

Legacy
SENIOR LIVING

STAY VIBRANT AND ACTIVE
maintain your independence

Live your own Legacy

Imagine a place where you can live each day in a creative and fulfilling way. Legacy Senior Living offers you choices for an exceptional lifestyle.

Steps away from everything you need on Vancouver's flourishing Oakridge neighbourhood, it's easy to stay connected at Legacy Senior Living.

Enjoy the contemporary, elegant atmosphere of our family-owned boutique residence. Choose from 1 bedroom, 1 bedroom-den or 2 bedroom suites equipped with every amenity you need.

Contact us at **604.240.8550** to secure your place on our interest list... and your Legacy.

Discover

About Legacy



Our Neighbourhood



Why choose Legacy?



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Our Vision

Legacy Senior Living was conceived as a tribute to Leo Wertman, who, in 1960, founded the business that would grow to become The Wertman Group of Companies.

Our goal was to create an outstanding residence in Leo's honour right here in the heart of Vancouver. A place where seniors could stay active and involved, living creative and fulfilling lives. A place where great food, friendships, culture, and thoughtful living spaces could come together as the ideal lifestyle community.

We remain dedicated to your pursuit of a healthier, independent way of life. Every step of the way, we've worked to maximize personal choice, convenience, and exceptional service. We're dedicated to maintaining your connections to your neighbourhood, your family, and your community. At Legacy, we believe in making life a little easier—and a lot more satisfying.

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Our Team

A premier residence needs a premier team. In developing Legacy, we started with a superb central location, then engaged architects and consultants with experience in senior housing. Most importantly, we talked with local seniors themselves, listening to their preferences and advice.

Then we turned to The Lumina Group to help us plan and manage Legacy Seniors Living. With 25 years of successful operational experience in independent, assisted living and long-term care in Vancouver, the Lumina Group will bring the residence to life. Every staff member on the Legacy team is trained to deliver caring, professional service that will surpass your expectations.

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The Leo Wertman Story

The life of The Wertman Group of Companies' founder, Leo Wertman, is the inspiration for our residence.

Leo Wertman grew up in Ruzanec, Poland during the years leading up to WWII. The lone survivor of his immediate family during the German occupation of Poland, Leo joined the Polish partisan effort. Only a teenager at the time, Leo became a soldier and a hero; he took part in dangerous missions to thwart the occupation and free Poland. Even more importantly, he helped shelter and provide for a large number of Jewish women, children, the infirm and the elderly, who were hiding for their lives in the wilderness outside of Lublin and Ruzanec city limits. He went in to town at night and obtained food, medical supplies and other essentials, keeping about two hundred displaced people alive throughout the occupation.

It was decades later, after surviving the war and moving to Canada with his wife Regina and becoming the patriarch of a family that included his two children, Joseph and Rochelle, that stories of his heroism came to light. Many families came forward and told stories of how Leo had helped them or their parents survive the war, and thanked him for their lives. They had nicknamed him the "Provider" for his role. This nickname rang true for the following two generations, as, until his untimely passing, he ensured all in his family were well cared for. Leo always continued his role as a provider, and was known for dropping off bagels, lox and fresh baking on Sunday mornings at the doorsteps of extended family members as he went about his day's duties.

Leo Wertman's business endeavours began humbly, with manual labour that led to him starting a small scrap-metal business. He built that scrap-metal business until he could afford to invest in the construction of residential real estate in the 1960s. He believed that the city of Vancouver was growing rapidly and people will always need somewhere to live and that was the spark of our family real-estate development and investment business.

Leo's son, Joseph Wertman, took the groundwork laid by his father and grew the family business over the years from a few apartment buildings to a multi-faceted development company and real-estate management group that he now runs with his son, Jason. Over the past fifteen years, the portfolio has included the overhaul, renovation and re-tenanting of two landmark medical buildings (the Hycroft Medical Centre and the Guildford Medical Centre), the construction of several higher-end residential/condominium buildings in the west side of Vancouver, the holding and management of rental properties on the North Shore and our flagship office building at 1199 West Pender.

Beyond their business initiatives, Leo and Joseph have also donated to and supported various charities and organizations in Vancouver's Jewish community. Leo's family legacy has been a staunch supporter of the Holocaust Education Centre, an original contributor of the Talmud Torah Secondary school's inception, and annual contributors to Lubavitch, State of Israel and Jewish Federations as well as having helped to pay off sizeable portions of the mortgage of Schara Tzedek Synagogue over the years.

Now, the family is honouring the legacy of Leo Wertman with the creation of senior living residence, a place in our community for our elders, and those who have provided for us. We want them to enjoy the finest accommodation, the highest quality of personalized services and amenities in order to experience a fuller and healthier life. Therefore, the Wertman Group of Companies proudly presents its newest endeavour: Legacy Senior Living – The Leo Wertman Residence in memory of a great pillar of our community. We build this in his name and for people of all races.

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Our Neighborhood

Welcome to Legacy's neighbourhood, where everything you need to enjoy your best life is right outside your front door.

Enjoy leisurely strolls in beautiful neighbourhood parks and on quiet residential streets, and the spectacular Queen Elizabeth Park within a ten-minute walk. Appreciate the convenience of medical and banking services only a block away, and capture the energy of the city with the Oakridge Shopping Centre and the Canada Line just across the street.

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Careers

Legacy's staff is key to creating an exceptional experience for our independent residents. If you wish to become part of our service team please forward your resume to us.

Legacy will be opening in the spring of 2014. We will be interviewing management staff at the beginning of the year and the balance of our team in the restaurant, housekeeping, maintenance, and concierge areas soon after.

Lifestyle – Live your own legacy



Your Life, Your Legacy

You've always lived each day to the fullest. You've been there for your family, your friends, and you've enjoyed the rewards that life has to offer. At Legacy, the good life continues. Our staff, services, and amenities will exceed your expectations of what retirement living can be. Uncompromising service, convenience, and understated elegance. You've earned the right to live your Legacy.

Your Independence

Banish thoughts of being ushered through meals and activities. Legacy supports your choices; we never define them. The freedom to choose is yours: when and where to dine, what programs or clubs to join, and how to keep active. And, of course, when to do absolutely nothing and just relax. You're in control, and our concierge is always available to organize activities, answer

questions, and make it easier to pursue your exceptional lifestyle.

Your Well-Being

A balanced lifestyle has many facets: physical activity, healthy eating, engaging with friends, and so much more. Whatever your personal recipe for optimum well-being, our professional chefs, personal trainers, and on-site wellness navigator are dedicated to your goals.

Your Community

Your home at Legacy keeps the advantages of city living close at hand, while making it easier than ever to enjoy. Our vibrant neighbourhood location is bordered by parks, shops, services, cafés and the Canada Line. Options for shopping, culture, dining, and socializing are as endless as your imagination. At the end of a busy day, unwind in your suite, where state-of-the-art planning combines safety features with gracious interior design.

Your Security

Experience total peace of mind in Legacy's secure community with fully monitored entrances. Staff are on-duty 24 hours a day to ensure your complete comfort and safety. Should you require medical attention, our CPR-trained staff will respond and stay with you until help arrives.

Your Connections

Relationships are central to your life, and you have no intention of leaving them behind. Legacy makes it easier than ever to stay connected to loved ones near and far. Take the Town Car to lunch with a friend. Arrange trouble-free visits with out-of-town family in our cosy guest accommodations. Take a lesson on facebook or Skype and keep up with your cross-country grandchildren.



Our Services



Legacy is more than just a place—it's an experience. Each new day is your own when you're free from chores and household drudgery. Our monthly package includes daily and weekly services specifically chosen so you can reclaim your time and your lifestyle. We also offer many additional, optional services, available on an à la carte basis.

Your Legacy monthly service package includes all of the following:

- Hydro, heat, water and air conditioning
- Premium cable service and wireless internet access
- In-suite messaging on your TV (events calendar, daily menus, and other messages)
- Weekly housekeeping (floor care, light dusting, full bathroom sanitation, change and laundering of bed linens)
- In-suite laundry or easy-to-use washer-dryers on each floor
- Daily continental breakfast
- Daily choice of lunch or dinner in the Bistro, Club Room or Dining Room
- Refreshment services throughout the day
- Full leisure program and access to all amenities (social, creative arts, entertainment, health, spiritual learning and fitness)
- Personal Concierge service
- Town Car service to appointments and local shopping destinations
- Health navigation services (advice, clinics, education and management of in-suite care services)
- 24-hour emergency response by on-site, CPR-certified staff

Optional Services (fee-for-services arranged through concierge):

- Guest suite bookings
- Guest meals
- Expanded meal packages (lunch and dinner daily and/or special dietary plans)
- Room service
- Catering for in-suite dining or private Club Room functions
- Grocery market service
- Personal laundry or additional housekeeping services
- Handyman service
- Personal fitness programs
- Additional storage facilities
- Reserved underground parking
- Reserved scooter parking and charging
- Spa services (hair, aesthetics and massage therapy by external provider)
- Personal or assisted-living services (external provider)

Personal Concierge Service

Wouldn't it be wonderful to have a personal assistant—someone always at the ready to answer questions, provide advice, and make arrangements for getting around?

Meet your Legacy Concierge. You can rely on your concierge to help with any number of tasks: making dinner reservations, booking the guest suite for out-of-town visitors, or assisting with tickets and arrangements for shows or other outings. The concierge can also arrange catering services for private functions, and schedule Town Car or taxi service whenever you need it. Every day, your concierge is available to take care of your mailing or fax needs, organize your dry cleaning or arrange for personal laundry service, or any other optional service you could need. Don't be shy—just ask!



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Exceptional Dining



Vancouver is renowned for its dining—the freshness, attention to detail, and innovative fusion of international cuisines puts the city in a class all its own. Your Legacy dining experience is no different. Each day brings tempting restaurant-style menus, with an array of entrees, appetizers, and desserts to satisfy the most discriminating palate. The finest, flavourful ingredients are presented with multi-cultural flair and always with an eye to your health and well-being. Whether you're a classicist or an adventurer, you'll find delectable options for every appetite. Unique nutritional needs, such as kosher meals or other dietary plans, are also available as an additional service.

You're often on the go, so don't feel tied to the clock of mealtimes. Start your day with a continental breakfast, or enjoy casual refreshments served throughout the day. You choose whether to dine with us at lunch or dinner, freeing you to get out and enjoy the afternoon. Tired of dining

in the same spot? Switch it up and choose from the Club Room, Bar/Bistro, or Dining Room. And don't miss our Sunday Brunches and themed events with special menus and an exciting array of first-class entertainment.

The Club Room is where many Legacy residents start their day, with continental breakfast and visiting over coffee, or settling in beside the fireplace with the morning paper. The Club Room is equipped with SmartTV and integrated sound system, perfect for watching sporting or entertainment events in groups—with regular meals or special buffets to suit the occasion. The Club Room can also be reserved and configured for private functions.

Our **Bar and Bistro** is open for lunch and dinner, and is the ideal spot for casual dining alone or with friends. Have your meal at the bar or at the private counter overlooking the courtyard. Sit back and enjoy the relaxed atmosphere—you can grab a head set and watch the news or a game without interruption, or sip your favourite spirit in the fireside lounge.

For fine-dining ambiance, the Legacy **Dining Room** serves lunch and dinner and is an elegant destination in and of itself. You and your guests will appreciate hostess service at dinner, where you'll be seated at banquettes or tables for two or four, and receive personal attention and recommendations for menu and bar selections.



Health & Wellness



You already know that good health is a gift. Keeping that gift can depend on the choices you make every day. At Legacy, we've created the tools you need to stay healthy, independent, and living your best life. Our Health Enrichment Program and services address all aspects of wellness. Personal consultations for your health issues, along with ongoing clinics for blood pressure and weight control, make it easy to stay on track. Seminars by specialists in areas of speech, mobility, hearing, foot care, nutrition, and assistive devices provide you with up-to-date, useful information.

Your Wellness Navigator

It's never too late to focus on prevention, and your Legacy Wellness Navigator can help plot your course. Create your personal life enrichment plan and get personal, professional advice on matters related to diet,

exercise, cognitive health, and more. You can count on your navigator to map out your goals and provide reliable information. And should health issues arise, the navigator is there too—connecting you to the treatment options right for you.

A little extra assistance

Even the most robust among us sometimes require surgery or a hospital stay. Legacy's wellness navigator will ensure that your transition from the hospital to back home is smooth and trouble-free, and that any required services are in place. If you need extra assistance with medication management, dressing, or bathing, the navigator can co-ordinate direct in-suite services with our home care partner. Should longer-term care become necessary, you can count on the navigator to help you and your family develop an interim transition plan.



Leisure & Recreation

"Aging is not lost youth but a new stage of opportunity and strength."

— Betty Friedan

Enjoy your favourite pastimes—and discover new ones—with Legacy's wide variety of programs and amenities. With plenty of choices for every interest, the hardest part will be deciding what to do first.

It's all here: calendar of events

Our calendar of events is packed with options and is the first stop to planning your day or week. You name it, and chances are we've got it: fitness, creative arts, excursions, bridge and billiard tournaments, theatre events, seminars and classes, spiritual reflections, gardening, walking clubs... need we say more?

Work out with your fitness guru

The facts are in—it's never too late to improve your health with regular exercise. Let Legacy's fitness specialist guide you through our fitness centre with its state of the art equipment, and design a program that will restore and maintain your mobility, balance, and strength for life.

Energize your mind

Be sure to check out our amazing brain fitness programs in the theatre—and experience the wonder of improved memory, listening habits, and attention. The brain is plastic, adaptable, and never stops responding to new challenges. Come get a fun "workout" without breaking a sweat!

Make the social scene

Of course, it's not all workouts and personal growth here at Legacy—sometimes we just like to let loose and have fun. Join us for entertainment and laughter with our cocktail hours, theme nights, and special cultural celebrations throughout the year. Our social functions are so fun and memorable, you'll invite your family and friends along. It feels like a cruise—but you'll never have to pack a bag.

On the town with the Town Car

Our Town Car and driver are always at your service to take you to appointments and engagements in style. Enjoy the pleasure of shopping in Kerrisdale or South Granville. Simply contact the concierge.

Get away from it all

When you need to catch your breath, or just catch up on your reading, it's nice to step away from the hustle and bustle. But that doesn't mean you have to hide out in your suite. You'll also find quiet corners in our library, or in the garden courtyards on the upper and lower terraces. Linger over a relaxing solo lunch in the bar and read or watch TV with your own headset. It's your personal space.



Suites

When the empty house is too crowded, and the car too big and the perfect lawn too much of a bother, I have begun a whole new adventure in life.

— Joan Chittester

Truly luxurious living embodies the maxim "less is more." It's letting go of what no longer serves you, while surrounding yourself with the best of what's important. Convenience. Elegance. Refined comfort. That's Legacy living.

In each of our well-appointed suites, whether one-bedroom, one-bedroom plus den, or two-bedroom, you'll discover chic condominium styling wrapped around unobtrusive safety features. Discover thoughtful touches everywhere: automatic blind controls, in-house TV messaging and wireless internet, keyless entry to your suite, and remote control parkade access.

Premium floor finishes ensure you'll always have comfort underfoot, with plush carpeting where you want it, and hardwood or non-slip tile where you need it. Bathrooms blend safety with style, with en suite access in many suites, and larger units with walk-in tubs. Air-conditioning and in-suite zone controls keep temperature preferences at your fingertips.

Whether you're a passionate cook or the "grab a snack" type, everyone loves a modern, efficient kitchen. Everything you need, including granite counters, stove tops, full refrigerators, dishwashers, and combination microwave/ovens, is right here.

And because beauty is only part of the story, we've backed up our good looks with smart ideas. Relax knowing you're protected with extended fire safety features including sound/light and voice notification. For even more peace of mind, our Health Emergency call system provides two-way voice communication, bathroom pull cords and personal pendants with in-house response wherever you are in the residence.

We could go on: about your state-of-the-art telecommunications system with premium cable, in-suite washers and dryers in many units, and many more features. Perhaps we should just say that it's everything you need and nothing you don't. And don't forget that beyond your front door, all of Legacy awaits: from our fireside lounge, or club rooms, or terraces, it's yours to enjoy.

We have 26 suite styles to give you ample choice. The following is a sample of a 1 bedroom, 1 bedroom-den and 2 bedroom suite.



Amenities

"You are never too old to set another goal or dream a new dream"

— C.S. Lewis

When our residents say, "I wish I'd done this sooner!" it's usually because of our abundant amenities. Picture resort-style living all-year round, and you're just beginning to imagine the number of options your day at Legacy could hold. Whether you love signing up for activities, events, and trips, or prefer to play it by ear, you'll always discover welcoming spaces and friendly faces.

Think of Legacy as your space—because it is. Make yourself at home in any of our communal areas, or reserve a space for your own private function.

Whether pampering your body means a good workout or getting your nails done, you'll find what you're looking for in our gym with easy to use Keiser and Nu-Step equipment, or in our hair salon and spa. You'll find even more personalized services at our health and wellness centre, including personal-care planning, podiatry, and audiology services.

Commune over movies, games, and talks in our theatre, or try your hands at any number of artistic pursuits in the creative arts centre. Handy people will love our hobby shop, with the dedicated time and space to finally(!) finish all those great projects.

Bridge and other small group games are on the go in the library/games room, with its cozy fireside lounge. If you're feeling the rush of competition, head to the billiards room or the bar to catch the big game on the big screen—there's full service at lunch, cocktail hour, and dinner.

Need to get serious? Pull up a desk at our business centre, where you can access wi-fi with your own computer, work on public computers or hold private meetings. But don't stay too long—on beautiful days and evenings, experience the lushly landscaped patio gardens and courtyard on the main floor, or drink in the view from the terraces on higher floors.



Building Features

Legacy was designed with you in mind. We had clear ideas about safety and convenience, but always with an eye to beauty and a welcoming atmosphere. Less like a "facility" and more like an intimate boutique residence. We think you'll like the results.



Some highlights of our building:

- Concrete construction
- Automatic entry doors with secure keyless access
- Secure entrances with video surveillance and personally screened visitor access
- Wireless internet and extensive audio-visual service throughout common and amenity areas
- Three elevators eliminate long waits
- LEED silver equivalency
- Secure scooter parking with safe and convenient sidewalk access
- Furnishings meet higher seating standards, designed for comfort and ease
- Landscaped terraces and patios to encourage accessibility and resident gardening
- Personal car service to your appointments in our luxurious Legacy Senior Living Bentley
- Power blinds in suites

Why live in a residence?

When you are fit, active and able to attend to your daily needs, it can be hard to see why a residence might be a good choice. The important things to consider are how much time and energy you spend on chores or maintenance of your current home, or perhaps how your social sphere has shrunk if you don't like driving longer distances or at night. It's the little things that can be tiring—and let's be honest, boring. Residence living allows you to keep your independence—to come and go as you please, while giving you the freedom and luxury of time. Our job is to make your life easier and better.

- You can forget about strata councils, leaking roofs, plumbing and electrical worries, and other home repairs.
- You will enjoy nutritious, delicious, and varied meals every day. Even the keenest cooks are often burdened by daily meal preparation, especially if you live alone.
- You will make new friends who share your hobbies and interests.
- You can relax and enjoy your free time without chores. No more vacuuming, changing the bed linens, washing floors, mowing the lawn—or tracking down someone reliable to do those things for you.
- You can get back into that hobby you loved but gave up years ago because you never had time. Fully organized facilities for woodworking, creative arts, and other pursuits mean you'll always have the space to work on your projects.
- You never have to worry about falling on the stairs or being alone at night because someone is always available to respond in any emergency.
- You will be able to stay—or get—fit and healthy with our gym and exercise programs.
- You can spend your day doing activities or going on outings with your friends and neighbours or just relax in your beautiful apartment reading a good book until it's time for a pre-dinner drink in our bistro.
- You'll be connected with our on-site wellness professionals if you are ever concerned about a health-related issue.
- You'll never have to drive in the dark or in the pouring rain or snow again with our Town Car service. In fact, with our convenient central location, you'll never have to drive again if you don't want to.

It all adds up to this: nothing changes, and yet everything does! You keep your independence, doing what you like with your time, on your terms, but free of the worries and loneliness of a place that's too much for your needs.



Choosing the right setting and fit

Navigating the world of seniors housing and health-care choices can be daunting. We'd like to take this opportunity to help clarify a few things to help you select the right setting for yourself or others.

Housing and health-care options fall under these four main categories:

1. Active Adult or Age-Restricted housing

Although there are a wide variety of housing types included under this heading—apartment condos, townhouses, patio homes, bare land stratas—what they share is the absence of services, other than common-area maintenance and perhaps some recreational amenities.

2. Retirement Residences or Independent Living

Sometimes called supportive housing or congregate housing, this term means housing that is provided in conjunction with “hospitality services”: meals, housekeeping, social and recreational services, and an emergency response system. Retirement residences appeal to two groups of people—those who may require a little assistance to remain fully independent; and those who would like someone else to take over the chores of cooking, cleaning, yard work, and so on.

3. Assisted Living or Personal Care services

In British Columbia, assisted living means that occupants of a retirement residence can obtain additional support with the “activities of daily living” if needed. These are sometimes referred to as personal care services and can include things like medication reminders or help with bathing and dressing. Personal care services can be provided either by staff of the residence in question, or by staff of outside agencies who come in to the building on a scheduled basis.

4. Residential Care or Long Term Care

Often referred to as extended care or nursing homes, complex care or intermediate care, these are licensed facilities that provide professional nursing and medical care for physically or mentally frail residents on a round-the-clock basis.

Where does Legacy Senior Living fit in? We are an **independent retirement** residence where seniors can also access **personal care services** if and when they need them.

Finding the right fit

Choosing the right option for your needs can be a difficult decision. You may believe that you need more assistance than you really do, or think that you should just stay put since you aren't ready for all those hospitality services. Some people assume they need assisted-living services and then discover that good food, regular housekeeping, and fun social activities give them more energy and better health than they expected. So don't hesitate to investigate different settings, ask questions, and find the match that's just right for you.



Frequently Asked Questions

Will I lose my independence when I move to a residence?

How do I choose the right residence?

Why should I choose Legacy Senior Living?

Isn't it expensive?

Can I bring my pet and have my grandkids visit or even stay with me?

When do I have to move out?

I don't want to feel trapped: what if I don't like it?

How do I go about finding more information?

Will I lose my independence when I move to a residence?

Remember that every choice in our residence is just that—a choice. You decide what events to take part in, what and where to dine, and how to spend your time. Where else can you have your own private space but still have access to delicious meals, a driver, and a variety of interesting people and activities? Most seniors report feeling less stress and more energy once they no longer have to worry about cooking and chores.

How do I choose the right residence?

Take your time and explore your options. Ask people you know, take tours of various residences, and talk to the staff. There's a lot to consider and doing some research now will help you decide where you feel most comfortable.

Why should I choose Legacy Senior Living?

We may be biased, but we think Legacy is among the finest in suites, services, and amenities. Our aim is to help you enjoy a truly exceptional life—and so we bring you the best in meals, modern features, and décor. Our buildings feature beautiful apartments and elegant areas for dining, fitness, entertainment, and recreation. To cap it off, we put it all in a vibrant, convenient location close to shops, parks, and services. One visit, and you'll see what makes us better!

Isn't it expensive?

Your monthly fee at Legacy covers much more than just the rental of your private apartment. It includes a number of services such as daily meals, housekeeping, recreation, transportation, and health and wellness advice, as well as our emergency response system and your on-site concierge. There are a number of optional services available as well. We often forget the hidden costs of living in a home—but you'll love saying good-bye to taxes, repair and maintenance costs, taxi fares, strata fees, and more.

Can I bring my pet and have my grandkids visit or even stay with me?

Your family and pets are most welcome. In fact, you can have anyone visit or stay with you whenever you like: it's your apartment! The guest suite is also available to reserve for your visitors.



Frequently Asked Questions

When do I have to move out?

Legacy is an independent residence, not a nursing home. What we know is that almost everyone can improve their level of health and independence, and we're here to help you do just that. That's why we have our Wellness Navigator, who will get to know you and help you with healthy eating plans, safe exercise, and social enjoyment. The navigator will also monitor any health concerns and can recommend, when needed, services such as medication reminders or private assistance with bathing or dressing. Should you require hospital services, the navigator is there to help set up care support upon your return, or in the event that you do need to transition to a higher level of care, to help you and your family make that move as smoothly as possible.

I don't want to feel trapped: what if I don't like it?

That's easy—if something doesn't suit you, just give us a month's notice. But we bet that you'll feel more energized and satisfied than ever. As many residents tell us, "I wish I had done this sooner!"

How do I go about finding more information?

Just give us a call or send us an email via the contact button. We hope you find our website a useful place to start your search. Remember to take your time. Involve your family if you wish. When the time comes, we can help with your plan—and even help with the move!

