

## Excerpts from letters we have received, from Amica residents and their families.

*My mom is ten years younger. We can never get a hold of her on the phone. She is never in her suite, she is off joining in all the activities. ”*

**Family member, Toronto, ON**

*The benefits of the Wellness & Vitality™ mPOWER™ program is what makes us feel we made the right choice in moving here. My strength on the machines has doubled in the past year. ”*

**Resident couple, Amica at Swan Lake, ON**

*The exercises make me feel invigorated. My flexibility has really improved. It is mentally stimulating and fun! ”*

**Resident, Amica at Mayfair, BC**

*It is a pleasure to be a participant in such stimulating and fun classes. ”*

**Resident, Amica at Rideau Manor, BC**

*I enjoy it. ”*

**Resident, Amica at Douglas House, BC**

*I've enjoyed every day living here. I feel quite comfortable and I've made a lot of good friends, which is something harder to do when you get older. ”*

**Resident, Amica at Erin Mills, Mississauga, ON**

*Words cannot express the feelings I have towards the entire staff of Amica. They have added a new dimension to my mother's life and have given me great comfort. ”*

**Family member, Mississauga, ON**

*Creating community is not an easy task, and you have excelled in this area. It is your personal attention to detail as well that of all the staff, that make Amica such a special place to live. ”*

**Resident, Amica at Villa Da Vinci, Vaughan ON**

*The harmony and warmth you share with all who enter Amica is truly appreciated and has not gone unnoticed. Congratulations for making a difference in peoples lives. ”*

**Family member, Toronto , ON**

*It gives me an all over feeling of well being. ”*

**Resident, Amica at Mayfair, BC**