

# *Welcome to:*

## **Parkwood Seniors Community**



*Parkwood*  
SENIORS COMMUNITY

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2018

# We Believe In:

- The sacredness of life and dignity of all people
- The right of every resident to security and independence
- The uniqueness of each resident

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# PMH History



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In November 2004, Parkwood Mennonite Home Inc. opened a 96 bed Long Term Care home. By April 2005, 18 condominium style 'Garden Homes' were made available. Seniors have benefitted from the availability of these Facilities.

On November 2008, Parkwood Suites, a six-storey residence with 84 units, welcomed its first tenants. Parkwood's Retirement Residence provides the choice of three levels of care: fully independent apartments, supportive apartments with services and full-service assisted living suites.

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# Parkwood's History

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For decades, residents of northern part of Waterloo Region have had a ***dream***. They have dreamed of a place where seniors could live in a '***vibrant caring community***' that responds to their changing needs.

***Today, Parkwood Mennonite Home Inc. became a fulfilled dream!***



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# *“Let all that you do be done in **Love**”*

(1 Corinthians 16:14)

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Parkwood Mennonite Home, provides compassionate care to 96 seniors who call it their Home.



Residents live in 3 separate heart-shaped home areas housing 32 residents each.



**Snyder’s Corner** and **Weber Woods** are located on the first level. **Bauman Homestead**, a semi-secured home area, is located on the garden level.



# *“Let all that you do be done in Love”*

(1 Corinthians 16:14)

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- There are 58 private rooms and 19 shared rooms (2 people to a room with either a privacy curtain or wall dividing the room).
- We provide services that meet the spiritual, social, emotional, and physical needs of each resident.
- As Parkwood is a smoke free facility, smoking is not permitted in any area of the Home.



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# Programs at Parkwood

- Recreational programs and entertainment are a very important part of life at Parkwood.
- The calendar of events lists the type of programs, time and location for each event.
- It is posted in Home areas and is delivered monthly to each resident's room. Family and friends are always welcome to participate in all of our programs!

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# Programs at Parkwood

- Residents' Council and Family Council meetings are held monthly.
- Residents and families are urged to attend.

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# Café / Gift Shop at Parkwood

- After the church service, residents may socialize and enjoy a free cup of tea or coffee.
- There are other goodies that can be bought in the gift shop.
- Family and friends are welcome to stay and socialize with the residents; tea and coffee are available to visitors for a small fee.

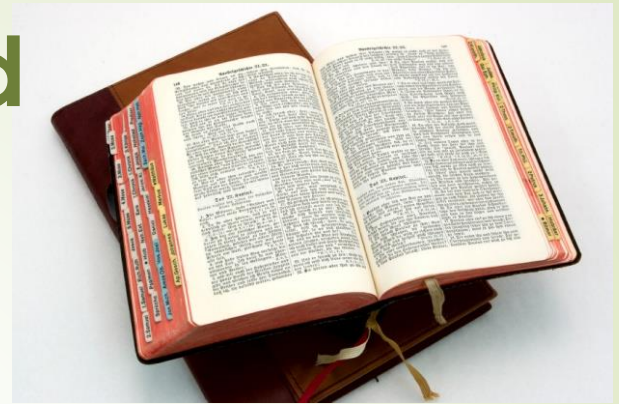
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# Spiritual Life at Parkwood



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Our Chaplain seeks to meet the spiritual needs of each resident by organizing interdenominational services.



Participation in spiritual programs is voluntary at all times.



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# Fellowship Hall and Celebration Room:

- These rooms can be booked by families for special occasions (birthdays, anniversaries, etc.)

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- A servery, refrigerator, microwave and dishes are located in the kitchen adjacent to the Celebration Room.



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# Medical Services Offered on Site at Parkwood:



**Medical Care** is provided on-site by Dr. David Grant. Dr. Grant is our Medical Director and served the residents at Parkwood for over 30 years.



**Vision Care** is provided by the University of Waterloo, School of Optometry. Appointments will be arranged for any resident requiring care and visits may be covered by OHIP.



**Dental Care** services are provided by Direct Dentistry, who contacts the family directly to discuss needs and associated fees.



## Medical Services Offered on Site at Parkwood:

- **Audiology** services are provided by Complete Hearing Health Ltd. to residents requiring hearing health care.
- **Foot Care Clinics** are available at an additional cost. A trained Registered Nurse specialized in foot care provides this service.
- **Massage Therapy** by a trained Massage Therapist is available at an additional cost.

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## Medical Services Offered on Site at Parkwood:

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- **Physiotherapy** is available to residents who have been assessed as requiring this service.
- Included in its amenities is **Parkwood Health and Wellness Centre** with fitness equipment designed for seniors and a warm salt-water therapeutic pool.
- **Restorative Care** is a team-focused, comprehensive philosophy of care that encourages residents to be all they can be. Parkwood provides walking and exercise programs, feeding and eating programs and optimal social interaction between staff and residents.



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# Meals:



Our Nutrition Manager and Dietitian are very proud of our home cooked meals which include 3 meals daily, with snacks between meals and at bedtime.

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Residents are assigned a table, but we are willing to make a change in seating if the need arises.



Guests are always welcome to enjoy a meal with their loved one. A small fee is charged for guests' meals.



Breakfast is served from 7:30 a.m. to 9:30 a.m., lunch at 12:00 noon and supper at 5:00 p.m.



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# Communication Centre:



The Nurses' Communication Centre is located in each home area.



Call bells are located in each resident's room and bathroom and, when activated, send a signal to the Communication Centre and to portable phones carried by nursing staff.



# Furnishings:

- Standard furniture, including a bed, night table, lamp, wardrobe, dresser and chair, are provided by Parkwood and remain in the room.
- Residents are encouraged to add a favourite chair, lamp, plant, afghan and collection of photographs and pictures to make their room more homey, personal and comfortable.
- Each resident is provided with a '*Memory Box*' at the entrance of the room to display the cherished life treasures.



# Safety and Security:

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- For the security of our residents, all exterior doors are alarmed to prevent unauthorized entry or exit.
- Coded alarm systems are also located at the entrance to each home area.
- Parkwood has a '**Least Restraint**' policy and only as a last resort and in the interest of a resident's safety will we recommend restraints.



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# Available Services:

- **Hairdressing**, which includes a wide range of hair care services for both men and women, is provided in our beautiful salon on the garden level. Residents may schedule appointments as frequently as they wish and families will be billed by Parkwood.
- **Aesthetician** provides the following services: paraffin wax service for hands, manicure, pedicure, French manicure and pedicure and eyebrow waxing.
- **Personal care** (baths or showers) are given to residents twice a week.
- **Laundry service** is provided by Parkwood and all clothing will be labeled by our staff.

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# Available Services:

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- *Residents' rooms* are cleaned and tidied daily.
- *Personal mail* will be delivered to each resident's room and if a resident subscribes to a newspaper it will also be delivered.
- *Telephone and cable* service are available to each resident and arranged by the family through the service provider.



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# Accommodation Rates:

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- Each year, the Ministry of Health and Long Term Care establishes the accommodation rates charged to Residents.
- There are some rate deductions that may be provided by the Ministry to those who are unable to pay the full basic rate for standard accommodation.
- The rates, as of July 2018, are **\$2,640.<sup>78</sup>** for a private room and **\$1,848.<sup>73</sup>** for a shared room (maximum 2 people per room).



# When Vacancy Occurs at Parkwood Mennonite Home:

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- **When a vacancy occurs, Parkwood staff contacts the Community Care Access Centre of Waterloo Region (C.C.A.C.) and they advise us as to who is next on the waiting list for Parkwood.**
- **To determine how long waiting times are, we advise you to call C.C.A.C. at 519.748.2222 for more information.**



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# Visitor Guidelines:



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- We are a smoke free facility and a fragrance free environment.
- No fresh flowers in Bauman Homestead are permitted.
- Do not visit if you are sick or have a fever.
- Use the hand sanitizer located at hand wash stations before and after visiting.
- Visitor parking is located at the main entrance.



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# Visitor Guidelines:

- All pets on a leash with current vaccinations are welcome.
- The main entrance door is open daily from: 8:00 a.m. to 9:00 p.m. At all other times, please use doorbell at front entrance.
- The Reception Desk is open from: 9:00 a.m. to 6:00 p.m. Monday through Friday; 8:00 a.m. to 5:00 p.m. on Saturday, and on Sunday for 4 (four) flexible hours in the afternoon (usually 12:15 p.m. to 4:15 p.m.)

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# To Arrange a Tour:



- Please contact the Administrative Assistant at 519.885.4810, ext. 330.

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- We give tours on Tuesday and Friday afternoons at 3:30 p.m.



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# Parkwood is a Non-profit Facility

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- It is supported by 25 local Mennonite and Brethren in Christ Churches.
- It is a registered charitable organization.
- Donations are welcome and tax receipts are issued.
- We invite you to give generously to help us continue to provide optimal care to our residents.



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*Thank you for your interest in  
Parkwood Mennonite Home.*

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*“Wherever there is a human being,  
there is a chance for kindness.”  
(Seneca)*



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