THE PALISADES
RETIREMENT RESIDENCE

Room with a view.

Locally owned and operated since 2002, The Palisades was founded by three families who saw the need for senior care in our community. Dedicated to treating staff and residents with respect and fairness, and to providing excellent care, we see it as our privilege to provide this valuable service.

Enriched Living. Affordable Options.

STUDIO
$1,985 - $2,050/mo.

1-BEDROOM SUITE
$2,245 - 3,115/mo.

2-BEDROOM
$3,480 - $4,125/mo.

2nd Person + $440/mo.

Parking $120/mo.

- Full In-Suite Kitchens
- Common Areas for Socializing
- Plug-in Parking
- Helping Hands Services
- Activities (e.g., Birthday Parties, Bingo, In-Motion Exercises)
- Nutritious Meal Programs
- Housekeeping and Towel/Linen Services
- Professional Footcare
- Weekly Wellness Clinic
- Resident & Family Support Services
- Emergency Response System
- Live In Caretaker/Maintenance
- Heat, Water and Electrical
- Basic Cable
- Chaplain
- Salon

The following services are included in your monthly rent:

DINING ROOM

The Palisades Dining Room provides nutritious evening meals, Mondays to Fridays at 5:00pm, and lunches on Saturdays, at no extra charge. Weekday lunches are optional and available for purchase. Guest meals are also available for purchase.

GROCERIES

Weekly staples shopping is available to residents at no cost. Orders must be submitted by noon on Tuesday for Friday delivery, right to your door.

SUPPORT SERVICES

Available weekdays from 9:00am - 5:30pm, our Support Services Supervisor provides emotional support and practical assistance, facilitating the service needs of our residents (e.g., laundry, personal care, medication management). The Supervisor is also a liaison between residents, their families, and community resources.

HOUSEKEEPING SERVICES

Weekly housekeeping services include bathrooms, vacuuming around furniture, and sweeping and washing linoleum surfaces. Linen services (towels, sheets, and bath mats) are also provided weekly. There are also complementary laundry rooms located throughout the building.

WEEKLY WELLNESS CLINIC

Our nurse is available for health consultations and assistance with referrals. Services include assistance with heart conditions and diabetes, wound management, medication consultation, suture and staple removal, blood pressure and pulse monitoring, B12 injections, and monitoring.

PROFESSIONAL FOOT CARE

Bi-monthly services are available including nail clipping, callus and corn management, and diabetic foot care.

SALON

Our in-house salon provides hair and nail services to residents, four days a week, by appointment.

CHAPLAIN

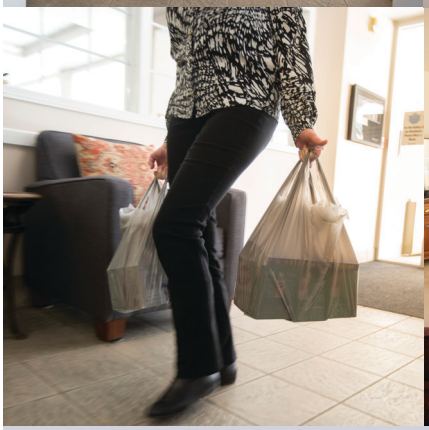
The Chaplain leads regular interdenominational services every Wednesday and is available for hospital and home visits.

EMERGENCY RESPONSE SYSTEM

We can connect with your existing medical alert system or you can opt-in to our in-house system, LifeAid, which is attached to transponders throughout the building. When residents activate the alert button, staff are alerted during regular office hours (9:00am - 5:00pm), and emergency services are called to respond.

ACTIVITIES

In addition to regularly scheduled weekly and monthly activities, The Palisades staff often organize outings, excursions and seasonal events. Some of our activities include travel by video, sing songs, crafter's corner, bridge games, and book club.



Here at The Palisades, we take the well-being of our residents very seriously. We believe that happy staff make for happy residents. We are committed to treating our staff with fairness and respect, and to creating a positive and affirming work environment. In return, our staff are committed to doing their jobs well, in order to provide the best possible service to our residents. Our team is made up of professional and compassionate individuals who genuinely care about people.

It is our privilege and pleasure to serve you.

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