



Several Mississauga seniors were recently given tours of area seniors' residences. Here, at Port Credit Residences are, from left, Eva Triolo of Port Credit Residences, touring senior Lois Marshall, Vicky Riley-Keyes of Red Coats Moving Solutions and Tracy Cavanaugh of Port Credit Residences.

Mississauga seniors tour retirement homes

By JAN DEAN
Staff

For many seniors, just the thought of moving into a retirement residence is scary. However, avoiding the subject doesn't resolve it.

Vicky Riley-Keyes sees that scenario all the time as the founder and owner of Red Coat Moving Solutions, a Toronto-based company specializing in the moving needs of seniors.

She decided to help by organizing a bus tour for 18 Mississauga seniors, aged 74 and older, to check out two retirement residences in Mississauga.

"Visiting retirement residences is the best way to go," said Riley-Keyes. "It's a way to see the communities as part of a group, so it feels non-threatening, like a social outing."

The destinations were Amica at City Centre and Port Credit Residences. Amica is the more established place, while the Port Credit location opened last September.

The touring seniors were pleasantly surprised by what they saw, said Riley-Keyes.

"At Port Credit Residences, there were people just finishing in the gym when we got there," she said. "It felt very casual and comfortable."

The seniors enjoyed the trip, and most want to tour other residences.

"Some are even thinking of moving to a retirement residence in the near future because of what they saw," said Riley-Keyes, who plans to make the tours a regular program.

It allows seniors to investigate their options and helps retirement communities showcase their facilities and amenities.

It's also a natural addition to Red Coat Moving. The company helps seniors downsize, which includes discarding decades of clutter.

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Golfers raise funds

The Advocis Peel-Halton Charity golf tournament, held recently at the Royal Ontario Golf Club in Hornby, raised \$20,000 in support of Canadians coping with cystic fibrosis.

Over the years Advocis, an association of Canadian financial advisors, has raised more than \$400,000 for CF, the most common fatal genetic disease.

"For more than a quarter of a century, Advocis members in Peel-Halton and right across Canada have been our outstanding partners in the fight against this devastating disease that continues to cut young lives short," said Maureen Adamson, president and CEO of Cystic Fibrosis Canada.