

# Welcome Home

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## **Parkland on the River** Miramichi, New Brunswick



**Parkland**<sup>™</sup>  
RETIREMENT LIVING  
ON THE RIVER

# Table of Contents

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**Our Story** ..... **3**

**Service Excellence** ..... **3**

**Your Community** ..... **4**

**Life at Parkland on Eglinton West**..... **5**

**What’s Included?** ..... **6**

**Exclusive Services and Amenities** ..... **8**

**Your Dining Experience** ..... **9**

**Your Health and Wellness** ..... **10**

**The Parkland Promise™** ..... **11**

Visit **experienceparkland.com/ontheriver** or call **506-778-7275** 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 the residents' continued independence and quality of life. At Parkland on the River, 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 on the River is dedicated 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* at [experienceparkland.com/ourphilosophy](https://experienceparkland.com/ourphilosophy)



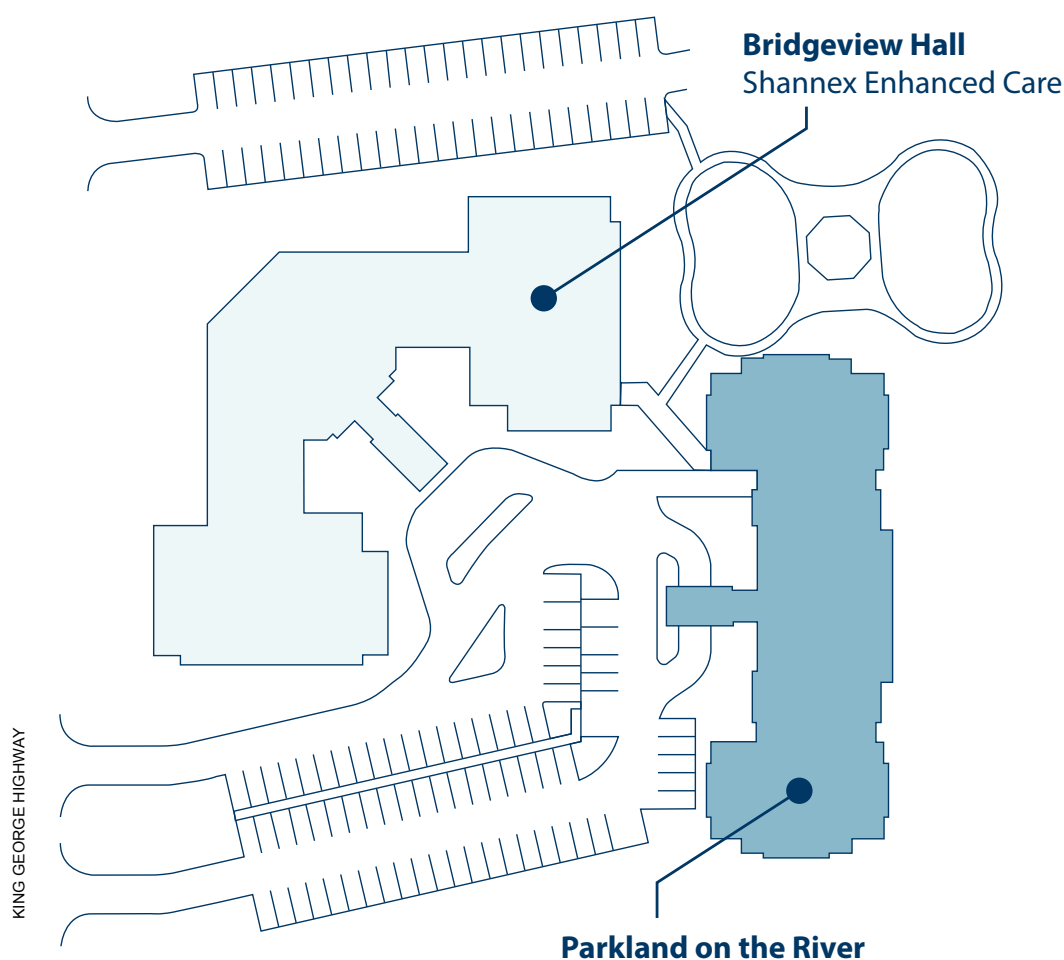
# Your Community

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Overlooking the renowned Miramichi River, Parkland on the River features a stunning backdrop to be enjoyed year-round by residents. Located in Douglastown, this beautifully designed, 53-suite residence provides All-Inclusive, carefree living with a view.

With experienced hospitality and healthcare professionals committed to helping each resident live their best life, Parkland is a place you'll be proud to host family and gather with friends.

The Parkland on the River campus is also home to Bridgeview Hall, an 81-suite Licensed Nursing Home, and Losier Hall, a 159-suite Licensed Nursing Home operated by Shannex Enhanced Care located on water street.



**All-Inclusive Lifestyle**

53 suites



# Life at Parkland on the River

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At Parkland on the River, 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 including a golf simulator, riverside pergola and garden boxes, courtesy shuttle service, 24/7 emergency response 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.



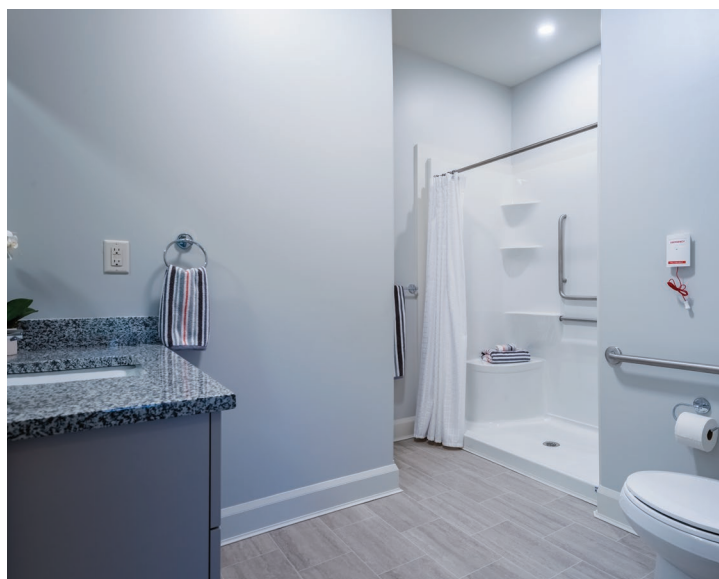


# What's Included?

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At Parkland on the River, 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 fitness centre, games room, chauffeur service, spa and salon and more. Whether relaxing in the comfort of your exquisitely 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 residents can access increasing levels of services and support as their needs or preferences change over time.



## What's Included?

# 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.



Care	All-Inclusive Lifestyle
24/7 emergency response with pendant included	✓
Medication administration	à-la-carte
Support with activities of daily living	✓
Services	
Concierge services	✓
Basic cable & local phone	✓
Heat, water, electricity/hydro	✓
Secure, in-suite Wi-Fi*	✓
Access to on-site amenities	✓
Personal laundry	à-la-carte
Weekly housekeeping including towel and linen service	à-la-carte
Building & Design Features	
Secure access building	✓
Private suite with private accessible bathroom	✓
Kitchen with five appliances	✓
In-suite washer/dryer	✓
Window treatments	✓
In-suite climate control for heating and cooling	✓

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



# Exclusive Services and Amenities

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## Building Services

- Restaurant-style dining
- Weekly housekeeping
- Laundry service
- Shuttle service
- Monthly wellness and recreation events calendar
- WiFi high speed Internet (\$)
- Free on-site parking



## Building Amenities

- Riverside Dining Room with ever-changing menu
- Beaubear Private Dining Room
- King George Pub and Lounge with pool table and outdoor terrace
- Salon
- Centennial Library
- Harmony Fitness Centre
- Beaverbrook Games Room with golf simulator



## Outdoor Amenities

- Outdoor recreation areas
- Beautifully landscaped grounds with walking paths
- Flower gardens and gazebo
- Glassed in patio overlooking the Miramichi River

## Safety and 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
- Air conditioning
- Two large elevators
- Generator for full back-up emergency power
- Smoke-free environment





# Your Dining Experience

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Dining at Parkland on the River 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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*Made by in-house pastry chef*

### 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 on the River, 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.

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## 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.

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## 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.

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## 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.

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## 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 on the River for at least 90 days in order to qualify for the Money-Back Guarantee (does not apply to Short Term Stays, Memory Care and Enriched Care). 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.*



