

A LITTLE ASSISTANCE PROVIDED; A LOT OF INDEPENDENCE GAINED

Retirement can be one of the most glorious stages of life. After a lifetime of hard work, there's the opportunity to sleep in a little later, spend more time with friends and family, embrace hobbies, maybe become more fit, cook leisurely meals, travel and do so much more.

As the retirement years pass, however, though our zest for continuing to do many of those things may not diminish, our confidence in doing them can be tested. Mobility, eyesight or other health issues can play a role in how much we can comfortably and confidently do, and home maintenance may become a real burden. What's changed isn't our desire for an active retirement, it's our capacity for doing quite so much. It can be frustrating.

How is it possible to regain the ability to partake in some of those things you initially loved about retirement? The key is in accepting some assistance so you can safely and confidently enjoy some of those activities. Putting some safeguards in place and arranging for help with some areas of daily living, mean you can embrace those things you want to do.

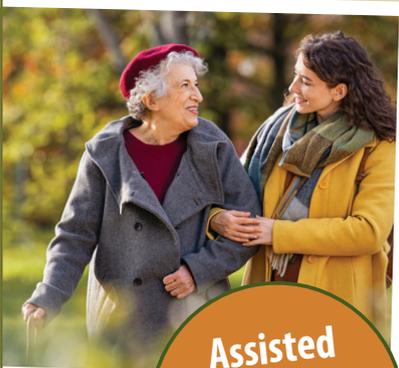
At The Vineyards Residence, we have heard the question "Why didn't I do this sooner?" many times. The services and amenities at The Vineyards mean that there are opportunities to do things you want to do – without worrying about driving a car, slipping on ice, or becoming exhausted by home maintenance.

A perfect example is the on-site hair salon. No more worrying about whether it's going to snow – since the salon is inhouse so no driving required. Inviting friends for lunch doesn't mean having to shop and prepare it, or clean up. Just make a reservation in the in the dining room. Or maybe you want to go for a stroll with the walking club; no more worries about falling and looking to strangers to assist.

Life still has so much to offer once you realize that accepting a little assistance can mean you gain a whole of lot of independence.

Jenelle Hynes,
*Community Relations Manager,
The Vineyards Residence.*

A LITTLE ASSISTANCE can make all the difference



Assisted
Living Floor
Now Open

Call Jenelle today at
(236) 361-0966 or visit us
at **VineyardsResidence.ca**

THE
VINEYARDS
Residence

Assisted Living • Memory Care