

155 BALMORAL AVENUE

Fall Newsletter | October 2024



Key Milestones



Anticipated Timeline:

2024: Substructure Complete

2025: Building envelope, interior and exterior work begin

2026: Grand Opening

The crew toasted the completion of slab on grade milestone with a special luncheon.

We are grateful to the community's continuing cooperation to help us get here....on time!



Construction Updates



Recently completed this month!

- A major project milestone was met with the completion of "slab on grade"
- The ramp to the parking garage was poured and graded

What's next?

- Superstructure work progressing to Level One. The shell of the building is starting to take shape!
- Electrical, mechanical, forming and rebar work progressing on Levels One and Two.
- Continued vertical construction of elevator shaft and stair wells. These are the largest and tallest concrete structures currently on site.
- Once in operation, amenities on the ground floor will include a fireside lounge, private dining room and bistro.



Familiar Faces



As Development Manager for Amico, **Zoe** manages the permitting approval process for the building's construction. She works closely with the City of Toronto, Amico Design Build team and Amica Senior Lifestyles. Interesting fact, there are over 20 permits and approvals achieved to date with more to come!

As Project Coordinator for Amico, **Neha** works closely with the trades and sub-consultants to organize bid and tenders and requests for information for interior elements of the building. She has a detailed eye to ensure project specifications and building regulations are accounted for. With a background in architecture, Neha has a clear vision for how the building will come together.



from left: Neha & Zoe



24 Hour
Emergency Phone:
1-833-502-6426
Project #AD2212



To make a project-related inquiry, please scan this QR code.

Helping others can boost your heart and your mind.

Did you know that giving is good for you? Studies show that the act of giving can boost mental and physical health while providing a sense of fulfillment and purpose, which combined, all contribute to overall happiness and wellness.

Dr. Susan Albers, PsyD with the Cleveland Clinic shares the science behind giving in a recent article, "Why giving is good for your health." According to Dr. Albers:

- Your body experiences a chemical response when you give. Your brain secretes three "feel good" hormones when you give including:
 - **Serotonin**, which regulates your mood.
 - **Dopamine**, which gives you a sense of pleasure.
 - **Oxytocin**, which creates a sense of connection with others.
- Giving can lead to lower blood pressure, like the benefits of healthy eating and exercise.
- Studies show that people who volunteer have longer lifespans than those that don't.
- Helping others or gift giving can reduce your levels of cortisol, the stress hormone that makes you feel overwhelmed or stressed.
- The act of giving can stimulate the "Helper's High" which is in your brain's reward centre. When endorphins are released, they can raise self-esteem, elevate happiness, and combat feelings of depression.

Says Neil Pasricha, best-selling author and happiness expert,

"Want an easier way to be happier? Give. Just Give. It's researched-supported and great for the soul."



AMICA BRIGHT SPOT

We are looking forward to our 2024 Amica Helping Hands, *Inspiring Conversations Gala* taking place on November 14 at the iconic OMNI King Edward Hotel Toronto. It will be an evening of connection featuring wonderful company, incredible speakers, and shared purpose - all in support of making a difference in the lives of Canadian seniors living in vulnerable conditions.

Enjoy highlights from our 2023 Gala [HERE](#).

Giving is deeply rooted in daily life at Amica

Amica is grateful to be home to many influential Canadian seniors, many of whom are active philanthropists and contribute regularly to charity.

Established in 2003, [The Amica Helping Hands Charity](#) supports Canadian seniors living in vulnerable conditions. Throughout the year, Amica residents and team members donate their time and talents by planning and hosting numerous fundraising initiatives supporting the health and quality of life of at-risk seniors.

The charity began as a grassroots initiative when a small group of residents and team members came together in shared purpose wanting to serve seniors in need in their community. They did this by filling holiday baskets to the brim with warm comfort items, like blankets and hats, and other necessities and gave them to seniors who truly needed them the most. This year, 2,800 baskets, valued at \$100 will be assembled and distributed.

Many times, these baskets are the only gift an isolated senior may receive all year.

The charity also partners with not-for-profit and healthcare organizations and receives generous corporate sponsorship.

To date, more than \$5 million has been raised to benefit seniors living in poverty.

To learn about the charity or to donate click [HERE](#).



Thank you for your continued patience throughout Balmoral's redevelopment. When we reopen, this beautifully designed retirement residence will offer seniors expansive views, well-appointed amenities, exceptional service and three levels of care to better serve you in the Deer Park neighbourhood you love.

In the meantime, if you have any questions about Amica, please call Susan at **416-927-0055**.

AMICA
SENIOR LIFESTYLES