

# Welcome Home

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**Parkland at the Lakes**  
Dartmouth, Nova Scotia



**Parkland**<sup>™</sup>  
RETIREMENT LIVING  

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AT THE LAKES

# Table of Contents

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<b>Our Story</b> .....	<b>2</b>
<b>Service Excellence</b> .....	<b>2</b>
<b>Your Community</b> .....	<b>3</b>
<b>Life at Parkland at the Lakes</b> .....	<b>4</b>
<b>What's Included?</b> .....	<b>5</b>
<b>Exclusive Services and Amenities</b> .....	<b>6</b>
<b>Your Dining Experience</b> .....	<b>7</b>
<b>Your Health and Wellness</b> .....	<b>9</b>
<b>The Parkland Promise™</b> .....	<b>10</b>

Visit [experienceparkland.com/atthelakes](https://experienceparkland.com/atthelakes) or call **902-405-7275** to learn more.

## Want to Stay Connected?

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Sign up for our monthly newsletter to receive updates on life at Parkland!



Scan the QR code or  
visit [experienceparkland.com/sign-up](https://experienceparkland.com/sign-up)

# Our Story

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For more than 30 years, Shannex has been a trusted provider of senior accommodations, services and care in Atlantic Canada. What started as a single location in Cape Breton has grown to include more than 45 communities across Nova Scotia, New Brunswick and Ontario. To this day, we remain a family-owned company committed to providing exceptional service at every turn.

Each day, our team members are inspired by the residents' continued independence and quality of life. At Parkland at the Lakes, you can do more of what you love in a place you'll be proud to call home.



# Service Excellence

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From our front desk concierge to our in-house culinary team, wellness coaches, hospitality and licensed healthcare professionals, the entire team at Parkland at the Lakes is dedicated to *Leading the Way to Better Living* for those who live, work, and visit our community. Attentive, experienced, and compassionate team members get to know residents as individuals, understanding their interests and preferences, favourite pastimes, health considerations and future goals. As a result, our team delivers a resident experience that exceeds expectations and offers peace of mind. Read more about our *Philosophy of Service* at [experienceparkland.com/ourphilosophy](https://experienceparkland.com/ourphilosophy)

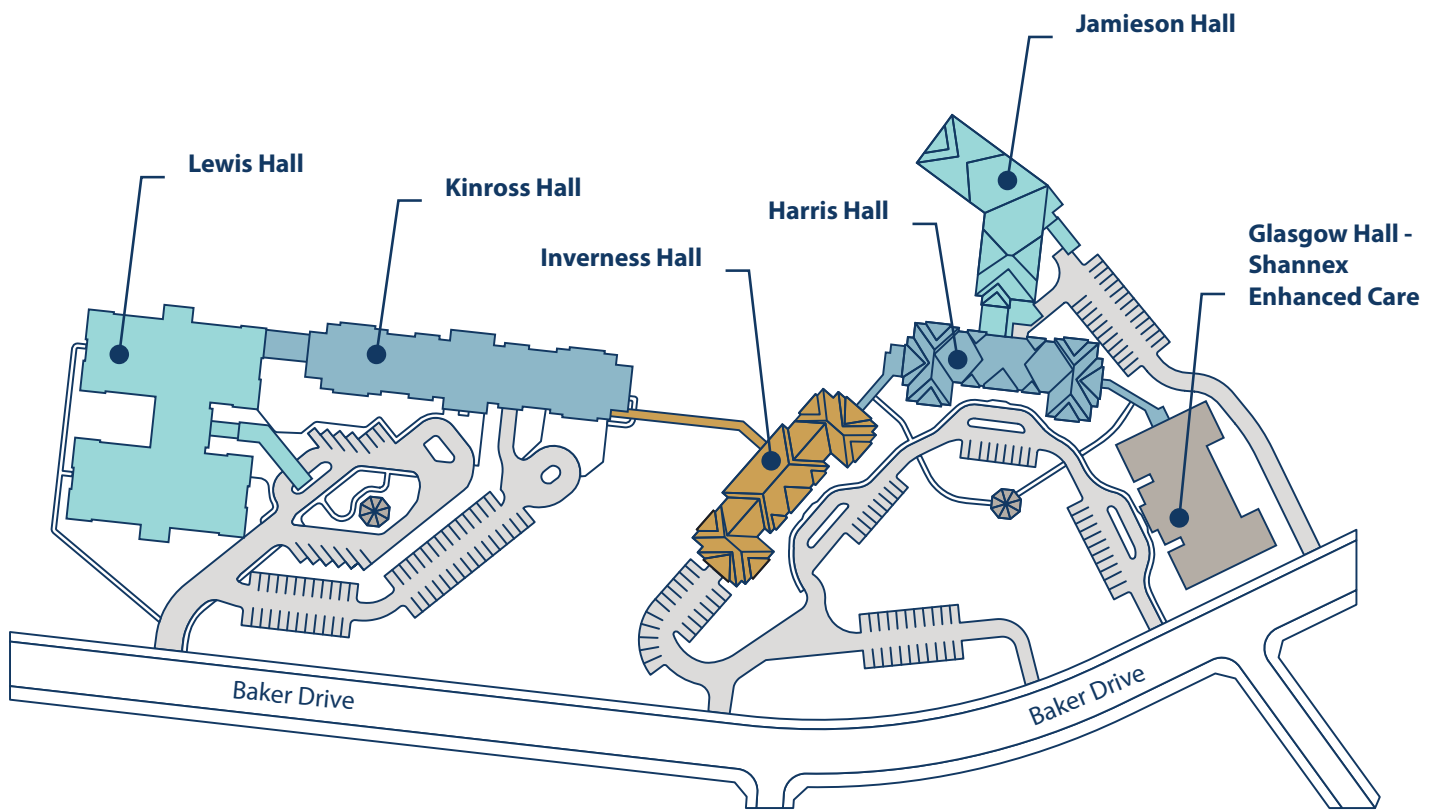


# Your Community

Referred to as the “City of Lakes”, Dartmouth is known for its sense of community. At Parkland at the Lakes, residents continue to feel at home with lifestyle options ranging from Independent Lifestyle suites to All-Inclusive Lifestyle and Supportive Living options.

The Parkland at the Lakes campus is home to Inverness Hall which offers 57 Lifestyle Apartments, Harris Hall with 101 All-Inclusive Lifestyle suites and Kinross Hall with 97 All-Inclusive Lifestyle suites. In addition, Parkland at the Lakes offers Supportive Lifestyle options, including Assisted Living with 42 suites in Jamieson Hall and 18 in Lewis Hall. Lewis Hall also offers 18 Memory Care suites and 36 Enriched Care suites.

Also located on campus is Glasgow Hall, a 72-bed licensed Nursing Home operated by Shannex Enhanced Care.



## Lifestyle Apartments

Inverness Hall - 57 suites

## All-Inclusive Lifestyle

Harris Hall - 101 suites  
Kinross Hall - 97 suites

## Supportive Lifestyle

### Assisted Living

Jamieson Hall - 42 suites  
Lewis Hall - 18 suites

### Memory Care:

Lewis Hall - 18 suites

### Enriched Care:

Lewis Hall - 36 suites

# Life at Parkland at the Lakes

At Parkland at the Lakes, residents live life to the fullest and can often be found taking part in daily social programming, dining with delicious meals prepared by our in-house culinary team or enjoying the many on-site amenities and services including the heated, indoor pool, movie theatre, bowling alley, shuttle service, fitness centre, flower gardens and more. Whether relaxing in the comfort of your beautifully designed private suite or in one of our modern lounges, Parkland is a place where family is always welcome and where neighbours become friends.

Our full continuum of lifestyle options is designed so that residents can access increasing levels of services and support as their needs or preferences change over time.



## Lifestyle Apartments

Lifestyle Apartments are private, spacious and beautifully designed for independent, active seniors looking to enjoy a carefree lifestyle with access to amenities and the option to add service packages for chef-prepared meals, housekeeping and more.



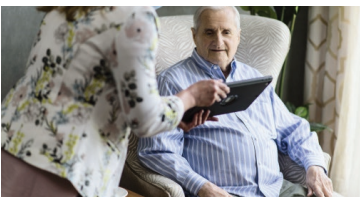
## All-Inclusive Lifestyle

Designed for seniors who enjoy the benefits of a carefree lifestyle. Residents enjoy meals, housekeeping and linen service, access to daily wellness programming, and the option to add flexible packages for services and supports as needed.



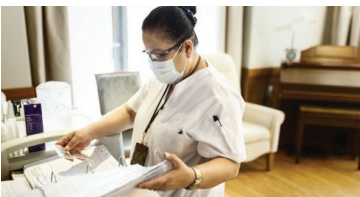
## Assisted Living

A uniquely designed option for older adults who require light to moderate assistance. Includes meals, housekeeping, laundry, assistance with activities of daily living, accessible design, medication management and wellness programming.



## Memory Care

Designed to support residents living with Alzheimer's disease or dementia, including assistance with activities of daily living, meals, medication administration and full laundry and housekeeping services.



## Enriched Care

Enriched Care is a thoughtfully designed option for older adults who require full support with the activities of daily living such as eating, dressing, mobility and personal care. Residents have access to professional nursing services in a secure, home-like environment.

**Retirement living at Parkland costs less than you think**

Compare your costs at [experienceparkland.com/cost-calculator](https://experienceparkland.com/cost-calculator)



# What's Included?

	Independent Lifestyle		Supportive Lifestyle		
	Lifestyle Apartments	All-Inclusive Lifestyle	Assisted Living	Memory Care	Enriched Care
<b>Utilities &amp; Technology</b>					
Basic Communications Services: Cable & Local Phone	✓	✓	✓	✓	✓
Heat, Water & Electricity/Hydro	✓	✓	✓	✓	✓
<b>Services</b>					
Concierge Services	✓	✓	✓	✓	✓
Transportation Services	à-la-carte	✓	✓	✓	✓
Weekly Housekeeping	à-la-carte	✓	✓	✓	✓
Towel & Linen Services	à-la-carte	✓	✓	✓	✓
2-3 Daily Meals	à-la-carte	✓	✓	✓	✓
Personal Laundry	à-la-carte	à-la-carte	✓	✓	✓
<b>Care</b>					
24/7 Health Staff On-site	–	–	✓	✓	✓
24/7 Emergency Response	✓	✓	✓	✓	✓
Medication Administration	à-la-carte	à-la-carte	✓	✓	✓
Support with Activities of Daily Living	–	–	✓	✓	✓
Specialized Memory Care Program	–	–	–	✓	✓
<b>Wellness</b>					
Access to on-site amenities	✓	✓	✓	✓	✓
Harmony Wellness Program	✓	✓	✓	✓	✓
Events (social, recreation)	✓	✓	✓	✓	✓
Gym & fitness classes	✓	✓	✓	✓	✓
<b>Building &amp; Design Features</b>					
Secure Access Building	✓	✓	✓	✓	✓
Outdoor Guest Parking	✓	✓	✓	✓	✓
Secure neighbourhood	–	–	✓	✓	✓

# Exclusive Services and Amenities



## Building Services

- Weekly housekeeping
- Towel and linen laundry service
- Front desk concierge service
- In-suite WiFi (\$)
- Courtesy shuttle service
- Specialized care services available

## Building Amenities

- Doctor's office and wellness clinic
- Heated, indoor AquaFit pool
- Bowling alley
- Spa with hair, manicure and pedicure stations
- Multipurpose room
- Movie theatre equipped with theatre-style seating
- Piano lounge
- Fitness centre
- TV lounge
- Heated underground parking
- High-quality tempered air ventilation system
- Extra-large elevators



## Outdoor Amenities

- Beautifully landscaped gardens and gazebo
- Outdoor patio
- Personal gardens with raised garden beds

## Safety & Security

- 24-hour monitored, interactive personal emergency response system
- Support handrails in elevators and hallways
- Secure community with 24-hour staffing and security cameras providing peace of mind
- State-of-the-art fire alarm and sprinkler system with in-suite smoke detectors
- All campus buildings connected by pedways with controlled access
- Generator for full back-up emergency power
- Smoke-free environment



# Your Dining Experience

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Dining at Parkland at the Lakes is always a social occasion. Whether sharing a table with neighbours, friends or visiting family, residents enjoy a restaurant-style dining environment that consistently delivers on taste, service and atmosphere. Each week, our certified culinary team design a seasonally themed menu inspired by residents and the surrounding community, using local products whenever possible to deliver a variety of quality and nutritious meals—including unique specials served daily.

And while our food is delicious, what sets us apart is our commitment to service excellence and helping every resident feel at home. Our culinary team will get to know you by name and take the time to understand your likes and dislikes, as well as special dietary restrictions and preferences. For special occasions, residents are invited to reserve our private dining room for hosting guests at an event catered by our culinary team.

At Parkland at the Lakes, you can sit where you like and dine with confidence knowing our team delivers choice, selection, flavour and service with pride.

## Appetizers

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### Parkland Seafood Chowder

Digby scallops, grilled shrimp, Nova Scotia haddock simmered in a savory potato cream sauce

### Poached Pear & Blue Cheese Salad

Poached pear, salad greens, crumbled blue cheese, toasted walnuts, mandarin oranges all lightly tossed in a citrus vinaigrette

### Potato & Cheddar Perogies

Pan-fried and served with house-made sauerkraut and fresh sour cream

## Desserts

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### Lemon Curd Torte

Finished with stewed raspberries and fresh cream

### Orange Ginger Donuts

Bite-sized donuts made to order and served with caramel dipping sauce

### Tiramisu

Layers of fresh mascarpone custard with rum and coffee-soaked ladyfingers finished with whipped cream

## Mains

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### Pan-Seared Sea Scallops

Tender scallops lightly seared and served with lemon dill risotto

### Grilled Rosemary Balsamic Flat Iron Steak

Marinated tender and juicy steak grilled to perfection and finished with a balsamic reduction

### Chicken Marsala

Pan-seared then simmered in a rich wine and cremini mushroom sauce, served with parsley buttered angel hair pasta





# Your Health and Wellness

At Parkland at the Lakes, wellness plays an important part in resident quality of life. Our signature Harmony Wellness Program supports six dimensions of wellness: emotional, intellectual, physical, social, spiritual and vocational. Every new resident is invited to meet with Parkland’s Wellness Coach who creates a monthly calendar of on-and-off campus activities that reflect the community, season, special occasions and resident interests. Events are led by team members, external partners and residents who bring a wealth of talent as experienced artists, golfers, musicians and writers.

At Parkland at the Lakes, you’ll have the time to do more of what you love. Here are two sample calendars featuring our valued residents.



Learn more at [experienceparkland.com/harmony](http://experienceparkland.com/harmony)



**Debbie is a health enthusiast and is learning to paint**

- 10:00 a.m. ● Yoga Class
- 11:30 a.m. ● Book Club
- 1:30 p.m. ● Cribbage Tournament
- 3:30 p.m. ● Zumba Gold
- 7:00 p.m. ● Paint Night



**Harold spends a great amount of his time outdoors or catching up with friends**

- 10:30 a.m. ● Walking Club
- 11:30 a.m. ● Gardening Club
- 1:00 p.m. ● Trivia Contest
- 2:30 p.m. ● Thai Chi Class
- 7:30 p.m. ● Movie Night

# The Parkland Promise™

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The Parkland Promise™ provides peace of mind knowing every detail has been considered to ensure your continued satisfaction and quality of life. This is your home and our team is proud to work where you live. Our lifestyle options, amenities, programs and services combine to make Parkland a place where you can live your best life.



## Residents First

Resident feedback constantly guides and inspires our team. From the design of our communities to the menus, services and programs, Parkland's team works to ensure our offerings reflect resident preferences. Team members are committed to being compassionate, honest, professional and safe while delivering exceptional service at every turn. Learn more about our *Philosophy of Service* at [experienceparkland.com/ourphilosophy](https://experienceparkland.com/ourphilosophy)



## Money Back Guarantee\*

Resident wellbeing, happiness and quality of life is at the centre of all we do. From your first visit to the day you sign a lease, our team works to understand your lifestyle, needs and preferences. We are so confident in our process to help you get settled, familiar and connected with life at Parkland that we offer a 30-day Money Back Guarantee. Residents who are less than satisfied will receive one month's suite rental in full.



## One Monthly Bill

To help you spend more time doing what you love and less time managing multiple utility providers, Parkland offers a single monthly bill outlining your selected lifestyle option costs (heat, hot water, electricity, local phone, basic cable and common area Wi-Fi are included), plus a detailed account of any additional services you purchase.



## No Long-Term Contracts

Our team understands the challenges of long-term contracts, especially year-long leases for seniors who may be faced with an unexpected need to relocate. At Parkland, your peace of mind is our first priority, which is why we only require a calendar month's notice when you choose to leave our community.



## Priority Access

At Parkland, our Continuum of Service is designed so you can access increasing levels of support as your needs change over time. When you or a loved one needs to access a lifestyle option with more services or care, you can rest easy knowing Parkland residents have priority access—regardless of the size of the wait list from the external community.



View the Parkland Promise at  
[experienceparkland.com/promise](https://experienceparkland.com/promise)

\*A resident must stay at Parkland at the Lakes for at least 90 days in order to qualify for the Money-Back Guarantee (does not apply to Short Term Stay, Memory Care and Enriched Care). While monthly rents are HST exempt, HST charges may apply to select à-la-carte services. For full details and exceptions, please visit [experienceparkland.com/promise](https://experienceparkland.com/promise) or contact your Lifestyle Consultant.

# Notes

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