

As we bid the tenants good day, my clients and I moved on to the next house of interest, my clients noted the uniqueness of the community and the similarity of the residents. "Yes," I responded, "It appeals to people who wish to live independently in their own home without the headache of owning it, amongst people like themselves. We're very proud of the community they've built over the years."

As I finished reading the article, I was struck by sense of community as defined by Seymour Sarason in his book *The Psychological Sense of Community*. Prospects for a Community Psychology: "A sense of community is the perception of similarity to others, an acknowledged interdependence with others, a willingness to maintain this interdependence by giving to or doing for others what one expects from them, and the feeling that one is part of a larger dependable and stable structure." That's it, I thought. That's exactly what we have here. Quite simply, a great sense of community.



Located on the northeast coast of Canada's Picture Province in Miramichi, New Brunswick. Retirement Miramichi offers rental housing to active retirees

from across Canada who make their home there while contributing to the local economy. A non-profit economic development initiative, it evolved from the residential units at the former CFB Chatham. Since its inception in 1997, the community has grown to 90 percent full occupancy, over 350 residents, and almost half the tenants have been there for over five years. There are 17 home styles, both detached and semi-detached, ranging from two-bedroom bungalows to four-bedroom, two-storey homes with fireplace, den, 1.5 baths and a garage. Rent ranges from \$502 to \$698 per month and all homes have hardwood floors, full basements, paved driveways, two clotheslines, and generous properties. Lawn mowing and driveway snow removal is included in the rent and tenants may have gardens and pets.

Retirement Miramichi is within walking distance of a shopping district and only yards from Miramichi's indoor swimming pool, gymnasium and walking trails and the Atlantic Ocean is just a 30-minute drive.

Miramichi offers peaceful rural living with the comforts, services and amenities of city life: 911 emergency services, an ultra-modern regional hospital with state-of-the-art health services, restaurants, shopping, churches, a community college and university, two libraries and marinas, and exercise facilities area within 2.5 kilometres. Miramichi also has a new public transit system and is well connected to points beyond by a good highway network, train and bus service, and an international airport 1.5 hours away.

Mike Sharp, a resident since 2004, calls Miramichi "Canada's best-kept secret". Michael and his wife Jill moved from Port Perry, Ontario, and have become two of its best ambassadors. "We fell in love with it within 10 minutes", says Michael. "The scenery here is breath-taking and the people are ever so friendly. I simply can't say enough good things about it."

The Sharps settled into Retirement Miramichi in 2004 and have never looked back. They have been involved in the preservation of heritage buildings, volunteer at the visitor information centre and can be found regularly enjoying the tasty treats and good company at the unique German bakery downtown. They are "Miramichiers" in the truest sense of the word, at home and in community in more ways than one!

For more information on Retirement Miramichi, call toll-free at 1-888-844-2001 or visit the website at www.retirenb.ca.



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"I wanted to work with really professional staff and in a challenging and rewarding environment," said Tao. "The other staff are really great, I really like it here."

The Nurses and Respiratory Therapists at River Road Place are the leaders of the care teams and are supported by a set of Resident Assistants who provide the majority of the direct care. Nurses and R.T.s work in close collaboration with other on-site specialists including: Occupational Therapy, Physiotherapy, Speech Language Pathology, Dietary, Social Work, Psychology, Pharmacy, Education and Recreation.

Ashleigh Verstraete, a new grad from the BN program at the University of Manitoba decided to work at St. Amant after checking out other health care facilities during her rotations and practicums. "You have a more intimate relationship with the

clients and there's a lot more teamwork at St. Amant than I've seen at other places," she said. "It's a great place to work and you get to use the majority of your skills here. On a daily basis I do inhalations, respiratory care, catheterizations, wound care, and of course assessment."

One of the things O'Rourke worried about in making the transition from her 8 year stint in the Emergency Room over to St. Amant was whether she would be able to keep up her nursing skills.

"Nursing at St. Amant is way more than you think it is. It's interesting, challenging and way more rewarding than anything I ever did in acute care," said O'Rourke.

Interested in learning more about a career in nursing at St. Amant? Check out their website at www.stamant.mb.ca.



Retirement Miramichi
NEW BRUNSWICK, CANADA

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- relaxed, easy pace of life in a small city setting;
- no maintenance fees!

Quite simply... a great retirement community!

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OUR FREE NEWSLETTER
www.retirenb.ca

Call now for a free information kit or to schedule your tour. It's toll free!
1.888.844.2001

St. Amant **Join our team today.**

St. Amant, a non-profit corporation, is located in Winnipeg, Manitoba and is a dynamic and growing organization serving Manitobans with developmental disabilities. Offering a range of programming, services and care to support both developmentally-disabled people and their families, we employ over 1300 staff in a variety of health care, residential and outreach programs.

COMPLEX RESPIRATORY CARE SERVICE
A new service scheduled to open soon, we require:
• Licensed Practical Nurses • Registered Nurses • Respiratory Therapists

CHRONIC HEALTH CARE PROGRAM
A well established and specialized program, we require:
• Licensed Practical Nurses • Registered Nurses

Please be advised that successful out of province candidates may be eligible for Relocation Assistance of up to \$5,000 from the Nurses Recruitment and Retention Fund through the Government of Manitoba. Relocation Assistance is also available for Respiratory Therapists.*

*For more information, please check our website at stamant.mb.ca

Please submit your application to:
HUMAN RESOURCE SERVICES - ST. AMANT F (204) 254-3768
440 River Rd. E employment@stamant.mb.ca
Winnipeg, MB R2M 3Z9

Winnipeg Regional Health Authority
D'Yoojigewaukêkâk
Loisirs de la santé
A l'Assemblée législative