

AMR

DESIGN LIFE

SPRING 2023

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SPRING

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2023



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NOTE

FROM THE

EDITOR

It's hard to believe that we are already almost through the first quarter of 2023, and yet, what a quarter it has been.

On a personal note, I will be sharing more about my cancer journey in the next section. I am in awe, humbled and full of gratitude for all the support, kindness and generosity I have received.

I recently came home from a retreat in Panama. There, I was able to take some time to really focus on where I see AMR Design headed in 2023.

My team and I look forward to working on projects this year that will highlight our expertise and creativity. We cannot wait to create tailored spaces that fit your lifestyle.

Brenda

My Cancer Journey

After working on breast cancer research at the Cross Cancer Institute many years ago, it was surreal to return. Only this time, I was a patient.

During my journey, I was supported and cared for by the amazing staff at the Cross. Their thoughtful words, selfless acts of service and incredible treatment gave me strength when I had none on my own. I couldn't have done it without them and am thrilled to be on the other side now in full remission.

Mammograms and early detection are so important - in my case, it quite literally made the difference between life and death. Please, make this a part of your physical health routine and don't brush aside anything that worries you.

Everyone's journey with cancer is different. I feel blessed to have gone through it with so much support by my side. (See some of those resources below.)

This experience has changed me and reinforced to not take things for granted. I was fortunate to have time between treatments to attend a retreat in Panama. The time there to reflect and set intentions was incredibly healing and empowering.



SUPPORT AVAILABLE TO THOSE LIVING WITH CANCER

[Wellspring Alberta](#) offers many free programs and services for those living with cancer – those diagnosed, caregivers and kids.

[Look Good Feel Better](#) help those with cancer manage the appearance-related impact of cancer and its treatment.

[AHS Mental Health Support](#) and [Alberta Health Services](#) offer support for maintaining strong mental health while living with cancer.

[The Cross Cancer Institute](#) has community of staff and volunteers to walk alongside their patients through every step of their cancer journey.

[The Canadian Cancer Society](#) offers a number of resources for cancer patients.



In addition to my wonderful medical team and family, I was supported by the entire construction and design community here in Edmonton. Vendors, trades, colleagues, clients and my own team supported me in ways that I could never have imagined. I was able to focus on my health and recovery because of their support.

Your kindness has meant more to me than words can say and has impacted me more deeply than I can express. I cannot thank you all enough.



Need for Retreat

Whether you are facing a challenge, recovering from an illness or just need a respite from today's fast-paced world, every home needs a retreat.

A retreat offers you a chance to experience the 3 R's: a way to relax, refresh yourself and be recharged.

In each of our homes, that may look different. Perhaps it's a cozy nook or corner with an oversized chair and some shelves to house your favourite books. Or, maybe you have a special room that is focused on health and wellness activities such as yoga or meditation.

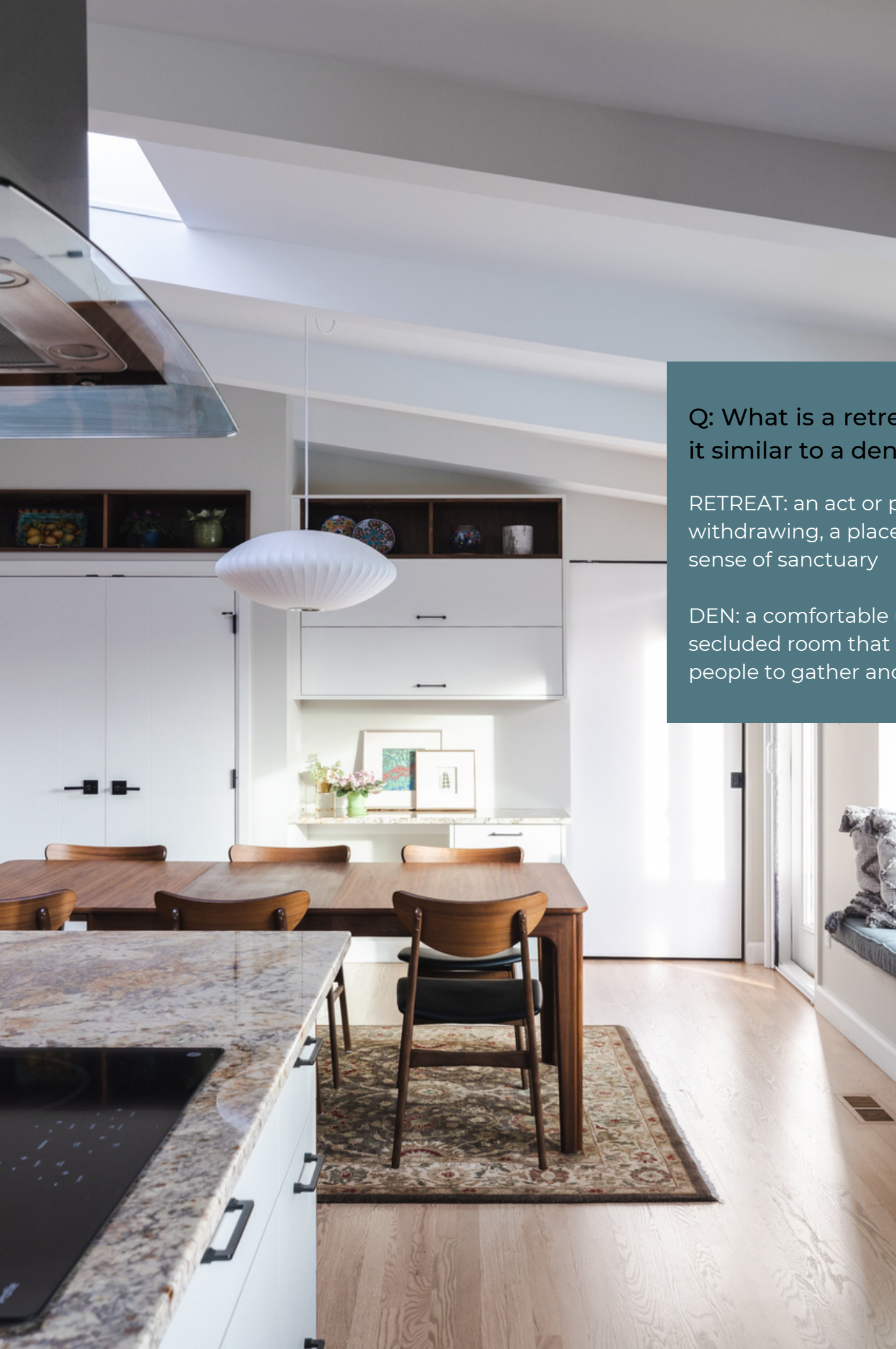
Or maybe, at the end of a long day, you like to retreat into a spa-like bathroom and soak yourself in a bath filled with essential oils.

No matter what form your retreat takes, the important thing is that it allows you to feel comfortable, relaxed and ready to take on whatever life throws at you.

If done right, your retreat should create an escape from life's everyday stressors. Somewhere separate from the hustle and bustle – a place where you can re-center yourself and be nourished.

Take some time to think about what type of retreat will work best for you. Consider how it might look, feel and function. Then, think of how good it will feel to have your retreat.





Q: What is a retreat? How is it similar to a den?

RETREAT: an act or process of withdrawing, a place to provide a sense of sanctuary

DEN: a comfortable usually secluded room that is used for people to gather and relax



Q: WHERE CAN I CREATE A RETREAT IN MY HOME?

Your retreat can be anywhere special to you. It doesn't even need to be a full room! Even a cozy corner with a desk and chair can be just the retreat that you need to focus and recharge your creativity.

For some, being near a window can help bring inspiration and connect with nature outside, while for others a more confined space can help with concentration.

For others, it's important to have a door, a way to close off their sanctuary from the rest of the home.

Whatever you choose, it should have you - and how you find a safe space - in every detail.







ELEMENTS OF A RETREAT

- Dark painted walls or wallpaper
- Layers of lighting
- Comfortable seating
- Ability to hide from others
- Acoustic control



EXPERT

DESIGN

ADVICE

Should We Renovate Or Sell?

It is a question that many homeowners will ask at some point in their lifetime – should we sell or renovate? While sometimes this answer can be an easy one, other times the answer is not so easy. Do you love your neighbourhood or have the best neighbours on the block and the thought of leaving your current home has you feeling torn? Then this article is for you.

We had a chance to sit down with Vice President of Tango Financial, Sandy Fisher, to discuss some of the elements you may want to consider before making this decision

BLOG HIGHLIGHT

[LEARN MORE](#)



HOW DO I GET STARTED ON MY RENOVATION PROJECT?

The first step is a complimentary discovery call with us! You can schedule these directly on our website according to your schedule. We will call you at the time of your appointment and we can answer some questions for you so you can proceed with the service that's best for you and your project. We ask that clients fill out the questionnaire attached to the booking service as it allows us to get some of those initial questions out the way to make more time to answer your pressing questions.

[Book Your Call Here.](#)

BEHIND THE DESIGN

#YOU IN EVERY DETAIL



Brenda Brix - Creative Director

Brenda Brix is one of Alberta's leading home renovation experts and is an award-winning interior designer with more than 20 years' experience.

Brenda is involved in every aspect of remodelling: from plans to material selections to working with contractors and overseeing the implementation of the design, furnishings, and finishing touches. She is known for her attention to detail and outstanding customer service.

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