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# Table of Contents

**04** TEMISKAMING LODGE: MAKING A LONG-TERM CARE FACILITY A HOME

**10** 8 TRENDS TO ADOPT IN 2024

**14** A RECIPE FOR SAVING YOUR DOWN PAYMENT

**15** IS IT TIME TO REPLACE YOUR TOILET?

**16** DARK BASEMENT: 6 BRIGHT IDEAS TO LIVEN IT UP

**18** IS YOUR STAIRCASE LACKLUSTRE

**21** KITCHENS: SPOTLIGHT ON 3 KEY TRENDS IN 2024

**23** TREND: CREATE AN AT-HOME COFFEE BAR

**25** WHAT ARCHITECTURAL STYLE SHOULD YOU CHOOSE FOR YOUR HOME?

**27** SELLING A PROPERTY IN SUMMER: ALL THE BENEFITS YOU COULD WISH FOR!



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# TEMISKAMING LODGE

## *The Butterfly Approach* *Making a long-term care facility a home*

BY DARLENE WROE

It was five-and-a-half years and \$40 million in the making, but the new Temiskaming Lodge now stands proudly at 144 Drive-In Theatre Road in Dymond Township, part of the City of Temiskaming Shores.

In 2023 Jarlette Health Services, headquartered in Midland, Ontario, opened the doors of the newly constructed long-term care home.

It was in 2016 that Jarlette director of long-term care operations, Jill Knowlton, was walking along a hallway corridor of a long-term care home and was overwhelmed by the level of noise she was hearing.

She returned to her office and began reaching out to companies around the world that had developed different models for providing

care in long-term care settings.

Meaningful Care Matters, a company now based in Australia, responded and shared information with her about the Butterfly Approach.

“Butterfly is really about infusing life into institutions,” Knowlton explained.

“It’s an emotion-focused living philosophy.”

The setting inside the build-

***“Butterfly is really about infusing life into institutions”***





ding and living areas is designed to meet the emotional needs of the residents, along with the care that is provided, which is relational rather than routine, as in an institution.

Colours define certain areas, partly to help people to find their way around. There are also displays of old-time items, such as plates, skis, or license plates, that relate to the lives of the people who live there.

“We use very deep colours because older adults with dementia see colours that are five to seven shades deeper,” Knowlton said.

“If we were picking a shade, let’s say pink, if you were at the top of the colour chart, older adults would see that as beige, and so we need them to see the pink, so we need to count down five to seven squares on that colour chart.”

She continued that the colours “help people with orientation and feeling better.” She noted that “beige or grey can be very disorienting to older adults.”

### HOME AREAS

There are four home areas and each bears the name of a favourite area walking trail: Pete’s Dam, Devil’s Rock, Triangle Hill, and

Mill Creek.

Beautiful large depictions relating to the chosen trail are mounted on the wall to add to the sense of place and directional aid.

Temiskaming Lodge administrator Francine Gosselin said the home areas were named through a contest involving families, residents and staff.

In each home area there are 20 private rooms and six semi-private rooms (shared between two people).

Each area includes a nursing station, resident lounge, resident dining room and activity room as well as quiet nooks with rocking chairs to read, relax and visit with friends and family.

Gosselin related that it was first learned in May 2018 that money had been awarded for the addition of 46 beds, along with the already existing 82 beds.

At that time the long-term care home was located on Bruce Street in Haileybury, also part of the City of Temiskaming Shores.







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Owner David Jarlette “looked long and hard at building on the site where we were on Bruce

Street because Bruce Street has lots of sentimental value to

***“It was very important that it was a rural area where there’s life, there’s some people living nearby, near the lake, with a bus route which is very important for staff, spouses and family visiting.”***

## RIGHT SITE

The right site was found on the edge of the Dymond subdivision, near an area where there are young families, and also near Dymond Court where there is seniors’ housing. There are stores nearby, and the site sits beside farmland that appeals to many of the residents who come from agricultural settings.

To be able to have such an open and pleasing site was a great benefit in a time when many long-term care homes in Ontario must settle for a space which is available and affordable, Knowlton commented. In many communities the available locations are in industrial areas or on the corner in a city setting where there is no sense of community, she noted.

“Here, we knew what the development plans were for around the home and that it would be developing more as



him, but that was not feasible because of the square footage and the big gully at the front,” she said.

Jarlette and his team then met with Temiskaming Shores planner Jennifer Pye who gave them a number of site options.

“It was very important that it was a rural area where there’s life, there’s some people living nearby, near the lake, with a bus route which is very important for staff, spouses and family visiting.”

a neighbourhood and part of a neighbourhood. The other piece is that we wanted to make sure we would have access to enough land, and of course if you’re down in Toronto or the GTA you’re lucky if you can get a couple of acres.”

The two-story building has 80 private rooms and 24 rooms shared by two people. The main floor is spread over 4,779 square metres and the second floor is over 3,465 square metres.

Gosselin related that the original plan for the building had been to construct it up to four stories, but the soil type



## TEMISKAMING LODGE

made it necessary to build lower and spread the building over a wider space.

Knowlton explained that to decrease the weight of the building, a lighter gauge of siding was used rather than brick which is typically used on Jarlette long-term care homes.

*“When you come out of your room you need to see something that means something to you,”*

“The building is run on a building automation system,” Knowlton explained.

“Francine can go on her computer and see the temperature in different zones in the building.”

It is also possible for that information to be seen at the home office in Midland.

The lighting is controlled to prevent shadows which in turn reduces the amount of falls. The lighting is on timers and can also be read from a central location and changed from that location.

### SAFE AND MODERN

There are detailed building standards from the government that have been met in order to ensure a safe, modern and comfortable home for residents and this also includes having an automatic water sprinkler system.

Materials, including ENERGY STAR windows, make the building more energy-efficient.

Noise control was also considered. Knowlton pointed out that there are hangings and displays on the walls which soften and dampen the noise.





The items chosen for the walls represent the residents and their lives. There are displays related to topics such as mining, farming, school, sports, clothing for small children, seasonal scenes, and more.

“When you come out of your room you need to see something that means something to you,” Knowlton said, “and not something that doesn’t have anything to do with you. It’s a way that makes the space more personal and makes it unique and makes it more like home.”

### DESIGNATED SPACES

The Temiskaming Lodge includes designated spaces for activities, such as a hair salon, a large event centre, and smaller areas where family and friends can visit. There’s an exercise room and a laundry room.

Throughout the lodge there are a number of artifacts that

have been either purchased or donated by generous people from the community. There’s a celebration and reflection room and also a family dining room where residents can have a party or dinner with family members.

There’s a space for a small business to rent the space to sell refreshments, for example.

Residents can move from one area to another.

“We encourage that, and we want residents to move freely around the home and use all the spaces in the home. There’s no point in having it if we’re not using it,” Knowlton said.

She explained the concept that is behind the changes to make life at the residence more like home.

“You get care but you have to live here, and a lot of times in long-term care (I would like to say long-term living) this needs to be like home to you.”







# 8 trends in 2024 to adopt

In 2024, the world of interior design is experiencing a new wave that will transform our living spaces. The trend is to balance elegant functionality with optimistic expressiveness. Here are some trends worth considering.

## 1. Maximalism

A departure from recent minimalist aesthetics, maximalism celebrates

boldness and extravagance. It encourages homeowners to combine various textures, colours and accessories to create visually captivating interiors. Let your unique style shine through!







# There's no place LIKE HOME

## 2. Multifunctional living

As the demand for adaptable living spaces grows, multifunctional furniture is becoming more popular. Items like Murphy beds, folding tables and modular storage units can serve multiple purposes, allowing homeowners to make the most of their living areas for different activities.

## 3. Curvy esthetic

Curved furniture, rounded archways and circular décor create a fluid and comfortable space, making the home environment more welcoming. These elements celebrate traditional décor without unnecessary embellishment and soften the harsh lines associated with modern architecture.

## 4. Antique and retro accents

Whether you're a seasoned collector or a connoisseur of trends, antique and retro accents are a hot choice in décor. Features like mid-century modern chairs, vintage wallpaper and antique mirrors bring nostalgia and sophistication to modern interiors, creating a

timeless appeal.

## 5. Gold, gold and more gold

Gold accents add a touch of luxury and sophistication to any room. For example, you'll see gold-plated fixtures, gilded mirrors and metallic gold accessories everywhere this year. The warmth of gold helps create an inviting atmosphere in your home.

## 6. Geometrics

Geometrics express the epitome of balance in décor. Simplistic in design, these patterns can be combined or stylized to create complex — even abstract — looks. From hexagonal tiles and geometric wallpaper to triangular shelving units, this trend can add a modern and dynamic touch to your interior.

## 7. Home technology

With the increasing popularity of smart bulbs, motion sensors and integrated lighting, technology is becoming a major focus in homes. Total home automation platforms provide

homeowners with a truly futuristic experience. Modern, unimposing design helps prevent your devices from overpowering your home's esthetics.

## 8. Close-to-nature spaces

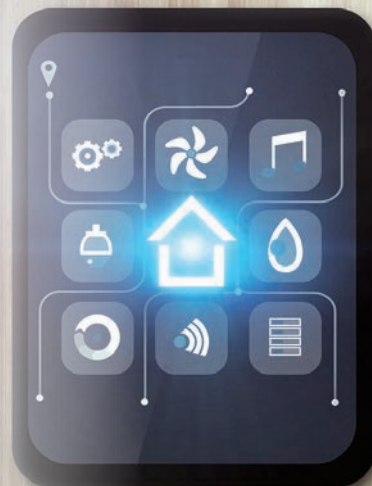
In 2024, interior design continues to prioritize organic elements, such as indoor plants, wood and stone. Earthy colour palettes also help bring the natural world indoors, promoting relaxation, well-being and sustainability.

There's something for everyone! Explore these exciting interior design trends and talk to a contractor in your area about how you can embrace a new look for your home.

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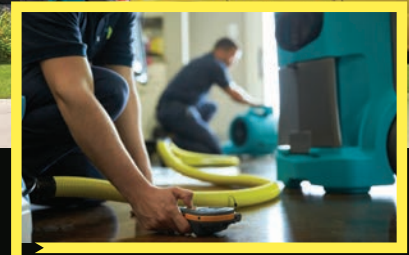
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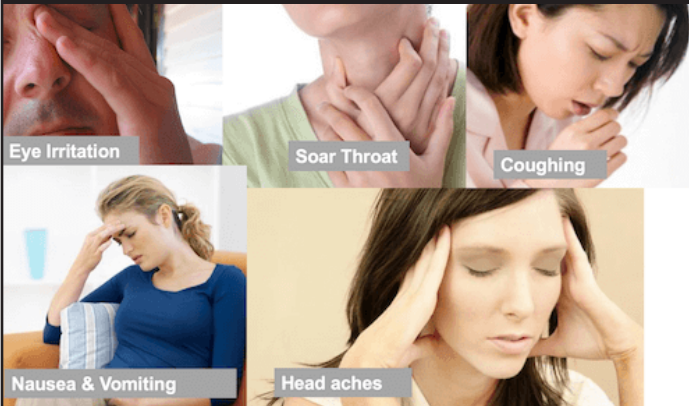
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# Do Heat Pumps Make Sense?

Written by David Baerg

If you were putting a new heating system in your house, would you choose the one with lower fuel costs or the one with lower carbon emissions? What if the answer was the same for both? An air source heat pump along with an electric tank or heat pump water heater will now provide heat and hot water at the lowest cost and lowest carbon emissions of any of the fuel options open to you.

For those unfamiliar with heat pumps, they use the same technology as an air conditioner. The only difference is that a heat pump has a reversing valve that allows it to provide heat to your house in the winter. Because an air source heat pump draws heat from the outside air, its capacity drops as the temperature drops. In our climate, that means you need a backup source of heat to supplement the heat pump's output in very cold temperatures (i.e. below -15 C).

The chart below shows estimated fuel costs and total costs for various common (or soon to be common) fuel combinations for a well-insulated house in New Liskeard.

Heating system	Backup heat	Hot water heater	Fuel cost	Service Charge/ tank rental	Total cost	GHG (T)
Gas furnace	NA	Gas (Power vented tank)	\$1,207	\$325	\$1,532	3.3
Propane furnace	NA	Electric tank	\$1,828	\$80	\$1,908	2.5
ccASHP	Electric	Electric tank	\$1,291	\$0	\$1,291	0.6
ccASHP	gas furnace	Gas (Power vented tank)	\$1,131	\$325	\$1,456	2
ccASHP	propane furnace	Electric tank	\$1,305	\$80	\$1,385	0.8

#### Notes:

1. ccASHP = cold climate Air Source Heat Pump
2. Service charges for electricity were not included since every house has electrical service.
3. GHG = greenhouse gas emissions
4. Fuel use estimates generated using HOT2000, Natural Resources Canada's home energy modelling program.
5. All costs are for a typical year

They all come out fairly close in operating costs, but a fully electric house is the clear winner in total cost and greenhouse gas emissions even though it uses relatively costly electric resistance for the backup heat source and to heat hot water. While a heat pump may have higher upfront costs, you will quickly recoup those costs with lower operating costs.

I didn't include cooling costs in the chart above. But, if I had, the heat pump would do even better as heat pumps are usually more efficient at cooling than conventional air conditioners. They are also more effective at dehumidifying your house than conventional AC.

When it's time to buy, check for grants available to you as there will likely be new programs announced soon by Enbridge, Hydro One and the federal government.



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# Is it time to replace your toilet?

Is your toilet showing its age? Are you thinking about investing in a new one? Are you renovating your bathroom and want to update this essential fixture? Beyond aesthetic considerations, here are some telltale signs it might be time for a new commode:

- The toilet leaks or is frequently clogged.
- The flush mechanism works erratically despite attempts at repairing it.
- There are cracks in the porcelain bowl or tank.
- The water tank runs continuously.
- The toilet is unstable and moves when you sit on it.
- The seat is uncomfortable. Modern models feature elongated bowls, which provide more support and comfort than round seats.
- The plumber visits so often that you've become friends.

If your toilet is past its prime, you may want to consider swapping it for a low-flow model to reduce your water consumption. Has your water bill recently increased? A faulty toilet could be to blame. It may be wise and cost-effective to replace it.

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**BASEMENT?**

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# Is Your Basement Dark and Gloomy?

Here are a few clever tips to shine some light on the situation:

**1. Use thin, full-length curtains.** Sheer, lightweight curtain fabrics allow light to pass through while adding texture to your space. Long curtains can help create the illusion of bigger windows. Use wide curtain rods mounted close to the ceiling to help accentuate this sense of grandeur.

**2. Multiply your light sources.** In addition to overhead lights, invest in floor lamps, table lamps and wall sconces to brighten up your space. Recessed ceiling or floor lights are also worth considering.

**3. Opt for reflective materials.** Consider a glossy stretch ceiling, polished concrete floors or metallic accessories, such as gold frames, to help maximize light reflection.

**4. Choose light colours.** Light shades are a great option whether on the walls, ceilings, floors or furniture. In addition

to reflecting light, they help visually enlarge the space. Choose a contrasting colour for the walls to make the ceiling appear higher.

**5. Install mirrors.** Whether practical or decorative, mirrors are unparalleled when it comes to reflecting light.

**6. Use glass partitions.** Glass doors and partitions are ideal for dividing your space without compromising brightness. Use textured or frosted glass to add a bit of privacy.

Visit your local stores for inspiration and to find everything you need to transform your basement into a bright and inviting space.





# Is your staircase **LACKLUSTRE?**

*These ideas will make it  
look great again!*

**M**any people think refreshing a staircase is expensive, but it doesn't have to be! Check out this list of affordable solutions to make your worn or outdated staircase look great again.

## **CARPET**

Covering damaged steps with attractive, textured carpeting is an effective way of giving them a new lease on life. This not only improves the look of your staircase, but also makes it more comfortable on your feet. Make sure the carpet is firmly glued to each step for your safety. For impeccable results, hire a professional.

## **BANISTERS**

Are the treads still in good condition, but your staircase is missing something to make it stand out? Replacing your baluster and banister is a smart and affordable way to stay on trend. Metal posts, glass panels and wooden spindles are all great options. Visit your local home improvement store for inspiration.

## **PAINT**

Repainting your staircase isn't rocket science and doesn't cost an arm and a leg! Not sure which colours to choose? Ask a decorating expert for advice on selecting shades that blend in with your decor or create a striking contrast.

For example, you can opt for a monochrome staircase or choose a different colour for the risers. You could even paint a *trompe-l'œil* into your staircase for that WOW factor. Since the stairs are a heavy-traffic area, use wear-resistant paint.

Finally, pasting flashy, printed wallpaper on the risers is a simple and inexpensive way of transforming a boring staircase into a work of art. Check out all the possibilities by visiting your local decorating stores.







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# Kitchens:

## Spotlight On 3 Key Trends In 2024

**A**re you thinking about renovating your kitchen? Are you building a new home and designing your kitchen from scratch? Here's a look at some of this year's latest trends to inspire you.

**1. Create a spa-like atmosphere.** Melt away the stresses of everyday life by creating a relaxing, warm and uncluttered space. This means doing away with bright, clinical lighting (think low lighting!). Fill the space with soft, organic colours like sandy brown and warm grey. Ideally, the cupboards should have no handles and focus on natural materials.

**2. Curate a space for social interaction.** Modern kitchens are designed to be a space for cooking together or breaking bread with loved ones. Spacious islands with rounded corners, along with stools or benches and other types of dining areas, are all the rage. The focus is on crea-

ting a convivial atmosphere where family and friends can gather and enjoy each other's company.

**3. Make eco-responsible choices a priority.** Incorporate sustainable practices into every aspect of the space. This includes using recycled materials, VOC-free paint and wood from sustainably managed forests. You can also choose intelligent or ENERGY STAR-certified electrical appliances, such as the refrigerator and dishwasher, to reduce your carbon footprint further.

Creating the kitchen of your dreams requires careful planning. Otherwise, you could exceed your budget or run into other unpleasant surprises. Call on the services of a kitchen design specialist in your area to ensure your project goes off without a hitch.







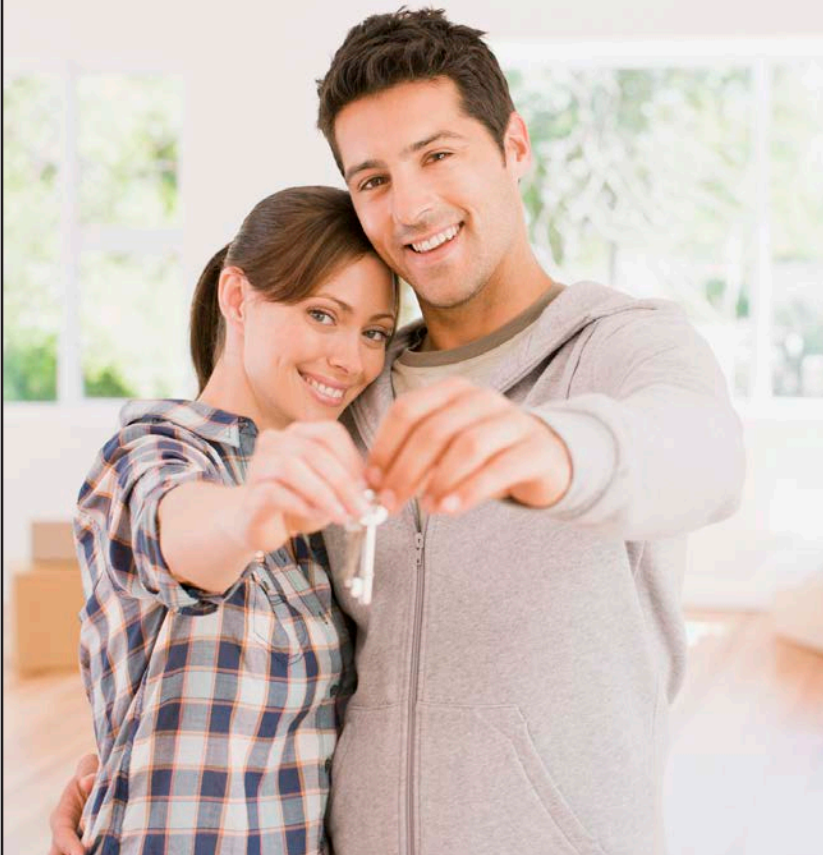
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# Trend:

Create an  
 at-home  
 coffee bar

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**H**ave you recently purchased the coffee machine you've had your eye on for a few months? Do you want to add a modern touch to your decor? Here are a few tips to help you create the perfect coffee bar.

#### Find the perfect spot

The kitchen is ideal for a coffee bar, but you can also create one in your dining room, living room or on a sideboard in the hallway. It's a great way to display your most beautiful furniture, such as an antique wooden chest of drawers. Additionally, a retro glass-door sideboard could help maximize available space, especially if you don't have much counter space.

#### Use vertical space

Barista accessories can quickly accumulate, creating a cluttered look on your coffee bar. Consider placing shelves above the machine to hold jars and other items. You can also install hooks on the wall to display your collection of mugs. These simple solutions will help tidy your space while creating an appealing visual effect.

#### Choose your mugs

Your coffee machine may be the hub of your coffee bar, but your choice of mugs adds a unique touch. Handmade ceramic mugs are perfect if you prefer a minimalist or natural look, while clear glass cups are a great option if you like the classic Italian style.

Whatever your style, setting up a coffee bar can enhance the look of your home. Make yourself an espresso and draw up your plans!



What  
**architectural style**  
*should you choose*  
for your home?



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Here are

3 suggestions!

**D**id you recently buy a plot of land? Is your architect waiting for your input before drawing up the plans for the house? You must provide them with some guidance if you want your vision to become a reality. Here are three popular architectural styles to help you decide:

### 1. MODERN FARMHOUSE

If you love the charm of exposed wooden beams and gabled roofs, this style could be perfect. Inspired by 19<sup>th</sup>-century American farmhouses, it combines elegance and tradition. Many homes in this style sport a white facade with dark window trims and doors that will turn heads.

### 2. RANCH

A ranch-style home might be the answer if functionality is a top priority. This single-storey design has an open-

plan layout. This means the rooms are spacious and interconnected. This style is also great if you love spending time outdoors, as it provides easy access to the backyard.

### 3. SCANDINAVIAN

Scandinavian style might suit you if you prefer a minimalist and uncluttered design. This style has been gaining popularity in North America because of its abundance of windows that let in natural light. Wood and metal cladding are often used to create exciting contrasts and highlight specific parts of the building.

Choosing an architectural style is a crucial decision when building a new home. Don't hesitate to talk to your architect if you're having trouble deciding. They can provide invaluable advice and ensure your design meets local building standards.





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# Selling a property in summer: *all the benefits you could wish for!*

**R**eal estate transactions can happen at any time of the year, rain or shine. However, putting up your “for sale” sign in summer has unique benefits. If you plan to sell your home soon, you should know why summer is the ideal time.

- **Better lighting.** Days are longer in the summer, which makes it easier to showcase the interior and exterior of your property. You can even arrange evening viewings, which isn’t possible during winter when it gets dark early.
- **Nicer weather.** The warm summer weather generally puts people in a good mood. This can make them more inclined to take their time viewing your home and ask questions. The summer sun creates a holiday-like atmosphere, which is conducive to buying. Bonus points if you have a swimming pool!

- **Showcase landscaping.** Summer is the ideal season to highlight the beauty of your landscaping. Your flowerbeds, vegetable garden, hedges, patio and other features can attract prospective buyers who enjoy spending time outdoors. This could lead to more attractive offers.

- **Serious buyers.** Serious buyers tend to house hunt in summer, often while on vacation. They typically want to move before the start of the new school year, which motivates them to finalize the deal quickly. If you want to sell your house fast, summer is the perfect time.

Contact a local real estate agent for a worry-free experience.







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