

Presenting The Art of Living Well



This summer, a six-storey retirement residence will begin to rise on the shores of Kenny's Pond. When it's completed, in the summer of 2008, it will offer a new way of living for seniors—one that can be tailored to their dreams and their needs.



"The philosophy is that Kenny's Pond should feel like your home," says Bennink. "Residents can express their individual styles in their suites, while using the residence's facilities to extend their lifestyle and socializing options. We want people to feel as if their home extends beyond their individual front doors."

That's why, for example, lifestyle choices extends into the dining room. There will always be options to choose from at each meal, and residents who entertain will have the choice of bringing their guests to the main dining room, or to a smaller, private room. Meals can be taken with wine. "There is even an activity room with a full kitchen," adds Bennink, "for times when residents may want to cook a special dinner or do some Christmas baking."



Assisted Living

The second floor at Kenny's Pond Retirement Residence will be dedicated to assisted-living suites. The floor will be overseen 24 hours a day by registered staff who can administer a variety of health-care services. The assisted-living package includes suite rental fees and health-care services that the residence is equipped to provide, including daily housekeeping, personal laundry, administration of medications, and personal care.



The floor has its own dining room and, as elsewhere in the residence, tray-service is available by request to anyone who is feeling unwell. Residents can also enjoy the therapeutic tub—its jets provide a gentle massage that is soothing for anyone with arthritis or circulatory problems.

All residents can take advantage of the visiting physician, or continue to consult their own doctors.

Warm and Knowledgeable Staff

Kenny's Pond will be managed with an eye to local flavour and service. "It's important to us that we support local business, hire local people," says Bennink. A native of Trinity Bay herself, Bennink (née Jacobs) is a graduate of the General Hospital Nursing Program.

"I'm delighted to be returning home to manage Kenny's Pond Retirement Residence," she says. The "aging in place" concept Bennink will oversee is the culmination of her 20-plus years of experience in the seniors housing industry in Canada and the United States. "I also know how important it is that the residence is integrated into the local business and community. I'm looking forward to helping make that happen."

How You Can Learn More

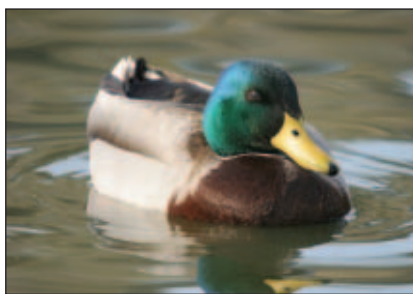
Construction of Kenny's Pond Retirement Residence is scheduled to begin mid-summer, 2007; completion is scheduled for the summer of 2008.

Doreen Bennink is the contact person, for all who are interested in learning more about this new facility. You can reach her at (709) 738-1611, by e-mail at doreen@kennyspondresidence.com, or see the web site: www.kennyspondresidence.com



BUILT BY EXPERIENCE

Kenny's Pond Retirement residence is a project of Reichmann Seniors Housing Development Corp. Lead architect David Watkins, whose practice is based in Calgary, has been providing architectural services to clients throughout Canada, the United States, and the U.K. since 1979. The firm has an established base of private, corporate, and public-sector clients. Associate Architects Sheppard Case is an award-winning St. John's-based firm. They are partnering in design development, and are responsible for the design-team management and construction documents, and supervising construction. According to Chris Samson, partner and project manager, the project will be tendered in summer, 2007, and built over a 12-month period.



KENNY'S POND RETIREMENT RESIDENCE will accommodate 122 independent and assisted-living suites in studio, one-, and two-bedroom layouts. What will make it unique, however, is the range of amenities and programs that will be offered, and the flexibility every resident will have to make the health and lifestyle choices they want.

Among its attractions, the building will include a full-service dining room that overlooks the pond (with maitre d' and menu choices) and a smaller, private dining room for dinner parties, a library with regular, large-print, and audio books, as well as an internet lounge. In addition, there will be a woodworking shop, a games room with pool table, a movie theatre with an old-fashioned popcorn maker, a café/lounge, a horticultural area, an exercise room with equipment designed for seniors, a beauty salon/barber shop, and a small convenience store. A range of wellness and recreational programs will be regularly available—from tai chi/yoga classes to hearing-aid clinics. Shopping and cultural excursions will be offered with transportation provided by the residence's own air-conditioned coach.

A full slate of service options accompany the broad spectrum of amenities. "What's most important to us is that people can shape how they want to live—from the activities they do, to who assists them with their health care," says Doreen Bennink, who is overseeing the project. "And, if a time comes when they need more services than can be safely provided for them in an independent suite, we will have a full floor of assisted-living suites with 24-hour registered professionals on staff."

One of the great benefits of this arrangement is that when residents move into Kenny's Pond Retirement Residence, they will do so knowing that they may never have to leave. "The philosophy is called aging in place," says Bennink. "It gives great peace of mind to residents and their families, and it underpins how the facility and its services are designed. We want to be as flexible as possible, to make it easy for people to shape how they live, and how they are cared for."

Another key emphasis at Kenny's Pond will be safety. Residents can use the nurse-call system to get help no matter where they are in the building. There is full-time maintenance staff and, in addition to requirements such as the built-in sprinkler system, there is a generator to supply electricity should a power outage occur.

Flexible Custom Arrangements

Here's what "flexibility" means when it comes to the cost of living at Kenny's Pond Retirement Residence. Every resident pays an accommodation fee that covers suite rental, three meals and snacks a day, housekeeping service, linen and towel laundry, building and suite maintenance, and basic utilities.

Access to all facilities—from the library or the full-service kitchen in the multi-purpose room, to the sixth floor look-out lounge with its panoramic view—is part of the basic package. So, too, are many of the programs the facility will run, such as the use of the chauffeured coach and the in-house wellness and activity programs. Prices start at \$2,300 a month, based on the size and location of each resident's suite.

Additional arrangements—particularly for health-care needs—can be customized. The residence will provide a number of fee-for-service options, or you can make your own arrangements. For example, if families wish to take care of (or supplement) in-home care, rather than have it done through the residence's fee-for-service program, they are free to make those arrangements. Or if a resident would like to hire a caregiver to live in the second bedroom of their suite, they can do so.

"What we do is sit down with you or your family, review what we can offer, and build a package that takes into account your needs," explains Bennink.

"What's most important to us is that people can shape how they want to live—from the activities they will do to who helps with their health care"

"Together we can combine the services we are able to offer with those that you can or want to supply yourself. We want the arrangements to be easy, and flexible—and to give people the freedom to make their own plans. Their package can evolve, too, if the need arises. The bottom line is that everyone in the residence is safe, healthy, and happy."

Room for Style

Individuality is not only the hallmark of the package of care and services residents can create. It can also be reflected through the décor of each individual suite.

To begin with, the design framework has been carefully and tastefully created (see the information on the building's architects, at right). The suites, for example, feature opening windows with deep sills that are wide enough for plants, decorative accents, or simply leaning on to enjoy the view. Each bright suite has a kitchenette, many have a walk-in closet, and all are provided with curtains and carpeting.

Residents then add their own décor and furniture to transform their suite into their home. Wall colours can be changed to suit individual preferences, and residents can bring and use the furnishings they prefer—whether it's the family china cabinet, favourite dishes, artwork, or treasured antiques.

