

SILVERA TIMES

FEBRUARY 2022 ISSUE

A Fire Safety Plan helps us respond efficiently in the event of a fire

You may have noticed new white steel boxes being installed at our community buildings. These boxes house our Fire Safety Plan, a requirement of the Alberta Fire Code. There is valuable information in the plan that will help employees respond in the event of an actual fire.

Reminders for residents during a fire alarm:

- Remain where you are (in your suites or common area) until directed to evacuate by Calgary Fire Department personnel
- Never use the elevators during an alarm, whether an actual fire or a drill

A new line of dinnerware is helping Silvera residents with dementia, sight loss and dexterity issues

Studies show that people living with memory or sight loss can have difficulty distinguishing contrast. Starting with residents in Silvera's early stage memory care program at Beaverdam, we're introducing dinnerware with these specific challenges in mind.

A well-known study from Boston University found Alzheimer's patients using red plates consumed 24 percent more food and 84 percent more liquid than those using white plates. High-contrast colours help users distinguish food from tableware and stimulate appetite. Our new plates have a blue rim for colour and contrast and deeper rims to assist with picking up food from the

plate. Coffee mugs offer a wider finger grip and water glasses have an added rim for grip and ease of use.

This type of dinnerware helps residents to continue to eat independently and helps make for a more dignified and enjoyable dining experience.

Shown here is a beautiful New Year's Day lobster lunch served on the new plates.



We look forward to introducing the new dinnerware in Aspen and some of our other Enhanced Services communities in the next few months.

Aspen resident Michael Begg recognized Robbie Burns Day in January

Michael shared some of the history of the celebration with fellow residents and employees and talked about his continued involvement with the St. Andrews Society and the Royal Scottish Country Dance Society.

Robbie Burns Day is a Scottish national holiday celebrating the life and work of Robert Burns, a world-renowned Scottish poet. Burns Night, celebrated on January 25, often features a Burns supper, which usually includes haggis. Michael certainly looked forward to enjoying this Scottish dish on Robbie Burns Day.

Thank you, Michael, for sharing this tradition with your Silvera community!



Wrapping Up Stockings for Seniors

Through the generosity and support of our 2021 Stockings for Seniors campaign, we were able to collect more than 800 stockings - enough for every resident in our Enhanced Services communities. We are grateful for the support of our wonderful friends, the Calgary Canucks Jr. A Team as well as every individual who packed stockings, ensured stockings were delivered to residents, and all those who donated to our campaign this year.



ENMAX brought the Christmas cheer



Aspen residents said a big thank you to ENMAX volunteer crews for the beautiful holiday light displays.

ENMAX brought bucket trucks to install holiday lights at ten Silvera communities this past Christmas season. Our residents, employees and neighbours appreciate it so much!

Employees and residents had a bit of fun with 2.2.22

February 2 is generally known as Groundhog Day. And while Balzac Billy may have predicted six more weeks of winter, Feb. 2 was also a significant date this year because of the sequence of numbers: 2.2.22. It only happens once each century!

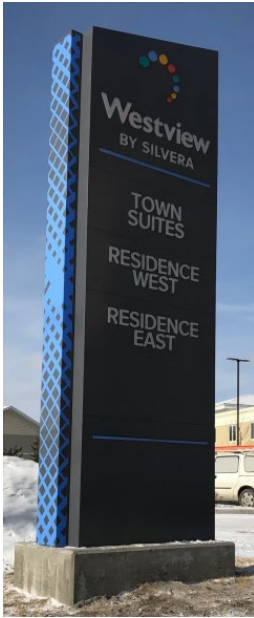


Check out a few of our employees and residents having fun with Tu-Tu Day.



Two new Silvera residences opening this spring

We continue making headway on two exciting additions to Silvera's portfolio of properties opening this spring!



In Glamorgan, Westview Residence West is opening in April. Located next to our Enhanced Services community, Westview Town Suites, this sparkling new independent living building will contain 82 one- and two-bedroom apartments. Residents may access amenities, services and dining options next door at Westview Town Suites. Westview Residence West offers two unique housing programs, 20% below market rental rates and well priced active adult living. Westview Residence East, a sister building, will begin construction this fall.



In April, Gilchrist, a new enhanced service community located in the northeast community of Pineridge, will start welcoming its first residents, including residents currently living at Confederations Park, which is closing this spring. This new community is located adjacent to our Gilchrist Manor and Gilchrist Gardens independent living communities.



Gilchrist features 114 apartments, multi-purpose rooms, a dining room with vaulted ceiling, hair salon, corner store, grab-and-go bistro, multiple outdoor balconies, patios, and a heated underground parkade. The entire building is rent-geared-to-income (meaning rental rates are based on 30% of gross income).

To learn more about these communities, contact our Community Living team at communityliving@silvera.ca or 403-567-5301.