

Keystone Place At Forevergreen

A Life Fulfilling Senior Community

Respite Pricing

Our respite apartments are offered on a rental basis, with one daily fee. Our respite service includes:

- Studio apartments with kitchenette
- Health monitoring by a licensed nurse 7 days a week
- Trained care associates available 24 hours a day
- Three (3) meals per day with emphasis on nutrition, including MIND DIET selections that promotes brain-health
- An always available menu
- All utilities (excluding telephone)
- Weekly housekeeping and linen service
- Scheduled transportation to medical appointments, shopping, and off-site recreational outings
- Enriching activities and social events
- Wellness promotion and exercise programs
- Emergency response system
- Cable TV and wireless internet service
- Complimentary coffee, tea, and juice bar
- Full apartment maintenance
- Minimum 2 week stay – maximum 30 days

Pricing

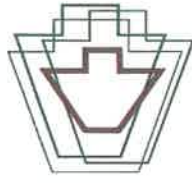
Assisted Living -- \$175/day

Memory Care -- \$225/day

An individual service plan is developed for each resident based on a care assessment from our licensed nurse. Personal care might include: dressing, bathing, transfers, escorts, reminders, medication management, incontinence management and treatments.

Deposit and community fees waived.

Rates effective January 2021.



Keystone Place

At Forevergreen

A Life Fulfilling Retirement Community

Independent Living Pricing

Keystone Place at Forevergreen offers one and two bedrooms/two-bathroom independent living apartment homes. Apartment features include:

- Fully-equipped kitchen with refrigerator, range/oven, microwave, and dishwasher
- Expansive living room
- Sunroom streaming with natural light
- Spacious bedroom(s)
- Bathroom(s) with non-slip shower(s) and safety grab bars
- Patio or balcony
- Individually controlled heating and cooling system
- Stackable washer and dryer
- Sprinkler system and smoke detectors
- Window blinds

The monthly rent for each apartment, which covers most living expenses, includes the following services:

- Restaurant-style dining with flexible meal plan (one meal per day included)
- An always available menu
- Continental breakfast provided daily (except on days where brunch is served)
- All utilities (with the exception of telephone)
- Concierge services 7 days a week
- Cable TV service & WIFI
- Scheduled transportation to shopping, medical appointments, and off-site recreational outings
- Housekeeping services twice monthly
- Emergency response system
- Wellness and health promotion programs
- On-site activities, social events and parties
- Use of all common areas and amenities, including a fitness center, theater, library, pub/clubhouse, private dining room, pool hall, juice bar/parlor, and more
- Landscaped courtyard with putting green
- Valet service available during inclement weather
- Daily trash pick-up / recycling
- Packages and newspaper delivered to your door
- Full apartment maintenance
- Priority access to on-site assisted living services

Floor Plan

One Bedroom

833 square feet \$3,495

Two Bedroom

1,189 square feet \$4,225

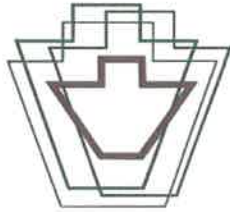
1,261 square feet \$4,425

1,335 square feet \$4,630

There is a one-time community fee of \$2,500 per apartment. In the case of apartments occupied by more than one person, there is a second occupant charge of \$700 per month to cover additional meals, apartment and building maintenance, insurance costs, activities, and scheduled transportation expenses.

Rates effective January 2021.





Keystone Place

At Forevergreen

A Life Fulfilling Retirement Community

Assisted Living Pricing

Our assisted living apartments are offered on a rental basis, with inclusive monthly fees that generally cover 80% to 90% of one's cost of living expenses. Our assisted living lifestyle includes:

- Choice of studio, one- and two-bedroom apartments with kitchenette
- Health monitoring by a licensed nurse 7 days a week
- Trained care associates available 24 hours a day
- Three (3) meals per day with emphasis on nutrition, including MIND Diet selections that promote brain-health
- An always available menu
- All utilities (excluding telephone)
- Weekly housekeeping and linen service
- Scheduled transportation to medical appointments, shopping, and off-site recreational outings
- Enriching activities and social events
- Wellness promotion and exercise programs
- Emergency response system
- Cable TV and wireless Internet service
- Complimentary coffee, tea and juice bar
- Full apartment maintenance

Floor Plan

Studio 333, 374, 413 square feet	\$3,950
One Bedroom 607square feet	\$4,350
One Bedroom wt Balcony 600 square feet	\$4,450
Two Bedroom 876 square feet	\$5,095
Two Bedroom wt Balcony 869 square feet	\$5,195

Level of Care

Care Level 1	\$300
Care Level 2	\$600
Care Level 3	\$900
Care Level 4	\$1,200
Care Level 5	\$1,600

An individual service plan is developed for each resident based on a care assessment from our licensed nurse. Personal care might include: dressing, bathing, transfers, escorts, reminders, medication management, incontinence management and treatments.

There is a one-time community fee of \$2,500 per apartment. For apartments occupied by more than one person, there is an additional charge of \$860 per month to cover additional meals, apartment and building maintenance, insurance costs, activities, and scheduled transportation expenses.

Rates effective January 2021.



Stress Management

There is a clear connection between stress and disease progression, including those diseases associated with memory and cognitive changes. Current research reveals a connection between several stress management techniques and memory retention, sense of well-being, and even slowing of brain loss. Meditation, Yoga, and Tai Chi are restorative stress management practices incorporated into the Holistic HarborsSM Memory Care program.

Meaningful Social and Individual Engagement

People's interests often stem from their life experiences. Because we have gathered rich life stories from our residents, Keystone communities offer diverse opportunities to fill their days with fun. There are several "clubs" where groups of residents can work together. There is a gardening club for the gardeners. Those who no longer dig or plant, may help pick the flowers & vegetables. The cooking club prepares recipes to snack on and special treats for holidays. Some residents follow a recipe, some measure, some stir. In Holistic HarborsSM, if a resident doesn't want to participate in a group activity, a staff member will engage them with a one-on-one activity.

Multisensory Activities

Memory disorders and other dementias do cause cognitive problems, but sensory experiences can still be a joy. Communication with words may deteriorate, yet we can communicate through the senses. Sensory activities such as listening to calming music, stimulating the sense of smell through baking cookies or aromatherapy, and relaxing hand massage are a daily part of Holistic HarborsSM.

The MIND Diet

Since the beginning of time, food has been used for its healing and medicinal qualities. Additionally, studies have shown that choosing to eat food that follows the MIND Diet can help prevent and slow the progression of Alzheimer's and other forms of dementia by as much as 53%. This is why every meal served at Keystone communities provides our residents with the opportunity to effortlessly follow the MIND Diet while enjoying delicious and nutritious food.

Examples of Holistic HarborsSM Programming

Support Groups

Support groups are helpful to individuals newly diagnosed with Alzheimer's disease. Several studies have shown decrease in isolation, increase in social support, improved quality of life and enhanced communication. Holistic HarborsSM Memory Care programs include monthly support groups for residents with early stage Alzheimer's Disease, and their families.

Music

Familiar music can awaken memories and engage residents in social activities. Some listen to music and may sing along. Other residents have performed music in the past, and are encouraged to continue this meaningful activity. We have a resident at a Keystone community who may forget names and places, but she can still perform a concert for the whole community. Music programs are a daily part of Holistic HarborsSM.

Art Therapy

Even individuals who have never before participated in art can communicate through art activities. Research with art therapy for individuals with Alzheimer's reports increased attention, improved social behavior & self-esteem. A resident in the Memory Care Art Program who no longer speaks painted a picture of the lakes in Minnesota, to share his fond memories with his wife. All Keystone communities include art therapy regularly in the enrichment calendar.

Multisensory Experiences

Multisensory activities are integrated opportunities to experience something through several senses. "A Trip to Paris" may include French music with a video display of Impressionist art, and French onion soup for lunch. A virtual baseball game may include a video display of baseball highlights, hot dogs for lunch, and familiar baseball music like "Take Me Out to The Ball Game." These experiences are planned around residents' interests.

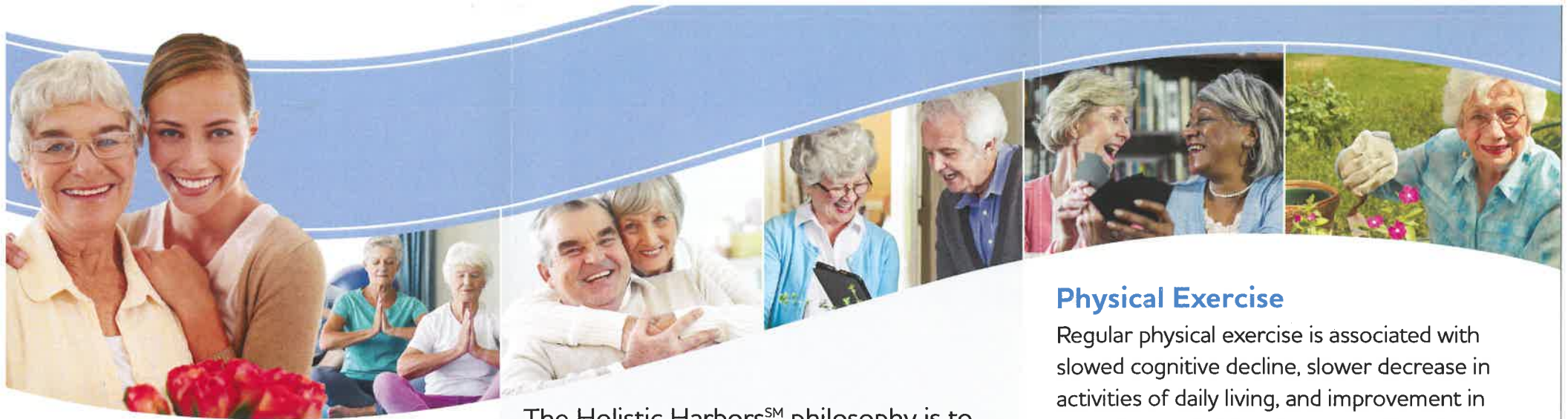


Holistic HarborsSM
STATE-OF-THE-ART MEMORY CARE
AT KEYSTONE COMMUNITIES



Keystone Senior
**Memory Preservation
Enrichment Program**

www.KeystoneSenior.com



Our Memory Preservation Enrichment Program

A harbor is a protective shelter for people on journeys through rough waters, providing safety and security from challenging conditions. A holistic approach is treatment of the **WHOLE** person, taking into account mental and social factors, rather than just the symptoms of a disease.

At Keystone Senior, we have used the extensive evidence on Alzheimer's disease and other dementias to develop a holistic memory care program that treats the whole person.

The Holistic HarborsSM philosophy is to focus on **CONNECTION** rather than loss. Enrichment activities are carefully chosen to connect with each resident's interests, and preserve skills that remain. Holistic HarborsSM encourages and utilizes programming that has been shown to not only maintain, but possibly improve both brain fitness and health, as well as general well-being as we age. Opportunities at Keystone communities are customized to provide each memory care resident with:

- ◆ Physical Exercise
- ◆ Cognitive Exercise
- ◆ Stress Management
- ◆ Meaningful Social and Individual Engagement
- ◆ Multisensory Activities
- ◆ The MIND Diet

Physical Exercise

Regular physical exercise is associated with slowed cognitive decline, slower decrease in activities of daily living, and improvement in immediate and delayed memory. The Holistic HarborsSM Memory Care program has opportunities for exercise 5 days a week, with exercises suitable for a variety of interests and physical conditions. Keystone communities have a variety of physical activities including: walking clubs, dancing classes, chair agility and games.

Cognitive Exercise

Cognitive exercises include games (word search, word puzzles, number games, matching games, etc.), as well as reading and writing activities that keep the brain active. These are very individual; some prefer word games, others prefer numbers. Some people have difficulty reading, while others keep reading as their disease advances. The many interest-based clubs (gardening, crafts, sports, cooking) incorporate cognitive opportunities for residents at all ability levels.

“ The Holistic HarborsSM program provides opportunities for growth, meaningful engagement, and the fullest possible life for Keystone memory care residents in a dedicated, secure setting. ”

— Dr. Joan Roche | PhD, RN, GCNS-BC

The MIND Diet

Keystone Senior Communities is proud to offer, encourage, and educate all of our residents to follow the guidelines of the MIND diet.



The MIND diet was created to help prevent dementia and slow the loss of brain function that can happen with age.

It encourages its followers to consume vegetables, berries, nuts, whole grains, olive oil, fish, beans, poultry, and wine.

These foods contain many nutrients that promote good brain health, possibly by reducing oxidative stress, inflammation, and the formation of beta-amyloid plaques.

Early research shows that closely following the MIND diet is associated with a lower risk of Alzheimer's disease and slower loss of brain function over time. In a study of 923 older adults, those who moderately followed the diet cut their risk of Alzheimer's disease

by 35% on average. Those who followed the MIND Diet the closest had a 53% lower risk of Alzheimer's disease.⁽¹⁾

If you are looking for a way of eating that focuses on maintaining brain health as you age, the MIND diet is a great approach that's simple to follow. Keystone wants to support this diet by not only providing the types of food recommended, but making it very simple to follow. Look for the  icon on your menus for dishes that have the foods recommended on the MIND diet and the  icon for foods that you should avoid when following this diet.

See reverse side for an outline of what types of foods are recommended and what foods to try and avoid according to the MIND diet.



Here are the 10 foods the MIND diet encourages:



WINE

Aim for no more than one glass daily, but both red and white wine may benefit the brain. However, much research has focused on the red wine compound resveratrol, which may help protect against Alzheimer's disease.^(4,5) Keystone encourages you to bring your own bottle and we can uncork it and serve it with your dinner!



GREEN LEAFY VEGETABLES

Aim for six or more servings per week. This includes kale, spinach, cooked greens and salads.



ALL OTHER VEGETABLES

Try to eat another vegetable in addition to the green leafy vegetables at least once a day. It is best to choose non-starchy vegetables because they have a lot of nutrients with a low number of calories.



BERRIES

Eat berries at least twice a week. Although the published research only includes strawberries, you should also consume other berries like blueberries, raspberries and blackberries for their antioxidant benefits.^(2,3)



POULTRY

Try to eat chicken or turkey at least twice a week. Note that fried chicken is not encouraged on the MIND diet.



BEANS

Include beans in at least four meals every week. This includes all beans, lentils and soybeans.



FISH

Eat fish at least once a week. It is best to choose fatty fish like salmon, sardines, trout, tuna and mackerel for their high amounts of omega-3 fatty acids.



WHOLE GRAINS

Aim for at least three servings daily. Choose whole grains like oatmeal, quinoa, brown rice, whole-wheat pasta and 100% whole-wheat bread.



OLIVE OIL

Use olive oil as your main cooking oil.



NUTS

Try to get five servings of nuts or more each week. The creators of the MIND diet don't specify what kind of nuts to consume, but it is probably best to vary the type of nuts you eat to obtain a variety of nutrients.

The MIND diet recommends limiting the following five foods:



BUTTER AND MARGARINE

Try to eat less than 1 tablespoon (about 14 grams) daily. Instead, try using olive oil as your primary cooking fat, and dipping your bread in olive oil with herbs.



CHEESE

The MIND diet recommends limiting your cheese consumption to less than once per week.



RED MEAT

Aim for no more than three servings each week. This includes all beef, pork, lamb and products made from these meats.



FRIED FOOD

The MIND diet highly discourages fried food, especially the kind from fast-food restaurants. Limit your consumption to less than once per week.



PASTRIES AND SWEETS

This includes most of the processed junk food and desserts you can think of. Ice cream, cookies, brownies, snack cakes, donuts, candy and more. Try to limit these to no more than four times a week.

1 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4532650/>

2 <https://www.ncbi.nlm.nih.gov/pubmed/22535616>

3 <https://www.ncbi.nlm.nih.gov/pubmed/19057194>

4 <https://www.ncbi.nlm.nih.gov/pubmed/19090994>

5 <https://www.ncbi.nlm.nih.gov/pubmed/26845555>

