

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Be *Welcomed*

Each month we highlight ways we help Verve residents in any of our locations experience the fullness of life in retirement. This month, we're exploring the theme of Welcoming

Being Prepared for Power Outages.

A helpful guide for our Residents

Unexpected power outages can be uncomfortable and frustrating. While our team works closely with utility providers to restore services as quickly as possible, we also want to help you feel prepared and supported should an outage occur again.

The good news is that small preparations can make a big difference, and our community is strongest when we look out for one another.

DR. JAMES W.
HEMSTOCK
ASSISTED LIVING RESIDENCE
HEARTHSTONE
PLACE

Being Prepared for Power Outages- A helpful guide for our residents

Simple Items to Keep in Your Suite

Having a few essentials on hand can help you stay comfortable and calm during an outage:

- Flashlight or battery-powered lamp (with extra batteries)
- A charged power bank for phones or medical devices
- Warm blanket or throw
- Slippers or warm socks
- Non-perishable snacks (granola bars, crackers, nuts)
- Bottled water
- Printed emergency contact numbers (in case phones run low on battery)

Tip: Keep these items together in one easy-to-reach place.

Staying Warm

- Close curtains/blinds and doors to help keep heat in your suite
- Wear layers — light layers often retain warmth better than one heavy item
- Sit in a smaller space if possible to conserve heat
- Use blankets and throws generously
- Please do not use candles or open flames for safety reasons**

If you are feeling uncomfortably cold, please reach out to staff.

Lean on Your Community

- One of the greatest strengths of our building is the people who live here.
- Check in on a neighbour, especially someone who lives alone
- Let staff know if you notice someone who may need extra support

•During an outage, staff will be monitoring hallways and checking in. If you need assistance, please feel free to leave your door open so we know to stop by.

Sometimes a friendly knock or short conversation can make all the difference.

Communication During an Outage

- Keep your phone on low-power mode to preserve battery life
 - Listen for updates from staff — information will be shared as it becomes available
 - Emergency lighting will remain on for approximately 1–2 hours
- Our team will continue monitoring hallways during the outage and checking on residents as needed.

A Final Note

We understand how disruptive power outages can be, especially during cold weather. Your comfort and safety matter deeply to us. While some circumstances are beyond our control, please know that you are never alone here — our staff and your neighbours are always ready to help.

Thank you for your patience, understanding, and for being part of such a caring community.