

## Embassy West Senior Living opening in June

By Randy Ray

When its doors open in June, Embassy West Senior Living will provide a level of care, service and value unmatched in Ottawa.

Unlike other retirement residences, the 96-room facility in the renovated Embassy West Hotel on Carling Avenue at Kirkwood, is more interested in caring for its residents than padding its bank account.

“It’s not just a business, it’s a continuum of life, a place where residents’ every need will be cared for,” says executive director Marie Boxell, a registered nurse who is part of a management team with 30 years of experience in the healthcare field.

“We have identified the need within our community for assisted living care and our health care professionals and our on-site physiotherapy and rehabilitation clinic work hand in hand with area physicians and hospitals to provide comprehensive medical care in comfortable surroundings.”

A renovation of the existing hotel is the first phase of the project at 1400 Carling Avenue, minutes from area hospitals, shopping centres and other amenities. Two additional towers are planned for the site to house another 400 seniors.

Embassy West Senior Living will provide luxury studio accommodations at an affordable price with state-of-the-art amenities and services. All suites are outfitted with comfort, security and sophistication in mind and the residence’s menu is designed with the utmost attention to fresh and healthy food.

But the residence’s hallmark will be the attention and skilled care offered to its population, which will consist of 70 per cent permanent residents and the remainder people convalescing after surgery or who require short-term or respite stays.

“Continuum of care is available to all, so that present and future needs are met. We provide aging in place from independent living to end of life care,” says Boxell, a specialist in gerontology who was a nurse at Ottawa General Hospital for many years and recently helped launch a successful retirement home in the Ottawa area.

At Embassy West Senior Living, nursing care will be resident focused.

“Our approach provides excellent care for those who have suffered from a prolonged acute or chronic illness or who have recently been injured or undergone surgery. In these cases, residents’ conditions are often stable, but they continue to require follow up assessments and treatments; whether it’s nutritional support or assistance with self care and the activities of daily living, our team is committed to meeting the needs of each resident at every stage of recovery.”

The residence’s Physiotherapy and Rehabilitation Centre is unique to Ottawa seniors’ residences and will offer the daily exercise and activity that are essential elements of holistic health.

“Because our physiotherapy centre is on premises, residents can take advantage of its benefits throughout the day or more than once per day. It is also possible to take advantage of physiotherapy services from the privacy of your room or the main physiotherapy office,” she says. “Whether recovering from surgery or looking to stay active through daily exercise, our excellent team of trained professionals will meet all needs.”

The short-term stays available at Embassy West Senior Living are ideal for people considering moving to a seniors’ residence but not ready to commit.

The residence’s respite care provides short-term breaks that relieve stress, restore energy, and promote balance in a senior’s life, she adds. “Working with family members or friends may be difficult, but there are many respite care options and strategies that seniors may not be aware of.”

Embassy West Senior Living’s Convalescent Care Program is geared for clients who do not require acute (hospital) care, but are unable to return home until they recover strength, endurance or functioning.

Residents will have access to around-the-clock attention without sacrificing privacy or freedom. Amenities like housekeeping and a concierge will relieve certain stresses and leave residents more time to focus on things they enjoy. In addition to these comforts, a highly skilled team of healthcare professionals is available 24 hours a day, seven days a week.

“We work closely with visiting doctors, foot care nurses, labs, and pharmacy services to provide a full continuum of care. Residents will have access to counselling services and a clinical co-ordinator to direct them to various resources. We provide the tools people need to be as independent as they want to be while still having all of their needs addressed.”

Other on-site services include an emergency response system, weekly housekeeping with daily tidying, weekly laundering and folding of bedding and towels, an on-floor dining room/tray service, special dietary supervision, medication assistance and a courtesy shuttle service.

“Our special programs ensure residents remain fully engaged in the Ottawa community and feel connected to their families. Our activity schedule incorporates Ottawa’s cultural events and residents make excursions to many seasonal festivals,” says Boxell. “Families are invited to join residents for Sunday brunches, holidays and all celebrations and a private dining room is available.”

At Embassy West Senior Living, residents will not fall through the cracks.

“Just because you age doesn’t mean you should be forgotten. Our focus is on quality of life, which is missing at other retirement residences. We are not just a business, we are offering people a way of life. We will respond to their needs, no matter how big or how small,” says Boxell.

*For more information or to schedule a personal lunch, call (613) 729-4321, write us at: [info@embassyseniorliving.com](mailto:info@embassyseniorliving.com) or visit [www.embassywestseniorliving.com](http://www.embassywestseniorliving.com)*

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