



WELLNESS ESTATES

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Executive Summary

WELLNESS ESTATES NOTL – Condominiums and Healthcare

By Dr. Nick Vaccaro

Introduction

The Wellness Estates concept represents a revolutionary approach to mixed-use commercial/residential condominium living. It seamlessly integrates world-class medical care and wellness into daily life within one's home. This unique combination of real estate and medical services will serve as the model for future Wellness Estates developments that revolutionizes health and longevity.

RegenaLife, founded by Dr. Nick Vaccaro, successfully opened its doors in 2024. Operating from its main office in Niagara Falls, RegenaLife collaborates with leading-edge clinics in Metro Toronto and several U.S. Companies. Our mission is to enhance both healthspan and lifespan through a brilliant international team of doctors, cutting-edge AI-enabled technology, and therapeutic interventions grounded in the latest scientific evidence.

The desire for a long and healthy life is universal; however, most individuals face the reality of spending their final years battling chronic diseases that lead to pain and suffering. By leveraging the expertise of top-tier medical professionals specializing in functional medicine—along with groundbreaking AI screening and treatment technologies, RegenaLife is redefining the healthcare landscape. Our proactive, preemptive strategy empowers residents to take charge of their well-being like never before.

NOTL: Highlights of Resident Needs

Demographics

- **Overview:** 53% of NOTL's population is aged 55 and older. Projections indicate that by 2041, individuals aged 75 and above will constitute nearly one-quarter of the population, amounting to 5,887 individuals.



Survey Findings

A survey published in *The Lake Report* on August 8, 2024, highlighted the desires and needs of NOTL residents:

- 59% desire quick and easy access to healthcare.
- 50% prefer a single residence with a range of services.
- 24% wish to stay in NOTL.
- 21% want to remain close to family.
- 20% seek to stay within the Town of NOTL.
- 11% value proximity to leisure activities.
- 2% are looking for opportunities to make new friends.

A follow-up article on August 15, 2024, emphasized the importance of repurposing the Old Hospital Site to meet community needs, including senior housing. The RegenaLife Wellness Estates model is designed to allow seniors to age in place, preserving home equity while enjoying a world-class, personalized healthcare approach. Several letters to the editor in both *The Local* and *The Lake Report* have expressed residents' concerns and wishes for enhanced senior accommodation and stronger healthcare in NOTL.

The Proposed Solution: the WELLNESS ESTATES™ NOTL

This mixed-use development, integrating healthcare within the home, was submitted by Dr. Nick Vaccaro over three years ago in response to a Town Council Request for Proposals regarding the Old Hospital Site. The vision for the Wellness Estates has expanded significantly since that time, primarily due to advancements in AI-driven healthcare that are the fundamental core of the RegenaLife Advanced Health Screening services.

Key Features of the Proposed Development:

Residential Condominium Units

- **80-100 Condominiums:** Varied options including affordable 500 sq. ft. studios and spacious 1,600 sq. ft. two-bedroom penthouse suites with luxury finishes by Gatta Homes. The current site plan accommodates 75-80 units, with potential for a fourth floor to meet demand and increase the number of residential offerings.



Residential Amenities

- Dechlorinated water services
- Purified water at points of use
- Fresh air exchange systems
- Plasma ion generators to mitigate airborne pathogens
- Touchless entry systems
- Indoor courtyard and outdoor vegetable gardens
- Rooftop patio (under consideration)

Commercial Units

1. **RegenaLife Center:** Advanced AI medical screening and health intervention services.
2. **DiscSeel Center:** non-surgical repair of herniated spinal discs. Discseel.com
3. **Wellness Facilities:** Membership-based access for residents, including:
 - Indoor swimming pool (consideration)
 - Exercise and rehabilitation area
 - Dining facilities offering discounts to residents (consideration)
 - Meeting and social events room
4. **Specialized Medical Facilities:**
 - Imaging department: MRI CAT, X-ray and Ultrasound (pending approval)
 - Surgical Suite (s): Discseel and orthopedic surgeries, SABR, plastic surgery.
 - Dental clinic
 - Hyperbaric center for wound healing and cognitive improvement
 - IV therapy services
 - Pharmacy (under consideration)
 - Short-term stay suites for post-operative supervision
5. **Community Center Services:** To be considered based on community feedback.

Parking

- Proposed two levels of underground parking with approximately 250 spots. Level one for residents, level two for visitors to the Old Town Core where parking is currently limited and in high demand. If a water table prohibits a second level of parking, one level of parking will meet the needs of the building.

Note: The services offered at the Specialized Medical Facilities will provide world-class medical screening and interventions in the heart of NOTL. Dr. Vaccaro is currently in contact with the necessary medical specialists to purchase and operate these facilities. While many private services are not covered by OHIP currently, advancements in artificial intelligence are continuing to digitize, dematerialize, and lower the costs of advanced



healthcare. As a result, the cost of advanced screenings offered by RegenaLife—such as blood biopsies that detect 51 different cancers at their earliest stages—will continue to decline, making the democratization of these services a reality for the general public but not for many years to come.

Conclusion

The aging population is putting unprecedented pressure on the public healthcare system. By 2031, nearly 9 million Canadians will be aged 65 and older, making up 23% of the total population. With around 30% of seniors likely to require assistance with daily activities, the need for accessible and supportive housing options is critical. However, it's not just seniors who can benefit from a focus on health and longevity—young adults looking to maximize their healthspan and lifespan can also make significant strides by adopting healthier lifestyles early on.

The RegenaLife Wellness Estates offers an ideal environment for people of all ages, from young adults starting their wellness journey to seniors looking to maintain their independence and health. By cultivating a "Longevity Mindset," the community promotes a healthier, longer, and happier life for everyone. This innovative mixed-use development supports homeownership, preserving residents' wealth, while enhancing their healthspan and delaying the need for traditional assisted living.

A full architectural report is included, detailing building planning, architecture, traffic circulation, landscaping, and renderings that incorporate NOTL's architectural style.

Dr. Nick Vaccaro, in conjunction with experienced developers, has previously built a prototype of this mixed-use development. Insights gained from that experience are invaluable for designing the RegenaLife Wellness Estates. The project is poised to move forward pending support from residents and council approval.

Dr. Vaccaro seeks collaborative engagement with the town council to establish strategies that enable all NOTL residents to benefit from the unique health, wellness, and lifestyle services offered at the Wellness Estates.

By supporting this development, NOTL Town Council and residents can embrace a healthier future within a supportive, socially active community in the "Heart of the Old Town."