



# Norris Square

The Arbor

Assisted Living Memory Care

# Welcome to Norris Square

The Arbor memory care provides a vibrant neighborhood setting where dedicated staff serve the unique needs of each individual with warmth and compassion. Stimulating activities and personalized care assure families their loved one has the opportunity to live life to the fullest.

We believe that caring for the needs of those with dementia grants us an extraordinary opportunity for ministry. Our DOVE™ program is the culmination of many years of thoughtful consultation with staff, families, and leaders in the field of dementia research. DOVE™—Dementia Orientation Values Education—is a three-part approach to care that allows your loved one to receive the affirmation and reassurance they need.

Our dove lapel pin designates staff that have completed special training. The dove, a symbol of the Holy Spirit, symbolizes how each person is fully remembered by Him. Even with loss of memory, the spirit remains intact.

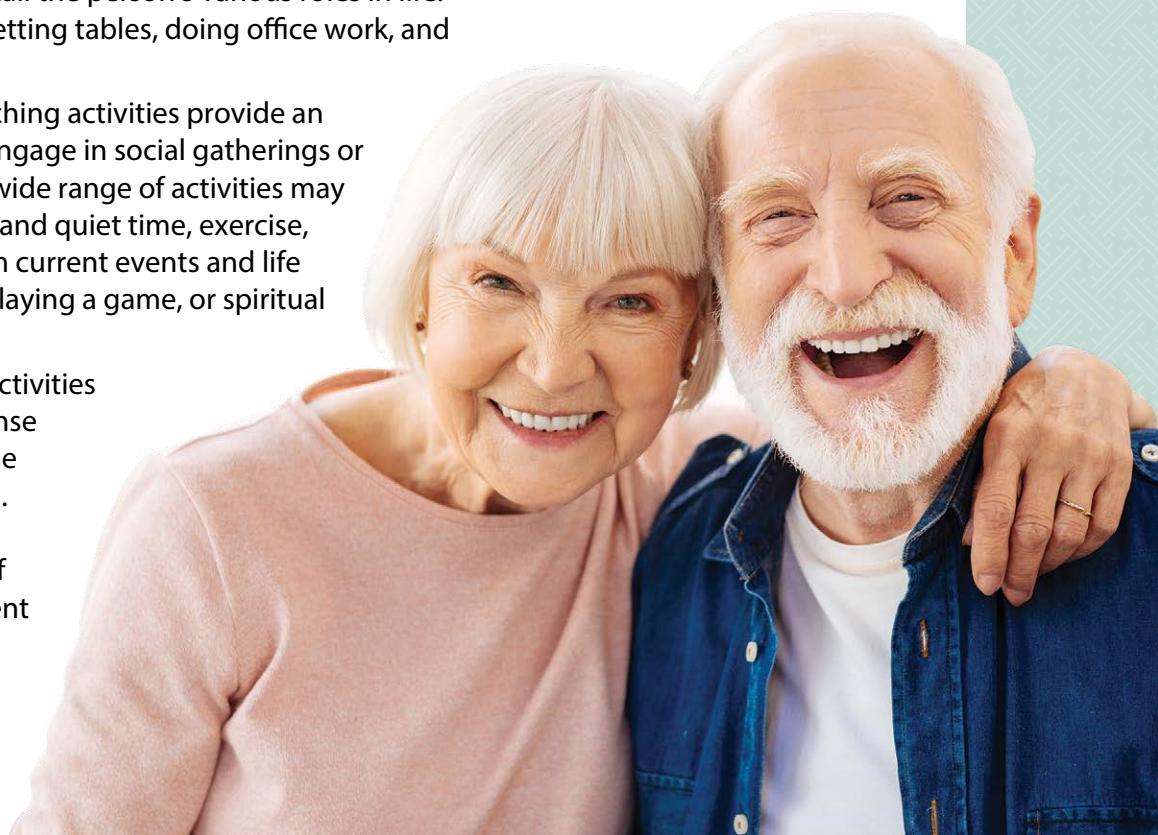
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## The DOVE™ Program

We begin by assessing individual needs and creating a plan of care, and continue by supporting resident life-skills as well as involving and providing guidance to families. Encouraging independence and providing a sense of purpose, enjoyment, and success are our guiding principles.

Activities and specialized programming in three main areas are essential: life-skills, life-enrichment, and self-care.

- Life-skill activities help recall the person's various roles in life. Some examples include setting tables, doing office work, and sharing hobbies.
- Recreational and life-enriching activities provide an ongoing opportunity to engage in social gatherings or enjoy leisure activities. A wide range of activities may be offered such as leisure and quiet time, exercise, cognitive stimulation from current events and life review, baking, reading, playing a game, or spiritual reading and prayer.
- Participation in self-care activities gives each individual a sense of independence and pride and enhances self-esteem. Bathing, dressing and grooming are examples of cares in which each resident is encouraged to assist.



The Arbor strives to ensure the comfort and convenience of residents and their families. From our inclusive amenities to comprehensive care options, families gain peace of mind knowing their loved one has support with all the comforts of home.

## Included Amenities

- Three daily meals and snacks served in the family dining room
- Weekly light housekeeping and linen change
- The DOVE™ program
- Pastoral care
- Wings® wellness intellectually stimulating programs, spiritual care services, group fitness classes, fitness center, volunteer opportunities
- Urgent call system
- 24 hour on-site Resident Assistant staffing
- Residential setting with controlled entrance
- Utilities (heat, electric, central air conditioning, water, sewer, and trash)
- Premier cable television service
- Telephone service
- Open public Wi-Fi
- Priority access to Presbyterian Homes & Services living and care options based on availability
- Smoke-free community

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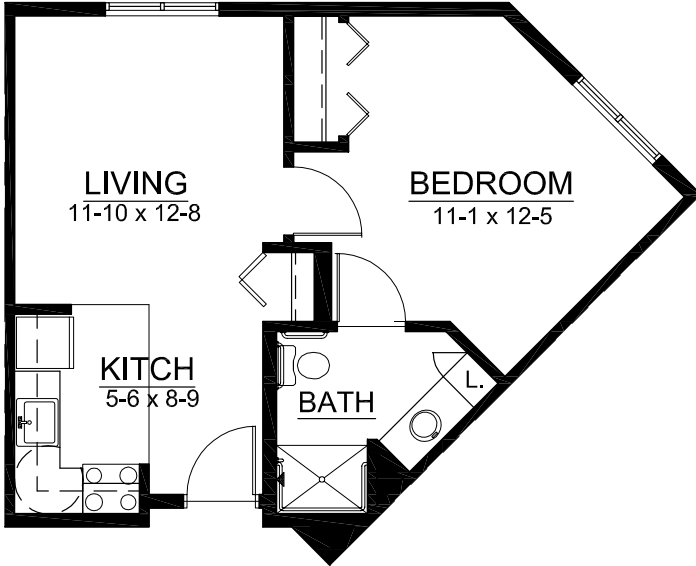
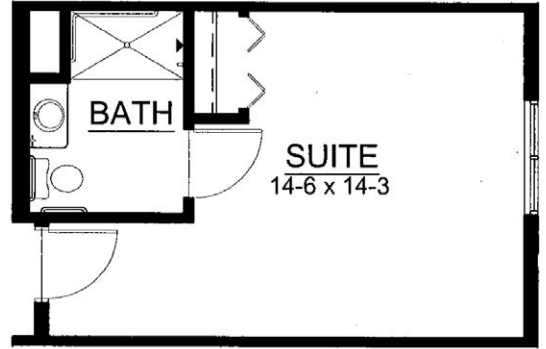
## Other Conveniences

*Additional fees may apply*

- Assistance with arranging transportation to medical and social service appointments
- Assistance with accessing community resources and social services
- Access to designated Physician or Nurse Practitioner for on-site services
- Additional home care and hospice services available through Optage®
- Additional loads of laundry (3 per week included)
- Second occupant, \$1,000 plus personal care
- Guest dining
- Guest suite
- Outpatient therapy — physical, occupational and speech therapy

# Sample Floor Plans

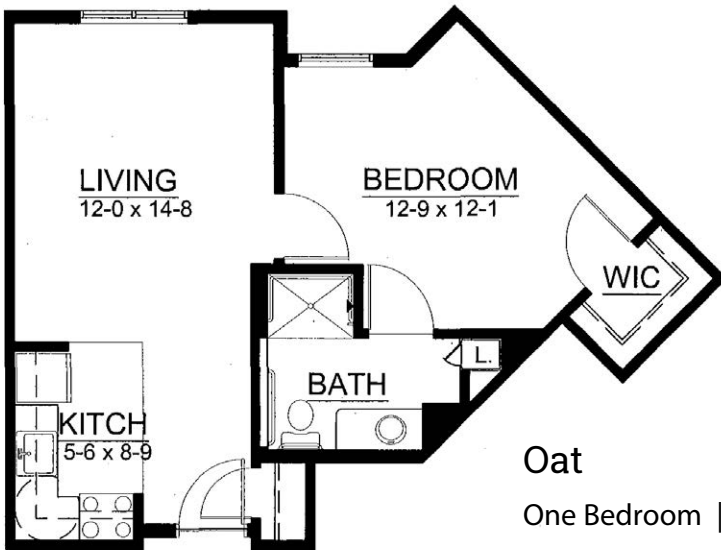
**Buckwheat**  
Suite | 337 Sq. Ft.



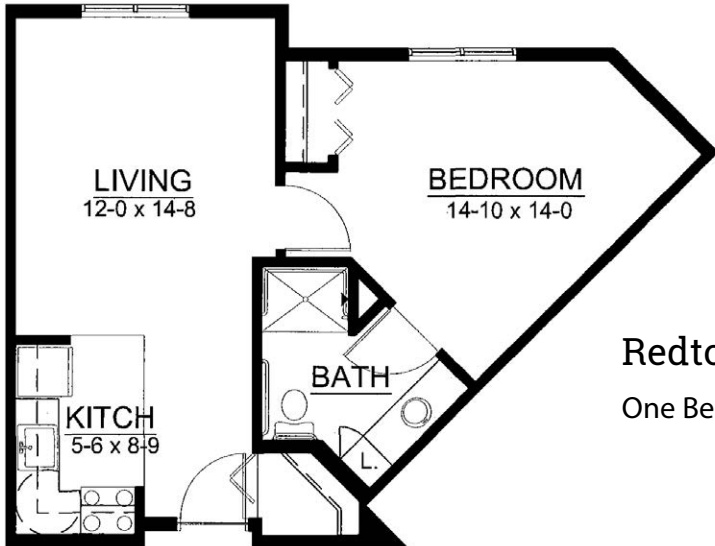
**Canary**  
One Bedroom | 551 Sq. Ft.



**Lemongrass**  
One Bedroom | 566 Sq. Ft.

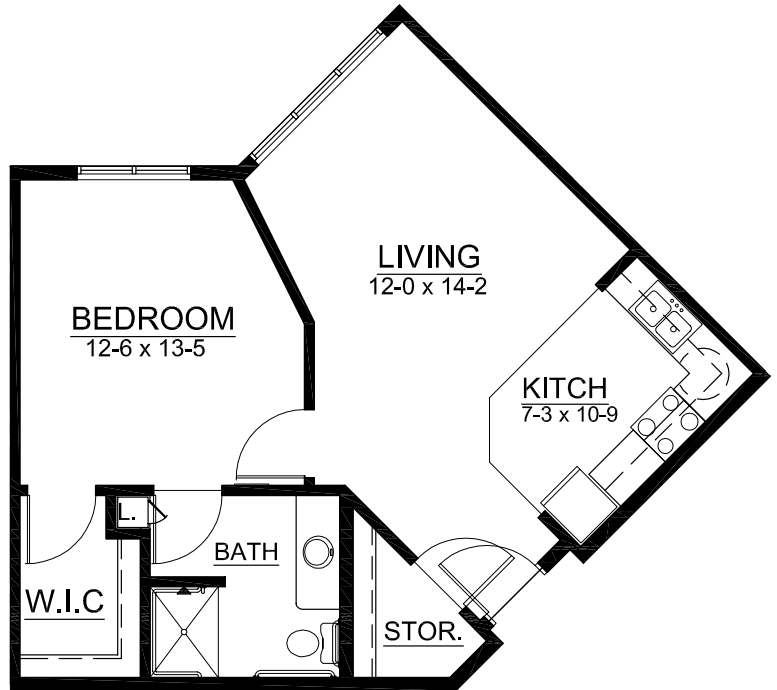


**Oat**  
One Bedroom | 585 Sq. Ft.



### Redtop

One Bedroom | 595 Sq. Ft.

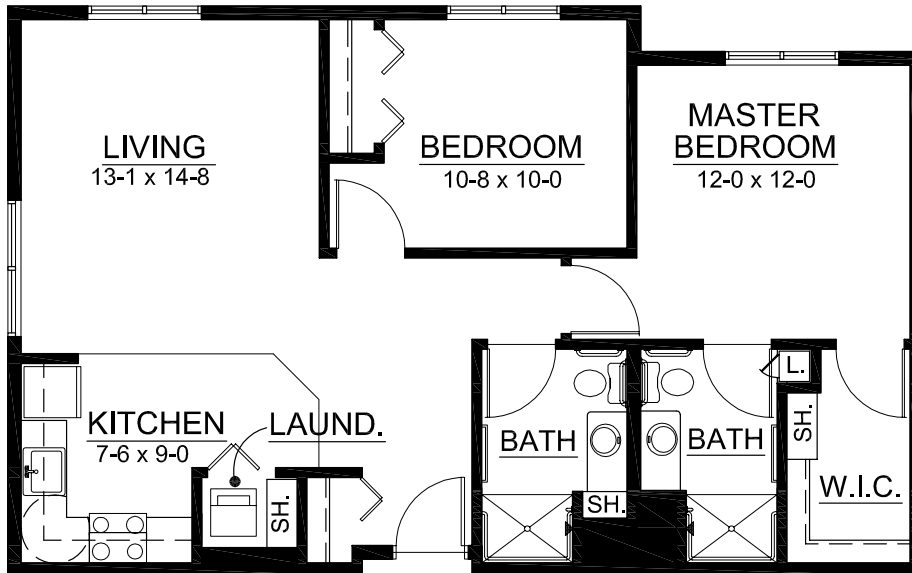


### Switchgrass

One Bedroom | 663 Sq. Ft.

### Wild Rice

Two Bedroom/Two Bath | 964 Sq. Ft.



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

# Assisted Living Service Fee

In addition to the monthly rental fee, a monthly assisted living services fee is required based on the amount of care provided.

A nurse will meet with you to complete an initial assessment and make a recommendation of services that could be provided to meet your needs. The services provided will correspond to one of three package levels. These are summarized below with examples of services offered at each level. To view the care assessment, scan the QR code or visit [PHSNorrisSquare.org](http://PHSNorrisSquare.org) and click on "Resident Documents."



## Personal Care Level I: \$3,055/month

- Prompts and reminders for grooming (*no physical assistance*)
- Bathroom assistance (*1–3 times daily*)
- Shower assistance (*1–3 times weekly*)
- Minimal behavior redirection
- Dining assistance for snacks, beverages, and light breakfast meals
- Simple medication management (*1–14 meds*), providing set-up and administration (*1–4 times daily*); does not include injections

## Personal Care Level II: \$4,170/month

- Simple or standard dressing and grooming assistance (*no transfer assistance*)
- Standard bathroom assistance (*4–5 times daily*)
- Shower assistance (*4–5 times weekly*)
- Dining assistance with plate set up and preparation to eat
- Medication management (*15+ meds*) and administration (*5–6 times daily*); includes blood sugar monitoring but not including injections
- Oxygen management
- Moderate behavior redirection
- 1-person transfers

## Personal Care Level III: \$5,285/month

- Extensive dressing and grooming assistance (*including transfer assistance*)
- Extensive bathroom assistance (*6+ times daily*)
- Shower assistance (*6+ times weekly*)
- Dining assistance including plate set up and observation, cueing to eat and feeding
- Medication management and administration (*7+ times daily*); includes blood sugar monitoring, insulin injections, and sliding scale management
- Oxygen management
- Complex or frequent behavior redirection
- Mechanical lift transfers

## Included in Your Assisted Living Service Fee:

- Laundry (*up to 3 loads per week*)
- Escort to meals and activities
- Assistance with ted hose, ace wraps or Velcro leg wraps
- Daily reassurance check
- Initial and ongoing nursing assessment
- Scheduled nursing hours and on-call nursing available for staff consultation
- Nurse liaison with health care professionals
- Nurse scheduling of lab draws
- Nurse maintaining clinical record information

At Norris Square, we know each individual is just that—an individual. And our services reflect that philosophy. Select from a broad range of options depending on your personal preferences. It's all based on the principle of choice. **And the choice is yours.**

## Monthly Rental Fee

Apartment	Sq. Ft.	Rate
Suite	337	\$3,740
One Bedroom	551–663	\$4,475–\$4,845
Two Bedroom/Two Bath	964	\$5,905

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

## Total Monthly Fees

Apartment Selection	\$
Personal Care <i>(Required)</i>	\$
<b>Estimated Total</b>	<b>\$</b>

*This estimate is offered for planning purposes only. Other charges may apply.*





**651-769-6600**

6995 80th Street South  
Cottage Grove, MN 55016

[PHSNorrisSquare.org](http://PHSNorrisSquare.org)

*Due to COVID-19 or other future circumstance, some features may be temporarily unavailable or offered in a different way. We anticipate features will become available in original form once it is prudent to do so. Presbyterian Homes & Services (PHS) communities comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.*

[PresHomes.org](http://PresHomes.org)

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

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

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

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All faiths welcome. Equal housing opportunity.

## Living Options

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

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