

Business of the Week

Prince George Retirement Residence



By Dan Rankin

Our Business of the Week is the Prince George Retirement Residence, located at 139 Main Street in Lucan. Built and opened in 2012, Prince George Retirement Residence is overseen by Executive Director Robin Forsyth.

Forsyth was born and raised in Guelph and has been a Registered Nurse since 1997. As a travel nurse in the United States for eight years, she gained extensive experience in many areas of nursing. Upon her return to Canada, she worked for many years in orthopedics and trauma, caring for a wide variety of medical and surgical patients and also serving as Director of Care in a long-term care home.

In 2014, she became Executive Director at Prince George Retirement Residence. She enjoys the blend it provides of hands-on care with the responsibilities of

operating Prince George in a safe and caring manner. Supported by Wellness Coordinator Sandra Davidson and an enthusiastic team of competent and caring staff, Forsyth is confident that Prince George offers a warm and vibrant environment for local seniors.

The residence offers four programs, including Retirement Living, Supported Living, Convalescent Care and Respite Care. Retirement Living offer studio, studio-plus-den and one-bedroom apartments for seniors who are independent in their care and activities. The Retirement Living package offers full-service dining, weekly housekeeping, emergency response and the opportunity to enjoy Prince George's social activities and outings. Medication management and laundry services are also available.

For those who require assistance with daily care and activities, the Supported Living

package offers private suites and registered practical nurses and personal support workers that can coordinate and assist seniors with their needs. Registered staff are on duty 24 hours a day. The inclusive Supported Living Package provides nursing care, emergency response, full-service dining, housekeeping, laundry, and access to a full range of social and recreational activities.

Short-term Convalescent Care is available for seniors who are recovering from injury, surgery or illness. Respite Care provides temporary residence and care for seniors, providing a break to caregivers in need of a rest or with vacation plans. These short-term stays allow seniors to experience the type of care, services and amenities offered by Prince George at an affordable rate of \$75 per day, all-inclusive. Other services available on-site at Prince George include access to a family physician, a hair salon, an audiologist and a dentist, not to men-

tion a large activity room known as the Royal Room, which regularly hosts community events, movie nights, card games, crafts and more. Weekly housekeeping, personal safety alarms, and three home-cooked meals prepared daily by their Red Seal Chefs are also included.

With 54 suites, Prince George allows for a more personalized approach than larger homes, Forsyth said. Their robust activity calendar this coming week includes a guest speaker, a book club, live music entertainment, a movie matinee, bingo, euchre and exercise sessions by VON. Access to activities and events is an important benefit of retirement living. Social isolation is frequently a concern for older adults living at home, especially when there are health or mobility issues.

In the event of an emergency situation, acute hospital services are only 15 minutes away.

"Prince George Retirement Residence takes pride in enabling our residents to enjoy active and meaningful lives, with access to the supports they require to meet their physical, social and spiritual needs," Forsyth said.

For more information about Prince George Retirement Residence, call 519-227-1268 or visit princegeorgerr.com.

Independent Shorts

- Tickets are now on sale for "I Wanna Laugh 3peat," another night of improv comedy presented by the St. Marys Community Players. Running for two nights at the Town Hall Theatre in St. Marys (Friday, March 4 and Saturday, March 5, doors open at 7:30 pm), tickets are \$10. Tickets are available online at St-MarysCommunityPlayers.ca and at the door.
- Leading up to his state dinner with U.S. President Barack Obama March 10, Canadian Prime Minister Justin Trudeau will be taking part in a live-streamed "digital town hall" from Toronto along with Huffington Post Canada early next month. People will have a chance to submit questions to Trudeau though video, social media, or from the live audience. Questions on Facebook and Twitter are being collected using the hashtag #TrudeauTownHall.
- In Hamilton, a teen was reportedly arrested Monday morning after throwing his breakfast of bacon and eggs in the face of a 29-year-old man who was sitting with him in a restaurant. The 29-year-old was sent to hospital. The 19-year-old has been arrested for assault with a weapon and failure to comply with probation. That's egg on his face, too.

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