

# Welcome Home

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**Parkland Saint John**  
Saint John, New Brunswick



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

SAINT JOHN

# 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 Saint John</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>8</b>
<b>The Parkland Promise™</b> .....	<b>9</b>

Visit [experienceparkland.com/saintjohn](https://experienceparkland.com/saintjohn) or call **506-633-7275** 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 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.

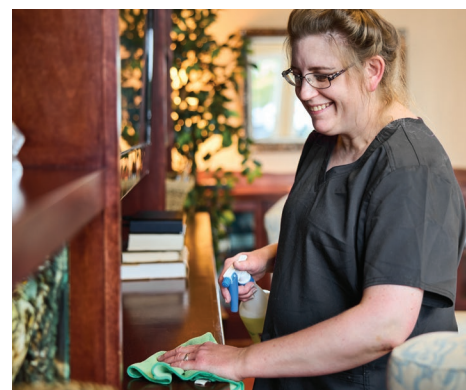
Each day, our team members are inspired by residents' continued independence and quality of life. At Parkland Saint John, you can do more of what you love in a place you'll be proud to call home.



# Service Excellence

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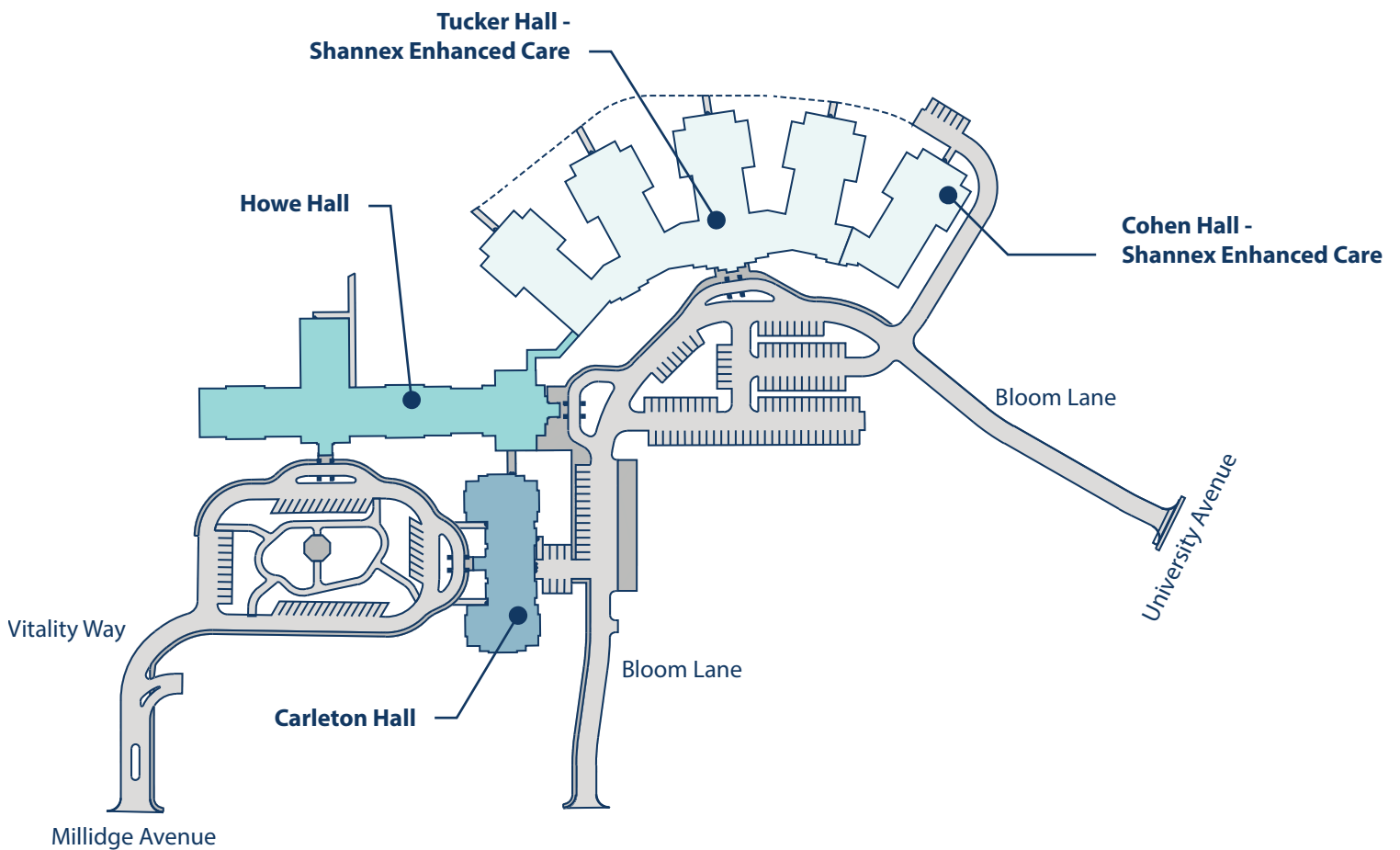
From our front desk concierge to our in-house culinary team, recreation coordinators, hospitality and licensed healthcare professionals, the team at Parkland Saint John is dedicated to *Leading the Way to Better Living* for those who live, visit and work in our community. Attentive, experienced and compassionate 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 our complete *Philosophy of Service* online at [experienceparkland.com/ourphilosophy](https://experienceparkland.com/ourphilosophy)



# Your Community

Rich with tradition and known for its place along the majestic Bay of Fundy, Saint John is Canada's first city. Close to many local attractions, Parkland Saint John offers exceptional service, a personalized balance of comfort and carefree living, and a continuum of lifestyle options ranging from All-Inclusive to Supportive Lifestyle, residents enjoy peace of mind knowing they can access additional services and support as their needs change over time.

The Parkland Saint John campus is home to Carleton Hall which offers 65 All-Inclusive Lifestyle suites, and next door is Howe Hall, a 60-suite Assisted Living (Level 2 Special Care) Community.



● **All-Inclusive Lifestyle**  
Carleton Hall - 65

● **Supportive Lifestyle**  
Assisted Living  
Howe Hall - 60 Suites



# Life at Parkland Saint John

At Parkland Saint John, 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, wellness centre and spa, landscaped grounds 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. 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. Residents are welcomed and cared for by a team of compassionate professionals who value safety, independence and peace of mind. Residents will have access to a neighbourhood design that provides them with same-floor access to a dedicated dining room and common area.

**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
All-Inclusive Lifestyle	Assisted Living

### Services

All utilities: heat, hot water, electricity/hydro	✓	✓
All communications services: basic cable, local phone, WiFi*	✓	✓
Concierge service	✓	✓
Transportation service	✓	✓
Weekly housekeeping including towel and linen service	✓	✓
Personal laundry	\$	✓
Daily meals	2 meals	3 meals
Access to on-site amenities	✓	✓
Harmony Wellness program	✓	✓
Social events calendar	✓	✓

### Care

24/7 emergency response	✓	✓
24/7 staff on-site	✓	✓
Medication administration	\$	Unlimited
Support with activities of daily living	\$	✓

### Building Features

Secure access building	✓	✓
Private suite with private accessible bathroom	✓	✓

Subject to change. \*Highspeed wireless internet is available in the common areas.

# Exclusive Services and Amenities

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## Building Services

- Weekly housekeeping
- Towel and linen laundry service
- Front desk concierge service
- WiFi high speed Internet (\$)
- Courtesy shuttle service

## Building Amenities

- Restaurant-style dining
- Private dining room available for special occasions
- Piano bar and lounge
- Movie theatre and fitness centre
- Bowling alley and pool table
- Recreation lounge
- Wellness centre and salon
- On-site family physician
- Library with daily newspaper and an extensive selection of reading materials
- Free on-site parking
- Fully accessible common areas



## Outdoor Amenities

- Outdoor recreation and dining areas
- Beautifully landscaped grounds with walking paths
- Flower gardens, gazebo and seasonal seating areas

## Safety and Security

- Secure building
- State-of-the-art fire alarm and sprinkler system with in-suite smoke detectors
- Generator for full backup emergency power
- Smoke-free environment
- Support handrails in elevators and hallways
- Emergency pendent and washroom alert



# Your Dining Experience

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Dining at Parkland Saint John 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, including our in-house pastry chef, 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.

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 savoury potato cream sauce

### Poached Pear & Blue Cheese Salad GF ♥

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

### Tiramisu

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

### Decadent Chocolate Cake

Topped with blueberries and fresh cream

## Mains

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### Northumberland Rack of Lamb GF DF ♥

Marinated, slow roasted and served with a light mint reduction

### Free-Range Chicken

With savory goat cheese and cranberry stuffing

### Veal Scaloppini

Breaded and pan-seared until golden brown, finished with sun-dried tomato sauce

### PEI Blue Dot Tenderloin GF DF

Topped with caramelized onions and Dijon cognac sauce

### Pork Wellington

Pork tenderloin wrapped in prosciutto and puff pastry topped with port reduction

### Panko-Crusted Haddock

Grilled and served with citrus butter

### Seafood Risotto GF

Tender risotto simmered with fresh scallops, tiger shrimp, mussels and lobster

GF = Gluten free | DF = Dairy free | ♥ = Heart healthy



# Your Health and Wellness

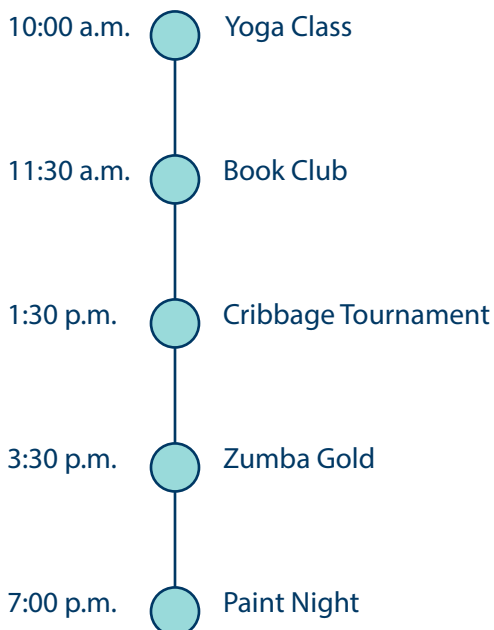
At Parkland Saint John, wellness plays an important part in resident quality of life. Our signature Harmony Wellness Program supports six dimensions of wellness: emotional, intellectual, physical, social, spiritual and vocational.

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.

You'll have the time to do more of what you love. Here are two sample calendars featuring our valued residents.



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



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



# 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.



## 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, 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, when a situation arises where your needs or preferences require a move, our team will do all we can to facilitate a smooth transition. Regardless of the size of the waitlist from the external community, our priority access promise would apply to residents who:

- Are requesting to change their suite type, so when a suitable option is available, they will get first selection over and above those on a waitlist.
- Are moving from one Parkland community to another, in a similar lifestyle option.\*\*
- Need more services or care that require a change in lifestyle option, such as moving from an independent to a supportive lifestyle within their current or a different Parkland community.\*\*



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

*\*A resident must stay at Parkland Saint John for at least 90 days in order to qualify for the Money-Back Guarantee (does not apply to Short Term Stays). While monthly rents are HST exempt, HST charges may apply to select a-la-carte services.*  
*\*\*Does not apply in provinces where placements are managed by provincial authorities.*

# Notes

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