

## For Immediate Release

January 19, 2010

Carleton Place & District Memorial Hospital Foundation  
Carleton Place, ON

### Waterside contributes to Tree Lighting campaign

The Carleton Place & District Memorial Hospital (CPDMH) Foundation is pleased to announce that the Waterside Retirement Community has donated \$1000 to its annual Tree Lighting campaign. The campaign is raising funds to help the hospital upgrade aging laboratory equipment such as a hematology analyzer, platelet mixer and biochemistry analyzer. Each item is vital to the day to day operations of the lab and are critical elements in assisting physicians with patient diagnosis and treatment.



*Chantelle Troy, Manager/Community Relations Officer of the CPDMH Foundation, accepting a donation from the Waterside Retirement Community. Presenting the cheque on behalf of Waterside are Ashley Wilson, Community Relations Coordinator, Teralee Codd, Community Relations Coordinator, Marilyn Colton, Community Director and Monique Panaswick, Community Member.*

“As a retirement community in Carleton Place (105 McNeely Ave.), we rely on the hospital to provide quality healthcare to our community members,” stated Marilyn Colton, Community Director of Waterside Retirement Community. “At all Viva Retirement Communities, we believe in fostering partnerships with other health care organizations so that we can maximize the quality of health services for our community.”

The Waterside Retirement Community is an independent living retirement community which serves independent members as well as offering respite services with comfort and convenience tailored to meet each individual’s needs. The organization celebrated its 1<sup>st</sup> anniversary on December 2, 2009

and offers potential members four styles of suites to choose from – all of which include a kitchenette with full-sized fridge and a microwave, as well as private bathroom with a walk-in shower and safety bars. In addition, Waterside provides weekly suite housekeeping and linen laundry services, and complete suite maintenance, including plumbing and major appliances.

Waterside also offers a vast array of amenities, including the Paddles Pub, Perks! Café, Serenity Spa, hair salon, Brain Gym (including a library and Internet lounge), V!VAfit exercise and stretch rooms, indoor heated salt water pool and the 60 seat V!VAplex theatre. Also on site is the Victory Garden which has been designed with large planter boxes and raised beds, surrounded by spacious walking paths. A horticultural room is also available to start seedlings and to continue growing plants during the winter months.

“On behalf of the Foundation I would like to thank the Waterside Retirement Community for this wonderful gift to our Tree Lighting campaign,” said Norma Hamilton, President of the CPDMH Foundation. “We appreciate your contribution towards better healthcare and we would like to offer our best wishes for many years of success in our community.”

For more information about Waterside and its amenities, or to arrange a tour please call 613-253-2010 or visit [www.thewaterside.ca](http://www.thewaterside.ca).

-30-

**Contact:** Chantelle Troy, Manager/Community Relations Officer 613-257-2200 ext 856  
e-mail: [ctroy@carletonplacehosp.com](mailto:ctroy@carletonplacehosp.com)