

LES RÉSIDENCES



Famille Savie

devoted to the well-being
of seniors since 1988



Les Résidences Soleil Manoir St-Laurent

304 apartments : 1½ (studio), 3½, 4½, 5½, 6½

Autonomous, semi-autonomous and cognitive impairment

115 Deguire Boulevard, St-Laurent (Mtl) • 514 332-3434

Treat yourself to a Soleil retirement

Located in a quiet neighborhood, close to major arteries and several shopping centres such as the *Galeries Norgate*, *Galeries St-Laurent* and the *Rockland Centre*, the residence is established in a diversified district of Montreal. From the top floors, you can enjoy a spectacular view of *St. Joseph's Oratory*. The residence also offers a wide range of care packages. The beauty of this residence has been recognized in the area. It won the 2017 "*Résidence Coup de cœur*" awarded by the QSHG members and also received a prize for the most beautiful "*Maisons fleuries de la ville*", in its category.



Version française aussi disponible en ligne et en nous contactant.

Entertainment and activities

Something for all tastes :



- Indoor swimming pool for water aerobics and open swim
- Exercise room
- Shuffleboard and sand bag game
- Outdoor petanque pitches
- Virtual bowling



- Billiard room
- Walking club
- Social dance, dance classes
- Games, puzzle room
- Bingo
- Cards, Bridge, OKO board game, Military Whist
- Daily organized activities
- Conferences, courses, presentations, shows
- Residents committee and welcoming committee



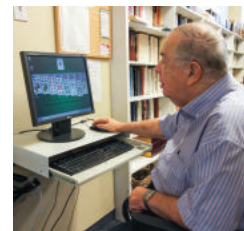
- Sauna and spa
- Chapel with masses
- Choir, singing, organ and piano
- Gardening in outdoor plots, swings



- Craft room, knitting and sewing
- Movie theatre
- Library
- Internet Lounge



- Monthly birthday parties for residents and employees
- Thematic parties, celebrations



Stores on site :



- Convenience store
- Pharmacy service

- Hair and beauty treatments salon
- Visits from various boutiques

In addition to all the activities held at each residence, many more are added to the calendar based on residents participation and involvement. Knitting clubs are very popular, but we also have theater groups, darts clubs, tablet classes, yoga and tai chi, carpentry classes, and so on.

Just like at home

Your guests are always welcome

As is the case at home, at *Les Résidences Soleil*, your children, grandchildren and friends are always welcome at any hour! Invite your loved ones to share good times and take part in various activities with you, whenever you want, without worrying about visiting hours. Spontaneously invite your loved ones or your large family to share delicious meals with you without even having to reserve your place in the dining room.

Leisure activities available 24/7

Whether you are self-reliant or need help or care, it is important that you lead an active lifestyle, to the extent of your ability. That's why *Les Résidences Soleil* offers you various leisure and activities that are adapted for all types of clients. Most of the activities on site are available 24 hours a day for residents and their guests.

We bring families closer together

Because we know that your family is precious, *Les Résidences Soleil* wants to make it easy for families to get together. Visitor restrictions or visiting hours do not exist here. On the contrary, we invite family and friends to our parties, and they are even welcome to join an activity with you, at any time.



At *Les Résidences Soleil*, you can recreate a dinner at grandma's whenever you want, just as easily as if they just dropped in. What's even better is that you won't even have to cook or go shopping for the meal. All your visitors have to do is pick up a coupon at the reception desk and join you in the dining room without even having to make a reservation.

An active lifestyle

At your own pace

You still have plenty of life to live, which is why you choose *Les Résidences Soleil*. Here you feel rejuvenated and excited to enjoy your golden years! Live every day at your own pace with people who understand you and want the same things you do. At *Les Résidences Soleil*, your life is stress-free and fulfilled.

Residents committees, living and leisure environment

Each year, a general meeting is held to elect a committee of volunteer residents. This committee represents the residents and, in collaboration with the management team and the animator in leisure, ensures that the activities, outings and residence life suit everyone. Thanks to them, residents are actively involved in improving the living environment of the residences.

Welcoming committees

A welcoming committee of volunteer residents helps welcome all new residents. These volunteer residents help everyone fit in, creating bonds, initiating friendships, providing information and help the newcomers during their first few weeks.

Weekly newspaper

The Echo is the weekly newspaper for residents. It covers the latest news of the residence, activities of the week, and upcoming outings. You will also find



Organized trips by minibus

In each of our residences, outings are organized to keep you active: cultural outings, shows, trips to the shopping centre, etc.



Keep up to date with the accommodations counsellor to find out about upcoming outings.

Monthly birthday parties

A big party is held every month to celebrate the birthdays of residents and employees. Another opportunity to get together and invite family members to celebrate in a festive atmosphere filled with laughter, fun and delicious food prepared by our food service team.

Place of worship

A place of worship is accessible 24 hours a day in all *Les Résidences Soleil*. Take advantage of this place to renew your faith.

All leisure, activities and parties are free of charge, except for certain outings, bingo, certain courses, and shows with artists. We consider the common areas in our residence to be an extension of your home, so they are accessible at all times, 24/7.

The pleasures of eating

Varied and balanced menus in a family atmosphere

At *Les Résidences Soleil*, we consider mealtime to be the ideal time to spend with family and friends. Our large dining rooms allow our residents and their guests to share a meal in the warm family atmosphere we hold so dear.

Select from plans that include one, two or three meals a day, or opt for individual meal coupons. Want a loved one to come share a meal with you? No reservation needed, they are welcome any time! Aging healthily surrounded by loved ones is a great way to maintain your happiness and autonomy.



Meal choices, served at the table:

- Choice of salads, starters, raw vegetables, crackers, condiments, cheese, etc.
- Choice of soup or potage
- Minimum of two main meal choices
- An array of side dishes
- Beverages (juice, milk, coffee, tea, etc.)
- Choice of dessert

Healthy, varied and balanced meals:

- Freshly cooked on-site every day
- Created by a certified chef and kitchen team in consultation with a nutritionist
- Diabetic options available at every meal



Did you know that, at *Les Résidences Soleil*, even low-income residents aged 70 or older can afford three meals a day thanks to a tax credit for home-support services for seniors?

For your peace of mind

Everything you need to live comfortably and safely for your peace of mind

Staff members are present every day to ensure your safety and well-being, allowing you to enjoy life with no worries.



Your permanent security

- Receptionist
- Visitor identification
- 24/7 Care staff
- Communication system with reception throughout the residence
- Call bell if needed
- Wellness presence system
- Surveillance cameras
- Entirely adapted building
- Elevators, generator
- Emergency lighting
- Handrails in the hallways
- Smoke and heat detectors
- Sprinklers, concrete construction



Staff at your service

- Direction
- Accommodations counsellors
- Receptionist
- Animator in leisure
- Care direction
- Nursing assistant
- Beneficiary attendant
- Professional visits
- Chef and kitchen team
- Housekeeping team
- Laundry team
- Maintenance team



Residence features :

- Laundry room
- Waste management facilitation area
- Post office boxes within the residence
- Reception desk Access to all common areas 24 hours a day
- Smoking room
- Designed for people with limited mobility
- Handrails in the hallways
- Intercome system connected to reception
- Accessible by public transport

As a family, we know how precious these moments are. That is why we do everything we can to make it easier for families to come together for spontaneous visits.

Our prestigious awards

Recognition of our family's work

We are proud that, together with our employees, residents and their families, we are the most beautiful and the greatest family in Canada!



2023 Canada's Best Managed Companies

Groupe Savoie – Les Résidences Soleil has won the award as *2020 Canada's Best Managed Companies*, ranking among the top companies for 20th consecutive years, including 13 years in the *Best Managed Platinum Club*.



2024 Consumer Choice Award

Les Résidences Soleil has received the *2024 Consumer Choice Award* for 21th consecutive years in the favourite private seniors' residence category. Each year, a detailed survey is conducted to gather the opinion of thousands of consumers.



Special Mention and Coup de Cœur Awards from QSHG

The Quebec Seniors' Housing Group awarded Mr. Eddy Savoie a Special Mention to highlight his entire body of work. Our residences have also won 5 other RQRA awards.



Annual certifications

All residences of *Les Résidences Soleil* are certified by the Ministère de la Santé et des Services sociaux of Quebec and the Quebec Seniors' Housing Group (QSHG).



Tax credit for home-support services for seniors

We are proud to have contributed to the establishment of a government tax credit for home-support services for seniors in 2000, in collaboration with the ARRQ. If you are 70 or older, the tax system can provide you a financial assistance in the form of a 38% refundable tax credit, that can be applied on up to 65% of your eligible expenses relating to home-support services in seniors' residence, even if you are autonomous. Ask our accommodations counsellors!

Visit our website to find out more about the awards and recognitions we have received, as well as our involvement in several social programs.

Evolving care and services

Immediate assistance at no cost

A medical clinic and care staff are on location 24 hours a day to instantly respond to any emergency, free of charge. Immediate assistance that is available when needed gives peace of mind not only to you, but to your loved ones as well! With no more worries, you will always feel safe, day or night, while still maintaining your freedom.

At Les Résidence Soleil, it's your choice!

With a list of over 75 personal care and services to choose from, you can select regular services that are charged monthly with your rent, or periodic services that you pay as you go. You can also choose to receive your care directly in the care department of the residence or in the comfort of your apartment. Our services are available “à la carte” so that you can choose and pay for only the services you need.

Only pay for what you need

Because your need for care can change, evolve and fluctuate over time, it's nice to know that care is available when you need it. We offer the flexibility to meet your changing needs so that you can maintain your autonomy for as long as possible. We function with a list of “à la carte” services, rather than hours of care, so you only pay for what you need, when you need it.



The complete list of “à la carte” personal care and services is available upon request and on our website at residencessoleil.ca. In addition to the “à la carte” services, packages are also available upon request in several of our residences. Inquire by contacting us: 1 800 363-0663.

We continuously innovate for seniors

Fueled by the love we have for our residents

Since 1988, we have been dedicated and innovating for the benefit of our clientele.

Here is what sets us apart from other seniors' residences:

Our Accommodations Counsellors are always available, 365 days a year.

- With or without an appointment, 7 days a week, they will give you a personalized tour.
- They can pick you up for a visit at no charge if you are without transportation.
- They will guide you through the government assistance application process.
- They are not salespeople; their role is to advise you.
- They will become your go-to person for any questions, information and temporary or permanent changes to your choice of care and services, free of charge.

Our exclusive programs reward our loyal residents.

- When you reach the age of 100, if you have been a resident for 10 years or more, the Savoie family will pay your rent for life.*
- When you reach the age of 90, if you have been a resident for 10 years or more, your rent will never increase again.*
- The Soleil Satisfaction's Guarantee means you can cancel your lease, free of charge and without penalty, during the first month if you are not satisfied.*

Our activities and amenities are available 24 hours a day for you and your guests.

- A receptionist is present 24 hours a day to monitor all entrances and exits, as well as our security systems, to ensure a safe environment.
- One of the only residences where family members can join you to eat and participate in activities, without having to book in advance.

An annual general meeting is held by the Savoie family in each residence.

- Residents, families and employees submit their questions and suggestions for improvement.
- A Residents' Committee is elected annually in each *Les Résidences Soleil* to represent the interests of residents and choose activities, parties, outings, etc.

You only pay for what you need.

- All personal care and services are offered "à la carte" and payable monthly with your rent or as you go.
- The apartments are accessible to all seniors, no matter what their budget is.

A family business is a guarantee of quality.

- As a pioneer in residences offering everything under one roof to meet the needs of seniors, today we are the largest private and family-owned business in the field in Canada.
- Without investors or shareholders, the Savoie family has complete control over all operations: the design, construction, operations, management and financing of each residence.
- Three generations of the Savoie family work daily for the well-being of our seniors.

*Turn to our Exclusive Program page for more details, some conditions apply.

Did you know that *Les Résidences Soleil* is celebrating its 30th anniversary this year? A love story that began with the goal of giving Mr. Eddy Savoie's parents everything they needed.

Our unique programs

Offered to all our residents

Here are the exclusive programs developed by Mr. Eddy Savoie, available in all *Résidences Soleil*, for all residents, automatically:



Rent guaranteed for 5 years

The Savoie family is proud to offer financial peace of mind to seniors and is committed to its current and future residents by guaranteeing an annual increase in base rents¹ of only 1% per year (2022 to 2026)* for five years. A commitment that comes from the heart.



Satisfaction Soleil's Guarantee

If you're not satisfied during your first month as a resident, you may terminate your lease at no cost and without incurring a penalty.*



Privilege Soleil

When you reach the age of 100 years old and have lived in the same apartment at *Les Résidences Soleil* for at least the last 10 years, your rental will thereafter be free of charge¹ to you for as long as you continue to live in your apartment at *Les Residences Soleil*.*



Benefice Soleil

When you reach the age of 90 years old or over and have lived in the same apartment at *Les Résidences Soleil* for at least the last 10 years, your rental payments will no longer increase¹ as long as you continue to live in your apartment at *Les Résidences Soleil*.*



Accommodation Soleil

At *Les Residences Soleil* we accept to reduce the commitment of two-month payment (established by the article 1974 of the Régie du logement), to the equivalent of a full month's rental payment², following the current month in which the apartment is vacated due to death, permanent hospitalization or relocation to a residential and long-term care centre.*

*Note that our Unique Programs are exclusives to *Les Residences Soleil* large family and they are all subject to change without notice.

¹Excluding services and meals.

²For lack of respecting the conditions, the article 1974 will apply.

Living to 100 years old is a rare and inspiring occurrence, especially in independent residences. At *Les Résidences Soleil*, over 50 of our residents have reached the 100-year milestone, 20 of which receive free accommodations thanks to the generosity of the Savoie family.

Live the experience!

Our short-term stay is for all people 65 years and older, who wish to try out a stay in one or more of our residences. Choose the length of your stay, ranging from a weekend to a maximum of one month.

For as low as \$75/day, per person, our short-term stay are all inclusive:

- Three meals a day in the dining room
- All the amenities, leisure, birthdays and organized activities
- Furnishings, appliances, housekeeping, bedding
- Receptionist and healthcare staff at your service 24/7, and so much more!



Take advantage of this trial period to:

- discover a caring living environment, experience what it's like to live in a retirement community and take part in the many activities;
- rest following a surgery or recovery from an illness;
- refuel your energy, enjoy some relaxation, take a break and let yourself be spoiled!

It is also possible to offer a short-term stay to your loved ones as a gift thanks to our gift certificates, or to entrust your parents to us while your travelling outside.

Gift certificate, gift box and delivery available online: residencessoleil.ca

*Available in all Les Résidences Soleil. Optional care and services are available "à la carte".

Our short-term stay are exclusive to Les Résidences Soleil, subject to change without notice. Subject to availability and upon reservation only. Some conditions may apply.

For us, it is essential that our residents really feel at home. Come and see what a life in a seniors' residence has to offer you for a trial period or even a short-term stay purely for pleasure!

A family history

It started with a son's love for his parents

Les Résidences Soleil was founded out of love more than 35 years ago to meet the growing needs of Eddy Savoie's parents while maintaining their quality of life. At the time, they lived with him, his wife, Carmelle, and their five children. When his father's life began to slowly decline, he began looking for a home with the services his parents needed. Despite his search and the beautiful locations he found, none of them offered all the services he expected. He could not imagine moving his parents to a home where their quality of life would diminish. Being in the construction business for 25 years at that time, he and his family decided to build it themselves! The residence was to offer all the essentials: an attendant 24/7, healthy and delicious meals, a wide variety of activities, an indoor pool and spa, a medical clinic, and indoor parking, all close to essential services!

The first residence quickly led to a second and today, 14 residences are in full operation, with several more on the way. Our service offering has continued to evolve over the years to ensure the best for our residents. Being committed to the well-being of our residents and employees, we are proud to provide a family environment and sense of community in our residences. Our goal is always to provide a comfortable, safe and fulfilling retirement for all seniors at affordable prices, even with limited finances or without a private pension. Here, seniors do not come to die, they come to relive their beautiful years to come with pleasure !



The Groupe Savoie develops, designs, builds, operates, manages, finances and owns all of its residences alone. It employs more than 2,000 workers, including four generations of the Savoie family, three of which are involved in the daily lives of our thousands of residents.

A word from the founding President

Mr. Eddy Savoie

My family and I are pleased to invite you to discover *Les Résidences Soleil's* exceptional care, services and accommodations. Every day, we are proud to welcome new members to our family and to make sure they feel right at home.

On behalf of *Les Résidences Soleil* and myself, I want to welcome you to your next home.



Three Generations

of Savoie family members are dedicated to our residents daily.



As a pioneer in the sector of private residences offering tailored solutions to seniors, the Groupe Savoie — *Les Résidences Soleil* is the largest private, family owned company in this field in Canada. Our over 50 years of experience in the construction industry has allowed to offer a range of services all under one roof — it is one of the secrets to our success !

Included with each apartment

No matter the size of your apartment

At Les Résidences Soleil, we make sure to offer you everything you need and that you never lack for anything and this is all the more important to us if you have a very limited budget. In all of our Les Residences Soleil, security, services and amenities, basic services, as well as all leisure activities are included.

Security included :

- Receptionist available to answer all your questions, requests and ensure your safety.
- Identification of visitors 24/24.
- Camera surveillance system.
- Emergency pull cord system in all bathrooms and bedrooms in case of a fall.
- System allowing you to communicate with the reception in your apartment and in the common areas.
- 24-hour care staff, ready to respond instantly to any emergency, free of charge.

Amenities included :

- Electricity, hot water, individually controlled heating.
- Bedding (1x/week) and housekeeping (every 2 weeks).
- Cable in the apartment.
- Basic furniture, if desired (refrigerator, microwave, oven).
- Large storage and full bathroom.
- Basic home appliances if desired (1^{1/2} and 2^{1/2}: table, chairs, bed, dresser, bedside table).
- Access to laundry room 24/7 and garbage area.
- Elevator, generator, heat and smoke detectors.
- Free access to all leisure, activities, common areas of the residence 24/7.
- Our accommodation counsellors are always available to answer your questions, walk you through the process of choosing your home, as well as guide you in procuring financial assistance from both government levels.



Optional Services:

- Parking
- Additional storage space
- Schedule of treatments and services, available «à la carte»
- Meals packages

What is the minimum age for moving into a Les Résidences Soleil residence?

There is no minimum age for living at Les Résidences Soleil. Generally speaking, our residences are specially designed for persons aged 65 and over, but there are exceptions to every rule, and we have residents who are pre-retired as well as “young” 100-year olds.

Affordable apartments

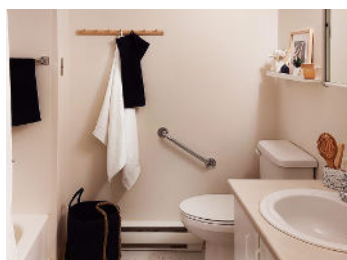
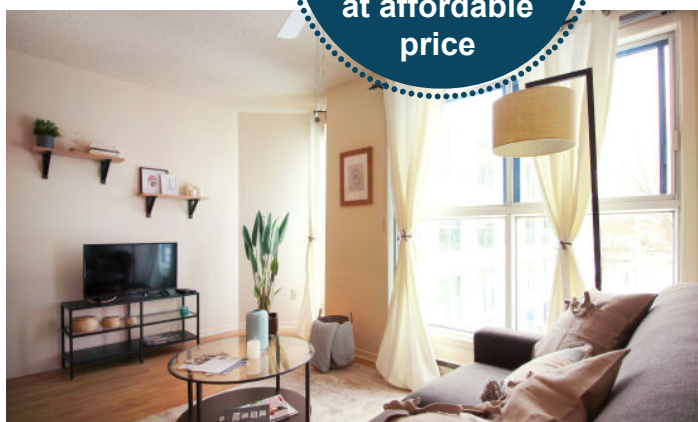
For all budgets in all *Les Résidences Soleil*

Did you know that at age 75, you could receive up to **\$2,198/month**¹ from governments.

Our accommodation counsellors will guide you free of charge through the process of procuring government assistance so that you can benefit everything to which you are entitled. Contact our advisers for an appointment today.

¹ Based on government allocations as of 10/2023

Since it is important to us that all seniors can afford the retirement of their dreams at *Résidences Soleil*, we continue our daily efforts to keep our rents at affordable prices for all people of good age. The Savoie family also offers all new residents a 30-day Satisfaction Soleil's Guarantee, with the possibility of cancelling the lease without charge or penalty if you are not satisfied during your first month at *Les Résidences Soleil*.



Nearby *Les Résidences Soleil Manoir St-Laurent*

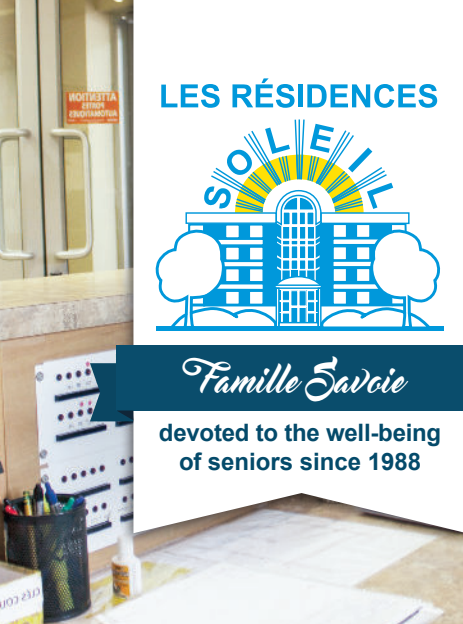
Walking distance

- Restaurants
- Ultramar
- Intermarché
- CIBC Bank
- Jean Coutu
- National Bank

Bus

- STM: 54-121-171-378-380
- The residence minibus is also available for organized outings.

In each *Résidences Soleil*, we are proud to maintain a wide variety of flats to meet all your budgets.

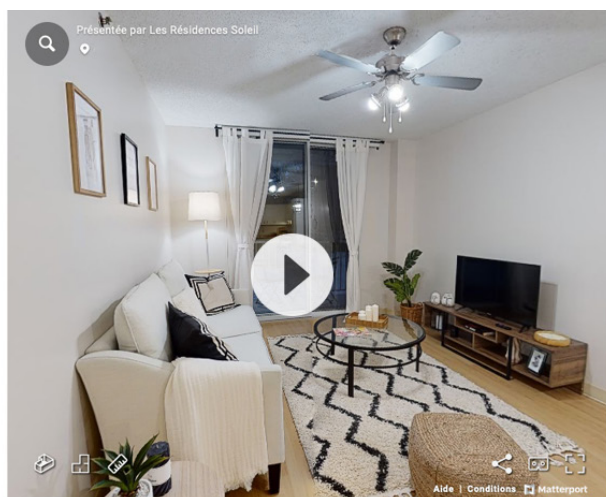


Visits in person every day!

Book your appointment now for a personalized visit without any commitment on your part

Accommodations counsellors available 365 days / year!

- They are available to answer all your questions.
- They will make you discover all the common areas, leisure, services and appartements available at the residence.
- They will guide you through the financial assistance application process from both government levels, free of charge, so that you can take advantage of the benefits to which you are entitled.
- If you have no means of transportation, an accommodations counsellor can even pick you up, free of charge.



Model apartments

Virtual tour

Discover some of our model apartments on your phone, tablet or computer.

Choose your virtual tour:

Select an option

☐ Apartment 1 1/2
 ☒ Apartment 2 1/2
 ☐ Apartment 3 1/2
 ☐ Apartment 4 1/2

Scan and
visit your future
apartment!



Les Résidences Soleil 01/2024 (This document replace the previous one)

A family business, a guarantee of quality!

1 800 363-0663 • info@residencessoleil.ca • www.residencessoleil.ca