



# The Art of Living

## MODERN PEOPLE, MODERN CARE

BY LESLIE SINCLAIR

**J**ust south of St. Clair Ave. on Christie Street, there's a different kind of residence where community is truly valued. At Christie Gardens it is not just the physical wellbeing of residents that is addressed, but their emotional and spiritual wellbeing as well.

According to Carol Anne Standen, head of Community Relations

**Conversations are with the resident, not about the resident, and a heavy emphasis is placed on each individual's identity, values, and purpose.**

For more information visit [christiegardens.org](http://christiegardens.org) or call 416-530-1330

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at Christie Gardens, visitors often remark that they sense there is 'just something different about this place' the moment they walk in.

"Visitors feel the comfortable ambience; the kindness; the fact that people truly care about the wellbeing of each other, residents and staff," she says. In fact, Christie Gardens is so special that CEO Heather Janes fell

in love with it while working there as a part-time receptionist at the age of seventeen.

Built on the site of Toronto's first veteran's hospital and opened in 1984, Christie Gardens is a fully private, not-for-profit and charitable organization. It is proud to deliver its distinctive services within a continuum of living, where there is an emphasis on fitness, the arts, and continued learning. The ten floors at Christie Gardens are home to 430 seniors in life lease condos and apartments. Those who need extra services receive them in their own home and if more extensive care is required, the first floor is equipped for round-the-clock support. The multi-level care provided at Christie Gardens means that residents can age in place, a relief for many seniors and their families.

However, that's not all that makes Christie Gardens a leader in elder-care. The facility is implementing a revolutionary new idea in its nursing care area: moving from an institu-

tionalized health care model to a social model. It's called the Courtyard Community and it has the promise to completely change the culture of senior care in Ontario. Here residents are cared for holistically. Their past is honoured, their present valued, and their future validated. Conversations are with the resident, not about the resident, and a heavy emphasis is placed on each individual's identity, values, and purpose.

The residents of Christie Gardens have access to a remarkable number of high quality services. Everything from general medical, dental, and optometry, to massage therapy, spa and fitness programs available on-site, five days a week. Residents are also treated to exceptional food prepared by award-winning chef, Joseph Stephens and have their choice of dining in the restaurant, a café, or picking up fresh take-away meals to enjoy at home. There's no doubt about it, commitment to resident-centred care is the key to Christie Gardens' success. It celebrated its 30th anniversary last year.

Carol Anne says, "We are privileged to offer a fine quality of life to those who call Christie Gardens home." ●