

Welcome Home

Parkland Clayton Park
Clayton Park, Nova Scotia



Parkland[™]
RETIREMENT LIVING
CLAYTON PARK

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Visit experienceparkland.com/claytonpark or call **902-457-0234** 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 Clayton Park, 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 Clayton Park 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

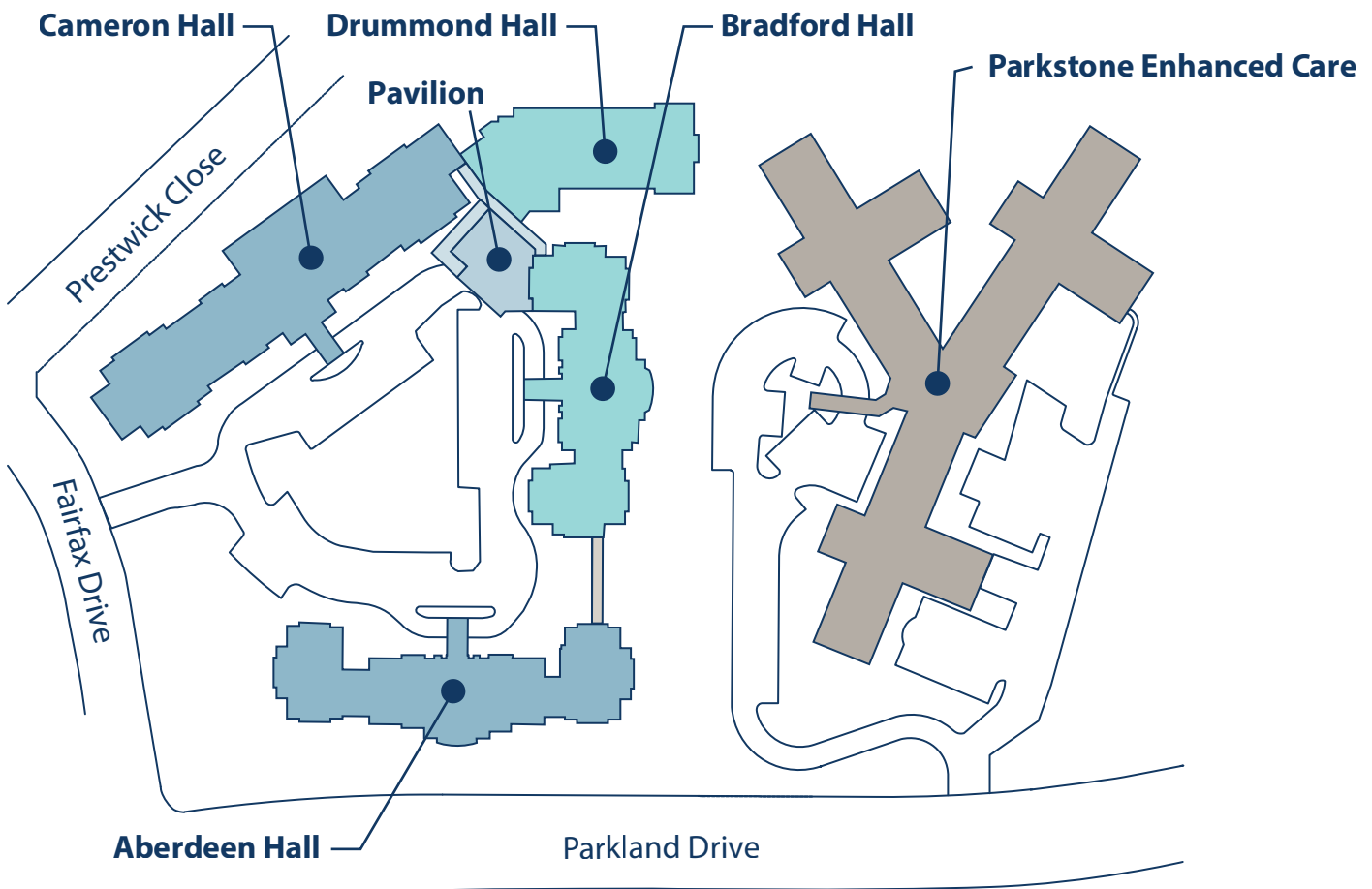


Your Community

Centrally located and just 15 minutes from downtown Halifax, Parkland Clayton Park is a lively and vibrant community close to shops and bustling with social activities, local attractions and fun events year-round. Parkland is an exciting community where residents enjoy premium accommodations, unparalleled amenities and exceptional service.

The Parkland Clayton Park campus is home to Cameron Hall, which offers 105 All-Inclusive Lifestyle suites, and Aberdeen Hall which offers 63 All-Inclusive Lifestyle suites with personalized service packages. Next door is Bradford Hall with 60 Assisted Living suites, and Drummond Hall, which offers 36 Enriched Care suites.

Also located on campus is Parkstone Enhanced Care, a licensed Nursing Home operated by Shannex Enhanced Care.



All-Inclusive Lifestyle

Cameron Hall - 105 suites

Aberdeen Hall - 63 suites



Supportive Lifestyle

Assisted Living:
Bradford Hall - 60 suites

Enriched Care:
Drummond Hall - 36 suites

Life at Parkland Clayton Park

At Parkland Clayton Park, 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 beauty salon with spa services, movie theatre, pool table, fitness centre, shuttle service, flower gardens and more. Whether relaxing in the comfort of your beautifully designed private suite or in one of our amenity spaces, 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

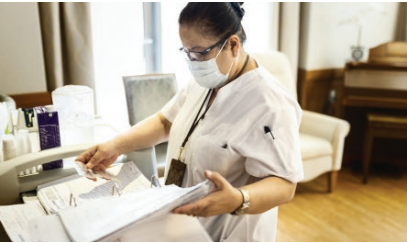
Designed for seniors who enjoy the benefits of a carefree lifestyle. Residents enjoy meals, housekeeping and linen service, access to daily wellness programming, and the option to add flexible packages for services and supports as needed.



Assisted Living

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

**residents to provide own linens and towels*



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



What's Included?

| | Independent Lifestyle | | Supportive Lifestyle | |
|---|---|--|------------------------------------|----------------------------------|
| | All-Inclusive Lifestyle (Cameron Hall) | All-Inclusive Lifestyle (Aberdeen Hall) | Assisted Living (Bradford Hall) | Enriched Care (Drummond Hall) |
| Utilities & Technology | | | | |
| Basic Communications Services: Cable & Local Phone | ✓ | ✓ | ✓ | ✓ |
| Heat, Water & Electricity/Hydro | ✓ | ✓ | ✓ | ✓ |
| Services | | | | |
| Concierge Services | ✓ | ✓ | ✓ | ✓ |
| Transportation Service | ✓ | ✓ | ✓ | ✓ |
| Weekly Housekeeping | ✓ | ✓ | ✓ | ✓ |
| Towel & Linen Services | ✓ | ✓ | ✓ | ✓ |
| Daily Meals | 1* | 3 | 3 | 3 |
| Personal Laundry | – | – | ✓ | ✓ |
| Care | | | | |
| 24/7 Health Staff On-site | – | – | ✓ | ✓ |
| 24/7 Emergency Response | ✓ | ✓ | ✓ | ✓ |
| Medication Administration | – | à-la-carte | ✓ | ✓ |
| Support with Activities of Daily Living | à-la-carte | à-la-carte | ✓ | ✓ |
| Wellness | | | | |
| Access to on-site amenities | ✓ | ✓ | ✓ | ✓ |
| Harmony Wellness Program | ✓ | ✓ | ✓ | ✓ |
| Events (social, recreation) | ✓ | ✓ | ✓ | ✓ |
| Gym & fitness classes | ✓ | ✓ | ✓ | ✓ |
| Building & Design Features | | | | |
| Secure Access Building | ✓ | ✓ | ✓ | ✓ |
| Outdoor Guest Parking | ✓ | ✓ | ✓ | ✓ |
| Secure neighbourhood | – | – | – | ✓ |

*Cameron Hall residents enjoy dinner daily in addition to Sunday brunch. Lunch is available onsite at the cafe as an à-la-carte service. À la carte services as based on availability. Subject to change.

Exclusive Services and Amenities



Building Services

- On-site medical clinic
- In-suite WiFi (\$)
- Weekly housekeeping
- Personal laundry service or conveniently located washers and dryers on every floor
- Front desk concierge service
- Courtesy transportation service
- Essential supplies available for purchase on site



Building Amenities

- Elegant dining rooms conveniently located within each residence
- Private dining rooms available for special occasions
- Comfortable lounges with fireplaces
- Recreation spaces in each residence
- Movie theatre, pool table, fitness centre, and art and hobby room
- Beauty salon with spa services
- Libraries with daily newspaper and an extensive selection of reading materials
- Card and party rooms
- Underground parking (\$)/outdoor parking
- Fully accessible common areas
- Air conditioning in common areas
- Cafe with freshly made lunch items and general store with essential items



Outdoor Amenities

- Outdoor recreation and concert areas
- Beautifully landscaped grounds with walking paths
- Flower gardens, fishponds 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

Your Dining Experience

Dining at Parkland Clayton Park 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 designs 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 Clayton Park, you can 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

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

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

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 Clayton Park, 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 Clayton Park, 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 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. ● Tai-Chi-Class
- 11:30 a.m. ● Coffee with friends
- 1:00 p.m. ● Trivia Contest
- 2:30 p.m. ● Live Concert
- 7:30 p.m. ● Movie Night

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 months' 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 Clayton Park 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
