



Unitarian House – We call it home  
Maison unitarienne - C'est notre chez-nous

# About Us

A Newsletter for Friends of Unitarian House



Fall/Winter 2018

We are excited to announce that we will be celebrating our 35<sup>th</sup> Anniversary here at Unitarian House on March 31<sup>st</sup> 2019!

This place that we call “Home” was built on a strong foundation of dedication, perseverance, caring and humor. In 1968 the First Unitarian Congregation moved from their Elgin street location to this beautiful site overlooking the Ottawa River.

Social responsibility has always been the focus of the congregation so they established a committee to study the needs of the community. Out of that study came the creation of the daycare in the basement of the Church. Next, the group focused on the needs of seniors and the Project known as “Unitarian House” was established.

March 27<sup>th</sup>, 1983 was a significant date in our history. On this day, the “Sod Turning” for our “Home” took place and our success story began.

Unitarian House continues to be a “Role Model” as Ottawa’s not-for-profit Retirement Residence and Senior Apartments. We believe that “Home’ is a safe place where you are accepted as you are and free to be your best self.

Keep in touch and check out our website and Facebook page where we will post upcoming special event dates for our 35<sup>th</sup> Anniversary beginning March 2019!



Christina O’Neil  
Executive Director

## Beer Garden

On August 9<sup>th</sup>, 2018 the weather said that there was a chance of rain and thunderstorms. Christina O’Neil, the Executive Director, made the call and said the Crafted Beer and Wine Garden would still go on. What a great decision that was as the night was a roaring success with all storms holding off.

This was only the second year for this fundraising event and not only did we sell out, but we added wine to the party! We were extremely fortunate to partner with two wonderful sponsors: Vimy Brewing Company and The Wine Rack, who not only provided everyone with refreshing beverages, but donated some great items to be raffled off.



On the night of the event guests started gathering at 4:30 PM to eat and drink until 6 PM when the band, Cara Q, livened up the party with great tunes from the thirties to the eighties. A big thank you goes out to the Unitarian House Dietary Staff for providing all guests with a delicious meal featuring pulled pork.

The Crafted Beer and wine Garden raised just under \$2000 for the House and more importantly provided a fun summer gathering for family and friends to celebrate with Unitarian House. We look forward to hosting another one next year and hope to see you all there!

## Fall Fair

The Fall Fair on September 8<sup>th</sup>, 2018 was a tremendous success! We were fortunate to have a beautiful day that was neither too hot nor too cold. The morning was filled with smiles, shopping, a delicious BBQ, and some great music by the Fumblin' Fingers and The Good Enufs.



Our team consisting of over 30 Unitarian House Residents, staff members and community volunteers executed not only the sales, but the planning and collecting of items in a seamless fashion.



Thank you to everyone that helped make the Fall Fair possible and a big thank you to everyone that came out to support us! We raised almost \$10,000 for our Residents' Association. This money will be used to enhance the quality of life for the residents at Unitarian House including a contribution to the *Retirement Living Assistance Fund*. We are looking forward to seeing you all next year on Saturday, September 14<sup>th</sup> 2019!

## Retirement

We would like to wish a very special farewell to two long time staff of Unitarian House!

**Nadene Keon** retired in August 2018 after 11 years as our Director of Care. Nadene is well known for her compassionate and caring nature. As a nurse and former educator, she always maintained a high standard of care for all of our residents and was a mentor and teacher for all of our staff. Nadene looks forward to spending quality time with her family and granddaughters as well as travelling with her husband during her retirement.



**Lynda Gauthier** will be retiring January 2019 after 14 years as our Activities Coordinator. Lynda is well known for her positive personality and keeps all of us busy and entertained on a daily basis at Unitarian House. An important part of our team, she is responsible for coordinating our volunteers, scheduling our entertainment, and always comes up with fun and new activities for our residents. Lynda looks forward to spending time with her grandsons and finding new exotic places to visit and explore during her retirement.



We would like to wish both Nadene and Lynda the best of luck, health and happiness. We will miss you!

## Volunteer Spotlight

The following residents have agreed to share what their volunteer experiences have meant to them.

### Mavis Lewis

Mavis is very familiar with Unitarian House, as she used to walk her dog nearby and watched UH being built. She started helping out the Activities Department 3 years ago during the BBQ season. Shortly thereafter, she was asked if she would be willing to read to one of the residents (Betty Booth) who was visually impaired. It continued on a twice-weekly basis until Betty passed in 2017. Mavis also fills in at the front desk on a regular and casual basis, which has been very helpful.

What has she gained from volunteering here? She replied, "I have gained far more than I have given". She feels she has a better understanding of aging, the complexity governing the rules and regulations for operating a home like UH, Mavis also has learned from, and appreciates, the many courses that have been offered. Mavis sums up her volunteering with one word – "fun!"

### Ted Whicker



Ted started driving the House van in 2012. "Really, I don't consider this work – it's fun!", is how he describes his volunteer duties. Driving a minimum of twice a week for grocery runs and on

special occasions for his special "Mystery Tours" Ted is kept very busy. Ted loves volunteering as he really enjoys meeting new people and through his volunteering residents have now become friends. When asked what he has gained, Ted quickly responds, "Total enjoyment".

Unitarian House would like to thank all of our volunteers for the countless hours, talent and care you bring to our community!

## Holiday Quilt Raffle

This holiday season we will be raffling off not one but five hanging quilt tapestries! Our very



own nurse Susan Ambrose has donated four beautiful 27" x 27" tapestries. We are also raffling off a large 45" x 45" puff quilt that was donated by an

anonymous friend of Unitarian House. Tickets

will be on sale as of Monday November 19<sup>th</sup> with all proceeds going to Unitarian House. The draw will be held at our



Annual Resident Christmas Reception December 20<sup>th</sup> 2018. Purchase your tickets (1 for \$2 or 3 for \$5) for your chance to win!

## Seeking Board of Governor Applicants

Unitarian House is seeking applications for Board of Governor (Director) positions. New Governors will be selected based on skill set and commitment to Unitarian House values. The Board and Standing Committee meetings are held during office hours Monday – Friday. Unitarian House is currently seeking Governors with any of the following skill sets; financial literacy, fund raising or elder care.

If interested, please forward a letter of interest and CV by e-mail to Christina O'Neil at [coneil@unitarianhouse.ca](mailto:coneil@unitarianhouse.ca)

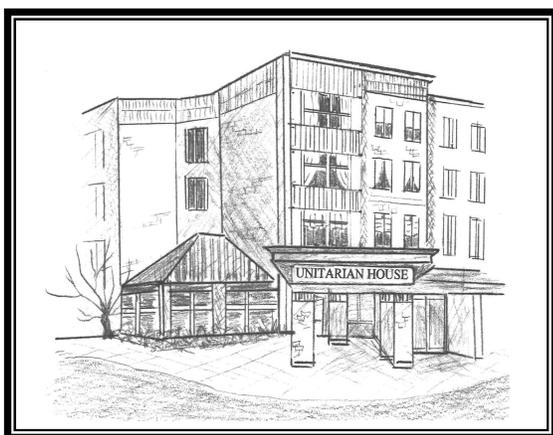
## Welcome!

We would like to take this opportunity to congratulate and welcome Jennifer Brierley on her promotion to Activity Coordinator! Jennifer has experience in event planning and fundraising and she has been an important part of Unitarian House over the last two years as our Administrative Assistant. We look forward to adding her energy and enthusiasm to the activity department. Jennifer will be taking on this new responsibility early in 2019 and looks forward to hearing all of your suggestions for events and activities in the new year!

## Looking to the Future

Unitarian House has gone through many transitions over the years; adding and modifying residential units, creating new activity spaces, updating our education and training, providing new and exciting programs and updating equipment. We are always looking at ways we can grow and improve our Home.

As in most aspects of our lives, the times we live in are ever changing. The populations in our communities are aging and the needs of our residents continue to evolve. In order to keep up with these changes and continue to offer affordable accommodations and some of the best care in Ottawa, the Board of Governors and management are planning for the future.



We are looking at the needs of our residents and how we may be able to offer enhanced care services so our community can stay together, at Home, longer and in many cases forever. In order to provide these services, we are also in the beginning stages of planning modifications to the Retirement Residence (2<sup>nd</sup> Floor) which will allow for more activity space, a small dining area and offices.

It is an exciting time of transition here at Unitarian House and we look forward to sharing our plans with you over the coming months and years. Continue to watch out for our bi-annual newsletter publications as we will be keeping you up to date!

### Unitarian House of Ottawa "We call it home"

**Thank you to the following contributors of this issue:** Christina O'Neil, Jennifer Brierley, Alice Bushe, David Curry & Jessica Veysey.

**About Us** is published twice each year with a Spring/Summer issue and a Fall/Winter edition. These two newsletters keep friends of Unitarian House informed of the ongoing activities and needs of our home.

**President of the Board:** David Curry  
**Executive Director:** Christina O'Neil

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