



# The Berkeley

The independence you want,  
with the assistance you might need.

*Love where you live*





*We  
welcome  
you*



# The Berkeley

---



The Berkeley is our family business. Devoted to serving seniors for over 25 years, we look forward to the future with great anticipation and enthusiasm. Our commitment to providing residents with a safe, secure community where they can lead a social and active lifestyle with access to health care services guides us each and every day.

The positive impact of social interaction on a person's overall health and wellness cannot be overlooked or undervalued. Every day we see how living at The Berkeley makes a difference in the quality of our residents' lives. By eliminating the negative affects of both loneliness and boredom, while maintaining the option for personal preference, our residents are afforded the luxury of choosing to join group activities or spend time enjoying their own pursuits.

Our buildings are very intimate, enabling our residents to quickly feel at home. We have a team of fabulous employees who are caring, compassionate and friendly. Together, we believe in providing extraordinary personal attention, and building close relationships with our residents so we can tailor their experience based on their needs and interests. This perfect combination allows us to strike a beautiful balance between independence and support for our residents.

We invite you to read this brochure cover to cover and get a sense of what we do and who we are. We urge you to visit one or all of our buildings to fully appreciate the pleasant environment, the relaxed atmosphere and the immediate sense of belonging that all of our residents experience when they become part of The Berkeley family. There is no substitute for coming in to meet us in person!

Catherine Campbell  
DIRECTOR OF COMMUNICATIONS



Diane Campbell  
PRESIDENT & CEO





## *In great company*

### LIFESTYLE

When people move into The Berkeley we know it is a lifestyle change, and we are committed to making it a positive one! The health and wellness of our residents is our top priority, as is our commitment to providing exceptional service. We want our residents to maintain their independence and live an active, social lifestyle. Independence is a relative term. To us, it simply means our residents are able to do more than they did in their previous home because we include services such as dining and housekeeping that allow them more free time. We want our residents to live life to the fullest no matter what their level of independence.

“The Berkeley takes care of the details so I can focus on enjoying the very best that retirement living has to offer.”



*Live safe. Live happy.  
Live well.*

## BENEFITS OF LIVING AT THE BERKELEY

- Belonging to and participating in a retirement community
- Freedom from maintaining a home and doing seasonal outdoor chores
- The option of enjoying a variety of planned group activities, special events and van trips
- Nutritious and delicious meals prepared for you and shared with friends in a full-service dining room
- Enjoying privacy while knowing someone is aware of your well-being with the option of calling on a health professional at any time
- Living in a safe, secure community designed to meet varying levels of physical mobility and catering to varying and changing care needs

“The Berkeley offers a uniquely attractive way of life, with the perfect balance between the independence you want to maintain and the support and comfort you're looking for.”



*Treat yourself right*

## SOCIAL AND ACTIVE LIVING

Our buildings are a great place to be social and active! We plan a varied and interesting calendar of events each month, and we are happy to take requests for new and interesting ideas. Our regular activities include exercise classes, games, musical entertainment and information sessions, as well as off-site excursions to a variety of interesting locations and weekly shopping trips. We are proudest of our signature events, themed parties with special menus, creative décor and costumes.

FOR A SAMPLE OF THE  
MONTHLY ACTIVITIES,  
PLEASE ASK FOR  
A COPY OF OUR  
ACTIVITIES CALENDAR  
OR VISIT OUR  
RECREATION PAGE AT  
[THEBERKELEY.COM](http://THEBERKELEY.COM)



## *Love where you live*

### DINING IN STYLE

Dining with friends and neighbours is another excellent way to delight in the company of friends and neighbours while enjoying a delicious, nutritious meal. Our full-service dining room serves well-balanced, heart-healthy meals. Our menus are designed by a dietary consultant who keeps in mind both good nutrition and presentation. Most importantly, we have the ability to meet individual dietary requirements. Our cooks and servers become well acquainted with the likes and dislikes, allergies and sensitivities of our residents, offering an individual approach to dining at The Berkeley. Supporting the health and wellness of our residents, while also providing an opportunity for socializing, are high on our list of priorities.

“I don't just like living at The Berkeley — I love it! I have a studio apartment with large beautiful windows and lots of floor space. I enjoy the meals — far better than my own cooking. I am very, very happy in my new home.”



*With the independence  
you want*

“The freedom to come and go as you please is key to maintaining an independent lifestyle.”

## PEACE OF MIND, SAFETY AND SECURITY

Free to come and go as you please based on lifestyle preferences, the entrance to each of our buildings is electronically supervised and our buildings are outfitted with state-of-the-art fire alarms and sprinklers which are supported by monthly fire drills. Each apartment has an emergency call button that will notify on-duty staff members that assistance is required. Our buildings are also wheelchair and walker accessible with extra-wide corridors and handrails. Our residents and their families have peace of mind knowing that caring, attentive staff are on duty 24-hours a day, offering all the services and amenities essential for full-service retirement living.





## *Welcome home*

### DISTINCTIVE SPACES

Our residents choose the apartment that best suits their needs – studio, one and two bedrooms are available. They decorate according to their own tastes; furnishings, keepsakes and personal touches.

### EVERY SUITE INCLUDES:

- Emergency call bell
- Private bathroom with safety handrails
- Kitchenette with fridge/freezer and space for a microwave
- Cable television and telephone connections
- Individually controlled heat
- Spacious closets

FOR FLOOR PLANS,  
GO TO OUR LOCATIONS  
PAGE. FOR MONTHLY  
FEE INFORMATION,  
PLEASE CONTACT  
OUR SALES DIRECTOR  
AT 902.802.0346  
OR THROUGH OUR  
CONTACT PAGE.

There are common spaces on each floor as well as an activities room, should residents want to be out socializing with friends and neighbours. Residents also have the option of enjoying outdoor patios and landscaped grounds with seating, as well as raised flower beds for gardeners.



*In great company*

AS A MEMBER OF  
**ORCA**, WE UPHOLD  
AND AFFIRM OUR  
RESPONSIBILITIES TO  
OUR RESIDENTS BY  
MAINTAINING THE 78  
REQUIRED STANDARDS  
FOR INSPECTION  
AS ACCREDITED  
RETIREMENT HOMES.



#### INCLUDING ALL OF THE NECESSITIES:

- Two full-service meals in the dining room (with optional third meal available)
- Weekly housekeeping and flat linen change
- Daily group activities and themed special events
- Weekly van trips
- Common lounges, libraries, chapels and an activities room with a full kitchen
- On-duty health care professional 24-hours a day, 7-days a week
- On-site parking
- Personalized care reviews



*With the independence  
you want*

## OUR COMMITMENT TO CARE

Not all of our residents require services beyond what is included in the monthly rent. However, we do regular care reviews to ensure our residents are receiving the support they require to lead an independent, dignified life.

**Independent Living:** Retirement living that includes dining, daily activities and housekeeping with access to health care services, as well as on-duty health care professionals 24-hours a day, if needed.

“I am thrilled with the wonderful care and attention my parents are receiving at The Berkeley. This was obviously a good move because they love it here! The staff are so friendly – not to mention the other residents!”



## *Care, Comfort, Companionship*

FOR MONTHLY FEE  
INFORMATION AND  
A COMPLETE LIST OF  
ADDITIONAL SERVICE  
OFFERINGS, PLEASE  
SEND A REQUEST FROM  
THE CONTACT PAGE ON  
OUR WEBSITE OR CALL  
OUR SALES DIRECTOR  
AT 902.802.0346.

**Assisted Living:** Independent living with access to services such as medication administration, personal care, three meals a day, extra housekeeping/laundry and more. The benefit of assisted living is that you can add support as required to suit your changing needs.

**Memory Care:** A special service that we offer at The Berkeley Halifax for those with Alzheimer's and other forms of dementia. It is a secure floor for those who tend to wander and are in need of 24-hour care. Though taking part in regular activities is an option, we have a separate activities calendar that is tailored for seniors with cognitive impairment. By creating a supportive, safe and secure environment for residents we are able to provide opportunities to live life to the fullest.



*Live safe. Live happy.  
Live well.*

**Respite Care (Short Term Stays):** Short term stays in one of our fully furnished studio apartments; a brilliant option for peace of mind while family is away on vacation, after leaving hospital to support a successful recovery, over the winter months to get a rest from the weather and related chores, or as a trial retirement living experience.

**Palliative Care:** A supportive, compassionate approach to end of life care with a focus on comfort, care, dignity and respect. Consultation with health care providers allows us to put a personalized and responsive care plan in place.

“The service is second to none. There are ample opportunities for all kinds of recreational activities. I particularly like the movie nights. The nursing staff is highly qualified and attentive to your every need.”



*Love where you live*

ASK US FOR A  
COMPLETE LIST OF OUR  
SERVICE OFFERINGS.

FOR FLOOR PLANS, GO  
TO OUR LOCATIONS  
PAGE. FOR MONTHLY  
FEE INFORMATION,  
PLEASE CONTACT  
OUR SALES DIRECTOR  
AT (902) 802.0346  
OR THROUGH OUR  
CONTACT PAGE.

#### ADDITIONAL SERVICES

- Medication administration
- Nursing services
- Personal care services
- Third meal (breakfast or lunch)
- Guest meals
- Private dining and catered functions
- Housekeeping, laundry and maintenance services
- Underground parking  
(The Berkeley Gladstone and Halifax)
- Beauty salon

theberkeley.com

