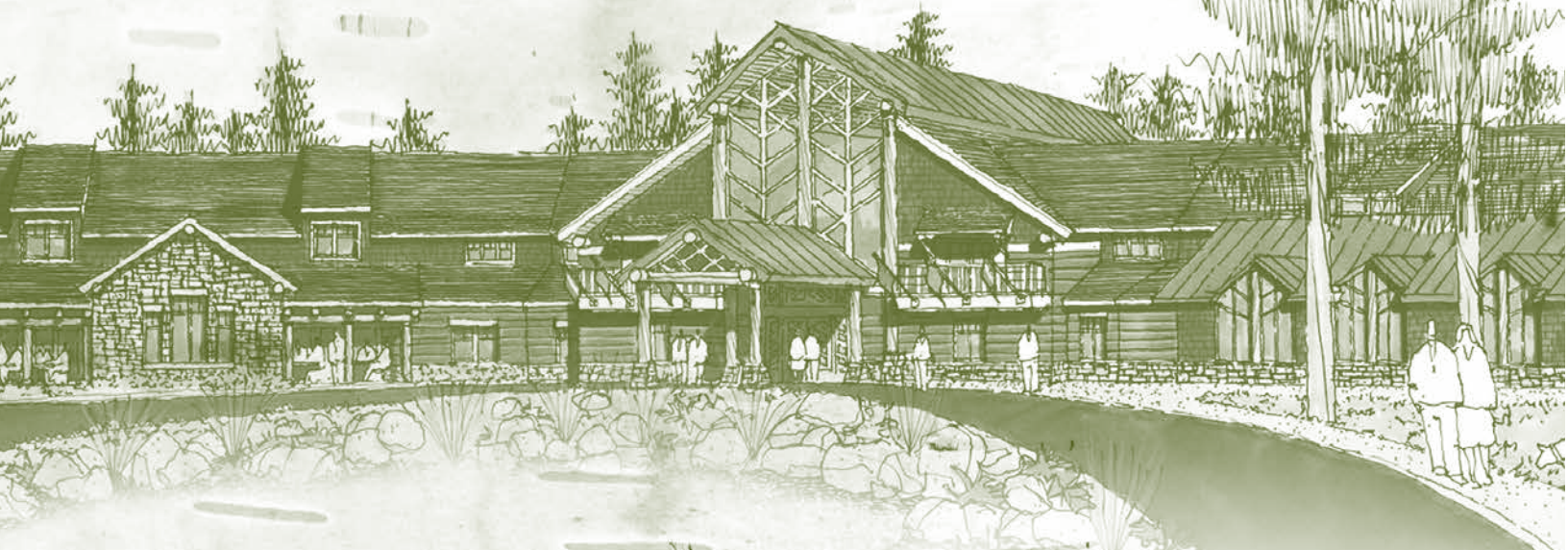



# The Arbor

ASSISTED LIVING MEMORY CARE





**The Arbor memory care provides a vibrant neighborhood setting where dedicated staff serve the unique needs of each individual with warmth and compassion. Stimulating activities and personalized care assure families their loved one has the opportunity to live life to the fullest.**

We believe that caring for the needs of those with dementia grants us an extraordinary opportunity for ministry. The Presbyterian Homes & Services DOVE™ program is the culmination of many years of thoughtful consultation with staff, families, and leaders in the field of dementia research. DOVE—Dementia Orientation Values Education—is a three-part approach to care that allows your loved one to receive the affirmation and reassurance they need.

Our dove lapel pin designates staff that have completed special training. The dove, a symbol of the Holy Spirit, symbolizes how each person is fully remembered by Him. Even with loss of memory, the spirit remains intact.


## **The DOVE™ Program**

We begin by assessing individual needs and creating a plan of care, and continue by supporting resident life-skills as well as involving and providing guidance to families. Encouraging independence and providing a sense of purpose, enjoyment, and success are our guiding principles.

Activities and specialized programming in three main areas are essential: life-skills, life enrichment, and self-care.

- Life-skill activities help recall the person's various roles in life. Some examples include setting tables, doing office work, and sharing hobbies.
- Recreational and life-enriching activities provide an ongoing opportunity to engage in social gatherings or enjoy leisure activities. A wide range of activities may be offered such as leisure and quiet time, exercise, cognitive stimulation from current events and life review, baking, reading, playing a game, or spiritual reading and prayer.
- Participation in self-care activities gives each individual a sense of independence and pride and enhances self-esteem. Bathing, dressing and grooming are examples of cares in which each resident is encouraged to assist.






The Arbor strives to ensure the comfort and convenience of residents and their families. From our inclusive amenities to comprehensive care options, families gain peace of mind knowing their loved one has support, while enjoying all the comforts of home.

### **Included Amenities**

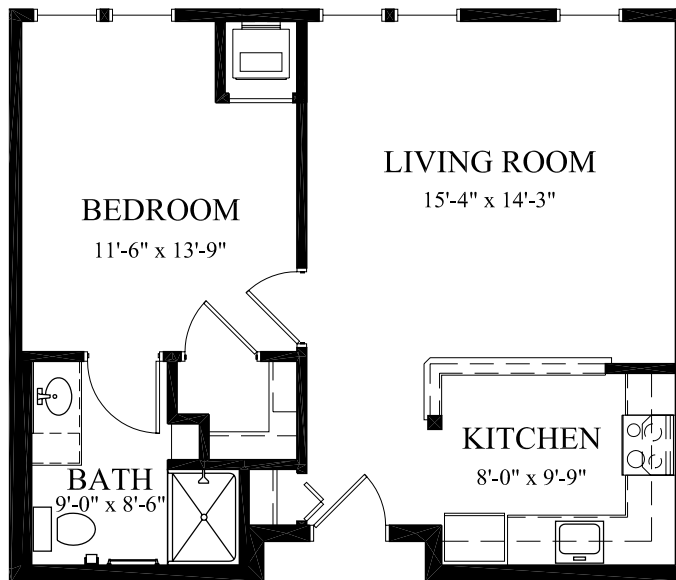
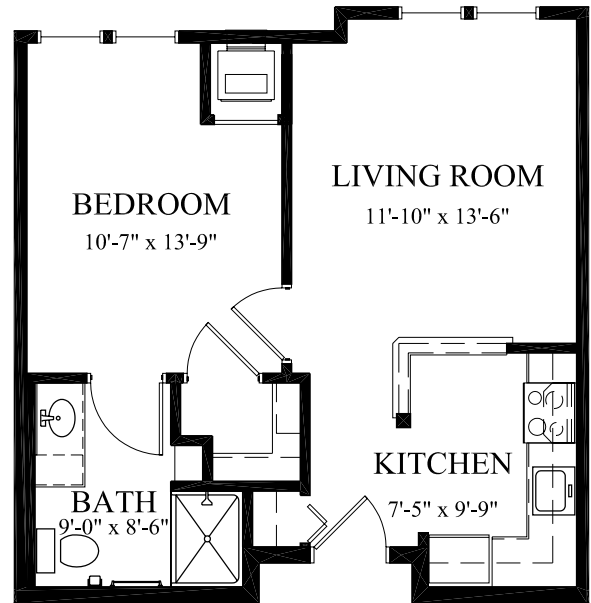
- Three daily meals and snacks served in the family dining room
- Weekly light housekeeping, linen change and laundry
- The DOVE™ program
- Urgent call system
- 24 hour on-site Resident Assistant staffing
- Residential setting with controlled access
- Designated complimentary transportation to shopping and outings
- All utilities (heat, electric, central air conditioning, water, sewer and trash)
- Local telephone service
- Enhanced cable package and installation
- Priority access to other Cuyuna Regional Medical Care Center and Presbyterian Homes & Services living and care options based on availability

### **Other Conveniences** (additional fees may apply)

- Specialized nursing and therapy visits (physical, speech and occupational)
  - On-site laboratory services
  - Assistance with arranging transportation to medical and social service appointments
  - Assistance with accessing community resources and social services
  - Additional loads of laundry
  - Guest dining
  - Guest suite
  - Storage unit
- 

## Sample Floor Plans

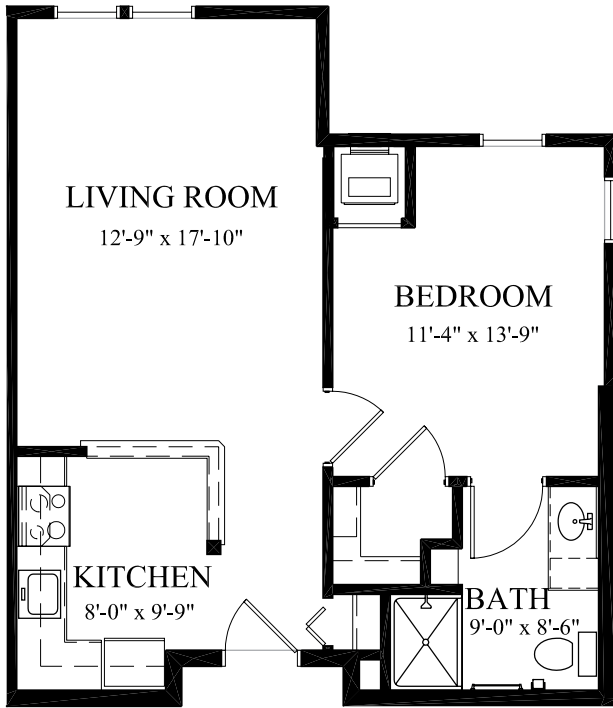
**Ash**  
561 Sq. Ft.  
One Bedroom



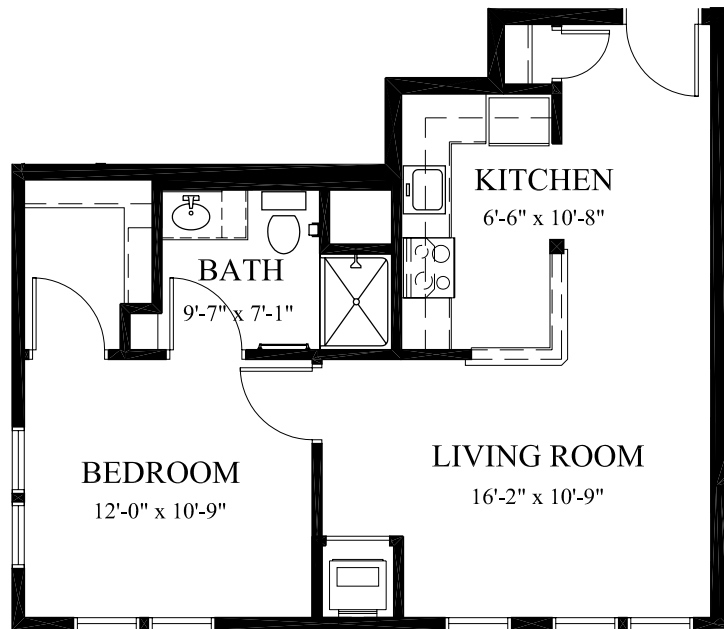
**Beech**  
650 Sq. Ft.  
One Bedroom

Floor plans, features and amenities are subject to change without notice.  
Stated dimensions and square footage are approximate.  
Please ask about availability.



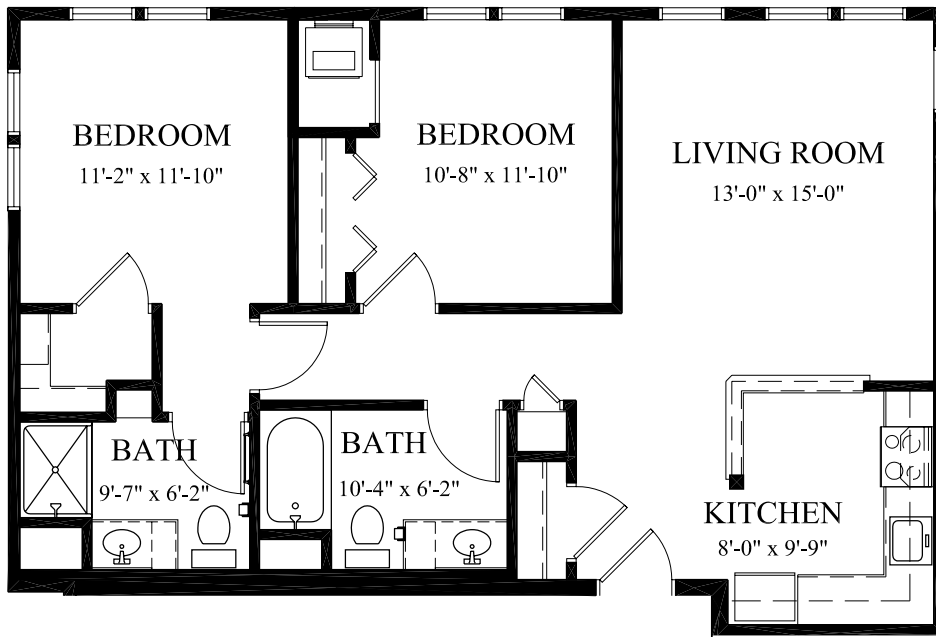


**Dogwood**  
 658 Sq. Ft.  
 One Bedroom



**Poplar**  
 697 Sq. Ft.  
 One Bedroom

**Spruce**  
1,041 Sq. Ft.  
Two Bedroom





## Apartment Selection

Apartment	Square Feet	Apartment Fee
One Bedroom	561—697	\$3,440—\$3,710
Two Bedroom	1,041	\$3,970

## Personal Care Fee

Engaging programs and comforting amenities are just the beginning of the services provided. A nurse will meet with you to assess the level of assistance needed. Please inquire about other available services.

### All Personal Care levels include the following:

- Laundry up to 3 loads per week
- Assistance to meals and activities, including reminders and redirection
- Reassurance and comfort care
- Scheduled Nursing hours and on-call staff consultation
- Initial nursing assessment
- Nurse consultation with health care professionals as needed
- Quarterly Nurse review
- Nurse maintains clinical record
- Coordination of laboratory requests

### Personal Care I - \$1,750/MONTH

- Prompts and reminders for dressing, grooming and bathroom assistance
- Shower assistance (1-3 times weekly)
- Dining preparation and observation
- Simple medication management, providing set-up and administration but not including injections

### Personal Care II - \$2,395/MONTH

- Simple or Standard dressing and grooming assistance
- Standard bathroom assistance
- Shower assistance (4-5 times weekly)
- Dining preparation and observation
- Oxygen management
- Complex medication management including blood sugar monitoring
- Simple behavior redirection
- 1 person transfers

### Personal Care III - \$3,040/MONTH

- Extensive dressing and grooming assistance
- Extensive bathroom assistance
- Shower assistance (6+ times weekly)
- Consistent assistance with dining
- Oxygen management
- Complex medication management including blood sugar monitoring, insulin injections, and sliding scale management
- Complex or frequent behavior redirection
- Mechanical lift transfers

## Total Monthly Fees

Apartment Selection	\$ _____
Personal Care (REQUIRED)	\$ _____
<b>ESTIMATED TOTAL</b>	<b>\$ _____</b>

Pricing subject to change.  
Residency agreement available upon request.



Building on the experience and integrity of its founders, Heartwood brings you the finest senior living community in the heart of Minnesota.

## Housing Choices

- Terrace senior apartments
- Commons assisted living apartments
- Arbor assisted living memory care residence
- Hallett Cottages assisted living memory care

At Heartwood, your home embraces the beauty of its scenic surroundings and extends well beyond your front door.

## Community Attractions

- General store
- Wellness center
- Meditation chapel
- Library/computer lab
- Billiards room
- Lounge
- Activity room
- Beauty/barber salon
- Deli
- Private family dining
- Guest suites
- Conference center
- Located on the Medical Campus in Crosby
- Access to Cuyuna Lakes Bike Trail

Heartwood is a non-profit senior living community rooted in the shared vision of its two founding organizations, Cuyuna Regional Medical Center and Presbyterian Homes & Services. Both have a decades-rich history of providing progressive, personal care and promoting all aspects of health and well-being for those they serve. Professional management by PHS Management, LLC.

Presbyterian Homes & Services (PHS) communities comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex. [www.preshomes.org](http://www.preshomes.org)

**Español (Spanish):** Llame al 1-844-558-6125

**Hmoob (Hmong):** Hu rau 1-844-558-6125

**Tagalog (Tagalog – Filipino):** Tumawag sa 1-844-558-6125

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Equal housing opportunity.

9/17



**Address: 500 Heartwood Drive, Crosby, MN 56441**

**Phone: 218-545-8500 | Website: [www.heartwoodliving.org](http://www.heartwoodliving.org)**