



# Johanna Shores

The Gables

Care Center

Care Center Memory Care

# Welcome to Johanna Shores

Imagine a place where residents receive quality care while exercising their freedom to decide what their “best day” includes.

At Johanna Shores, each day here unfolds according to the resident’s wishes through Liberty Personally Designed Living™, an innovative approach to care. Whether it be rising at their leisure and enjoying a late breakfast or spending an afternoon watching football on television accompanied by their favorite snacks, residents orchestrate the lifestyle of their design, celebrating their independence and dignity.

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## Care Options

### Long Term Care

Recognizing the connection between mind, body and spirit, this community provides so much more than round-the-clock health care. Therapeutic recreation, exercise, music and spiritual activities are all an integral part of life here. Our specially trained on-site care team is here to meet your physical and/or cognitive needs, supported by the expertise of visiting professionals and the cheer and inspiration of devoted volunteers. Family involvement is welcomed and strongly encouraged.

### Short Stay Recovery

For those who are in transition from home or hospital, this is the place to heal and recover. Benefit from the experience of our clinical team within pleasant surroundings, while receiving services designed to relieve the stress of recovery and restore you to your full potential.

### Care Center Memory Care

Designed for those with memory loss who also have complex medical needs, The Gables memory care includes the same level of support found within long term care, with the added benefits of our DOVE™ program.

## Matching Care Settings to Your Needs

Within this community, there may be designated areas for specialty care, such as intensive care needs and dementia care. If your needs change during your stay, you may be relocated to the area that is better designed to meet your needs. For example, if your condition improves, you may be moved to an area that serves those with less need for skilled nursing services.





## Other Conveniences

*Additional fees may apply*

- Physical, occupational and speech therapy
- Massage therapy
- Telephone service
- Guest dining
- Access to designated Physician or Nurse Practitioner for on-site services
- Additional home care and hospice services available through Optage®
- Outpatient therapy — physical, occupational and speech therapy

The Gables—where we provide 24-hour skilled nursing care—is first and foremost a community; it is “home” to individuals who may need assistance with medication management, therapy services and activities of daily living. It is where we help the individuals in our care continue to learn, connect, laugh and flourish in community, whatever their needs may be. All are treated with dignity and respect because we believe all are made in the Creator’s image.

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## Included Amenities

- Furnished, private or semi-private suite
- Private or semi-private bath
- Three daily meals and snacks (served in the family dining room)
- Flexible dining hours
- Light housekeeping and linen change
- Laundry service
- Social and recreational programs
- 24-hour nursing care
- Pastoral care
- Wings® wellness intellectually stimulating programs, spiritual care services, group fitness classes, fitness center with pool, volunteer opportunities
- Priority access to other Presbyterian Homes & Services living and care options based on availability
- Basic cable television service
- Open public Wi-Fi
- Access to Village Square amenities and programs

# The Gables Memory Care

We believe that caring for the needs of those with dementia grants us an extraordinary opportunity for ministry. Our 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.

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## 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.

DOVE™

Dementia | Orientation | Values | Education

# Purpose

The purpose of our Gables memory care community is to provide services structured to meet the health, nutritional, social and spiritual needs of dependent elderly persons in the middle to late stages of Alzheimer's or dementia. The services are designed to meet the needs of individuals who require physical assistance with daily living activities, supervision for safety, behavior intervention redirection and reassurance. We strive to honor the lives of residents as they live with memory loss. Our holistic approach is centered on optimizing the strengths of each individual.

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## Admission and Discharge Criteria

### Admission

In order to become and remain a resident of a Presbyterian Homes & Services care center memory care community, the resident must meet the following criteria as determined by Presbyterian Homes & Services' staff and assessment process:

- Resident must have a physician's diagnosis of dementia.
- Resident may exhibit one or more of the following:
  - *Significant cognitive impairment;*
  - *Wandering or pacing that has become an issue of safety;*
  - *Socially inappropriate/ challenging behavior displayed in relation to the progression of the dementia diagnosis and disease.*
- Resident would benefit from one or more of the following:
  - *A restricted access environment to decrease the risk of leaving the community;*
  - *Specialized programming for residents with significant cognitive impairment or structured daily activities.*

### Discharge

A resident will be discharged from the Presbyterian Homes & Services care center memory care community if they meet one or more of the following criteria:

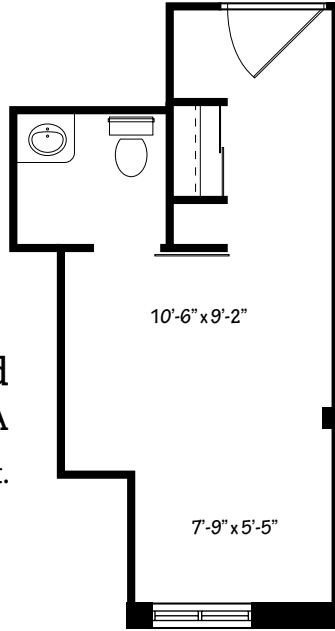
- Resident has diminished functional ability and is not able to actively participate in any of the dementia care programming and no longer benefits from such a community.
- Resident exhibits compromising, aggressive or sexually inappropriate behavior that endangers the safety of self or other residents in the community.
- Resident no longer exhibits wandering behavior due to a medical and/or physical status change, indication that placement in the community is no longer warranted.
- Resident requires specialized nursing procedures that could potentially jeopardize the safety of self or other residents in the community. Resident has significant medical needs that would prevent program participation.

Residents will be reassessed periodically by Presbyterian Homes & Services' staff and other professionals as necessary to determine if they remain appropriate for this community according to this criteria.

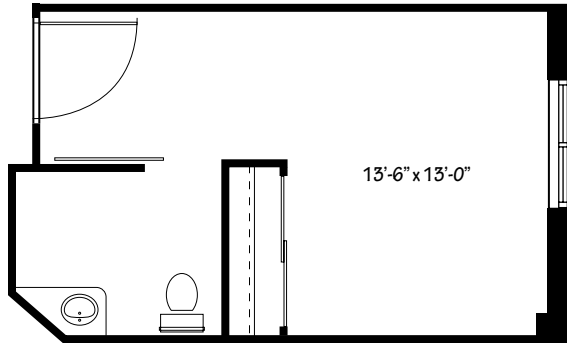
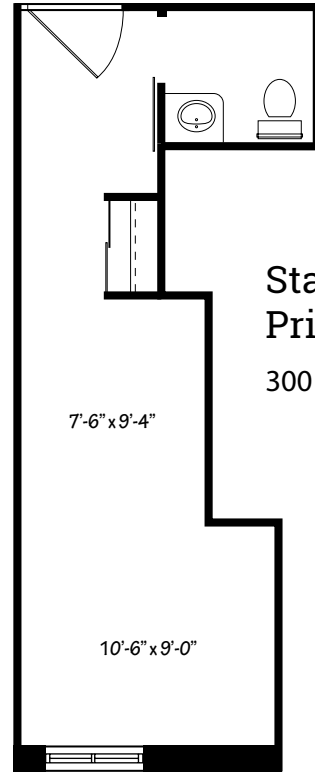
# Sample Floor Plans

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

**Standard Private A**  
259 Sq. Ft.

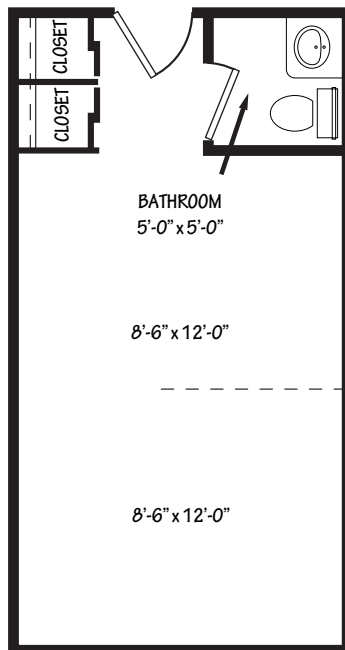


**Standard Private B**  
300 Sq. Ft.

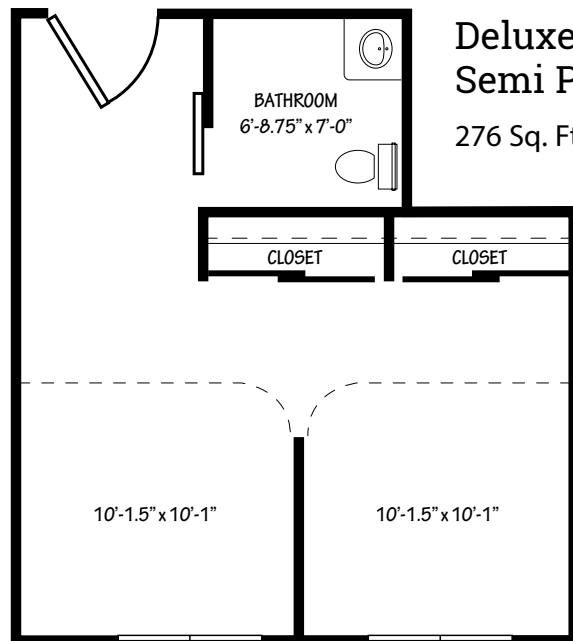


**Deluxe Private**  
316 Sq. Ft.

**Semi Private**  
241 Sq. Ft.



**Deluxe Semi Private**  
276 Sq. Ft.



## Find the Right Fit

The Gables provides a vibrant neighborhood setting where 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.



## Rate Information

Thank you for considering The Gables Care Center at Johanna Shores. The State of Minnesota sets the rates for the care we provide. Rates are determined by the following criteria:

- How much physical help is needed
- Cognitive abilities
- Mood state
- Rehabilitation therapy
- Behavioral interventions
- Medical condition and skilled nursing requirements
- Diagnosis

We will be happy to assess individual needs and determine the appropriate care plan with its estimated corresponding rate.

Private suites may incur an additional daily charge.

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## Payment Options

- Medicare
- Medical Assistance
- Various HMOs
- Private insurance
- Long-Term Care insurance
- Private funds

*Pricing subject to change. Admission agreement available upon request.*



**651-631-6000**

3220 Lake Johanna Boulevard  
Arden Hills, MN 55112

**JohannaShores.org**

*Due to COVID-19 or other future circumstance, some features may be temporarily unavailable or offered in a different way. We anticipate features will become available in original form once it is prudent to do so. 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.*

PresHomes.org

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

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

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

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All faiths welcome. Equal housing opportunity.

## Living Options

- Row-style homes
- Senior apartments
- Assisted living
- Assisted living memory care
- Care center
- Care center memory care

 **presbyterian  
homes & services**  
*freedom to live well®*