

The Diamond View

C O L D S T R E A M M E A D O W S D I A M O N D C L U B
Q U A R T E R L Y N E W S L E T T E R

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Meadows Diamond Club has been created by Coldstream Meadows Retirement Community specifically for the fastest growing age group in the North Okanagan – the “Senior Senior” (please see related article on page 5). The Borden family has over 14 years of experience in the operation and development of Retirement Communities and the most im-

WELCOME TO MEADOWS DIAMOND CLUB!



Meadows

DIAMOND CLUB

portant thing we have learned over the past 14 years is that there is a lack of information of specific interest to “Senior Seniors” and their families. Meadows Diamond Club will be offering far more than just information; after all we are a “Club”. Through vari-

ous sponsors every MDC member will receive recognition on their birthday with a card and a gift certificate for a local restaurant or business. Our newsletters will be published four times a year; spring, summer, fall and winter.

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INTRODUCING REBEKAH BEATON



My name is Rebekah Beaton. It is with much pleasure to announce my joining of Coldstream Meadows as their Real Estate Sales Director. I've specialized in marketing and selling Okanagan resort communities for eight years, in similar rural settings such as Predator Ridge. Coldstream Meadows more than exceeds an opportunity to be discovered and I look forward to sharing this with you.

DIAMOND CLUB WELCOME

From Page 1

We will have lots of valuable information to share in the areas of lifestyle, wellness, activities, healthcare, special interest items, accommodation and services, etc. Every quarter there will be a draw from all active members for a gift from one of our sponsors and once a year there will be a draw for a major gift. And once or twice a year there will be special events held at Coldstream Meadows specifically for MDC members. Special events

will include socials, get-togethers and special occasion celebrations.

MDC is sponsor based so there is no cost to join. You will get all of these benefits for free. To join just fill in the attached application and mail or drop off to the address as shown. We will be in touch immediately with a welcome card and gift from one of our sponsors. Family members of "Senior Seniors" are welcome to join as associate members.

You will receive our quarterly newsletter and access to MDC staff to answer any related questions you may have. Sorry Associate Members but gifts from sponsors are reserved for "Senior Seniors" only; don't worry you'll be a "Senior Senior" one day too.

We look forward to receiving your MDC application.



JOIN MDC TODAY

Sign up to receive all the benefits of the Meadows Diamond Club. It's easy and free! Clip out this form and mail or drop off to: MDC, 9104 Mackie Drive, Coldstream B.C. V1B 1G9

Name: _____

Address: _____

Postal Code: _____

Month of Birthday: _____

ASSOCIATE MEMBER? Please check here:

COLDSTREAM MEADOWS EYES EXPANSION



Coldstream Meadows Retirement Community would like to announce that we have applied to the District of Coldstream for an amendment to the zoning bylaw and OCP section that pertain to Coldstream Meadows.

The intent of the amendment is to allow us to increase the density from 14 units to 36 units of Cottage style accommodation called The Terraces on existing lot 3; and to permit the development of a complex care facility on the eastern portion of our property called *The Monashee Community of Care*. We see both of these developments as an integral part of our overall plans to create a true Campus of Care Retirement Community where we can provide a full range of accommodation, services and health care options to our residents.

The Terraces are a grouping of duplexes, fiveplexes, sixplexes and one sevenplex with units ranging in size from 600 sq. ft. to 1,000 sq. ft. For the most part all of the safety and age-in-place features from our existing developments - The Cottages and The Views - will be retained in The Terraces. The Terraces will be smaller and efficient in design and will be priced at an affordable level. All of the units are single story with a low profile design which will fit nicely into the area of lot 3.

“We see both of these developments as an integral part of our overall plans to create a true Campus of Care Retirement Community where we can provide a full range of accommodation, services and health care options to our residents.”



The Monashee Community of Care



Sit quietly,
doing nothing,
spring comes,
and the grass grows
by **ITSELF.**

- Zen Proverb



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THE MEANING OF “SENIOR” IN “SENIOR”

“We’ve put more effort into helping folks reach old age than into helping them enjoy it.”

- Frank A. Clark



Webster’s Dictionary defines “senior citizen” as: an elderly person, especially one of or over the age of retirement. In Canada we typically refer to 65 as retirement age. So does that mean everyone over 65 is a senior citizen? That may have been the case years ago but today with our life expectancy increasing every year or so there are two definitive groups of retirees evolving: the Junior Senior and the Senior Senior. Many Junior Seniors today are still working past the age of 65. The term “Senior Senior” shouldn’t be looked at derogatively but in terms of what it really means. The first senior in Senior Senior, the adjective, is defined as: older in office; more advanced in service; superior in

rank or dignity. So take that you “Junior Seniors”; today’s Senior Seniors are dominant in a whole bunch of ways.

The Meadows Diamond Club (MDC) has been created specifically for Senior Seniors and their families.

There are lots of publications available today that are focussed on “retirees” but the majority of articles and information are not of great use to Senior Seniors. The MDC newsletter is different. You are not going to see a lot of articles or advertising about buying property at a golf course or a ski hill; or about adventure tourism that wants you to hike to Machu Picchu. The focus of the MDC newsletter is on lifestyle with articles about wellness, activi-

ties, healthcare, special interest items, accommodation and service options, etc.

None of us want to grow older but unfortunately it is a fact of life. So it’s up to each and everyone one of us to plan for our time in retirement. Health, wellness and happiness in our later years will be defined by the actions we take today to ensure our lifestyle will provide the best options for aging in place.

Senior Senior: you heard it here first. The retirement group who are really more “advanced in service and superior in rank or dignity”. You’ve earned your entitlement to a good life now it’s up to you to plan to make the best of it.

CONGRATULATIONS !

To Sharon MacKenzie and the i2i Intergenerational Team for their recognition at the Generations United 16th International Conference “Intergenerational Connections 2011”. The intergenerational movie **Whose Grandma Are You?** by Jim Elderton, based on Sharon’s work with the Meadows School Project will be shown Wednesday July 27th 2011 in Washington D.C. For more information visit their website at www.intergenerational.ca



And a special **Congratulations** to our friends Jim Elderton, Award Winning Director and Cathie Stewart, Producer of **Sveva Imprisoned** which has been chosen to screen at the Women’s International Film and Arts Festival in South Florida in April. For more information visit www.womensfilmfest.com

The Views

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www.theviewsatthameadows.com

Do you have questions about your medications?

Are you unsure of how to take your medication?
Are you wondering if your medications could work better?

You are not alone! The pharmacists at Hogarth’s Clinic Pharmacy are here to help you. Even if you are feeling healthy, you should still consider discussing your medications with us to ensure you are getting the best results.

Hogarth’s Clinic Pharmacy has been selected by the BC Ministry of Health Services and the BC Pharmacy Association as a site for the Medication Management Project and will be providing Medication Management services.

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- Collaboration and discussions with your physician or other healthcare provider at your request.

Book your appointment today!

If you are a BC resident, with a valid Personal Health Number (PHN or CareCard), and are currently taking one prescription medication, you are eligible for a personal medication consultation with our pharmacist. No fee will be charged to you, the cost of this service is fully funded by the BC Ministry of Health Services under the BC Medication Management Project.

Hogarth’s
Clinic Pharmacy

3310 - 32nd Avenue, Vernon

To book your appointment,
speak with the pharmacy staff
or call 250-545-3660

“ IN THE KNOW ABOUT NO ! ”

Meadows Diamond Club Associate Members

MDC Associate Membership is for anyone who has aging parents or grandparents or who just wants to stay abreast of what’s happening in the retirement community industry. Special articles and features appear each month under the heading of: “IN THE KNOW ABOUT NO”. Most Senior Seniors are reluctant to consider a move to a retirement community. After all they have lived independently for their entire lives. Now you, as a family member, are broaching the subject about a move and you are inevitably faced with a one word answer: “NO”. So this column is all about having the answers and information when parents and grandparents give you the inevitable “NO” answer.

The fact of the matter is that most people wait too long to start considering retirement community options; quite often until it’s too late. This is where the family should play a key role; if for no other reason than to be able to provide informed advice and direction. The stereotypical concept of a retirement home is a thing of the past. Today every modern retirement community provides a range of accommodation, hospitality services and care options to suit every resident’s need. There is a full range of activities that take into account the needs and interests of all residents; those who are still very active and those who are looking for more sedate activities. It’s all about what each resident wants to do.

Independence is a key factor in the design of all accommodation and service options. Modern retirement communities focus on Independent Living with all services designed to support Aging In Place. The concept of Aging In Place is all about being able to age without having to move onto another retirement community because of increased needs. Think back to when you bought your family home to raise your family. You likely considered all kinds of factors that would allow you and your family to enjoy your home for many years to come. Maybe your kids weren’t in school yet but you still considered the proximity of the school to your home as key decision making criteria. The same concept applies when choosing a retirement community; you may not need the available services today but you want to know they are available in the future.

There is a lot to learn about retirement communities
and the multitude of available options.
Stay tuned to this column to learn more about all of the things
a modern retirement community can provide.



COLDSTREAM MEADOWS DIAMOND CLUB
QUARTERLY NEWSLETTER

**The Natural Choice in
Retirement Living**

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Coldstream, B.C. V1B 1G9
Phone: (250) 542-5661
Fax: (250) 542-5675
E-mail: info@coldstreammeadows.com
www.coldstreammeadows.com



**COLDSTREAM MEADOWS
~ EVENTS CALENDAR ~**

- April 15 & 16 Multi-Family Garage Sale and Craft Sale at The Chapel (Fri: 12-4pm & Sat: 9-3pm)
- April 16 Volunteer Appreciation Tea @ 2:30pm in The Lodge Mackie Room
- April 18-20..... Watercolor Painting Workshop in The Views Fireside Lounge
- April 24 Easter Sunday Brunch at The Views Copper Café (Reservations recommended)
- April 28 Farmer's Market bus trips begin (every Thurs morning from April–Oct)
- May 1 Spring Special Open House at The Views 12-4pm. Up to \$40k in savings on new units and tour our new amenities spaces The Spa and The Maple Room – Now Open!
- May 8 Mother's Day Tea
- June 1 Celebrate Inter-Generational Day Canada
- June 19..... Father's Day Coffee & Cake

Weekly scheduled events include: Sit and Be Fit, Casino Bus Trips, Local Entertainers and Performers, Bingo, Thursday and Friday Social Hours, Social Club events plus much more!

For more information on these events please contact us at (250) 542-5661.