

Welcome Home

Parkland West Bedford
Bedford, Nova Scotia



Parkland[™]
RETIREMENT LIVING
WEST BEDFORD

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Visit experienceparkland.com/westbedford or call **902-832-7931** to learn more.

Our Story

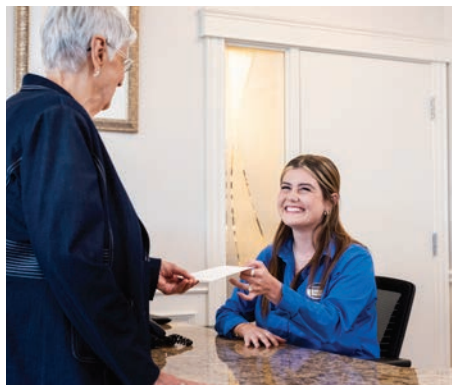
For more than 35 years, Shannex has been a trusted provider of senior accommodations, services and care in Atlantic Canada. What started as a single location in Cape Breton has grown to include communities across Nova Scotia, New Brunswick and Ontario. To this day, we remain a family-owned company committed to providing exceptional service at every turn.

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



Service Excellence

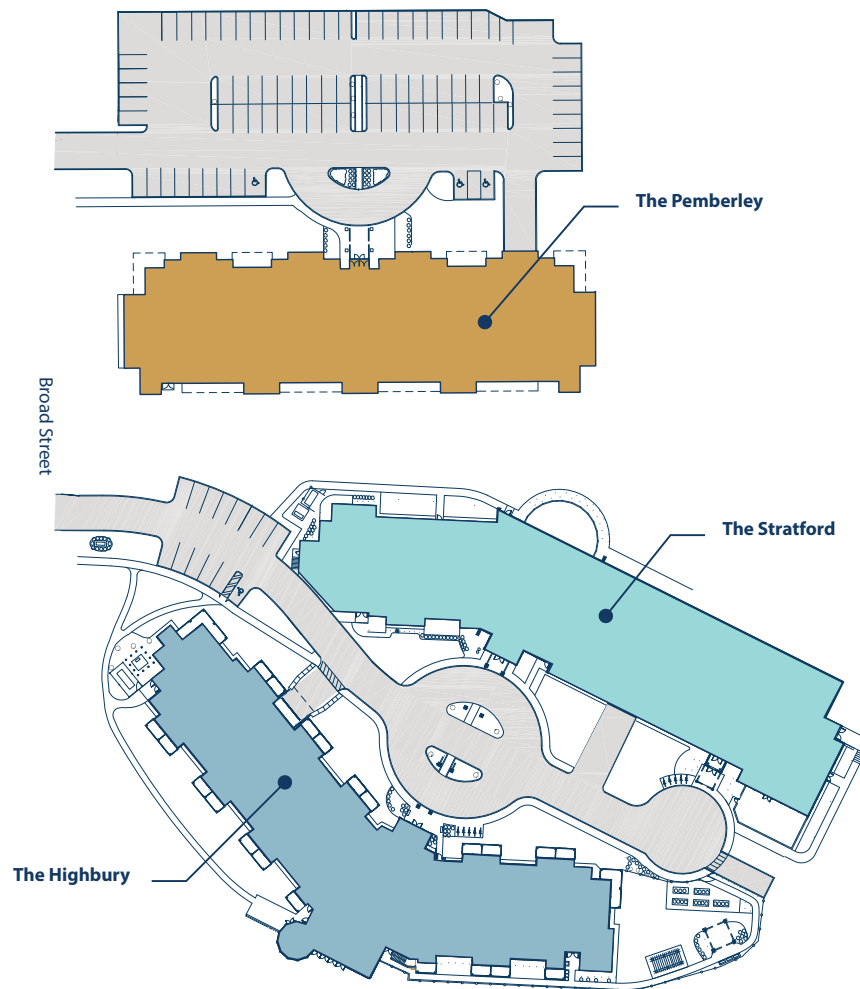
From our front desk concierge to our in-house culinary team, wellness coaches, hospitality and licensed healthcare professionals, the team at Parkland West Bedford is dedicated to Leading the Way to Better Living for those who live, visit and work in our community. Attentive, experienced and compassionate 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 an exceptional resident experience that exceeds expectations at every turn. Read more about our *Philosophy of Service* at experienceparkland.com/ourphilosophy



Your Community

Parkland West Bedford is located in the vibrant and growing suburb of West Bedford. Designed for seniors who want to enjoy an active and carefree lifestyle. Residents have access to unparalleled amenities, exceptional dining, beautifully designed spaces, daily wellness programming, transportation services and more.

Parkland West Bedford is home to The Pemberley, which offers 85 Lifestyle Apartments, The Highbury, which offers 71 All-Inclusive Lifestyle suites and The Stratford, which offers 69 suites of Assisted Living and Memory Care.



Lifestyle Apartments

The Pemberley: 85 Suites

All-Inclusive Lifestyle

The Highbury: 71 suites

Supportive Lifestyle

The Stratford: 69 suites
Assisted Living | Memory Care

Life at Parkland West Bedford

At Parkland West Bedford, 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, beautifully designed spaces, transportation services and more. If you're looking to live your best life close to walking trails, amenities and attractions, explore Parkland West Bedford – it's a place where neighbours become friends.

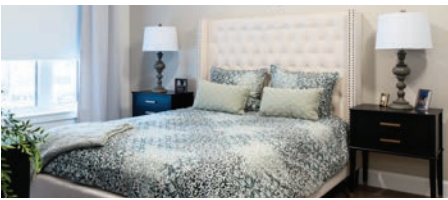
Our full continuum of lifestyle options is designed so that residents can access increasing levels of services and support as their needs or preferences change over time.



Lifestyle Apartments - The Pemberley

Lifestyle Apartments are private, spacious, and beautifully designed for independent, active seniors looking to enjoy a carefree lifestyle. Residents can access the on-site restaurant and certain services through Parkland Plus.*

**based on availability*



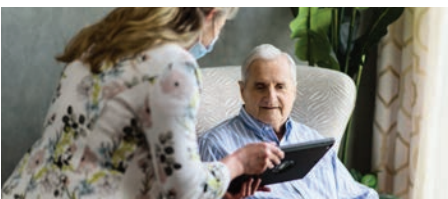
All-Inclusive Lifestyle - The Highbury

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 services or care as needed.



Assisted Living - The Stratford

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



Memory Care - The Stratford

Designed to support residents living with Alzheimer's disease or another form of dementia, with a secure neighbourhood, dedicated dining room, colour contrast and textile art features. Includes daily meals, medication administration, full laundry and housekeeping services, and specialized programming such as music and pet therapy.

Retirement living at Parkland costs less than you think

Compare your costs at experienceparkland.com/getting-started/cost-calculator



What's Included?

	Independent Lifestyle		Supportive Lifestyle	
	Lifestyle Apartments	All-Inclusive Lifestyle	Assisted Living	Memory Care
Beautiful private suite	✓	✓	✓	✓
All utilities: heat, hot water, electricity/hydro	✓	✓	✓	✓
Secure building with team members on site 24/7	✓	✓	✓	✓
24/7 emergency response	✓	✓	✓	✓
Full access to campus amenities	✓	✓	✓	✓
Social events calendar	✓	✓	✓	✓
Harmony Wellness program	✓	✓	✓	✓
Concierge service	✓	✓	✓	✓
Transportation service	✓	✓	✓	✓
Weekly housekeeping including towel and linen service	\$	✓	✓	✓
2-3 meals per day*	\$	✓	✓	✓
Personal laundry	✗	\$	✓	✓
Medication administration	✗	\$	✓	✓
Basic communications services: cable, local phone	✗	✗	✓	✓
Support with activities of daily living	✗	✗	✓	✓
Specialized Memory Care program	✗	✗	✗	✓

*For residents of The Pemberley, based on availability in the dining room, reservation required.

For a full list of what's included with each lifestyle option, please speak to our Lifestyle Consultant.

Exclusive Services and Amenities



Building Services

- Housekeeping services and linen services
- 24/7 emergency response
- Scheduled shuttle service
- Concierge service
- Outdoor parking
- Heated underground parking
- Common area Wi-Fi (designated locations)
- Cable and telephone (The Stratford only)
- Pets welcome!



On-Site Amenities

- Restaurant-style dining
- On-site salon
- Harmony Fitness centre
- Bowling alley
- Movie theatre
- Scheduled social and fitness activities
- Games room and pool table



Outdoor Amenities

- Balconies for most suites in The Pemberley and The Highbury
- Flower gardens, and beautifully landscaped grounds with walking paths



Safety & Security

- Secure building
- In-suite climate control
- State-of-the-art fire alarm and sprinkler system with-in-suite smoke detectors
- Generator for full backup emergency power
- High speed elevators
- Handrails in hallways
- Smoke-free environment

Your Dining Experience

Dining at Parkland 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 and host guests. Need catering? Ask our team—we'd be happy to help.

At Parkland, 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

Poached Pear 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 West Bedford, 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, you'll have the time to do more of what you love. Here are two sample calendars featuring our valued residents.



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 playing billiards with friends

- 10:30 a.m. ● Walking Club
- 11:30 a.m. ● Gardening Club
- 1:00 p.m. ● Trivia Contest
- 2:30 p.m. ● Tai Chi Class
- 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 month's notice when you choose to leave the 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 West Bedford 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 a-la-carte services. For full details and exceptions, please visit experienceparkland.com/promise or contact your Lifestyle Consultant.*

***Local phone and cable included at The Stratford only.*

Notes
