# Assisted Living Services.

# Smiles and hugs included.

For Community Members who require some extra care, Waterside's Assisted Living services can be provided in any suite in our Community, which means an optimal combination of spacious suites, privacy and assistance when you need it without having to move! Our dedicated Wellness Team can *Make Today Great!* with these services tailored just for you 24/7.

### Waterside's Assisted Living Package includes:

- Medication Administration
- Personal Laundry

- Assistance with Showering
- Up to 60 minutes of personalized care

### Waterside's Medication Administration Program includes:

- Administration of all prescribed and over-the counter oral medications
- Glucometer testing
- Monthly B12 (or other) injections
- Additional Available Wellness Services:
- Assistance with Morning & Evening Care
- Coumadin Therapy Monitoring/INR Testing
- Assistance with Compression Stockings
- Assistance with Medical Devices (CPAP/ BIPAP, Sling, Splint, Back Brace, Prosthesis)
- Oxygen Management
- Escorting Services to Meals and or Activities
- One person transfers
- Assistance with oxygen

- Hearing aids services
   (insertion/removal/battery changes)
- Blood pressure and vitals monitoring
- Eye and ear drop administration
- Respite care/Post op
- Night checks
- Morning or evening personal care
- Cueing to meals and or activities
- Catheter bag drainage
- Personal laundry
- Homemaking and housekeeping services
- Home and Community Support services welcome!

# /WSMS001 NOV 2023

# **Amazing Amenities.**

## Make the most of every day.

Explore an interest, get pampered, or just sit back and enjoy the welcoming environment. At Waterside, your hardest choice will be what to do first. What makes you smile? Reading the morning paper in a café with a fresh croissant and gourmet coffee? Taking a swim in your heated indoor pool on a cold and snowy day? Having a drink with friends in the pub? Maybe it's an invigorating exercise class or stimulating lecture. You'll find all these and many more reasons to smile at Waterside.

### **Dining**

Savour three gourmet meals a day in our dining room whenever you please with *Anytime Dining*, and enjoy fresh snacks in *Perks!* Café. Choose a fine wine, have an afternoon tea and entertain family and friends around our harvest table.

### Serenity Spa

Get pampered while addressing your health and wellness needs. Look and feel fabulous after a visit to our salon, *Waves*.

### **Fitness Programs**

A variety of programs are available to nurture your body, mind and soul. Take a dip in the heated indoor saltwater pool and classes to improve your cardio, flexibility, balance and strength in our VIVAfit Studio.

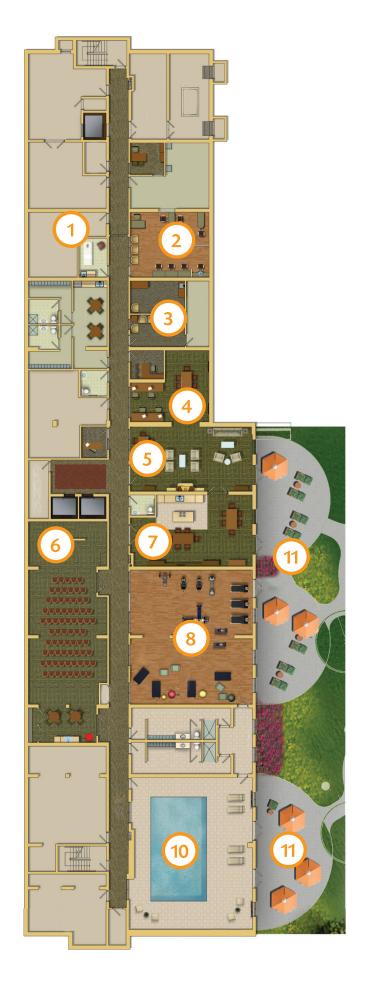
### **Entertainment & Activities**

There is always a way to keep busy at Waterside, from recreational to educational. Enjoy a movie with friends in the V!VA*plex*, challenge opponents with a game of pool or darts, enjoy a pint or cocktail in *Paddles!* Pub. Relax with a good book in our library or surf the web on one of our computer stations. Connect to complimentary wifi in our main lobby before boarding the Waterside bus for your next adventure.

### Victory Garden

There's nothing like escaping to nature for a relaxing afternoon. Ease through the day at our Victory Garden filled with lush plant and vegetable life, all in raised planters for easier, ache-free gardening. If you have a green thumb, feel free to tend to your own plants.





# River Level.

- 1 Wellness Spa
- 2 Waves Salon
- 3 Wellness Centre and Doctor's Office
- 4 Library/Brain Gym
- 5 Lounge
- 6 V!VAplex Theatre
- 7 V!VAcraft Kitchen
- 8 V!VAfit Studio
- 9 Indoor Saltwater Pool
- 10 Outdoor Patios

