

Living residents. Meals are prepared fresh daily with a choice of delicious entrees. Custom meals may be prepared based on an individual resident's preferences or dietary restrictions. For special family occasions, residents may reserve the elegant and private Family Dining Room to host meals and parties for family, friends and visitors.

Meals are also provided in dining rooms on each of three floors of the Nursing Care Center. As needed, meals can be served in the residents' rooms. Snacks are available throughout the day.

## Truly a place for living

St. John Senior Community is graciously appointed and offers spacious areas for socializing and private time. Outside the grounds are meticulously maintained and include gardens and sitting areas for picnics, visiting or quiet solitude. There are even flower beds that residents may care for and maintain in the spring and summer.

The Senior Community believes it is very important to create a place that is full of life, beauty and opportunities for our residents to enrich themselves. Studies have shown that pets can help to do this. As a result, our residents can enjoy colorful aviaries where finches, canaries and doves live as they would in nature. There are also fascinating aquariums which residents and visitors enjoy. And perhaps the most beloved of all of our house pets are our two dogs. As they wish, residents can spend time with our pups and help care for them.

Our full-time activities staff plans programs and events designed to meet residents interests and enhance their quality of life. On an ongoing basis residents also enjoy in-house movies, holiday and theme dinners, speakers and more. Families are welcome to attend any events.

Residents also enjoy our gift shop, library, music therapy and much more. An on-site beauty/barber shop is also available.

## Caring for body, mind and spirit

Spirituality is an important part of the lives of many of our residents. As a faith-based organization, it is also central to the way we provide care. Our Spiritual Care staff meets personally with our residents to pray and offer spiritual comfort and guidance. Catholic Mass and Protestant services are available on a regular basis to all residents and visitors.

## Convenient health services offered on site

St. John Senior Community offers a variety of basic health services on location. We provide a dental clinic. A podiatrist affiliated with St. John Health System makes house calls on a regular basis. A variety of physical rehabilitation services are also offered including, occupational, physical and speech therapy and audiology services. We also make available pharmacy services which specialize in long-term care.

## Options for payment

Our Nursing Care Center is licensed and certified for Medicare, Medicaid and other private insurances. Private pay residents are also accepted. The Residential and Assisted Living Center accepts private payment for services.

For more information or to arrange a tour, please call the Admissions Department at 313-343-8265 weekdays from 8 a.m. - 4 p.m.

**ST JOHN**  
Health System **Senior Services**

*We're answering the call*

© St. John Health System 5/00/5K



Here's  
to the  
art of living

**ST JOHN**  
Health System

**St. John  
Senior Community**

18300 East Warren Avenue  
Detroit, MI 48224  
(located less than one mile from St. John  
Hospital, one block west of Mack Ave.)

**313-343-8265**

## ■ Make yourself at home at the St. John Senior Community

We all hope to move through the phases of our life with dignity and respect. At St. John Senior Community, we have created living options for seniors based upon this philosophy. We offer residential, assisted living and skilled nursing care in one community. That means our residents can take comfort in knowing that should their needs for care change, their home doesn't have to.



## ■ Residential Living offers independence

Residential Living at St. John Senior Community is provided in our Residential Care/ Assisted Living

Center. Residential is designed for seniors who are essentially independent and capable of performing basic personal and health activities with minimal or no assistance.

Residential Living offers private or semi-private rooms, which residents may furnish themselves. Most of our residents enjoy the option of bringing their favorite familiar items and furnishings into their new home. Residential Living residents are encouraged to have visitors and conduct personal business as they please. After 8 p.m. residents are asked to use a doorbell to announce their return to the facility. Ample free parking is provided for residents who own cars.

## ■ Assisted Living offers extra support

Assisted Living services are provided as needed to residents of the Residential Care/Assisted Living Center. These services offer seniors a greater opportunity to remain independent, while providing the assistance that may be needed with some of the activities of daily living or other challenges related to their health. Our Director of Residential Services is a registered nurse. Direct care is provided by our nursing staff.

### Residents who choose Assisted Living may receive assistance with:

- Medication assistance and administration
- Bathing
- Dressing
- Personal hygiene
- Nursing Supervision/Health Management
- Toileting/Incontinence care.

Both private and semi-private rooms are available. Residents who select Assisted Living are also welcome to leave campus or have visitors as often as desired.

## ■ Short-Term Rehabilitation eases the road to recovery

Skilled nursing care can be provided in our Nursing Care Center on a temporary basis. This option is ideal for the individual who is experiencing a short-term need for the services of skilled nursing or rehabilitation professionals, but no longer requires the acute care of a hospital. Situations appropriate for Short-Term Rehabilitation could include a physical injury, fracture, illness or surgery.

## ■ Nursing care is provided with skill and compassion

Our Nursing Care Center is designed for residents who require skilled nursing care. Three floors in our

Nursing Care Center offer 150 beds, including one floor dedicated to Alzheimer's and Dementia residents. Round-the-clock care is offered to residents requiring any of the following:

- A secure environment
- Care for conditions or acute injury or illness that has resulted in a person being bed-bound
- Administration of oral or injectible medications requiring frequent or complex monitoring or intervention
- Hospice care
- Pain management
- Assistance with feeding or swallowing difficulties
- Care for significant behavioral conditions that affect other residents' quality of life
- Frequent bladder or bowel incontinence care
- Monitoring of an unstable medical condition
- Assistance with transfers to or from a bed, toilet, wheelchair etc.
- Any procedure required to be performed by a licensed nurse.

## ■ Dinner is served...lunch and breakfast, too!

Breakfast, lunch and dinner are provided in central dining rooms for both Residential and Assisted

