



At Personal Care Senior Living, we offer a smaller, more intimate, and more personal setting for our residents to call home. Being at home is such an important part of achieving a higher level of care. When a resident moves in to our community, they become a part of our family. By getting to know each resident and their family individually, we can better tailor the experience, and care, that our residents receive. Here, you're not just a number, you're not just another person living here - you're part of our family.

- We offer both high-intensity assisted living apartments as well as a memory care community. We offer private apartments and private bathrooms.
- Our community is designed to meet your needs both now and into the future.
- We believe in three key principles to be successful in offering the best possible service to the residents that call Personal Care Senior Living home: Offer choice, maintain dignity and promote individuality.



- At Personal Care Senior Living we put the focus on the residents that live in our community. When residents come to live with us, they can expect a wonderful atmosphere where they are valued as an individual.
- One of the best advantages of living in our community is the service. We take a forward look to how services are offered to our residents. Both personal and health related services are offered to help our residents stay as independent as possible, for as long as possible.

APARTMENT FEATURES

Our apartments are designed to keep the residents as independent as possible, for as long as possible. Our private, studio style apartments include a full bathroom with zero entry showers and heated bathroom floors and ample space for living area. An emergency response system is provided that when a resident needs to contact a care provider in an emergency, they can, right at their fingertips!



COMMUNITY FEATURES

Personal Care Senior Living was created especially for our residents, offering relaxation and peace of mind that can only come from living in a community designed to be responsive to changing needs over time. Our residents are encouraged to continue the lifestyle that they are now accustomed to.

- Adjacent to John Ward Park
- Walkable to many restaurants and shops
- Salon inside community
- Walking sidewalk around building
- Multiple lounge spaces for family visits
- Safety-assist handrails through out
- Kitchenets in Assisted Living
- Cable and internet in all rooms
- Activity planner
- Emergency response system in every room
- Individual climate-control rooms



ACTIVITY AND WELLNESS PROGRAMS

Activity and wellness programming are a very important part of what we do at Personal Care Senior Living. Our activity program is designed around the residents and what they enjoy doing.

We call our activity program “A Part of You”. This resident-based program is a philosophy that puts our own residents’ experiences, hobbies and likes as the focus of the program. Activities should not be just about games and entertainment but include intellectual and learning activities as well.

Offering an activity and wellness program that focuses on the residents, needs space. Not only can residents use one of the several areas throughout the community to enjoy, Personal Care Senior Living will have local entertainers that come in to play and rousing games of cards and bingo to be enjoyed!

The best time in life is when you can relax and enjoy the “good life”. At Personal Care Senior Living, our residents will find all the amenities they need to enjoy life to its fullest while maintaining their independence. A rich, rewarding lifestyle awaits, providing comfort and peace of mind.

HOME COOKED MEALS

Dining and food service is an important part of care that is available to our residents. In fact, residents love meal time! This area is not just about health and good nutrition – it’s about eating and socializing.

- We take special pride in our dining services offering home-cooked meals prepared right on site.
- Three home-cooked meals plus healthy snacks are served daily in our beautiful dining room.
- Our chef prepares all of our meals fresh each morning for our residents.
- Special diets are also available, depending on individual needs. Upon move in, we meet with family members and the residents to get a sense of what types of foods they like and which ones stir memories of the past.

Because we believe that residents still want to be active and enjoy a level of self-worth, we have specially designed a resident kitchen within the community where residents can enjoy helping prepare snacks or parts of the meals in their own supervised kitchen.

Whether it is preparing cookies or helping cut up strawberries for the evening meals, it is easily one of the most popular areas in the community!



MEMORY CARE COMMUNITY

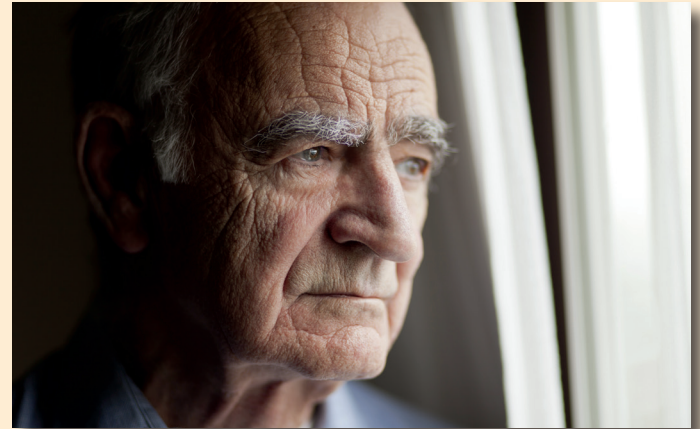


Memories hold a connection to our past and a special link to our future. For those with memory loss, comfort can be found in a fulfilling and loving atmosphere. Residents are encouraged to bring in plants, pictures, and other items from home to personalize their rooms and help them connect to their past.

Our community offers private apartments that are bright, beautiful and are designed to be like home. We also feature a lovely outdoor courtyard where residents can breathe fresh air and take in the wonderful Minnesota seasons.

Today millions of older adults are living with memory loss. That means that millions of families and friends are watching loved ones become more confused and frustrated every day.

Our Memory Care Community provides assistance for seniors with memory loss issues. This special residence is designed to care exclusively for residents with Alzheimer's Disease or other forms of memory impairments. Close supervision is provided 24 hours a day in a secure, friendly, residential atmosphere.



HEALTH RELATED SERVICES

One of the best advantages of living in our community is the care we give our residents and the support we give to their families. Supportive services are available 24 hours a day, to meet scheduled and unscheduled needs, in a way that promotes maximum dignity and independence for each resident and involves the resident's family, neighbors, and friends.

We take a forward look to how personal and health related services are offered to our residents. Because we understand that no two people are alike in their needs, we have created five levels of service to better serve our residents. With each level, resident's needs are assessed by our Registered Nurse and Program Coordinator to determine with the family which level best suits their needs.

We take the time to get to know your family member as a person. Both personal and health related services are offered to our residents to help them stay as independent as possible, for as long as possible.





FAMILY PARTICIPATION

Our Community Life Coordinator organizes family picnics, parties and holiday gatherings. The Executive Director helps plan support programs for family members dealing with the difficult changes associated with Alzheimer's disease and memory loss.

Families are encouraged to participate in individualized care planning sessions and are welcome to visit at any time. Family members often stop by for meals, take residents home for a visit, or go on outings.

Our professional and trained staff focus on health care, so family members can devote more time to emotional support and the loving attention that only they can give.

Our staff looks for opportunities to help residents succeed at familiar tasks, whether it is making their bed or baking a sheet of cookies. These activities give residents the opportunity to experience the satisfaction of a job well done with the security of knowing a helping hand is always nearby.

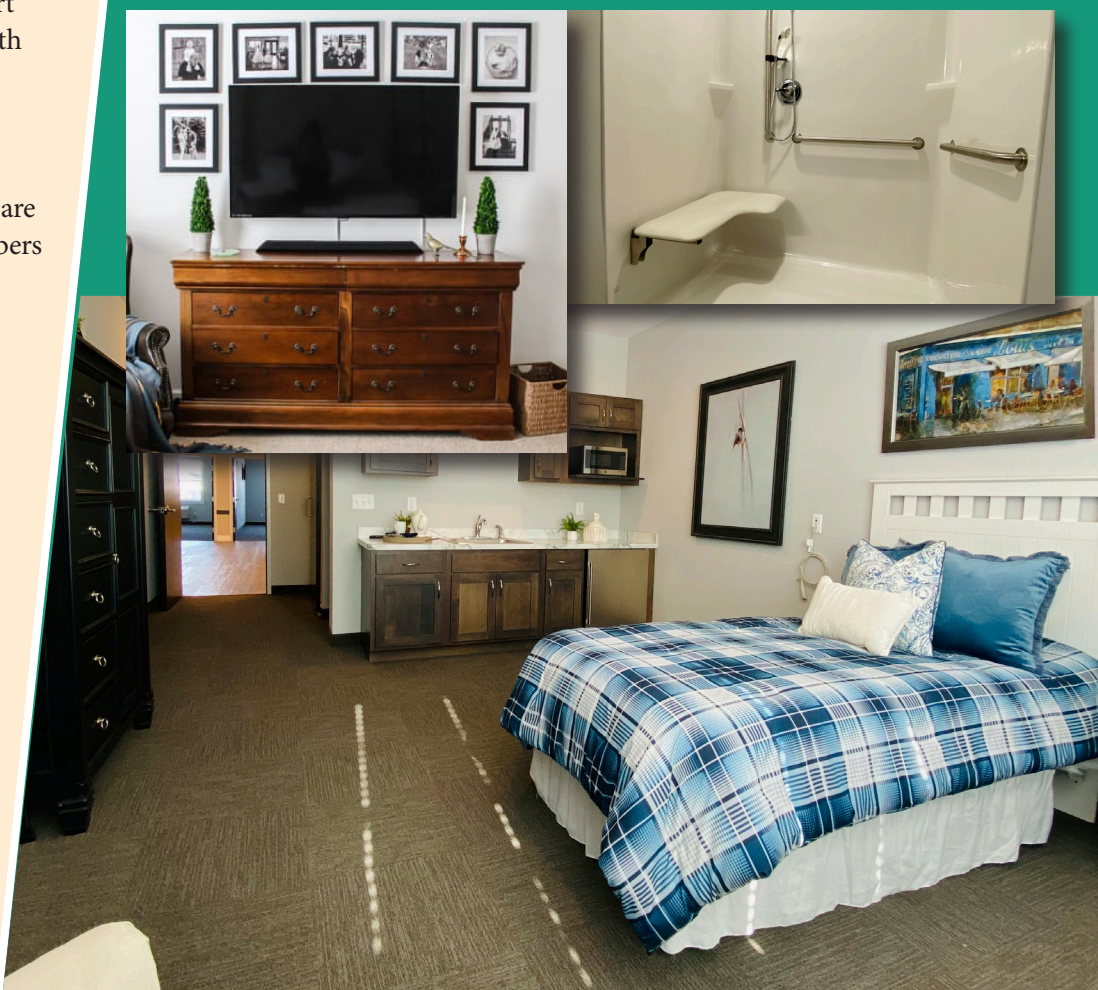
APARTMENT FEATURES

Residents bring their own furniture and decorate the spacious apartment to reflect their own personal tastes and memories. We believe that anyone who becomes part of our community is home, and we strive to make each resident as comfortable in their new surroundings as possible.

Throughout your apartment you'll notice a design that makes residents lives easier:

- lever handle door hardware
- wall-to-wall carpeting
- electrical outlets placed high for easy reach
- wider halls and doorways
- single handle faucets
- high lighting level

Now enter the bathroom and notice even more special touches... heated bathroom floors, higher height toilets, grab bars, walk-in showers with built-in shower benches and shower wand.



ASSISTED LIVING



Welcome to Personal Care Assisted Living!

Our Assisted Living community is for residents who need a higher level of assisted living and are designed to provide around the clock personal care.

- We have developed the concept of Care Suites to bridge the gap that we perceive to exist between assisted living communities and nursing home. Care Suites combine the best features of both: They give people the privacy of living in their own apartment, while making available higher levels of care than you'd find in a typical assisted living community.
- Our beautifully designed suites with private bathrooms are perfect for those looking for a higher level of care, but are looking for a more home-style environment.
- The Care Suites setting is appropriate for individuals who are recovering from surgery or illness, require concentrated rehabilitation or need ongoing health-related care. Their stay may be long term, or it may be short term depending on the resident's desire.
- For residents who need higher levels of assisted living, the Care Suites are specifically designed to provide 24 hour, continuous care with more one-on-one services. An individual service plan will be completed, designed specifically for each resident to help them regain or maintain their independence. Restorative and rehabilitative care enables each resident to do as much for themselves as they are able to do.

It is important to hold scheduled and unscheduled activity programs which are provided in the Care Suites every day to help maintain the residents spirit and wellbeing. Our activity program is a very important part of what we do. Each day, you'll find staff visiting with residents, playing cards, reminiscing and much more. Many of our activities in the Care Suites are designed to to residents abilities.

Residents can also receive help with showers and personal hygiene, medication administration, transfer assistance and escorts, laundry and linens, weekly housekeeping, and more. Residents in the Care Suites will also receive three home-cooked meals each day, served in our private dining room, or in their own suite.

Personal Care Senior Living partners with Medicare Certified Home Care, Physical Therapy, Occupational Therapy & Speech/Language Therapy to help our residents receive their Medicare-provided services on site.

We have a physician group that sees your residents on site alleviating stressful medical appointments.



MANAGEMENT



VISION AND PHILOSOPHY OF CARE

The core of our senior care philosophy is to provide care that is individualized for each resident that lives in our communities. We are dedicated to providing consistent and compassionate service to our Assisted Living and Memory Care Communities.

- Headquartered in Anoka, Minnesota, we provide management and marketing services to senior living campuses located in communities in Minnesota.
- Our vision is to provide senior living options that provide individualized care plans. The goal is to help seniors remain as independent as possible.
- We continually improve our services while always keeping in mind that our residents have the right to high quality of life. We provide a warm, caring, family type atmosphere where each person is valued as an individual. Personal Care Senior Living applies the latest techniques and services to ensure the best care for the residents and the success of each community.
- This kind of vision places the needs of our residents first, and the requirement to provide a healthy work environment for our staff.



TRAINED STAFF

Our employees are trained to support the three key principles of assisted living: Offer choice, maintain dignity and promote individuality. In our senior living community, we offer residents choices in the services they receive by incorporating them and their family members in the process.

Maintaining someone's dignity is simple; Show respect, protect their privacy, and encourage independence. While residents have similar needs, each resident has his or her own likes and dislikes, routines, and lifestyles. Even when seniors live with others in a senior living community, they are individuals.

Personal Care Senior Living provides everything from state licensure to staff training to policies and procedures to marketing facilities and programs. Personal Care Senior Living provides the full spectrum of service for each of the locations that it manages.

Personal Care Senior Living is licensed by the Minnesota Department of Health as an Assisted Living with Dementia Care facility with well-trained, professional staff to care for our residents.

