

The Ravines seniors complex now under construction



By Randy Ray

Seniors looking for peace of mind and quality care in a vibrant and secure neighborhood with easy access to most amenities will find these and more at The Ravines Seniors' Suites and Retirement Residence at CitiPlace Urban Village.

The Ravines seniors' complex, now under construction near Hunt Club and Prince of Wales Drive, will consist of four buildings with a mix of housing choices including seniors' suites and full retirements residences, special care units and condominium style living.

The residences are being built by Ashcroft Homes and will be managed by Alavida Lifestyles, an Ashcroft company that partners with leading businesses to deliver outstanding products and levels of service seniors are accustomed to.

The buildings are being constructed as part of the CitiPlace neighbourhood, where a mix of homes and businesses will offer the convenience of communities like Westboro and the Glebe. Eventually, local retailers will create a vibrant streetscape in shop-loft style units, all part of a beautifully landscaped enclave.

The first building, to be ready for occupancy by the summer of 2008, will offer 124 units in six-storeys, including four floors offering full retirement and seniors' suites, a secure floor dedicated to residents with dementia, and an assisted living level that will cater to residents who need extra care to overcome various physical challenges.

"The Ravines Seniors' Suites offers a lifestyle that will enable residents to stay in one place as they age," says Nancy Lambrechts, Director of Marketing for Alavida Lifestyles. "Once they make a move into The Ravines there is no need to move on ... if their requirements for care increase, all of their needs are looked after in one place."

Residents who choose this building can select the full retirement package, with a monthly fee that includes a variety of services including meals, nursing, housekeeping, laundry, transportation, social programs and access to an advanced nurse call system. More independent retirees can opt for seniors' suites, which include a daily dinner and the call system, with other services available as required.

"You choose what you require at this point in your life and as your needs change you can add services on an a la carte basis," says Lambrechts.

The second floor of the building, which is fully secure, is reserved for residents with dementia. Equipped with its own dining room, lounge and bathing facilities, the design and the staff of this floor will work to promote the function and well being of residents. The Ravines is proud to offer a stabilization room, which uses special lighting, sound and aromas to stimulate and soothe those who have Alzheimer's disease and related dementia. This represents a first for Ottawa area retirement residences. Residents on this floor have access by elevator to a secure outdoor area; wide corridors provide plenty of space for walking.

The third floor, designed for residents with special physical needs, also

has its own dining room, lounge and tub room. The dining room is located on the main floor, as are several lounges. The building's lower level is devoted entirely to amenities, including a theatre room, library, wellness centre, and an activities area with a gardening room, a hairdresser, a chapel and an exercise room.

All residences are bright and cheery with plenty of windows. The building offers studios and one and two-bedroom units, some with walk-in closets and dens. Larger units have a full bathroom and powder room. Kitchen areas in larger units are equipped with a refrigerator, microwave and stovetop cooking unit.

Most bathrooms have step-in showers and some have bathtubs. All are outfitted with grab bars and non-slip floors. Wall switches are positioned lower for people in wheelchairs, and wide doorways will accommodate wheelchairs. Units on the fourth, fifth and six floors have balconies; ground-floor units have walkouts to a patio. Each floor has a laundry room.

The grounds at The Ravine offer plenty of room for walking, plus a walking circuit next to the building with outdoor equipment with various stations where residents can partake in activities to stay in shape.

The building's Wellness Centre will offer nursing services, foot care and massages and a physician will pay weekly visits.

A full-time activity director will be in charge of an eclectic activity program developed with the input of residents, including guest speakers, shopping trips, exercise classes, entertainment and cooking

sessions. The Ravine's bus will transport residents to various events such as the Tulip Festival, shopping excursions and area casinos.

All residents enjoy full access to concierge-style front-desk services, as well as private mailboxes.

Technology is part of the lifestyle. Every home and apartment in CitiPlace – including The Ravines – is equipped with fibre optic cable for high-speed Internet connectivity. And specially arrayed nodes convert the entire neighbourhood into a wireless access point, allowing people to be online wherever they are, outside and inside.

The Ravines is located within easy driving distance of many shops, restaurants and other services located on Merivale Road. The finished development will include a number of retail services.

The second building will feature Seniors' Suites with designs and services similar to those in the first building. The third and fourth buildings will be condominium-style residences, complete with kitchens, refrigerators and washers and dryers, with access to various services as required.

To make a move into The Ravines as smooth as possible, Alavida Lifestyles offers new tenants the services of a moving company and others who specialize in the transition from larger quarters to a smaller retirement home.

For more information about The Ravines Seniors' Suites and Retirement Residence at CitiPlace Urban Village, contact Nancy Lambrechts at: (613) 798-2686 or visit: www.alavidalifestyles.com