

# Unitarian House Senior Apartments

## Information Package



On a beautiful, treed and tranquil property alongside the Ottawa River sits Unitarian House Ottawa's not-for-profit Retirement Residence and Seniors Apartments. In a secure and caring environment, Unitarian House offers residents maximum independence with opportunities for personal fulfillment and companionship. The tasteful décor and warm, welcoming atmosphere of "our Home" reflects the genuine pride of its close-knit community of residents, staff and volunteers.

### **Mission Statement**

To continue to provide a not-for-profit residence for seniors where, in a secure and caring environment, residents will have maximum independence, opportunities for personal fulfillment, companionship and participation in a dynamic, collaborative community of residents, staff and management.

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Unitarian House was built in 1984 and is a Canada Mortgage and Housing (CMHC) project. Rents are set by the City of Ottawa rent control guidelines. Services are provided in English

Apartment residents are expected to be independent and capable of looking after independent activities of daily life (cooking, cleaning, shopping, personal care and mobility).

**Unitarian House is a Smoke Free Environment.**

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## Senior Apartments Price List

Accommodations	Monthly Charge
One Bedroom Apartment	\$943.00
Two Bedroom Apartment	\$1128.00

(Prices as of January, 23<sup>rd</sup> 2018)

### Nursing

A Registered Nurse is available to residents in the Senior Apartments 24/7 (for emergencies only). Residents may call the main number or push an emergency button located in every apartment.

### Activities

Activity staff organizes daily and weekly activities including outings on an accessible van. Unitarian House is proud to offer various in-house programs run by volunteers and residents. Please see the weekly newsletter for programs and scheduling or visit the Activity Coordinator if you are interested in volunteering.

### Exercise Program

In house exercise classes are offered three times per week by Family Physio. All residents are welcome to participate free of charge. Classes are held Monday, Wednesday and Friday mornings for 30-minute sessions.

Guest Meal Ticket Prices	
Breakfast	\$6.00
Lunch	\$9.00
Dinner	\$14.00
Sunday Dinner	\$15.00
Special events Lunch	\$10.00
Special events Dinner	\$16.00

Residents are welcome to invite guests for meals. Reservations can be made at the Reception Desk. (Prices as of June, 1<sup>st</sup> 2018)

### The following is offered to residents at an additional cost

Private Services	Cost
Foot Care	\$30.00
Parking	\$45.00/month
INR Testing	\$15.00
Lab Visit – Life Labs	\$25.00 House call
Hair Dressing “Hers and Sirs Salon”	Rates posted at salon
Individual Assessment and Exercise Program	Private rates - Offered by Family Physio
Building Key Replacement	\$20.00

\*Residents are responsible for setting up their own hydro, cable, internet and phone services.