

RETIREMENT LIVING



Tapestry brings independence and individuality into seniors’ lives

In the past, living options for seniors have been somewhat limited. The assumption was that people of a certain age shared similar attitudes and needs, when in fact their situations were often as varied as the individuals themselves.

Tapestry has addressed this challenge by offering a unique living model for seniors, placing a high value on the independence and individuality of its residents.

First introduced in 2003 in Vancouver, Tapestry was originally known as The O’Keefe at Arbutus Walk when it opened its doors. Developed and owned by Concert Properties and managed by Leisure Care, The O’Keefe’s award-winning success became the model for future Tapestry communities, including Tapestry at Village Gate West located in Etobicoke, Ontario and more recently, a new campus community at Wesbrook Village in UBC.

“Tapestry at The O’Keefe – Arbutus Walk represented Concert’s first foray into retirement communities,” says Adena Waffle, manager of senior housing at Concert Properties. “We wanted to offer a seniors’ living community that provided more options and to foster an environment that supports the lifestyles of seniors at different stages in their lives.”

Tapestry residents live as independently as they choose in their own fully-appointed apartment home. However, right outside their door is an exhaustive list of amenities and services and, even better, a community of people. Residents can enjoy both healthy and delicious cuisine prepared by experienced executive chefs. They have access to Tapestry fitness experts, who can develop customized exercise routines. Tapestry’s



Brain Fitness Program™ also provides a unique opportunity and the motivation to help seniors stay mentally sharp and alert. Also available are complete social and recreational activities, personal concierge services, travel planning and discreet assisted-living services.

“At Tapestry, it’s all about enhancing one’s lifestyle so we created a variety of services that can be tailored to meet individual needs,” says Waffle. “Our residents enjoy living in a fun and friendly community, but have the peace of mind that it is staffed 24 hours a day by well trained individuals.”

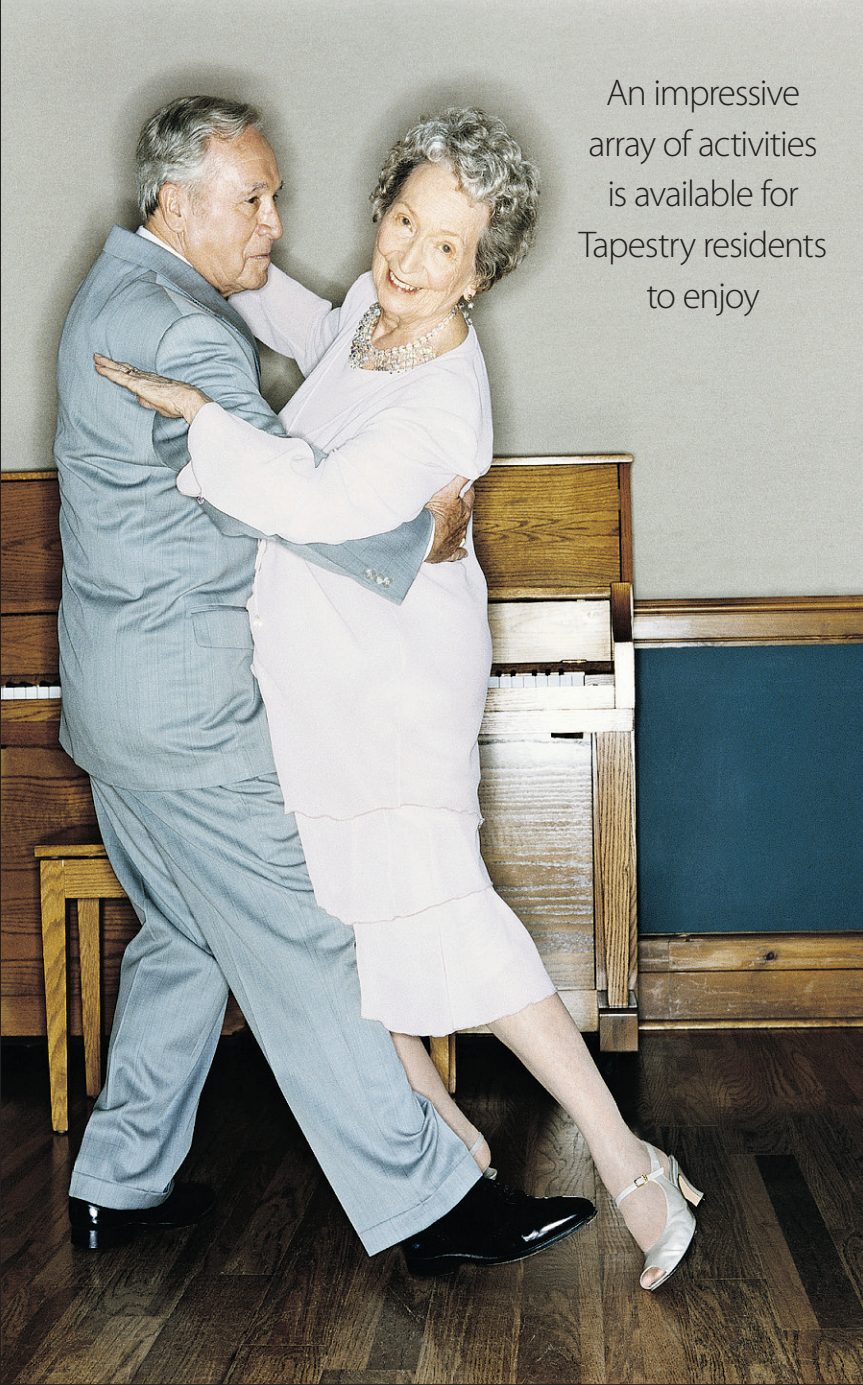
One key element of all Tapestry communities is that they are developed to be an organic part of a larger community. They are designed so residents can also enjoy nearby retail facilities, restaurants, parks and local services that also serve the neighbourhood at large. Tapestry at The O’Keefe – Arbutus Walk, is a

prime example. Situated in the heart of Kitsilano, on the site of the former Carling O’Keefe brewery, it is close to both Arbutus Street and Broadway and a pivotal part of the vibrant Arbutus Walk neighbourhood.

Tapestry’s new UBC community is located in the master-planned Wesbrook Village. Residents will benefit from the day-to-day shopping convenience and professional services of this newly developed neighbourhood, including charming coffee shops, medical services and a recently opened grocery store. Additionally, just a little farther down the road, residents will have access to Pacific Spirit Park, the Chan Centre for the Performing Arts, the Museum of Anthropology, golf and walking and biking trails.

Tapestry at Wesbrook Village UBC is unique because it has created a direct link between residents and education by teaming up with UBC. There is a fully accredited UBC classroom in the building for faculty, students and Tapestry residents. Residents will have the opportunity to audit courses on the campus. Other examples of the integration include, but are not limited to, the Mozart School of Music performing concerts at Tapestry, the UBC farm utilizing the Tapestry classroom, and volunteer opportunities at the UBC farm, Chan Centre, Museum of Anthropology and Botanical Gardens.

“Over the past seven years Tapestry at The O’Keefe –Arbutus Walk has been highly received and has earned a reputation for innovative leadership in seniors living” adds Waffle. “We are confident that with both rental and ownership opportunities, Tapestry at Wesbrook Village in UBC will be equally successful.”



An impressive array of activities is available for Tapestry residents to enjoy

HEARING LOSS

Explore the latest advancements in hearing aid technology

The negative effects of untreated hearing loss far outweigh the stigma of wearing a hearing aid

Hearing loss is the fastest growing disability in North America and it currently affects over 10 per cent of the population, with that number rising to over 30 per cent of those over 65 and to over 50 per cent of those over 75.



GRACE SHYNG

Pardon me?

It’s your grandson’s fourth birthday party. Lots of noisy toys and 15 screaming preschoolers. On the TV, a large purple dinosaur is singing, but you can’t make out the words. Your lively grandson says something and everyone laughs. Except you. Your wife leans in and all you can think is, “Why is she always mumbling?” Lately, you’ve been saying, “what” and “pardon me” a lot.

Could it be that you’re losing some of your hearing? You are certainly not alone.

Hearing loss is the fastest growing disability in North America and it currently affects over 10 per cent of the population, with that number rising to over 30 per cent of those over 65 and to over 50 per cent of those over 75. Statistics Canada projects that by 2026, nearly one in four Canadians will be seniors. By then, most people will either be experiencing hearing loss themselves or know of someone who is.

tal technology. The more advanced the hearing aid, the more effective at controlling background noise.

Aren’t hearing aids old-fashioned and ugly?

Not at all. Today’s hearing aids have attractive modern designs that shape well into or over your ear and come in a wide variety of colours so that your hearing aid will blend in with your hair colour or look smart like a high tech device.

What if I leave my hearing loss untreated?

Hearing loss is often described as an invisible handicap in which people delay seeking help. No one can tell you have a hearing loss simply by looking at you. And many people often fake or bluff during conversations when they can’t hear.

Left untreated, hearing loss can lead to feelings of loneliness, isolation and depression. As we are social beings, we have to communicate in order to feel connected with one other. The negative effects of untreated hearing loss far outweigh the stigma of wearing a hearing aid.

How much do hearing aids cost?

Hearing aids typically range in cost between \$1,000 and \$4,000 per hearing aid, depending the level of technology and size of the hearing aid. Hearing aids are not covered by the BC Medical Plan. If you are a veteran or have third party medical coverage, you may have some funding assistance.

What if I can’t afford a new hearing aid?

The Western Institute for the Deaf and Hard of Hearing, in operation since 1956, offers a new hearing aid dispensing program and a unique “Lend an Ear” hearing aid loan program.

For a small fee, “Lend an Ear” provides refurbished hearing aids to those who cannot afford a new one.

Grace Shyng, M.Sc., RAUD, RHIP, Head of Audiology, Western Institute for the Deaf and Hard of Hearing.
To book a hearing test, phone 604-736-7391, email: gshyng@widthh.com or visit www.widthh.ca

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What are the first signs of hearing loss?

- You frequently ask people to repeat
- You say “pardon me?” or “what?” a lot
- You have difficulty hearing in noisy environments such as restaurants or parties
- You think most people are mumbling
- You are turning up the volume on the TV, radio or telephone

What if you suspect you have hearing loss?

Have your hearing tested by an audiologist, a university-trained professional specializing in hearing, and hearing loss difficulties. If required, a hearing aid may be recommended.

Do hearing aids really work?

Unlike prescription eyeglasses, hearing aids are not corrective devices and cannot restore your hearing to 100 per cent. They are really just “aids”. However, with a properly fitted aid, most people will notice an improvement in overall speech understanding in everyday listening environments. Today’s hearing aids vary from basic to advanced digi-