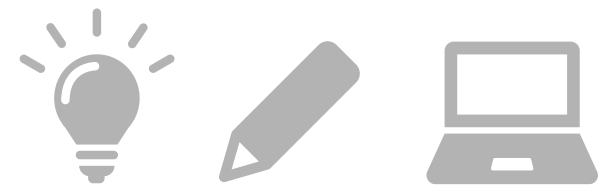


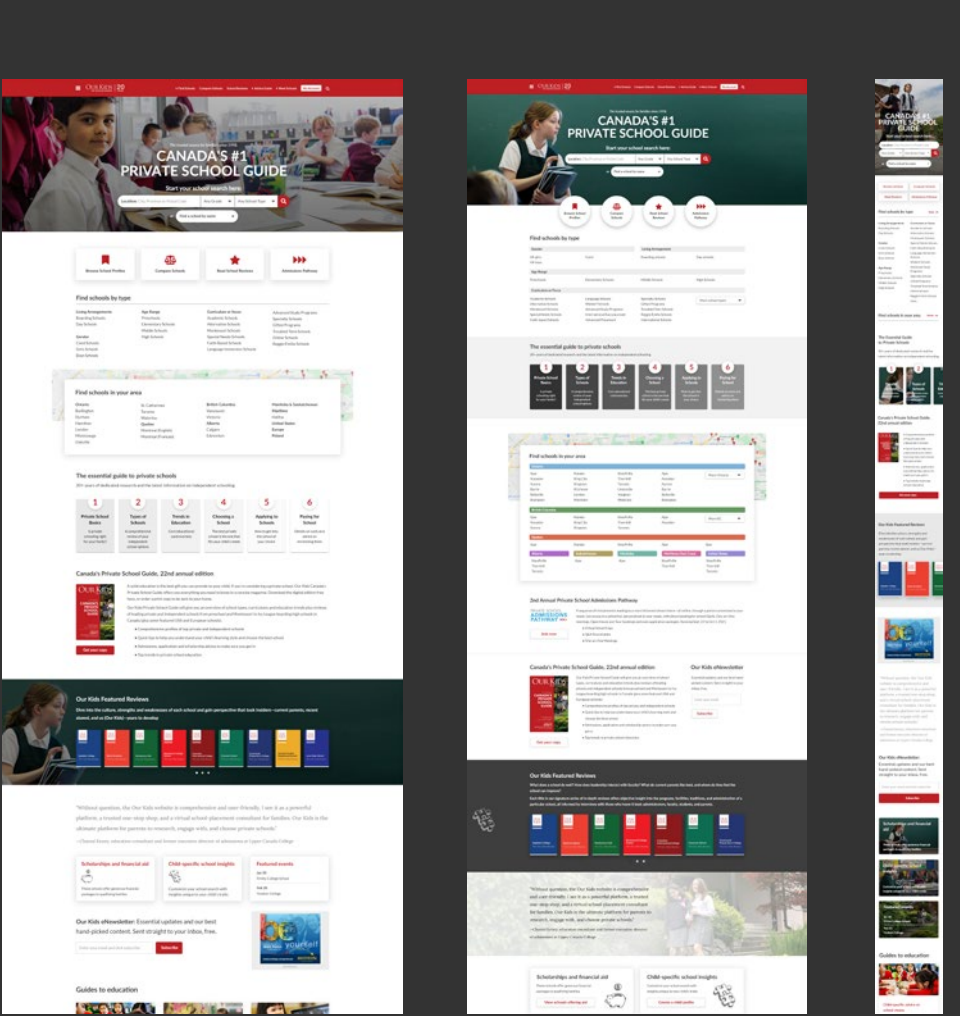
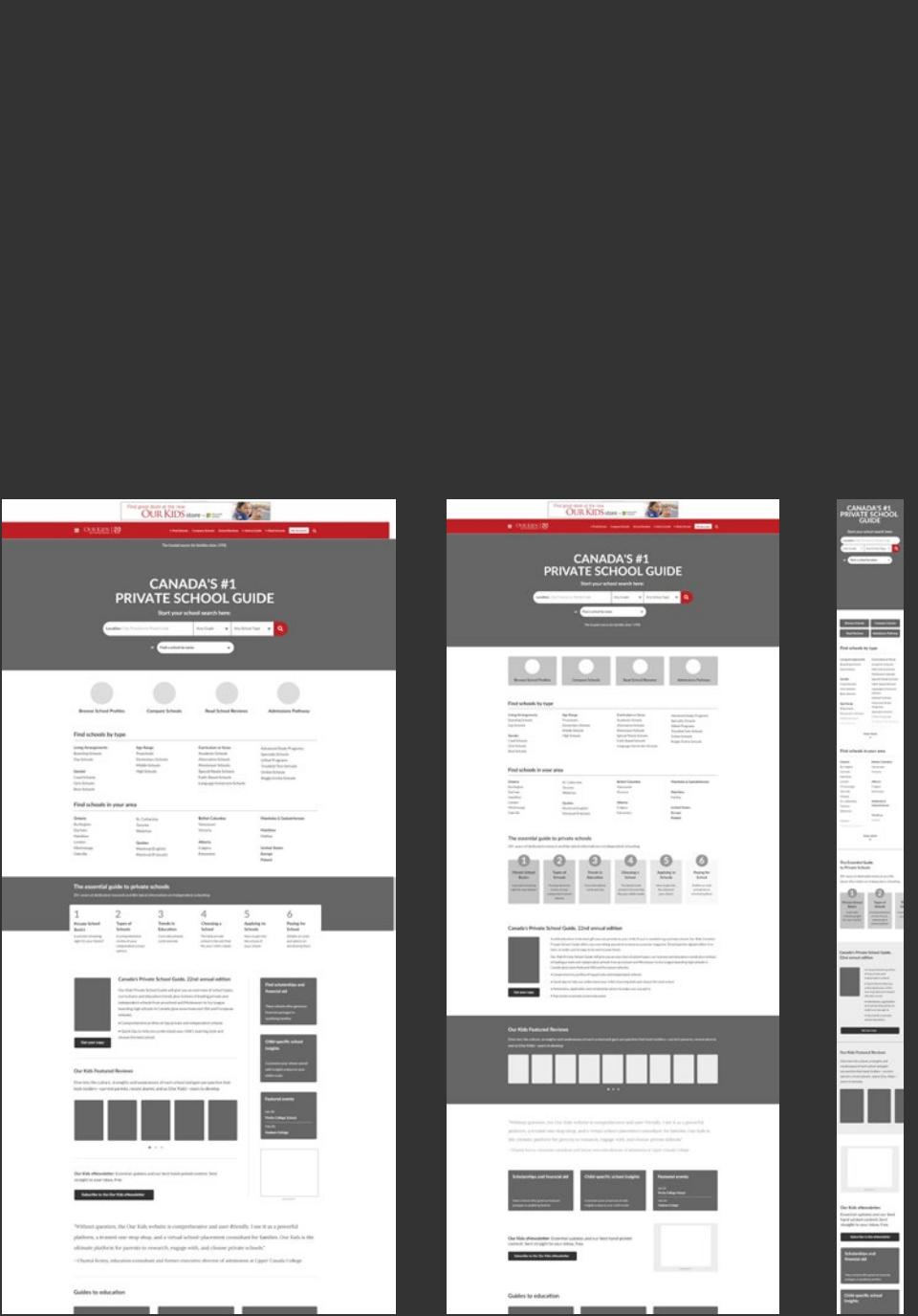
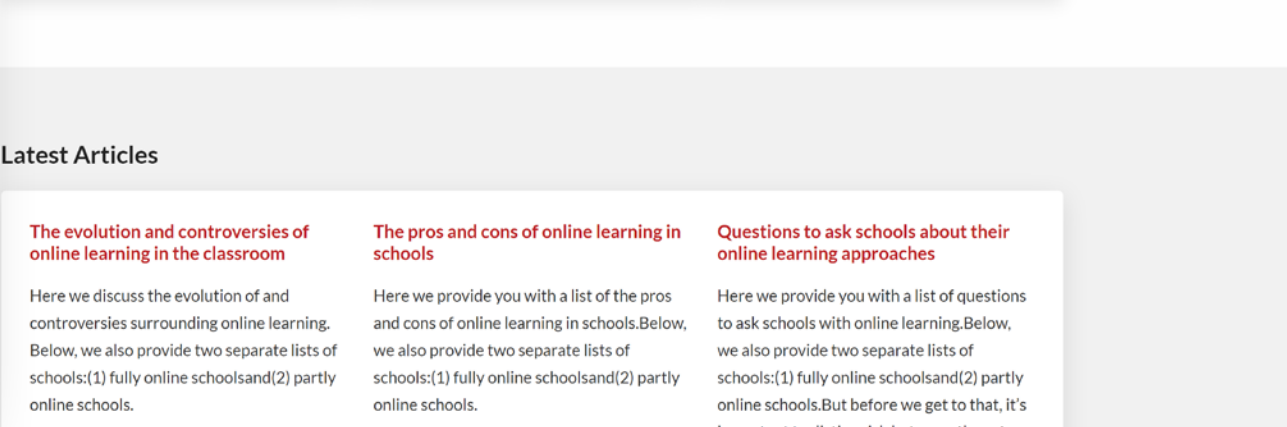
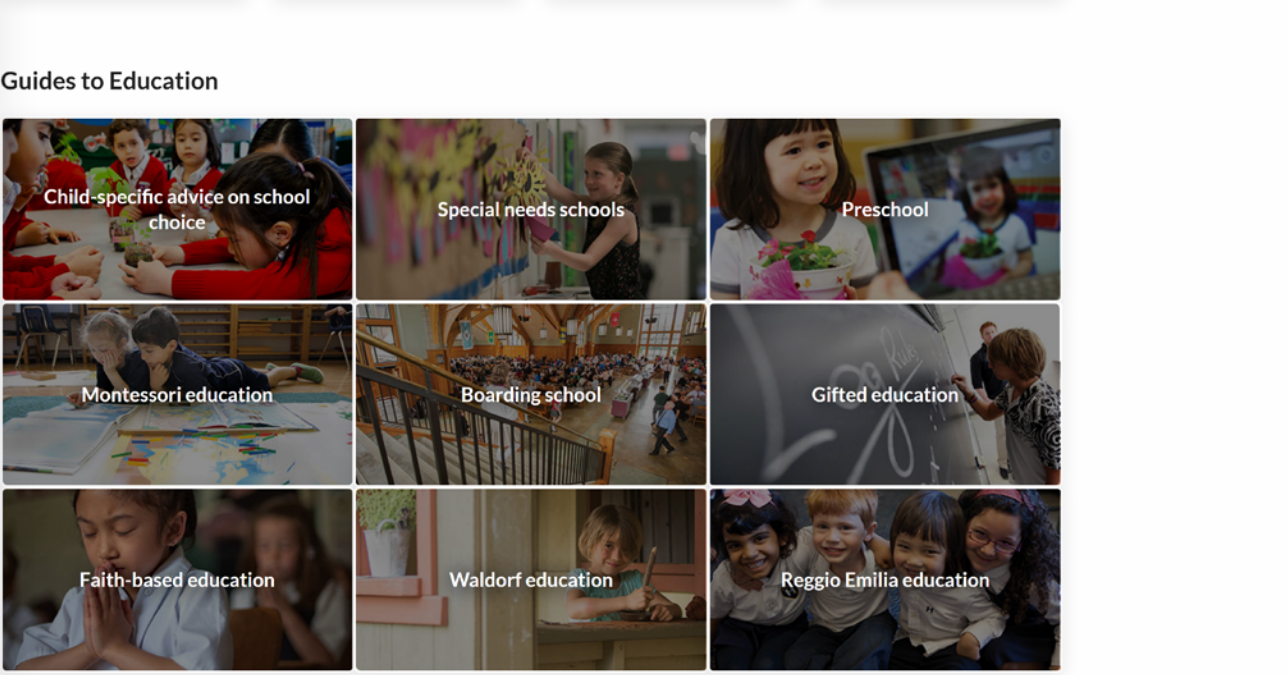
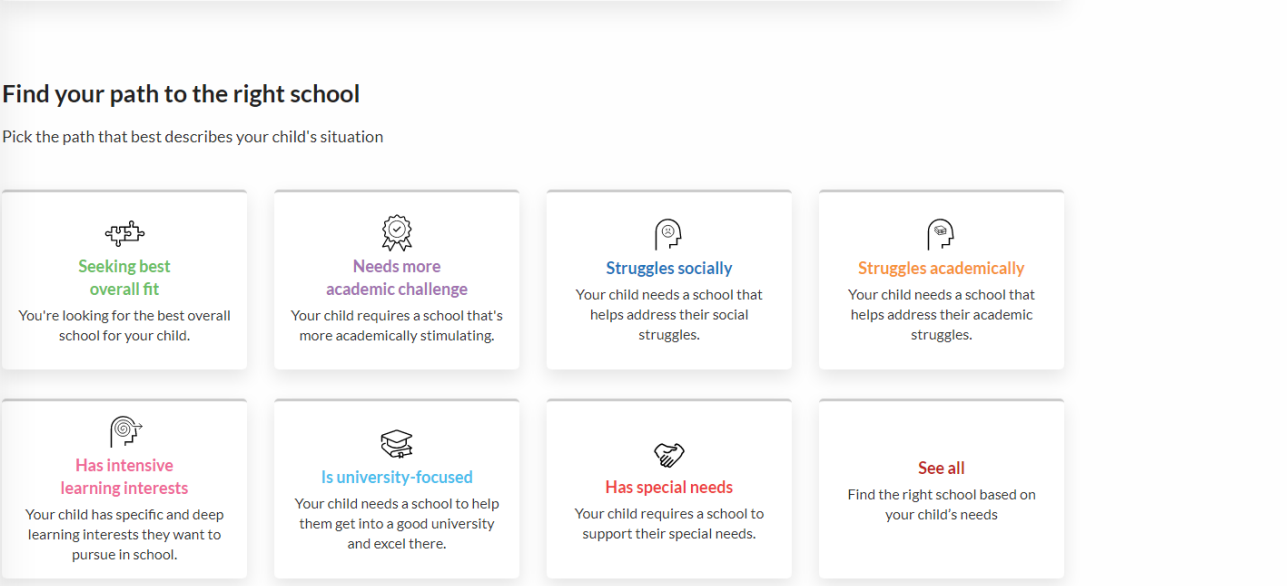
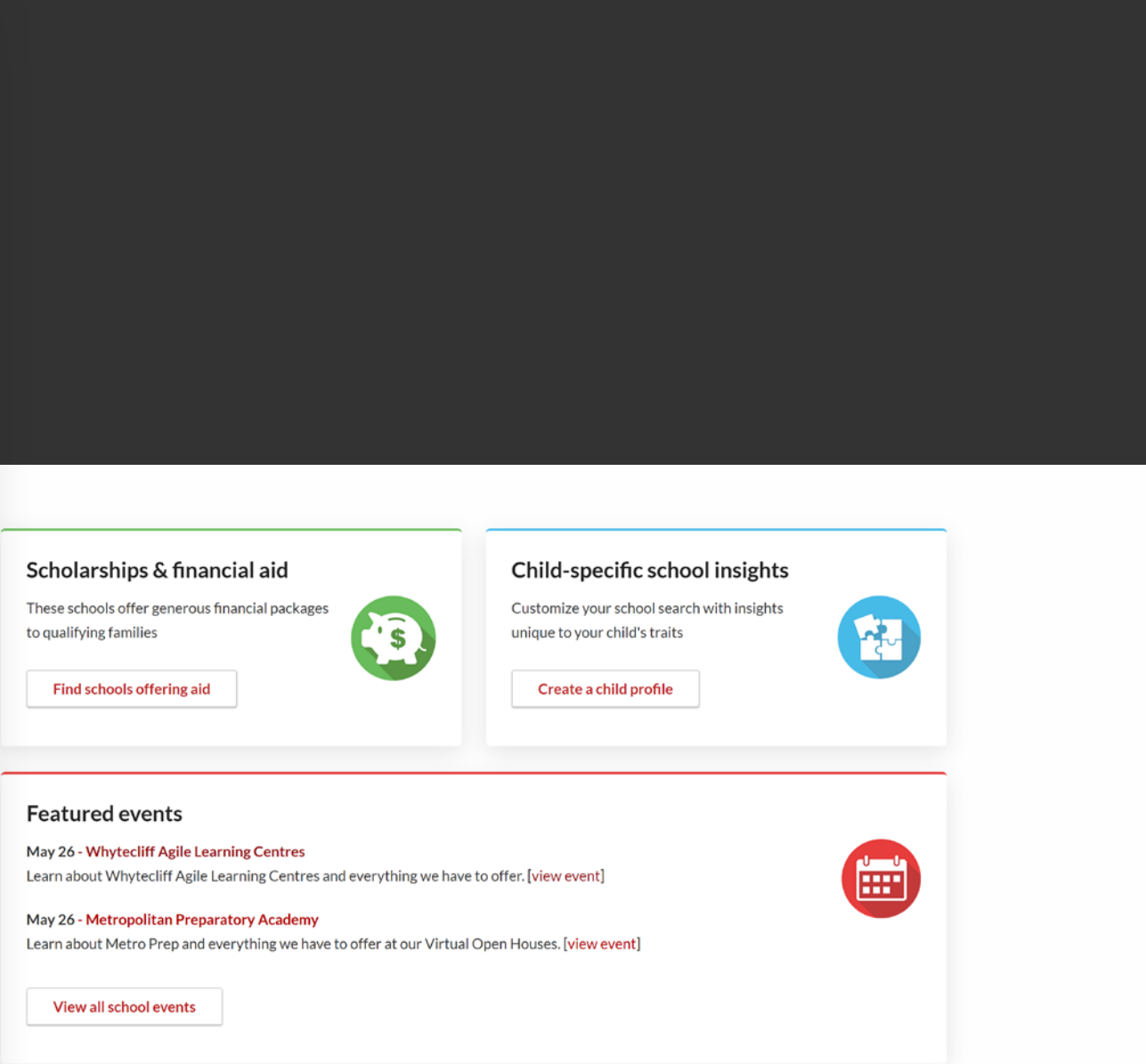
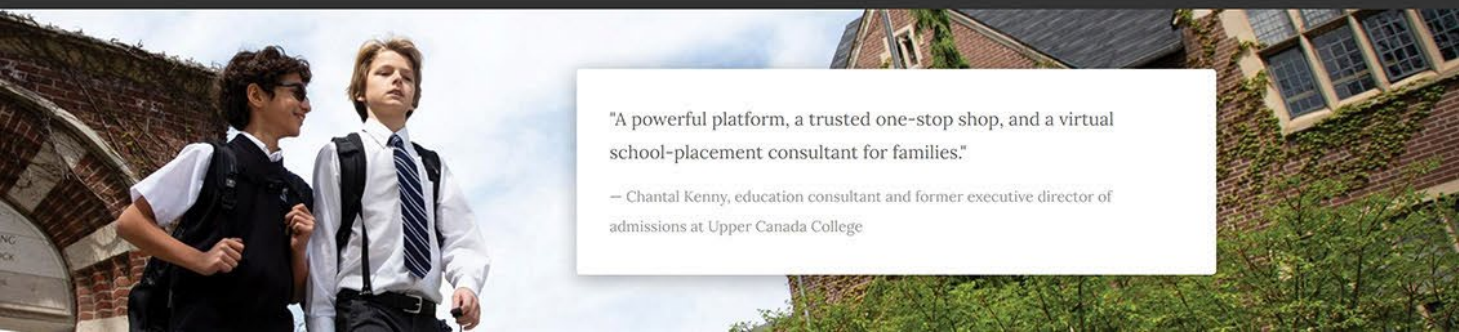
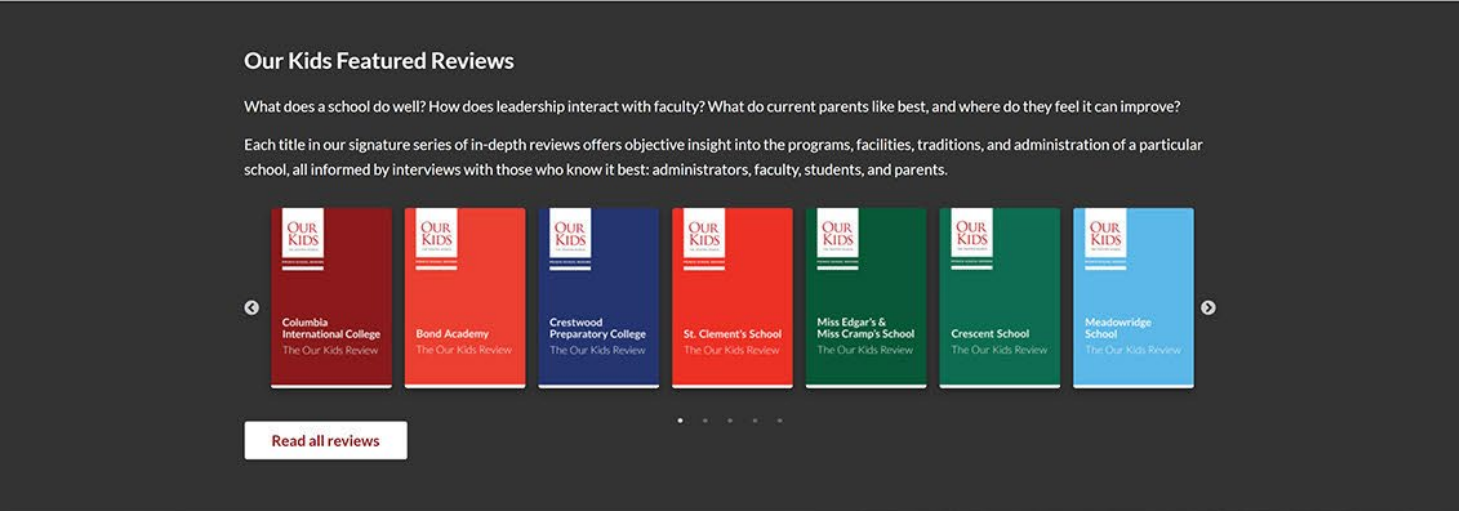
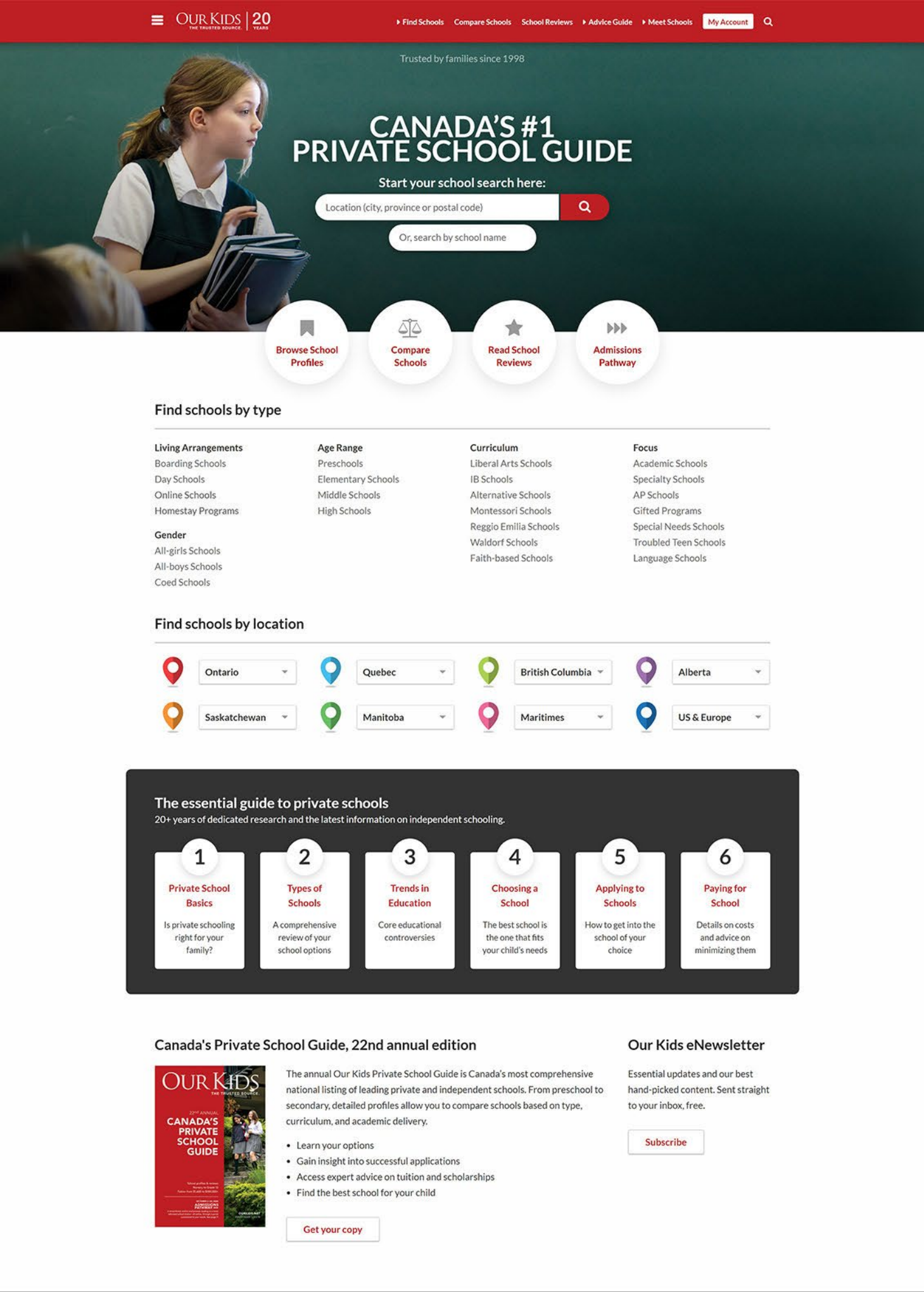
Alex McCusker

Design Portfolio



OurKids.net/school redesign

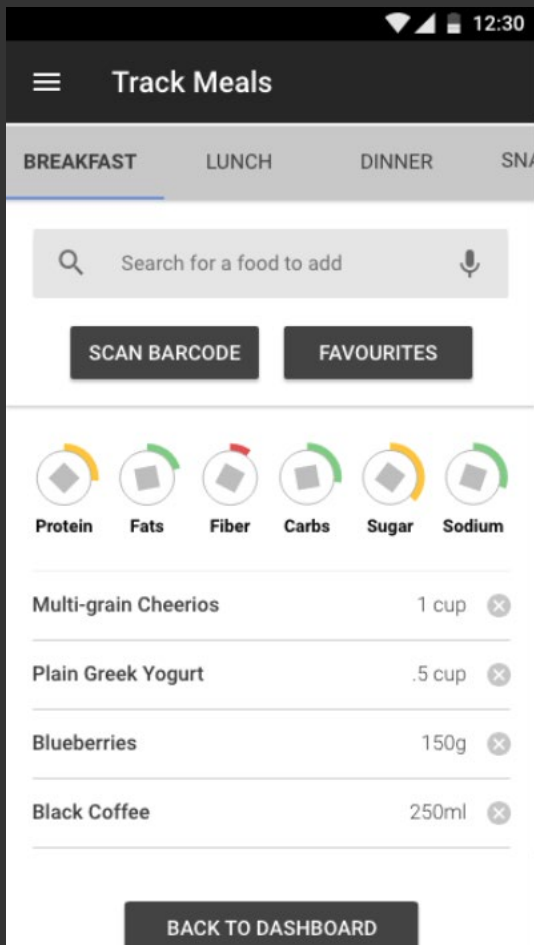
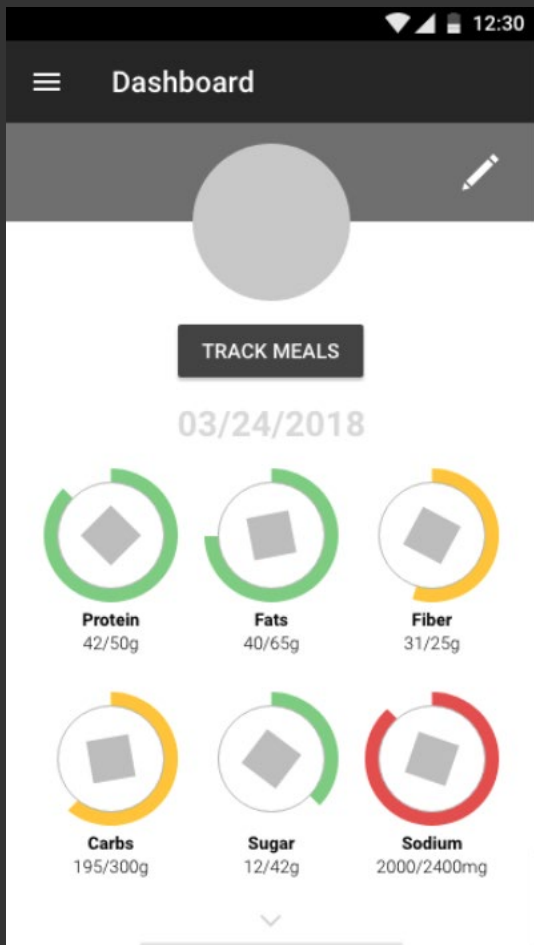
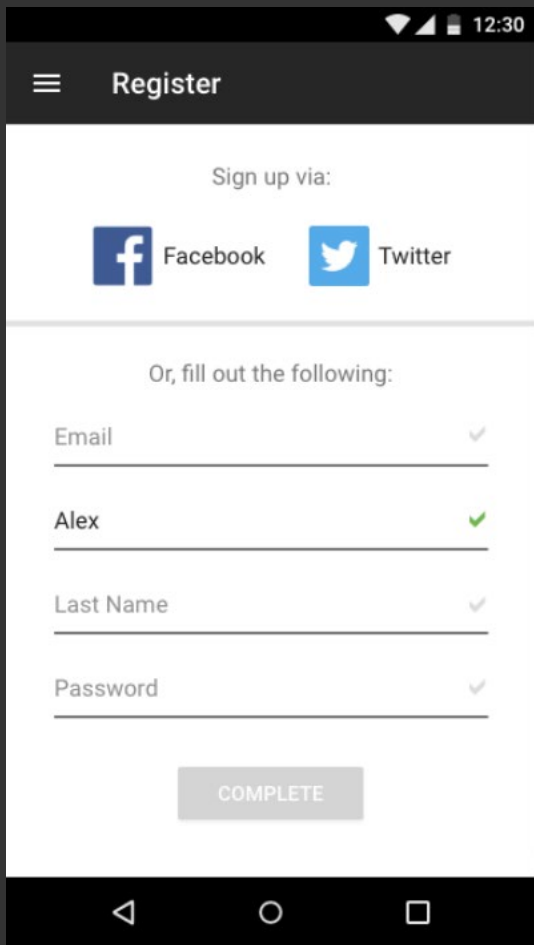
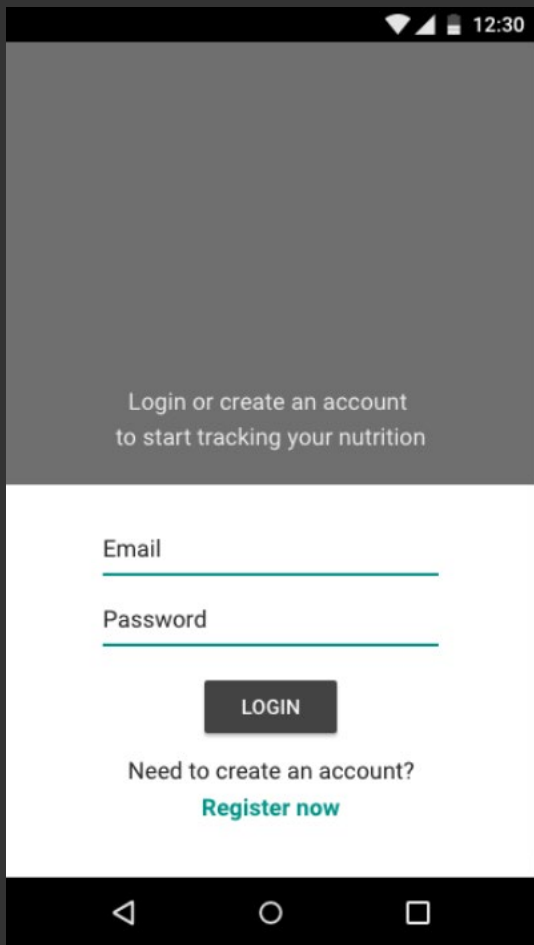
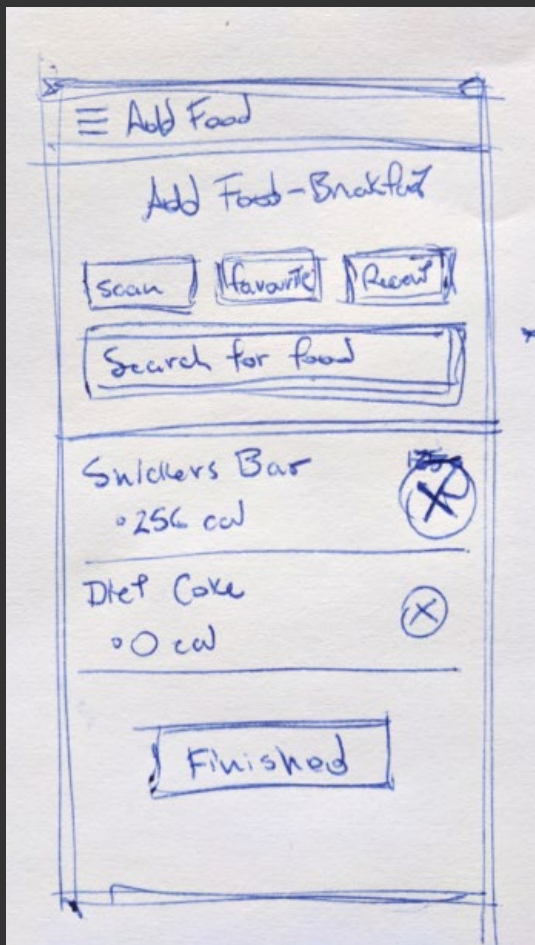
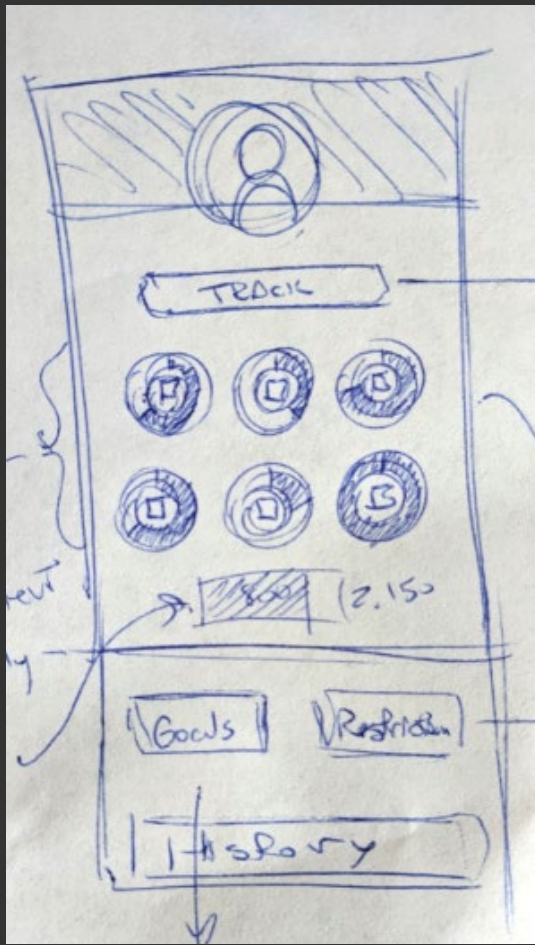
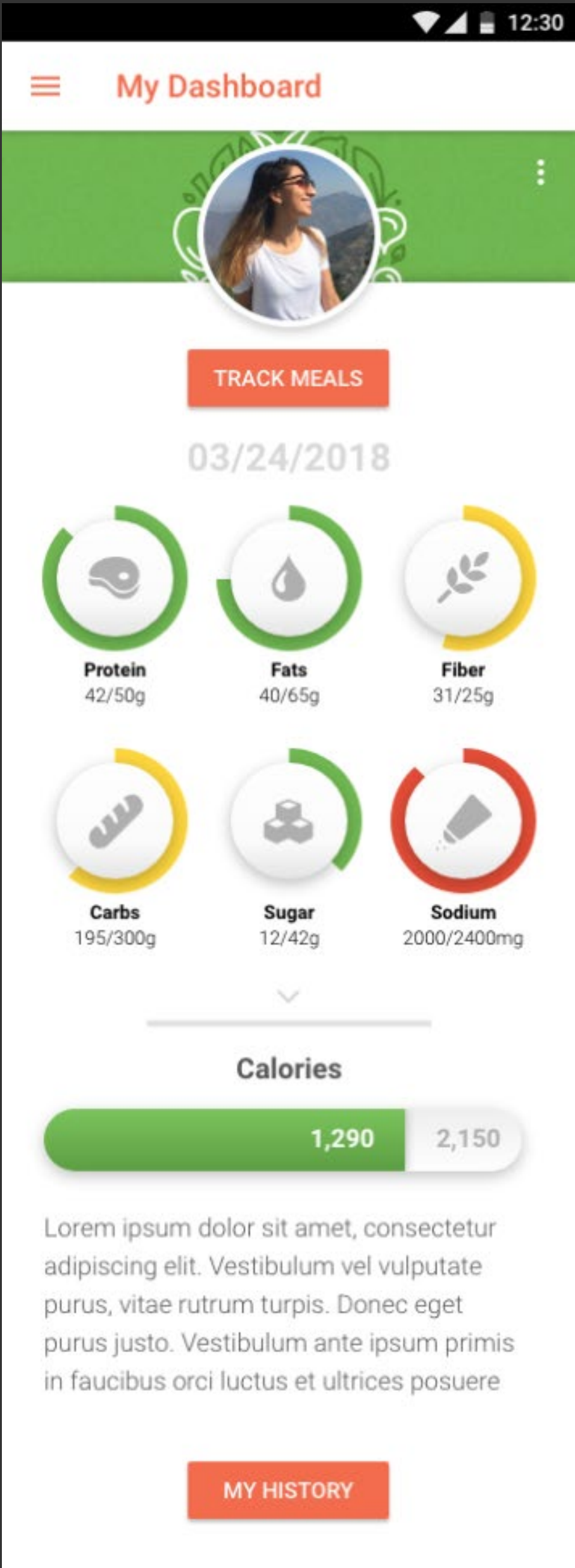
Rough mockups and final build for the OurKids.net school index page. The site requires a number of concessions for SEO and a way to move users through a huge array of both informational and conversion pages.



early mockups (desktop/mobile)

UX Course Project

Final project handed in for a UX/UI course (Brainstation). User research was done with a small target target group and feedback was integrated into wireframes and rough mockups before creating some more finished level designs.



rough UX mockups

This page had to house a huge amount of information in varying

Design was weighted between
making conversions to school

expanded profile

Templated layout for displaying varying amounts of member camp programs. UX needed to allow for quick and clear filtering of potentially hundreds of listings and allow users to browse and move through to the program specific pages.

[Find a Camp](#)
[Camp Reviews](#)
[Camp Guide](#)
[News & Events](#)
[Camp Expo](#)
[My Account](#)
[Search Q](#)

COVID-19 Quarantine Updates:

[Parents' Guide](#)
[News from Camps](#)
[Virtual programs](#)

[Home](#) /
 [Summer Camps](#) /
 [Camp Guide](#) /
 [Types of Camps](#) /
 [Education camps](#)

STEM camps for kids and teens

Find a list of camps focusing on Science, Technology, Engineering, and Math

STEM camps teach science, technology, engineering, and math. They stimulate children and teens' curiosity and learning throughout the summer. They also promise to help them compete and thrive in the future. Similar to so-called "maker camps," STEM camps are some of the most fun, interactive, and practically-oriented education camps you'll come across. [Read more](#)

List of STEM camps and programs

FILTERS

Clear filters

Programs specializing in STEM (79 results)

From official STEM camps to many other camps offering unique session-long STEM curriculum, find the right camp for your child below.

THE STEAM PROJECT

DAY CAMP FOCUS: STEM

Summer STEM Camp - Dragon's Den
Aug 03 - Aug 13, 2021

- Richmond Hill, ON
- Age 8 to 14 (Coed)
- From \$960

Think outside the box and learn how to design inventions to solve problems! [Read more](#)

[view details](#)

THE STEAM PROJECT

DAY CAMP FOCUS: STEM

Summer STEM Camp - DIY Playground
Jul 19 - Jul 30, 2021

- Richmond Hill, ON
- Age 4 to 8 (Coed)
- From \$1,020

Campers will learn the engineering behind simple machines used in playgrounds and all around us. [Read more](#)

[view details](#)

ZEBRA ROBOTICS

VIRTUAL FOCUS: STEM

App Development
Nov 01, 2020 - Dec 01, 2022

- Online
- Age 6 to 13 (Coed)
- From \$150

Students will learn to design and build apps by applying design principles, app layout, styling and interaction design. [Read more](#)

[view details](#)

CONNECTIONS: QUEEN'S SUMMER ENGINEERING ACADEMY (QSEA)

VIRTUAL FOCUS: STEM

(Virtual) Connections: Queen's Summer Engineering Academy Girls
Jul 05 - Aug 20, 2021

- Kingston, ON
- Age 6 to 12 (Girls)
- From \$0

Connections Engineering Outreach and the FEAS are offering this GIRLS ONLY session of QSEA! [Read more](#)

[view details](#)

ZEBRA ROBOTICS

VIRTUAL FOCUS: STEM

App development Summer Camp 2021
Jul 05 - Aug 27, 2021

- Mississauga, ON
- Age 10 to 13 (Coed)
- From \$166

Learn to design and build apps by applying design principles, app layout, styling and interaction design. [Read more](#)

THE STEAM PROJECT

DAY CAMP FOCUS: STEM

Summer STEM Camp - Sidewalk Labs
Jul 19 - Jul 30, 2021

- Richmond Hill, ON
- Age 8 to 14 (Coed)
- From \$1,020

A design-focused session where campers practice hands-on approaches and solve problems

CONNECTIONS: QUEEN'S SUMMER ENGINEERING ACADEMY (QSEA)

VIRTUAL FOCUS: STEM

Queen's Summer Engineering Academy Intermediate (Virtual)
Jul 05 - Aug 20, 2021

- Online
- Age 12 to 14 (Coed)
- From \$100

QSEA intermediate is a summer program for students currently in Grade 7 - 8 to learn more about the

STEM CAMP

DAY CAMP FOCUS: STEM

STEM Camp - Hands-on STEM Activities
Jul 05 - Aug 27, 2021

- Throughout Ontario (68)
- Age 5 to 13 (Coed)
- From \$155

STEM Camp is a camp that provides amazing and fun activities that get kids excited about STEM! [Read more](#)

Clear

FILTERS

Any city

Cost:

\$0

\$2 100

Age:

Any

18+

Any date

Any type

☐ Day camp

☐ Overnight

☐ Program

☐ Virtual

☐ Coed

Any interest

mobile filter ux

Headwinds
company logo

Logo for an independent motion picture company. The owner wanted it to represent his love of the Northern Canadian wilderness, to be used as an opening/closing logo for videos.



Class and event brochures
created for local art centres
(Neilson Park Creative Centre &
Cedar Ridge Creative Centre)

Cedar Ridge Creative Centre)



SUMMER
2016

CLASSES &
WORKSHOPS
FOR **CHILDREN**
AND **TEENS**

Camps are available now

NEILSON PARK
CREATIVE CENTRE



416 622-5294
56 Neilson Dr. Etobicoke, ON M9C 1V7
www.neilsonparkcreativecentre.com
info@neilsonparkcreativecentre.com

Office Hours:
Monday to Friday 9:00 am – 4:00 pm

SPRING ARTFEST

SATURDAY, MAY 2, 2015 - 10 A.M. TO 4 P.M.

ARTISTS AND ARTISANS WILL BE SHOWING
AND SELLING THEIR ORIGINAL WARES IN THE
BEAUTIFUL SETTING OF NEILSON PARK CREATIVE
CENTRE. ORIGINAL FINE ART, JEWELRY, POTTERY,
FIBRE ART AND MORE!

VENDOR APPLICATIONS
APPLICATIONS AVAILABLE
FEBRUARY 9TH, 2015
DEADLINE:
THURSDAY, APRIL 2, 2015



**SPRING &
SUMMER
2020**

PROGRAMS, EVENTS &
EXHIBITIONS FOR KIDS,
TEENS AND ADULTS

Connecting to and celebrating
a richer life through the arts

NPC

NEILSON PARK CREATIVE CENTRE



11

CLASSES

ums for Painting & Mixed Media

Lee Koh
Instructor

at 6: Wednesday, April 23, 2020

0.0 p.m. \$206.32

side at the art store is confusing but this you understand what you're looking at what make acrylic paint the most so you can alter their properties so widely. I'm so many ways. We'll explore a mix throughout this class. \$25 materials fee instructor.

Basics and Beyond- Studio

Instructor: Louise Zylh
All Levels

\$264.00 (with HS \$298.32)

\$206.86

Tuesday, March 31 - Tuesday, May 19, 2020 (8 week course)
9:30 a.m. - 12:30 p.m.

\$206.86

Tuesday, March 31 - Tuesday, May 19, 2020 (8 week course)
1:00 p.m. - 4:00 p.m.

Explore any medium of your choice other than oils. Satisfy both sides of your brain by thoughtfully planning your work without sacrificing spontaneity and fun. Each class begins with a discussion about an art related topic. Perfect for all artists who want to keep moving on their creative journey. Materials list available.

Impressionism II

\$206.86
Instructor: Jacinta Krah
Intermediate

Tuesday, March 31 - Tuesday, May 19, 2020 (8 week course)
9:30 a.m. - 12:30 p.m.

\$206.86 (with HS \$298.32)

Learn to paint with loose, expressive brushwork while defining light and shadow through the use of shapes combined with vibrant colors. Jacinta will guide you through exercises and teach valuable technique in order to promote the understanding and experience of creating your very own impressionistic paintings of the world around us. Join her in your journey towards developing your own unmistakable style of painting, as you learn to use different tools and materials to enhance your artwork. Materials list available.

Paint and Process- Beyond Pollock

Instructor: Steve Rose
Intermediate/Advanced

\$264.00 (with HS \$298.32)

\$206.86

Friday, April 3 - Friday, May 29, 2020 (8 week course)
No class on Friday, April 10, 2020

9:30 a.m. - 12:30 p.m.

\$206.86

Friday, April 3 - Friday, May 29, 2020 (8 week course)
No class on Friday, April 10, 2020

Paint and Process- Beyond Pollock is an active studio approach to a contemporary art practice. Celebrating its 50th class, this class offers intermediate and advanced level artists the opportunity to direct their artistic development and provides an opportunity to access professional coaching and mentoring. Each session begins with a 30 minute Introduction where selected

abstract and non-objective artists will be introduced, stimulating class discussions and individual reflection. Materials list available.

Watercolour for Beginners

\$206.86

Instructor: Marjorie Verstaapen
Beginner

Wednesday, April 8 - Wednesday, May 27, 2020 (8 week course)
7:00 p.m. - 9:30 p.m.

\$220.00 (w/HS \$248.60)

Expand your knowledge of watercolour paints and techniques, with the introduction of gouache, and pen & ink. Results can be extraordinary with the exploration of combined materials and techniques. Materials list available.

Drawing Skills- Rerind and Refresh

\$206.86

Instructor: Helen McCusker
Beginner

Wednesday, April 8 - Wednesday, May 27, 2020 (8 week course)
7:00 p.m. - 9:30 p.m.

\$220.00 (w/HS \$248.60)

Looking for ways to improve your drawing? In this course you will learn to use visual tools such as sighting, measuring, ways of seeing negative space and more in order to enhance and build on your observational drawing skills. We will explore a variety of subject matter such as the elements of drawing - Line, Tone, Texture, Shape, Form, Colour, and Composition. Explore a variety of drawing media and techniques both traditional and contemporary. Individual expression is encouraged in a supportive learning environment. Examples of drawings from classical to modern will be provided along with demonstrations and lots of hands-on experience. Materials list available.

AMPS (continued)

2020

on Friday at 3:30 p.m.

0.0 p.m.

very and the colour wheel, kids will learn how mixing, complementary, secondary, and tertiary colors they apply them to work together with a variety of materials and to explore the world of colour to which is included.

colour mixing, dyeing, staining and painting the like to create their own wearable art in both indoors and outdoors we will be for materials and techniques through this e-camp. Materials included.

re: Morning

re: Afternoon

0.0 p.m.

August 17-21, 2020

Camp Exhibition on Friday at 3:30 p.m.

Imaginarium

SU20CWT6

Ages 5 - 7

9:00 a.m. - 4:00 p.m.

\$275.00

Stop Motion Animation

SU20CWT6

Ages 8 - 12

9:00 a.m. - 4:00 p.m.

\$40.00

Extended Care- Morning

SU20CWT6

Ages 5 - 12

7:30 a.m. - 8:30 a.m.

\$40.00

Extended Care- Afternoon

SU20CWT6

Ages 5 - 12

4:00 p.m. - 5:30 p.m.

\$55.00

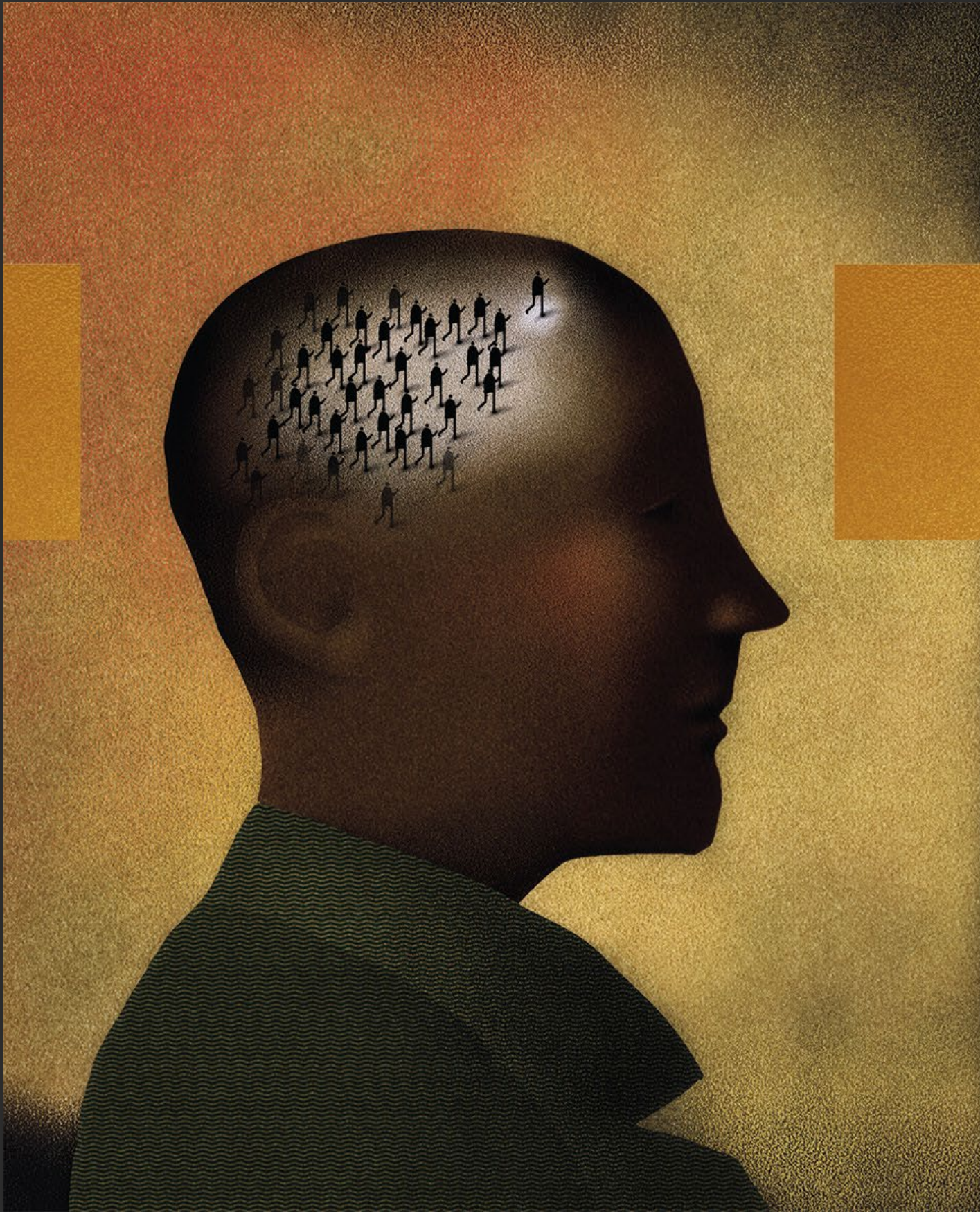
August 24-28, 2020

Camp Exhibition on Friday at 3:30 p.m.

Draw it, Sculpt it, Paint it

Dialogue magazine

A magazine created for education professionals. Illustration budget was relatively low so often images were not created specifically for stories and instead were chosen from a specific illustrators available stock in order to suit the stories' theme.



UNCOVERING tomorrow's leaders

Seven school leadership characteristics

According to leadership experts Paul Bernthal and Richard Wellins, "In a complex and changing world, highly skilled and experienced leaders at all levels—not just senior leaders—are becoming harder to find." Today, two key questions face all independent schools: "Where will the next group of future leaders come from?" and "What attributes are required of those leaders in order to be successful?"

Being asked to play a leadership role is a challenge. It is not just about being a driver and entrepreneur, but also about being a listener and a team player. It is based on many factors, not just a curriculum. To simply be a curriculum overseer is not enough. They must be able to oversee the sustainability of the school. Sustainability applies to leadership principles. Education in this country is focused on the broad development of a truly creative and innovative leader.

By Courtenay Shrimpton

Courtenay Shrimpton is the assistant

IN PURSUIT OF PRIVACY in the digital world



Finding a balance between private and public spaces to foster creative ideas

For them, nothing is off limits. They enjoy telling you what they ate for breakfast, lunch and dinner because they want to know what you ate, too. They are writing blogs and "hanging out" on Facebook, MSN, Zapak, orkut and Twitter. They are actively engaging in the public domains of the world, virtually expressing their innermost personal thoughts on various topics. They are writing collectively, comparing points of view, not alarmed by the thought that anyone might read what they are writing.

This is the reality of how our students live their lives. Gone are the days when students would take pleasure in writing their most secretive thoughts in diaries and hide them under their beds for fear that their parents might find them. To a B.C. (before computers) generation, today's students are courageous thinkers, innovators and fearless warriors. Technology has enabled this generation to boldly put out thoughts into virtual space for the scrutiny of strangers. The notion of private space, where we think and express ourselves in isolation, is becoming increasingly exposed to public view, especially in the virtual world. This

By Karrie Leach

Karrie Leach is a Grade 7 English teacher at Hillfield Strathallan College in Hamilton, Ontario. She has a B.Ed. from Queen's University and an M.Ed. from Brock University. She can be reached at leachka@hsc.on.ca

Our Kids School Guide

Annual magazine dedicated to private schools. I was also responsible for organizing freelance photographers and editing photography.


OUR KIDS

THE TRUSTED SOURCE.

21st ANNUAL CANADA'S PRIVATE SCHOOL GUIDE

School profiles & reviews
Nursery to Grade 12
Tuition from \$2,950 to \$146,000+

WWW.OURKIDS.NET
2019/20 GUIDE – \$12.95





What's Your Learning Style?

By Heidi Perrell



TACTILE LEARNERS

Tactile learners process information more through interactions. They learn by doing rather than by only listening. They like to play computer, board and electronic games.



VISUAL LEARNERS

Visual learners can interpret visually based information like graphs and charts with ease. They often like movies, puzzles, patterned games and Lego. They do better when instructions are written out and they can follow along.



AUDITORY LEARNERS

Auditory learners process language based information well. They enjoy talking, sharing information and contributing to discussions. When they hear information, for example on television or radio, they can repeat it with ease.

TEST YOUR STYLE

Go online and take the Our Kids Learning Style Test to find out what type of learner your child is ourkids.net/learningtest

hensive view of the school from their package than their website.

Attending an Our Kids Private School Expo (events not held) is a great way to meet face-to-face with many private schools in one location.

During the process, it's important to remember that what may be right for one family may not work for yours. Finding the right fit comes with a lot of variables, so don't lose sight of your priorities.

VISIT SCHOOLS

A school's atmosphere is very important, yet difficult to judge without firsthand experience. During your search, attend school open houses. Select your top three to five schools and arrange a tour during a school day. Each school has its own unique energy and the best way to see if it fits fits with your family's priorities is to experience it for yourself. Most schools allow your child to shadow a student in their grade for an entire day. Be prepared with a list of questions to ask about any interests or concerns you may have.

Seeing a school in action will also give you great insight into the interactions between teachers and students. Observing the socialization within a school is not something you can get from a website or an information package.

MAKE THE DECISION

Involve your child in the decision. Their happiness is a crucial element to success; they will be spending more time at school than at home, so it's important that your child enjoys it.

The key to finding the right fit is to start the process early and to keep an open mind. You may find that your journey takes you in an entirely different direction than you originally expected to go. *

12 Our Kids Canada's Private School Guide - 2019/2020

13



FIVE STEPS TO FINDING THE RIGHT SCHOOL FOR YOU

16 Our Kids Canada's Private School Guide - 19th Annual Edition

17 Research schools at www.OurKids.net



The International Baccalaureate (IB) diploma program is a two-year advanced secondary school curriculum that was founded in 1968 and is now taught in schools in more than 140 countries, including many private and alternative institutions in Canada.

The core IB curriculum was created for students aged 16 to 19. The IB Primary Years Program, designed for students aged 11 to 12, and the Middle Years Program, designed for students aged 11 to 14, serve as preparation for the diploma program.

In order to earn an IB diploma, students must fulfill a variety of requirements in six core subject areas: language and literature, language acquisition, individuals and societies, sciences, mathematics, and the arts. It consists of an essay or oral presentation, and a 4,000-word, externally assessed essay. In addition to coursework, students are also required to complete two formal projects and a minimum of 45 hours of community service.

By many objective measures, the IB curriculum exceeds the requirements outlined by provincial curricula. The program is regarded as rigorous by universities and employers, and students often take great pride in having achieved an IB diploma. The IB curriculum is now offered at international schools, both in Canada and overseas, because of its near-universal acceptance by university admission offices.

THE INTERNATIONAL BACCALAUREATE

The International Baccalaureate (IB) diploma program is a two-year advanced secondary school curriculum that was founded in 1968 and is now taught in schools in more than 140 countries, including many private and alternative institutions in Canada.

The core IB curriculum was created for students aged 16 to 19. The IB Primary Years Program, designed for students aged 11 to 12, and the Middle Years Program, designed for students aged 11 to 14, serve as preparation for the diploma program.

In order to earn an IB diploma, students must fulfill a variety of requirements in six core subject areas: language and literature, language acquisition, individuals and societies, sciences, mathematics, and the arts. It consists of an essay or oral presentation, and a 4,000-word, externally assessed essay. In addition to coursework, students are also required to complete two formal projects and a minimum of 45 hours of community service.

By many objective measures, the IB curriculum exceeds the requirements outlined by provincial curricula. The program is regarded as rigorous by universities and employers, and students often take great pride in having achieved an IB diploma. The IB curriculum is now offered at international schools, both in Canada and overseas, because of its near-universal acceptance by university admission offices.

18 Our Kids Canada's Private School Guide - 19th Annual Edition

19 Research schools at www.OurKids.net

Our Kids Camp & Program Guide

Annual magazine dedicated to summer camps and year-round kids programs. I was also responsible for organizing freelance photographers and editing photography.

350+ CAMP & PROGRAM PROFILES INSIDE

OUR KIDS

THE TRUSTED SOURCE.

CANADA'S

CAMP & PROGRAM

GUIDE

DAY, OVERNIGHT & YEAR-ROUND

WWW.OURKIDS.NET

2019 GUIDE – \$5.95

OUR KIDS CANADA'S CAMP AND PROGRAM GUIDE IS ABOUT TO BE CELEBRATING 20 YEARS

CELEBRATING 20 YEARS

THE 20 BEST CAMP PHOTOS PUBLISHED IN OUR KIDS

It's a myth that a picture is worth a thousand words. In truth, there is no equivalent. Pictures are things the words never could—which is why, for the past 20 years, photographs have been so central to the Our Kids project. (continued on page 33)

20 Laughing along
2017 - Jokers, Jokers and Jokers
Photograph by Andrew Semeni

19 Being a Friend
2016 - The House People
Photograph by Phil Green

18 Picking your team
2015 - Canada's Future Camp
Photograph by Lisa Brown

17 Exploring the world around you
2014 - Camp Hill House
Photograph by Mike Pichner

16 Concentrating on the task at hand
2013 - Ontario's Future Camp
Photograph by Tim Fraser

15 Exploring the lake
2012 - Camp Arrowhead
Photograph by Steve Brown

36 Our Kids Canada's Camp & Program Guide • 20th Anniversary

Find Camps & Programs at [www.OurKids.net](#)

The Benefits of Camp

"They get to unplug and get away from the stress and constant pressure that kids are under in this day and age. And the icing on the cake: they seem to appreciate there's more to life than cell phones."

— David Bale, Previous Camp Tanakawa director, father of current camper

Our Kids Canada's Camp & Activity Guide • 2019

The Benefits of Camp

experiences are extremely important in children's lives, enter post-secondary education and join the workforce, giving them opportunities to be away from their parents, make decisions and test their limits.

Holly has never boated, and seemed always afraid when she would see boats on the water. She ended up learning how to sail and tipping her boat, no less!

— Mother of Camp Oconto camper

UNDERSTANDING AND APPRECIATING NATURE

In the Canadian Summer Camp Research Project, 52 per cent of campers demonstrated positive changes in the area of environmental awareness. Camp directors cite "time spent out of doors in direct contact with nature" as a key factor in changing their campers' view of their relationship with the environment. The direct connection to the environment gives children a sense of responsibility for its protection.

Offering young children the opportunity to explore and play in nature while teaching them how to protect the environment provides environmental intelligence skills. Campers learn about ecosystems, how they are interconnected and how to preserve them.

CHALLENGING AND FURTHERING CULTURAL UNDERSTANDING

Camp is an inherent part of the Canadian identity. Canada is one of the world's most multicultural and diverse countries, and camp offers campers and their children an excellent opportunity to acquire Canadian experiences and culture. Camp provides a safe environment in which children of all backgrounds come together around common goals and adventures and often ignore differences between them. "Campers develop the ability to adapt to the conditions and build positive social relationships where national differences that we rely on are stripped away," says Andrew Larkin, CEO of the United Way in London and Middlesex. "What is known is the requirement that you have to adapt and function on the merits of your character."

Find Camps & Activities at [www.OurKids.net](#)

Why Send Your Kid to Camp?

"What would make all that maturity kick in? A change in perspective. At home—at least, in my home—we're on the floor every day, getting picked up, usually by a family member. At camp—well, really, who else is going to pick up your kid's socks? Not even I'll pick them up. And so a new habit takes root."

Of course, sometimes the biggest experience goes the other way. I recall from one parent who said her daughter spent an entire week not changing her socks at all. But before it is so one-child's good, too long as you're not the one sitting next to her on the way home, being away goes that girl the chance to try something a little weird, a little daring and very memorable. Lucky her! You don't want your kids looking back on their childhood and only remembering sitting in the back seat of the family SUV.

Without us around, kids also become a little bit more successful. After all, when they're at home, we tend to intervene. Our culture has trained us to a great extent to a parenting magazine asked: If two friends are old enough to stay home alone, can the same rule be applied to the day camps while the kids have a play date? No way, the magazine replied. It has no reason other than to "make sure that no one's feelings get hurt if there's a squabble."

44No one knew they were supposed to pick on me.

Our marching orders are clear: solve our kids' problems. Unfortunately, that can hold them back. But send them away and the capabilities and confidence that are a natural part of growing up get rekindled by-gods—what? Your amazingly resilient child (especially if we don't call her out every day, which is like constantly pulling the sock off a wing).

Letting them go means letting them deal with some low moments. Another note to my blog said: "I have to kick on my little sister, but when she was all in her first week long camp she started crying, not the 'I hate this place I'm going to die place' come get me! When the minute she got home, I think we got those tears in two days. On the next day it was, 'Well, I guess it's not so bad. I've made a friend.' Guess who wound up singing at her wedding 17 years later!"

Lucky her "No," her parents didn't worry it and having her home after that first week and the gift that the experience gave her lifelong friendship. And for some kids, that's not just a gift, it's a lifeline. Perhaps camp's most amazing success is that it respects children's kids who were exposed to abuse or even helped her home go to re-examine themselves.

"When I was growing up, it was the kid everyone picked on," recalls a woman named Jan. "In my school there were no camps. There were 'gender games.' Camp was the only place I got to be me." With no one from home at her camp, "No one knew they were supposed to pick on me," she says. Instead, she made friends—over a hugline.

Why Send Your Kid to Camp?

"That shot of self-esteem every summer got me through the dreary and dull school years."

Camp was such a godsend that Jan now works as the camp nurse on week-over summer. She's happy to pay back what she got as a camper-teen.

Not to dwell on the dark side of things, but Canadian young folk are having a hard time of it lately. Statistics reports that, last year, Bureau University's counselling centre saw a 200 percent increase in demand from students in crisis. A full 25 percent of university-age Canadians report being experiencing a mental health problem.

Camp isn't the answer to every emotional issue, but it does help to the extent to come. Because along with all the fun, team, memories, memories, and making friends, kids are getting something undelivered: the confidence to take on life's ups and downs.

When the kids come back in August, there will be tears again, mostly of joy. But also expect a little bit of camp sadness... those best friendships.

Base at Peak Air Meet: Headshot - Photograph by Christine Muehl for Our Kids Media

Camp Oconto: Photograph by Mike Pichner for Our Kids Media

36 Our Kids Canada's Camp & Program Guide • 22nd Annual

Find Camps & Programs at [www.OurKids.net](#)

Comfort Life Magazine

Magazine focused on the benefits of retirement community living. I was also responsible for organizing freelance photographers and editing images.

Live a Longer, Healthier, More Fulfilling Life



Morningside Retirement Community – Photograph by Peter Power for Comfort Life

8

Comfort Life: Retirement Living Guide – 16th Annual Edition

Live a Longer, Healthier, More Fulfilling Life

Canadians don't live as long or as well as we should, but that's changing

“There is a lot of confusion around what helps us live longer,” says Dan Buettner in his popular TED Talk, “How to Live to Be 100+.” Moreover, he feels that we all could, and should, live longer lives. “The best science tells us that the capacity of the human body, my body, your body, is about 90 years; a little bit more for women. But life expectancy ... is only 78. So somewhere along the line, we’re leaving about 12 good years on the table. These are years that we could get. And research shows that they would be years largely free of chronic disease, heart disease, cancer, and diabetes.”

Why don’t we get those 12 years? It’s a question Buettner approached in a unique way. As an explorer and National Geographic Fellow, he chose to visit Blue Zones—places around the world where people live the longest, healthiest lives—in the hopes of learning what makes those populations different from the norm. What he found wasn’t healthy food and physical training, but something else entirely: social cohesion. Even if people eat rich foods, drink a bit, and don’t go to exercise classes, they still live longer because they interact with others more consistently. Per the nursery song, it’s actually true that the more we get together, the happier we’ll be, and we’ll also live longer too. Below, we look at six ways to gain the health and lifestyle benefits of life in Blue Zones, and how they remind us of stories inside today’s retirement communities.

Find retirement living options at www.ComfortLife.ca

9

incontinence. We say much more about the DTC and Form T2200 on page 32.

• The Home Accessibility Tax Credit offers some surprising help. This and other breaks and credits are covered in more depth in “Financial Tools” on page 28.

Take a break: respite care

“Short-term stays are an option that is available,” says Stephanie Hartwick, an administrator at Harbour Hill in Goddards, Ontario. “People are so surprised when they find out—you know, they’ll say, ‘You guys are really flexible!’”


People can apply for respite care or a short stay at a retirement community for any reason at all, including just the need to take a breather. It can be as short, or as long, as you need, says Hartwick. “If somebody wants to come just for the winter—say from December first to March first—you can do that. Or, if we’ve had a week lock in your house, and would like to go away while it’s repaired, you can do that too.” Most communities now offer respite stays, and are happy to work with your needs in mind. ■

Caregiving in Canada

Demographics and costs associated with caregiving in Canada:

Number of Canadians providing care to loved ones	8 million
Number of hours spent each year	114 million
Amount of productivity lost due to missed work	\$1.3 billion
Average monthly travel to provide support	225 km
Estimated annual value	\$20-\$30 billion

Source: Statistics Canada, “The Cost of Being a Caregiver,” confidential retirement community resources the cost of being a caregiver



The Meadows Retirement Residence - Archive, Peter Power for Comfort Life

“We’ve been perfectly surprised by the results. I know it’s hard to satisfy a large group of people, but they’ve done a very good job.”

Ted & Maureen, 2018 Retirement Residents, Ottawa, Ontario

“I like the ‘resort-like’ atmosphere and the fact there’s lots to do including daily exercise classes.”

Joan, 2018 Retirement Living Resident, Vancouver, BC



New Heights Tower - Photograph by Tobi Skowronski for Comfort Life

The Changing World of Care

Photo: Dan Winkler / Archive, Tobi Skowronski for Comfort Life

Innovation and flexibility mark today's retirement communities

Commuter care is a phrase based on Canada. The country, there are regional differences in terminology, because provincial governments don't act in concert with each other. Some of these differences are noted below, and along with that, we also note how financial support varies significantly between provinces. And, like it or not, definitions change all the time, don't they? With that in mind, here is a look at how to think about care, and find the type you require. The

Comfort Life's independent living

Go online to learn all retirement living terms in ComfortLife.ca's Glossary of Retirement Living.

Traditional continuum of care is still prominent, offering workable guidelines, but there's also more in between their best and first categories.

Who it's for: active, self-sufficient, autonomous people who want to live in a community of people their age with similar interests.

Main benefits: a care-free, stress-free, activity-based lifestyle.

What's included or available: some programs and services, including meals, cleaning, personal laundry, and scheduled transportation.

More resources online: find a map of independent living communities across Canada, information on costs, regulations, questions to ask, and more. ComfortLife.ca/independent

A changing landscape

Across the retirement housing industry, there is a move towards increased flexibility. Many communities offer a continuum care model, from independent living through long-term care. Although there are some legal restrictions to care services in some areas, Canadians today have the opportunity to move at a younger age, and then only once, to truly age in place. People move to Retirement Village in Collingwood, for example, to take advantage of the active lifestyle that the community offers. The said, there are also pensions for the longer term, including an on-site medical centre and adaptations for mobility. Many don't require those kinds of services when they move in, though it's nice to know they are there, should the need arise. It brings peace of mind, particularly by eliminating the need to move should requirements change.

Client-centred care

Increasingly, residents are the ones that call the shots, so to speak—they describe what they need, and the residence works to provide it, rather than the other way around. This kind of client-centric care is a growing trend seen across the senior care industry, particularly in response to the desires of the baby boomer population.

For all that, the traditional continuum of care is the dominant model in understanding your options. However, it's not always easy to navigate, given that terminology varies by province, region and community. We've broken down the lifestyle and care levels available, so you know exactly what to expect from each option as you plan for as much, or as little, support you require.

Independent Living

Active, self-sufficient, autonomous independent living is for people who want to live in a community of peers who share their outlook and their interests.

Main benefits: a care-free, stress-free, activity-based lifestyle

Includes: some programs and services, including meals, cleaning, personal laundry, and scheduled transportation

Assisted Living

Assisted living retirement is ideal for residents of all ages who have some limitations in physical or cognitive health. Called Supportive Living in Alberta.

Main benefits: on-site assistance with personal care, mobility, medication management, or support

Includes: trained staff, weekly activities, services including meals, medication administration and personal care

Alzheimer's and Dementia Care

Alzheimer's care homes have specialized resources and staff to support residents requiring memory care.

Main benefits: support for patients and families dealing with the physical and emotional aspects of dementia; a focus on living a fulfilling and enjoyable life while controlling and treating the symptoms of memory loss

Includes: 24-hour on-site staff and medical care

Long-Term/Complex Care

Long-term care offers professional support for people who require 24-hour nursing care and support in the activities of daily life. Residents are assessed and deemed eligible for government subsidized communities by social services.

Main benefits: caring support, with an eye to personal dignity

Includes: round-the-clock monitoring, nursing supervision, and medical treatment and support

Home Care

Home care services help seniors with activities of daily living, allowing them to age at home or, in some cases, in a retirement community.

Main benefits: remain independent, get the specific care required

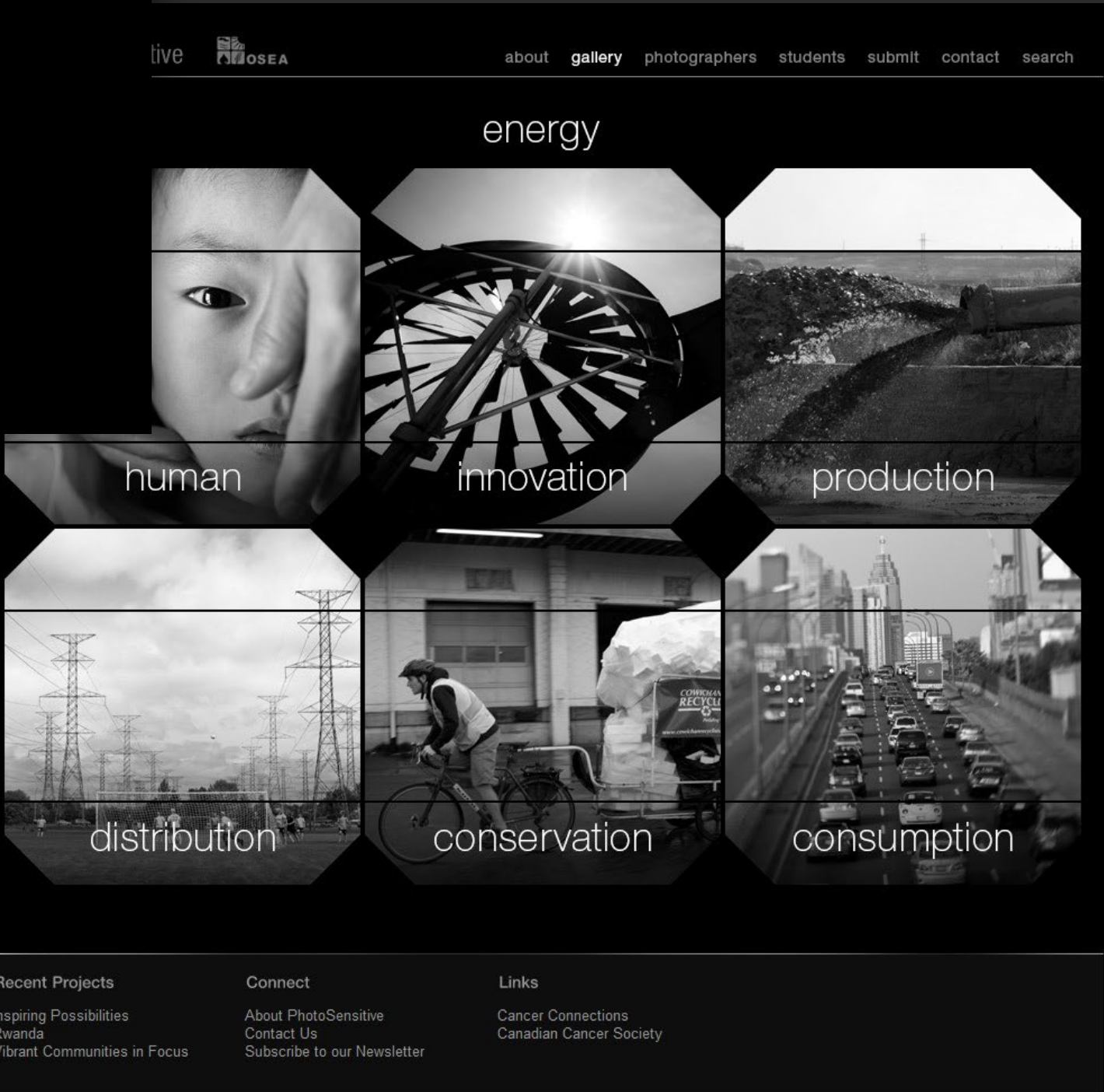
Includes: personal care, physiotherapy, companionship, medication administration, meal preparation, and transportation



Discovery Retreat - Photograph by Peter Power for Comfort Life

Photosensitive Energy Project Micro-site

Micro-site created for one-off project by non-profit organization, Photosensitive. Site was to act as a general gallery site with basic information and submission channel.



Our Kids Admissions Pathway portal

A specialized portal created as a virtual stand-in for in-person private school expos during Covid-19. Users were able to browse filtered school cards and sort into categories based on interest. Once sorted, users could use a variety of contextual CTA's within the cards to pursue various actions like booking meetings or attending virtual open houses.

OUR KIDS

PRIVATE SCHOOL
ADMISSIONS
PATHWAY ▶▶▶

October 3 to 24, 2020

Admissions Pathway Home /

Browse and shortlist your options

About this step

Your first step is to create an initial shortlist of schools—schools you're interested in learning more about.

Why complete this step:

It means we can tailor your subsequent steps on the pathway to your interests, greatly simplifying and enhancing your experience.

It will help you better understand the school landscape. The process of comparing and sorting schools below will help you organize your thoughts, and give you a solid foundation for your later research.

Part of Your Admissions Pathway

1 Browse & Shortlist

2 Virtual Expo

3 School Roundtable Q&As

4 One-On-One Meetings

5 Open Houses & Tours

6 Application

You have 84 schools that match your criteria.

Schools still to be categorized: 81

Olivet School (est. 1893)

OverviewDescription

Etobicoke, Ontario, 1.6 km (view map)

Day school

K to 5 (Coed)

45 students total

\$6,800 to \$11,400

Curriculum: Traditional, Faith-based

Are you interested in this school?

Yes

Maybe

No

Skip for now

Interested

Kingsley Primary School

Vincent Massey Academy

OverviewDescription

Established in 1985, Vincent Massey has developed a long standing reputation in the community for excellence in early education. A staple in South Etobicoke for over 30 years, Vincent Massey offers a Reggio-inspired environment where

Arrowsmith School

Next open house or tour: Aug. 12, 2021 7:30pm

See Full Schedule

RSVP for open house event(s) at Arrowsmith School

Please select from the following dates

Select an open house date

First Name

Alex

Last Name

McCusker

Email

amccusker@gmail.com

Phone

Phone

For Arrowsmith School, I'd also like to:

☐ Access the Roundtable Q&A recording

☐ Request a tour (in-person or virtual)

☐ Receive an application package — Rolling admission (Day)

Submit

PS to 8 (Coed)

150 students total

\$5,040 to \$19,950 (offers financial aid)

Curriculum: Waldorf

Are you interested in this school?

Yes

Maybe

No

Maybe interested

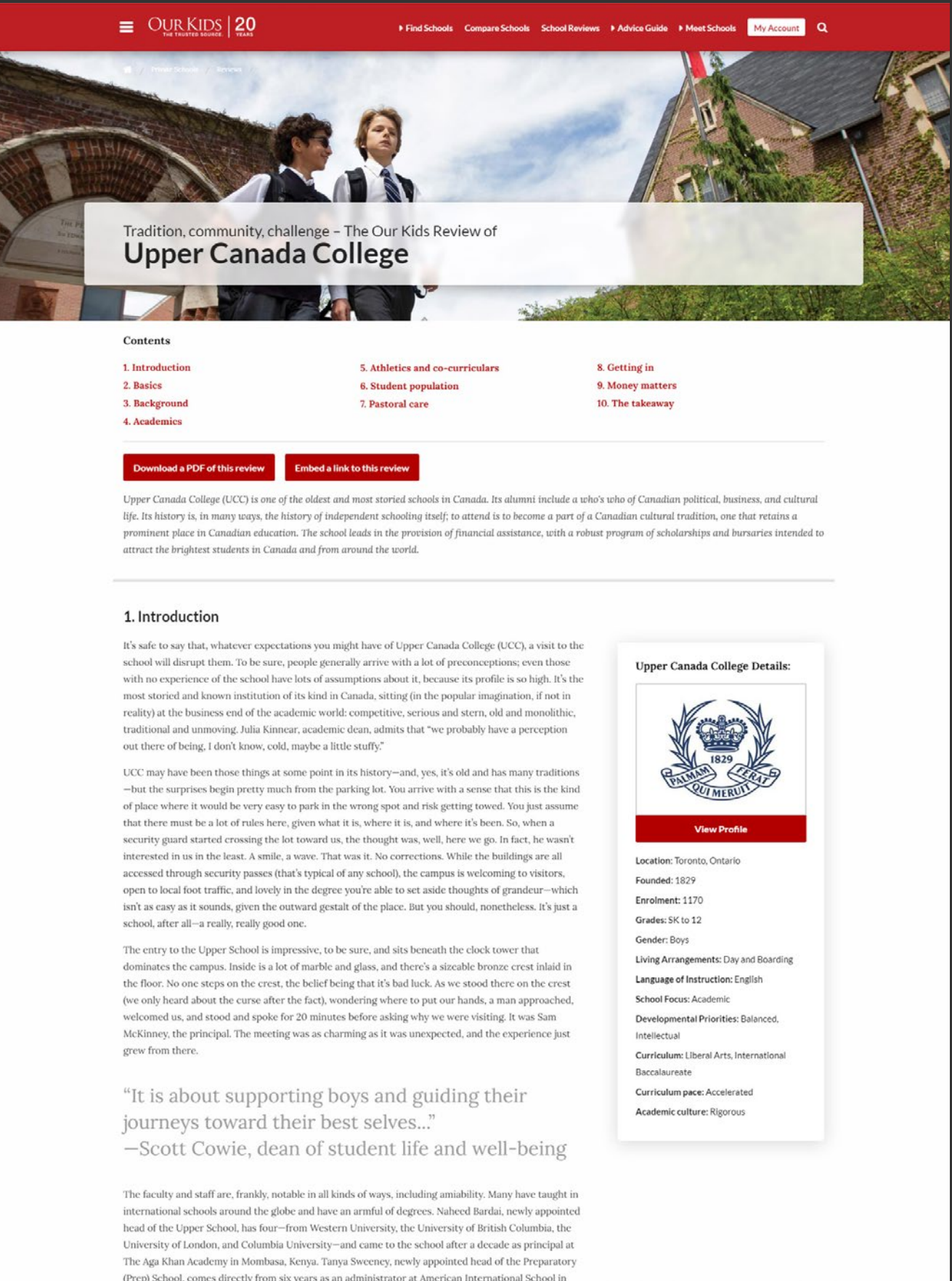
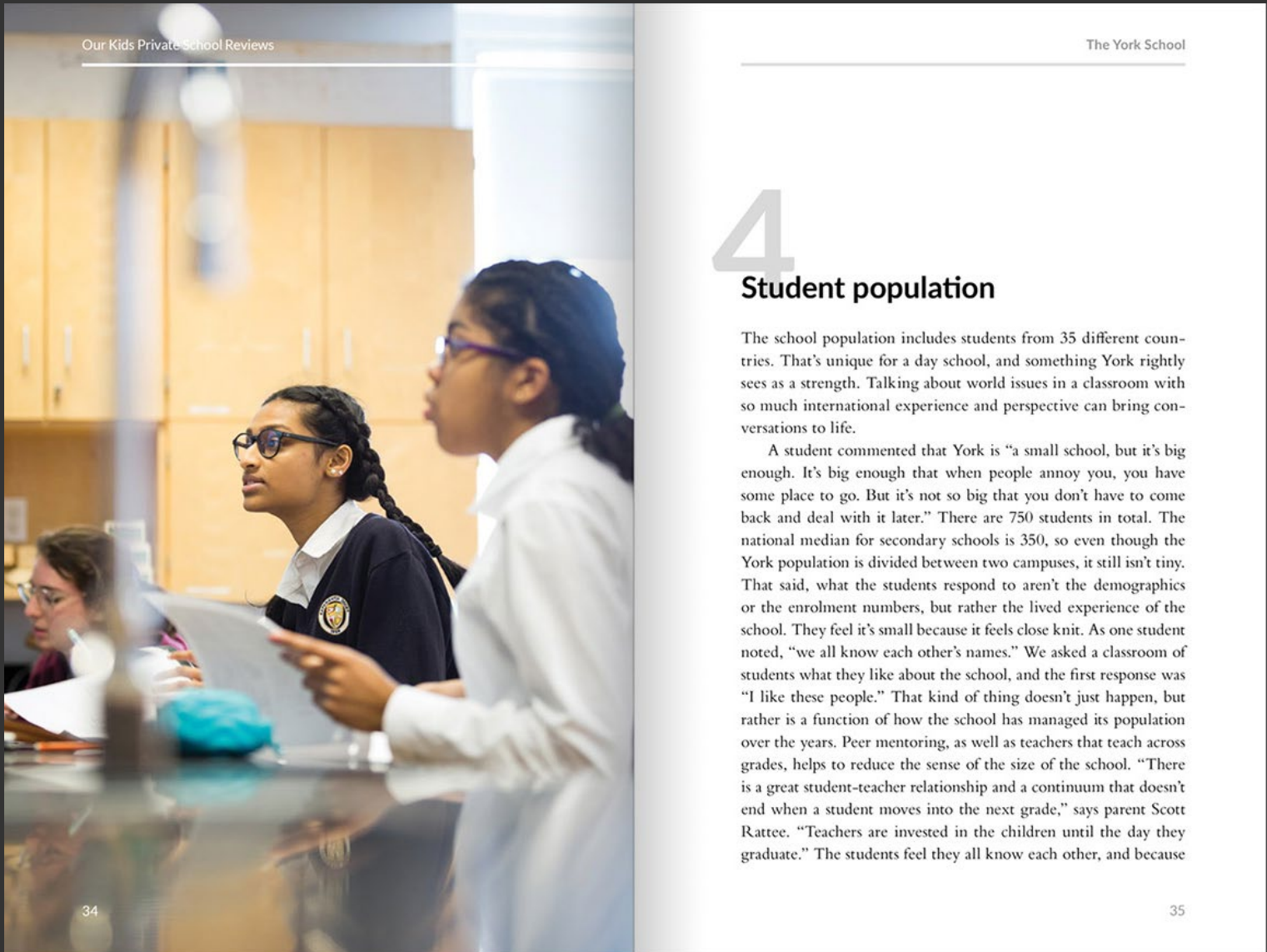
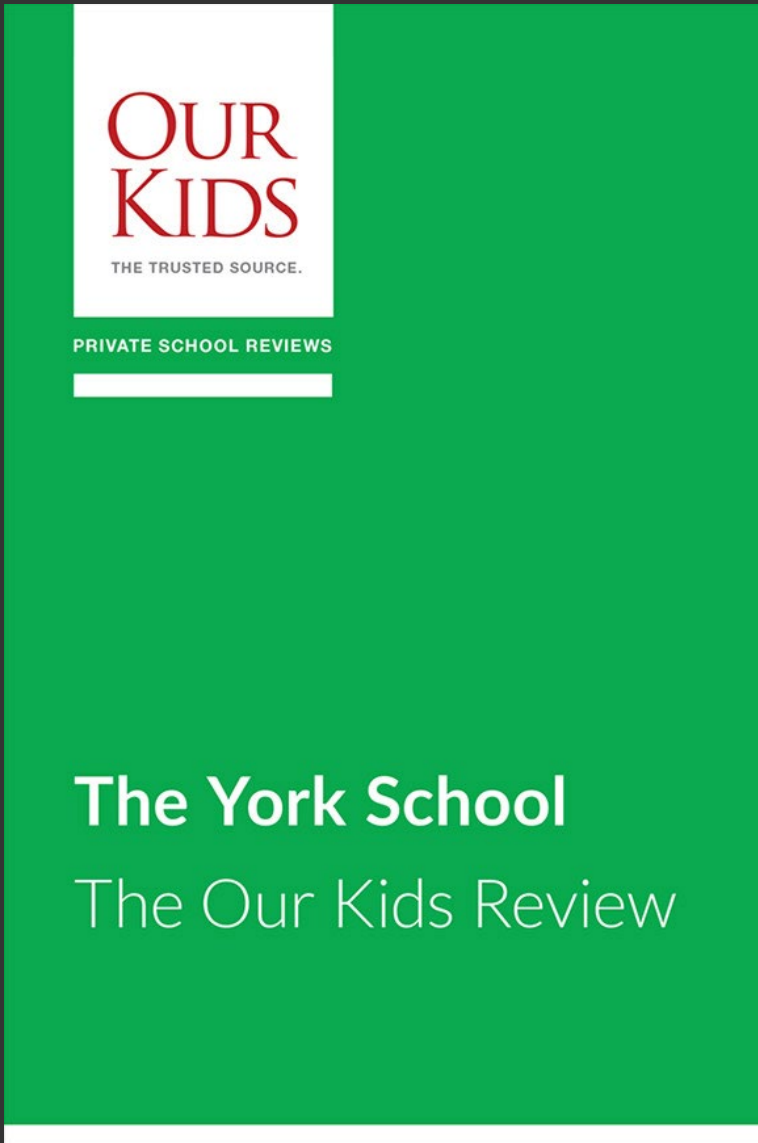
Havergal College

Request in-person and/or virtual tour

Request a Tour

Our Kids Featured Reviews

A series of published 56-page books, each on a specific private school. Books are created via a template I created which utilizes the school's primary branding colour. Both books and the online version are filled with photographs taken at the school.



web version