

CommunityLife

A GUIDE TO LIFE AT
HYGATE ACTIVE SENIOR LIVING

Hygate

RETIREMENT RESIDENCE



YOUR LIFE. YOUR WAY.

215 LEXINGTON ROAD, WATERLOO, ONTARIO
519.501.1131
hygateliving.com

Retirement Living for the Modern Senior



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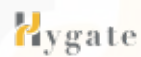


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Welcome to Hygate!



The Hygate on Lexington is Waterloo's newest retirement residence, catering to today's senior.

After opening its doors in October of 2021, Hygate has quickly become known as an exciting new option in retirement living. The beautiful modern building includes a wide variety of suite choices, all with stunning views of the K-W area, as well as amazing amenities to suit everyone's interests.

Most importantly, at Hygate, you have the freedom to choose – your suite type, what services to take advantage of, and how to spend your time.

Your Life. Your Way.

Planning Your Future

As you explore options in Retirement Living, you probably have many questions:

Is the Independent Apartment or Full-Service Retirement lifestyle right for me or my loved one?

What resources are available to help me maintain my independence?

What amenities, activities and social gatherings are available nearby?

Our team at Hygate can answer these questions - and many more! We offer no-obligation, personalized tours and consultations, to help you navigate the world of Retirement Living and make the best decision for you and your family.

We welcome you to browse the tips and resources in the following pages - then visit www.hygateliving.com or give us a call plan your visit!



Tips & Resources for Planning Your Future



Consider your options. There are plenty available with a wide variety of companies, with different approaches and philosophies. Visit them, talk to the staff, ask questions... visit again! Take whatever steps you need to understand everything available, and what is important to you.

Communicate with your support network. Family, friends, professionals – there are people who care about you and are willing to help. Whether it is explaining the different aspects of Retirement Living, helping you plan a move, or just lending an ear... your “team” is behind you.

Take your time and enjoy the process. This is a big decision and you have time. Book multiple tours, enjoy a meal, book a trial stay. Call some friends and go to an event to get their opinion. If you’re still not sure, keep exploring. This is your choice.

Where Should I Live as I Get Older?

Deciding where to live at any age is a deeply personal decision.

Here are some things to consider:

Personality. Are you a social butterfly, or prefer peace and quiet? Do you need a routine, or is freedom more important? The place you live should allow you to be yourself and feel your best every day.

Favourite activities. Nature, fitness, cards, or just a great conversation – what do you love to do? Living somewhere with a variety of activities and events that interest you can keep you active and healthy.

Food. Eating what you love, balanced with healthy choices – food is a big part of your day. Consider menu options, seating arrangements, and dining times when reviewing different locations.

Family and friends. Living near family and friends and having spaces where you can host loved ones will keep you connected, strengthen your most important relationships, and maintain your family traditions.

Space to grow. It's ideal to find a community that will work for you today and meet your needs tomorrow. Access to various levels of support, even if they aren't needed right away is important.



How Can I Support a Loved One as They Get Older?



We all want to do everything possible to care for older parents, grandparents, and loved ones. Here are some easy ways to show you care:

Put their needs first. Health and safety is always important, but consider other interests, wants and needs. You want your loved one taken care of, but they also deserve to be happy. Finding the right combination of elements can be done collaboratively with your loved one, their doctor, and retirement community staff.

Listen closely. Change can bring many feelings – excitement and intrigue, but also fear and even sadness. Listening to how your loved one reacts to certain circumstances and validating emotions can help them feel understood and supported. Take changes step by step and consider “testing out” different options (for example, staying at a residence for a trial week or month). This empathetic and measured approach will support everyone in finding the right fit.

Be present. Checking in can substantially help the mental health of a loved one. Even if you are not physically nearby, a card, call, or small gift can make a big difference.

Build a team of caring and knowledgeable professionals. People with the right area of expertise can make a huge difference in someone’s life as they get older. Medical professionals, financial planners, and other service providers can be a great help. No one needs to be alone as they get older, and support is available for families in Waterloo Region.

The Hygate Lifestyle

So how will you be spending your days living at Hygate? That is entirely up to you.

You could start your morning with a fitness class, and then meet some friends for coffee and something delectable. Then you could grab a ride from us to run some errands, making it back in time for lunch. Timing is no concern, of course, because our meal times are flexible. After some time in your suite or on your balcony, you could meet friends to enjoy some live entertainment, or perhaps learn a new hobby. Then a glass of wine before dinner, or a digestif following.

Residents have direct influence over what goes on at Hygate, with opportunities to revisit a favourite pastime, or experience something they never would have imagined (dog sledding, anyone?). These opportunities are available to residents, family, and friends; created in partnership with our staff and local businesses and organizations. Such a collection of amazing people has earned its own moniker: "Team Hygate".



Team Hygate

What is Team Hygate?

- Our Residents
- Our Staff
- Family and Friends
- Local Businesses and Organizations

Joining together to strengthen the Kitchener-Waterloo Community.

If you are a business owner and want to join our Team, give us a call!



News & Events

Things are always happening at Hygate!

Whether it is a theme night, games night, vendor markets or many other entertainments there is always something happening at Hygate!

Check out our website www.hygateliving.com or follow us on Facebook to keep up to date with forthcoming events!



Your Table is Waiting

Dining is such a large part of life. It connects us with others and creates lasting memories. A fantastic meal makes the whole day incredible.

This is why we love creating menus and meals for you and your guests. Our "Gourmet Comfort Food" puts a twist on the traditions of homestyle cooking. We have open dining times, flexible seating, and some surprise, culinary treats along the way!



Everything at Your Fingertips

Spectacular suites, fantastic food and a lifestyle suited to you. What else do you need?

How about convenience?

So much is right outside your door – but inside the building:

- A café-style Bistro, with specialty coffees, alternate meal options and beer on tap
- A full service salon providing hairstyling, manicures and pedicures, and massages
- A fully stocked fitness room with organized classes as well as machines and equipment for your personal use.
- Physician & pharmacy services, with referrals to specialty care
- A dedicated bus for shopping trips and events

We bring all of these things inside, so going out is reserved for having a great time.



Independent Apartments

Maybe you still enjoy cooking for yourself (most of the time). Perhaps you take pride in a clean home that you take care of yourself. Having services available would be great, but only at the times you need them.

Come have a look at our apartments.

Full kitchen, laundry in-suite, with options regarding meal plans, housekeeping and many other services. The entire building is available for your use, when you wish to make use of it.



Independent Living Plus

Are you more interested in enjoying the perks of life, and ready to leave the day-to-day nuisances to someone else? After all, why do the cleaning and cooking when there are so many better ways to spend one's time?

Our Independent Living Plus suites are ready for you.

Hand the work to us and focus on living life to the fullest. All meals provided, including a fully cooked breakfast - with the option to prepare a little something in your suite, whenever you wish. We'll keep your suite nice and clean, so you can take full advantage of the Hygate lifestyle.



Assisted Living and Respite Care

At Hygate, we understand that sometimes decisions need to be made quickly. We also understand that you want to make the best decision for your loved one.

Our modern Assisted Living suites are ready and available to meet your needs, and put your mind at ease.

- Brand new, beautiful facilities
- Variety of suite options with views of the Kitchener-Waterloo area
- Dedicated dining room and activity lounge with balcony
- In-house physician services
- On-site pharmacy services
- Beauty salon services
- Many other personalized services available
- Immediate availability

Our team of professional staff are ready to provide assistance where needed, while gently encouraging independence.

Respite and short-term stays are also available in our furnished suites.



Frequently Asked Questions

Where is Hygate located?

215 Lexington Rd, right near Hwy 85 (you can't miss us!).

How can I learn more about Hygate?

Check out our website – hygateliving.com, attend an info session or discovery table event, or call to book a no-obligation tour.

You can also attend an event as a guest, arrange a guest meal to try the food, or book a trial stay for a few nights, or even longer, to “kick the tires”. While you're here, you can speak to other residents about their experience.

How long is your waiting list?

The majority of our suites in all lifestyle options are immediately available. Select options are limited.

What if I'm not sure?

Take your time. Visit other places. Give it some thought. This is an incredibly important decision in your life and we want you to make the right one.

What if there is an emergency and I need help?

We are staffed 24 hours a day, 7 days a week, with a building-wide emergency response system.

Can family and friends come to visit?

Certainly. Guests can come for a meal, attend an event, even spend the night in our furnished guest suites. We also have a family kitchen, private dining room and games room if you want hold your big family event here.

What if there is a problem with my suite or I need help fixing or cleaning up something?

Our maintenance and housekeeping staff are a phone call away to take care of any problems that may arise.



Understand Your Options

There are many things to consider as you take steps toward choosing where you would like to live. This list offers a few insights into the process. Feel free to contact us for more information:

Q What is senior living?

A Senior living encompasses many lifestyles and living options, depending on the level of independence and preferences of the individual. While Hygate offers independent apartments, full-serviced retirement living and assisted living, there are also other options in the industry to be considered. This includes life lease, memory care, long-term care and more. Each option is focused to meet a particular set of needs and wants. When you call us, we will be open with you about what option we think is best suited to meet your needs – even if it's not something we can provide.

Q How does the cost of senior living compare to remaining at home?

A Start by totalling all of your separate current living expenses and compare that number to the total cost for living at different communities. You may find that senior living is more cost-effective than you thought.

Q How do I financially plan for senior living?

A Understanding the available financial options is an important step that should be made early in the process. From Veteran's Benefits to tax benefits, we recommend utilizing a financial advisor or similar resource on how to make senior living more affordable.

Q How do I find the best senior living option for me?

A Consider your current lifestyle needs to what is the best fit for you. What are you interested in? What is important to you? What type of people do you like/want to interact with? While every experience is unique, you can also gather insight from those who have already made a similar choice. Speaking to current residents can provide a lot of good information.

Q What questions should I ask before making a decision?

A In short... all of them! There are many factors to consider, and it's natural to feel unsure of where to begin. We offer personal guidance every step of the way - should you want it - and will ensure all of your questions are answered, even if we have to look for the answer first!

Q What should I expect when I move?

A The prospect of moving can be overwhelming and the day itself can be stressful. Our team is here to provide support and preparation, and there are other resources to turn to for assistance as well (see Senior Moving Managers section later in this book). Along with your own family and friends, everyone is on your side to make the process as smooth and simple as possible.

Q How do I begin the conversation with my loved one?

A Our team can offer guidance and suggestions on how to negotiate difficult conversations. Engaging in open, honest dialogue from the beginning sets the stage for a positive journey. It's also important to listen and take their preferences into account.



Monthly Countdown

10 - 12 MONTH

- List and schedule home repairs in advance of getting your house on the market.
- List your retirement living goals.
- Consult with your financial planner.
- Phone your real estate agent to schedule a home appraisal.

7 - 9 MONTH

- Attend an event at one of the locations you are considering.
- Contact the moving company for an estimate and to request delivery of moving supplies (if the community provides moving services, you may not need these supplies).
- Make at least one new acquaintance among the residents of the community.
- Schedule an appointment to select a floor plan.
- Schedule an appointment with a downsizing expert.
- Talk to your children and other close family members about what's happening.

4 - 6 MONTH

- All home repairs/upgrades completed.
- Residence and suite selected, or shortlisted.
- Documents updated and safely stored.
- Downsizing wrapped up.
- Heirlooms distributed.
- House listed (discuss with realtor, depends on market status).
- List made of what furniture goes where in your new residence.
- Tried something new from the community's activity calendar.

Self-care alert: Do you need a day trip, a weekend away, a flight to San Francisco for a loaf of bread? Be sure to take care of yourself as you work toward your moving date.

3 MONTH

- Contact insurance providers about your change of address - and adjust policies, as needed.
- Contact your veterinarian about your pet(s) and the upcoming move.
- Create a calendar for the important moving dates - including moving supplies delivery, packing, transition, move-in.

2 MONTH

- Check with your mover - or moving coordinator - about final details.
- Create a moving binder that includes key contacts, estimates, receipts and an inventory of what you're taking with you.
- Gather valuables and important documents such as jewellery, chequebooks, legal documents, insurance policies, financial documents, medical records and other important files, and keep them in a lockable box you'll personally transport to your new home.
- Get markers and labels.
- Schedule utility disconnects.
- Schedule your post-move-out cleaning services.
- Start cleaning out the pantry and deep freeze - remembering to reduce cleaning supplies, too.
- Arrange your own transportation, as needed.
- Ask a neighbour about watching for mail that might come after your move.
- Find out what the community has planned for your arrival.
- If a pet is making the move with you, be sure to pack food and meds to ensure he / she will also have a smooth journey and safe arrival.
- Pay the moving company.
- Pack a suitcase with your own clothes and medicines, so after your first night, you'll be ready for the first day.
- Pack valuables and seldom-used belonging that you've chosen to pack yourself.

Things You Didn't Know About Pharmacists

A trip to your local pharmacy can be much more than simply a place to fill your prescription.

Your pharmacist has a wealth of knowledge gained from seven to eight years training for their profession. In addition they may have specialized in the fields of pediatric or geriatric care, which will have required extra training.

Pharmacists have an in-depth knowledge of prescription items and how they should be administered. In addition they can offer advice on over the counter medications, which may result in a cheaper alternative to your prescription drug.

Most pharmacies are able to offer a variety of vaccines such as polio, pneumonia, tetanus, shingles and chicken pox, in addition to the flu shot. While some also have access to travel immunizations such as typhoid. If you require a vaccine the pharmacist will go through your medical history and once completed you can ask them to forward proof of the vaccination to your physician so your medical records are kept up to date.



Senior Move Managers

What are Senior Move Managers?

Senior Move Managers specialize in helping the elderly downsize and transition to assisted living communities or other housing.

Moving home is a stressful time, no matter how old you are, as we often have emotional attachments to memories and possessions.

A Senior Move Manager will plan the move and help with problems that can arise when downsizing/selling a home in old age. They are specifically trained to deal with the issues that may arise, such as physical tasks, along with emotional stress and worries about the financial aspects of selling a home.

Reasons to hire a Senior Move Manager

- Senior Move Managers can help seniors downsize with dignity – it can often be difficult for younger generations, who may have moved frequently, to understand the emotional attachment that a senior may have to the home they have lived in their entire adult life. Their training helps older adults part with possessions without parting with their memories.
- Senior Move Managers help to emotionally prepare for the move – the elderly often has a desire to “grow old at home” surrounded by their memories and possessions. Move managers can help to reduce the fear of downsizing, making the process seem less daunting.
- Allows seniors to feel in control of difficult transitions – it is vitally important to involve seniors in the moving process, this can be through helping them to organize clothing, books or sorting through possessions.
- Help to prevent family conflict – the stress of moving can lead to arguments among adult children and the aging loved one, often in relation to possessions. A Senior Move Manager can help to alleviate the situation and put the argument into perspective, by guiding families through the process of which things to keep, sell or donate.
- Senior moving services can save time and money – move managers often offer a package, based upon a client’s needs. Some families opt to hire a manager months in advance to begin the downsizing, which can help to spread the costs. For families that are geographically distanced a move manager can save them considerable time and resources by organizing open houses, estate sales, etc
- Senior Move Managers bring connections with them – most managers have a wealth of connections such as real estate agents, appraisers, staging experts, cleaning services, moving services, etc in their network that can take care of every detail for the family.

Speak to our team if you need a list of options in the local area to contact for information.



Hygate

RETIREMENT RESIDENCE





What are you waiting for?

Call us today to book your tour!

Resources & Local Contacts

Restaurant and Take-Out:

Wildcraft Grill and Bar	519-885-0117
Dearborn Restaurant	519-746-0321
Ennio's Pizza House	519-893-0543
Halibut House	519-208-2999
East Side Marios	519-886-8388
Davenport Pizza	519-725-4404

Theatre/Arts:

Princess Cinemas	519-885-2950
Apollo Cinema	519-954-5634
Galaxy Cinemas Waterloo	
St. Jacobs Playhouse	1-885-372-9866
KW Little Theater	519-886-0660
St. Jacobs Schoolhouse Theater	1-885-372-9866

Social Clubs:

Royal Canadian Legion Branch 530	519-886-4790
Schwaben Club	519-742-7979
Italian Cortina Club Inc.	519-894-3852
Concordia Club	519-745-5617
KW Multicultural Centre	519-745-2531

Transportation:

Go Transit	519-744-2251
Waterloo Taxi	519-888-7777
City Cabs	519-747-7777
Waterloo Airport Services	519-954-4276
Mobility Plus	519-744-2241

Libraries:

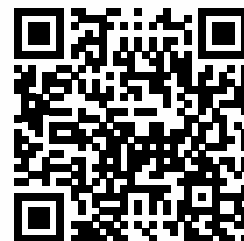
Waterloo Public Library	519-886-1310
Waterloo Public Library - McCormick Branch	519-886-1310

Financial Resources:

Ontario Works	519-883-2100
CIBC	519-884-9290
RBC Royal Bank	519-747-8320
BMO Bank of Montreal	1-800-363-9992
TD Canada Trust	519-746-6933

Thank you

“Thank you to all the sponsors and advertisers found within these pages. This entire publication has been made possible with their support and their commitment to the local community. It is a specific example of Team Hygate at work”

The logo for Team Hygate features a stylized 'H' icon composed of three vertical bars of varying heights in yellow and grey. To the right of the icon, the word 'Team' is written in a large, flowing, yellow script font, and the word 'Hygate' is written below it in a grey, serif font.

Important Notes

A series of horizontal dotted lines for writing notes, organized into five groups of four lines each.