

Services and Amenities

ASSISTED LIVING

Frasier Meadows Assisted Living is an intimate community of 31 apartments. Staff provides individualized care for residents who require support with daily living and who are not in need of skilled nursing. Assisted Living residents have access to a host of activities and amenities provided to all residents of Frasier Meadows Retirement Community.

Services and Amenities

- 24-hour oversight and LPN on duty daily
- Two dining rooms offering three meals daily
- “Late risers” continental breakfast
- Assistance with grooming, hygiene and bathing
- Utilities included and extended cable TV in each apartment
- Weekly housekeeping, laundry/ironing
- Daily assistance with bed-making and “tidying up”
- Mail or newspaper delivered to room
- Daily medication assistance
- Emergency response system
- Nightly room checks, as needed
- Personalized care plans
- Devotional services and staff chaplain
- Specialized activities and wellness programs
- Memory enhancement activities
- Scheduled group transportation to special events

- Enclosed courtyard, gardens, and greenhouse
- Family atmosphere with friendly pets
- Large screen TV
- Library

Additional Services and Amenities

- Enhanced care program
- Physical, speech and occupational therapies
- On-site beauty shops
- Massage, acupuncture, reflexology, and other alternative therapies
- Wellness Center with exercise equipment, classes and pool
- Towne Centre with grille
- Local phone service (\$30/monthly)
- Respite care (3-day minimum stay)
- On-site adult day care available



Questions and Answers

ASSISTED LIVING

Who is eligible for Assisted Living?

Seniors who require oversight and/or assistance with daily living activities (ADL's), such as bathing, dressing, grooming or medications, and who do not need 24 hour skilled nursing care.

Is Assisted Living licensed?

Yes. We are licensed by the State of Colorado.

Do you accept insurance?

Yes. Many long-term care policies provide coverage for licensed Assisted Living. However, our Assisted Living is not certified for Medicare and Medicaid.

What is your staffing profile?

We provide RN supervision 40 hours per week, LPN's are available 7 days per week, and Resident Assistants are on staff 24 hours per day/7 days per week.

Do you offer Respite and Hospice Care?

Yes. We offer short-term Respite stays with a 3-day minimum (dependent on room availability). Hospice Care can be provided on an individualized basis for those who qualify.

What if an Assisted Living resident needs more care?

We offer an enhanced level of care in Assisted Living and an on-site Health Care Center which offers skilled care and rehabilitation services. The Health Care Center is Medicare and Medicaid certified.

What if an Assisted Living resident needs therapy?

Physical, speech, and occupational therapists are on staff and therapies may be covered by Medicare.

Do you offer a wellness program?

Yes. Frasier Meadows has a complete Wellness Center with specialized equipment for weight and flexibility conditioning.

A wide variety of classes are available including Yoga, Tai Chi, balance, Pilates and tummy-toning. A 92° resistance pool for aquatic classes and relaxation is also available. A complete holistic healing program includes massage therapy, reflexology, acupuncture, Feldenkrais, and Watsu. Spa services such as facials and foot massages are also available.

Can you care for a resident with dementia?

Residents with early stage dementia (without symptoms of wandering) can live in Assisted Living. Residents have access to a specialized adult day program that is available six days a week. Advanced Alzheimer's care is provided in the Health Care Center where a secured unit is available.

What residence options are available?

All apartments in Assisted Living are private and are designed to meet the financial and personal needs of our residents.

Who operates Frasier Meadows Retirement Community?

FMRC is a not-for-profit locally owned community, founded in 1960, and is affiliated with the United Methodist Church.

FRASIERMEADOWS
RETIREMENT COMMUNITY

Monthly Fees

ASSISTED LIVING

Monthly Fees	Member*	Non-Member
Standard Studio	\$3,131	\$3,407
Enhanced Studio	\$4,270	\$4,977
Deluxe Studio	\$4,632	\$5,786
One-bedroom w/patio	\$4,977	\$6,221
Two-bedroom	\$6,337	\$8,509

Enhanced Care Program: \$460 per month for additional services (such as incontinency management).

Second Person Fee: \$1,700 per month

*Members are residents who live in Frasier Meadows Retirement Community and who have paid an Entrance Fee.

People from the greater community may become members through the following options:

Option 1:

Entrance Fee \$31,500 (non-refundable)
Receive member rates in Assisted Living

Option 2:

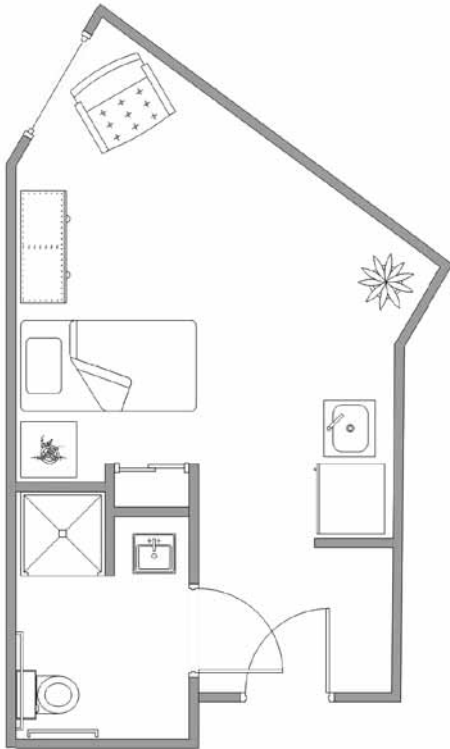
Entrance Fee \$63,000 (non-refundable)
Receive member rates in Assisted Living
Preferred access to FMRC Health Care Center
Receive member rates in the Health Care Center

Rates effective July 2010, and are subject to change.

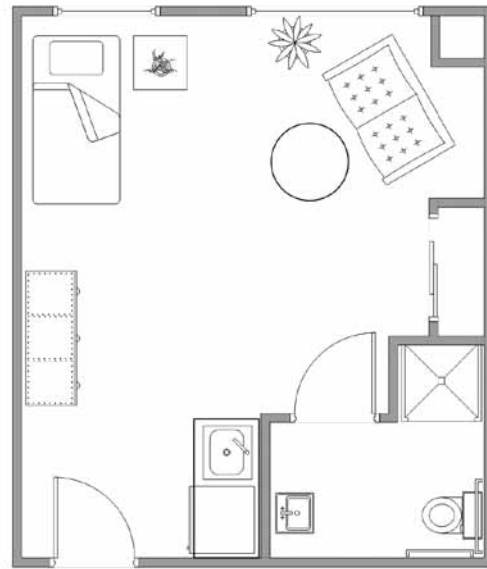


Floor Plans

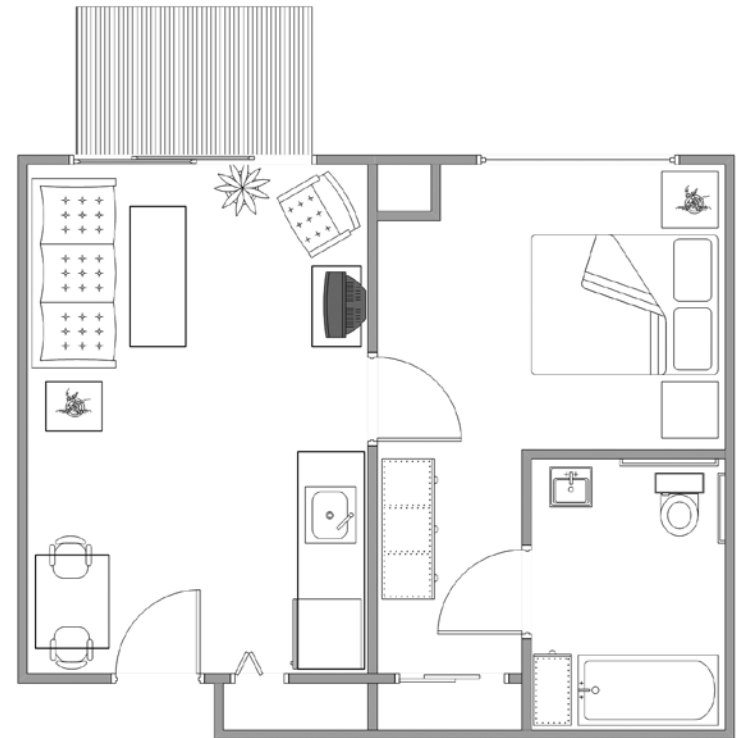
ASSISTED LIVING



Enhanced Studio
300 sq. ft.



Deluxe Studio with Kitchen
353 - 416 sq. ft.



One Bedroom
variable sq. ft.

FRASIERMEADOWS
RETIREMENT COMMUNITY