

# Bringing *Living* to Aging



# Transform Your *Experience* of Aging

When it comes to senior living, United Active Living does things differently. We are bringing living to aging, by creating communities focused on freedom, choice, and self expression alongside a living experience tailored to you.

We're transforming the status quo with our revolutionary 'United' approach to creating communities that feel like home, with all the perks of a maintenance-free lifestyle. From innovative community design to curated programming, every detail reflects our promise to create inclusive communities, foster freedom of choice, and provide occasions to learn and grow.





“There are so many activities that keep my mind active. I like to learn something new every day and this place really caters to that.” - RALPH

## A Place to Be Yourself

Everything we do starts with you. From adding personalized touches to your spacious suite and dining as you please, to engaging in programming that reflects your interests, it's important to us that you feel at home.

United is a place where you and your spouse or partner can stay together, while accessing care tailored to your unique and changing needs. With beautiful walking pathways nearby, your pets are welcome too!

## An Authentic Community

Enjoy quality time with fellow residents, and create authentic connections with dedicated, professional team members who know you by name, and care about you as a person.

Take part in an unbeatable variety of programming. Delight in exceptional culinary offerings. Engage in enriching experiences beyond expectation.

United Active Living is locally owned and operated, which means we take the time to design exclusive experiences with our community partners including the Calgary Philharmonic, the Wilder Institute / Calgary Zoo, St. Mary's University, Mount Royal University, and many more.

## Quality Beyond Expectations

At United, we worry about the details, so you don't have to. Your spacious suite is equipped with all the conveniences of home: washer and dryer, large closets and storage spaces, underground parking, oversized windows, plus your choice of full kitchen or kitchenette. Utilities, maintenance, and housekeeping services are all included.

Beyond your suite, you'll discover purpose-built amenities designed for your enjoyment:

- Stay active in a fully outfitted fitness studio offering daily classes led by professional kinesiologists
- Create a new project in the expansive art studio with the assistance of trained artists
- Enjoy daily dining in the dining room or bistro with an extensive all-day menu and daily features curated by our talented chefs
- Access additional in-house services including salon, registered massage therapy, dental hygienist, visiting physician, and more





“Everyone is so friendly. My husband and I are enjoying everything about the community.”

- DOROTHY

### Flexible Care, Your Way

Your health and wellness is our number one priority. You'll have access to a team of professionals 24/7 to help you meet your health and wellness goals.

By getting to know you, care services can be customized to support your changing care needs. As your needs change, we change with you.

### Memory Care, Reimagined

United Minds is one of the most revolutionary and progressive memory care services in North America. Using a relationship-centred care approach, residents living with dementia or cognitive decline are free to choose how they spend their time, have the choice to live with a friend or partner, and are fully integrated into the community with unrestricted access to public spaces, programming, and amenities. Our United Minds team offers support focused on each person's unique personality and interests.

Every step of the way, United is here so you can live your best life.



### Welcome to United Active Living

We can't wait to meet you. If you're ready to experience a United Active Living community for yourself, join us for a tour today.

**GARRISON GREEN** 3028 Don Ethell Boulevard SW, Calgary, AB

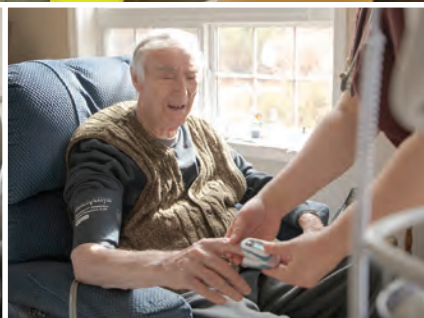
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# Wellness your way



United HEALTH AND WELLNESS





“We are all so grateful for the care our parents receive. The nursing team and caregivers are second to none and the caring, friendly atmosphere is so appreciated. The United Minds team and services have been a lifeline for our parents! We have nothing but praise and admiration and have no regrets moving to United Active Living.” - CATHY, RESIDENT FAMILY MEMBER



# The United *difference*

Embark on an extraordinary journey at United Active Living, where an innovative approach to health and wellness awaits.

From the moment you step into our community, you'll notice the difference. With an unwavering commitment to excellence, our team seamlessly combines the **highest standards of professional health and wellness services with a relationship-centred approach.**

We take the time to get to know you, your strengths, and your passions. From there, we work with you to develop personalized health and wellness services tailored to your unique needs and lifestyle goals.

Whether you're a couple, siblings, or friends, our flexible approach to health and wellness means you can **continue to live a meaningful life together** within our community. Plus, with a menu of comprehensive service options, you have the flexibility to customize your experience, ensuring **access to personalized care, as you need it.**

## **Professional expertise, right at home**

This is your home, and we are privileged to be a part of your extraordinary journey. In the comfort of your own suite, our skilled professionals are dedicated to providing unparalleled care and support.

We focus on who you are as a person, not just your state of health. Experience a community where your needs are honoured, your dreams are nurtured, and your well-being comes first.

Health and wellness at United Active Living is led by a registered nurse and supported by a team of health and wellness professionals, each with expertise in one of three disciplines: healthcare, cognitive support, and physical fitness.

# United *cares*



## A holistic approach to wellness

From independent and assisted living to palliative and hospice care options, United can support you every step of the way.

Every resident in our independent supported living communities has access to the following complimentary services from our United Cares team:

- 24/7 oversight and management from a registered nurse
  - 24/7 accessible health care professionals (LPNs and HCAs)
  - 24/7 nurse alert system
  - Comprehensive welcome wellness consultation to prepare for a successful move-in
  - Annual wellness evaluation and goal-setting conference
  - Industry leading infection prevention and control practices (including rapid response to illness, complimentary meal delivery, and health assessment)
  - Monthly blood pressure clinics
  - Fall risk assessment and monitoring
  - Unobtrusive monitoring to ensure your safety and well-being
  - Vaccination clinics on-site
  - Move-in orientation
  - Access to in-suite visits from a partner physician
  - On-site medication delivery from a partner pharmacy
  - Hospital liaison to support return from hospital
  - Optional WanderGuard system for added safety when required\*
- \* *WanderGuard is currently available in our Fish Creek North community*

United Cares is led by an experienced Licensed Practical Nurse (LPN) alongside a compassionate team of health professionals deeply committed to delivering the highest quality care and personalized attention.



## Your care, your way

Private health and wellness services are offered at \$42 per hour for Wellness Club (scheduled care) and \$45 per hour for Wellness On Demand (unscheduled care). All care services are billed in fifteen-minute increments.

Commonly used services available from our United Cares team include:

- Medication assistance
- Personal hygiene and personal care (eg. dressing, bathing)
- Restroom assistance
- Transferring and mobility assistance
- Companion care
- Skin and wound care
- Escorts to programs, events, and dining
- Regular health assessments and monitoring (eg. blood glucose monitoring)
- Reminders for appointments, programs, and medications
- Safety and security checks
- Transportation to appointments

Don't see a service listed? Additional professional services such as foot care, physiotherapy, and hearing clinics are also offered in partnership with community healthcare experts.

Our United Cares team is here to work with you to create a customized wellness plan. Services can be provided as needed with Wellness On Demand, or scheduled as part of our Wellness Club to provide maximum value.



# United *minds*



## Memory care, reimagined

At United Active Living, residents living with dementia or cognitive decline are free to choose how they spend their time, have the choice to live with a friend or partner, and are fully integrated into the community with unrestricted access to public spaces, programming, and amenities. These features, along with our relationship-centred approach, make United Minds one of the most revolutionary and progressive memory care services in North America.

Caring and skilled, our United Minds team members are devoted to building relationships and understanding the distinct needs of each person living with cognitive impairment. Our team strives to establish a supportive, safe, and vibrant environment that enhances quality of life and independence.

United Minds services are designed to offer progressive levels of support as an individual's needs change:



### LEVEL 1: GETTING ROOTED

Getting rooted is best for those who are early in their journey and require minimal assistance to remain independent.

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\$500 per month



### LEVEL 2: BRANCHING OUT

Branching out offers a more comprehensive connection, established with residents through an enhanced therapeutic strategy.

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\$875 per month



### LEVEL 3: BLOOMING ARCHITECT

Blooming architect offers the highest level of support, suited to those who experiencing advanced progression in their journey.

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\$1,500 per month

# United *fitness*



At United Active Living, we understand maintaining an active and healthy lifestyle is vital to overall wellness, regardless of age. That's why we offer a range of fitness services that cater to your individual needs and interests. Our fitness studios come with the expertise and equipment you need to maintain and improve strength, flexibility, balance, and cardiovascular health.

## Active living, for all

Whether you're recovering from surgery, or looking to improve strength and balance, we're here to support your active lifestyle.

Our experienced fitness instructors are registered kinesiologists, equipped with the skills and expertise to provide guidance in an enjoyable and fun environment.



Daily group fitness classes are designed for all abilities and are complimentary for residents. Personalized one-on-one sessions with a United registered kinesiologist are offered at \$50 per hour, billed in fifteen-minute increments.

**“I contracted the services provided by United kinesiologists soon after I moved in. Following their assessment, guidance and encouragement, my initial concerns with back pain and lack of mobility have been greatly reduced, and my independence improved.” - HUGH, RESIDENT**



## Bringing living to aging



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# Memory care *reimagined*



United MINDS

 United  
Active Living

# It's time to *rethink* memory care

United Minds is one of the most revolutionary and progressive memory care services in North America.



United Active Living uses a relationship-centred care approach: residents in our communities continue to live active, engaging, and meaningful lives, integrated among peers with access to experiences and spaces that align with their passions and interests.

Residents living with dementia or cognitive decline are free to choose how they spend their time, have the choice to live with a friend or partner, and are fully integrated with unrestricted access to public spaces, programming, and amenities.

**“We are completely happy that United Active Living can provide for us as a couple. We can be independent if we like to. We can have assistance if we like to. But we can go through it together. The way of life here at United gives us confidence that we will be able to weather it together and not have to be separated.” - SHARYN AND LANDIS, RESIDENTS**

## **Bringing living to aging**

Our team of experienced professionals understand the unique needs of those living with cognitive impairment and are dedicated to creating a supportive, safe, and engaging environment that promotes quality of life and independence.

Every step of the way, our specialized team is here to help each individual explore their preferences and passions and connect with the people they care about.

## **Evolving together**

Everyone deserves to live a full and meaningful life, regardless of their changing needs, which is why United Minds services evolve to meet each person exactly where they're at.

Our team works closely with each resident and their families to develop customized care plans, designed to nurture strengths, interests, and goals, rather than limitations.



“My mother lived in a United Active Living community which was incredibly caring of her and supportive of her progressing dementia without ever isolating her or confining her. It is truly a compassionate place for those needing extra care.”

- WENDY, RESIDENT FAMILY MEMBER



**LEVEL 1:  
GETTING ROOTED**

Getting rooted is best for those who are early in their journey and require minimal assistance.

Residents can expect regular individual therapeutic visits and cues to attend community events, continue daily routines, and get rooted among their peers.

Regular engagement with our team ensures the resident is supported as needed to live well within the community.

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\$500 per month



**LEVEL 2:  
BRANCHING OUT**

Branching out offers a more comprehensive connection, established with residents through an enhanced therapeutic strategy.

Residents can expect escorts to specific programs or appointments, extended individual visits, and access to customized group events tailored to those using United Minds.

Our team will guide residents to continue living full and meaningful lives, unique to their interests and abilities.

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\$875 per month



**LEVEL 3:  
BLOOMING ARCHITECT**

Blooming architect offers the highest level of support, suited to those who experience advanced progression in their journey.

Residents attain the greatest level of individualized support, focusing on their overall emotional wellness, while accessing enhanced assistance during exclusive events, and enjoying more focused enrichment in smaller-scale social settings.

With heightened support, residents can continue to bloom and engage with others as they desire.

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\$1,500 per month





“We have lots of good friends here. This feels like home now. I wouldn’t want to live anywhere else.” - RUTH, RESIDENT



## Stronger relationships, better outcomes

Relationship-centred care is a holistic approach that recognizes memory care is not just about treating a medical condition, but also about addressing the emotional and social needs of each person.

At United, we prioritize communication, empathy, and understanding in our interactions with residents and family members and work collaboratively to create individualized care plans that consider each person’s unique needs, values, and goals.

Nurturing a sense of trust and openness means residents are empowered to express themselves authentically, which can have a positive impact on their overall well-being.

By fostering positive relationships based on mutual trust, respect, and open communication, relationship-centred care can lead to better health outcomes and improved quality of life.



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