

## The Cottages

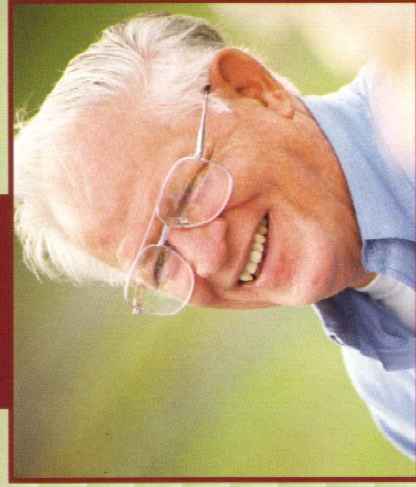
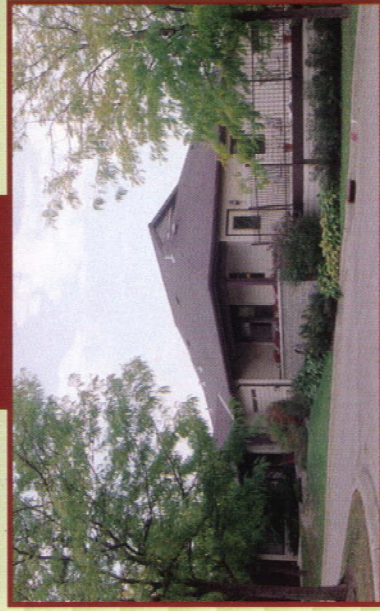
The Cottages are comfortable elderly housing options designed to provide a family atmosphere to seniors who seek a balance between privacy and companionship. We offer personalized care for those with memory loss and a place that is secure for those who tend to wander.

A trained aide is on site 24 hours a day, providing supervision, all meals and assistance with personal cares. A nurse consultant is available to set up and monitor medications and to do nursing assessments when necessary.

The Cottages each offer 10 private bedrooms and shared living space consisting of a living room, dining room and family lounge. Here, residents may socialize during the day and retreat to their own private bedroom at night.

Day to day activities are simple and calming, like a walk outside on the secure patio, crafts or chatting with other residents. Our clients also find that doing familiar household tasks like folding clothes or sorting items is not only a relaxing activity, but helps instill a sense of helpfulness and purpose.

The Cottages are committed to creating a personal, family-like atmosphere which promotes dignity and quality of life for our residents. Because of our small size, routines are flexible enough to accommodate each individual and his or her own choices.



## Features of The Cottages

- All delicious meals are home-cooked, just like at your house. The smell of food cooking, watching it be prepared and eating it with companions, stimulates the appetite.
- Private, furnished bedrooms which may be personalized by each resident. Beds have cozy quilts and dust ruffles.
- Shared family space for socializing and activities. Houseplants on the window sill.
- Bathrooms with tub or shower, large enough for an aide to help if needed.
- Lounge for private, quiet time alone or for visits from family and friends.
- A secured patio for enjoying Minnesota's theater of seasons. There is outdoor seating for fresh air and a grill for cookouts.

## Services of The Cottages

- 24-hour supervision by staff. Help with personal cares, bathing and dressing.
- Involvement of the resident and family in decisions about care and activities.
- Three home-cooked daily meals and snacks served family-style in our pleasant dining room.
- Medication supervision and assistance.
- Laundry and housekeeping.
- Beauty shop service for a fee at Care Center.
- Assessment before arrival by a nurse who will make sure that individual needs can be met for each resident by The Cottages.
- Regular health assessment periodically by a Registered Nurse.



Three Links Care Center