



Summit Heights

Retirement Residence™





EVERY MEMBER OF OUR TEAM IS:

- Friendly
- Memory Care Trained
- Dedicated
- Compassionate
- Caring
- Professional

Welcome to Summit Heights located on Rymal Road East in the Summit Park area of Hamilton Mountain. Featuring a mix of lifestyle options ranging from independent living suites to nursing supported care suites, this luxury community has been created to ensure that our residents maintain ongoing quality of life throughout the years. With a person-centered philosophy identifying each resident's unique attributes, values and history, it is our goal to maximize individualized levels of services and programs as part of the Age-in-Place living at this beautiful neighbourhood.

The Summit Heights designers have crafted an ultra-modern Independent Living space designed to exceed expectations on a daily basis. Living in a community that is safe, familiar and comfortable is important to everyone. As part of the All Seniors Care family, where caring is our number one concern, just ask and we'll be happy to ensure that all needs or requests are supported to the highest possible standard.

*Architectural Renderings for
Illustration Purposes Only.

**ENJOY
AGE-IN-PLACE
LIVING**

- Independent Living
- Assisted Living
- Secure Memory Care Living

Specialized Amenities

FOR YOUR COMFORT

- Private Alcove Style and Couple Suites with
 - Personal Bathrooms
 - Bed Sitting Area
- Enhanced Safety Feature in all Suites
 - Emergency Call Systems
 - Sprinkler Systems and Smoke Detectors
 - Wheelchair Accessibility
 - Bathroom Grab Rails

FOR YOUR PEACE OF MIND

- Secure Building
- 24 Hour Staff
- Nursing Supervision
- House Physician
- Quality Of Life Approach (QOLA)
- Warm and Caring Staff
- Care in the Comfort of Your Own Suite
 - Personalized Care Plan
 - Regular Monitoring
 - Personal Grooming

FOR YOUR DINING PLEASURE

- Beautifully Appointed Dining Room on Each Floor
- Dietary Needs Accommodated
- Delicious, healthy meals and Snacks prepared daily by our in-house Red Seal Certified Chef & Culinary team

FOR YOUR ENJOYMENT

- Outdoor Patio
- Tranquil Library with Internet Lounge
- Activity Room on Each Floor
- Common Living Room on Each Floor
- Movie Theatre
- Hair Salon

* some details are subject to change



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Health and Wellness Program

We are committed to delivering unique, specialized care through a person centered philosophy that focuses on people as individuals each with unique attributes, values and history. Our therapeutic recreational programs are designed to enhance independence, challenge, inspire and entertain. Aging is a gift and our Holistic Approach helps maintain health and well-being in body, mind, and soul through a focus on each individual. Living in a community that is safe, familiar and comfortable is important to everyone. Whether helping new residents adjust, assisting with personal grooming, or going for a walk – our staff members are committed to providing compassionate, high quality care in a supportive family environment.

Every member of our team is
Dedicated • Compassionate
Caring • Professional • Friendly

Activity Programs SAMPLE DAILY SCHEDULE

9:00 AM Daily Neurobic puzzles

9:15 AM Coffee & news

10:00 AM Discussion Group
Remember When

11:15 AM Balloon toss

11:30 AM Helping Hands Lunch
Prep

1:00 PM Nature Documentary:
Blue Planet

2:30 PM Hymn Sing with Father
Antoine

3:30 PM Buddy the puppy visits

4:00 PM Helping Hands Dinner
Prep

6:30 PM Movie Night: Brooklyn

8:00 PM Evening Walking Club

Supported by QOLA

At All Seniors Care Living Centres we believe that everyone is unique with an individual background and life story. We all have personal experiences that have helped shape us physically, emotionally and spiritually. Through the advanced Quality Of Life Approach (QOLA) assessment process we gather an in-depth evaluation of each resident's individual needs. We learn about your favourite activities, spiritual needs, dietary restrictions and health concerns. This comprehensive approach ensures our staff are fully prepared to provide the care and services required to help residents thrive and enjoy living in our beautiful residences throughout the years.

QOLA FOR RED & PATTY



Red and Patty are moving in this week. Red's legal name is Edward, but with a smile will tell you: "only my teachers called me that, my friends call me Red". Happily married for 49 years they are hosting their 50th anniversary celebration in the Bistro Lounge with family and friends on September 1st. Red encouraged Patty to make the move so they could settle into their new home, continue enjoying their retirement years and not worry about cooking or cleaning.

Patty loves to sing, Red plays poker on Thursday nights and both enjoy going to the Opera with friends each month. Patty, a vegetarian, likes to stick to a healthy diet while Red loves his meats (and sweets) but due to a recent health scare needs to change his eating habits a bit. Lately, however, Red has noticed that Patty is starting to become more and more forgetful; misplacing important items, forgetting weekly hair appointments and she left the stove top on last week.

All Seniors Care Living Centres, a leader in Memory Care, utilizes an advanced Quality Of Life Approach (QOLA). Using QOLA™ to complete regular, comprehensive assessment updates with every resident allows us to identify changing health and dietary concerns and then adjust support plans accordingly. Through this assistance residents thrive and enjoy life throughout the years in our beautiful communities. Red and Patty have themselves well positioned to Age-In-Place comfortably together in their new home.



Dining Room

Quality service and warm ambience make dining a pleasure in our full service dining room. Our culinary teams carefully plan our menus to help ensure you enjoy delicious, nutritiously balanced meals every day. Whether enjoying your meal in our fine dining room or using the tray service in your suite your dining experience is our top priority. Family and friends are always welcome to join you in the private dining room. Family and friends are always welcome to join you in the private dining room.

- Supervised Community Dining Rooms
- Special Diets Support
- Caregiver Assistance with Meals
- “Always Available” Menus

Healthy Dining



BREAKFAST
EGGS BENEDICT

Breakfast

Get your morning started right with a healthy, hearty breakfast in our beautiful dining room. Breakfast selections include your choice of Eggs, Bacon, Sausages, Fresh Fruit with Yogurt and variety of Toasts and Jams.



LUNCH
STEAK SANDWICH

Lunch

Made from scratch using fresh ingredients, your mid-day meal is served up with a smile in our dining room. Perfect whether you only have time for a quick lunch break or want to relax and enjoy a more leisurely meal with friends. Soups change every day and are a great way to start your meal followed by your choice of daily menus offering great flavour and variety including our special A La Carte menu.



DINNER
LOBSTER

Dinner

Every evening is special when enjoying dinner service in our lovely dining room. The menu changes every day and with the selection of featured entrees or A La Carte specials, choosing may be difficult but your satisfaction will be there.



DESSERT
CREME BRULÉE

Desserts

Our Desserts are delicious, healthy, often a little decadent and change every day. Ice cream is always an option.



Suite Selection

At Summit Heights Retirement Residence™ we offer all the services you need to relax comfortably knowing a helping hand is nearby when needed. Beautifully designed and all-private, the Alcove or Couple Suites are filled with natural light and come complete with a four-piece bathroom and comfortable sitting area. These elegant and comfortable suites are equipped with ultra-modern safety features and conveniences.

Variety of spacious and accessible suites

Each suite includes:

- Sprinkler system and smoke detectors
- Easy-To-Use emergency call systems

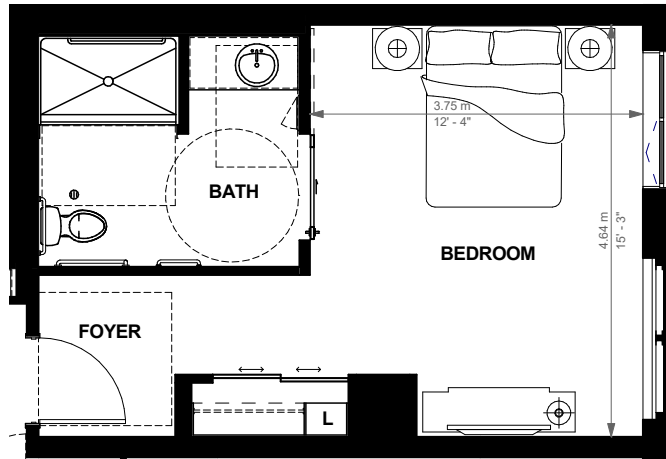
Private Alcove Style and Couple Suites with

- Personal Bathrooms
- Wheelchair Accessibility
- Bed Sitting Area
- Bathroom Grab Rails

Our Suites

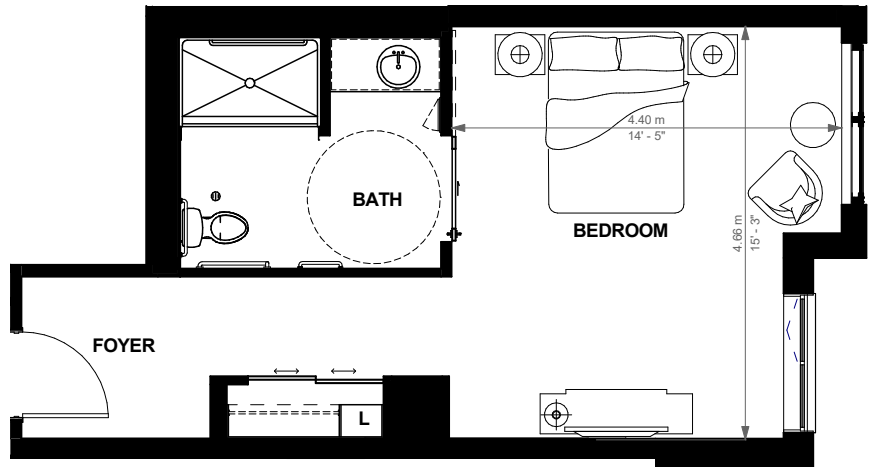
ALCOVE 1

425 sq. ft.



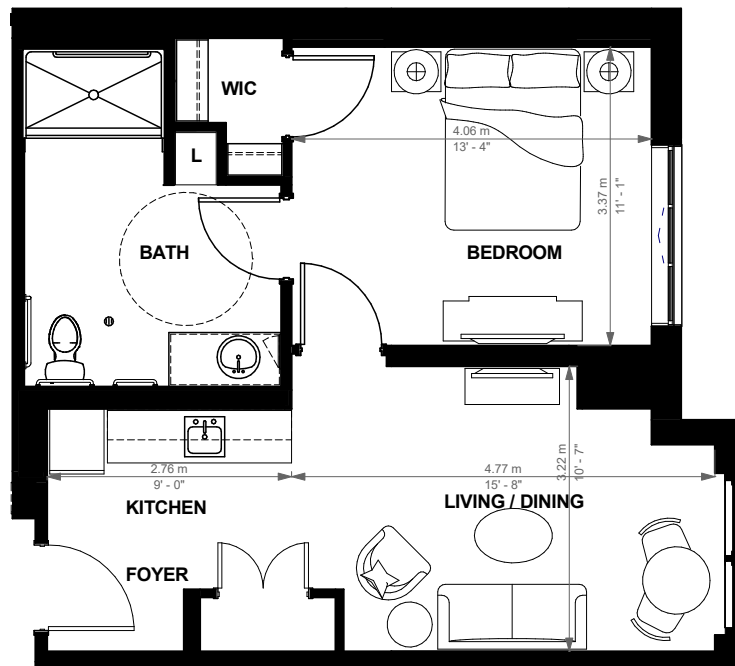
ALCOVE 2

450 sq. ft.



COUPLES SUITE

610 sq. ft.



Monthly Inclusive Rates

When making the decision to move to an retirement residence, it is important to understand which services are included in your monthly rate. When you compare the cost of living in your house or apartment to the inclusive cost at Summit Heights Retirement Residence™, it's easy to see why living here saves time, money and effort.

Alcove Suites

Couple Suites

2nd person in any suite

	WHAT I CURRENTLY PAY	MY COST AT SUMMIT HEIGHTS
Mortgage and Rent		<i>Included</i>
Enhanced Care Services		<i>Included</i>
Property Taxes		<i>Included</i>
House Insurance		<i>Included**</i>
Utilities (Gas, water, electricity)		<i>Included</i>
Building Repairs & Maintenance		<i>Included</i>
Lawn & Garden Maintenance		<i>Included</i>
Security		<i>Included</i>
Laundry		<i>Included</i>
Housekeeping		<i>Included</i>
Entertainment (Recreational and social activities)		<i>Included</i>
Gym Pass		<i>Included</i>
Transportation		<i>Included</i>
Groceries / Meals (Breakfast, Lunch, and Dinner)		<i>Included</i>
Total Monthly Cost	\$	\$

*All rates include the use of amenities, services, breakfast, lunch, and dinner daily. May be subject to change.

** Tenant insurance package for contents is required by all tenants.



Our Care Services

All Assisted & Memory Care Living residents are entitled to an extensive package of care services included in their monthly inclusive rate, including:

Assistance with:

- ☐ Bath or Shower (1 per week)
- ☐ Feeding
- ☐ Dressing
- ☐ Transfers
(including use of Lifts)

Continence Care

- ☐ Toileting Routines
- ☐ Changing Products
(excludes cost of products)

Accompaniment to and from:

- ☐ Dining room
- ☐ Living Room
- ☐ Activity Room

Monitoring of Resident Well-Being:

- ☐ Regular safety checks
(if applicable)
- ☐ Nightly Check (If applicable)

Access to On-Site Professional Services:

- ☐ Physician
- ☐ Nursing
- ☐ Pharmacy
- ☐ Medication Administration

Additional Services:

- ☐ Weekly Housekeeping and Laundry
- ☐ Emergency Resident to Staff Call Systems in Each Suite
- ☐ Meal Delivery to Suite in Cases of Illness

Ease of access to additional care services on a fee-for-service basis

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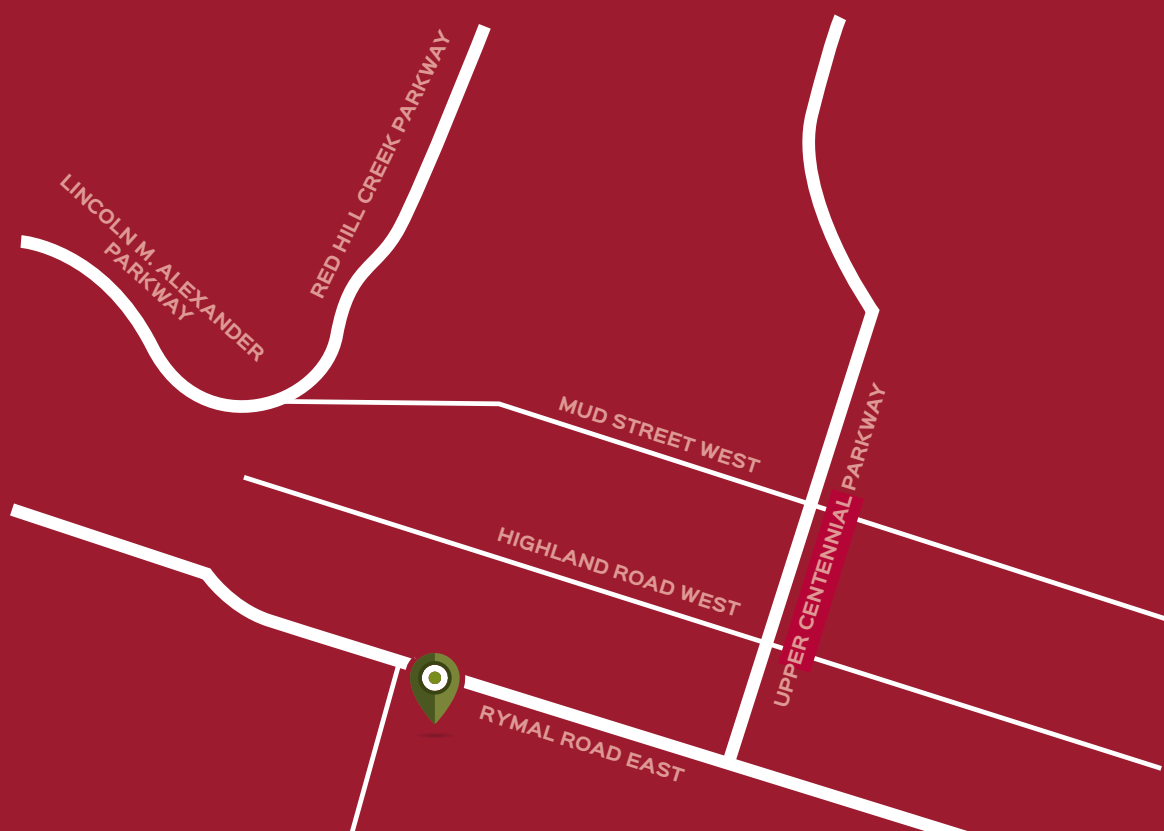
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