



Prairie Gate

The Arbor

Memory Care

Welcome to Prairie Gate

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.

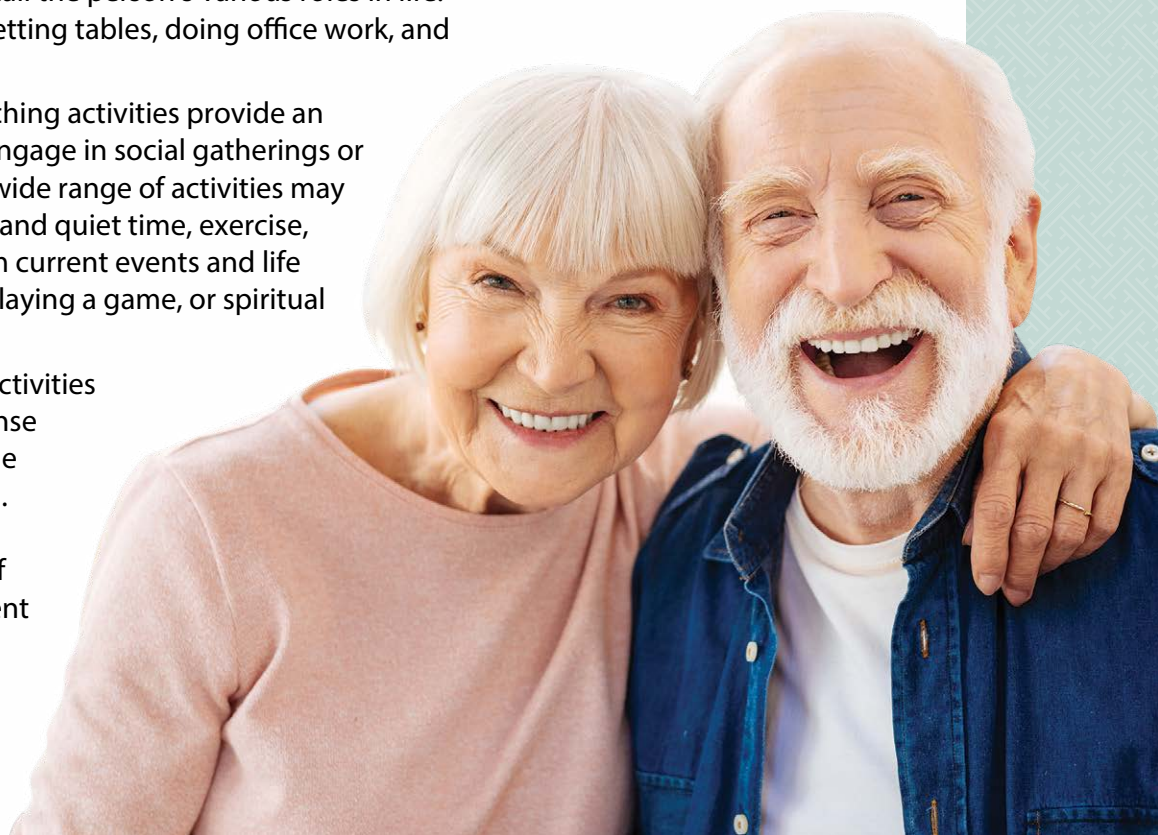
Our dove lapel pin designates staff that have completed special training. The dove, a symbol of the Holy Spirit, symbolizes how each person is fully remembered by Him. Even with loss of memory, the spirit remains intact.

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.

Distinctive Details

- Bright open floor plans emphasize spacious rooms with nine foot ceilings
- Kitchenette with refrigerator
- Maple cabinetry with nutmeg finish throughout
- Blinds on all windows
- Individually controlled heat and central air conditioning
- Bathroom with elevated toilet, roll-in shower and grab bars

Included Amenities

- Three daily meals and snacks served in the family dining room
- Weekly light housekeeping and linen change
- The DOVE™ program
- Specialized dementia caregiver support group
- Pastoral care
- 24 hour on-site Resident Assistant staffing
- Residential setting with controlled access
- Staffed social programs and events
- Outdoor courtyard
- Utilities (heat, electric, central air conditioning, water, sewer, and trash)
- Open public Wi-Fi
- Basic cable television service
- Priority access to Presbyterian Homes & Services living and care options based on availability
- Smoke-free community

Other Conveniences

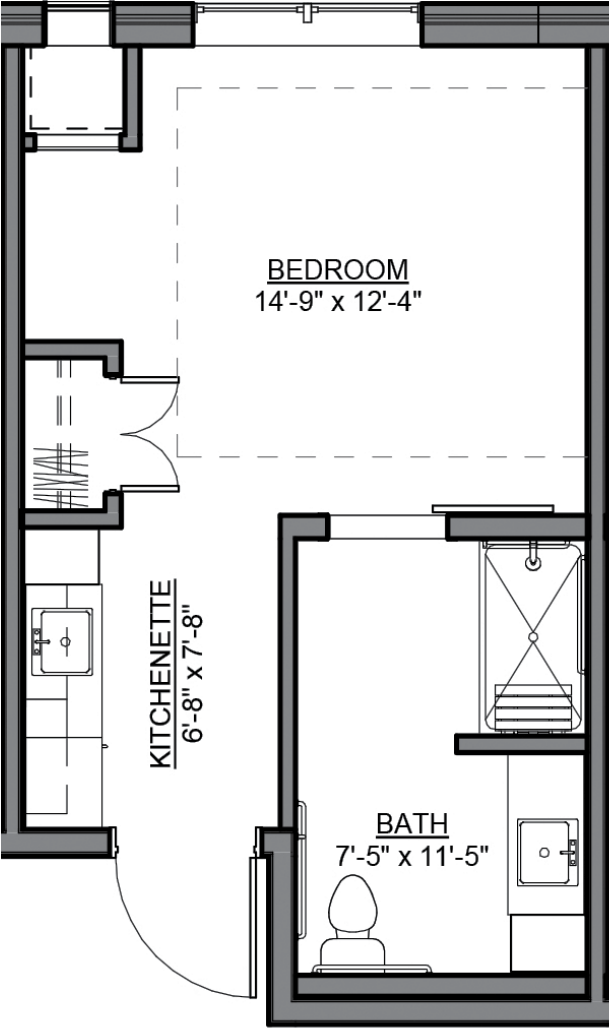
Additional fees may apply

- Assistance with arranging transportation to medical and social service appointments
- Assistance with accessing community resources and social services
- Additional Registered Nurse services, such as long term care insurance paperwork
- Additional loads of laundry
- Telephone service
- Guest dining
- Guest suite
- Salon
- Outpatient therapy — physical, occupational and speech therapy

Sample Floor Plans

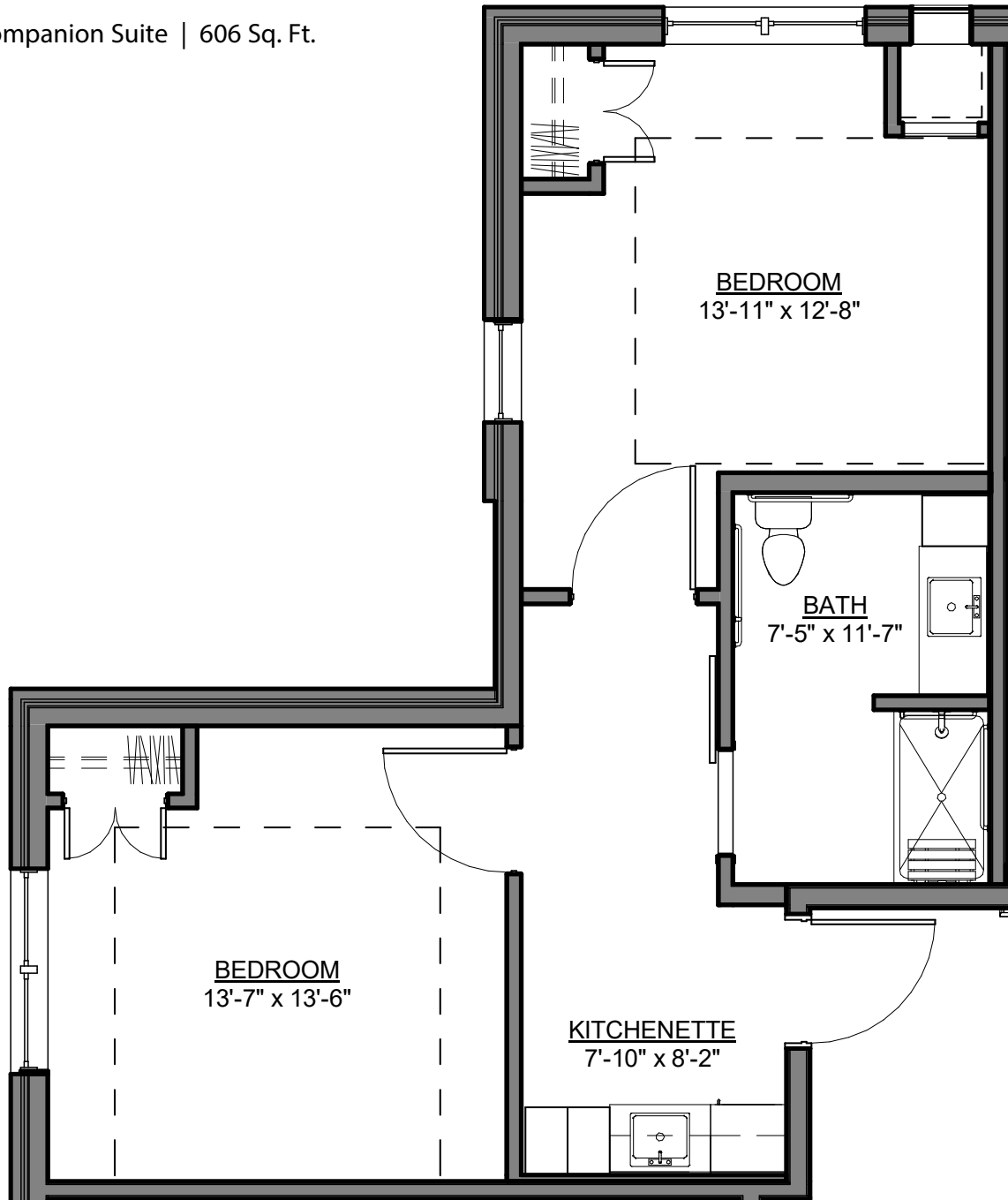
Doe

Private Suite | 338 Sq. Ft.



Fawn

Companion Suite | 606 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.

Personal Care Services

Engaging programs and comforting amenities are just the beginning of the services provided.

A nurse is on site five days a week and available to resident care staff by phone 24 hours/day. Resident care assistants are present 24 hours a day to assist with resident needs.

Prior to starting services, a nurse completes a comprehensive assessment and determines your personal care needs during the assessment. An Individual Service Plan is written in collaboration with you, your family and physician.

The following services are included in addition to the Individual Service Plan:

- Initial nursing assessment
- 24 hour on-site Resident Assistant staffing
- Medication management
- Reassurance and comfort care
- Escorts within the Arbor
- Nurse consultation with health care professionals as needed
- Nurse maintains clinical record
- Coordination of laboratory requests



At Prairie Gate, 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

Room Style	Sq. Ft.	Rate
Doe: Private Suite	338	\$6,000
Fawn: Companion Suite	606	\$10,000

Residency Process

Step 1: Reserve a suite at Prairie Gate. We will help you through the reservation process and provide you with essential information in preparation for the following steps.

Step 2: Schedule a care assessment appointment. A nurse will meet with you to complete an initial assessment and help create a personalized care plan. The assessment will include a review of your individualized needs and a recommendation of services that could be provided to meet those needs. To view the care assessment, scan the QR code or visit PrairieGatePHS.org and click on "Resident Documents."



Step 3: Schedule a residency agreement appointment. We will review the residency agreement, payment information and other resources with you. Once the residency agreement process is complete, your move-in date will be confirmed.

Pricing subject to change. Residency agreement available upon request.





712-352-6600

16 Valley View Drive
Council Bluffs, IA 51503

PrairieGatePHS.org

Living Options

- Senior apartments
- Enriched living suites
- Memory care suites
- Care center

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

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.

11/23 

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homes & services**
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