

WELCOME to BETHANY COCHRANE'S
QUIGLEY 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.



Well Connected to the Community

| Building Relationships Locally |

Quigley Manor, Bethany Cochrane's supportive living residence, is located inside of Bethany Cochrane. Bethany Cochrane has been part of the community of Cochrane for over 25 years. We have developed great relationships with local schools, churches and community groups.

Most of our staff are long-time Bethany employees and Cochrane locals who live, work, and raise their families in the community they serve. They understand the importance of building community in a supportive environment. A prime example is that Bethany Cochrane connects with a local school to offer the Grandparent program. This program provides students a platform to hear about our residents' life stories and learnings while the students give our residents assistance participating in activities.

We also maintain positive connections with local health services, dentists, podiatrists and ophthalmologists to ensure quality professional care is available to our residents.

What is Supportive Living?

| Embrace and Celebrate Aging |

Supportive Living (SL1&2) provides accommodation in a home-like setting. You or your loved one can remain as independent as possible while accessing accommodation and services that meet the aging needs.

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



Supportive Community

| Body, Mind, & Spirit |

Quigley Manor offers 38 supportive living suites in both private and semi-private room settings.

Quigley 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
- Recreation and Social Programs
- Scheduled and Supervised Outings
- Worship Services
- 24-hour Personal Response System
- Weekly Light Housekeeping

To set ourselves further apart from other supportive living lodges, Bethany offers an on-site chaplain for spiritual and pastoral care at Bethany Cochrane. As a faith-based organization, our chaplains minister to residents and families representing a wide diversity of faiths and denominations.

Quigley Manor offers access to other services that are available at a nominal charge:

- Hairdressing Service
- Foot Care Services
- Personal Laundry Services
- Personal Care Services
- On-site Laundry Services
 - ▶ washers and dryers are available for residents to do their own laundry



“I have been living at Quigley Manor, Bethany Cochrane since June 2013. I truly enjoy living here because there is no worry about being alone. The Bethany is like one big family which provides me with safety, care, and entertainment – such as going on bus tours, dancing, craft making, and special musical guests. The staff here is exceptional, available, and they treat everyone like a friend or their own family member. We are even given timely meal plans that change every day and are guaranteed to leave us full. Overall, I really enjoy the family I have made at Bethany Cochrane, and would recommend anyone who needs dependent or independent care to come live with us.”

Evelyn Winters, Quigley Manor resident





We know it's about
Caring, not just
Health Care.

It's about Caring

| More than just Giving Health Care |

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

At Quigley Manor, our recreation attendant, volunteer service coordinator, supportive living manager, administrator and supporting staff are committed to making a profound difference in the lives of our residents on a daily basis.

In conjunction with Philips Lifeline, we provide a 24-hour personal response system that allows more than 5,000 clients throughout Alberta to call for assistance from highly trained, caring response associates with the simple touch of a button, 365 days a year. Philips Lifeline is included in the monthly rent of Quigley Manor.

We work collaboratively with Home Care* staff from Alberta Health Services so that they can assess ongoing care requirements and assign care plans to best meet our residents' needs.

Home Care provides nursing services seven days a week. These services include scheduled medication assistance, personal care, bathing assistance and referrals to specialty support services such as dietitians, home support workers, licensed practical nurses (LPNs), occupational therapists (OTs), physical therapists (PTs), registered nurses (RNs), respiratory therapists (RTs), social workers and speech-language pathologists.

* *Anyone can contact Home Care by calling Healthlink Alberta at 1-866-408-5465 (Toll-free) or (403) 943-1920 (Calgary and areas)*

Live with Comfort, Security & Confidence

| Great Amenities
Inside and Out |

Quigley Manor at Bethany Cochrane is a spacious single story building with private and semi-private living units. This means there are no stairs to climb or ramps to maneuver. There are many open common areas conducive to socializing with other residents.

| The Suites |

At Quigley Manor, residents have the freedom and flexibility to make the suites their own. Personalize it

with cherished possessions and furniture. The personal touch will make it feel like home. Oversized window allows natural light into each suite.

| Common Area |

Residents have access to all common areas including the library for some quiet reading; the bright art & crafts room to stimulate creativity. Staying in the covered seating areas in the gazebo for the summer afternoon tea with fellow residents is definitely a favourite. The auditorium is used for dining and other social events.

Surface parking is available for those residents who drive their own vehicle.

“After our dad’s passing, we knew that supportive living was the only safe option for our mom. Therefore, she moved into Quigley Manor at Bethany Cochrane in 2005.

The kindness of the staff and how they go above and beyond their basic routines are the highlights in her daily life. She appreciates the services of the pastor and the recreation director. The staff seem to take notice and encourage any interests the residents have. Mom has always enjoyed quilting and she now has a table to lay out her quilt squares. Mom has enjoyed gardening so two garden boxes were made for her to plant and look after the flowers every year. At 95 years of age, Mom learned to play bridge and enjoys the new craft room that has been set up.

All family members, including her great grandchildren often visit and participate in the activities. Even the family dog has been in for a visit!!

Thank you Bethany Cochrane for your loving, professional, and personal care of our mother.

From the family of
Vernice Wearmouth





| Activities |

The ability to stay active in the community is one of the best part about living at Quigley Manor. Our recreation department creates a full recreation calendar 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.

A wheelchair accessible bus gives residents the opportunity for activities like excursions, theatre trips and other social events.

The Grandparent program with a local school offers periodic visits from the students. Residents and students participate in activities such as arts & crafts, nail painting, hand

massages, making ginger bread houses and other group games.

| Other Amenities |

The historic chapel, All Saints Anglican Chapel nestled alongside Bethany Cochrane has been a fixture in the community since 1892. The quaint chapel, which seats about 45, has changed locations three times in its lifespan and finally settled at Bethany Cochrane in 2004. The chapel has provided a spiritual retreat for the residents, staff, families and community members.

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

- Professional Services — dental, denture, physiotherapy, eye-care
- Grocery Stores
- Pharmacies
- A Public Library
- Churches
- Restaurants



Location

| Small Town Charm |

Situated just 18 km west of Calgary and 25 min to Kananaskis Country, Cochrane is everything that makes Alberta the finest place on earth to live. The natural splendour of the great outdoors. The wide open spaces. The authentic western heritage. The warm welcome of country living.

Residents of Cochrane partake in various festivals and recreation opportunities occurring year round such as the Annual Outhouse Race, Santa Parade and Cochrane Light Up. The local farmers' market also encourages the community to come together as one.

Take a stroll in Glenbow Ranch Provincial Park. This 1,300 hectares of foothills parkland is one of Alberta's newest provincial parks located along the north shore of the Bow River between Calgary and Cochrane.

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

(403) 932-6422
www.bethany seniors.com

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 will promote 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 clients and their families in a spirit of unconditional love.



bethany COCHRANE | QUIGLEY MANOR
CREATING CARING COMMUNITIES

1000, 32 Quigley Drive COCHRANE, ALBERTA T4C 1X9
| 403.932.6422 | www.bethanyseniors.com |

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