



WESTWOOD

Apartments *for* Seniors

 Benedictine Health Center

Make Yourself *at* Home

Beautiful. Affordable. Wooded lot. Safe neighborhood. Garage parking. Plenty of space. Friendly neighbors. Many of the things you looked for in a family home years ago are still important features to consider when apartment hunting later in life.

Westwood is a perfect fit for seniors looking for an easy transition to retirement living. From the picturesque setting and spacious floor plans to the time-honored Benedictine tradition of quality, it's no surprise that residents feel right at home from the day they move in.

Welcome to the *Neighborhood*

Most seniors thrive as a result of the independence that comes with apartment living. No more snow shoveling, lawn mowing, leaky roof or faucet repairs. They appreciate being able to just "turn the key" and head off to their next adventure. Others who have health or mobility problems and need help with daily activities, grow to appreciate the sense of companionship here, the feeling of family fostered within this Benedictine community.

Nurses Next Door. Should the unexpected happen – a fall or major medical setback – Westwood residents have priority access to more comprehensive levels of care in the Benedictine Health Center, including rehabilitation services and 24-hour skilled nursing care. This seamless continuum of care allows individuals to secure additional, necessary services in a familiar setting just down the hall or on another floor, all the while maintaining the precious relationships established here.

Adding *Life* to Years

A Place to Live, Learn, Laugh & Love. Life at Westwood is rich in opportunities for social, spiritual, educational and cultural fulfillment. As part of the Benedictine Health Center, Westwood is connected to an extraordinary community of care through which tremendous relationships are built – both across campus and across generations. Children in the Benedictine Preschool enjoy regular visits with "grandpals" in Westwood.



WESTWOOD

A spouse, siblings, even former neighbors may move into the adjacent Long Term Care Center or participate in the Adult Day Services program on its main floor.

Residents also have access to a variety of courses, concerts and theater performances on campus at the College of St. Scholastica. There are a number of places to volunteer one's time and talents including the care centers, chapel, preschool and gift shop.

Named for an English Benedictine Abbey, Westwood provides all of the amenities that add quality of life to one's later years. Residents can walk paths that crisscross the wooded landscape, enjoy spectacular views of Lake Superior, spend quiet time by a stream or in a library, plant and tend gardens, attend chapel services, or dine privately with friends. There always is something to do, some place to go or some time just to be...quiet.

Independent & Assisted Living Options for Seniors

Carefree, Independent Living. Free yourself from the burdens of home ownership. Make the most of your retirement years in the privacy and security of a luxurious, affordable apartment home... without any of the hassles. Westwood offers a variety of apartment styles and sizes, each with its unique character and charm.

An Extra Helping of Hospitality. Westwood also features specially designed apartments complete with Assisted Living options for residents who still want to maintain a high level of independence but require some assistance with the activities of daily living. From dispensing medication to assisting with showers and laundry, we're here to meet our residents' special needs.

The *Personal* Touches

Little things make a big difference. We spent years researching and designing Westwood to best reflect our Benedictine tradition of providing quality care, particularly in how the values of hospitality, respect, justice and stewardship translate into a senior living community. Features unique to this campus community are an outgrowth of that contemplative time:

- Underground Heated Garage
 - 3 Elegant Dining Rooms (including a Private dining room for birthday parties, anniversaries, showers; catering service available)
 - 5 Lounges
 - Gathering space with fireplace & projected sound system
 - Guest Apartment
 - Library
 - Outdoor Walking Trails & Gardening Areas
 - Heated Therapy Pool & Exercise Room
 - Small pets are welcome
- ...**plus indoor walking corridors** to:
- Beauty Salon/Barber Shop, Coffee & Gift Shops
 - Chapels
 - Physical, Occupational & Speech Therapy
 - Benedictine Developmental Preschool
 - College of St. Scholastica Library, Emeritus College classes, Bookstore, Post Office, Little Theatre & Mitchell Auditorium





Assisted Living Apartments



Caring for the people you love.

Everybody needs a little help from time to time. It may be after a serious fall or stroke, when vision is compromised, or following the death of a spouse. Loneliness, chronic illness, even memory lapses can make each day more difficult than the last. With families scattered across the country, it's difficult for adult children to care for aging parents. It may become just as difficult for aging seniors to take care of themselves.

Making the decision to move out of one's home is not easy. But moving into an apartment with assisted living options can help a person regain control of his/her life. It can actually be a time of relative calm, happiness and self-confidence ...when it's the right place. Westwood just very well may be that place for you or your loved ones.

We've created 35 stylish, cozy one-bedroom apartments for individuals who wish to maintain a fairly independent lifestyle while having access to personal care services as needed. Large windows provide plenty of natural light and wonderful views of the campus.

Personal Touches

Oodles of Options. Our Assisted Living Apartments offer the same features provided for residents living independently at Westwood: computerized "I'm OK" system, all utilities (except phone), cable television, scheduled transportation to Westwood arranged events, access to exercise room and therapy pool, use of libraries and chapels, access to beauty salon or barber shop, plus a host of additional services.

Residents in all of our Assisted Living Apartments are entitled to the *Basic Service Package*, which includes:

- 3 delicious meals per day served by wait staff in a beautiful dining room
- Made-to-order breakfasts
- Coffee and snacks in community Fireside Room
- Weekly housekeeping visits
- Laundry service for bed linens & personal laundry (2 loads/week)
- Wireless emergency call system (two calls/month included)
- Blood pressure checks monthly
- Reminders for meals, activities and outings
- Assistance coordinating transportation to medical appointments

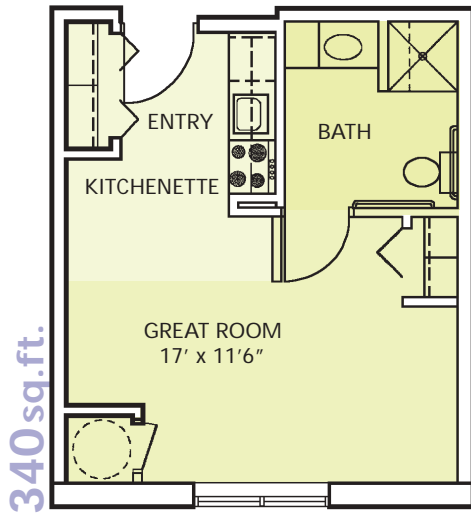
Need a little *Extra* Help?

Nursing Services are also provided at Westwood and are available for an additional fee. The *Full Service Package* includes all of the basic services listed to the left, plus:

- Regular, professional supervision of care
- Communication with physicians
- Medication set-up, reminders/administration
- Assistance with showers (twice weekly)
- Assistance with dressing
- Unlimited use of emergency pendant call system

Westwood is registered with the State of Minnesota as a Housing with Services facility. Home Care Services are provided by a licensed Assisted Living Home Care provider and a Medicare certified Home Care agency(s) when Medicare services are needed.

Floor Plans

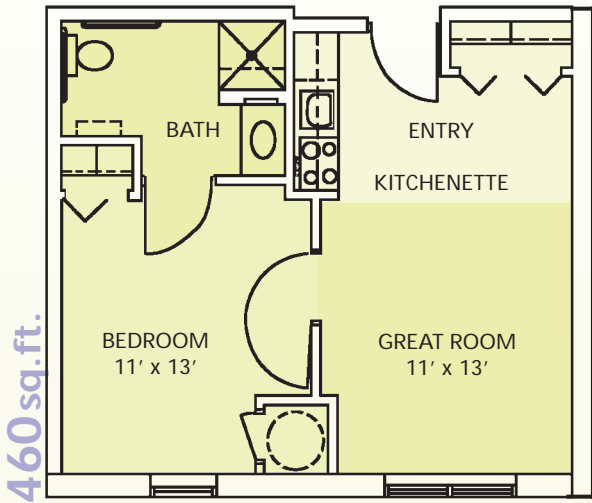
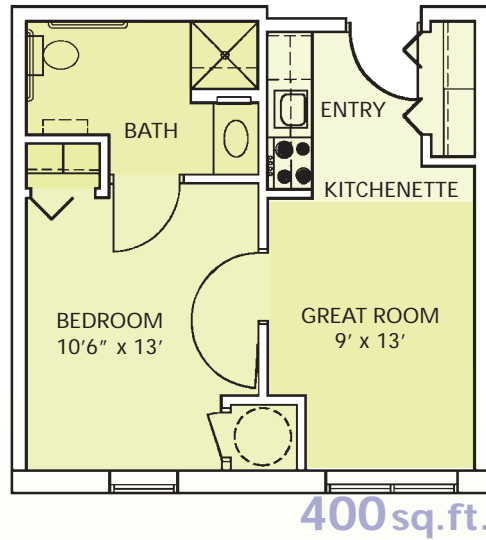


Whispering Winds

This comfortable efficiency offers a cozy great room/bedroom with a large private bathroom and handy kitchenette.

Forest Glade

Our most popular design features a private bedroom and bathroom, ample great room/kitchenette and plenty of closet space.

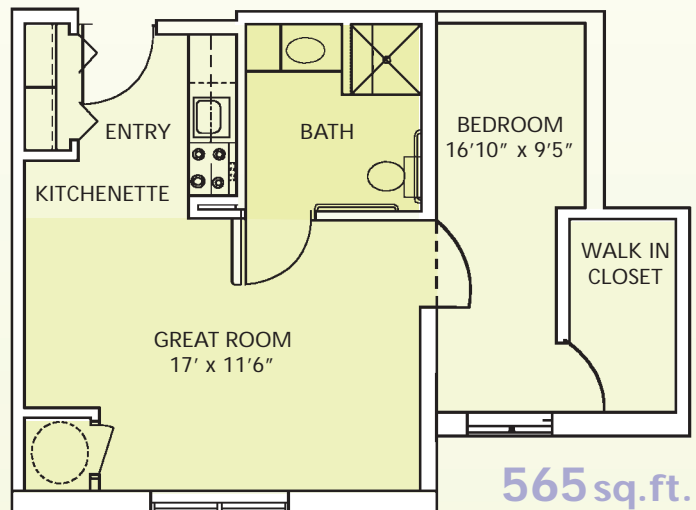


Northern Lights

A spacious apartment, this floor plan features a generous great room/kitchenette, large bedroom and bathroom.

Lake Superior

The roomiest layout by far, this apartment features a spacious great room/kitchenette, large bathroom, comfortable bedroom and walk-in-closet.



Second person – additional fee per day.

For a complete listing of additional services available, please contact the Westwood housing counselor.

WESTWOOD *Independent Living Apartments*

 **Benedictine Health Center**

Comfort. Convenience. Carefree Lifestyle.

The best part of living at Westwood is the time you have to enjoy retirement – time you won’t be spending shoveling snow, mowing lawn, washing windows or making home repairs – time for what you want to do.

Conveniently located minutes from area restaurants and retail centers, Westwood is easily accessible for residents and visitors alike. We offer a variety of styles and floor plans, each with its unique character and charm. With one- and two-bedroom apartments available in several sizes, residents may select just the right amount of space to fit their lifestyles. Westwood apartments feature spacious great rooms or large living rooms, kitchens with appliances and safe, roomy bathrooms. Some have balconies and others have bay windows, which provide plenty of natural light and wonderful views of Lake Superior and the lush wooded landscape.

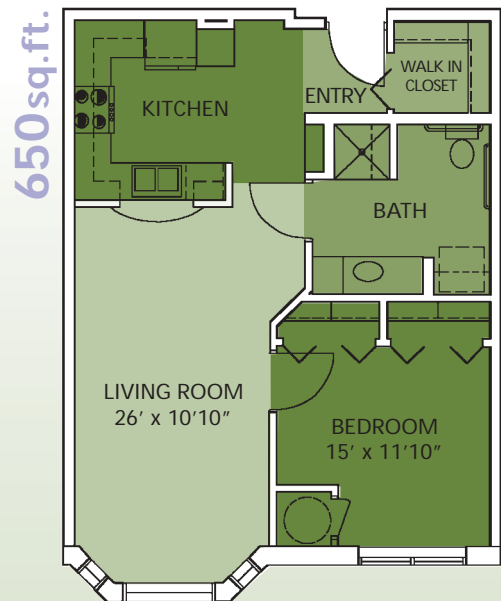
In addition to amenities mentioned in our full brochure, rent in each of the 45 independent living apartments includes: cable TV service; ventless washer/dryer hookups; all utilities except phone; an emergency call system; 30 delicious, elegantly served meals per month; individually locked storage unit; and monthly housekeeping visits.

Floor Plans



Sunrise

Comfortable and bright, this design features one bedroom, one bathroom and a spacious kitchen connected to a wide-open great room.

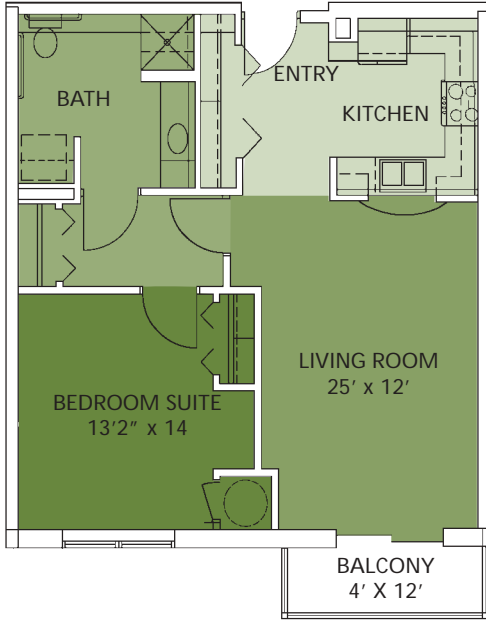


Rainbow

With a wonderfully open living room and bay window, the effect of this design is a spacious home with comfortable bedroom, bathroom and roomy kitchen.

View more floor plans on back

750sq.ft.



Greenleaf

One of our most elegant, this apartment offers a vast living/dining room, balcony, ample kitchen and bathroom, and two bedrooms – or one and a study, perhaps.

850sq.ft.



Waterfall

This living room with an adjoining deck and ample bedroom suite create an apartment that is both cozy and spacious.

950sq.ft.



Horizon

With a large bedroom suite, a second bedroom/study, balcony, two baths, a great/dining room, open kitchen and plenty of closet space, the Horizon is Westwood's premier apartment.

Second person – additional fee per month.

For a complete listing of additional services available, such as heated, underground parking and weekly housekeeping/laundry, please contact the Westwood housing counselor.



Living at Westwood is wonderful! My life has been enriched by all the new friends I have made since moving here.
~ Kay F.

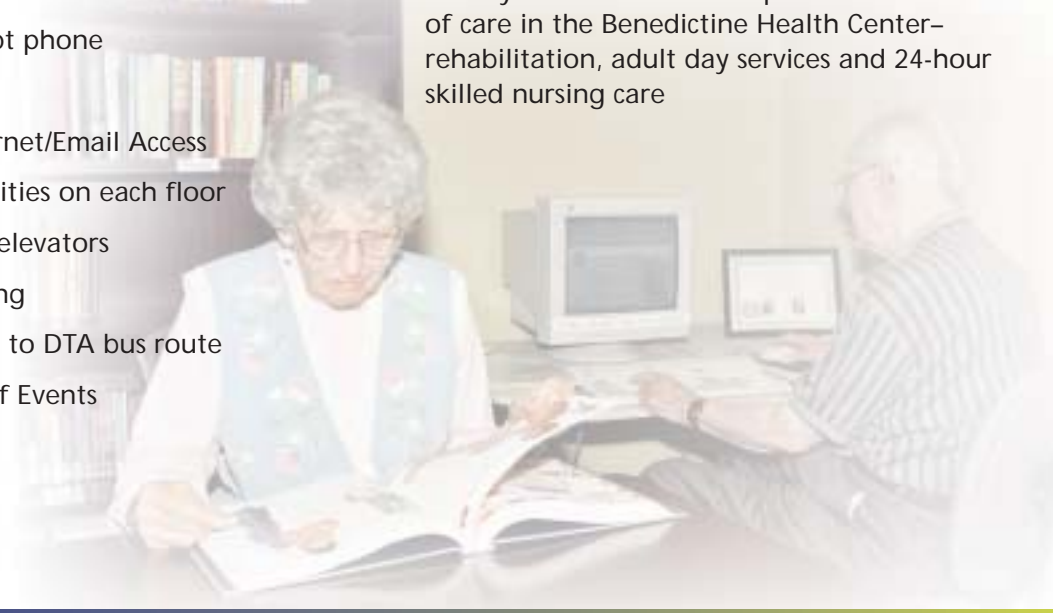
Easy to Find. Conveniently located on the city's bus route and sharing a campus with the College of St. Scholastica, Westwood is easily accessible for friends and family members alike. Minutes from area restaurants and retail centers, residents can walk, drive, take a bus or the regularly scheduled Benedictine Health Center van to grocery shop or run errands.

Peace of Mind. It is reassuring to residents and family members alike to know that the buildings and grounds here are secure and that trained professionals provide round-the-clock services on-site. Since Westwood is part of the Benedictine Health Center, residents also take comfort knowing they have preferential access to on-site nursing services, plus physical, occupational and speech therapy should they ever be needed.

A Package Deal

Rent for Westwood apartments includes the following amenities. Features specific to independent living or assisted living spaces are highlighted with their respective floor plans and fee schedules.

- Emergency Call System; 24-hour in-house staffing
- Computerized "I'm OK" System
- Security & Sprinkler Fire Systems
- Individual apartment control of heat & air conditioning
- Kitchens with appliances
- Bathrooms designed for changing needs
- Cable Television
- All utilities, except phone
- Personal Mailbox
- Computer & Internet/Email Access
- Free laundry facilities on each floor
- Controlled entry/elevators
- Free visitor parking
- Front door access to DTA bus route
- Social Calendar of Events
- Chaplaincy program
- Housekeeping services
- Delicious meals, elegantly served
- Information & referral services
- Scheduled transportation to area attractions, shopping & recreational outings
- Social gathering areas can be reserved for private get-togethers
- Priority access to more comprehensive levels of care in the Benedictine Health Center—rehabilitation, adult day services and 24-hour skilled nursing care



Connected to a *Community of Care*

Senior housing is just one facet of the continuum of care provided within the Benedictine Health Center – a community that has grown up around the Benedictine tradition of quality and compassionate service to others. Since being founded by the Benedictine Sisters of St. Scholastica Monastery in 1980, we have also provided **Adult Day Services, Rehabilitation Services**, skilled nursing in our **Long Term Care Center**, and an **Early Childhood/Preschool** program to meet the needs of area families. **Westwood** was added in 2000, extending our ministry of care into retirement housing for seniors on this beautiful, 180-acre wooded campus shared with the Monastery and the College of St. Scholastica.

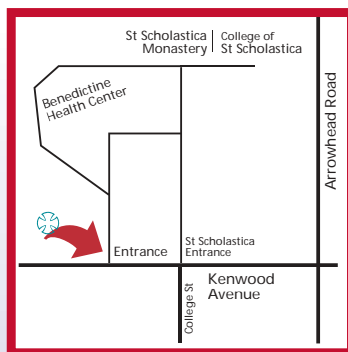
Care *Across* the Generations

The care centers and apartments that comprise this community have developed a household atmosphere over the years – albeit a **large** household with over 400 employees and volunteers serving the needs of 300 guests between the ages of six weeks and 100+ years. In addition to fostering meaningful relationships, this extraordinary pairing of young and old is...

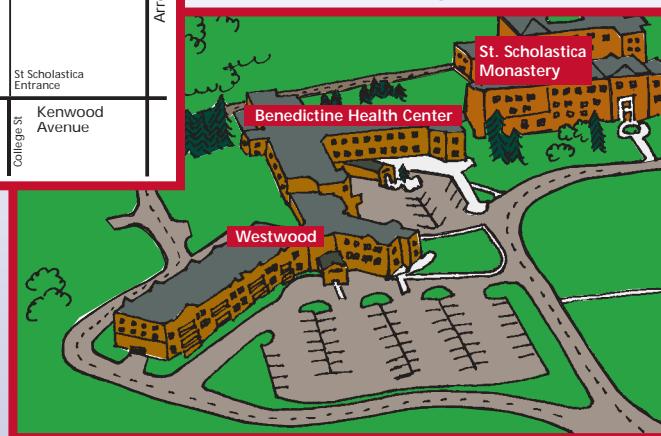
ADDING **Life** TO YEARS

Living What *We* Believe

Hospitality. Respect. Justice. Stewardship. These Benedictine core values frame the vision of our ministry of care at the Benedictine Health Center. We work day in and day out to extend God's love to aging adults, young children and others with special needs, providing compassionate care and competent service in an environment that enhances human worth.



Conveniently located on DTA bus route.
Free visitor parking.



Sharing a campus with the College of St. Scholastica



Call for a tour or more information

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