

# WARM 'N' COZY PERSONAL CARE HOMES

## Life Lives *Here*



By Erin Legg Photos Neek Photography

What makes a house a home? Some say it's a nutritious meal. Others suggest it's a comfortable, nurturing atmosphere. Perhaps it comes down to the basic traditional building blocks of family: respect and love. For the Suryavanshis, all these make the foundation upon which Warm 'n' Cozy Personal Care Homes were established.

L-R Palak, Safal (sitting), Sudhir and Rekha Suryavanshi

Nine years ago, Dr. Sudhir Suryavanshi, his wife, Dr. Rekha Suryavanshi, and their two children left India and settled in Saskatoon. The family created a comfortable life with both doctors working as surgical assistants. But an integral component of their former lifestyle seemed to be missing, and it wasn't until their daughter remarked how easy life had become when both Sudhir and Rekha knew they needed a change. Son Safal explains: "We know about personal care, medical care, emotional care. That's where the idea for a care home came from."

Sudhir, a former family physician, and Rekha, a gynaecologist by training, were raised with strong familial bonds, so the foray into personal care homes was natural. "We know how to treat [our residents]," says Sudhir with a smile. "We know how to respect them, how to behave with them, how to feel with them." In 2011, the Suryavanshis opened the first Warm 'n' Cozy home, "Spark" at 502 Paton Crescent, followed by "Elite" in 2014 at 739 Atton Crescent. In recent weeks the grand opening of "Maya" (743 Atton Crescent) invited families to secure an opening in their latest, most spacious personal care home.

The physical structures are luxurious, providing each resident with personal space, common areas for socializing, and state-of-the-art kitchens where nutritious, customized meals are prepared by staff. In fact, Sudhir notes, "Food is our specialty!" The personalized meal plans are set when Rekha meets with each resident every few weeks to develop their requested meal schedules. Completely accessible, each bedroom is furnished and has a private ensuite. Even the beauty needs of residents are taken care of; the homes boast an in-house salon for all the necessary primping.

Residents of Warm 'n' Cozy Personal Care Homes range in age from 60 to 100-plus. Safal explains some join when assistance is required for daily activities, and others when they are seeking a family-type environment to fill the fundamental human need of personal interaction. "Getting out of bed, showering, laundry, cooking — it's all taken care of by staff," Safal says.

Each custom-built licensed care home houses 15 residents and are staffed 24/7 by diligent, experienced professionals with positive, caring attitudes. The staff ensure social elements of daily living are met — be it with casual exercise, bingo or a board game, or the monthly "house concerts" hosted by local musicians. "We have parties. We always find a reason!" laughs Rekha. "It's a fun place!" adds Sudhir.

At any time, all family members are welcome, especially mealtime. Sudhir points out accommodation arrangements can be made for those visiting from out of town. Warm 'n' Cozy also provides short-term respite care to those in need, and their Warm 'n' Cozy In Home Assistance company provides clients with daily assistance by trained staff in their own homes.

Home means a comfortable, loving and nurturing atmosphere. To enquire about the openings at Maya or to schedule a tour, please call Safal at 306.261.5688. ■

Warm 'n' Cozy Personal Care Homes  
 "Spark" — 502 Paton Crescent  
 "Elite" — 739 Atton Crescent  
 "Maya" — 743 Atton Crescent  
 (openings now available)  
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