

Welcome Home

Parkland Cape Breton
Sydney, Nova Scotia



Parkland[™]
RETIREMENT LIVING
CAPE BRETON

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Visit experienceparkland.com/capebreton or call **902-270-7275** to learn more.

Want to Stay Connected?

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



Scan the QR code or
visit experienceparkland.com/sign-up

Our Story

For more than 35 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 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 Cape Breton, you can do more of what you love in a place you'll be proud to call home.



Service Excellence

From our front desk concierge to our in-house culinary team, wellness coaches, hospitality and licensed healthcare professionals, the entire team at Parkland Cape Breton 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

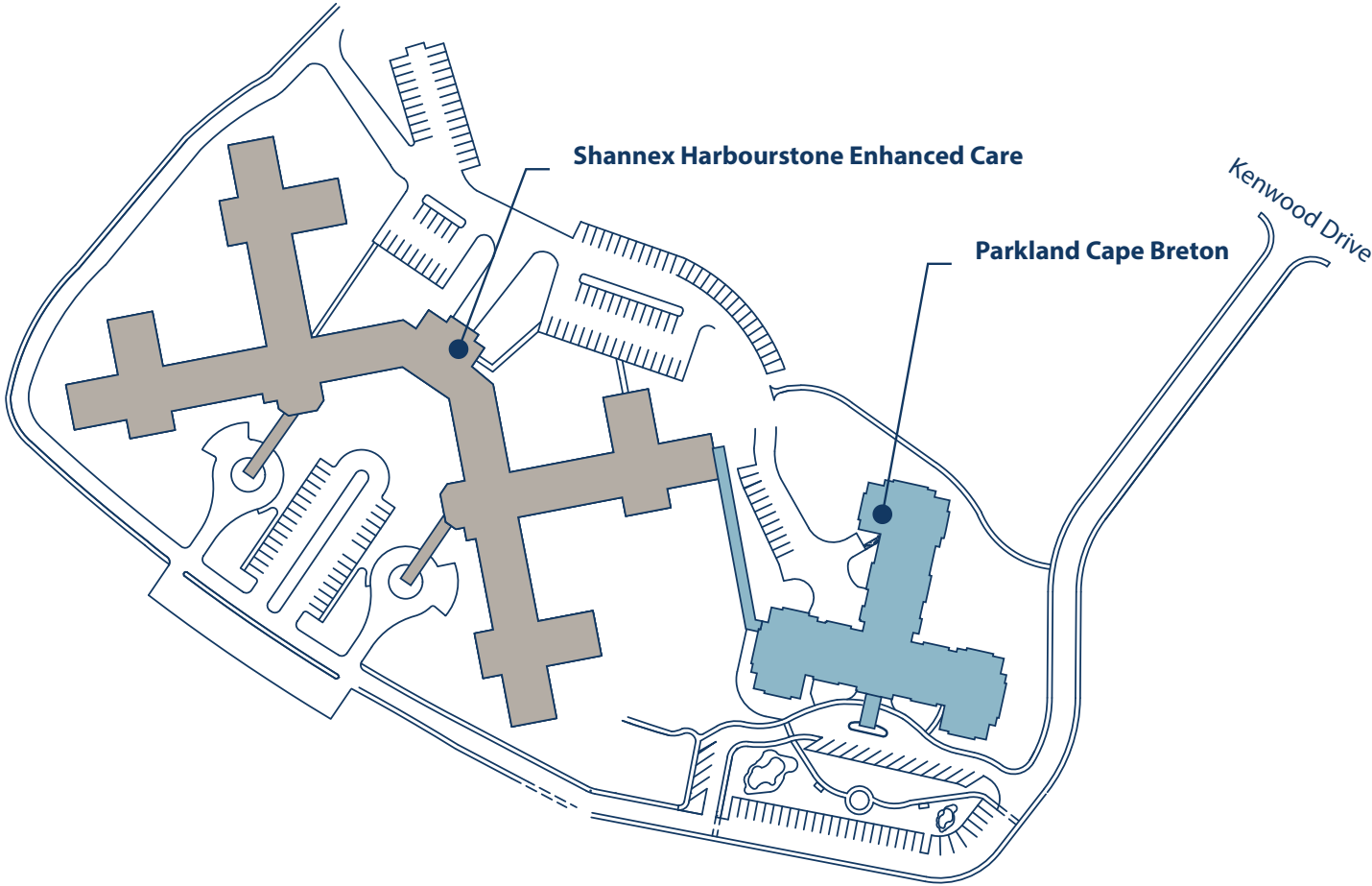


Your Community

Just minutes from downtown Sydney, Parkland Cape Breton is a beautifully designed community located in the heart of a residential neighbourhood. Known for beautiful design and exceptional service, Parkland Cape Breton offers All-Inclusive and Assisted Lifestyle options with experienced hospitality and healthcare professionals on-site 24/7.

The Parkland Cape Breton campus is home to 57 All-Inclusive Lifestyle suites and 43 Assisted Living suites.

Also located on campus is Harbourstone, a 272-bed licensed Nursing Home operated by Shannex Enhanced Care.



All-Inclusive Lifestyle
57 suites

Supportive Lifestyle
Assisted Living:
43 suites

Life at Parkland Cape Breton

At Parkland Cape Breton, 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 movie theatre, bowling alley, pool table, fitness centre, spa, shuttle service, 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.



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.

Retirement living at Parkland costs less than you think

Compare your costs at experienceparkland.com/cost-calculator



What's Included?

	Independent Lifestyle	Supportive Lifestyle
	All-Inclusive Lifestyle	Assisted Living
Utilities & Technology		
Basic Communications Services: cable, local phone, WiFi*	✓	✓
Heat, hot water, electricity/hydro	✓	✓
Services		
Concierge Service	✓	✓
Transportation Service	✓	✓
Weekly Housekeeping	✓	✓
Towel & Linen Services	✓	✓
2-3 Daily Meals	✓	3
Personal Laundry	à-la-carte	✓
Care		
24/7 Health Staff On-site	–	✓
24/7 Emergency Response	✓	✓
Medication Administration	–	✓
Support with Activities of Daily Living	à-la-carte	✓
Wellness		
Access to on-site amenities	✓	✓
Harmony Wellness Program	✓	✓
Events (social, recreation)	✓	✓
Gym & fitness classes	✓	✓
Building & Design Features		
Secure Access Building	✓	✓

*WiFi available in common areas. Additional charge for in-suite WiFi.
Subject to change.

Exclusive Services and Amenities



Building Services

- Weekly housekeeping
- Towel and linen laundry service
- Front desk concierge service
- Courtesy shuttle service
- Washers and dryers on each floor

Building Amenities

- Elegant restaurant-style dining
- Private dining room available for special occasions
- Comfortable lounges with fireplaces
- Movie theatre, bowling alley, pool table and fitness centre
- Wellness centre and spa
- Library with daily newspaper and an extensive selection of reading materials
- Free outdoor parking



Outdoor Amenities

- Outdoor recreation and concert areas
- Beautifully landscaped grounds with walking paths and putting green
- Flower gardens and gazebo



Safety & Security

- Secure community with 24-hour staffing for peace of mind
- 24-hour monitored, interactive personal emergency response system
- State-of-the-art fire alarm and sprinkler system, with in-suite smoke detectors
- Support handrails in elevators and hallways
- Generator for full back-up emergency power
- Smoke-free environment



Your Dining Experience

Dining at Parkland Cape Breton 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 Cape Breton, you can sit where you like and dine with confidence knowing our team delivers choice, selection, flavour and service with pride.

Appetizers

Parkland Seafood Chowder

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

Seasonal Salad

Mixed greens tossed with cranberries, garden vegetables topped with toasted almonds and finished with housemade dressing

Potato & Cheddar Perogies

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

Desserts

Bread Pudding

Finished with brown sugar sauce and whipped cream

Nova Scotia Blueberry Grunt

Warm cobbler served with whipped cream and finished with fresh mint

Carrot Cake

Spiced cake topped with cream cheese icing and finished with whipped cream and fresh mint

Mains

Pan-Fried Haddock

Lightly floured and served with seasonal vegetables

Beef Tenderloin

Served with seasonal vegetables and finished with roasted garlic-herb butter

Chicken Linguine

Pan-seared then simmered in a rich wine and With grape tomatoes, spinach and chicken, finished in a sun-dried tomato cream sauce served with fresh Parmesan and garlic bread



Your Health and Wellness

At Parkland Cape Breton, 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.

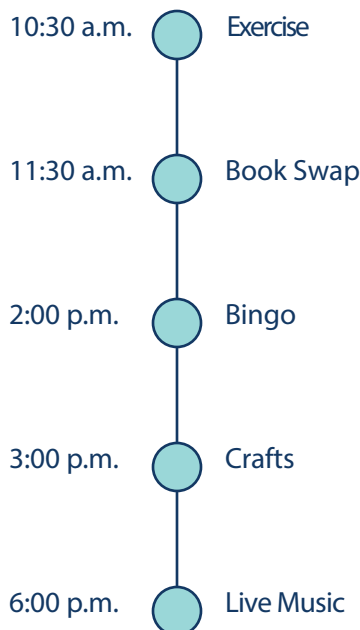
At Parkland Cape Breton, you'll have the time to do more of what you love. Here are two sample calendars featuring our valued residents.



Learn more at experienceparkland.com/harmony



Debbie is a health enthusiast and loves to read



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



The Parkland Promise™

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



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

*A resident must stay at Parkland Cape Breton 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 or contact your Lifestyle Consultant.

Notes
