

Wellness Services

Daily Bed Making & Linen Changes
\$10.00

Laundry Services
Fees based on time

Organizing Cupboards/Closets/Lockers/etc.
\$40/hr

Private Shuttle
\$40/hr + \$0.54/km outside of 20km radius

Weekly or as needed Grocery Ordering
\$25 Service Fee + Cost of Groceries

Extra housekeeping
\$38.00



Private Exercise & Aqua Classes

Personalized fitness sessions and low-impact aqua classes to promote wellness and pool use.

Join the Lakeside Club

Supporting those with Alzheimer's or dementia through cognitive, social, and physical activities like music therapy, art, pet therapy, and more.

Meet Mon & Wed, 2-4 PM.

Contact Jessica Bussi ext 218 to learn more or register.

Additional Services

The following services are available through the Wellness Centre and are subject to a fee per service.

All services by appointment only.

Please call **Lori** at ext. 213 to book your appointment. (Days are subject to change).

3 Physicians

By appointment only 



Physiotherapy:
Jaon, Tues & Fri

Foot Care by Nurse:
Jenn, Every Thurs



Aesthetician:

Georgia, Tues & Wed

Registered Massage Therapist:

Every Mon



Osteopath:

Andrew, Every Friday

Hairdresser:

Michelle/Natasha, Thurs & Sat



Dynacare:

\$30 House Call, Thurs Mornings



Dental Hygienist:

Cheryl, Last Fri of Month



HEARTHSTONE



by the Lake



Health & Wellness Services

*Personalized Care, Trusted Staff,
Your Comfort Every Day
at Hearthstone by the Lake*

For more information contact:
Gillian Odlum, RN

 905-333-9194 ext. 230

 godlum@hearthstone.ca

 100 Burloak Drive, Burlington, ON L7L 6P6

Care Services

Personalized Care in Your Own Home

Hearthstone by the Lake helps you manage your needs in the comfort and privacy of your home.

Trusted, Certified Staff

Services are provided by certified, trusted staff with police reference checks. They work under the supervision of registered staff for optimal care.

Customized Care Plans

Resident care plans are developed by registered nurses in collaboration with you or your family. You can customize your care for as little as 15 minutes a day, or up to 24 hours a day, as your needs change.

Enhancing Your Lifestyle

Experience the benefits of qualified staff dedicated to enhancing your lifestyle.

Commitment to Your Well-Being

We are committed to helping you enjoy your retirement with comfort, dignity, and peace of mind.

The Disability Tax Credit (DTC) is a non-refundable tax credit that reduces income tax for those with severe or prolonged physical or mental impairments. It helps offset related costs. Check with your doctor to see if you qualify. Hearthstone provides annual receipts for all medical and health care expenses for tax purposes—one of the key benefits of using Hearthstone Wellness services.



Care Options

PSW Services

15 Minutes
\$10.00

45 Minutes
\$30.00

30 Minutes
\$20.00

60 Minutes
\$40.00

We can provide assistance with:

- ✓ Bath/Shower
- ✓ Continence care
- ✓ Palliative care
- ✓ Personal hygiene
- ✓ Dressing
- ✓ Escort to activities, appointments etc.
- ✓ Mobility and transfer assistance
- ✓ Meal preparation assistance
- ✓ Walks/exercise
- ✓ Homemaking
- ✓ Laundry
- ✓ Companionship
- ✓ Pet care/Dog walking
- ✓ Full time in suite care (available day and night)

Prices exclude sales tax (where applicable).

Care Options

Registered Nursing Care

15 Minutes
\$18.00

45 Minutes
\$54.00

30 Minutes
\$36.00

60 Minutes
\$72.00

- ✓ Post-hospital follow-up - in suite consultation
- ✓ In suite rounds/monitoring
- ✓ Injections (B12, Prolia & others)
- ✓ Oxygen monitoring & assistance
- ✓ Catheter care (supplies not included).
- ✓ Ostomy care (supplies not included)
- ✓ Wound care (supplies not included)
- ✓ Specimen collection
- ✓ In suite vital signs monitoring
- ✓ Ear flushing
- ✓ Palliative care
- ✓ Night/safety checks

Medication Administration:

\$580/month – Includes prescribed medications, blood glucose, insulin injections, eye drops, blood pressure etc.

Hearthstone by the Lake is committed to respecting the need for homeowners to maintain an independent and active lifestyle while offering additional support when needed.