



About Us

A Newsletter for Friends of Unitarian House

Unitarian House of Ottawa

Ottawa's not-for-profit Retirement Residence and Senior Apartments



Fall/Winter 2019

This year Unitarian House celebrated 35 years of Excellence and I would like to share with you part of a poem written by one of our residents, Mo Gabe.

Mo's words define our Home and our Community, a place we are all proud of.

My community is a home of warm-hearted people...

It is helping each other and receiving support; conversation, entertainment, a caring touch, Tending our gardens, playing Mahjong, greeting a dog.

It is hearing good music, eating Christina's cinnamon buns,

Striving together at exercise class,

And laughing together at Happy Hour!

It is sitting in the Summer sun in the Winter of our lives! ...It is love!

My community is our work in the world: where...

We make a garden where there was none;

We comfort each other - and clear the snow,

Compose poetry - and do the chores.

It is Christmas baking and buttering bread;

It is studying the writing of mystics - and

spreading compost ...It is love!

My community is this land of Northern lights dancing;

It is mysterious cries of wolves and loons;

It is lakes, forests and mountains.

It is a patchwork quilt of people

Lonely or fulfilled, hurt or whole.

It is peacekeeping, tolerance and opportunities ...It is love!

Christina O'Neil



Help us Congratulate Larissa Kluew – Our new Director of Care!

As of August 6th, 2019, Larissa Kluew, has officially been promoted to the position of Director of Care at Unitarian House and has been doing a remarkable job balancing the new responsibilities of managing our Nursing Department while maintaining her wonderful care of our residents.



Larissa Kluew has worked at Unitarian House for the last 12 years as a Registered Practical Nurse. She mostly recently worked as our day-time charge nurse.

Born in Belarus, Larissa graduated medical school in Minsk, and worked as a Medical Doctor for almost 12 years prior to moving to Canada with her husband and two children in 1999.

After moving to Ottawa, Larissa went back to University, so that she could continue to do what she loves, work in the medical field.

She is enjoying her new role here at UH, as she is able to use her full set of skills and to work alongside doctors, pharmacists and of course the residents. She likes that everyone works together as a team, and that at Unitarian

House our Residents are our first priority.

When she isn't working on the schedules, charting resident needs, or creating care plans for new members of our community, Larissa enjoys spending time with her (now adult) children and reading.

We're so glad to welcome Larissa into her new role of Director of Care and are looking forward to the next 12 years (and more)!

- Susan Faith

New Season – New Look!

There has have been plenty of changes here at Unitarian House this year! New staff, new residents and now thanks to a very generous donation, a new look for the Second Floor!

The reception area will be modernized and the elevator lounge refreshed, with new lighting and cozy colours to create a more welcoming first impression when you walk through the doors.

The front lounge will be completely remodeled, with a brand-new entertainment centre, a wi-fi enabled work space, and redesigned common areas, that will include more seating and tables, to encourage more use of the space.

The Apartment Lobby will be restructured to create a new Executive Director's office and a more private and secure mail room.

Last but not least, the Nursing Station and Administration spaces are being redesigned to allow for more privacy when meeting with residents and a more functional work environment for our team.

Second Floor Space Modifications are set to begin, with completion in early 2020.

- Susan Faith

The Naked Truth 2020 Calendar is Here!



I had been living at Unitarian House for 18 months and thought that things were in need of a little "spicing up". So that was when I decided to do the first Naked Truth Calendar 2014. With support from our Executive Director and many willing participants (but little experience) it was a great success. Fast forward to 2019 and the raison d'etre has not changed. The Naked Truth Calendar 2020- Sports Revealed will provide financial assistance to some residents who find that their longevity has out paced their finances.

Why do I do it? Because the philosophy of supporting my neighbours is why I chose to live at UH. The calendar will provide some monetary assistance to Retirement Floor residents who find that their longevity has outpaced their financial resources.

Calendars make a great gift and the notepads are just the right size for stockings!

\$25 per calendar

\$40 per limited edition signed calendar

\$5 per Naked Truth notepad

Cash, debit, cheque, and credit are accepted.

Purchase your Calendars and Notepads at Unitarian House Reception, before they're gone!

- Alice Bushe

Your Donation Dollars at Work!

Unitarian House has been busy making sure the building is up-to-date and well taken care of.

Thanks to the generous donations of people like you, we've been able to accomplish so much in 2019!

- A new sprinkler system on the 1st and 2nd floors
- Roof repairs
- New patio doors on the 1st floor
- Addition of speed bumps and signage on Cleary Avenue.

Tea at Tucker House



The Activities Department at Unitarian House wanted to say an extra special thank-you to Tucker House.

This fall we were privileged to be invited to Tea at Tucker House, a program in partnership with Ottawa Community Foundation to provide accessible and affordable outings for seniors.

Tucker House is a heritage home whose mission is to inspire sustainable living.

We were so pleased with the excursion. Tucker House provided us with free transportation and a guided tour of the heritage home and its surrounding property.

A local historian shared the unique history of the Clarence-Rockland community while we enjoyed a beautiful spread of tea, sandwiches and freshly baked goods.

It was a beautiful fall day and we had the luxury of having the time to drive along the river parkway on our way to Rockland. Both the staff and residents that attended thought it was a wonderful experience.

Again, thank you to Tucker House for providing an affordable and wonderful new experience for our residents!



For more information about Tucker House you can go to: <https://maisontuckerhouse.ca/en/>.

- Jennifer Brierley

Jerome Officially Calls Canada Home!

Jerome Gomez is an integral part of our team here at Unitarian House – always willing to lend a hand and a smile! He has been at Unitarian House for the past three years, first in the Housekeeping and then in the Maintenance Department. Now he splits his days between a mix of both roles.



When asked what he enjoyed most about Unitarian House he said “The people – everyone is so nice!”

Jerome's wife, Janice was the first to come to Canada. In 2008 she moved to Ottawa to work as a personal care attendant for her cousin. Jerome and his little girl moved to Canada on March 7th 2015 to join Janice, and the family officially became Canadian Citizens in April 2019. Welcome Home Gomez Family!

- Susan Faith



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Resident Author – Helen McCuaig



Helen McCuaig, a 96-year-old resident of Unitarian House, has recently written and published a collection of Haiku poems, titled *Lac Tremblant Haiku*.

All of the proceeds of Helen's book sales are being donated back to Unitarian

House. We wanted to not only highlight the amazing work Helen has done, but thank her from the bottom of our hearts for her generous contribution. So far, the book has raised \$800 for Unitarian House.

If you would like to purchase a copy please contact Unitarian House.

- Jennifer Brierley

Unitarian House of Ottawa

"We call it home"

Thank you to the following contributors of this issue: Christina O'Neil, Alice Bushe, Jennifer Brierley, and Susan Faith.

About Us is published twice each year with both a Spring/Summer and a Fall/Winter edition. These newsletters keep friends of Unitarian House informed of the ongoing activities and needs of our home. **NEW for 2020** – sign up to receive your newsletter electronically, send an email to retire@unitarianhouse.ca for more info.

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Save the Dates!

Spring Fundraising Dinner

Guest Speaker Peggy Taillon

May 12th 2020

Summer Wine & Beer Garden

Late August 2020

Fall Fair

September 12th 2020