

## HERITAGE HOUSE

### ASSISTED LIVING RESIDENCES

#### SPECIAL POINTS OF INTEREST:

- The philosophy of assisted living is to provide housing with supports that enable residents to maintain an optimal level of independence.
- Our staff are dedicated to providing each resident an opportunity to enrich and enjoy their lives...

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# Assisted Living Quarterly

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## What is Assisted Living?

Assisted living is a semi-independent form of housing that is regulated under the Community Care and Assisted Living Act.

*Heritage House* offers three key components to adults who require regular help with daily activities: housing, hospitality services and personal assistance services. Residences:

- provide housing, hospitality services and personal assistance services for adults who can live independently but need help with day-to-day activities.

- are designed to meet the needs of seniors and adults with disabilities.
- provide an option other than a community care facility to the growing number of seniors who have needs beyond home support.
- are available both through publicly subsidized and private-pay.

Assisted living is intended for people who are able to make the range of decisions that allow them to live safely in a supportive, semi-

independent environment. The housing and services may be adapted to meet the needs of seniors.

Assisted living embraces the concepts of resident choice, privacy, independence, individuality, dignity and respect. Residents, with the support of their families determine with *Heritage House* the type of accommodation and services they require. In this way, assisted living promotes the privacy and self-reliance of people who require help with some day-to-day tasks but can otherwise live

## Fun Facts

1. Canada has the longest coastline of any country in the world at 243,977 kilometers—151,600 miles.
2. Six cities in Canada have a population of over 1 million: Toronto, Montreal, Vancouver, Calgary, Edmonton and Ottawa.
3. Canada is lucky to have 9% of the world's renewable water supply!
4. The largest non-polar ice field in the world can be found in the St. Elias Mountains, Yukon Territory. It covers an area of 40,570 square kilometers of which 16,900 square kilometers are located in Canada, the remainder being in Alaska.
5. Half of Canada is covered with forests, which should come as no surprise considering 10% of the world's forests are here.
6. The highest mountain in Canada is Mount Logan, Yukon Territory at 5,959 meters (19,551 ft); compared to Mount Everest (the Earth's highest mountain) at 8,848 meters.
7. The coldest temperature ever recorded in Canada was -63C (-84.4F) on February 3, 1957 in Snag, Yukon.



# Wine Capital of Canada

Did you know that the Oliver, British Columbia area is also known as the Wine Capital of Canada?

Nestled in the beautiful South Okanagan Valley of British Columbia, Oliver offers a distinct blend of agriculture, outdoor recreation and quality vineyards. With over 2000 hours of annual sunshine, Oliver boasts over 400

farms and 102 vineyards. From ‘vine to wine’, the region produces more than a third of British Columbia’s wines and supplies quality local produce readily available at farmers’ markets and roadside fruit stands.

Oliver is also a nature lovers’ paradise. Tucked into the northern most point of the Great Basin

Desert, Oliver provides a diverse landscape and a wealth of activities year round.



*“From ‘vine to wine’, the region produces more than a third of British Columbia’s wines “*



## Festivals & Events

Oliver has plenty of festivals and events throughout the year for everyone to enjoy. Here is a brief listing of the events scheduled for January through to March:

Dates	Event	Location	Type
Jan 4-6	Midget House Hockey Tournament	Oliver Arena	Sports/Recreation
Jan 27	Eastlink Curling Centre Ladies Snoman Bonspiel	Oliver Curling club	Sports/Recreation
Jan 25	Book Signing with Jennifer Schell	Hester Creek Winery	Food/Wine/Culture
Jan 27	Seniors Music Jamboree	Oliver Senior Centre	Music/Concert
Feb 3	Oliver Legion Super Bowl	Royal Canadian Legion	Sports/Celebration
Feb 8	SO Concert Society—Jasper Wood & Daniel Bolshoy	Oliver Curling Club	Sports/Recreation
Feb 9	Red Wine & Chocolate	Tinhorn Creek Winery	Food/Wine
Feb 9-10	Valentines Day Open House	Great Estates Winery	Food/Wine
Feb 10	SOSA Annual Sheep Count	Vaseaux Lake Campsite	Sports/Recreation
Feb 10	Songsters 50+ Concert	Oliver Seniors Centre	Celebration/Concert
Feb 17	Seniors Valentines Dinner & Dance	Oliver Seniors Centre	Food/Celebration
Feb 23	Oliver Snowbird Seniors Luncheon	Oliver Seniors Centre	Food
Mar 2	OK Similkameen Healthy Living Fair	Penticton Convention Centre	Living
Mar 3	Seniors Carpet Bowling Tourney	Oliver Seniors Centre	Sports/Recreation
Mar 7	SO Concert Society—Woody Holler and His Orchestra	Oliver Alliance Church	Music/Concert
Mar 8	Low Country Boil	Hester Creek Winery	Food/Wine
Mar 8-10	Peewee House Hockey Tournament	Oliver Arena	Sports/Recreation
Mar 15	Oliver Legion St. Patrick Nite	Royal Canadian Legion	Celebration
Mar 17	Irish Stew Annual Dinner	Oliver Seniors Centre	Food/Celebration
Mar 31	Seniors Bridge Tournament	Oliver Seniors Centre	Recreation

## Feelings of Wellbeing Increase With Age

A new study finds that as seniors age, their perspective of how successfully they are aging steadily improves. The results also indicate that psychological factors, such as resilience and absence of depression, can be as strong as physical factors in predicting a senior's wellbeing.

The study conducted by researchers at Stanford University and UC San Diego surveyed participants, who averaged 77 years in age. The extensive interview covered a variety of topics including overall health, demographics, and subjects aimed at uncovering psychological traits.

Researchers found that the older the subject, the higher their feeling of wellbeing. "Even though older age was closely associated with worse physical and cognitive functioning, it was also related to better mental functioning," said Colin Depp, co-author of the study. This was seen across income and education

levels and when marital status was taken into account. Lead investigator of the study, J Dilip V. Jeste, says that these results should make many change their perspective on the aging population. "Successfully aging older adults can be a great resource for younger generations," said Jeste.

When controlled for age, researchers found that resilience and lack of depression had strong associations with positive attitudes towards aging. Physical and cognitive functioning also played a role, but could be overcome with certain psychological traits. For example, seniors with poor physical health and high levels of resilience had the same levels of wellbeing as their peers who had good physical health but low levels of resilience.



## Exercise May Prevent and Slow Progression of Alzheimer's Disease

Researchers found that older adults, with or without Alzheimer's, who exercise consistently, have more grey matter than their sedentary peers. Grey matter, which is responsible for memory, speech, and most other information processing, can even be increased in seniors who begin exercising late in life.

The UCLA researchers asked 876 adults, with an average age of 78, about their exercise habits, which included deliberate exercise like dancing and running as well as chores, like yard work. MRI scans were also performed on all participants. Researchers found that the most active participants had 5 percent more grey matter than the least active participants. Parts of the brain responsible for memory and learning, such as the temporal lobes and hippocampus, were larger in the participants that exercised the most. Exercise had the same effect on both participants with or without Alzheimer's disease. "(Those with



Alzheimer's) weren't cured but they had less deterioration in these brain areas than people with Alzheimer's who were less active," explained UCLA researcher Dr. Cyrus Raji.

When researchers followed up with participants 5 years later, those who increased the amount of calories they burned over that period were found to have experienced increases in grey matter as well. "No pharmaceutical drug on the market has been shown to have these effects on the brain -- not a single drug," said Raji. "And it doesn't cost anything."

# Key Advantages of Assisted Living

**Social Activities**—An assisted living home like *Heritage House* is kind of like a cruise ship...you can be as busy as you like or you can enjoy solitude when it suits you. It's a place where those of a similar age can meet, live and experience all the perks of a great social life again.

**Less Housework**—The biggest benefit of moving to an assisted living environment like *Heritage House* is eliminating the housework. Cooking, cleaning, doing the laundry and all of the other tasks that go along with maintaining a home are difficult for seniors.

**In-House Personal Care**—An assisted living community like *Heritage House* have professional care staff to attend to the healthcare needs of the residents. A partnership between the care staff,

the resident and the physician forms the crucial triangle.

**Safety**—For some, the greatest benefit is safety. If the older adult is frail, visually impaired or unsteady on their feet, living with others can serve as a safety net.

**Nutrition**—As we age it becomes harder to shop for groceries and prepare meals. The idea of cooking for one becomes challenging. *Heritage House* offers three meals daily in our beautiful dining room with a variety of meal choices. Being well nourished and hydrated will improve health.

**Family Roles Restored**—A very powerful, yet real benefit of assisted living is the restoration of family roles. That is, a spouse who has been acting as a care giver to her husband, can get back to being a wife.

*If you have any questions about Heritage House or assisted living, please do not hesitate to contact:*

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## Heritage House

It is our pleasure to introduce to you *Heritage House*, located in Oliver, British Columbia. When a person needs assistance or care the question becomes "what to do?" *Heritage House* is ready to meet those needs.

*Heritage House* has been developed to provide area residents with assistance in activities of daily living, thus enabling them to maintain their active, independent lifestyle.

*Heritage House* offers a full array of

"Assisted Living" services: meals, 24 hour security, housekeeping, medication monitoring, just to name a few. We will offer assistance when you need it and privacy when you don't!

Your comfort is assured with wall-to-wall carpeting, window blinds, kitchenette, individual heating and air-conditioning and available laundry facilities. Spacious accessible bathrooms, state-of-the-art emergency call system and spacious central dining room will invite freedom and peace of mind. This picture will be complete when you bring your own furnishings and truly make it your home.

Our staff are dedicated to providing each resident an opportunity to enrich and enjoy their lives while being provided professional assistance whenever needed.

