

THE BEACON

A PUBLICATION OF NEW PERSPECTIVE SENIOR LIVING



A LOOK AT OUR
NEWEST COMMUNITY

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SUMMER ■ 2009

INTEGRITY • CARING • SAFETY • PASSION • FUN

COLUMBIA HEIGHTS OPENS THIS FALL

A dry spring has been tough on area lawns but it has been a blessing to the construction workers building the new Lighthouse of Columbia Heights. The three-story senior living community with 43 assisted living units and 38 memory care units is scheduled for completion this fall and seniors can reserve their apartments now by calling Community Relations Director Leslie Brown at the Columbia Heights sales office (763-571-1117) or on her cell phone (612-325-8132).

The building is still under construction, but you can take a virtual tour of the new senior residence by stopping by our sales office located at 3701 Stinson Boulevard, one block east of the construction site. The sales office is located in a former Baker's Square restaurant building, and you can still enjoy a free piece of pie, courtesy of New Perspective Senior Living, as you tour the inside of the new building by computer image.

Leslie is also organizing tours of a sister community, the Lighthouse of Waconia. "We're encouraging seniors, their families, and care professionals to take a brief bus trip with us to Waconia and enjoy lunch on the way," says the community relations director. "Viewing that Lighthouse community will help folks get a better idea of what the inside of the Columbia Heights building will look like when it's completed."

Call 763-571-1117 to reserve your seat on their next Lighthouse tour. ■

Lighthouse of Columbia Heights, currently under construction.



"BUILDING CARING AND VIBRANT COMMUNITIES FOR SENIORS"

PATIENCE AND LOVE BUILDS FAMILIES



Heather Rommes

Opening up a senior living community like Columbia Heights is like building a family, according to Executive Director Heather Rommes. “We’re home to everyone that lives at the Lighthouse Communities, so as we add new residents, we’re adding those seniors to our family,” she reasons.

Heather has had considerable experience building senior living families. She has already managed the start-up of two senior living communities similar to Columbia Heights, which is scheduled to open this fall.

Heather grew up in Michigan, attended Dordt College in Iowa, and has worked in property

management both in Michigan and Minnesota. Having worked both in residential property management and senior care, she prefers the latter because the needs are greater and the relationships are deeper. “When you’re working in senior care, you’re providing a whole lifestyle, not just an apartment,” she points out. “I enjoy the challenges and rewards that come along with that.”

Personally, Heather describes herself as a Christian and mother of two young boys, Ethan, 8, and Hunter, 11. “From raising them, I’ve learned patience and how to give unconditional love,” she explains, adding, “These are things I need to understand as I work with seniors and their families.” ■

WALK THROUGH OUR NEWEST COMMUNITY

Picture yourself savoring a delicious dinner in an elegant dining room on a summer evening. When you finish, you walk through the glass doors of that dining room onto a semi-circular, screened-in porch on the second story of the Lighthouse of Columbia Heights. Here you sit, talk, or read and enjoy a 180-degree view of the horizon on a sultry July evening. Depending on the weather, you may also watch in dry comfort as the neighborhood drinks in the rain of a mid-summer thunderstorm. This is one of the experiences seniors reserving apartments at the Lighthouse of Columbia Heights can expect to take pleasure in because of the remarkable construction of this new three-level senior living community.

Gardens and walking paths below the patio offer an idyllic setting for an evening stroll, within the protection of a perimeter fence. The other side of this three-story building overlooks beautiful Hart Lake with all the wildlife that call this in-city waterway their home.

Inside the building, residents have at their disposal a sunroom, a designated bar area with attached activity room, a private dining area for entertaining their families, a barber/beauty shop, a room with vaulted ceiling for watching movies and church services, a game room, a computer center, and an exercise center with Wii fitness games. Open nursing stations on each floor keep watch over the residents.

The Lighthouse of Columbia Heights also features an indoor garden with a sidewalk coffee shop adjacent to the garden, and protective underground parking for those residents who drive.

The beautifully appointed dining room at Columbia Heights.

“Through the use of colors and artwork, we’ve created spaces within this senior living community that are meant to comfort and inspire our residents,” says Sherry Novaczyk, New Perspective Senior Living’s architectural design consultant. She adds, “The new pallet of colors we’re using is warm and inviting.”

Residents who make the Lighthouse of Columbia Heights their home can expect life in this new senior community to mirror their interests. “We’re all about person-centered care that focuses on what our residents enjoy doing, whether it’s gardening, cooking, playing games, shopping, or whatever—either in a group or individually,” says Leslie Brown, community relations director. “Our goal is to bring the quality of life for each of our residents to the fullest.”

To find out more about the care and activities at Lighthouse of Columbia Heights or for details on apartments available for move-in this fall, stop by our sales office at 3701 Stinson Boulevard in Columbia Heights (the former Bakers Square Restaurant building) or call 763-571-1117 and ask for Leslie. ■



GOOD MEMORIES CONTINUE

Joe Rogers has rubbed shoulders with a lot of people. “He never knew a stranger,” says his wife, Joan, who visits him almost every day at the Lighthouse of Mahtomedi. His gregarious nature and sense of humor has stayed with Joe throughout his struggle with dementia. “He’s a very affectionate man,” adds Joan, “He gets a lot of hugs and gives a lot of them.”

On their 25th wedding anniversary, Joan opened the door to Joe’s room and was surprised to see him dressed in shirt and tie, and his trademark western hat. On the table in front of him were an anniversary cake, several chocolate-covered strawberries, and a card for Joan. The two aides who helped Joe arrange that special event were hiding in his bathroom. “I thought that was above and beyond,” remarks Joan, smiling at the memory. “He gets a lot of love here.”

Joe’s story is remarkable. He was born and raised in the hills of Arkansas and while his schooling stopped after 4th grade, that didn’t stop this good-natured, ambitious man. He worked in the lumber industry and eventually owned his own lumber products company based in Lake Elmo, MN.

Joe’s hobby was playing guitar and writing music—over 80



Joan and Joe Rogers

country western songs. He even sang about his native state on the floor of the Arkansas legislature. He connected with many in the music industry. Besides family and friends, the walls of his room are covered with photos of Joe and Garth Brooks, Johnny Cash, Roy Rogers, and others. He had a strong spiritual side, as well. A friend of Billy Graham, Joe would often pick up the evangelist at the Minneapolis-St. Paul airport.

Joan treasures memories of times that Joe, despite the dementia, cut through the fog to deliver a special message. One message came 1-1/2 years ago while the couple listened to Joe’s gospel and country western tapes in his room at Mahtomedi. For an instant, the fog cleared and Joe stared straight into Joan’s eyes. He spoke these words: “As long as I am in this life, I will always love you.” ■

PAYING FOR ASSISTED LIVING

BY DAVID KIEFFER, DIRECTOR OF MARKETING, NEW PERSPECTIVE SENIOR LIVING



Finances can be a barrier to seniors who want or need to move to a senior living community, but are having trouble selling their homes.

M&I Bank has joined with Elderlife Financial Services to offer the Elderlife line of credit throughout the continental United States. This loan gives seniors the financial backing they need to enter a senior living community before their home sells.

If you (or a loved one) need assistance paying entry fees or supplementing the monthly fees of assisted living, call Elderlife’s Family Service Center. Through a ten-minute application process, they will assist you in determining how much money is needed to bridge the gap.

The loan is set up like a line of credit. Each month, you determine how much is needed and notify M&I Bank. The bank transfers those

funds to the senior living community, and they are credited to the resident’s bill.

Call Eldercare at 888-228-4500 and ask for Farrell Didio. Tell her you are with New Perspective Senior Living, and Farrell will guide you through the process.

ASSISTANCE FOR WAR VETERANS

The Aid and Attendance Veterans Benefit offers help with assisted living care to war veterans and their surviving spouses. If you are a war veteran or a spouse of a war veteran, you may qualify for up to \$19,728 per year to help you afford assisted living care.

To qualify, you must have less than \$80,000 in liquid assets, have an annual income less than \$32,000, and have served your country for 90 days. It takes about six months to collect these benefits, but they are retroactive to the date you are approved.

Call me, David Kieffer, at 952-746-3630, and I will help you contact your regional officer for the Veterans Benefits Administration. ■

SENIORS & KIDS BLESS EACH OTHER

Pre-schoolers at Little B's Daycare Center get help with their crafts from residents at the Lighthouse of Barnum. Together, the seniors and their young friends have shared ice cream sundaes, bingo parties, and games outdoors. At Halloween, the children paraded through the Lighthouse in costume and the seniors visited Little B's after a late spring snow to look at snow forts and snow angels the children had created.



Violet Heiskari sorts blocks with a preschooler at Little B's.

"It brings back youth to our residents," says Melissa Monte, activities director for Barnum and Cloquet. "The energy is high on days when young and old meet."

"The children show appreciation to our seniors in unique ways," continues Melissa. One way is by calling the seniors "grandma" or "grandpa" if they want to. "It puts the residents back in a family setting, and the children make them feel as if they really are their grandparents."

The young children benefit from the seniors' wisdom and help with their crafts. "The 3- to 4-year-olds need a lot of help and our residents are eager to give it," observes the activities director. "These seniors have cared for their families all of their lives, and now they feel needed again." ■



**Lighthouse
Communities**

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

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KEEPING SENIORS SAFE

BY SCOTT MCCUTCHEON,
VICE PRESIDENT, OPERATIONS

Walkways at our Lighthouse Communities are designed as Paths to Better Memory and Improved Health. A brisk walk 3-4 times a week will improve memory, stimulate appetite, promote social health, and energize our residents to participate in other activities.

Our walking paths, like the one pictured here at the Lighthouse of Mahtomedi, were designed in a circular layout so residents can record laps and walk one lap after another with a feeling of getting somewhere. The path also enables residents to wander safely without the stress of encountering dead-ends or the danger of eloping into the community. ■



Jim Murray (left) and Floydd Anderson stretch their legs on the walking paths while several of the communities' ladies visit in the gazebo.

MINNESOTA
BARNUM 218-522-0056
CLOQUET 218-522-0056
COLUMBIA HEIGHTS 763-571-1117
MAHTOMEDI 651-407-9076
WACONIA 952-856-4700