



CENTRAL TOWERS

RESIDENT HANDBOOK

August 2021

OUR MISSION

To honor God by enriching the lives and touching the hearts of older adults.

Welcome! We are delighted that you have chosen to join us and hope that you find this Resident Handbook to be a convenient guide for Residents and families concerning our services and features.

This Resident Handbook contains information and policies related to your residency at this **Central Towers** and is incorporated into the Residency Agreement. Beyond the contents of this Handbook, there may be additional questions addressed by more detailed policies available from Management. The Handbook may be changed from time to time, and changes will be made in writing with appropriate notice to all Residents of these changes. To get the most from your experience here, Residents are encouraged to become familiar with the various policies and procedure outlined in this handbook. If you have questions, please contact Management.

For the purposes of this Handbook, the term “you” will apply to the resident of your dwelling unit and to your Legal or Designated Representative, as named in your Residency Agreement. The term “apartment” will apply to your dwelling unit, whether it is a studio, 1-bedroom apartment or 2-bedroom apartment. The term “Management” references on-site campus staff including your Housing Administrator, Resident Services Director, and their designees. The term “Community” refers to the senior campus named above. PHS Management, L.L.C., provides operational direction and oversight

Statement of Intent to Serve:

This Community is intended to provide housing for persons over the age of 62 . We may also provide housing for persons with compelling needs that our design and services may uniquely meet. At all times 80% of Residents of this Community will be persons over the age of 55.

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GLOSSARY OF TERMS (Central Towers)

Apartment – For purposes of this Handbook, this is an all-encompassing term for living unit, apartment, townhome, brownstone, mew, suite and/or room.

Arbor – The term used to describe memory care environments. The Arbor is located within Assisted Living or a similar housing setting with integrated supportive care services and is devoted to residents who have significant memory loss. Assisted Living Services are available 24-hours a day, meals are served family-style in the dining area, and activity programming takes place within common areas of the Arbor. Staff working in the Arbor are specially trained in care of individuals with memory loss.

Care Environments – The term used to describe the parts of the PHS continuum that include clinical care and integrated supportive services.

Commons – The term used to describe general assisted living or a similar housing setting with integrated supportive care services. Access to 24-hour Assisted Living services, meals, housekeeping, and activities are included in the monthly rental rate. Additional supportive services and care may be purchased based on individualized needs.

Community – The senior living community/campus named above. PHS Management, L.L.C., provides operational direction and oversight.

Gables – The term used for the care center suites. The care center may also be described as a skilled nursing facility. The Gables has nursing assistance and nursing care 24 hours a day.

Hearth – The term used to describe enhanced assisted living. Access to 24-hour nurse and Assisted Living support, meals, housekeeping, and activities are included in the monthly rental rate.

Independent Living – The term used to describe the senior housing settings of Brownstone, Mews, Terrace, Townhomes, Village Homes.

Life Enrichment – A department within the PHS structure that engages Residents in purposeful, fun, and stimulating events and activities, offering meaningful one-to-one connections.

Management – On-site Community staff including your Campus Administrator, Housing Administrator/Director, Resident Services Director, Clinical Administrator and their designees

PHS – An abbreviation for Presbyterian Homes and Services.

Terrace – The term used for the congregate, independent living apartments in the Community. Continental breakfast and utilities are included in the rental rate.

Town Center – The main building common area featuring many Community amenities such as the Bistro, Barber/Beauty Salon, Library, Multipurpose Room, Club Lounge, Wellness Center, and Dining room. **(Central Towers does not have a Town Center)**

Visitor – All resident visitors, guests, vendors and contractors.

You – For purposes of this Handbook, this is an all-encompassing term for all Residents of your dwelling unit and to your Legal or Designated Representative, as named in your Residency Agreement.

ABSENCES

Please inform the Reception Desk when you are going to be absent from your apartment for an extended period of time (longer than seven days). Such information will be used for internal communication purposed and will enable Management to serve you better. Additionally, knowing an emergency phone number where you can be reached is greatly appreciated. If there is a need to enter your apartment, such as for a delivery, repair, etc. detailed written instructions are recommended. There may be an absence credit for meals or services, for absence more than seven days. Please see Management for more information.

A resident who is absent from their unit for reasons other than temporary residence in a licensed health care facility may retain occupancy rights to the unit for a maximum of 90 days or 3 months. The resident must continue to comply with all other requirement of the lease, including prompt and full payment of the rent. If a resident does not return to the unit for occupancy before or at the end of such time, the unit will not be considered the residents' primary place of residence. The lease will then be terminated, and the resident will be expected to vacate the unit as of the effective date of the lease termination.

Additionally, in our care environments, we ask that family members, private caregivers and Residents sign themselves in and out, so we can verify your whereabouts in case of an emergency.

ACTIVITIES/LIFE ENRICHMENT

All Residents are invited and encouraged to participate in daily activities. You are also encouraged to share with staff or volunteers the activities and programs that may be of interest to you. These may include Community outings, special events, parties, indoor and outdoor games, intergenerational groups and various small special interest groups. A monthly newsletter and activity calendars are available at several locations throughout the Community. They may also be viewed online at www.centraltowersphs.org For activities with limited space, sign-up sheets may be used. Reservations for these types of events will be on a first come, first serve basis. For some activities, fees may be charged for cost of services such as transportation, tickets, or supplies. Please be aware that every effort is made to reach as many Residents as possible with our activities programming, however, not every activity will be appropriate for all Residents.

ADULT DAY CARE

This does not apply to Central Towers

ALCOHOL

This Community **does not serve**, and does not sell alcohol

AMERICANS WITH DISABILITIES ACT

This Community is compliant with all State and Federal regulations with regard to accessibility for persons covered by this act.

ANNUAL REPORTS

Annual reports are available by writing Presbyterian Homes & Services, Management and Services at 2845 Hamline Avenue North, Roseville, MN. 55113.

APPLIANCES

Major appliances such as range, refrigerator, which are provided by the Community will be maintained, serviced, repaired and/or replaced at the Community's expense. You are not allowed to install or use additional air conditioning equipment, major appliances or supplemental heaters without prior written consent of Management. Safety inspections may be conducted to ensure that the operation of all appliances and fixtures are safe. Instruction booklets for major appliances are available upon request. Apartments are not plumbed or wired to accommodate a washer or dryer within the unit. Any damage because of negligence/misuse will be chargeable to the Resident.

Due to fire hazard, no portable space heaters are allowed unless approved by Management (see Air Conditioning/Heat) Note that if there are appliances, such as small freezers, etc. in the apartment, there is an additional fee added to the monthly rent statement. Refer to the optional ancillary fee sheet for applicable rates and charges.

AUTOMATIC EXTERNAL DEFIBRILLATORS

We currently have automatic external defibrillators (AEDs) installed in our building(s). The placement of the AED is based not only on the presence of residents, but also families, employees and visitors. Please see the Reception Desk of a listing of current locations. AEDs are designed to provide quick therapeutic intervention for adults experiencing ventricular defibrillation (a condition commonly referred to as a form of "heart attack"). The device was designed to be used without prior instruction.

There are risks associated with the use of AEDs. We cannot anticipate all such risks or describe all of them in this Agreement. However, some of the risks include the following:

- Use of an AED may not be effective in stopping an event of ventricular defibrillation.
- Even if use of an AED is effective, defibrillation alone does not insure survival. There are other essential components of intervention, including immediate identification of the life-threatening event, early notification of an emergency medical system (ambulance/EMTs), and follow-up therapy.
- Use of an AED may cause injury (such as electric shock or damage to bones or tissue) to the recipient and/or the AED user, although such injuries are rare.
- An AED may be used on a person who has a "Do Not Resuscitate" (DNR) directive. AED equipment is placed in common areas where access to DNR information may be limited, PHS should be considered just like any other public building that has this equipment available. It is most likely that the responder will not have the DNR information readily available at the time it is needed, and therefore an AED may be used.

Resident hereby acknowledges the foregoing and other unidentified and possibly unforeseeable risks related to the use of AEDs and, to the extent permitted by applicable law, releases Owner, its agents, employees, and all Owner invitees from all liability related to the

use of or failure to use an AED on Resident or any Resident invitee, except that no individual is hereby released from liability from his or her intentional wrongdoing.

BALCONIES, DECKS, PORCHES & PATIOS

Does not apply to Central Towers

BANK/CHECK CASHING NOT AVAILABLE AT CENTRAL TOWERS

BEAUTY SALON/BARBER SHOP Central Towers

This Community is pleased to offer a Beauty Salon/Barber Shop on the premises in the A tower on the second (2) floor. The service is contracted through a licensed, private contractor. Rates are set by the salon and approved by Management. Please see the salon for pricing or optional ancillary fee sheet for applicable rates and charges.

As a courtesy, Services will be charged to your apartment or payment can be made at time of service, Salon personnel are prohibited from accepting tips. Appointments are made by calling the front desk at 651-215-4600.

The salon is a contracted space to the beautician. We license the shop, and per our space use agreement with the beautician, we do not allow others to use the space as the contracted beautician has their own equipment and supplies in the shop.

BED MOBILITY ASSISTIVE DEVICES

For the safety of our residents, and in compliance with various regulations, PHS has a defined policy and procedure for usage of Bed Mobility Assistive Devices in our care environments. Residents who reside in one of our care environments must contact Management for assistance and review prior to installing any bed assistive devices. PHS has a defined list of approved devices for use in our communities.

BENEVOLENCE

The purpose of the Benevolence Fund is to provide financial assistance to Residents whose assets and/or income are not enough to meet costs of housing and/or care. Helping those in need is at the very heart of our Mission. Benevolence subsidies are granted through an application process, must be renewed annually, and Residents are required to demonstrate need in order to qualify. Resources are limited. Access to Benevolence support is based on both the needs of the resident and availability of funds. Support may be provided by offering relocation to another location within PHS's continuum of care. Should you need more information or require help in this area, please contact Management. See also FOUNDATION.

BILLING

Statements for rent, health care services and any additional charges will be mailed out around the first of each month. These charges may include, but are not necessarily limited to: meals, beauty salon/barber services, and maintenance or housekeeping services not normally included in the monthly rental charges. Full payment is due by the 10th day of each month, or within five

(5) business days of Owner's delivery of any statement, whichever is later. PHS's expected method of payment is by electronic transfer via Automated Clearing House (ACH). Authorization for ACH will be completed upon move in/admission. By exception, an election to pay by check can be arranged. Any bank charges incurred by PHS for insufficient funds of a Resident's account will be billed back to you. Resident will pay for services and supplies provided by third parties according to the billing and payment policies established by those third parties. Each resident will indemnify, defend and hold Owner harmless from any claims by third parties for services or supplies provided that resident.

BUILDING ENTRY SYSTEM

For security, doors into our buildings are kept locked. Visitors arriving may use the entry system to contact the Receptionist or person (via the front entrance) they are visiting to let them know they have arrived and be let into the building.

CANDLES

The use of candles is not allowed in our apartments. No open flame candles are permitted in hallways or common spaces in buildings. Residents would be held responsible for any damage caused using candles or by guests using candles.

CAR WASHING STATION **NOT APPLICABLE TO CENTRAL TOWERS**

CARTS/DOLLIES

Carts are available for your use. The carts are located in the garage and may be used on a first come, first served basis. They are parked on the side of the small elevator on the ground level Tower B. Please promptly return the cart to the designated storage area after each use.

CATERING **NOT APPLICABLE TO CENTRAL TOWERS**

CATV (COMMUNITY ANTENNA TELEVISION)

Central Towers has basic cable television – please refer to the ancillary charge sheet for current price of basic cable television. A full listing of channels is available at the front desk.

CHAPEL

Christian Ministry is at the heart of PHS's Mission. Our chapel is open to Residents, family members and staff for quiet meditation, personal and group worship, and for other appropriate events. Ecumenical services are conducted on a regular basis. Please check the Chapel schedule for information regarding regular worship services, memorial services, and other special services. Other gathering spaces may also be available for group and individual use. See also PASTORS.

CHILDCARE PLAYGROUND **NOT APPLICABLE TO CENTRAL TOWERS**

CHRISTMAS TREES & WREATHS

See holiday decorations

COMMERCIAL ENTERPRISES

Resident business or commercial enterprises are not permitted without the approval of Management. As a general rule, enterprises that require customers or suppliers regularly coming and going from the community would be prohibited. Further, use of equipment that could adversely affect the quiet enjoyment of other Residents is not allowed. No solicitation of other Residents is permitted. See also Solicitation Policy.

COMMON AREAS

Common areas within the building are provided for you and your visitors to enjoy. We trust that respect for one another will be shown and common areas will be kept tidy. Furnishings are arranged to enable use by many and therefore we ask they not be removed or altered. At times of special events or gatherings, additional chairs and/or tables may be set up to provide additional seating space for large numbers.

Common areas may be available for private parties for both Resident and non-resident groups by arrangement. Reservations can be made at the front des (651-215-4600). There may be occasions when non-resident groups will be invited to use our common spaces. Alcohol is prohibited in all common areas at Central Towers.

COMMUNICATION **Central Towers** has a monthly newsletter, Administrator letter that is in the monthly rent statement, Resident Life meeting (2nd Tuesday of the month) and look to the daily message board for updates.

COMPUTERS NOT APPLICABLE TO CENTRAL TOWERS

CONFIDENTIALITY

Resident files will be kept confidential. Management is authorized to release information of any type about you to your Legal or Designated Representative, as named in the Residency Agreement. Management is also authorized to release information to any health care provider who may be consulting with, caring for, or treating you, and to any person as may be required by law.

CONTINUUM OF CARE

PHS strives to implement its mission by offering and/or coordinating a continuum of care and services. This continuum includes independent housing options, assisted living or other housing with integrated supportive services, respite care, skilled nursing care, short term/transitional care, dementia care, therapy, home care, hospice, and other services assisting older adults. PHS affiliates also provide a variety of services ranging from delivered meals to primary medical care and Medicare Advantage Special Needs Plans.

PHS is dedicated to helping individuals live as independently as possible while providing

dignified and safe choices for care options within our communities. PHS offers a variety of services in the continuum of care at this and other PHS locations. Existing residents may have priority status for movement within the Community or transfer to other PHS communities, however we cannot guarantee that the specific apartment or location preferred will be available at the time of need. See also WAITING LIST/PRIORITY SYSTEM

Should you choose to utilize a provider other than PHS for services, we highly recommend you research and verify their credentials. For additional information contact Management.

CUSTOMIZATIONS

No structural customizations/modifications may be made to your apartment without written authorization of Management. You are welcome to make decorating modifications such as custom color paint, with prior authorization from Management and with the understanding that upon move out you may be required to pay for the apartment to be restored to its original condition. Please contact Management for assistance or a referral to hang large or heavy items on walls (additional charges may apply).

DAMAGE/SECURITY DEPOSIT

Your damage deposit is for any damage to apartment or building/grounds or unpaid portions of rent or fees. You may not use it as a substitute for final month's rent. Annual interest, where applicable, will be at the rate prescribed by state law. Any unused portion of deposit will be returned to you within 21 days of termination of occupancy when a forwarding address has been provided. The damage deposit will be retained for any damage beyond normal wear and tear as determined by Management. If your damage deposit does not fully cover the costs of the damage, additional charges may apply. For more details see your Residency Agreement.

DELIVERIES

Management, or the Reception Desk, may sign for deliveries/packages for you if the delivery service is unable to contact you directly. We do this as a convenience for you. We will not sign for deliveries that are alcoholic beverages or Resident medications. Occasionally there may be a delivery/package that you do not wish to accept. If that is the case it is your responsibility to let the Reception Desk know prior to its delivery. It is your responsibility to pick up packages upon notification. If a package delivery is requested by a resident, a fee will be charged. Refer to the Optional fee schedule. Central towers are not responsible for damages or loss of packages.

DEMENTIA TRAINING & SUPPORT

The DOVE Signature Program for Memory Care is the culmination of many years of thoughtful consultation with PHS staff, families, and leaders in the field of dementia research. We believe that caring for the needs of those with memory loss grants us an extraordinary opportunity for ministry and we've made it a priority to raise the standard for this care.

Dementia Training

Presbyterian Homes & Services provides specialized training in the area of Alzheimer's Disease and Related Disorders to all direct care staff and their supervisors. Initial training will be made

up of at least 8 hours and at minimum two hours annually. The initial training includes education in the following areas:

- An explanation of Alzheimer’s disease and other dementias
- Assistance with activities of daily living
- Problem solving with challenging behaviors
- Communication skills; and
- Person-centered planning and service delivery

Family Involvement & Support

- We seek a partnership in care giving with families or other support systems
- We recommend family involvement in support groups such as those offered by the Alzheimer’s Association for those whose family member struggles with a form of Dementia.
- The Care Partner Guide is a valuable resource provided by PHS for Residents and families. Please see Management if you would like a copy.

DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT

The Department of Housing and Urban Development (HUD) is responsible for setting resident requirements. HUD sets the maximum income and minimum age requirement as well as the Federal Regulation that Management is required to follow. Many of the procedures/processes at Central Towers are requirements of HUD. HUD is responsible for paying and administering the monthly housing assistance payment. Central Towers receives this payment per federal regulation which helps off set the actual cost of the facility and enables PHS to rent each apartment to a resident at an affordable rate. PHS is required to submit period reports to HUD to ensure that the development is being managed properly in accordance with federal, state and local regulations.

DINING SERVICES

We strive to offer a wide variety of nutritious and appetizing meals. We value your suggestions and comments. Meal delivery service to your apartment is available for a nominal charge and may be limited to specific mealtimes. For meal delivery, please contact the Kitchen for a fee. Lunch is served daily in the dining room from 11:30am to 1pm, with takeout services beginning at 12pm. Lunch is provided under the Title 3 program and residents should ask Nutrition and Culinary staff for an application form to complete to qualify. Dinner is served between 4pm and 5pm. The food cooler is open at 9am to 2pm, 7 days a week. Please see prices in the dining room. Visitors are welcome to dine with Residents of the Community (refer to Optional ancillary fee schedule)

DONATED ITEMS

We appreciate items (equipment, pianos, other furnishings, etc.) donated to this Community by you or your family. Due to need and storage limitations, please note Management reserves the right to accept or refuse donations. Disposition of items accepted will be at Management’s discretion. Donated items become the property of PHS.

DRAPERIES/WINDOW TREATMENTS

We provide and maintain window blinds in all apartments. Residents may take the responsibility of providing draperies/window treatments of their choice; however, draperies must complement the aesthetics of the exterior of our facility. It is Management's responsibility to ensure the appropriate appearance of the building from the outside; therefore, it is possible that Management may request a drapery change. When installing window treatments, please do not drill or nail into the wood trim surrounding the window. If you choose to install your own window treatments, you will be responsible for removing the original window treatments and storing them within the apartment. You will also be responsible to re-install the original window treatments prior to move out. Resident is responsible for costs of replacement for any damages to the original window treatments. Maintenance may be available for assistance.

DRESS CODE

Residents and visitors are expected to be appropriately dressed when outside their apartments. Pajamas, bare feet, and exposed undergarments are examples of inappropriate attire. Management reserves the right to address inappropriate choices of dress privately with a Resident.

ELECTRICITY

Electricity is included in your rent. It is the responsibility to contact the local electricity provider to arrange for service.

ELEVATORS

Elevators are available for your use and convenience. Elevators are in the B Tower. In the unlikely event that the elevator becomes stuck, please follow the instructions in the elevator. Please do not try to resolve mechanical problems yourself. If you notice any problems with the elevator or hear the alarm bell, please contact Management immediately. Elevators are checked and maintained on a regular basis. **Do not use elevators in case of fire.** Elevators may not be available for use in a power outage. Residents using motorized scooters must always use the large elevator which will allow adequate space to safely move in and out and avoid hitting the interior and side of the elevator doors. Residents are responsible for any damage to the elevator because of negligence or not following this policy.

EMERGENCY PREPAREDNESS PLAN

A copy of our emergency preparedness plan is available at Home Care office, as well as the Reception Desk. It is available for your viewing upon request. If you have any specific questions, please address them with Management.

EMERGENCY EXITS

Emergency exit diagrams are posted on each floor and near the Reception Desk. In the event of an evacuation, emergency personnel or staff will direct you to the appropriate exit.

EMERGENCY/FIRE PROCEDURES

In the event of a fire, all residents should shelter in place, or remain in their apartments unless: the fire is in your apartment, or an immediate evacuation is advised by Management or emergency personnel.

If the fire is in your apartment or the area where you are:

- Do not attempt to extinguish the fire yourself.
- Leave the immediate area of the fire.
- Call 911 from another apartment.
- Once the fire department has arrived, follow their directions.
- Remember do not use the elevator when there is a fire.

If the fire is NOT in your apartment:

- Stay in your apartment.
- Keep your door closed.
- Wait for further instruction.

This Community was constructed with numerous safety features to signal everyone in the event of fire and to contain any fires in certain areas to prevent the damage and loss of life. The building is zoned with firewalls through each floor and corridors. There are smoke detectors and sprinkler heads throughout every room, corridor, and common space in the building. If the alarm is activated, fire doors throughout the corridors and elevator lobbies will automatically close to contain the fire. Audible alarms will sound in all common areas of the building and resident rooms. Additionally, several fire panels throughout the building will be activated and signal the staff as to the exact location of the alarm. The fire panels are monitored by an outside company 24-hours a day and that company will contact the local Fire Department immediately in the event of an alarm. In our independent living environments, smoke will activate the smoke detectors and that room detector will sound only in the Resident's apartment. In our care environments, the smoke detector will also signal the staff through the emergency call box as to which apartment is affected. If the smoke is of sufficient nature to reach the corridor or any other common area of the building, then the main alarm system will be activated.

Residents should stay in their apartment with their apartment door closed if they hear the fire alarm. Because of the way the building is zoned with firewalls and fire-rated doors throughout, it is safer for residents to remain in their apartment than to attempt to evacuate. However, if a resident feels they are in immediate danger, they should evacuate using the stairs and **not** the elevator. If there needs to be a building-wide evacuation, the Fire Department will make that decision.

EMERGENCY/MEDICAL PROCEDURES

Independent Living— If able, call 911 yourself as the emergency responders will prefer to talk to you directly. If possible, please let Management know that you have called 911. If you are admitted to the hospital, please ask someone to notify Management of your absence. Except as permitted by your Residency Agreement, Management will not share information of your

whereabouts without your permission or the permission of a responsible party. If you have a urgent call pendant, use your pendant and that will reach 911.

Care Environments– Residents are encouraged to use their urgent call pendant to call the clinical staff on duty in case of a medical emergency. The staff will assess the situation and contact 911 if an emergency response appears appropriate.

EMERGENCY/WEATHER PROCEDURES

This Community is built to withstand strong winds and severe weather; however, it is important that Residents be thoughtful about how to respond in the event of severe weather. The following are recommended:

1. BE PREPARED

We recommend keeping a few items handy in the event of threatening weather, the loss of power, and/or injury resulting from severe weather:

- Your cellular phone (cordless phones may not work during power outages)
- A flashlight with batteries that work
- A battery-operated radio
- A first aid kit
- A blanket (for protection and to keep warm in the event of power failure)
- For care environment Residents – your Urgent Call Pendant.

2. STAY ALERT

If there is severe weather in the area, local television and radio stations are a good source of up-to-date storm information.

- SEVERE WEATHER WATCH means that conditions are favorable for severe weather. Prepare your apartment, listen to the weather reports, locate your cellular phone, a flashlight and battery-operated radio, and close your curtains or drapes
- SEVERE WEATHER WARNING means that severe weather has been identified. Take shelter immediately and remain calm.

3. REACT CALMLY

If there is a SEVERE WEATHER WARNING in our area:

- Stay in your apartment but move away from windows and glass; the bathroom is the safest room in your apartment.
- Listen to your battery-operated radio for severe weather updates.
- Please contact Management should you have questions or require assistance with advanced severe storm related planning and/or preparations.

4. THE SAFE AREAS IN THIS COMMUNITY ARE: In your bathroom, locations away from all windows, as well as hallways and common areas without windows. The safest are in your apartment is the bathroom.

EMPLOYEE GIFT POLICY

Employees and contracted employees of PHS and its affiliates are not allowed to accept gifts or tips from Residents or their families. Receiving gifts from Residents or family members could make you or your family members feel that they need to give gifts in order to receive better

care, or that employees are taking advantage of Residents. Therefore, as a condition of employment, staff of PHS are not permitted to accept tips or receive gifts. However, we realize that Residents have a right to exercise their own choices and may wish to acknowledge a specific service or individual. If you do wish to recognize an employee for outstanding work; we ask that you share your appreciation with a word of thanks, a card, or consider recognition through the PHS Shining Star program. If you wish to share a monetary gift with our Community, it can be designated to our Employee Appreciation Fund or to support other needs of the Community and/or Residents with financial needs. Please see Management or call the Foundation Office at 651-631-6418 for more information.

EQUIPMENT

In our care environments, there may be times when your needs require some adaptations to your environment for your safety and that of our staff. Some equipment needs such as lift equipment, assistive devices, bed assist devices, oxygen equipment or other health-related equipment needs, may necessitate moving furniture and/or making sure the equipment is installed per manufacture guidelines for safety.

It may also be required that mechanical lift equipment be used to assist you. This is intended to minimize the risk of injury to you and staff. Using lift equipment may also require a specific bed type to allow for access.

FAIR HOUSING

PHS does not discriminate on the basis of race, color, national origin, religion, sex or handicap. PHS complies with all Federal and State regulations regarding Fair Housing and Human Rights.

FINANCIAL ASSISTANCE

You may be eligible to receive certain public funds to assist in the payment of rent and/or service fees. Some, but not all, PHS Communities may participate on a limited basis in various state or county-administered programs. You may be required to move to another apartment within this Community or seek alternative housing to utilize public assistance. Your eligibility for public funds does not guarantee that such funds will be available or that a qualified apartment will be available at the time of need. You are responsible for applying for these programs and are also responsible for payment in full of any charges required to be paid by you.

For no fee, you may also wish to contact the Senior Linkage Line (MN Only) and the County in which you reside to obtain assistance in evaluating your housing and service needs and available resources. See also [Answering Your Financial Questions](#) booklet.

FIREARMS AND WEAPONS

PHS strongly discourages firearms and other weapons on any of our premises at any time. However, in accordance with state law, in PHS owned or managed Independent Living apartments, Residents with appropriate permits may have firearms. Additionally, PHS's policy states that these firearms must:

1. Remain unloaded
2. Remain within the apartment
3. Be secured in a locked cabinet or drawer

Firearms may not be stored in any common area, storage locker, garage stall, automobile or other vehicle parked in the garage or on the premises. No firearms or weapons of any sort are permitted in our care environments, or elsewhere on the premises except where authorized by law.

FOUNDATION

The PHS Foundation is a non-profit organization dedicated to raising charitable gifts to support the mission of PHS. Generous donors have been essential since PHS was founded in 1955. The Foundation welcomes gifts made through cash and stock contributions, future gifts through wills, bequests, designated beneficiary of IRA Funds or Life insurance, and life income gifts such as charitable gift annuities. The Foundation conducts endowment and capital campaigns to build new communities and renovate the existing communities of PHS. Gifts raised by the Foundation also support benevolence (providing funds for residents who have exhausted their assets), spiritual care, including the ministry of chaplains, and educational opportunities for employees, among other ministry priorities. Many residents and their family members choose PHS as one of their philanthropic priorities.

GAMBLING

This Community may offer gambling themed activities or events, such as Bingo or Casino Night. Winning prizes is acceptable, however, no paying to play a game is allowed. This is in accordance with state gaming commission rules. This Community does not sponsor casino outings. Residents may organize outings directly through casinos if they wish.

GARDENING/LANDSCAPING

Central Towers is responsible for landscaping and garden areas. The plants in the common areas are maintained by staff or designated Resident volunteers and only those individuals can water, fertilize, et. Accepting plants as a donation is at the discretion of Management.

GENERAL STORE/GENERAL STORE COOLER

There are items available for purchase in the cooler in the dining room or in the Resident Services Director's office on the 3rd floor. Payments can be made by cash, check or may be charged to the resident's statement (must be current with rent.) There are a variety of items for sale including cleaning supplies, hygiene items, canned good, water, snacks and other misc. items. In the cooler items include; milk, juice, eggs, bread, yogurt, lunch meat and other items.

HEATING/COOLING

For your comfort, heat and air conditioning may be individually controlled in each apartment. If you plan to be absent from your apartment for extended period of time, please do not set your thermostat below 65 degrees. Space heaters are prohibited unless specifically approved by Management. Should any problems arise with your heating or cooling, please contact the Reception Desk to open a work order.

HOLIDAY DECORATIONS

The use of any natural green trees or wreaths is prohibited in individual apartments, hallways, decks or patios and common areas. Flame resistant artificial trees and greenery are permitted. Only U.L. approved tree lighting in good repair may be used. All holiday decorations that are outside the apartment (hallway, decks, patios) and visible to others, should be put up no sooner than 45 prior to the holiday and removed within 30 days after the holiday.

HOSPITALITY AND ANCILLARY SERVICES

PHS has a variety of services that are offered in our Communities. Some of these services are provided by our staff and some are provided by outside contractors. Please see the Hospitality and Ancillary Rate Sheet for additional information. PHS does not require that you use the services offered by us or our affiliates, however in some circumstances, our fees may still apply. For example: The lowest level service package will still be billed for primary Assisted Living Residents choosing to use another provider of Assisted Living Services. We strongly recommend that the provider of service you contract with be licensed, bonded, and insured. It is your right to ask any provider for these documents. PHS is not responsible for any outside agency or related services contracted individually by a Resident.

HOUSEKEEPING

Housekeeping of the common areas throughout the building is a service provided by staff. We are proud of the appearance of this Community and housekeeping schedules are developed to ensure ongoing cleanliness. If you become aware of any housekeeping needs please contact Management.

Commons/Arbor/Hearth: Residents will receive weekly light housekeeping services (up to ½ hour) included in the rent. Housekeeping schedules are subject to change. Services include trash removal, cleaning of bathroom and kitchen (floors and countertop) and vacuuming. Weekly linen changes are also provided. Clean linens need to be readily available. Additional services are available. Please see the Hospitality and Ancillary Services Rate Sheet for further information.

Terrace: Please see the Hospitality and Ancillary Services Rate Sheet for further information.

INSPECTIONS

Periodic inspections of the apartments by staff may be necessary to ensure the health, safety, and general maintenance of the building. At a minimum, you should expect an annual test of smoke detectors and other emergency systems. In addition, some municipalities or governing agencies require inspections by their officials on an annual or periodic basis. Whenever possible, Management or authorized personnel will notify you 24 hours in advance before inspections. You are welcome to be present during any inspection. For emergencies no notice may be given.

INTERNET

Public Wi-Fi is available to all Residents. It is not a secured connection. It is similar to what you would find in a public location such as coffee shop or public library and is therefore also subject to possible high usage/slowness as a result. If a private network is desired, you may contract directly with an internet provider.

KEYS/KEY FOBS/KEY CARDS

You will receive keys/fobs when you move into your apartment. You will be provided with the necessary keys for entering the building, apartment, and mailbox. Please report any lost keys/fobs to Management immediately. There will be a charge for replacing keys/fobs. See Hospitality and Ancillary Rate Sheet. For the security of this Community, duplication of keys or fobs is prohibited.

LANDLORD AND TENANT HANDBOOK

Central Towers -MN) A booklet published by the Attorney General's office outlining state laws that apply to rental properties is available upon request from Management, or online at www.ag.state.mn.us.

LAUNDRY

Commons: Assistance with laundry can be arranged through the Clinical team and can be added to the Resident's care package. Home Care Laundry is located on floors 1 and 4.

Terrace:

High Efficiency laundry machines are in the community are for the Resident use only.
-Located in the B towers of every floor with the exception of the 5th floor. The Home Care are only ones allowed to use the 1st and 4th floor machines.
Rates are posted on the machines

Please do not overload machines, use liquid bleach or dye laundry in machines. When finished with laundry, leave the doors of machines open. Upon completion of your laundry cycle, please remove clothing from the machine promptly and clean the lint trap in the dryer.
If you have not removed your laundry within 30 minutes, the next resident wishing to use the machines may remove your laundry and put it on the table in the laundry room.

LEGAL REPRESENTATIVE

There are several ways that you may designate individuals to act on your behalf. Please provide Management with documentation of any formal Power of Attorney, Guardian or Conservator relationships which may apply. You may also choose to designate a representative in your Residency Agreement to be involved with Management on your behalf. The responsibility of this designee will be to assist you in fulfilling your financial obligations in full and on time, and to assist you in compliance with the terms of your Residency Agreement. This does not require the designee to use their own resources to fulfill their obligation on your behalf. Residents of our care environments are asked to provide Health Care Directives to Management.

LIBRARY

The library is open to all Residents and is located on the 11th floor in the A tower and is made available for your enjoyment. Information and book check-out procedures may be found in the library. Donations of books may be accepted based on need and available space (especially those more than 15 years old), please see Management for more information. Please be aware that donated books become the property of the community and we do not promise to offer every donation for lending.

LOCATIONS

PHS has many locations. For current information, a location guide is available from Management. You may also visit our website at www.preshomes.org.

LOCKERS

Management assigns storage lockers and will assign the upper and lower lockers as available. Each locker measure approximately 23in. wide, 42 in. deep and 46.55 in tall. Locks must be provided by the resident. Lockers which are not officially assigned or appear to be abandoned are subject to inspection by Management and contents may be subject to disposal. Flammable, corrosive, and hazardous material may not be stored in lockers. Management is not responsible for the security or damage to items I the storage lockers.

LOST AND FOUND

Items which become separated from their owners should be reported to Management. PHS is not responsible for lost items. Lost keys or fobs should be reported to Management immediately.

MAIL

Your individual mailbox is located lobby area. You have a separate key to open your mailbox. The number which appears on your mailbox is the same as the number of your apartment. Outgoing mail located in the mail box area. Please note that Post Office staff are not allowed to distribute mail directly to you and he/she may not allow you to retrieve your mail from your individual box until the main delivery box/door is closed. Upon move-out, appropriate change of address forms should be completed with the Postal Service. See also DELIVERIES and MOVING PROCEDURES/POLICIES

MAINTENANCE AND REPAIR

Management will make necessary repairs of electrical, refrigeration, heating, air conditioning, plumbing and other building related repairs. For service, please contact the Reception Desk to open a work order at **651-215-4600**. If the problem is due to defective equipment or normal wear and tear, no charge will be made. If the problem is a result of your neglect or misuse of equipment, a charge may be made for the cost of the repair. Upon move-in, all light fixtures will have properly sized and working light bulbs. If you would like large items (i.e., mirror, large

pictures, televisions) hung on the wall, please contact Management to initiate a work order or gain a referral. Additional charges may apply. Please see the Hospitality and Ancillary Rate Sheet. Painting, or any other decor alterations to the apartment, may be completed with Management approval and the understanding that upon move-out you may be responsible for the cost of returning it to its original condition. Please see Management for more information on how to customize your apartment and the terms of the Customization Agreement.

At any reasonable hour of the day with notice, and in the event of an emergency at any time, staff and agents of the Community have the right to enter the dwelling apartment of a Resident to address requested or necessary repairs, maintenance, and/or replacement. Further, staff has the right to authorize entrance for such purposes by employees of any contractor, utility company, municipal agency, or others. In any event, an effort will be made to contact the Resident prior to entering the apartment. Every effort is made to address work in a timely fashion. However, maintenance requests will be addressed on a priority rather than first come, first served basis. The priority will be:

- Life and safety issues
- Problems causing wide-spread or on-going damage
- Building fixtures, furnishings or equipment in apartments or common areas
- Resident personal requests (for example: hanging a picture or mirror).

MAINTENANCE EMERGENCIES

If you have a maintenance emergency such as a water problem, loss of heat, excessive heat, phone outage, please contact the Receptionist immediately. The Receptionist will notify the engineering team. If your emergency is “after-hours” please contact the front desk 651-215-4600 or the home care staff at 651-351-7357. They will contact an on-call engineering staff member to address the issue. **RESIDENTS ARE ENCOURAGED TO HAVE THEIR OWN TOLIET PLUNGER.**

MAPS

For building maps, grounds maps, or all community location guides, please see the Reception Desk.

MEMORIAL SERVICES

Chapels or designated common areas are available for individual memorial services. Services in honor of all Residents who have died may also be planned. Please contact Management for support in planning.

MISSING PERSON

In our care environments, if we are unable to locate you, our staff will notify your responsible party and implement a coordinated search effort. Please see Management for more information regarding our Missing Person policy.

MOVING PROCEDURES/POLICIES

MOVING IN: It is the responsibility of the resident and their family to move furniture, clothing and personal items into their new home. The date of the move-in must be scheduled with Management. We strongly recommend the use of a licensed, bonded, professional moving company. Moving hours are from 8am to 6pm. We ask that during the time of your move you make the best efforts to not exclusively use the elevator during lunch 11am to 1pm. We suggest that you place your items in the elevator lobby then fill the elevator, ride up to your floor and then completely vacate the elevator so that other residents may use it. Do not leave items unattended. This procedure will ensure that least inconvenience for all. Additionally, building entry doors should only be propped open during the actual move through entry area and open doors should not be left unattended. This policy is for your safety and security as well as that of the other residents.

All move-ins will take place through locations designated by Management to provide convenience to the movers and to reduce disruptions to other residents. At the time of move-in an Apartment Inspection Form will be provided for completion which will clearly document the existing condition of the apartment at the time of move in. For your convenience, carts are available in the Community for moving small items and boxes. Empty boxes should be broken down and placed by the ground floor trash room. You may wish to order newspapers and/or additional cable TV services prior to the date of move-in, so that they are available on your first day. Arrangements should be made with the Post Office to forward mail to your new address.

MOVING OUT: At the time of move-out, the original Apartment Inspection Form will be reviewed. Any new damages, beyond normal wear and tear, will be noted and are your responsibility. Damages will be withheld from the damage deposit. Any damages exceeding the amount on deposit will be billed to you or your estate. Proper notice is required prior to moving out of your apartment. Please consult your Residency Agreement for details regarding notice terms. PHS retains the right to show your apartment to prospective Residents during your notice period. We continue to respect your right to privacy during this period and will give you notice prior to showing. Upon moving out of your apartment, all keys/fobs and garage door openers must be returned, storage areas must be cleaned out, and the apartment must be cleaned according to guidelines you will receive at the time of notice. which includes the box, cables and remote, must remain in the apartment. Please notify the local Post Office of the move-out date. A forwarding address is required so that we may send a final statement and return any applicable deposit.

INTERNAL MOVES: PHS recognizes that you may need or desire to move from one apartment to another, to another setting, or to another PHS community. As a current Resident, you may be given priority consideration. Generally, when more than one person requests a move to the same apartment or space, we consider urgency of need first. Please see Management for further information. Please be aware that the costs associated with an in-house move will be your responsibility. With certain specific exceptions, there is a transfer fee for moves within a setting.

NEWSLETTER

This Community publishes its own newsletter each month. It is filled with interesting news and timely information regarding the many ongoing events and activities. The monthly newsletter is an important medium of communication between residents, staff, family members, and volunteers. The newsletter is available for pick-up by residents at several locations throughout the Community.

NEWSPAPER DELIVERY

Pioneer Press & Star & Tribune are delivered directly to the building. To begin or end an individual subscription, to place a vacation hold or to communicate any delivery problems please contact the circulation department of these newspapers directly.

If the paper is important to you, we strongly recommend that you order your own subscription. Also, for your convenience, a newspaper machine is located on the ground floor near the elevators.

NONDISCRIMINATION AND LANGUAGE ASSISTANCE

PHS complies with applicable civil rights laws and does not discriminate on the basis of race, color, national origin, sex, age or disability in their health programs and activities. PHS also does not exclude people or treat them differently because of race, color, national origin, sex, age (except as allowable under law relative to our Statement of Intent to Serve) or disability. For the safety and wellbeing of all Residents, PHS does require Residents comply with the Residency Requirements of the Residency Agreement and will work with each Resident to address any concerns about those requirements.

PHS will (1) provide appropriate auxiliary aids and services free of charge and in a timely manner when such aids and services are necessary to ensure an equal opportunity to participate to individuals with disabilities, and (2) provide appropriate language assistance services free of charge in a timely manner when such services are necessary to provide meaningful access to individuals with limited English proficiency.

NOTARY PUBLIC

It is not available at this community currently. This service is subject to change without notice. Please see the Receptionist for more information.

OFFICE HOURS AND SERVICES

For services including photocopies, faxes, guest forms, work orders stamps, etc., please see front desk receptionist. The office is open Monday through Friday 8AM to 8PM. The front reception desk is also open Saturdays and Sundays from 9:30AM to 6PM. Holiday hours may differ.

OUTDOOR SPACES (PUBLIC AREAS)

Walkways, gardens and patio furniture are provided for the enjoyment of Residents and

Visitors. Bicycles, skateboards, and in-line skating is prohibited on walkways. Electric personal assistive mobility devices (motorized wheelchairs and scooters) may be used on the walkways. In the shared outdoor areas, the following are not permitted: birdfeeders, moving of or placement of additional patio furniture in non-designated areas. Pets must be leashed. Keeping our property clean is the responsibility of all who use our outdoor areas.

OUTINGS

This Community offers outings for shopping and social events on a scheduled basis. Please contact Management for information about signing up for outings. Outings may be cancelled for reasons including, but not limited to, severe or inclement weather and lack of interest. Safe and appropriate conduct is required. If a resident has signed up for an outing that has cost a fee and cancels the resident will be charged for that outing.

OXYGEN

Persons with electric oxygen concentrators should have an alternative plan for oxygen in case of power outage. Some hallway outlets may be on a generator and available for use. Please see Management for more information. We recommend that you have a spare/portable tank available as well. Persons with pressurized tanks must be aware of and follow safety procedures. Please contact your oxygen vendor for information.

PARKING

Central Towers does not provide parking for Residents or guests. Residents need to personally contact the ramps or parking lots located near Central Towers to set up parking arrangements. There is free parking at the meters in front of Central Towers on Sundays. Do not park in the alley or in the unloading zone out front of Central Towers or your vehicle will be towed at your expense.

PASTOR

Spiritual Care is an important aspect of the ministry and services provided by PHS. Interdenominational services led by our on-site Pastor are offered on a regular basis and are included in the monthly program calendar. We welcome clergy of area churches. Please contact Management for assistance. If you desire a personal visit from our community Pastor, please contact **651-215-4558**.

PERSONAL PROPERTY/VALUABLES

PHS encourages all residents to appropriately protect their personal property and their valuables. Residents should lock the door to their apartment. All Residents should secure their valuables and never leave jewelry, cash and credit cards exposed on dressers and tabletops. Arbor Residents are encouraged to not have valuables in their apartment. Family members should care for those items. In the event of a suspected theft please contact Management immediately. See also RENTER'S INSURANCE.

PEST CONTROL

A pest prevention program is in place. Please call Management if you see insects or other pests.

If your neighbors have pests, we may make an appointment to treat your apartment also as a preventative measure. Please do not feel embarrassed if you see pests in your apartment. We realize that pests travel from one apartment to another and a report does not necessarily reflect upon your housekeeping efforts. It is to everyone's advantage that these problems be reported immediately. If Resident or his/her invitees are determined to be the source of an infestation, Resident may be responsible for extermination and control expenses.

PETS

Visiting Pet Animals

PHS allows domestic pets with current immunizations to visit the community. The owner of the pet is responsible for its behavior at all times. Visitors who bring pet animals may be asked to sign a Pet Release form, which is available from Management, and must respect and recognize that some Residents and other visitors do not wish to have contact with animals.

Documentation of immunizations and health records must be available upon request. Animals must be under the control of owners. No retractable leashes are allowed. Pets must be on a leash of a fixed length no longer than six (6) feet. Visiting animals must be kept out of kitchen areas, sterile supply areas, medication rooms and all dining areas. Exotic and/or domesticated farm animals are not permitted unless they are under the supervision of trained animal handlers. All pet owners must clean up and dispose of waste appropriately. Contact management if assistance is necessary.

Resident Owned Pets

Certain animals are allowed as pets in most settings. Approved animals include small caged bird species, domesticated dogs and cats, and fish in aquariums not exceeding 20 gallons. Dogs may be restricted by size. Birds of prey and snakes are specifically prohibited as Resident pets, along with any wild, undomesticated, vicious, destructive or uncontrolled animals. With the exception of a working animal, defined as an animal trained and certified to assist the disabled (Service Animals), no Resident owned dog, cat or other pet will be allowed in the dining room, Community kitchen, and laundry room or beauty/barber shop. A pet owner may not take a pet into the apartment of another Resident without the explicit permission of the Resident. Management may limit pets to certain floors in the building. Pet owners are required to sign a Pet Responsibility Addendum to their lease and pay an additional Pet Fee. For details about these responsibilities, please see Management.

A. License, Inoculation, Identification and Neutering requirements

Each dog will be license as require by city and wear a valid animal license tag, rabies inoculation tab, and identification tag bearing the owner's name, address and phone number. Each dog and cat will be required to be spayed or neutered at the appropriate age.

B. Damages

As a pet owner, you are responsible and will pay for any damages the pet causes to person or property. You agree to indemnify, defend and hold the Management and owner harmless from and against all claims, actions, suite, judgements and demands brought by any other party because of, or I connection with any damages and or injuries caused by the pet. You are strongly encouraged to obtain renters insurance enough to cover this possibility.

C. Community Registration

At the time into the community, it MUST be registered with Central Towers office. At this this time, you as the pet owner will provide Management with:

- 1) Name, address and phone number of a person who will be responsible for housing and caring of the pet in the event of emergencies, your hospitalization or death.
- 2) Proof of valid license, inoculations and verification of spay or neutering.

D. Pet Control

At Management request, you agree to keep pets kenneled or contained, to allow necessary access to your apartment for such purposes making repairs or showing the apartment to prospective Residents.

Dogs or cats will be kept on a leash or otherwise confined when being taken outside of the Resident's apartment. Leashes must be of a fixed length, not longer than six (6) feet.

Retractable leashes are not permitted in the building. Dogs or cats will always be accompanied and in the direct control of responsible party. Unescorted pets are not allowed in any common areas of the Community. Pets may not be bathed in the laundry rooms.

Any pets left unattended and determined by Management to be suffering from lack of care or causing a disturbance to others, will, at the sole discretion of Management, be removed from the apartment and delivered to the proper authorities. Management accepts not responsibility for the pet under such circumstances.

You agree to remove the pet from the leased premises if the pet is a nuisance or annoyance to neighbors, i.e. excessive barking. You agree to immediately and permanently remove any pet that causes harm to another person.

E. Pet Waste Disposal

As the pet owner, Residents are responsible for promptly removing and disposing of all pet waste. Cat owners will provide a litter box for their pet and keep it within the apartment. Litter must be cleaned frequently to prevent odors. Litter may not be disposed of through toilets. Waste should be sealed in plastic bags and placed directly in appropriated trash **receptacles located near the ground floor elevator.**

Pet waste or litter cannot be sent down the trash chutes.

Community Owned Pets

In some instances, a Community may choose to own a pet or pets, including birds in aviaries, fish in aquariums and cats or dogs. With the approval of Management these animals may be allowed off leash within the Community. All other rules, as set forth above, will apply.

Service Animals

For specific information on Service Animals, please see SERVICE ANIMALS.

PLANTS

The plants in the common areas are maintained by staff or designated Resident volunteers. Please do not water, fertilize, etc. Accepting plants as a donation must be approved and is at the discretion of Management.

PODIATRIST

The podiatrist schedules appointments at Central Towers. Please contact the Front Desk at 651-215-4600 to schedule an appointment.

POLICY CHANGES

This Resident Handbook was developed as an evolving policy manual. Management reserves the right to alter or amend policies as circumstances warrant. Information regarding current policies is available from Management. This Resident Handbook will be updated periodically.

POLITICAL SOLICITATION

Multi-housing communities are required to allow political candidates, who have filed for election, the opportunity to enter and campaign within the building. Candidates, together with a limited number of campaign staff, will be encouraged to meet residents in the common areas at an agreed upon, scheduled time. PHS recognizes the rights of political candidates to present their information and views to PHS Residents. Candidates will be strongly discouraged from disturbing Residents by knocking on doors. To protect the privacy of our Residents, candidates are encouraged to leave their printed materials at the main entrance to be distributed to the Resident reading areas.

POOL TABLE RULES

The pool table is available for enjoyment of Residents in the Game Room on the 6th floor. Guests must be accompanied by a Resident. Only the billiard equipment should be placed on the table or side rails. The pool cues must be returned to the rack and the other pool accessories must be returned to the Front Desk when not in use.

PORTABLE SPACE HEATERS

Because of fire hazards, the use of portable space heaters is prohibited unless specifically approved by Management. (see air conditioner/heat)

POSTAL SERVICE

Residents are responsible for filling out change of address upon move-in and move-out. Stamps are available for purchase at the reception desk.

PRIVACY

Staff will respect Resident's privacy by knocking or requesting permission to enter a Resident's apartment. All housing Resident apartments are furnished with a lockable unit door that the Resident can lock if desired.

Management reserves the right to enter apartment in the case of emergency, or safety. Safety

issues may include, but are not limited to health emergencies, maintenance emergencies, inspection for sanitation, pest infestation, issues relating to the quiet enjoyment of other Residents. Management will not enter your dwelling in your absence for non-emergency maintenance or scheduled services except as authorized or by prior arrangement.

RECYCLING

Recyclable materials should be brought to the designated place in the parking garage. For cleanliness and odor control, all containers should be rinsed clean before recycling. Small boxes need to be broken down. If you are physically unable to bring recyclable items to the designated recycling containers, special arrangements can be made by contacting Management. Recyclable materials are to be placed in the designated areas of the laundry rooms on every floor in the B towers. For cleanliness and odor control, all containers must be rinsed clean before recycling. If recyclables cannot be cleaned, they can be placed in a sealed bag and placed into the trash chute. Boxes from takeout/delivery or Styrofoam containers containing food are not recyclable.

We request your help and adherence to this recycling policy. Please do not place CFL bulbs or batteries in the trash.

RENT AND OTHER COST INCREASES

This Community strives to provide high quality housing and services at affordable rental rates. Management completes a budget projecting the expenses and revenues for this Community. Rental rates are then determined to offset the anticipated expenses. Consult your Residency Agreement for specific information relating to notice periods. We advise Residents to anticipate rental increases.

HUD approves all rent increases. Consult your Lease for specific information relating to notice periods.

- For residents with subsidized apartments, rental adjustments will be determined following the annual recertification process or when there is an increase of \$200 or more in income per year.
- Market rate residents' is adjusted every year on or around August s permitted by Minnesota Housing Finance Agency (MHFA) to cover any increase due to personal expenses related to wage and benefits, increase cost associated with building maintenance and increase in property tax.

RENTERS INSURANCE

PHS strongly encourages prospective Residents to consider purchasing renter's insurance coverage prior to moving into a PHS owned or managed community. Renter's insurance can cover loss of your personal property from many risks including fire, lightning, windstorm, hail, explosion, smoke, theft or vandalism, water-damage from home utilities, electrical surges, as well as many other perils.

Your renter's policy can also protect you from loss for liability resulting from personal injury or property damage to a third-party, whether the incident occurred within your rented residence or elsewhere.

Renters insurance is relatively inexpensive and readily available from most insurance companies. If you are moving to a PHS community from your own home, your insurance agent may be able to transition your coverage from a homeowner's policy to a renter's policy with the same insurer.

RESIDENCY AGREEMENT/LEASE

All Residents of PHS Communities must sign a Residency Agreement, also called a lease. It is a legal contract between you and Management. It is enforceable by both parties. Please read it carefully, as information in the Residency Agreement will answer many questions. The rules set forth in the Resident Handbook are also a part of your rental terms and conditions. Consult your Residency Agreement for specific rental terms and notice periods. Under the terms of the Residency Agreement, Resident is obligated to comply with the rules set forth in this Handbook.

RESIDENT CONDUCT/EXPECTATIONS

You are expected to conduct yourself in a respectful way. All Residents may expect the quiet enjoyment of their apartment and common areas of the building. Out of respect for fellow residents, "quiet hours" may be implemented. Disturbances may include excessive volume of TV or stereo, slamming doors, raised voices or noisy visitors. Please inform Management of any disturbances.

RESIDENT DAILY CHECK SYSTEM

All Residents receiving Home Care Services will be checked at least once daily, either in person, by phone or a visit to the apartment. This also pertains to the Independent Living Residents that have NOT chosen to waive the daily check. This check does not include an assessment of the Resident's wellbeing, but simply a visual or voice-to-voice confirmation that the Resident is responsive. This daily check is in accordance with the provisions of the Housing with Services Contract Act.

1. Daily, the Front Desk staff will print a list of all Residents.
2. The Front Desk will highlight Resident names as a Resident is seen. The list is then forwarded to the Culinary Staff who will highlight the names of Residents seen during the midday meal time.
3. The list is returned to the Front Desk and staff contact, by phone, any Independent Living Resident that has not been seen that day that has not waived the daily check.
4. The list is forwarded to the Home Care office where staff will visit each apartment who has not been seen or responded by phone.

RESIDENCY REQUIREMENTS

You must meet certain requirements to continue to live at Central Towers. All applicants and current residents must have the ability to live and maintain both his/her safety and safety of other residents as well as apartment upkeep. This can be either individually together with supportive services contracted for/by the individual. Management reserves the right to require the right to require the residents obtain the necessary services to meet the above criteria. Failure to do so will constitute a violation of the rental agreement/lease and could result in

termination of a resident's occupancy rights. Please consult your Residency Agreement for further information and a full description of these Requirements.

RESIDENT MEETINGS/COUNCIL

This Community will hold periodic meetings with Residents for the exchange of information and ideas. The purpose of these meeting is to facilitate communication between Residents and Management. We welcome your feedback. If you have a specific issue please make an appointment with Management individually, as open meeting may not always be the proper channel for resolution. See the monthly calendar for meeting information.

SAFETY

Providing a safe environment is of utmost importance to this Community. It is required that all hallways, ramps and other common areas be free of obstacles. There can be no trash, grocery carts, rugs, Scooters, or walkers placed in the hallways. Please report any safety concerns to Management immediately.

SAFE MOVEMENT

Residents and visitors are expected to use reasonable caution while moving about the buildings, grounds, garages and driveways of this Community. Precautions will be taken with regard to speed, suddenness and direction of movement. Individuals will be responsible for damages caused by movements lacking reasonable care. Individuals will not be unreasonably restricted by this policy. This policy will apply equally to all individuals, with or without the use of vehicles or assistive devices. Please see PHS's Safe Movement Policy for more information.

SALES (ESTATE, GARAGE)

Other than community sponsored events, garage and estate sales are not allowed.

SECURITY

Building security is important to everyone. This Community is equipped with many features to limit the potential of incidents. These features may include controlled entry system, dead bolt apartment locks, peep holes, security cameras, and controlled access to building keys, fobs and codes. Common areas may be under video surveillance. Periodically, building locks and or garage entry codes may be changed. PHS also conducts criminal background checks on all our employees and volunteers. The task of keeping the building safe and secure is not up to the staff alone. You should always keep safety and security in mind. You play the most critical role in controlling access to the building by non-Residents. Here is a list of some of the expectations that Management has:

- Do not let anyone in the front door whom you do not know and trust. We have an entry phone for visitors to use. Instruct your visitors to follow the same rule.
- Never "buzz" the door open to let a stranger in the building. Criminals sometimes use names from the directory to gain access.
- Call the police (911) and contact Management if you see anything suspicious.
- Management recommends keeping your door always locked.

- All guests must always sign and out and need to be with their guests
- Residents are to ensure that when a guest is buzzed in that the guest is met immediately by the resident. Guests are not allowed to roam about the building without the Resident present.
- Residents are not allowed to duplicate keys or fobs and they are not to provide them to guests.
- All guests staying overnight must be pre-approved by Management and guest registration form completed before the guest spends the night.
- Residents are responsible for guests' actions in the building.

Management is not responsible for the actions of, or for any damages, injury or harm caused by third parties (such as other Residents, visitors, intruders or trespasser) who are not under Management's control.

Central Towers has after hours security please refer to message board for the phone number

SERVICE ANIMALS

Animals used to assist, support or provide services to persons with disabilities will not be considered pets, and standard Pet Policies do not apply. Service Animals will be reasonably accommodated. Please see Management for Reasonable Accommodation policies and rules regarding Service Animals. Keepers of Service Animals will be responsible for their care, and for clean-up of all waste.

SIGNAGE

Signs will be allowed to be displayed on PHS property provided they are in accordance with the Community sign policies and/or procedures as well as applicable City Ordinances and State Statutes. Signs posted by Residents do not imply any statement of endorsement from PHS.

Generally accepted signs include community special events, educational events, political campaign/election ballot signs, civic activities and signs expressing opinions on subjects related to political issues or having political content. Residents are encouraged to be respectful of other Residents and staff in discussion and advocacy. See also BALCONIES, DECKS, PORCHES & PATIOS and SOLICITATION

SMOKING

All PHS communities are smoke-free. **Central Towers is a smoke-free community.** This policy prohibits smoking by Residents and visitors in any **area of the building or grounds**, including your apartment, common and outdoor area (including e-cigarettes.) The Ramsey County Clean Indoor Air Ordinance prohibits smoking within 25' of the building at all times. Please see the 'Smoke free Lease Agreement' and the 'Drug Free Housing Policy' for more information.

SOLICITATION

General

Door to door solicitation by Residents or non-residents is not allowed, subject to the exception below regarding Political Solicitation. Political or religious viewpoints/advertising/solicitation/material postings are limited to the interior of apartment or windows and balconies and not be posted on Resident apartment doors, corner shelves or in common areas. All apartment doors must be kept in a neat, orderly fashion. No stickers of any kind may be adhered to the doors. At the discretion of Management, an opportunity may be provided to solicit for fund raising activities, products, services, or types of educational programs that may be a direct benefit to the Residents.

Persons or companies providing educational programs are required to adhere to the following restrictions:

- No specific solicitation may be made for the company they represent.
- No pitch for a specific product may be made.
- No lists of Resident names or signup sheets may be taken.
- No distributed handouts can directly solicit their company products or services.
- Handouts should be of informational or educational nature only.
- No solicitation material to be posted outside a Resident door.
- It is permissible when requested by an individual Resident, to provide information about themselves, their company, or their products or services.

Residents are encouraged to be respectful of other Residents and staff in discussion and advocacy.

Political Solicitation

PHS recognizes the rights of political candidates to present their information and views to PHS' Residents.

In Minnesota,

Multi-housing communities are required to allow political candidates who have filed for election the opportunity to enter and campaign within the building, together with a limited number of campaign staff. Candidates will be encouraged to meet the Residents in common areas, at an agreed upon scheduled time. Candidates will be strongly discouraged from disturbing Residents by knocking on doors. Our preference, to protect the privacy of our Residents, would be for candidates to leave their printed materials at our main entrances to be distributed to Resident reading areas.

STORAGE AREA/LOCKERS

See LOCKERS.

SUGGESTIONS

We encourage and welcome suggestions to improve or enhance the experience of our Residents and their visitors. Please submit suggestions to the suggestion box located by the rent box by reception desk.

SYRINGES AND LANCETS

All who use hypodermic needles are required to dispose of used needles appropriately. Never dispose of used needles in the trash receptacles or recycling bins. This could pose a danger to other Residents, employees, and trash haulers. "Sharps" containers are the only appropriate receptacles for disposing of used needles. They are available at any local drug store, medical supply store or through our Clinical department(s). Please contact Management when you have a full container, so arrangements can be made for proper disposal.

TELEPHONES

A landline phone number is provided with each apartment through a centralized building phone system. You do not have to contact the local phone company for phone service. Residents in housing environments must provide their own phone. This phone and line is useful for letting visitors into the secured building and is tied to the response system for location purposes. You will be billed monthly by PHS for your phone service.

- When calling another Resident or staff member inside the campus, press the star sign (*) and then the last four digits of the phone number.
- When a visitor calls from the entry phone, press number seven (7) on the phone to unlatch the door and allow them entry to the building. For security reason, please admit only those specially here to see you.

Additional features on the phone system may be available. Please refer to the Optional Ancillary Fee sheet for applicable rates and charges.

If you have any difficulties with phone service, please contact Management.

TELEVISION

Each apartment is equipped with television outlets. A coaxial cable is needed for hook up to these outlets. Please be considerate of the other Residents in the Community with television volume. If your television volume disturbs the quiet enjoyment of your neighbors, management may suggest the use of a hearing device or other assistive services such as closed captioning. Basic Cable Channels and service options are available through Central Towers for a monthly fee which is added to the monthly rent statement and is shown as "Technology fee". Please refer to the Optional Ancillary Fee sheet for applicable rates and charges. A list of channels and service options is available from Management.

TIPS/GRATUITIES – SEE EMPLOYEE GIFT POLICY

TOILETS

Please do not place any items in toilets other than toilet tissue. If you have any toilet problems contact Management immediately. If your toilet overflows, please try to shut the water valve off (which is located directly behind and below the tank) and then call Management 651-215-4600 or after hours call 651-341-7357 or on-call staff immediately. We suggest that each Resident have a plunger on hand for emergency use.

TRANSPORTATION

Please see Management for more information and the Guidelines for Riding on PHS Vehicles which outlines rules and restrictions. Outings may be cancelled under certain circumstances including, but not limited to, weather conditions and group size.

TRASH DISPOSAL

A trash chute has been provided for you inside the laundry room (located next to the large elevator) on every floor of the building in the B towers Please securely tie all garbage in plastic bags. It is prohibited to dispose of lighted cigarettes or ashes using the chute. Do not put animal waste or cat litter down the chute. Do Not put trash or bags or trash on the floor. Do not place large items in the trash chute as this will cause it to clog.

Residents with larger items that need to be disposed of can call the front desk to place a work order. The Optional Ancillary Fee sheet lists the applicable rates and charges for this service.

URGENT CALL SYSTEMS

The housing care environments of this Community are equipped with an urgent call system. The system allows Residents to move freely around the interior of the Community and summon help with the push of a pendant. If Residents of our housing care environments need assistance, they are able to press the pendant to request assistance. The pendant alerts will identify the part of the building the alert call is coming from for housing support staff to respond. Please do not move from the area in which you pushed the pendant. Pendant calls will be responded to as soon as possible with the safety of other residents taken into consideration.

In certain circumstances, there may be a charge for pendant use; see the Hospitality and Ancillary Services Rate Sheet for fees. There will be a charge for pendant replacement due to loss or Resident-caused damage. The pendants will not work outside of the building. For extended time away from the Community (more than two hours), we encourage you to leave your pendant in your apartment. The pendant will attempt to communicate wirelessly every 15 minutes which may lead to shorter pendant battery life.

At various locations throughout the Community, pull cord alert stations are available.

UTILITIES AND LIGHTS

There is no additional cost for the following utilities as they are included in the rent: sewer electricity, trash and water. The following are not included: phone, appliances such as freezer chest and cable TV. You will be billed for these separately in addition to your rent. Refer to the Optional Ancillary Fee sheet for applicable rates and charges.

In the even of a power failure, generators and/or backup batteries will provide power to necessary building systems; however, they will not provide power to your apartment. It is suggested that a flashlight and fresh batteries be kept in a convenient location.

Violence Against Women Act –VAWA

All residents, both men and women are entitled to protections under the VAWA act relating to domestic violence, dating violence, sexual assault and stalking. Victims may request transfers to protect their safety and, if the violence is impacting eligibility for housing and/or assistance, may also apply for protections. Full information is available from the office and can be found in Forms HUD-5380 and Forms HUD-5381.

VISITORS (see guests)

Residents' family and friends are welcomed and encouraged to visit. We invite Residents and their visitors to use commons areas, grounds and amenities. Some areas or equipment may require reservation prior to use. Visitors are asked to respect the privacy and comfort of all and use discretion, so their visit does not interfere with others' enjoyment of the Community. Children are always to be accompanied by an adult. Children are encouraged to visit, but it is the parent's, and ultimately the resident's, responsibility to monitor the conduct of young visitors. Please be reminded that this Community is a smoke free community.

Visitors are subject to same rules and expectations as you. You may not have more than two overnight visitors and visitor stays should not be longer than two weeks per stay, without prior approval of Management. Overnight visitors are to sleep within your apartment or reserved visitor/guest room.

Activities programs are designed for you and other Residents. We encourage friends and family to participate if space is available.

VOLUNTEERS

Volunteerism is an important part of the ministry at PHS. You are encouraged to find a way to become involved in the life of the Community through volunteer service. All volunteers are to register and be approved with the Volunteer Department before serving. Please note that in our care environments, volunteers may be subject to a background check. From time to time you may see volunteers within the Community. You may identify them by their volunteer nametag.

WAITING LIST/PRIORITY SYSTEM

We are committed to serving you through our continuum of care as your needs may change. Residents of PHS have priority access to other PHS communities and services. Because our Communities are sometimes full, we are not able to promise that the preferred room or apartment will be available in the preferred Community at the time of need. At times there may be two or more parties with priority seeking the same room or apartment. At such times, Management will review all of the circumstances, including need, and make a determination. Please see Management if you have questions.

WATERBEDS

Due to the potential of water damage, the use of water beds is not permitted.

WELLNESS CENTER

The Wellness Center is available to help you to achieve your wellness and fitness goals it is located on the 8th floor. You will receive fob access to the Wellness Center, after reading and signing a Wellness Center Waiver & Consent and receiving an orientation to the equipment. Some residents may be asked to receive a Wellness Medical Clearance as well before using the Wellness Center.

No fee is charged to participate in any Wellness Center activity, except for personal training. See the activity calendar for class offerings, fitness programs and initiatives. Wellness Center hours may have designated hours of operation. Please contact Management to complete required forms or if you have questions.

WHEELCHAIRS/WALKERS/MOTORIZED CARTS

This Community recognizes that the use of motorized carts or electric wheelchairs may be necessary and beneficial for some Residents. This Community is not liable for damage or injury associated with the operation of the vehicle. Any repair costs due to damage done to the Resident's apartment or common areas will be the responsibility of the resident. Management reserves the right to prohibit the use of a motorized cart or electric wheelchair if it proves to be unsafe to the resident or others, and/or if the vehicle causes excessive damage. Motorized carts and/or electric wheelchairs must be operated at speeds slow enough to ensure the safety of the operator and others and must be stored in the Resident's apartment. We ask that you travel at a pace no faster than a normal walking pace. Operators are asked to drive on the right side of the hallway or room, and to be particularly careful when driving in and out of elevators and resident dining rooms. Residents are responsible for the care and maintenance of their motorized wheelchair/scooter. All Resident owned wheelchairs, walkers, and motorized scooters/wheelchairs must be stored within your apartment.

This Community owns wheelchairs/walkers that can be used by Residents on a temporary basis for hospitality purposes. If needed for longer than a 24-hour period, please consult with Management. If you require use for an extensive or undefined period, you will be required to purchase or rent one for personal use. See also SAFE MOVEMENT.

WHIRLPOOL

There are whirlpool tubs available for Residents of our care environments to use. These tubs are only available for use with the assistance of Community staff.

WINDOWS

Exterior window washing is completed on all buildings at least once per year by the Community. In Independent Living environments, interior window washing is the Residents' responsibility. If you discover a cracked or damaged window, please contact Management.

END OF RESIDENT HANDBOOK