



# STIRLINGSHIRE OF CORALVILLE

ASSISTED LIVING | MEMORY CARE

## *Coralville's Premiere Place to Call Home*

Thank you for your interest in Stirlingshire of Coralville. We are delighted to provide you with information about our unique community as you navigate senior living options.

This electronic brochure features current information about the exceptional accommodations and services available on our beautiful campus and the lifestyle solutions that can enhance your quality of life.

These user-friendly files may be downloaded to your personal computer and printed at your convenience. If you experience any difficulty accessing this information, please contact our Marketing Office at (952) 848-8803 for assistance.

We invite you to learn more about Stirlingshire of Coralville. We will contact you shortly to answer any questions and to schedule your personal visit so that you can experience all that we have to offer.

**WE LOOK FORWARD TO MEETING YOU IN THE NEAR FUTURE!**



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### *Programs & Services*

When it comes to senior living your options are many, but when it comes to finding a community that truly values you as an individual with staff dedicated to enhancing health, wellness and lifestyle through programs and services uniquely tailored to residents in every level of accommodations and care, that list is far shorter. Welcome to Stirlingshire of Coralville, and welcome home.

We are dedicated to providing an innovative, comfortable and compassionate environment for our residents and their families. Friends (both new and old) will join together at weekly happy hours, monthly parties, musical performances, daily activities, exercise and more. We support your well-being through our continuum of care so that you can age in place staying as independent as you're able, adding personal and health services as needed. We offer a variety of apartment floor plans – studio, one and two bedroom styles designed to meet your needs and preferences.

#### **ASSISTED LIVING**

Stirlingshire's Assisted Living apartments are for seniors who value their independence but may require personal care and supportive services. Our spacious and bright studio, one and two bedroom apartment homes are designed to create a comfortable and convenient lifestyle with easy access to social opportunities and care services. À la carte service options allow residents to choose the level of assistance they need. Direct care staff will be on site 24 hours each day and an emergency call system will be equipped to provide residents and family members peace of mind knowing that trained staff members will respond as needs may arise. A full array of tailored Assisted Living services will be available to meet the unique needs of each individual. Three chef-prepared meals per day, activities and; wellness programs, staff supervision, health monitoring and personal care are all part of our Assisted Living experience.

#### **DIMENSIONS MEMORY CARE**

We welcome you to experience our Dimensions Memory Care Program. At Stirlingshire, we understand the unique challenges that Alzheimer's and other forms of dementia can pose for seniors and their families. Through Ebenezer's Dimensions Program, we provide compassionate memory care services for those living with memory impairment. Our Memory Care neighborhood will be specially designed to promote independence and provide a sense of comfort. The community will feature 20 studio-style apartments with private bathrooms and kitchenettes in a secure and nurturing environment. Our specially trained staff offer guided daily living activities designed to awaken the senses and provide the highest quality social, physical and emotional support.

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### STAY BY THE DAY/RESPITE SUITES

Our Stay by the Day suites are an option for individuals not ready to return home and still need some assistance with personal or health care needs. Suites are available to rent for a minimum of 5 days and come fully furnished. Stay by the Day rental includes three meals per day along with many other amenities and services. Those who decide to make their stay permanent receive \$500 off their first month's rent in Assisted Living.

### SPIRITUAL HEALTH

To accompany the wonderful care that we provide, we offer Spiritual Health programs led by our full time chaplain. Our goal is to support the spiritual, relational and emotional healing and well-being of our residents. Our ecumenical services seek to serve the needs of this community directly and – in recognition of religious diversity and integrity – facilitate connections with local leaders and fellowships of all faiths. Some of the services we provide to our residents include:

- Spiritual care and counseling
- Advance care planning facilitation
- Eucharist, scripture study and prayer
- Rituals to mark sacred transitions

### LIFE LONG LEARNING

Our Life Long Learning Initiative is a collection of coordinated arts and education programs designed to foster growth and creativity for seniors. Life Long learning is the process of keeping your mind, body and spirit engaged — at any age — by actively pursuing knowledge and experience. Learning and growing helps everyone at every stage of life, and for seniors, the benefits are endless. Research has shown that with opportunities for self-expression and discovery, seniors experience vibrant living, artistic growth as well as improved mental and physical health. Life Long Learning helps our residents stay connected to their world — both locally and beyond.





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### *Services & Amenities*

#### **SERVICES & CARE PROVIDED**

Our community offers care and services no matter where life takes you. From needing meals, maintenance-free living or just a little bit of care to end-of-life care, we can meet your needs.

#### **PERSONALIZED SERVICE ASSESSMENT & PLAN**

Our personalized assessment evaluates individual needs and preferences. Then we customize a care plan to meet those needs and preferences.

#### **ONGOING DEMENTIA TRAINING & SUPPORT FOR STAFF/FAMILY**

Our associates are trained to understand the unique and unpredictable needs of our residents living with dementia hand in hand with providing an individualized approach. We understand that creative problem solving is needed when providing top notch, quality care to our memory care residents. We also have a Dementia Care Champion on staff to support our associates, residents and their families to ensure all elements of our Dimensions Program are being met.

#### **ASSISTANCE WITH PERSONAL NEEDS**

Our trained staff is available around the clock to assist with resident's personal needs in the privacy of their own apartment according to their personalized care plan. We provide assistance with bathing/showering, clothing selection, dressing, grooming, hygiene, mobility/transfers and dining.

#### **AMBULATION & ESCORT SERVICES**

We will escort residents to meals and activities within building if it's in their care plan or if they are in our Dimensions Memory Care community.

#### **DINING/NUTRITION**

We serve continental breakfast, lunch and dinner daily. All menu options are selected and prepared by our Stirlingshire of Coralville Chef and Culinary Team to optimize nutritional value. Understanding that many older adults may have special dietary needs and unique preferences, we offer alternatives, finger foods and adaptive devices for every resident.

#### **HOUSEKEEPING/LAUNDRY SERVICES**

In Assisted Living we provide on load of laundry per week and weekly housekeeping. In Dimensions Memory Care, we provide the weekly laundry, housekeeping in addition to daily bed making and trash removal, this helps preserve dignity for our residents.

#### **INCONTINENCE MANAGEMENT**

Our nursing team offers an in depth incontinence management program for residents that are in need of it, from reminders to scheduled physical assistance.

#### **NURSING SERVICES**

Professional nurses oversee the delivery of healthcare and behavior management services to our residents. A licensed nurse is on-site 40 hours per week.

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### DAILY ACTIVITIES & PROGRAMMING

Prior to moving in, we gather information about each resident to understand their unique needs, interests and that give us a good picture of who they are. In Memory Care, we use My Way, which is a very in depth profile about each resident from what makes them smile to hardships to special memories, etc. in order to provide person centered care. Programs and outings are specially designed with residents' interests and abilities in mind. Multiple programs are offered throughout the daytime and evening hours. Senior Living, Enhanced Care and Memory Care Program hours and offerings will differ. All of our wonderful programs and activities are designed and supported by our Active Living Director and assistants.

### SPECIALIZED INTERVENTION PROGRAMS

We understand that consistent monitoring and intervention in specific areas can help avoid illness and/or injury and improve quality of life for residents. For this reason, we have developed and implemented nutrition tracking, weight management, behavior tracking and fall management programs.

### AMENITIES

- Variety of Floor Plans with unique layouts and some that feature balconies
- Large walk in closets
- Heated underground parking
- Chef prepared meals served restaurant style
- Community Room that can seat over 200 for parties and programs
- Screened in porches
- Fitness Center with scheduled classes and wellness programs
- Cafe Bistro with weekly Happy Hour
- Movie Theater/Chapel - dual purpose space
- Full service Beauty and Barber Salon
- Private Dining Room for your own family gatherings
- Patio seating and gardens
- Library and Reading Nook
- Emergency Response System
- Handicap accessible apartments and community
- Storage units
- Scheduled van transportation

### FLOOR PLANS & PRICING

Contact us to schedule your tour as there are different, floor plan and pricing options available to fit your unique needs.