



## **Assisted Living & Memory Care**

The Cottages has been providing assisted living and memory care to our communities for more than 20 years! Our commitment is to enhance the quality of life for each resident. This is possible because our smaller home-like communities allow our caregivers to develop an intimate relationship with each individual resident.

### **Here is some insight from our residents and families:**

- “Everyone at The Cottages was truly a gift from God for mom and us, and we thank you so much!” – Gunderson Family
- “The Cottages has a homelike environment for all your family needs with multiple locations and enjoyable activities.” – Shannon A.
- “We are so thankful to The Cottages for everything they do for their residents. We are so happy we found such a great place for our dad. We love you guys.” – Judy C.
- “I love it at The Cottages. I wouldn’t want to be anywhere else. This is my home.” – Eva G.
- “We cannot say enough about how thankful our family is to have The Cottages in our lives.” – Wilkins Family
- “I could not have asked for more and we received far more than I could have imagined from your staff.” – Bev
- “The Cottages is truly one of the BEST assisted living facilities around. Who would have imagined that they would be willing to assist with completing their residents’ “bucket lists”? From flying a 95-year-old up in an airplane to allowing a former coach to meet the BSU football players. The Cottages truly care about their residents and their dreams!!!” – Nicole

**The Cottages Home Office - 1079 S. Ancona Ave., Ste. 110, Eagle, ID 83616**

**Ph (208) 475-1805 [www.TheCottages.biz](http://www.TheCottages.biz)**

## **We Stand Out From The Rest**

We have been established in our local communities for more than two decades, are well known, and have long-lasting, positive relationships with the community and healthcare providers.

We are a home-grown, family owned and operated small business versus "big corporate."

We offer a smaller, more home-like environment versus a large facility that has long hallways and creates a large community atmosphere.

Our homes were designed to look and feel like a home so that it is easier for our residents to transition from their home to ours. Also, if one of our residents needs to transfer to one of our other locations it will be easier because most of our homes look and feel the same.

We can only have 16 residents at the most which allows our Executive Director and all staff to truly know and take care of our residents, the families, and outside providers. Our Executive Directors have an open-door policy and are never too busy for those that matter the most.

We have Quality of Life Coordinators versus Activity Coordinators. Because we are smaller we are able to get to know our residents likes, dislikes, and tailor our activities to them. We focus on quality not quantity.

We have higher staff to resident ratios than the typical industry standard.



## We Stand Out From The Rest

We value the safety of our residents so we regularly clean and disinfect our buildings and comply with health department guidelines about preventing the spread of infectious diseases.

We have a “Never Too Old To Dream” program that helps fulfill our residents desires/wishes - <http://www.thecottages.biz/never-too-old-to-dream>.

We have a “Give Back” program that helps support our local communities – <http://www.thecottages.biz/give-back-program>.

We have a Readmission Prevention program that implements health protocols when a resident comes back to us from the hospital. This reduces the likelihood of them having to be re-admitted to the hospital.

We only hire experienced nurses that have worked in the Geriatric field.

Our nurses conduct weekly onsite visits even though the state only requires onsite visits every 90 days.

We have a new employee orientation program. Every new employee from accounting to caregiver goes through this so they can be educated on The Cottages culture, philosophies, safety, and proper resident care.



## Assisted Living FAQ's

### **What if my loved one doesn't like the food that is served?**

We provide and follow any Doctor's orders concerning our resident's diet and our menus are created by a Licensed Dietician. However, if our resident's do not like the food they are served we will change it to their liking. In fact, upon admission we will sit down and talk to each resident and ask about their likes and dislikes concerning food. We also communicate that to every staff member through our medical records.

### **How large are your facilities?**

Our typical building will house 16 residents. We recognize that moving from one's home to an Assisted Living facility can create some hesitation. This is why our locations are smaller and look and feel like a home.

### **What is included in your respite and day stay program?**

Our first day of respite or day stay are free and it is only \$25/hr. for day stays thereafter. We have no minimum time requirement. Our services include a full activity program, meals, medication management and supervision.

### **Do you transport to Doctor Appointments?**

We encourage family members to be a part of our resident's doctor appointments. However, we will assist you in finding the most appropriate way of getting your loved one to their appointment.

### **Does The Cottages provide Outpatient Therapy?**

We frequently contract with Home Health and Hospice agencies to provide on-going Outpatient Therapy in our homes.

### **Can we visit our loved one when she moves in?**

We are committed to keeping residents in touch with their families. If we have restrictions on visits for infection reasons, we will communicate with you and facilitate virtual visits or other ways you can stay in touch.



## Memory Care FAQ's

### **What if my loved one doesn't like the food that is served?**

We provide and follow any Doctor's orders concerning our resident's diet and our menus are created by a Licensed Dietician. However, if our resident's do not like the food that they are served we will change it to their liking. In fact, upon admission we will sit down and talk to each resident and ask about their likes and dislikes concerning food. We also communicate that to every staff member through our medical records.

### **How large are your facilities and are they secured?**

Our typical building will house 16 residents. We recognize that moving into a Memory Care facility can create some hesitation. This is why our locations are smaller and look and feel like a home. In addition, our Memory Care homes are secured with coded locks and gates while maintaining a home-like environment.

### **What is included in your respite and day stay program?**

Day care is \$25/hr and is available when we are approved to have extra seniors in our homes. For respite care, we have a 5-day minimum. An Executive Director will assess your loved one and let you know what the daily rate will be. Our services include a full activity program, meals, medication management and supervision.

### **Are you able to care for residents with Dementia?**

We have developed a systemized program that provides our residents with caregivers that know how to effectively care for them and provide meaningful activities. Our program is continuously updated to ensure our caregivers are utilizing the latest knowledge and techniques.

### **Can we visit our loved one when she moves in?**

We are committed to keeping residents in touch with their families. If we have restrictions on visits for infection reasons, we will communicate with you and facilitate virtual visits or other ways you can stay in touch.



## **Day or Overnight Stays**

We know the job of caring for a loved one can be taxing and extremely challenging. Sometimes a caregiver just needs some time away. Allow our day or overnight stay program to assist you. The Adult Daycare rate is \$18/hour. Overnight stays are based on care needs and an Executive Director will share pricing when an assessment happens.

### **We provide:**

- 24/7 supervision
- Fun and engaging activities
- Companionship and friendly conversations
- Home-cooked meals
- Medication management
- Assistance with all activities of daily living



## Pricing

### Living at The Cottages is Affordable

Our rate for Assisted Living starts at \$3500 per month which includes the basic amenities listed below. The Memory Care rate starts at \$4000 per month which also includes the basic amenities listed below. For a resident's care rate, the Executive Director and nurse perform a Level of Care Assessment (LOCA). This determines the total monthly cost based on personal needs such as medication management and assistance with activities of daily living.

### What is included in our introductory price?

- Beautiful, spacious apartment
- Individual climate control
- Use of all common areas and amenities
- All utilities
- Cable
- Wireless high-speed internet
- Three delicious meals plus snacks
- Housekeeping
- Laundry
- Social activities
- Private phone line is available upon request

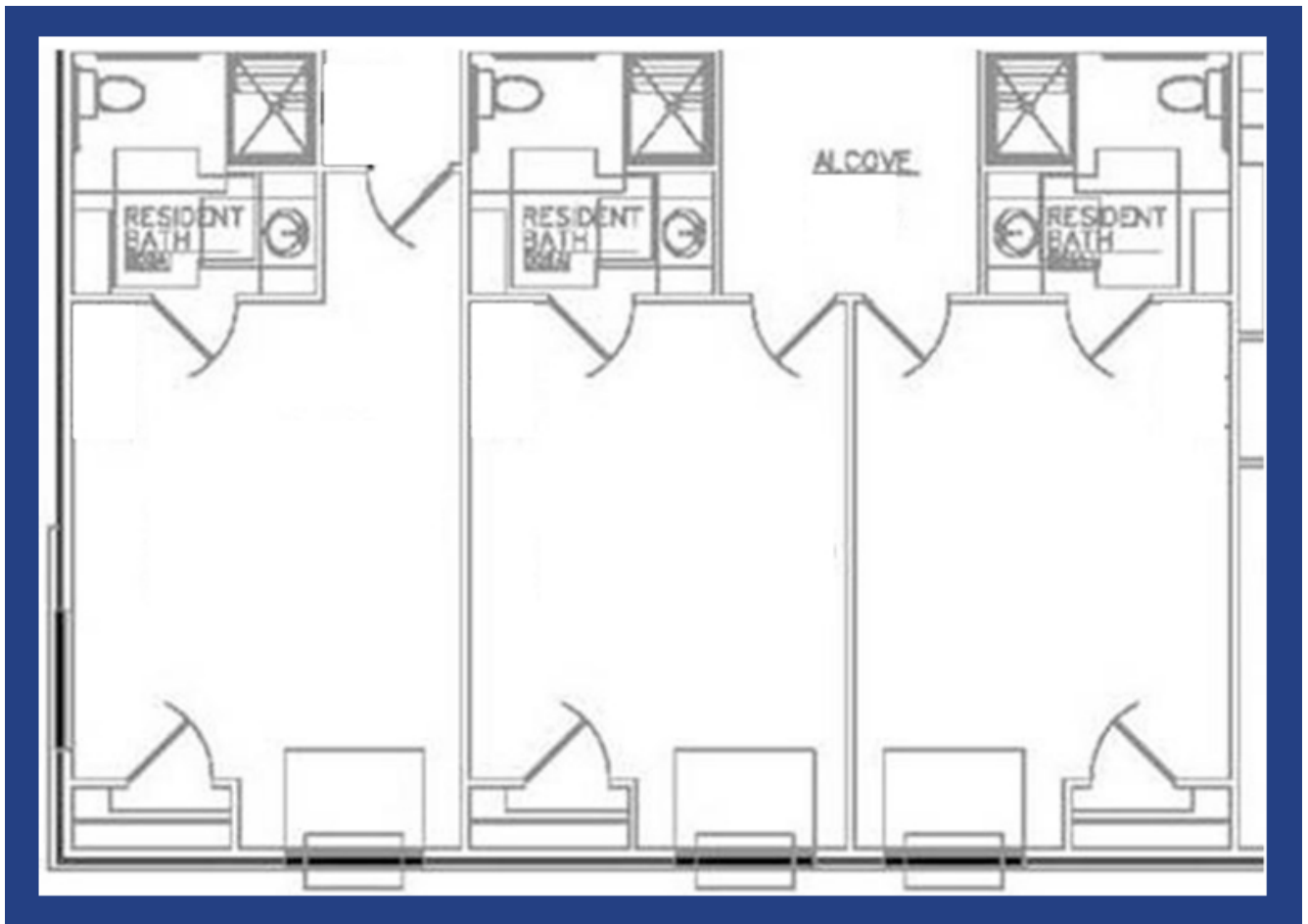


## Menu Sample

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Hot Cereal Raisins 100% Juice WG Toast Milk	Vanilla Muffin Egg of Choice Fresh Fruit 100% Juice Milk	Fried Egg Sausage Fresh Fruit 100% Juice WG Toast Milk	Waffles Egg of Choice Fresh Fruit 100% Juice Milk	Cold Cereal Banana 100% Juice WG Toast Milk	Scrambled Egg Hash Browns Fresh Fruit 100% Juice English Muffin Milk	Texas French Toast Bacon Fresh Fruit 100% Juice Milk
<b>Lunch</b>	Chicken Enchiladas Classic Macaroni Salad Creamed Corn Bake Roll Milk Rootbeer Floats	Sautéed Meatball Twice Baked Potato Buttery Carrots Cornbread Milk	Sour Cream Burrito/Sauce Spanish Rice Fresh Tomato Salsa Refried Beans Milk Soft Snickerdoodle	Slow Roasted Turkey Breast Mashed Potato/ Gravy Green Bean Casserole Baked Roll Milk Fruit Cocktail	Beef Pot Roast Fresh M' Potatoes Carrots Baked Roll Milk Banana Splits	Oven Fried Fish Applesauce Lettuce Tomato Salad Baked Roll Milk	Apricot Chicken Potato Salad Corn WG Bread Milk
<b>Dinner</b>	Sloppy Joes Apricots Vegetable Milk Homemade Cookie	Chicken Stir- Fry/Rice Pineapple Chunks Veggies in Stir Fry WG Bread Milk Ice Cream	Hamburger 'n Fixins Watermelon Pickled Beets Fries Milk	Ham & Potato Soup Strawberries Dill Cucumbers Baked Roll Milk Ice Cream	Quiche Lorraine Peaches Sautéed Spinach WG Bread Milk Pudding	Sauerkraut Hot Dish Pears Tomatoes, Sliced Milk Homemade Cookie	Ham Salad Sandwich Banana Four Bean Salad Chips Milk Ice Cream Bar



## Floor Plans



The Cottages Assisted Living & Memory Care have several locations throughout the Treasure Valley. These floor plans show three different rooms. Every room has a private bathroom. Resident rooms are very spacious, yet cozy, and are larger than the industry standard.



## **You're Never Too Old To Dream**

The Cottages love honoring our residents, and that is why we started the “Never Too Old To Dream” program. We find out what our residents’ likes and dreams are, and then we help fulfill them. We encourage our residents to always keep dreaming because we believe you are Never Too Old to Dream!

### **Some of the dreams we've been able to fulfill are**

- Ride in an open cockpit WWII era bi-plane
- Ride in a helicopter
- Go ziplining!
- Ride in a hot air balloon
- Meet Maureen O' Hara
- Go Skydiving
- Receive a visit from BSU's football team
- Go on a date with our CEO, in a limo, and dine at a formal restaurant
- Attend an Elton John Concert, and get a signed photograph from Elton John
- Take a ride with Dream Flights in a Boeing Stearman biplane
- Have a car show with classic cars
- Run the track with the Emmett Track Team
- Throw the first pitch at a Boise Hawks baseball game



## We Give Back

The Cottages feel it is so important to “Give Back” to the communities that many of our residents grew up in and supported throughout their lives. That is why we started “The Cottages Give Back” program. We look within our local communities and identify areas that The Cottages can “Give Back” to those in need.

### Some of the “Give Backs” we’ve been able to fulfill are:

- Provide school supplies to The Cottages employees children & area schools
- Send care packages to our Military Troops
- Sponsor the Make A Wish foundation
- Provide needed supplies to Emmett’s Special Ed classrooms
- Supply coffee and coffee cups to many of our senior centers
- Provide 500 popsicles for student field day at an area elementary school
- Sponsor a DJ for Weiser’s first *National Night Out* event
- Take dessert to area senior centers monthly



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## We Appreciate Our Team

The Cottages feel it is so important to take care of our team members because they are the ones who care for our residents and families. That is why we go above and beyond to celebrate those who have given many years of dedication and service to The Cottages.

### Some of the ways we appreciate our team members are:

- The Cottages Loyalty Program – At key work anniversaries, our CEO personally thanks our hardworking team members and presents them with a certificate and gift. Take a look at the longevity of our team by viewing our Loyalty plaques at our locations.
- Holiday gifts
- Continued Education Retreats
- School supplies for team members children
- Tickets to local events that are of interest to them



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## Referral Bucks

If you have a friend or loved one who is in need of, or is considering Assisted Living, we want to reward you for telling them about The Cottages. Therefore, if you refer someone to The Cottages who decides to move into one of our Assisted Living or Memory Care communities, we will send you a \$1,000.00 Gift Card via our Referral Bucks program. Some restrictions apply.

Simply fill out our “Referral Bucks” form on our website [www.TheCottages.biz](http://www.TheCottages.biz)

**Restrictions: Coupon must be postmarked before potential resident contacts or visits. Health care related providers and agencies are not eligible for Referral Bucks. Referrals are paid for private pay residents, after 90 days of residency.**



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# Reservation Application



## Cottage Locations:

- |   |   |   |                                       |
|---|---|---|---------------------------------------|
| <input type="checkbox"/> Alpine Meadows         | <input type="checkbox"/> Boise #1-AL            | <input type="checkbox"/> Boise #2-MC            |                                       |
| <input type="checkbox"/> Columbia Village #1-AL | <input type="checkbox"/> Columbia Village #2-MC | <input type="checkbox"/> Columbia Village #3-MC |                                       |
| <input type="checkbox"/> Emmett #1-MC           | <input type="checkbox"/> Emmett #2-AL           | <input type="checkbox"/> Middleton-MC           | <input type="checkbox"/> Middleton-AL |
| <input type="checkbox"/> Lochsa Falls #1-MC     | <input type="checkbox"/> Lochsa Falls #2-MC     | <input type="checkbox"/> Mt. Home-MC            | <input type="checkbox"/> Payette-MC   |
| <input type="checkbox"/> Meridian #1-MC         | <input type="checkbox"/> Meridian #2-AL         | <input type="checkbox"/> Weiser #1-MC           | <input type="checkbox"/> Weiser #2-AL |

Date: \_\_\_\_\_ Anticipated Move-In Date: \_\_\_\_\_

Resident name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Resident's current address: \_\_\_\_\_

Marital Status: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Responsible Party: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email Address: \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

## Medical and Functional Information:

Does the current health condition appear to be stable? ☐ yes ☐ no If no, Please explain:

\_\_\_\_\_

Free from tuberculosis? ☐ yes ☐ no Free from communicable disease? ☐ yes ☐ no

Receiving services from a licensed health care professional? ☐ yes ☐ no

From the list below, check any characteristics which describe potential resident:

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Ambulate independently     | <input type="checkbox"/> Use hearing aid       | <input type="checkbox"/> Administers own medication |
| <input type="checkbox"/> Eat independently          | <input type="checkbox"/> Continent             | <input type="checkbox"/> Restricted activities      |
| <input type="checkbox"/> Bathe/shower independently | <input type="checkbox"/> Use adaptive devices  | <input type="checkbox"/> Confused/forgetful         |
| <input type="checkbox"/> Wears glasses              | <input type="checkbox"/> Dresses independently | <input type="checkbox"/> Deviant behavior           |

Amount of deposit: \$ \_\_\_\_\_ Paid date: \_\_\_\_\_ Check #: \_\_\_\_\_

Signatures: Resident: \_\_\_\_\_

Responsible party: \_\_\_\_\_

Administrator: \_\_\_\_\_

Reservations will be honored in the same order that the completed applications are received. If there are no available rooms left, your name will be entered on a waiting list in the order of date received, and you will have the option to occupy the next available room. If you want your name removed from the list, notify us in writing and your deposit will be refunded to you.

All admissions are contingent upon the resident meeting the state mandated guidelines regarding level of care required for assisted living residents. An initial needs assessment is completed at time of admission by The Cottages staff. If you have further questions, do not hesitate to call.

Please send this form with check to: Cottages Senior Living, LLC 1079 S. Ancona Ave., Suite 110 Eagle, ID 83616



## **Come Visit The Cottages**

We welcome the opportunity to speak with you about the care you or your loved one will receive at The Cottages.

If you have any questions, would like to tour one of our homes, or receive a no pressure consultation, give us a call today!

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