



5303 - 47 Street
Stony Plain, Alberta T7Z 1P1
Tel. (780) 963-2149 • Fax: (780) 963-0923

Release Upon Receipt: 12/27/2017

Stony Plain, AB: Seniors living at Whispering Waters Manor received an early holiday surprise last week, thanks to funding provided through the Government of Canada's New Horizons for Seniors Program (NHSP). A large screen and new projector were installed in the common area, allowing residents to enjoy sporting events, Christmas specials, and more.

"Many of our residents are visually or hearing impaired," said Lori-Anne St. Arnault, Executive Director of the Meridian Foundation. "The larger screen and closed captioning enables these senior's enhanced access to educational programming, local and international news and upcoming events."

St. Arnault added that the new equipment will also be used for presentations and in services for staff and residents. The Foundation plans to offer educational sessions on topics of benefit to the residents and their family members. "The possibilities, thanks to the new equipment, are endless," said St. Arnault.

"I love to watch curling," said Kathryn Lines, a resident at Whispering Waters Manor. "It's great to be able to watch sports together, where we can cheer for our favorite teams."

Ultimately, providing accessible media for seniors will reduce isolation and encourage active social involvement. "Programming will encourage active bodies and active minds," said St. Arnault. "Now we can offer enhanced group fitness programs and other opportunities for our residents to stay active and engaged."

Established in 1960, the Meridian Foundation in Stony Plain, Alberta provides affordable and supportive housing options for seniors 65 and older living west of Edmonton at its 57-unit lodge accommodation known as Whispering Waters Manor and at its 42-unit facility, Forest Ridge Place. Each year, the Foundation serves more than 150 local seniors.

The New Horizons for Seniors Program (NHSP) is a federal Grants and Contributions program that supports projects like this that make a difference in the lives seniors and their communities.

-30-

For more information contact:

Lori-Anne St. Arnault, Executive Director
Meridian Foundation
P: 780-963-2149
E: lori@meridianfoundation.ca