A We're here to remind you that you are not alone in navigating potentially difficult discussions. Engaging in open, honest dialogue from the beginning sets the stage for a positive journey.

Q What is Alzheimer's disease?

A Alzheimer's is one form of dementia that impacts memory, cognitive abilities and behaviour. We proudly partner with the local Alzheimer's Society and staff are educated in person-centred dementia care.





Eye problems in the elderly are a common part of the aging process. Conditions vary from issues that are slightly annoying to diseases that may lead to permanent loss of vision if left untreated. Ensuring you receive regular checkups with your ophthalmologist can help to identify any problems before they cause any other issues.

AGE-RELATED EYE PROBLEMS

COMMON PROBLEMS

- **Dry Eye** - Over time, our tear production tends to decline, leading seniors to the experience of this condition. Symptoms include a stinging or burning sensation or a gritty feeling in the eyes.
- **Floaters** - Caused by normal age-related changes in the vitreous fluid in the back of the eye, floaters are tiny specks, strings and squiggles that are usually harmless. If, however, you notice an increase or a sudden on-set, you should seek medical attention.
- **Glaucoma** - A leading cause of blindness in people over 60, glaucoma is usually the result of a build-up of fluid that leads to pressure that can damage the optic nerve. Regular eye exams are important, as early treatment can reduce the risk of blindness.
- **Macular Degeneration** - Affecting more than 2 million Canadians over the age of 50, this disease damages the macular, which is at the centre of the retina. The macular is responsible for most of our colour vision and straight-ahead vision. The disease can cause blurred or wavy vision and leads to central vision loss.
- **Cataracts** - As we age, proteins in the lens can begin to break down, leading to blurred or cloudy vision. Surgery on the lens is often possible.
- **Trichiasis** - Commonly associated with aging, due to the eyelid skin losing its elasticity, the eyelashes grow inwards towards the eye. This leads to irritation from the lashes rubbing against the cornea, redness, tearing and light sensitivity. Treatment includes removing the lashes.



DENTAL HEALTH

Modern dentistry is a far cry from what it used to be; electric toothbrushes and interdental cleaning aids, along with oral hygiene education, have given us the ability to better care for our dental health.

As we age, oral health problems such as untreated tooth decay, gum disease and tooth loss may become more prevalent, but adhering to good oral hygiene practices can help to make a difference.

TIPS FOR TAKING CARE OF OUR TEETH

- Diet – A healthy diet is important as we age, and including calcium-rich foods like fish, nuts and fat-free milk will help to strengthen your teeth. Reducing the intake of sugary substances will prevent unnecessary cavities, while reducing/stopping tobacco will lower your chance of gum disease and oral cancer.
- Oral Hygiene – Having good routines with regards to brushing, flossing and mouthwash is an important step for good oral hygiene. Antibacterial mouthwash can help to reduce the build-up of plaque while flossing can clean those hard-to-reach places.
- Regular Checkups – Consult your dental professional regularly about your oral health needs; they will treat and advise you on good practices and help to alleviate any issues that may arise due to aging.





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THINGS YOU DIDN'T KNOW ABOUT PHARMACISTS

A trip to your local pharmacy can be much more than simply a place to fill your prescription.

Your pharmacist has a wealth of knowledge gained from seven to eight years training for their profession. In addition, they may have specialized in the fields of pediatric or geriatric care, which will have required extra training.

Pharmacists have an in-depth knowledge of prescription items and how they should be administered.

In addition, they can offer advice on over-the-counter medications, which may result in a cheaper alternative to your prescription drug.

Most pharmacies are able to offer a variety of vaccines such as polio, pneumonia, tetanus, shingles and chicken pox, in addition to the flu shot, while some also have access to travel immunizations such as typhoid. If you require a vaccine, the pharmacist will go through your medical history and, once completed, you can ask them to forward proof of the vaccination to your physician so your medical records are kept up to date.



SENIOR MOVE MANAGERS

WHAT ARE SENIOR MOVE MANAGERS?

Senior Move Managers specialize in helping seniors downsize and transition to assisted living communities or other housing.

Moving home is a stressful time, no matter how old you are, as we often have emotional attachments to memories and possessions.

A Senior Move Manager will plan the move and help with problems that can arise when downsizing or selling a home. They are specifically trained to deal with the issues that may arise, such as physical tasks, along with emotional stress and worries about the financial aspects of selling a home.



REASONS TO HIRE A SENIOR MOVE MANAGER

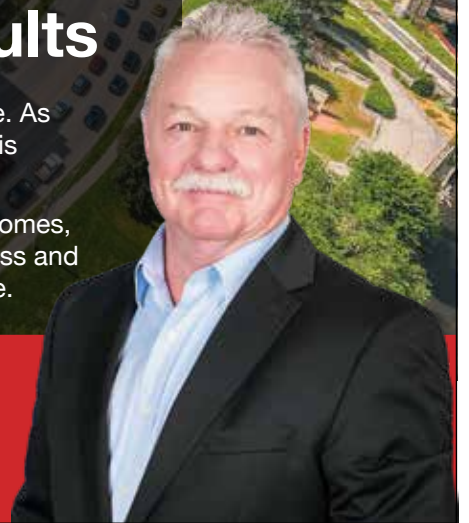
- Senior Move Managers can help seniors downsize with dignity – It can often be difficult for younger generations, who may have moved frequently, to understand the emotional attachment that a senior may have to the home they have lived in their entire adult life. Their training helps older adults part with possessions without parting with their memories.
- Senior Move Managers help to emotionally prepare for the move – Seniors often have a desire “grow old at home” surrounded by their memories and possessions. Move managers can help to reduce the fear of downsizing, making the process seem less daunting.
- Allows seniors to feel in control of difficult transitions – It is vitally important to involve seniors in the moving process; this can be through helping them to organize clothing, books or sorting through possessions.
- Help to prevent family conflict – The stress of moving can lead to arguments among adult children and the aging loved one, often in relation to possessions. A senior move manager can help to alleviate the situation and put the argument into perspective, by guiding families through the process of which things to keep, sell or donate.
- Senior moving services can save time and money – Move managers often offer a package, based upon a client’s needs. Some families opt to hire a manager months in advance to begin the downsizing, which can help to spread the costs. For families that are geographically distanced, a move manager can save them considerable time and resources by organizing open houses, estate sales, etc.
- Senior Move Managers bring connections with them – Most managers have a wealth of connections such as real estate agents, appraisers, staging experts, cleaning services, moving services, etc. in their network that can take care of every detail for the family.



Honest Advice and Proven Results

Randy Dickson is a seasoned real estate broker with over 20 years of experience. As the Broker of Record and Co-owner at Red Brick Real Estate Brokerage, Randy is committed to delivering exceptional service and value to his clients.

With extensive experience in helping clients adjust to downsizing and sell their homes, Randy is well-equipped to make your transition to The Elliott Community seamless and stress-free. Contact him today to get started with no obligations and no pressure.



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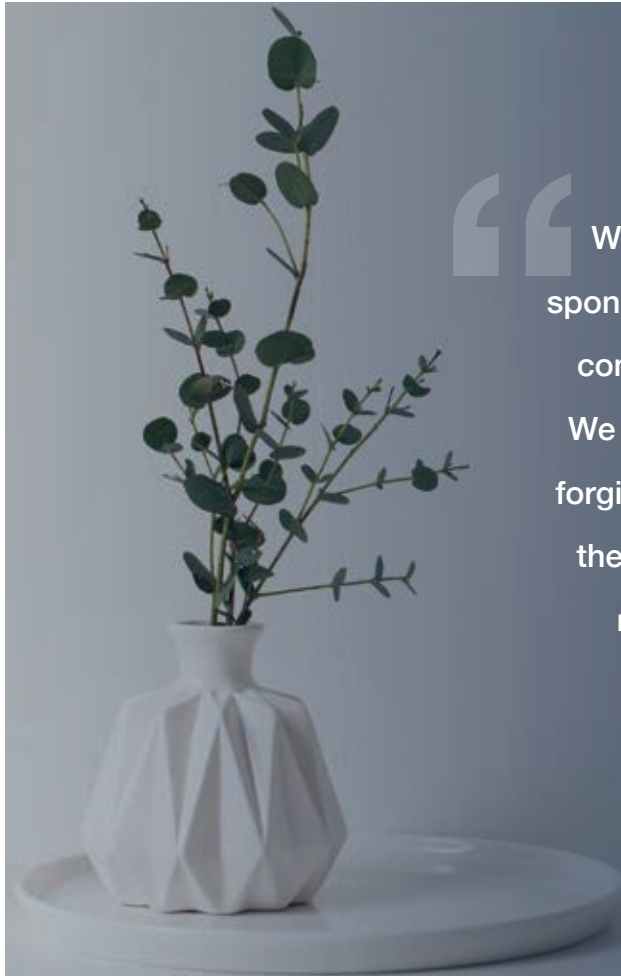


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We would like to take this opportunity to thank our sponsors who have placed their trust in us. Without their commitment, this publication would not be possible.

We firmly believe in the ethos of community spirit and forging firm links with our local community. As you read the information in this publication, please feel free to reach out to the sponsors to use their services.



LEGAL ASSISTANCE FOR SENIORS

Having access to a legal professional to help with life's changes can be of great benefit, both to the individual and family members.

Whether you are looking to plan for retirement and need an estate management plan, considering end-of-life arrangements, or you are in need of advice in relation to age/disability discrimination, the role of a legal professional is crucial to ensure the rights and property of the elderly are protected.

There are several important age-related milestones that can affect your finances/benefits. It is essential to know the rules for the Canada Pension Plan, health care, taxes and retirement savings. Having expert advice from a financial advisor is paramount so that you can make the most of your finances and benefits.



HOSPICE CARE

WHAT IS HOSPICE?

Hospice is not a place; it is a philosophy of healthcare that focuses on providing comfort and quality of life for individuals with a life-limiting illness. Whether living in a personal residence, the home of a loved one, assisted living, or a long-term care home, hospice teams provide care to patients wherever they may call home. Hospice care does not seek to hasten or prolong the dying process, but instead strives to help patients truly live until they die, encouraging them to take part in activities they enjoy or that bring fulfillment, to allow them to live their life to the fullest.

WHEN TO CONSIDER HOSPICE CARE

Admission to hospice may occur when there is a prognosis of six months or less, should the disease or illness run its normal course. At this stage, with acute aggressive treatment no longer a viable option, the primary focus is on comfort care and symptom management. Common illnesses which may require admission to hospice care include, but are not limited to, the later stages of Alzheimer's Disease and other dementias, Cancer, Heart Disease, Lung Disease, AIDS, ALS, and many others.

Hospice care might be considered if one or more of the following exists along with a terminal diagnosis:

- Multiple admissions to the hospital in a short period of time
- Multiple Emergency Department visits
- Unexplained weight loss
- Trouble eating and swallowing
- Severe weakness; lethargy; spending most of the time in a chair or bed
- Shortness of breath while sitting, lying down, or following minimal exertion
- Multiple falls within a 6-month period
- Recurrent infections, such as pneumonia or urinary tract infection
- Symptoms, including pain, have become problematic





WHO IS ELIGIBLE FOR HOSPICE SERVICES?

To qualify for Hospice services, the following criteria must be met:

- The patient has a life-limiting illness for which cure is no longer probable.
- The patient likely has a life expectancy of six months or less, if the disease or illness runs its normal course.
- Emphasis of treatment is on symptom control and comfort care rather than curative therapy.
- Patients may continue to qualify for hospice even after 6 months of service as long as physical decline is still evident.

HOW CAN I ACCESS PALLIATIVE CARE?

Palliative care can be provided or accessed through the following channels:

- Your primary health care provider (e.g. family doctor). Many types of palliative care

are provided directly by primary health care providers who are already treating individuals for disease. For individuals requiring more specialized services, primary health care providers can provide appropriate referrals.

- Ontario Health at Home can refer you to hospice or other support services
- Your local hospital
- Your long-term care home

WHO PAYS FOR HOSPICE CARE?

There is no cost to patients for medically necessary palliative care services in their homes, hospices, or hospitals. For example, this includes any treatments that a physician may provide. While residents of long-term care homes may pay a co-payment, these funds represent the individual's contribution to food and accommodations – not palliative care services.

YOUR NET WORTH

Sooner or later in this process, you'll need to know how your numbers stack up. So, before anyone asks, do your homework.

	Amount
<input type="checkbox"/> Home value and home equity:	C\$
<input type="checkbox"/> Monthly Income (all sources):	
Source:	C\$
Source:	C\$
Source:	C\$
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Source:	C\$
Total:	C\$
<input type="checkbox"/> Debts:	
Payee:	C\$
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<input type="checkbox"/> Investments (all sources):	
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Type:	C\$
Type:	C\$
Total:	C\$
<input type="checkbox"/> Long-term Care Insurance:	
Policy:	C\$
Notes:	
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MONTHLY COUNTDOWN

10 – 12 MONTH

- ☐ List and schedule home repairs in advance of getting your house on the market.
- ☐ List your retirement living goals.
- ☐ Consult with your financial planner.
- ☐ Phone your real estate agent to schedule a home appraisal.

7 – 9 MONTH

- ☐ Attend an event at the community.
- ☐ Contact the moving company for an estimate and to request delivery of moving supplies (if the community provides moving services, you may not need these supplies).
- ☐ Make at least one new acquaintance among the residents of the community.
- ☐ Schedule an appointment to select a floor plan.
- ☐ Schedule an appointment with the community's downsizing expert.
- ☐ Talk to your children and other close family members about what's happening.

4 – 6 MONTH

- ☐ All home repairs/upgrades completed.
- ☐ Deposit made.
- ☐ Documents updated and safely stored.
- ☐ Downsizing wrapped up.
- ☐ Floor plan chosen.
- ☐ Heirlooms distributed.
- ☐ House listed.
- ☐ List made of what furniture goes where in your new residence.
- ☐ Tried something new from the community's activity calendar.

Self-care alert: Do you need a day trip, a weekend away, a flight to San Francisco for a loaf of bread? Be sure to take care of yourself as you work toward your moving date.

3 MONTH

- ☐ Contact insurance providers about your change of address and adjust policies as needed.
- ☐ Contact your veterinarian about your pet(s) and the upcoming move.
- ☐ Create a calendar for the important moving dates, including moving supplies delivery, packing, transition, move-in.

2 MONTH

- ☐ Check with your mover – or moving coordinator – about final details.
- ☐ Create a moving binder that includes key contacts, estimates, receipts and an inventory of what you're taking with you.
- ☐ Gather valuables and important documents such as jewelry, chequebooks, legal documents, insurance policies, financial documents, medical records and other important files, and keep them in a lockable box you'll personally transport to your new home.
- ☐ Get markers and labels.
- ☐ Schedule utility disconnects.
- ☐ Schedule your post-move-out cleaning services.
- ☐ Start cleaning out the pantry and deep freeze, remembering to reduce cleaning supplies, too.
- ☐ Arrange your own transportation, as needed.
- ☐ Ask a neighbour about watching for mail that might come after your move.
- ☐ Find out what the community has planned for your arrival.
- ☐ If a pet is making the move with you, be sure to pack food and meds to ensure he/she will also have a smooth journey and safe arrival.
- ☐ Pay the moving company.
- ☐ Pack a suitcase with your own clothes and medicines, so after your first night, you'll be ready for the first day.
- ☐ Pack valuables and seldom-used belongings that you've chosen to pack yourself.



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