

# Social # 3 St. Albert



July 10, 2024

# Today's Presenters



Terry Collier



Janet Halbesma

# Agenda

- Welcome –
- Construction update –
- Presentation : Ten Common Fears for Seniors
- Globe and Mail - Article
- Serve Food

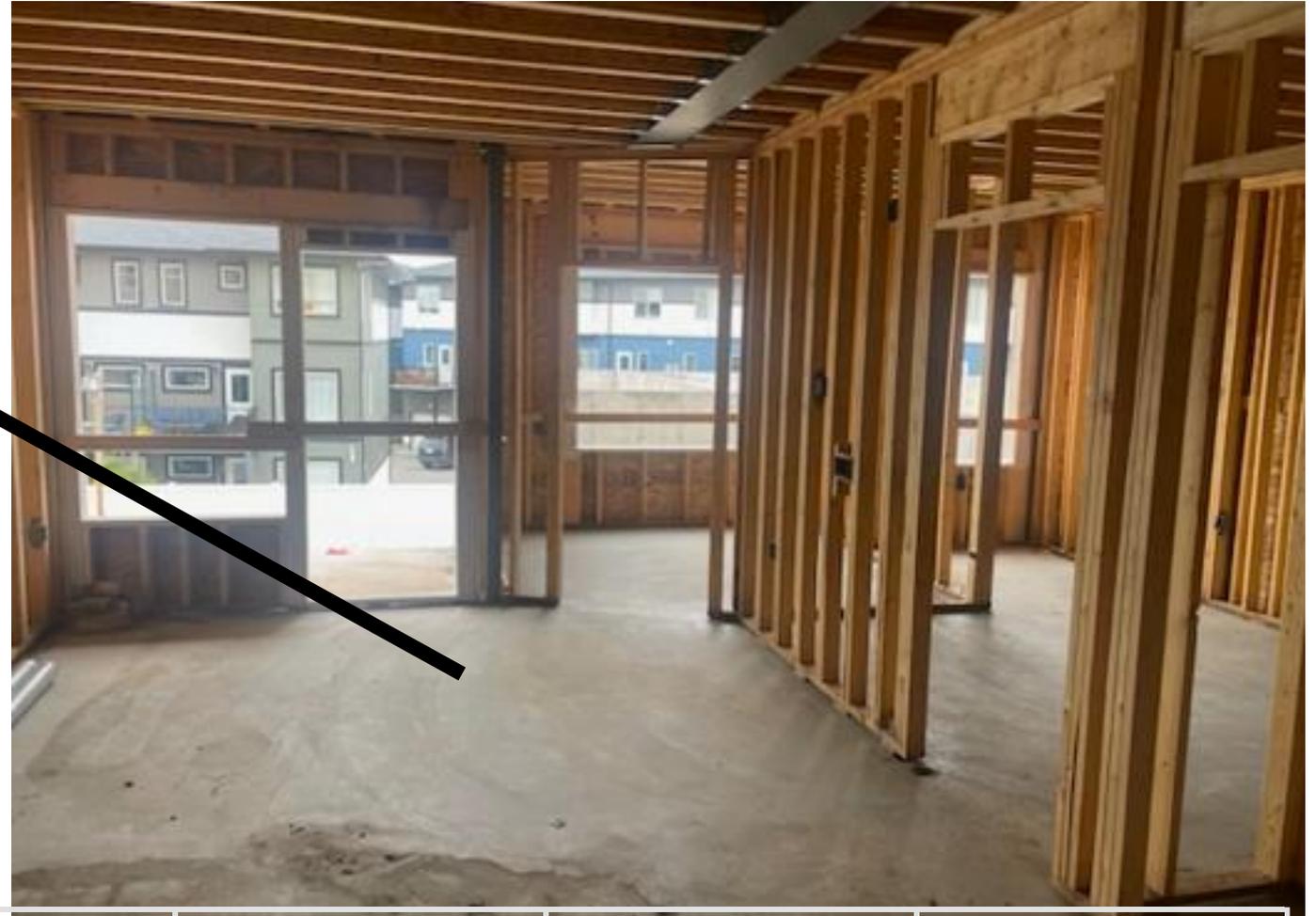
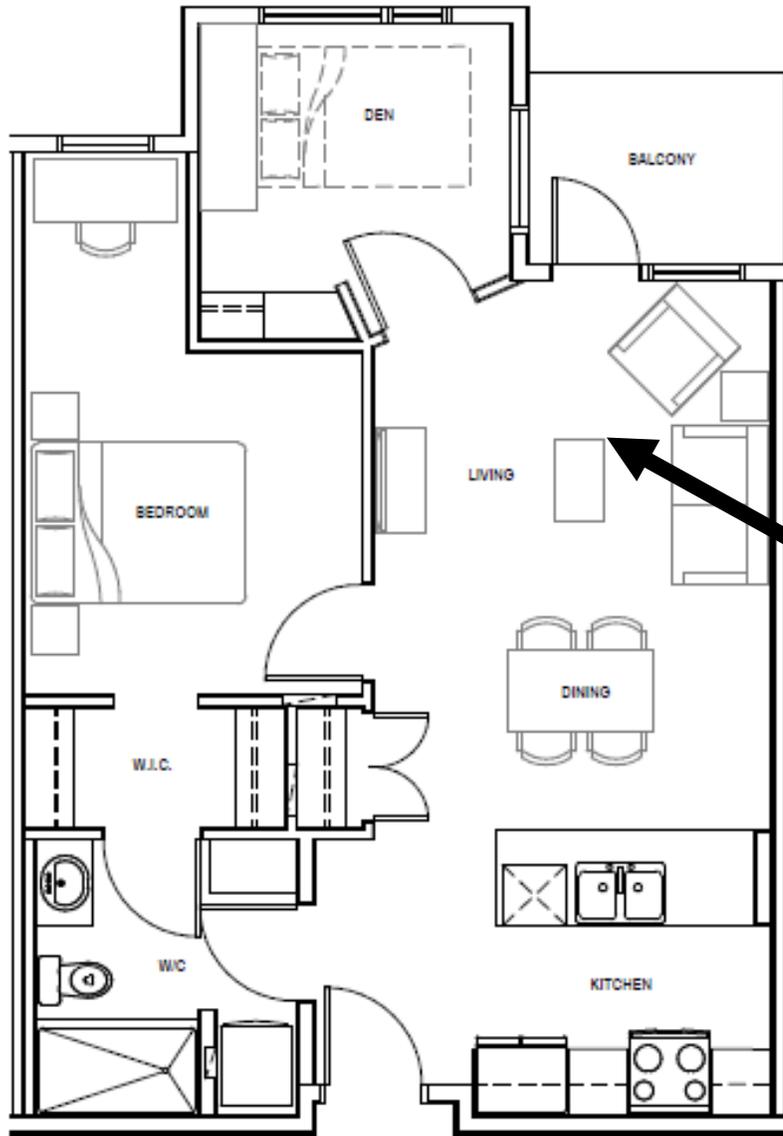


# Digital Rendering 4 acres Flyover



<https://www.dropbox.com/scl/fi/wzv9w0h7gxmsk3df47bt8/Riverside-Video-Clip-july-8-2024.mp4?rlkey=hb7541ld2l7c9a65ea9nl3mul&st=qoiwj0ad&dI=0>

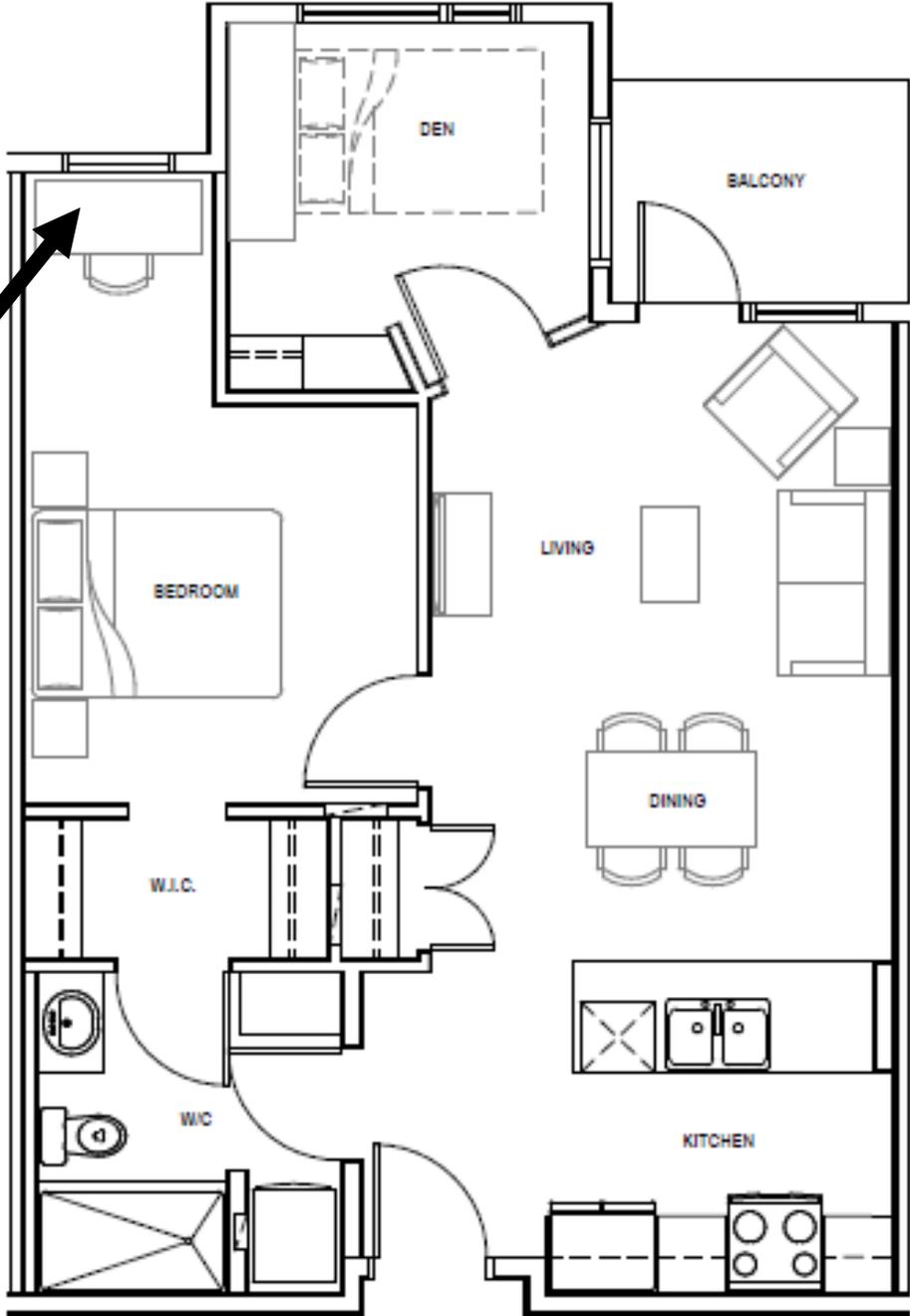
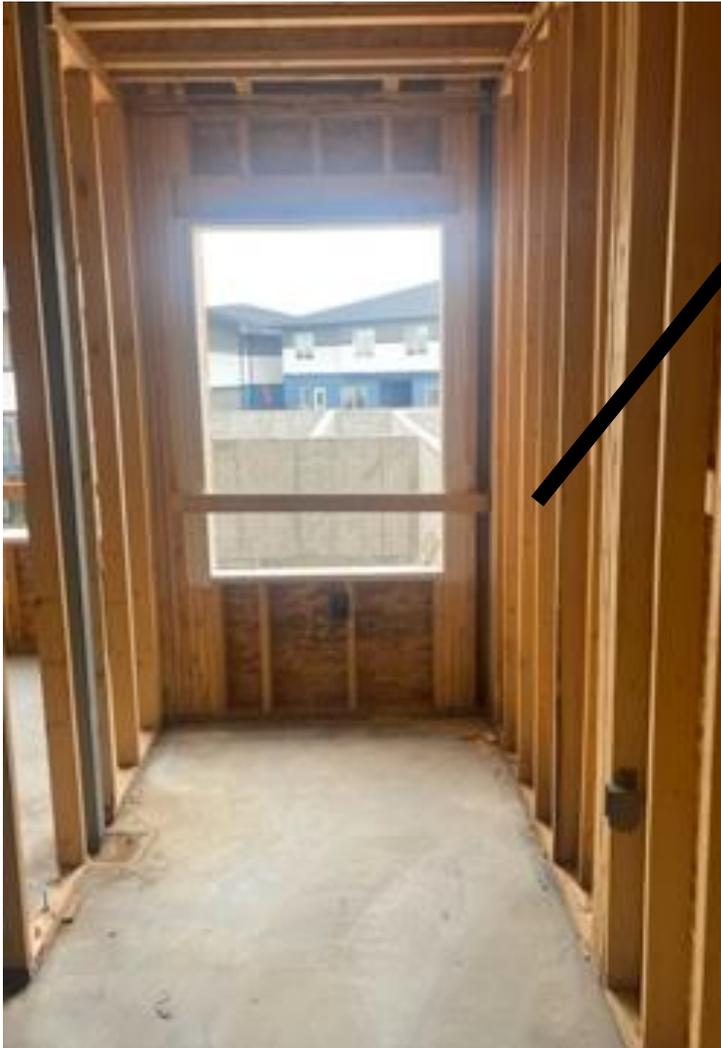
# Living Room



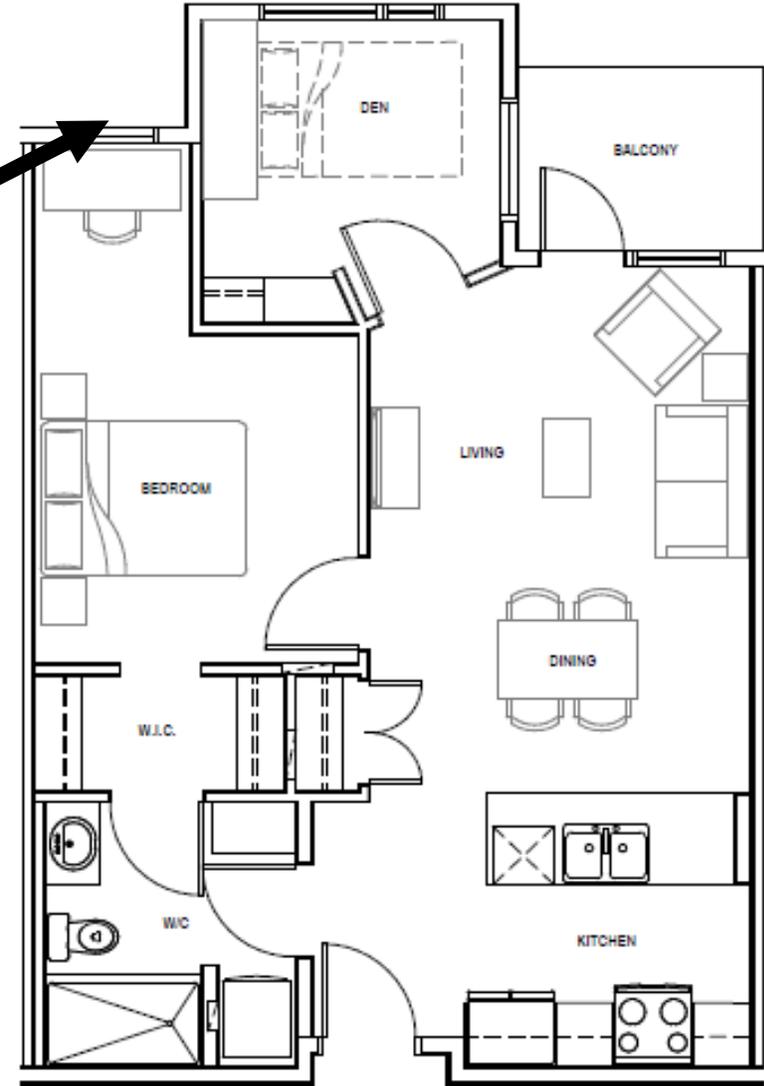
				2nd	3rd	4th	5th
202 North	751 B4			\$ 1,965.00	\$ 2,245.00	\$ 2,245.00	\$ 2,295.00

B4

# Bedroom Room Window



# B4 Bedroom



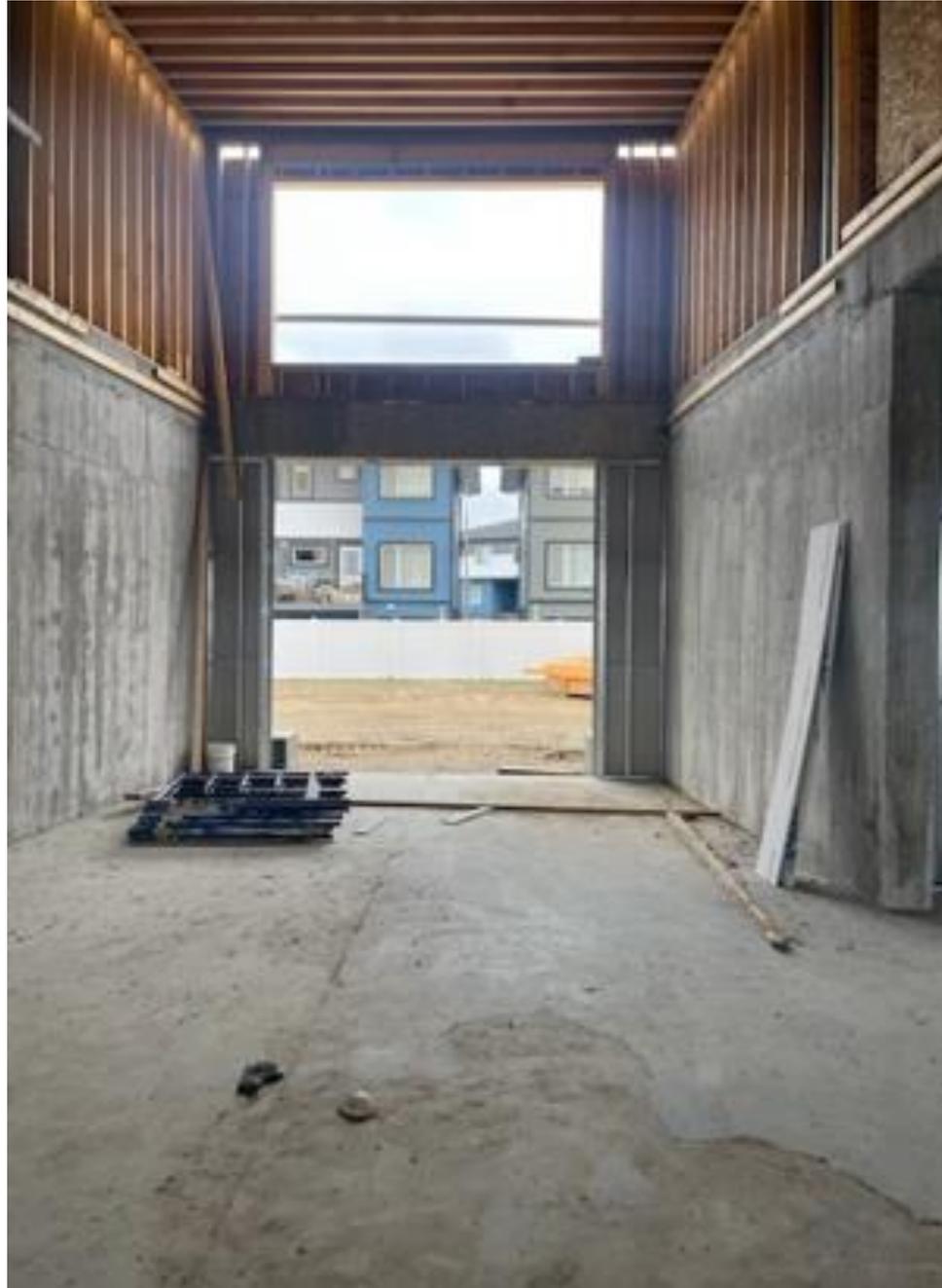
# 2<sup>nd</sup> Floor Patio



# Amenities Windows



# Double Floor Entry



4<sup>th</sup> Floor  
(one floor to go)



# Parkade Painted - Oversized



# Presentation- Ten Common Fears for Seniors



#1 Loss of Freedom and Independence

#2 Loss of memory

#3 Safety and Security fears

#4 Fear of falling and getting hurt

#5 Declining Health

#6 Lack of Money

#7 Loss of Familiar Environment

#8 Not being able to drive

#9 Loss of Personal Dignity

#10 Death of a loved one

# #1 Loss of Freedom and Independence

- Loss of mobility
- Loss of access to visiting family and friends

## • Three Robins Strategy Three Robins Strategy

- Wider hallways
- Grab bars
- Suites designed for walkers and mobility aids
- Resident Volunteer driving program

## #2 Loss of memory

- Hard to find your suite
- Remembering the start time of events
- Can't remember friends names

### • Three Robins Strategy Three Robins Strategy

- Hallway memory markers
- Each Floor painted a different color
- Digital boards throughout the common area
- Internal social media program that is visually orientated

# #3 Safety / Security fears / Getting hurt

- Falling
- Forgetting to lock doors
- Staff and Volunteers on site 24 hr 7 days a week

## • Three Robins Strategy

- Hallways with wall railing
- Video surveillance system
- Emergency call system
- Staff and Volunteers on site 24 hr 7 days a week

# #4 Fear of loneliness

- Three Robins Strategy Three Robins Strategy
- Scheduled recreational events
- Internal portal for reminding residents of impromptu events
- Digital Monitor and TV access to resident's profiles
- Volunteer program
- Lounge areas where people can meet
- Community Clubs
- Special events to invite family and friends
- Special Events at the library

# #5 Declining Health

- Three Robins Strategy Three Robins Strategy
- Home care support – Private and AHS
- Reminders for all medical appointments
- Volunteer transportation available for medical appointments
- General Manager who has access to Points West Nursing staff

# #6 Lack of Money

## • Three Robins Strategy Three Robins Strategy

- Three Robins Room mate program
- All services are ala carte
- Rental rates increase approximately 2.5 to 3% annually (cost of living) not market increases
- Community Pantry
- Share a meal program (pot lucks)

# #7 Loss of Familiar Environment (Moving from your home)

- **Three Robins Strategy Three Robins Strategy**
- Community welcoming program/orientation
- Community mentor program
- Staff coordinates – finding a church, doctor, dentist, audiologist

# #8 Losing License / Not being able to drive



- Three Robins Strategy Three Robins Strategy
- Located downtown
- Volunteer share-a-ride program
- City bus stop (front of building)
- Scheduled prescribed community transpiration program

# #9 Loss of Personal Dignity

- Three Robins Strategy Three Robins Strategy
- In suite Laundry
- Staff and volunteer support
- Home Care counselling and support
- Strong Privacy Program
- Removing stereotypes of the elderly – encouraging multi-generational living
- Increased information for better decision making

# #10 Death of a loved one

- **Three Robins Strategy Three Robins Strategy**
- Grief support – strategies for dealing with grief
- Access to community support – transportation
- On-site counselling program
- End of life ceremonies
- Annual remembrance ceremonies

# Final word on the 10 Common Fears of Seniors



- Under the right circumstances, old age is not something anybody should fear. The problem is that the circumstances of many seniors are far from ideal. Getting old comes with a number of inconvenient complications. This is why seniors fear loneliness, lack of money, ill health and other factors discussed above.
- We believe that communal living is the first step to combat many of the above challenges.
- Our second strategy is building properties that are designed to overcome many of the above challenges.
- Our staff understands aging, we are seniors and enjoy our jobs and we have studied what works and how to create a fun, supportive community.
- Our company has over 3,000 seniors residing in their properties, best practices are shared and implemented.
- We are progressive, we understand that traditionalists are not baby boomers and have spent the time to do the research of what is working in Japan, Western Europe and America.

# Globe & Mail

## July 5, 2024



KERRY GOLD >

VANCOUVER

SPECIAL TO THE GLOBE AND MAIL

PUBLISHED JULY 5, 2024

UPDATED JULY 6, 2024



- 1/3 Renters Are Seniors
- Victoria 40% Renters Edmonton 17%
- 4 Groups

1: Convenience & Flexibility 2: Concern Real Estate Market

3: Want Capital to travel 4: Health Challenges

- Maintaining a home the costs are getting challenging

And the wealthiest boomers are demanding units that are on par with nice condo units, pushing up rents.

Hani Lammam, executive vice-president, Cressey Development Group, said the company just finished a rental building called Century that was designed for the downsizer. The two concrete mid-rises with a bridge connection and quarter acre park is in North Vancouver at 250 E. 15th St. The suites have a Scandinavian look, there's a reception desk with staff, spin classes, social nights, private dining room for gatherings, private office space, workshop to build things, suites for guests, coffee area, huge lounge with pool table.

Leasing starts on Aug. 1.

# Trivia

#1 Recorded his first record at what recording Studio?

#2 What are the names of three other famous singers/musicians recorded there?

#3 What female song writer would not let Elvis Presley record a song she wrote and why?

#4: What was Elvis's first hit record?

#5 What grade did Elvis get on his 8<sup>th</sup> grade music ?

#6 What did Richard Nixon give Elvis Presley?

#7 Elvis memorized every line from this movie that he did not star in..

What main actor in that movie received an Academy award and refused to accept it

#8 How many encores did Elvis give at a concert.....this created what famous Elvis phrase

#9 Before Graceland was Elvis's home what other function did this historic building serve?

#10 In 1960 Elvis earned what? (not money but an official designation)

#11 What two American Presidents was Elvis related to?

#12: What 10 year old actor kicked Elvis in the shin?

#13 At the time of Elvis's death he was reading what book?

# Trivia Answers

#1 Recorded his first record at what recording Studio?

On July 18, 1953, Presley first went to the **Memphis Recording Service** at the **Sun Record Company**, now commonly known as **Sun Studio**. He paid \$3.98 to record the first of two double-sided demo acetates, "My Happiness" and "That's When Your Heartaches Begin".

#2 What are the names of three other famous singers/musicians recorded there?

Jonny Cash, Carl Perkins, Rob Orbison

#3 What female song writer would not let Elvis Presley record a song she wrote and why?

Dolly Parton – Recording rights, Colonel Parker would not let Elvis record a song that Elvis did not have recording rights.

#4: What was Elvis's first hit record?

On January 27, 1956, the **first RCA single**, "Heartbreak Hotel" b/w "I Was the One" was released, giving **Elvis** a nationwide breakthrough. His reputation as a performer on stage was already growing in the same dimensions.

- #5 What grade did Elvis get on his 8<sup>th</sup> grade music ?

C

- #6 What did Richard Nixon give Elvis Presley?



Nixon gave Elvis a **special agent badge** for the Bureau of Narcotics and Dangerous Drugs.

- #7 Elvis memorized every line from this movie that he did not star in..

What main actor in that movie received an Academy award and refused to accept it



Elvis memorized every line from ***Patton***, the movie for which George C. Scott won the Academy Award for best actor and famously refused to accept it.

#8 How many encores did Elvis give at a concert.....this created what famous Elvis phrase

 Elvis Presley **never gave an encore** at his concerts. Instead, the lights would come up and an announcer would say, "Elvis has left the building."

#9 Before Graceland was Elvis's home what other function did this historic building serve?

 The name "Graceland" came with the mansion, from the days when it was **originally used as a church**.

#10 In 1960 Elvis earned what? (not money but an official designation)

 Elvis was first introduced to Karate in the army and earned his first-degree **black belt** in 1960 under Chito-Ryu stylist Hank Slemansky. Later, Elvis trained in a Memphis dojo under Master Kang Rhee, who bestowed upon him a seventh-degree black belt, before Elvis opened his own center, the Tennessee Karate Institute.

• #11 What two American Presidents was Elvis related to?

   Elvis was distantly related to two presidents, **Abraham Lincoln and Jimmy Carter**. Genealogists discovered that the great-great-grandfather of our 16th President, Abe Lincoln, was Isaiah Harrison, an ancestor to Elvis. The 39th President, Jimmy Carter is a 6th cousin, once removed from Elvis.

#12: What 10 year old actor kicked Elvis in the shin?

 **Kurt Russell** made his film debut at age 10 when he kicked Elvis in the shin in *It Happened at the World's Fair*

#13 At the time of Elvis's death he was reading what book?

 At the time of his death, Elvis was reading ***The Scientific Search for the Face of Jesus*** by Frank O. Adams