

# THE SURPRISINGLY EASY PATH

## FROM HOME TO ASSISTED LIVING AT PENROSE HARBOR



### DIRECT

- Open to the public
- Prior residency at Heron's Key not required



### FAST

- Move-ins available in as little as 48 hours



### AFFORDABLE

- Minimal lifetime residency fee
- Monthly cost similar to other assisted living residences in the area

## START HERE

Two easy steps for acceptance into Penrose Harbor:

- Complete a financial application
- Physical assessment completed by a nurse



## PLAN THE MOVE

- Schedule your move-in
- Receive guidance from Penrose Harbor
  - Downsizing & moving company recommendations
- Review options for furniture layout



## MAKE CHOICES

- Select your apartment
  - Choice of all-new, all-private, one-bedroom apartments
- Discuss in-home assistance needs and preferences
- Tell us about your daily routine preferences
- Discuss activity preferences with life enrichment group



## MOVE IN!

- Bring your furniture and belongings
  - Find the perfect spot for each item in your new home
  - We're here to help hang your pictures!
- Join our Lifestyle Advocate for "Welcome to Penrose Harbor" orientation
- Connect with residents and make new friends

# WHAT DOES ASSISTED LIVING AT PENROSE HARBOR INCLUDE?



## ONE-BEDROOM APARTMENT

- Private residence
- Kitchenette with refrigerator/freezer and microwave
- Choice of 36 apartments

## CHEF-PREPARED MEALS

- Three meals/day in beautiful dining room
- Delicious and nutritious menu prepared with fresh ingredients

## ASSISTANCE WITH DAILY ACTIVITIES AS NEEDED

- Dressing
- Bathing and personal grooming

## MEDICATION MANAGEMENT

## APPOINTMENT REMINDERS

### ACTIVITIES

- Access to all Heron's Key community events, trips, lectures and entertainment

## 24/7 NURSING STAFF AVAILABLE

## MEMORY CARE SUPPORT SERVICE AVAILABLE

## SCHEDULED TRANSPORTATION

- Doctor appointments, shopping and events

## ON-SITE HEALTH SERVICES

- Health clinic
- Continuum of care including memory care and skilled nursing care
- Physical, occupational and speech therapy

## WELLNESS PROGRAMS

## SALON AND SPA

## LIFE ENRICHMENT PROGRAMS

- Book clubs
- Genealogy
- Bridge and Mahjong
- Lifelong learning
- Bible study
- Gardening
- Veterans groups
- Woodworking
- Writing
- ...and much more!

## WEEKLY HOUSEKEEPING SERVICES

“

The most important thing about Penrose Harbor is the relationship between residents and the people providing care. They are so friendly and kind. I feel completely confident knowing my Grandma is comfortable and well cared for.”

—Jasmine M., Family Member

“

My grandmother is 98 years old and until a year ago lived independently. I toured several facilities before we chose Penrose Harbor and I cannot tell you how happy I am we did. They communicate with us on a regular basis, they listen, and you can tell every single staff member truly cares about their residents and their families. They'll never truly understand how much their help has meant to me and my family.”

—Briana L., Family Member



**PENROSE HARBOR**  
AT HERON'S KEY

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**PET FRIENDLY**