

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Spring 2024



Living Inspired: Your Seasonal Update From Four Elms Retirement Residence

Be Proud

With every edition we highlight ways we help our residents experience the fullness of life in retirement. To us, being proud means celebrating our achievements and community spirit.

Spring Has Sprung! What's Blooming at Four Elms.

A message from our Community Relations Managers

As the flowers bloom and the days grow older, we're excited to share the latest happenings and updates from our vibrant community. From engaging activities to heartwarming stories, there's plenty to celebrate this season. Read on to discover all the ways we're embracing the spirit of spring and enhancing the lives of our cherished residents.

UPCOMING DATES

May 2 | Premium Assisted Living Open House

May 21 | High Tea Party

June 21 | Live Concert in the Courtyard





Now Open: Premium Assisted Living. An evolution in retirement living.

Our residents are at the heart of everything we do. To support their ever-evolving needs, Four Elms is thrilled to expand our Assisted Living neighbourhood to a third floor featuring 30 renovated and upgraded Studio, 1 Bedroom, and 1 Bedroom + Den Suites, a new community Dining Room, Activity Room, Quiet Room, and Lounge — along with all the freedom of peace of mind that available care is there when you need it in a place designed to live purposefully with spirit, energy, and confidence.

Premium Assisted Living offers premium amenities and programs that allow for truly inspired senior living. Renovated suites feature:

- Ensuite kitchenettes with mini under-counter fridge and an integrated small freezer
- Walk-in showers purpose-built for seniors
- Premium finishes and design throughout
- Upgraded contemporary LED light fixtures

- Roller shade window coverings
- Fresh air system for cleaner air in the suite

With Premium Assisted Living, you'll add to our already best-in-class Assisted Living services and amenities which include:

- Three exceptional, chef-inspired meals daily
- Specialized and purpose-built life enrichment and fitness programs
- Personalized wellness programs and clinic
- Resident wellness checks (e.g. unexplained absence at meals, and nighttime wellness check)
- Emergency response system including pendant
- Professional on-site management
- 24-hour security monitoring service
- Daily tidy (garbage removal, bed making, and light bathroom tidy)
- Weekly housekeeping services, including laundering of bed linens and towels, as well as personal laundry

Introducing our General Manager - Robert Lamoureux

For the last 6 years, Robert has been an Executive Director in the Senior Living Sector in Central Toronto. Prior to that, Robert has a combined service of 25 years in the Hospitality Sector working with the top brands including Marriott, IHG, Hilton and Choice Hotels. He is a passionate leader committed to providing exceptional service to guests and residents alike over the span of his career. Robert is proud of his Northern Ontario background and is an avid outdoors person with a green thumb for gardening, and he uses these talents engaging with the residents. Trusted and timely communication to all stakeholders has been the key to his success in the Senior Living Sector.



Robert Lamoureux, General Manager



*Fully-furnished Studio, 1-Bedroom and
1-Bedroom+Den options*

Discover Our Respite & Staycation Packages

As nature awakens in a burst of color and life, it's the perfect time to rejuvenate your spirit in the warmth and comfort of our welcoming community. Whether you're seeking an opportunity to experience the vibrant lifestyle of a retirement residence or looking for extra assistance during illness or surgery recovery - it's all here for you.

Stay in a private suite and experience what inspired senior living is really like, from chef-prepared meals to meaningful life enrichment programs and social events.

FOUR ELMS RETIREMENT RESIDENCE



Spring Trivia

Complete the trivia below and send us your answers. First 5 readers who email in their correct answers will receive a **\$15 Tim Hortons gift card**. Email: info@fourelmsretirement.com

1. When is the first day of spring in the Northern Hemisphere in 2023?
 - a. March 20th
 - b. March 22nd
 - c. March 25th
2. What is the April birthstone?
 - a. Emerald
 - b. Diamond
 - c. Topaz
3. In which country do cherry blossom trees signify the beginning of spring?
 - a. Thailand
 - b. China
 - c. Japan
4. Which major Jewish holiday occurs during Spring?
 - a. Pesach/ Passover
 - b. Tisha B'av
 - c. Yom Kippur
5. What does Cinco de Mayo commemorate?
 - a. Mexico's Independence Day
 - b. Mexico's victory at the Battle of Puebla
 - c. The signing of the Mexican Constitution
6. Where was the real St. Patrick presumably born?
 - a. Ireland
 - b. England
 - c. Scotland
7. What are the spring Zodiac signs?
 - a. Aries, Taurus, Gemini
 - b. Gemini, Cancer, Leo
 - c. Aries, Gemini, Cancer
8. What is the main spring allergy trigger?
 - a. Pollen
 - b. Dust mites
 - c. Mold
9. Which country did the Easter Bunny tradition originate from?
 - a. Italy
 - b. Germany
 - c. Ireland