

# Thanks to Forest Valley Terrace, Winifred is able to enjoy her life to the fullest!

What makes Forest Valley Terrace exceptional is the people who work there. Providing good quality care is challenging work. It requires individuals who truly want to help others, who understand dementia and who are patient, compassionate, and well-trained. The passion of team members is evident in every aspect of the care that is provided. I have witnessed many acts of kindness by staff who went out of their way to make a resident more comfortable.

Thanks to the Forest Valley team, my mother is still able to enjoy a quality of life that I feared was gone forever. She is encouraged to attend concerts, the ballet, various museums, picnics, singalongs, and many social events. She has made new friends, still grows tomatoes, and loves the exercise classes and opportunities to paint.

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I am pleased that the move to Forest Valley Terrace has worked out so well and I am grateful to the Forest Valley team for their ongoing efforts to improve the lives of those living with dementia.

**R. Northey**



**FOREST VALLEY**  
**TERRACE** *by Symphony*

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