

WELCOME to BETHANY CALGARY'S HILLSIDE MANOR

Senior Independent Living in a Supportive Community



Supportive Living
is an attractive
option for
independent
seniors who
want to live in a
community setting.



Quality of Care to Enhance Quality of Life

| Celebrate Aging & Independence |

Hillside Manor, Bethany Calgary's supportive living residence provides accommodation in a home-like setting.

You or your loved one can remain as independent as possible while accessing services that meet your needs.

Whether it's the convenience of meals, light weekly housekeeping or linen service, let us do the caring. We embrace and celebrate aging by improving the quality of life for all our residents.

Well Connected to the Community

| Building Relationships Locally |

Hillside Manor is located inside of Bethany Calgary. Bethany Calgary has been part of the community for over 70 years. We have developed great relationships with local schools, churches and community groups.

We have strong relationships with local health services, dentists, podiatrists and ophthalmologists to ensure quality professional care can be recommended to our residents.

Most of our staff are long-time employees who understand the importance of building community in a supportive environment.



Supportive Community

| Body, Mind, & Spirit |

Hillside Manor has 19 supportive living suites all in private room settings.

Hillside Manor strives to meet the needs of the whole person — body, mind and spirit — by promoting the values of choice, quality of life, independence and community. Grounded by faith and strong values, we provide services to foster well-being for the physical, spiritual and emotional needs.

Our exclusive services include:

- Nutritious meals in a private dining setting;
- Recreation and social programs;
- Scheduled weekly outings;
- Worship services;
- 24-hour personal response system;
- Weekly light housekeeping and linen service.

| Pastoral Care |

Bethany offers an on-site chaplain for spiritual and pastoral care at Bethany Calgary. As a faith-based organization, our chaplains minister to residents and families representing a wide diversity of faiths and denominations.

Bethany Care Society

| Creating Caring Communities since 1945 |

Bethany Care Society is one of western Canada's largest faith-based, not-for-profit providers of health, housing and community services for people across the continuum of adult aging. Bethany advocates for public awareness and social change that promotes healthy communities and benefit seniors and people with disabilities.

Bethany realizes its mission of 'Creating Caring Communities' through its inspiring leadership, responsive services, innovative programs, exceptional people and life affirming relationships, which it provides to residents and their families in a spirit of unconditional love.



It's about Caring

| More than just Giving Care |

One of the advantages of supportive living is the security of knowing that assistance is only a call away.

At Hillside Manor, our supportive living coordinator, volunteer service coordinator, administrator and support staff are committed to making a difference in the lives of our residents.

We provide a 24-hour personal response system that allows residents to call for assistance from highly-trained response associates with the simple touch of a button, 365 days a year. This service is included in the monthly rent.

We work collaboratively with Home Care* staff from Alberta Health Services. Home Care offers nursing services seven days a week. These services include but are not limited to medication reminder, personal laundry service, blood pressure monitoring, diabetes management and bathing assistance. Home Care also provides referrals to specialty support services such as dietitians, home support workers, licensed practical nurses, physical therapists, occupational therapists and registered nurses.

** Anyone can contact Home Care by calling Health Link Alberta at 811 or online: myhealth.alberta.ca*

Live with Comfort, Security & Confidence

| Great Amenities Inside and Out |

Hillside Manor offers private suites on one single level. This means there are no stairs to climb or ramps to maneuver. There are many open common areas for socializing with other residents.

| The Suites |

At Hillside Manor, residents have the freedom and flexibility to make the suites their own. Your personal touch will make it feel like home. An oversized window and patio door allows natural light into each suite.

| Common Area |

Residents have exclusive access to their own private dining room featuring three nutritious meals daily. Common areas such as the beautiful indoor atrium feature a variety of seasonal flowers, trees and plants. Seating is provided to allow residents and families to enjoy the year-round garden. Common spaces throughout the building allow residents to quietly read a book in the library, watch T.V. in the front lobby or enjoy afternoon tea with fellow residents.

Surface parking is available for those residents who drive their own vehicle. A bus stop is conveniently located outside of our building.

My mother, Doreen, came to Hillside Manor in 2010. This has been her first 'retirement' residence. We initially chose Bethany Calgary because of its central location, its affordable rent and its room layout which have windows and doors giving views and access to either the fresh outdoors or the indoor atrium. The atrium is a common area which serves as a gathering space for family events and a performance space for many musical concerts throughout the year. This is our favourite space because even in the middle of winter, it is an oasis of green leaves and sunshine.

My mom enjoys her life at Hillside Manor. She goes on many outings and trips with her family, but at the end of the day, she finds comfort in returning to her 'home'. She is supported by the staff in ways that allow her to be independent, but cared for in ways that bring great relief to me as a daughter. The Bethany staff, the Home Care staff, the chaplains and the volunteers provide genuine care and companionship, health care, prayer, chapel services and stimulating activities for all the residents. Most importantly, the staff members encourage my mom to pursue her interests, such as attending a weekly Adult Day Program for exercise and crafts; or making cards, knitting, cross-stitching, playing the organ, planning a party, or having a lively conversation.

I love that she feels at home here, and in turn, she makes others feel at home here too.

– Chellan Hoffman, daughter of Hillside Manor resident





| Activities |

The ability to stay active in the community is one of the best parts about living at Hillside Manor. A well-planned recreation calendar is created every month to make sure our residents are given the opportunity to participate in a variety of activities.

The common areas allow for activities such as playing cards, reading in the library, sing-alongs, jigsaw puzzles, crafts or gardening.

Our Bethany wheelchair accessible bus gives residents the opportunity for activities such as weekly outings, shopping and other social events.

| Other Amenities |

Bethany Calgary is also home to over 450 residents in long-term care and specialized programs. Hillside Manor residents enjoy the convenience of visiting their loved ones without the hassle of transportation and travel time. Hillside Manor residents are welcome to join most activities with their friends or family members who reside in these units.

Volunteers operate an on-site gift shop at Bethany Calgary. We are a short distance from shops and services:

- Professional services — dental, denture, eye-care;
- Grocery stores;
- Pharmacies;
- Louise Riley public library;
- Churches;
- Restaurants;
- West Hillhurst Community Association;
- West Hillhurst Go-Getters Association;
- North Hill Centre shopping centre and professional offices;
- Confederation Park Seniors' Centre; and
- Kerby Centre



Location

| Conveniently located |


Bethany Calgary is located in Hounsfeld Heights/Briar Hill. The community is situated in Calgary's northwest and on an escarpment that offers views of downtown to the south and the mountains to the west. The area has a rich history. It was once part of the Riley family homestead. Thomas Riley and his wife Georgina Hounsfeld Riley and their children settled there in 1888. Their home, Hounsfeld Lodge, was situated on the present site of Bethany Calgary.

Only steps to West Hillhurst Community Centre, an active recreational centre, that offers classes and programs including jazzercise, martial arts, seniors skate and more. Calgary's most active seniors group, the Go Getters, is also based in Hillhurst. It provides services and programs to promote healthy living.

The community is full of green spaces and walking trails. It is a short stroll to the cafés of Kensington and downtown.

Contact Hillside Manor at Bethany Calgary for more information, schedule for a site tour as well as ask to sample our delicious and nutritious food during meal times.

(403) 284-6010
www.hillside-manor.ca
www.bethanyseniors.com

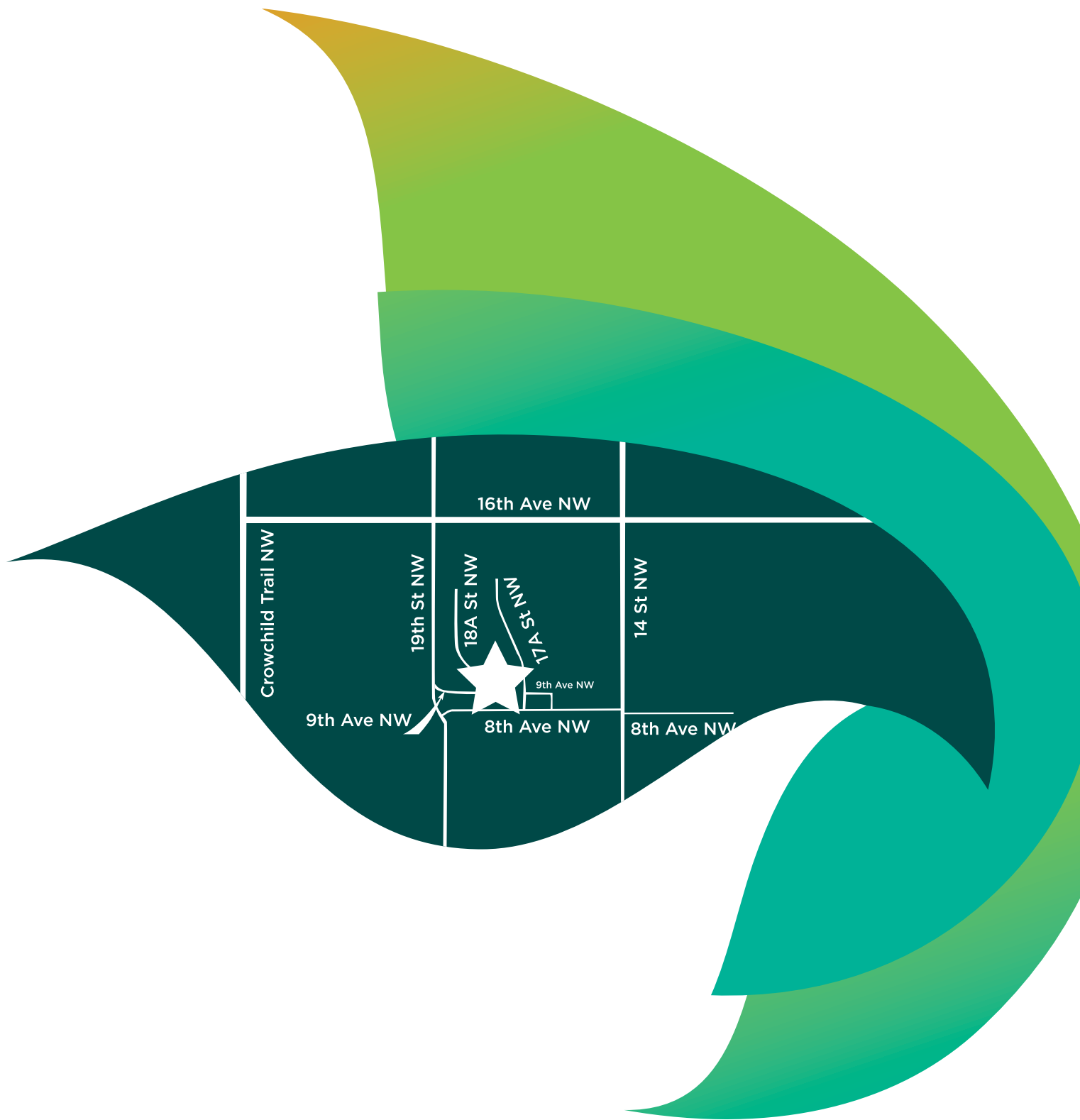


My husband came to Bethany Calgary's long-term care while he was battling cancer for six years. I moved into Hillside Manor so I could be close to him. Since then, I haven't had to worry about up keep of the car, grocery shopping and garden care. I dine in our private dining room and look out to the beautiful atrium from my suite every day. The grounds and beautiful gardens are always well kept and there are many common areas to sit, meditate, pray or read.

Our chaplain leads us in hymn singing and prayers every Friday. We have Sunday service and choirs from other churches often come and sing for us. Weekly mall shopping and other outings are well organized by our caring manager who is also a very good and safe driver.

My husband passed away recently and we miss him very much. I plan to remain here to be cared by the wonderful Bethany staff. Should my health worsen, I would wish to move to one of the long-term care units as I feel loved and well cared for in this lovely place.

Jessie Comben, Hillside Manor Resident



bethany CALGARY | HILLSIDE MANOR
CREATING CARING COMMUNITIES

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