Norris Square
The Arbor
Assisted Living Memory Care

freedom to live well®
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.

**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 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.
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 with all the comforts of home.

**Included Amenities**

- Three daily meals and snacks served in the family dining room
- Weekly light housekeeping and linen change
- The DOVE™ program
- Pastoral care
- Wings® wellness six dimensional program (social, emotional, spiritual, physical, intellectual, vocational)
- Urgent call system
- 24 hour on-site Resident Assistant staffing
- Residential setting with controlled access
- All utilities (heat, electric, central air conditioning, water, sewer, and trash)
- Cable service and installation
- Basic telephone
- Open public Wi-Fi
- Priority access to Presbyterian Homes & Services living and care options based on availability
- Smoke-free community

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

- Assistance with arranging transportation to medical and social service appointments
- Assistance with accessing community resources and social services
- Access to designated Physician or Nurse Practitioner for on-site services
- Additional home care and hospice services available through Optage®
- Additional loads of laundry (3 per week included)
- Second occupant, $650 plus personal care
- Guest dining
- Guest suite
Sample Floor Plans

Buckwheat
337 Sq. Ft.
Suite

Canary
551 Sq. Ft.
One Bedroom

Lemongrass
566 Sq. Ft.
One Bedroom

Floor plans, features and amenities are subject to change without notice.
Stated dimensions and square footage are approximate. Additional floor plans available.
Oat
585 Sq. Ft.
One Bedroom

Redtop
595 Sq. Ft.
One Bedroom
Switchgrass
663 Sq. Ft.
One Bedroom

Wild Rice
964 Sq. Ft.
Two Bedroom/Two Bath
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

Personal Care I - $2,365/MONTH
- Prompts and reminders for dressing, grooming and bathroom assistance
- Shower assistance (1-3 times weekly)
- Dining preparation and observation

Personal Care II - $3,230/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 - $4,095/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)
- ESTIMATED TOTAL

Pricing subject to change.
Residency agreement available upon request.
The mission of Presbyterian Homes & Services is to honor God by enriching the lives and touching the hearts of older adults. Norris Square is one example of how we provide more choices and opportunities for older adults to live well.

**Living Options**

- Senior apartments
- Assisted living apartments
- Enhanced assisted living apartments
- Assisted living memory care apartments
- Care center
- Care center memory care

At Norris Square, your home encompasses more than your individual residence and extends well beyond your front door.

**Community Highlights**

- General store
- Bistro
- Restaurant-style dining room
- Wings® Wellness Center
- Theatre
- Chapel
- Community room
- Library
- Hobby shop
- Beauty salon/Barber shop
- Outdoor walking paths
- Banking hours weekly
- Retail and restaurants nearby

651.769.6600
6995 80th Street South
Cottage Grove, MN 55016
www.phsnorrissquare.org

All faiths welcome.
Equal housing opportunity.

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

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

Professional management by PHS Management, LLC © 2007 Presbyterian Homes and Services