



We  our
Residents™

S&R SENIORS
LIVING

IT'S THE RIGHT MOVE.

Learn why it's time
for Senior Living with
S&R Seniors Living
and why this is the
right move for you
or your loved one.

Creating communities
that are good
for life.

We  our
Residents™

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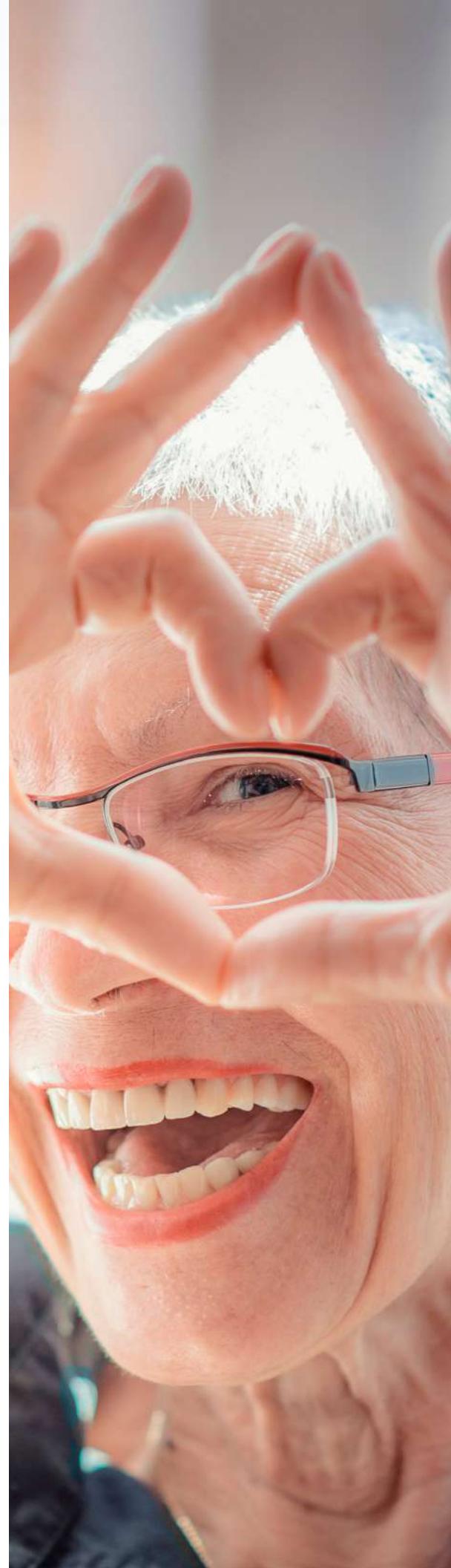
AM I READY?

We want to help you make the best choice when you decide that Seniors Living is right for you.

An informed decision is the best choice. With so many services and amenity options available today, you want to be confident in choosing a community that best suits your needs; a home that provides comfort, support, and peace of mind. Seniors sometimes wonder about the benefits of Seniors Living.

Ask yourself these questions:

	YES	NO
Do you feel alone?	<input type="checkbox"/>	<input type="checkbox"/>
Is cooking becoming a challenge?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel isolated and miss being with others?	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it harder to do your daily tasks like housekeeping, laundry and home maintenance?	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it difficult to get out shopping, visiting or going to appointments?	<input type="checkbox"/>	<input type="checkbox"/>
Are you becoming too dependent on the help of others to continue to live on your own?	<input type="checkbox"/>	<input type="checkbox"/>
Do you worry that there is no one immediately at hand to help you in an emergency?	<input type="checkbox"/>	<input type="checkbox"/>
Do you worry about being able to maintain your independence?	<input type="checkbox"/>	<input type="checkbox"/>





WHY DELAYING SUPPORT MAY AFFECT YOUR WELLNESS OVERTIME

As we age, our needs and abilities change. Things that were once easy, like home maintenance, household chores, and running around for errands, can become difficult. It's important to reflect on the challenges that have arisen, but what would we do if something got worse? The challenges of delaying a move can cause significant physical, social, mental, and emotional effects on you and your loved one's well-being.

In the last few years, we have seen that seniors are waiting longer before considering the move. This sometimes impacts their results! Those who wait too long are not suitable for Senior Living and need more care. Research has linked social isolation and loneliness to high-risk physical and mental conditions, which is why moving before there is a crisis or a last-minute emergency is imperative to allowing yourself the time to pick what's best for you and not miss the best of Seniors Living.

Enjoy the freedom and independence of planning this major decision ahead of time and being prepared to move when you are comfortable. Nothing is worse than a last-minute emergency to force you into an unplanned, snap decision. Moving into a Seniors Living facility is a personal choice, so allow yourself the time to explore your options and pick what's best for you.

01

An informed decision is the best choice.

02

You can remain independent longer in a community that supports you.

03

Do what feels right, is timed right and is the best choice for you and your loved ones.

04

We are always ready to help you and share with you the many benefits of Seniors Living today.



BENEFITS OF SENIOR LIVING/ RETIREMENT HOME

We want to help you when you are assisting your loved one to choose the Seniors Living option that is best for them.

An informed decision is the best choice. With so many services and feature options available today, you want to be confident in choosing a community that best suits your needs; a home that provides comfort, support, and peace of mind.

The Positive Benefits of Choosing Seniors Living:

- Companionship in a community of friendly residents and Team Members
- Wonderful chef-prepared homemade meals every day in a social dining room
- A wide variety of social and FUN recreational activities
- Freedom from the concerns of maintenance, housekeeping, and laundry chores
- Shuttle Services to get out and about
- A team that is available around the clock, dedicated to ensuring safety and contentment
- Seniors can remain independent longer in a community that supports them
- Most residents say once settled in, "I should have come sooner"
- Peace of mind for residents and their families



SENIOR LIVING CAN MAKE A POSITIVE IMPACT ON YOUR OVERALL HEALTH AND HAPPINESS

I've been at Waterloo Heights going on 10 years and I've been very happy here. I've made a lot of new friends and enjoy all the activities that we have. Everybody is really friendly and helpful. I love my apartment; it was bigger than all the ones I looked at. Another place I looked at was only half the size and had no dining room. My family love to visit because I have enough space to accommodate them.

- Sally Vanwyck - Resident

I am so impressed with Rosewood and with everyone who works here. The staff are not only kind and friendly, but they truly go above and beyond for us every day. You can see how much they care in everything they do. They work so hard for us.

- Carole Tedball - Resident

According to research, seniors who move into retirement communities live 7 to 10 years stronger, not just longer, compared to those who continue to live in their private homes. They have less stress because of the maintenance-free, carefree lifestyle. There are opportunities to socialize, benefiting their mental health, and opportunities to take care of their physical health by participating in exercise and wellness programs. Moreover, seniors in independent Senior Living/retirement communities have the peace of mind in knowing there are services available if help is needed.

As we age, our social circle begins to shrink. When this occurs seniors may find themselves more isolated or lonesome. When living in a Seniors Living Community, residents have the opportunity to enjoy the community they now live in, their neighbors, and the activities every day. Opportunities to engage with others are literally right outside their doorway! This social aspect of a retirement community adds to the overall well-being and successful aging!

AGING AT HOME SHOULDN'T BE THE GOAL



My mom has lived at Village on the St. Clair for just over one year and it was the best decision we could make for her. When my dad passed and she was on her own, the tough decision had to be made to move her from the house where they had lived for over 60 years. Our family toured many places but we are so happy that we chose Village on the St. Clair. The most important thing was the small number of residents and the amazing staff! They interact with the residents in so many ways - always with a smile, compassion and a willingness to help however they can. The assistance they

give with her medicine and medical issues that arise is done with professionalism and we are so grateful they are there to help us navigate it. While she is not super social, she likes being around the other residents and staff and does take part in some of the many social events as she likes. The hairdresser, Jen, is kind and always smiling and mom loves having her hair done every week. As well, they have Nurse Amy who administers monthly foot care. They take great pride in looking after their residents and it shows, every day, with all the staff do.

- Terri Dewsbury - Daughter of Resident

Thrive in your retirement – do what you love and live a healthy lifestyle.

Seniors Living lets you live your life, your way. You have the choice, the privacy and the freedom to maintain the lifestyle you choose. Many residents find that their ability to remain independent, their quality of life and even their overall optimism improves once they make the move. Most say, "I should have made the decision to move much sooner".

Keep your mind, body and soul balanced with nutritious meals and snacks, a variety of FUN and engaging social activities, outings, clubs and spiritual programs. Seniors Living enhances your opportunities for good things in life. With a diverse range of FUN and interesting activities and programs, as well as excursions, you can be as busy as you want to be. Most Seniors Living homes offer a Shuttle Service to go shopping, for visits, go to your church and attend your appointments.

With a wide array of living areas, lounges, libraries, patios, balconies, cafes, activity rooms and beauty salons, everything that you should desire is under one roof - your home. There is always the place and the opportunity for quiet privacy or to join in the party.

Be in the comfort of knowing that you are surrounded by a community of supports, if and when you need them. Whether it is simply to be seen by others and you seeing them, to various care needs like medications or other personal help, there is always caring and professional staff available to you 24 hours a day. With the safety and security of being in a Seniors Living home, you are surrounded by people who watch out for you and provide you with friendship and care.

We also offer a wide variety of living options and care plans to fit everyone's preferences. Living areas include private studios to 1 and 2 bedroom suites. You can decorate and live in your suite as you choose, knowing that you are in a community that will provide you with the comforts, supports and security that you want - just outside your door.

I have been a resident at Lanark Village for nearly 18 months, I have found it easy to settle here. My family is all very happy on their visits and that I am so settled. I have been very pleased with the services provided and the many friends I have made with the residents and staff. On my trips away from Lanark I look at my return as coming home.

-Don Garnett - Resident

S&R Seniors Living offers an environment of warmth and friendship. Passionate and dedicated team members go the extra mile to ensure every resident is treated as part of the family. Residents who call it home enjoy a lifestyle enriched with quality care, enduring friendships and optimum wellness. You also have the freedom from home maintenance, and doing certain daily or weekly household chores.

Whichever S&R Seniors Living community is your best choice, you can always count on our caring Team Members to provide a safe and happy home - a home that supports choice and independence for our seniors, and peace of mind for their families.

You are "UPSIZING" your LIFE, and that is what Seniors Living is all about.



SENIOR LIVING VS PRIVATE HOME CARE

Private Home Care

- Transportation to appointments/errands
- Companionship with paid caregivers
- Meal preparation
- Comfort of own furniture/belongings in private suite
- Personalized care support
- Housekeeping options

VS

Retirement/Senior Living

- Safe social opportunities (spontaneous and organized)
- Staff onsite 24/7
- Regular team of staff who get to know you
- Onsite amenities
- Dining experience among friends
- Variety of optional activities, experiences and entertainment
- Organized leisure outings with transportation
- Fitness classes, continued education, speaker series
- Suite maintenance support
- Landscaping and snow shoveling
- Enhanced infection prevention and control measures
- Total peace of mind
- Housekeeping included
- **AND** all of the private home care benefits as well!



DIFFERENCE BETWEEN LONG TERM CARE AND SENIOR LIVING HOMES

To assist you in determining the right home needed for you or your loved one, here are some key points to consider.

Care

Senior Living Homes are generally for seniors who are more independent who no longer want to continue with looking after their own meals, housekeeping or maintaining their home. They might require some additional supports such as medication administration or assistance with personal care.

Long Term Care homes provide a more secured environment, and many of the residents require more care than can be safely provided in a Retirement Home.

Costs

Senior Living Homes are not funded, so residents are responsible for paying for their monthly rent, including any additional services they may purchase from the home. The accommodation and additional services costs vary from home to home, so when touring ask for all the information to compare and determine the best fit.

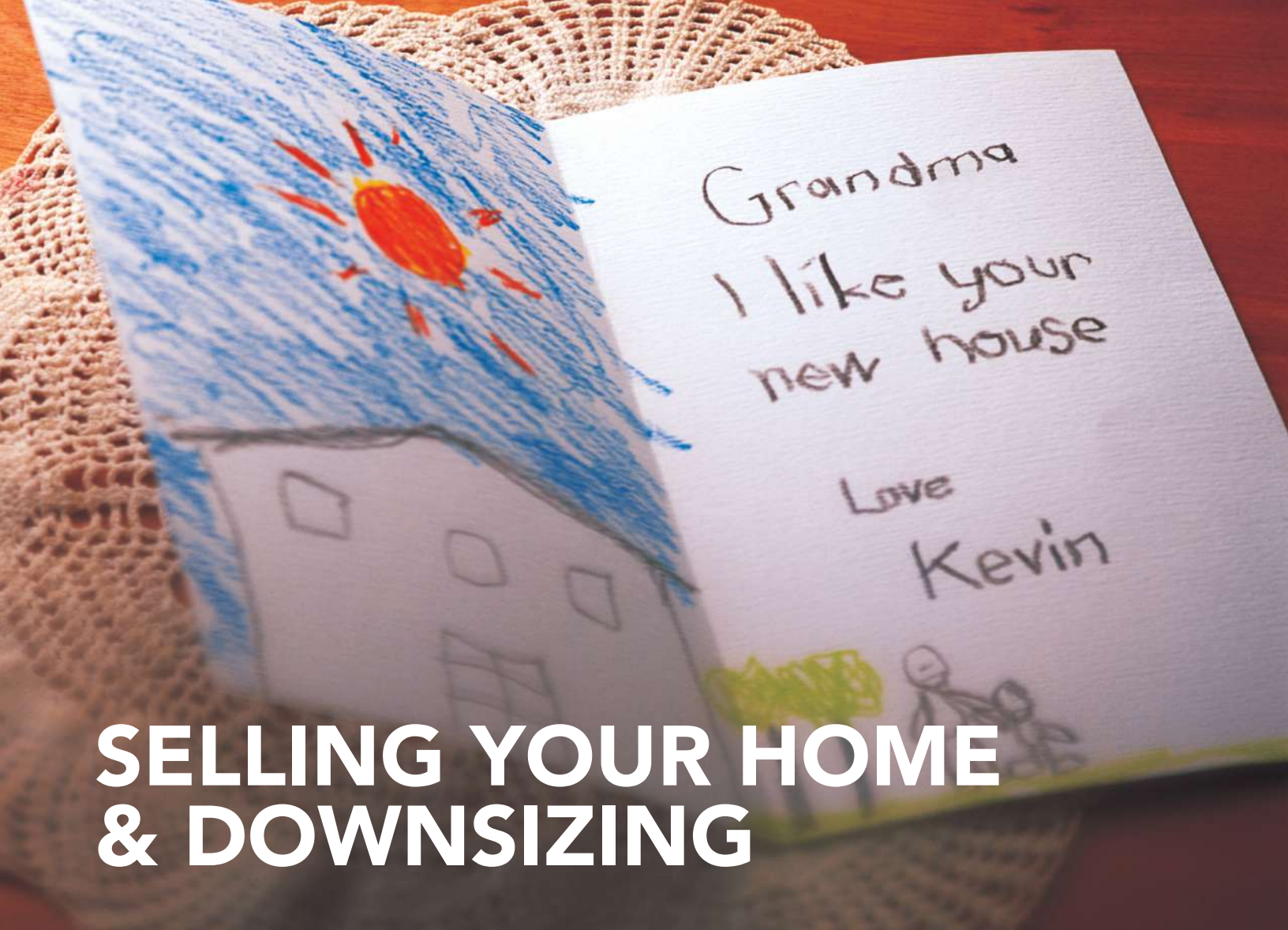
Long Term Care homes are partially funded by the provincial government, so residents in LTC homes have a portion of their monthly rent subsidized by the government.

Decision Process

For a Senior Living Home, a call to the home or homes of interest about availability and a tour is all that is required. A suite can be selected based on preference (size/view), and the required paper work and assessments would be completed prior to the selected move in date.

For Long Term Care, admission is managed by the Home and Community Care Support Services (formerly called the LHIN), and once this process has been started, a loved one may have to be put on a waiting list until a suite becomes available.

Call an S&R Seniors Living Home today to get more information, have a tour and to determine if Senior Living is the right choice for you.



SELLING YOUR HOME & DOWNSIZING

You worked long and hard your whole life to get here. Now is the time for you. You deserve to make the most out of this time and enjoy life. We know that there can be so many things to consider when choosing to live in a Seniors Living Community. Moving out of your home is a big step for anyone.

Downsizing can be overwhelming. The amount of work, and the emotion that comes with sorting through a life worth of memories is a big task. Going through long forgotten items can be a trip down memory lane.

Before you start, prepare yourself emotionally and make a list of what matters most to you. You want to honour the past while looking to the future. It gives you the opportunity to determine

which items you want to keep and which items you want to keep and which items to allow someone else to enjoy and make memories with.

A move to Seniors Living takes away the financial "unknowns" that comes with the future. The cost is often less than or comparable to the day-to-day cost of staying in your own home. Even better, you no longer have to worry about unexpected costs for things like a new roof, storm damage, the furnace, or the yard work.

Whatever you decide, downsizing allows you to see the beautiful life you have built, and will allow you to envision a new carefree life in a Senior Living Community.

CARE OPTIONS AVAILABLE

Apartment Rentals

We have been providing quality rental accommodations throughout Southwestern Ontario since 1963. At each S&R Seniors Living apartment, we strive to create a community that is good for life and a place you can proudly call home.

Seniors Living "Full Service" Apartments

Independent Living

Each Seniors Living Apartment location offers "full-sized" 1, 2 or 3 bedroom apartment suites, each with their own fully-equipped kitchen, private bath and a private balcony or patio. Our residents can choose to come and go as they please, but they are also comforted by the fact that they live in a secure senior's community with on-site managers. Residents enjoy delicious and nutritious meals in a private main Dining Room, where they can also socialize with friends and neighbours. Features of the "Full Service" package include a 24 Hour Response Program, personal laundry services, weekly housekeeping, Shuttle Services and a program of "FUN" Activities. Seniors Living Apartments are a wonderful choice for independent seniors.

Seniors Living Villages

Independent Supportive Living and Enriched Care

Each Seniors Living Village location offers a variety of suite sizes to satisfy everyone's individual choice, all set within a friendly "Village" atmosphere. Residents enjoy delicious and nutritious meals in gracious dining rooms. Features of the Village experience include a 24 Hour Response Program, Wellness Program including Medication Management, personal laundry services, weekly housekeeping, Shuttle Services and a program of "FUN" Activities. Peace of mind comes in knowing that there is also a dedicated "Wellness" Team, which includes Universal Care Providers (UCPs) Personal Support Workers (PSWs) and Registered Practical Nurses (RPNs), and that they are available around the clock to assist a resident on a moment's notice.

Long-Term Care

Every S&R Seniors Living long term care community delivers personalized care designed around an individual's particular needs and life practices. Our Resident's plan of care is started at time of admission to the Home. The plan of care outlines the care choices of the resident such as bathing routines and time to get up in the morning and time to go to bed. Once the personalized plan of care is complete, we support our team members in the Home to be "partners in care" with residents and families. This moves us away from an institutional model of care to a more social model of care. In this environment we discuss resident and family requests and ideas in a positive light so that all of our stakeholders (resident, families and team members) are equal partners in care.



A SAFE & HAPPY PLACE TO CALL HOME

Relax, we'll take care of it.

S&R Seniors Living offers their residents services designed to foster a hassle-free lifestyle, along with a full complement of culinary, educational, and wellness programs. Our dedicated Team Members are ready to respond to nearly any request so you can make the most of every moment.

Seniors Living

For older adults who value their independence, but need some support with daily activities, Seniors Living is the perfect option. We'll take care of the everyday chores and wellness so you can enjoy daily life.

Wellness Team

Trained staff available 24 hours a day, so you will always have someone available to assist you. In addition, your site features an emergency call responses system in case a sudden health issue should arise.

Respite & Trial Stays

Our Senior Living homes provide Respite & Trial stays.

Respite Care offers post-hospital care that allows time to recuperate before returning home after a hospital stay. You will receive personalized support from our Wellness Team, as well as access to all services and amenities. For many, it's a peace of mind solution and often regaining life balance.

Trial Stay is a wonderful way to TRY Seniors Living to determine if it is the right fit for you or a loved one. Stay from 1 to 3 months – it's like having a stay-cation!!
(Based on availability call for details.)



FOOD, FUN & FRIENDS

Every day in our homes it is much more than just a meal, we try to create a dining experience. We want this part of the day to be something that our seniors look forward to, a time to be social with friends. We are serving balanced meals and tasty food all made from locally sourced ingredients. The best part is that our meals are all prepared in house from our Culinary Teams who take pride in what they do and who they do it for. There are always choices, we listen to our residents and we prepare their choices, the things they want to eat. We provide warm and friendly table side service. There is a social ambiance that our residents look forward to each day. We also have wonderful family dining rooms where loved ones are always welcome to share a meal.

Our programs, activities and FUN days are also part of the wonderful food experience in our homes. A variety of FUN days and Theme days



happen throughout the year where the different departments collaborate together to bring a variety of events to our residents, families and staff. Funny how everything tends to be centered around food, however it is such a great way to share and bring people together and try new things. These special events are something that we take pride in and know that you will love too!

Good food, good friends and great times – they always go well together.

FEEL SAFE & SECURE IN YOUR NEW HOME

S&R Seniors Living is dedicated to creating communities that are good for life and has continued to play a vital role in keeping their staff and residents safe during these challenging times. Our staff had the peace of mind in knowing that PPE was always available to them. Our residents and families know that we maintain the highest standard of infection control protocols that allows our communities to protect residents and immediately address any COVID-19 outbreak.



94%

OF RESIDENTS

Felt that S&R Seniors Living took important measures to keep them safe during COVID-19.



Screenings of staff and visitors before entry



PPE available and mandatory for staff



Proper hygiene and respiratory etiquette promoted



24/7 access to professional medical staff



Emergency response systems built in



Increased infection control procedures



Physical distancing and restrictions as required



Increased education on infection prevention and control



Regular, daily cleaning of all public areas



Daily monitoring by healthcare staff



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Residents™

S&R SENIORS LIVING

Our affection for our residents runs far deeper than a brand or a logo, as this philosophy encompasses all that we do. Dedicated to our residents, our role is to ensure their physical and emotional well-being, and to tend the needs of the heart; to care for the whole person and enable them to live independently with dignity, respect and choice.

We are very passionate about seniors' care, which is much more than just making residents happy. It includes being with them and present in those moments - daily. We find delight in our resident's personalities and characteristics, and we celebrate their unique life stories. We enjoy offering our residents reassurance, kindness and encouragement. This is our intentional purpose in all that we do.

Creating communities
that are good
for life.

Call and book an appointment today!

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TESTIMONIALS



My mother and aunt both lived here before, so I already knew it was a perfect place for me. Now that I'm here myself, I'm really impressed, especially with the nursing care. It's such a comfort to know I'm safe when I go to bed at night, and that help is always there if I need it.

The staff treat me with so much respect and kindness. I feel truly cared for. The food is good, and it's nice to have different choices each day. Being here gives my children peace of mind, and that means a lot to me. I know I am in good hands.

- Joe-Ann Whitfield - Resident

I am really enjoying my time here at Lanark. I love my room, the people are very welcoming, lots of friendly faces. The activities are my favourite part, I try to make it to everything I can. It feels like home here.

- Evelyn Hartman - Resident



I am very happy here, there is always so much to do. Very friendly staff and fellow residents. I love the bus and all the outings. Every Wednesday we have live music, it's something I look forward to each week. I look forward to many more years of calling Lanark home.

- Agnes McEnaney - Resident

PERSONAL STORIES

I want to express my heartfelt thanks to Jake and Emily for making it possible for me to attend the eight-week pulmonary rehab clinic. Their dedication, care, and professionalism meant everything to me.

Jake always ensured my safety during every trip. As someone who travels with a walker and at least two canisters of liquid oxygen, I felt completely supported. He helped me board with care and always accompanied me to the hospital door and back to the entrance of Waterloo Heights.

Emily ensured my travel schedule was always maintained. Her attention to detail and commitment never wavered.

The transportation service at Waterloo Heights is more than just a convenience, it's a lifeline. It allows residents to participate in community activities and, most importantly, ensures access to essential medical care. Without it, I wouldn't have been able to say yes to a program that has truly been life-saving for me.

- Joyce Meckbach - Resident

It took a lot to get my dad to leave the comfort and security of his home that he worked for all of his life after my mom died.

While in his home, I worried every day if he was eating, and if he was okay being alone. I would frequently go and check on him, shovel his snow and take him dinners and do his grocery shopping when I could.

Now that he has been at Landmark for over a year (since July 2024), a huge weight has been taken off family. We know that my dad is being fed and being taken care of. He always tells us that if someone goes hungry at Landmark, it is their fault. He still has the comfort of his own space but never is alone unless he chooses that and needs his space. He enjoys chatting with the staff and the other residents, playing cards, exercising, the various activities and sitting outside to enjoy the sun. Staff (thank you Robin) have reached out to me a number of times when they were concerned and have addressed any concerns that we might have during his stay. I cannot say enough good things about the services and my dad's care at Landmark. Thanks to all of the staff for the great work that you do.

- Daughter of Bill Riley, Karen Riley

Oh! Wonderful! Truly outstanding! The staff are excellent and welcoming here at Rosewood, and the care they showed really meant a lot. The activities are fun and well-organized, and

you could feel the warmth and thought put into everything. I am so grateful for the experience. It is truly appreciated.

- Dorothy Tremblay - Resident