

Carefree living at Bridlewood Trails

By Randy Ray

Carefree living, a complete continuum of care and first-rate service by committed staff are key attractions for seniors living at the Bridlewood Trails Retirement Community, one of Ottawa's newest seniors' residences.

Located at 480 Brigitta St., west of Kanata's Eagleson Rd., near Fernbank Rd., the six-storey building offers 151 luxury suites for independent seniors as well as for seniors requiring varying degrees of assistance. The building opened in July and is Ottawa's second seniors' residence operated by Riverstone Retirement Communities, a division of well-respected, local, residential builder Claridge Homes.

Riverstone's first property, Oakpark Retirement Community in Alta Vista, opened in 2008.

"Bridlewood Trails is unique to Ottawa because we offer four levels of care: independent living, residential care, assisted living and secure assisted living. In addition we offer convalescent and respite care. This means seniors need not move if they require additional care over time," says general manager Phil Rossy. "Knowing assistance is available 24 hours a day offers peace of mind to our residents and their families."

Rooms are equipped with a state-of-the-art two-way voice intercom system and an optional 'pendant' call system is also available.

"Moving out of one's home after 35 to 40 years is a difficult, often anxiety-provoking, decision. By offering a continuum of care, we provide the possibility of staying in one place as care needs change. Our residents often don't have to move a second time; they can stay in one place – a place that is often close to family and friends," says Rossy.

Suites range from the 320-square-foot Belmont studio to the 925-square-foot two-bedroom, two-bathroom Citation. All are bright, well appointed and larger than average suites. Studios start at \$2,250 per month, one bedrooms at \$3,500 and two bedrooms start at \$5,250. All have kitchenettes equipped with a microwave and refrigerator and some have balconies or private patios. Vehicles can be parked in the heated underground garage.

Monthly fees cover all services, including three meals daily, snacks, daily housekeeping services, a weekly room cleaning, laundry and access to a full slate of activities offered by the residence's full-time activities director. Meal selection is optional, allowing for a reduction in costs.

An innovative feature at Bridlewood Trails is the modern, secure assisted living area on the second floor. Thirty-two suites for seniors with early dementia or other cognitive challenges are available. The secure assisted living area has a private dining area and an activity program designed specifically for these special residents.

Also unique at Bridlewood Trails is a floor dedicated to temporary long and short term stays – for convalescence or respite. Seniors just out of the hospital after knee, hip or other surgeries can recover in a comfortable, supported environment before returning home.

Rossy points out the lively schedule of activities and events ensures there is always something to do, see and experience at Bridlewood Trails. In addition to the many organized 'in house' activities, outings are planned on the accessible bus and travel to appointments can be booked on the seven-passenger van. Residents enjoy spending time in the library (perhaps surfing the web on the in-house computer), watching TV or movies in the Main Theatre on the large screen projection television, working out in the exercise area or creating something in the crafts rooms. Many enjoy the hair salon and convenience store. The grand piano in the main lounge is the site of many social gatherings.

Meals are an event at Bridlewood Trails. Chef Renée Savage, formerly of Fratelli's Restaurants, prepares delicious, home cooked meals. The dining room's table linens and fine china add to the dining experience. A private dining room is also available for residents who wish to entertain family and friends.

The beautifully landscaped grounds are also an attraction at Bridlewood Trails. A large outdoor patio, equipped with a barbecue and comfortable furniture, is a popular place to sit and enjoy fresh air. Residents can stroll on a network of pathways and watch waterfowl frolicking in a nearby ponds. A raised herb garden, planned for next spring, will provide a place for residents to exercise their green thumbs.

Bridlewood Trails is less than 10 minutes from a range of shopping and services at Hazeldean Mall and from a Loblaws Superstore.

“Bridlewood Trails offers something for everyone. Whether you choose to remain active in the wider community or spend most of your time at Bridlewood Trails Retirement Community, our personal, holistic approach to service, health and

happiness will enhance your lifestyle. There is plenty to look forward to at Bridlewood Trails,' says Rossy. For more information, please call (613) 595-1116 or visit the web site: www.bridlewoodretirement.com

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