

The Shores

OF LAKE PHALEN

Active Senior Living in Maplewood



651-777-7784
Theshoresoflakephalen.com
1870 East Shore Drive Maplewood, MN 55109



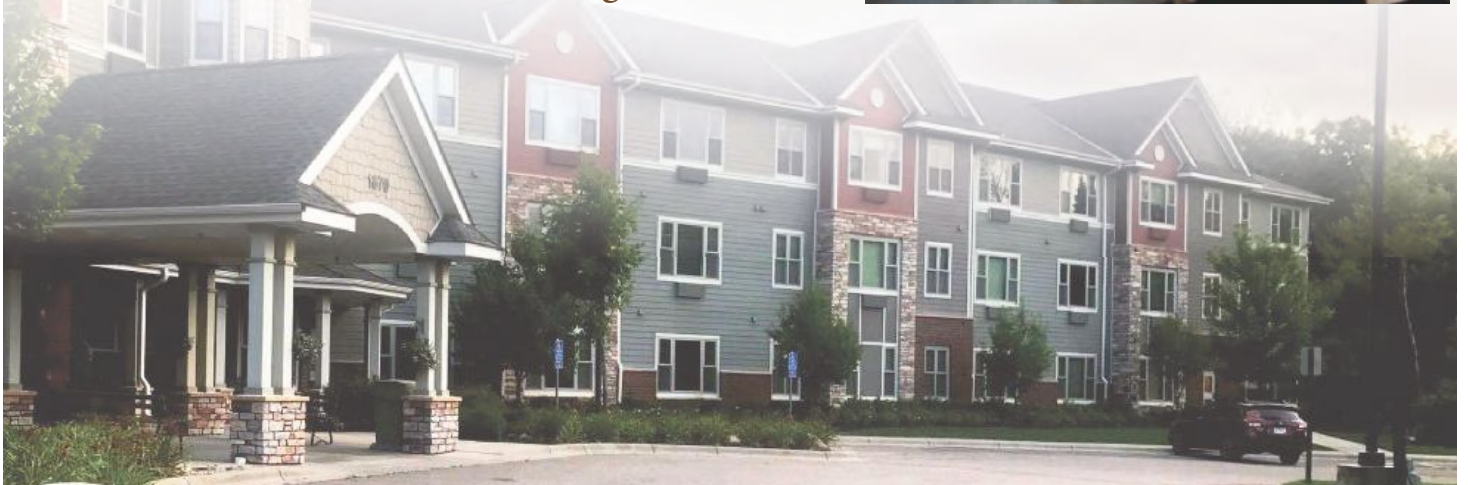
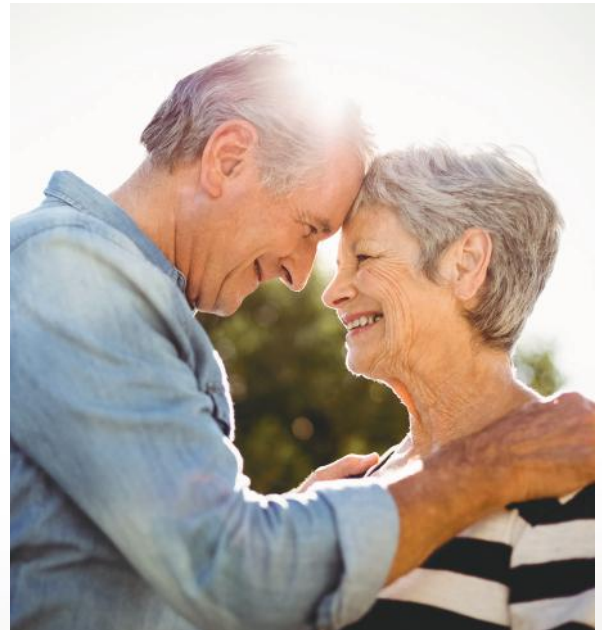
“Fostering Exceptional Senior Living”



The Shores of Lake Phalen is surrounded by walking trails, wildlife, a fishing pier, wetlands, wildflowers, and nationally acclaimed golf courses. Located just minutes from St. Paul and Maplewood which offers shopping, culture, entertainment and health providers. The Shores of Lake Phalen is truly a place for seniors to enjoy an active, fulfilling life without the worries or expense of household maintenance.

Welcome to The Shores of Lake Phalen

- Majestic Fireplace Lobby with Grand Piano
- Quaint Library with Fireplace Seating
- Club Room with Game Table
- In-House Movie Theater with Popcorn
- Spacious Community Dining Room by Fireside with Private Dining Accommodations
- Fitness and Exercise Room
- On-site Beauty Salon & Spa Room
- Scenic Deck with Fire Pit & Gathering Area
- Weekly Church/Chapel Services
- Guest Suites Available for Visiting Friends



Making the Move

Let us help you with your journey to a new lifestyle at the Shores of Lake Phalen. This is an exciting time in your life as you prepare to make this change. Your family can help you choose your furniture that has been so significant in your life to place in your new home with us. This will allow you to make this journey enjoyable as you see your possessions placed in your new home. The staff at The Shores of Lake Phalen will be available to help you place furniture, hang pictures or whatever needs to be accomplished that will make this journey an exciting and enjoyable one. Welcome to your new extended family!

When evaluating senior living options, cost is an important factor to consider. We suggest that you start with an understanding of the costs of your current living situation. These may include items such as:

- **Rent or mortgage payment**
- **Property insurance**
- **Utilities bills**
- **Groceries and household items**
- **Automobile payment**
- **Automobile maintenance**
- **Automobile fuel**
- **Parking fees or costs**
- **Housekeeping or maid service**
- **Lawn service**
- **Household maintenance costs**
- **Payments to any caregivers**

Once you understand the true costs of your current living situation, you can more easily evaluate the expense of senior living options. Often, many seniors find that the all-inclusive style arrangement that senior living communities offer is more cost-effective than living



Assisted Living

Keller



Phalen



Ramsey



Maplewood



Gladstone



- Choice of Studio, 1 Bedroom and 2 Bedroom Apartments with multiple floor plan options.
- Apartments are spacious, allowing room for visits from family/guests or grandchildren with guests suites available for overnight stays.
- Large kitchens with full sized refrigerators & microwaves.
- Private bathrooms have walk in accessible showers with an on-site community spa.
- Picture windows brighten each apartment with a scenic view of the peaceful landscape.
- Personal care staff available 24-hours with personal grooming assistance.
- Full-time Registered Nurse and Health & Wellness Director
- Additional staff: Registered Nurse and Licensed Practical Nurses clinical team on staff.
- Registered Nurses on call 24/7.
- Trained medication management staff.
- Emergency pendant service.
- Access to three chef prepared meals daily with snacks, laundry services & weekly housekeeping.

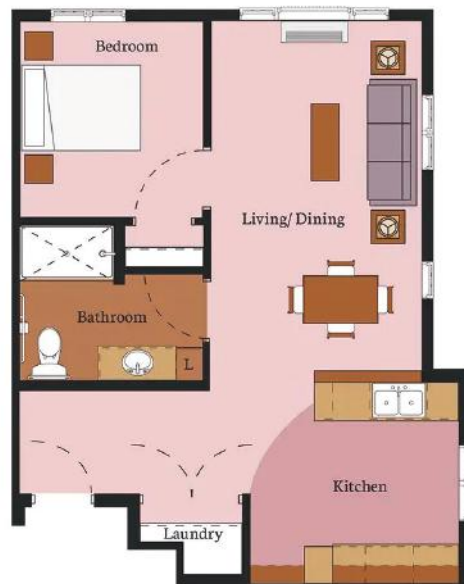
Memory Care

- Two distinct, secure neighborhoods named Willow and Elm.
- Studio and 1 bedroom apartments with personal bathroom and seating area for family visits.
- Private bathrooms have walk in accessible showers with on-site community spa.
- Shadow box helps to identify apartments & allows space for family photos & other mementos.
- Assistance with personal care needs such as bathing, dressing, toileting & grooming.
- 24-hour supervision & security, personal monitoring system with pendant.
- Full-time Health & Wellness Director & loving caregivers are devoted to personalized care.
- Daily memory enhancing programming.
- Medication management
- Full-time Registered Nurse and Health & Wellness Director
- Additional staff: Registered Nurse and Licensed Practical Nurses clinical team on staff.
- Registered Nurses on call 24/7.
- Trained medication management staff.
- Emergency pendant service.
- Access to three chef prepared meals daily with snacks, laundry services & weekly housekeeping.

Keller



Phalen





Family Resources

Enjoy Assisted Living at The Shores of Lake Phalen in Maplewood, MN. Just minutes from shopping, entertainment, dining and local parks (not to mention Minneapolis, St. Paul, and White Bear Lake), it's all at your fingertips. Nestled in a gorgeous wooded setting between Lake Phalen and Keller Lake, The Shores of Lake Phalen is unlike any other assisted living community. It is apartment living in a resort atmosphere. Apartment styles include: studio, one-bedroom, two-bedroom, memory care suites, and guest suites for both visiting family and friends. Choose your apartment based on your preferences and desires. Select from a golf course, lake, or wooded view. Private rental suites offer security and comfort for those with memory loss. Individual suites offer the solitude one may desire, while spacious common areas are perfect for events, recreation, and socializing.



We will work with your changing needs to modify your care. There is so much to do here, you'll love it! Our warm and inviting community welcomes you and your pet, so bring the entire family. Tour our community and see why The Shores of Lake Phalen is the ideal place to call home in the Minneapolis / St. Paul area!

Support for Seniors

Sometimes as we age, we allow the stream of life to just carry us along without purpose. We may forget that we are the captain of the ship and there are many destinations yet to be enjoyed. At any age we have desires and these desires may be seen as goals...a satisfaction destination, if you will. Examples may be:

- **Feeling safe**
- **Having the companionship of others**
- **Regular nutritious meals**
- **Help with the activities of life that used to be so simple**
- **Quick access to medical care**
- **Transportation**
- **Entertainment**
- **Spiritual life**

At our community, we follow weekly plans to assist our residents in achieving their heart's desires with programs that address the emotional, physical, intellectual and spiritual aspects of life. And we do it well! Our residents' safety and happiness are of the utmost concern to us, and our compassionate staff works diligently to provide the best life possible. If you're tired of struggling in a situation that was once simple and comfortable but which no longer fits, come see us. You'll like what you see! We realize that even though at a certain point it's the best choice, the move from home to a senior living community is a major transition. We don't take that lightly. Here are some articles we feel you may find helpful.

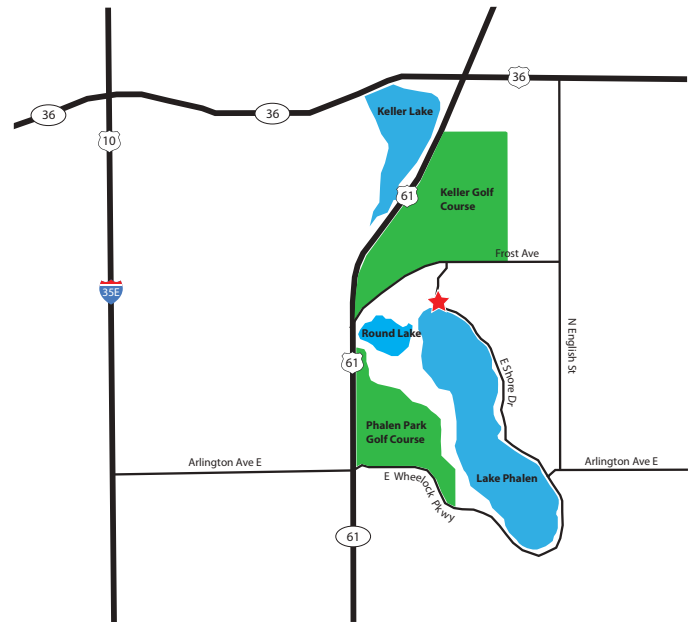


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The Shores of Lake Phalen offers more than just beautiful and roomy living spaces. We are in the heart of many great activities – and many great neighborhoods (including Maplewood, Minneapolis, St. Paul, and White Bear Lake). Take a stroll down the nearby walking trails or play a round of golf at golf course that surrounds the community. We have a staff that cares and amenities that excite. Come visit us today and see what you've been missing. We proudly offer varying levels of care to suite your needs!



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