

155 BALMORAL AVENUE

Summer Newsletter | August 2024



Key Milestones



Anticipated Timeline:

2024: Substructure completion date, late Summer

2024: Superstructure begins, late Summer

2025: Building envelope, interior and exterior works begin, early Spring

2026: Grand Opening

We are thankful to the community for its patience and understanding of the necessary extended hours and noise permissions to accommodate the continuous concrete pour activities.



Construction Updates



Below grade level works that have been completed include:

- Foundation and waterproofing
- Footing excavation and concrete footings

Work beginning on Level One includes:

- Underground plumbing and weeping installation
- Slab on grade preparation / forming and concrete pouring concrete footings



Interesting Facts



- Throughout August, we worked on Level One framing and suspended slab activities to shore, assemble, reinforce with steel, and pour concrete.
- Slabs have been formed starting from the west side of the site.

Did you know...?

- Concrete is the most widely used building material in the world.
- Concrete does not technically have a melting point; when it reaches 1000 degrees F, the water evaporates and turns the concrete into sand and molten lava.

We are starting to go up!

- Into September, we will be working on Level One framing and suspended slab for the eastern portion of the site and progressing to build level 2.



With the return to school, pedestrians are reminded to follow flag personnel directions to ensure everyone's safety, and lane adjustments to ensure safety for all.



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



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



Music for your ears!

How music boosts your happiness and brain activity

The power of music has restorative benefits in caregiving and self-care which soothe and stimulate the brain.

“Music is the medicine of the mind,” wrote soldier and writer John A. Logan — and research agrees. Whether we are singing along to a favourite song on the radio, enjoying live music or recalling an old memory sparked by a beloved tune, most of us can attest to the mood-enhancing effect of music. Still, you may not have considered what an incredible tool music can be to forge connections, relieve anxiety and increase brain activity in seniors — even those with dementia.

“Music activates many parts of the brain, and it can actually slow down the progress of cognitive decline,” says Chelsea Mackinnon, an education and research manager at [IMHOPE](#), an arts/health organization that provides intergenerational music programs. “Consider music a catalyst for meaningful moments.”

The brain benefits of music

It's no surprise to hear that listening to and making music is often associated with improved mental well-being. Music stimulates so many different regions of the brain while reducing pain and stress and boosting cognitive function at any age. Click [HERE](#) to learn more about how your brain responds to music.

DID YOU KNOW?

- We are all born with more neurons than we need. Typically, by the age of 8, our brains do a major neuron dump, removing any neurons perceived as unnecessary, which is why it's easier to teach language and music to younger children.
- The ear only has 3,500 inner hair cells, compared to the more than 100 million photoreceptors found in the eye. Yet our brains are remarkably adaptable to music.

Bringing music into caregiving and self-care

Try some of the following ideas:

- Make a playlist of your loved one's favourite songs, or your own relaxing tunes.
- Quietly play soothing or happy music at key transition times in a senior's day, such as getting ready in the morning. Be sure to choose songs they enjoy, and hopefully ones you enjoy too!
- Ask a senior about songs played at meaningful moments in their lives, such as their wedding or a high school dance. Enjoy these together.
- Play “name that tune” together. So simple, yet so fun!



AMICA BRIGHT SPOT

Canadian national pride was on full display this month at Amica Lions Gate where residents and team members hosted their own Opening Day Olympic ceremony. This special celebration was highlighted by the lighting of the Amica Olympic flame by torch bearer and resident Jenny Wingerson, former two-time Olympian in track and field, Jenny's advice to young Olympic hopefuls – “Work hard, dream big and remember that you will have some losses along the way. But it all pays off in the end!”

Click [HERE](#) to read Jenny's inspiring story of personal triumph.



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