

What's new at PARC?



Find out why the smartest time to look for a retirement residence is NOW

Considering a move in these challenging times may seem a little unnerving. But, one look at PARC and you'll see why life is better here.

Book a PARC Safe Suite Tour and you'll see our team at their best, working to stay ahead of the curve and ensuring our residents continue to enjoy chef-prepared dining, activities, wellness programs and more. Even our innovative Meetup Centres keep face-to-face family visits possible. Ask our independent residents how they feel about living here through COVID-19. Chances are they'll tell you they wouldn't want to be anywhere else.

Move in
now! No rent
increase until
2022.*

Find out more at
parcliving.ca/now

*Limited time offer, conditions apply.
See website for more details.

parc
retirement
living

parcliving.ca

Pathways back toward calm: How to direct your mind so it doesn't misdirect you!



We understand that during these unprecedented times, you may have experienced an increase in stress, fear, and anxiety due to COVID-19. Whether you were worried about your own health or the health of a loved one, finances or support services, it can be overwhelming.

That is why PARC is offering a range of online seminars with leading Vancouver Clinical Counsellors to residents, family and friends that will help you to navigate our new normal while exercising care, connection, and compassion for ourselves and each other. Best of all, they are free!

Visit parcliving.ca/contact-us to register online in advance to reserve your spot.

Build your resilience



Some people seem to be born with resilience. They bounce back from tragedy, overcome obstacles and keep moving forward no matter what. But the rest of us may need a little help.

In the most recent session of our Virtual Speaker Series, Registered Clinical Counsellor Deborah Braun said there are two types of resilience: physical and psychological. Both are key to a happy and fulfilling life – so how do we cultivate them? Deborah gave a few great tips for adapting and rebounding, no matter what kind of challenge you're facing:

- › When you feel daunted, take note of what's been difficult. Have there been drastic changes in routine, isolation, uncertainty?
- › Don't make assumptions, and strive for clarity.
- › Treat yourself with care and compassion.
- › Focus on positive thoughts, memories and feelings. Better yet, journal about them!
- › Maintain close connections with family, friends and/or a close-knit community for support.
- › Nourish your soul with fun, creative expression and regular exercise.
- › Foster empathy for others.

To learn more, watch the video of Deborah's talk at parcliving.ca/resources.



Deborah Braun,
BLA, MA, RCC
Registered Clinical Counsellor
Coastal MIND Counselling
and Education

How is COVID-19 really affecting real estate?



Mark Ballard

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The COVID-19 pandemic hit Canada's economy hard this spring, so some experts assumed it would also put the crunch on home sales.

Well, good news! This hasn't happened in Metro Vancouver – at least not yet. Award-winning realtor Mark Ballard, of Ballard360, spends a lot of time digging into local real estate statistics and offering helpful insights. He recently compared data on home sales from the first five months of 2019 to the first five months of 2020

in our region. His conclusion? Sales in 2020 have been almost identical to 2019, despite COVID-19.

In West Vancouver, for example, there were 156 homes sold from January to June 2019, and 158 this year to date. On the West Side of Vancouver, there were 294 homes sold as of June 2019, and 290 as of June 2020.

North Vancouver's condominium market has been especially strong in 2020, with 619 condos sold to date in 2020 versus 586 over the same period in 2019. Mark says this is due a combination of North Van's affordability, low interest rates and a relaxation of the federal mortgage stress test.

Mark predicts strong fall demand in general, and a surge in sales as B.C.'s COVID cases continue to decline, and the economy gets back to normal with safety protocols in place.

Welcome Back, PARC Show Suite Tours



We're excited to share that PARC Retirement Living residences is now hosting tours for prospective residents. Tours are by appointment, and we have implemented some new health-and-safety protocols to keep everybody safe.

Visit parcliving.ca/contact-us if you have questions or to book a tour.

Games and Fun Brain Teaser

Trivia Challenge

Try out your random knowledge with this trivia challenge!

- 1) What is the prefix of the word “unfortunately”?
- 2) Who was the only person to be elected U.S president four times?
- 3) Famous scientist Albert Einstein was born in what country?
- 4) How many degrees are in a quarter of a circle?
- 5) A giant panda’s natural habitat is on what continent?
- 6) In the Southern Hemisphere, summer ends in which month?
- 7) If $y = 3x$, and $3x = 12$, then what number does y equal?
- 8) Any number to the power of zero is equal to what value?
- 9) True or False: only male lions have manes?
- 10) Mount Kilimanjaro is located in which country?
- 11) The female of what animal is called an ewe?
- 12) How many moons does the planet Mars have?

ANSWERS

Trivia Challenge 1. Un 2. Franklin Roosevelt 3. Germany 4. 90 5. Asia 6. March 7. 12
8. 1 9. True 10. Tanzania 11. sheep 12. 2

North Shore and West Vancouver Sales Managers

If there is something we can help you with during difficult times, please give us a call and we're happy to help.



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