



August 2019 Newsletter • Barrie, ON



Random Acts of Kindness



I am now joined at the presentation center by Sheri Maynard, the General Manager of Allandale Station Retirement Residence. Some of our future residents met Sheri at the Carnival in June and are now coming in for one on one meetings to schedule their move in dates! Working with Sheri is an absolute pleasure. We are so lucky to have a lady that advocates for all people, with a fondness for elders and youth, at our helm.

I can give you daily examples of inspiration and random acts of kindness that Sheri does instinctively. Recently, Sheri and her husband Joe were driving to work, and they saw a young man, studious looking and armed with his backpack, running so very hard to catch his bus. His running stopped when he realized his fate—he had missed the bus. The defeated young man started walking. Sheri and Joe pulled over to check in on him, to see if they could improve his morning by taking him to where he needed to be. They drove him to Georgian College so he could make it to his class on time.

Days later, the young man visited the Allandale Station presentation center to thank Sheri for her random act of kindness. If you have yet to meet Sheri, come by the presentation center at 393 Yonge St., Suite 2, and say hello!

Michelle Bergman, Marketing Manager

Upcoming Events

Ice Cream Social

Wednesday, August 21

2:30 pm – 4:00 pm

Join us for a **complimentary ice cream treat and enter to win a TV and 6 months of free cable** when you move into Allandale Station. Refreshments, model suite tours, and great company are complimentary!

RSVP by August 19th to 705-721-7227 or info@allandalestation.ca



A Beautiful Building is Just the Beginning

People love the location of Allandale Station! Our beautiful building is at the heart of so many great services, shops, and destinations. Your retirement lifestyle here includes all the best Barrie has to offer – right on your doorstep!

Suites are going fast ahead of our October 1 opening, so come on into our Presentation Centre and see all Allandale Station has to offer you. Also, follow us on Facebook to keep up to date on Allandale news!

Green with Envy!

Landscaping is underway in our back courtyard, with the top soil being placed and preparations ongoing to pour the concrete for the walking path.

Did you know...

- Some of our ground floor suites have walkout patios with planted gardens and privacy fences.
- Allandale Station will have a concrete walking path that loops around the building and connects to the courtyards and patios. The walking path will also have outdoor benches so residents can sit and enjoy our multiple gardens.



Summer Safety Tips for Seniors



Summer tends to bring with it a sense of excitement and a desire to get outside and be active. That's great, but for seniors who have a higher sensitivity to heat, a little more caution needs to be exercised when it comes to making plans in the sun. Here are seven summer safety tips for older adults:

1. Stay hydrated

The standard suggestion is to aim to drink 6-8 cups of water a day. One of the many small frustrations of aging is that seniors become less aware of their thirst. Be proactive in staying hydrated.

2. Don't stay out for too long

Don't plan to spend the whole day out in the sun – stick to a couple of hours and then head inside for a break. You don't always feel the effect the sun is having on you in the moment, but it can build up.

3. Check the forecast before you go out

You don't want to be caught unawares on a 35°C day. Make sure you know what to expect of the weather before you go out so you can dress appropriately and plan your day accordingly.

4. Keep sunscreen where it's easily accessible and you'll remember to use it

If you carry a purse, keep your sunscreen in it at all times. If you don't, put some in your car or anywhere else you can think of where you're likely to have it when you need it.

5. Check the side effects of your prescriptions

Some medications make people more sensitive to the sun. Make sure you know if your prescriptions mean you need to take extra precautions.

6. Use your air conditioning if you have it

If you don't have A/C in your home and can't find a way to afford it, take trips in the hottest part of the day to the mall, the movies, or the closest library.

7. Know the early warning signs of heat-related illnesses

Review the symptoms for dehydration, heat stroke, heat exhaustion, and heat syncope. If you suspect you're experiencing any of these, don't be shy about speaking up and insisting on water or shade.