

About Extendicare

For more than 50 years, Extendicare's qualified and experienced team members have been helping people live better through a commitment to quality care and service.

We are proud to be at the forefront of seniors' care across Canada and work closely with government, community agencies, researchers, and our care partners, including families, to address needs, close gaps, solve problems and advance best practices.

We employ thousands of people across the country who have made it their career and goal in life to care, and we have made it our priority to make sure they are trained and supported to provide the best care possible.

Meet the Team at Extendicare Medex



Tina Nault, Administrator

Tina is an influential and motivational leader who has over 25 years of experience working in all departments and at multiple Extendicare homes. Her first priority is always the wellbeing of the home, residents, their families and fellow team members. She inspires others to achieve excellence and always encourages creativity through innovation.



Natalie Vienneau, Director of Care

Natalie is an enthusiastic nurse who brings 25 years of experience in both acute and chronic care to Extendicare Medex. Natalie focuses on engaging team members and residents through a continuous quality improvement approach.



Melanie Bennett, Resident Program Manager

Melanie is a charismatic programs manager, who has been working at Extendicare for over 15 years. She brings great energy and enthusiasm to her role in the home and is always ready to help the team and residents.

Amenities & Features

Montessori Program

Our Montessori Program helps residents living with dementia connect with things and activities from their past. The Behavioural support team learns as much as they can about the past of a resident from friends and family, and then creates activities specifically to their needs. This helps them to feel needed or useful and can help reduce and control responsive behaviours.

Snozelen & Montessori Room

The Snozelen & Montessori Room is a warm, welcoming, and hands-on kitchen environment. There are dishes to wash, laundry to fold, utensils to sort, and many other puzzles and activities designed for residents with cognitive impairment to create positive and engaging experiences.

Serene Outdoor Setting

Residents enjoy our beautiful and secure gardens and spend many leisure hours relaxing outside.

What's Included?

- Each resident room is air conditioned, has an adjustable electric bed, bed side table and chair
- Each floor has a lounge area for residents to relax and spend time with friends and family
- There is a Smart TV on each floor for residents to use at their leisure
- Recreation team members are at the home every day and host a variety of activities
- Each room is serviced daily by housekeeping and personal laundry is done on site
- Each floor has its own dining room and server

Resident Programs & Lifestyle

At Extendicare Medex, we provide social and recreational services seven days a week - including holidays. These services are designed to meet the physical, emotional, spiritual, and intellectual needs of our residents.

All activities are developed, organized, and led by team members trained in seniors care, and we offer both group and individualized activities to meet residents' unique needs and abilities. Examples of our recreational services include:

- **Music and Memory:** Through our Music and Memory program, residents living with dementia can have their own personal playlist loaded onto an iPod and listen with earphones to their favourite music.
- **Pet Therapy:** Once a month, the local Humane Society brings pets from the shelter to spend time with our residents.
- **Stitch in Time Program:** Our Stitch in Time programs gets residents involved in mending and ironing clothes for other residents. This gives them a sense of purpose and of being productive.
- **Attic Treasures:** Once a month we open our Attic Treasures trunk. We fill it with items our team members pick up in secondhand stores such as dolls, old tools, teddy bears, linens, quilts and so on. The items stimulate response and residents reminisce about their pasts.
- **Visiting Cart Service:** The Visiting Cart Service brings magazines, books, lotion, Kleenex, and other things to residents who are unable to leave their rooms. It's an opportunity for one-to-one contact and some social interaction.
- **Weekly Themes:** We often have themed weeks to reflect the diversity of cultures found in our home. Activities include cultural dances, music, trivia games, history lessons, travelogues, and food from places like the Philippines, England, Hawaii, Italy, Jamaica, and Somalia.
- **Therapies:** At Extendicare Medex we offer a wide range of physiotherapy, cognitive, speech and occupational therapies according to the needs of our residents.



Location

Situated in Ottawa's west end, Extendicare Medex is conveniently located on Baseline Road. This quiet neighbourhood is easy to get to by car or OC Transpo and is a short distance away from downtown.

Infection Prevention and Control (IPAC)

COVID-19 has been an unprecedented, global event that has touched and affected all of us including our community at Extendicare Medex.

We continue to work closely with our public health, government, and health system partners to implement evolving infection prevention and control best practices, to ensure our response was informed by the latest available evidence.

At Extendicare Medex we regularly audit and seek to advance our infection prevention and control measures with ongoing training and supporting our team members in specialized training of advanced IPAC practices through IPAC Canada's endorsed Certificate in Infection Control (CIC).

Resident and Family Councils

Extendicare Medex has an independent and self-determining Resident Council as well as a Family Council. These councils are valuable partners in care and are intended and designed to inform the collective voice of our residents and families who reside in and are connected to our home.

Do you have questions about our home and want to hear from a member of one of our Councils? Send a request to the contact information below and we can connect you.

Family Member Testimonials

"A huge thank you for taking such fantastic care of my Mom Ruth! Every single person I have ever met or interacted with is so appreciated! It is very hard to care for someone when you live so far away, so I am thankful every day that Ruth is there and being so well looked after!"

- Medex Family Member

"Expressing sincere thanks to management and staff of Extendicare Medex for the dedication to safety and faithfulness to the protocols to maintain the healthiest environment possible. The affectionate atmosphere during such trying circumstances is comforting to my Mom and reassuring to us."

- Medex Family Member

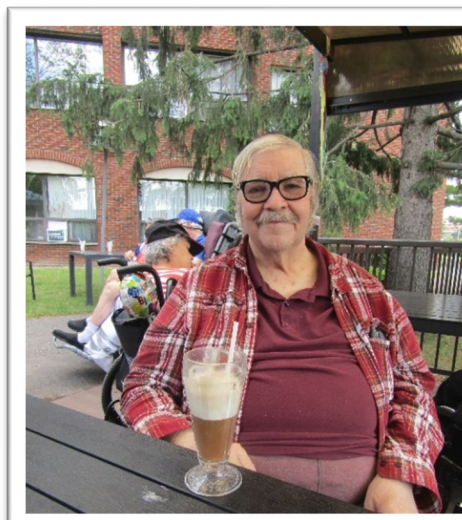
Extendicare's Commitment to Improving Care. Every Day.

The COVID-19 pandemic has been a tragedy on a global scale, and for those making choices about a loved one's journey into long-term care, a distressing personal experience.

The pandemic exposed weaknesses in our health-care system that have been there for many years and laid bare the challenges that have burdened the long-term care sector for decades. At Extendicare, we are determined to learn from the crisis to build a better future for seniors' care, with a number of actions underway today.

We have embarked on a new, multi-year national plan to improve care, every day, across every home we operate. To learn more about the plan and to follow our progress, visit <https://www.extendicare.com/ImprovingCare/>.

Join Our Extended Family



Contact Information

Tina Nault, Administrator
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Want to hear directly from resident and team members at Medex? Watch our video at <http://www.extendicaremedex.com/>