



TOGETHER, WE'LL FIND THE
ANSWER.



QUESTIONS

**EVERYONE HAS THEM, BUT
GETTING ANSWERS YOU CAN
RELY ON ISN'T ALWAYS SO EASY.**

At PMMA (Presbyterian Manors of Mid-America®) we bring more than seven decades of experience to helping seniors and their families find the freedom, services and — if needed — the care they're looking for. The search often starts with a question:

What's it really like to live there?

What will I do with all my things?

How will I know what's right?

What will all this cost?

What about Medicare?

*I don't really know what to do —
can you help me?*

**ANSWERS TO QUESTIONS CAN
TURN PROBLEMS INTO
OPPORTUNITIES**

**HOME TO 15 COMMUNITIES IN
KANSAS, MISSOURI AND TWO HEART
& SOUL HOSPICES, WITH COLORADO
SPRINGS COMING IN NEAR FUTURE.**

We've worked with thousands of families who have had questions related to this process of aging and about the opportunities — or challenges — it might present. Sometimes, the answers are simple and easy; other times they're far from simple or easy.

Whatever their questions, families know we'll help them find the answers they need. The kinds of answers that will help them take advantage of the possibilities the future might hold and the peace of mind they seek.

So when you have questions about how aging is affecting you or someone you love, *Just Ask.*

Together, we'll find the answer.





FREQUENTLY ASKED QUESTIONS AND THE ANSWERS

WHY WOULD I WANT TO MOVE TO A RETIREMENT COMMUNITY NOW?

Research on aging tells us that people who live in a community of friends live happier, healthier lives. Socialization, exercise, good nutrition and having the peace of mind that comes from knowing they have a secure plan for the future all contribute to overall wellness, which can improve anyone's quality of life. Those who live independently at a senior living community benefit from all this, plus they've eliminated the burden of home maintenance while having more freedom and encouragement to pursue whatever makes them happy. Hobbies, travel, volunteering, family — whatever you love to do, living in a PMMA® senior living community gives you the opportunity to do more of it.

DO I HAVE TO BE PRESBYTERIAN TO BECOME A RESIDENT?

Since 1949, PMMA has provided quality retirement living for seniors of many Christian denominations, including Presbyterian, Methodist, Lutheran, Roman Catholic, Episcopal, and also some from non-Christian faiths. PMMA's mission is to provide quality senior services guided by Christian values.

HOW DO I START DOWNSIZING?

If you think about it, you most likely spend the majority of your time in only a few rooms of your house. So downsizing probably won't present any really big changes in the way you currently live, other than giving you access to our entire community of people, common areas, services and amenities you don't currently have. A good way to start downsizing is to choose the new residence you would move into so you can start imagining — and measuring — how you'll arrange the furniture you actually use now. As you might imagine, we've helped many, many people work through this issue, and we'll be more than happy to personally work with you, too.

HOW DO I TALK TO MY LOVED ONE ABOUT THEIR HEALTH?

We understand the idea of broaching this subject with a loved one can cause you a lot of anxiety. If you're concerned about their health and safety, then starting the conversation is an important thing to do. Often, we find that their primary care doctor is an excellent resource for opening the subject. After all, they have a history of discussing private health matters with each other. We can also help begin this conversation. Regardless of how you get started, keep one idea in the forefront of your mind — important family discussions should be grounded in dignity, respect for each other and keeping an open mind. After all, the goal is for everyone to lead happier, healthier, more fulfilling lives.

WHAT'S THE DIFFERENCE BETWEEN ASSISTED LIVING & HEALTH CARE?

As you begin to learn more about various issues that impact long-term care, you'll start hearing the phrase activities of daily living. This list can vary depending on the source you're referencing, but generally these are the basic tasks we all need to be able to handle in order to live independent lives. Tasks such as dressing, bathing and eating; more broadly, they might include being able to manage medications, prepare meals, and maintain a clear awareness and understanding of the world around us. Anyone who consistently needs a little help with some of these activities may benefit from the care level provided in an assisted living setting. Skilled nursing care, on the other hand, refers to a higher level of daily nursing and rehabilitative care that must be provided by trained medical professionals, including nurses, doctors and physical therapists.

HOW DOES MEDICARE PART A HELP COVER SKILLED NURSING CARE?

Many Medicare beneficiaries believe that Medicare Part A will cover any stay that they may need in a skilled nursing center. The fact is, there are a number of conditions that must be met for inpatient services in a skilled nursing center to be covered by Medicare Part A. In addition, a qualifying skilled nursing stay may involve co-payments, coinsurance and deductibles. Although these considerations can be complicated, at PMMA communities, we are familiar with Medicare's rules for these services and we'll be happy to help you work through your own personal situation.

WHAT DOES MY MONTHLY SERVICE FEE COVER?

Your monthly service fee covers a variety of costs that are common for all residents. These fees can include things such as meals, utilities, 24-hour emergency response system, housekeeping and linen service, and interior and exterior maintenance. We can provide you with a handy Cost Comparison Guide that can help you determine the real difference between the cost of living in your own home and that of our community.

When it comes to anticipating what the future might be like, everyone has their own unique questions. We encourage you to visit www.PMMA.org and review our Resources page. Or better yet, call our nearest community and start your own personal conversation with someone who will work closely with you. Whether you're curious about the freedom our independent living lifestyle might provide or seeking information about how to handle the care needs of someone you love, we can help you ask the right questions and find the right answers that work best for you.



*That's why we say,
JUST ASK.
Together, we'll find
the answer.*

PMMA COMMUNITIES

Aberdeen Heights

AberdeenSeniorLiving.com
575 Couch Ave.
Kirkwood, MO 63122
P | 314-909-6000

Aberdeen Ridge — Coming Soon!

AberdeenRidge.org
2744 Grand Vista Cir.
Colorado Springs, CO 80904
P | 719-551-3700

Aberdeen Village

AberdeenVillage.com
17500 W. 119th St.
Olathe, KS 66061
P | 913-599-6100

Arkansas City Presbyterian Manor

ArkansasCityPresbyterianManor.org
1711 N. 4th St.
Arkansas City, KS 67005
P | 620-442-8700

Clay Center Presbyterian Manor

ClayCenterPresbyterianManor.org
924 8th St.
Clay Center, KS 67432
P | 785-632-5646

Emporia Presbyterian Manor

EmporiaPresbyterianManor.org
2300 Industrial Rd.
Emporia, KS 66801
P | 620-343-2613

Farmington Presbyterian Manor

FarmingtonPresbyterianManor.org
500 Cayce St.
Farmington, MO 63640
P | 573-756-6768

Fort Scott Presbyterian Village

FortScottPresbyterianVillage.org
2401 S. Horton St.
Fort Scott, KS 66701
P | 620-223-5550

Lawrence Presbyterian Manor

LawrencePresbyterianManor.org
1429 Kasold Dr.
Lawrence, KS 66049
P | 785-841-4262

Manor of the Plains

ManorOfThePlains.org
200 Campus Dr.
Dodge City, KS 67801
P | 620-225-1928

Newton Presbyterian Manor

NewtonPresbyterianManor.org
1200 E. 7th St.
Newton, KS 67114
P | 316-283-5400

Parsons Presbyterian Manor

ParsonsPresbyterianManor.org
3501 Dirr Ave.
Parsons, KS 67357
P | 620-421-1450

Rolla Presbyterian Manor

RollaPresbyterianManor.org
1200 Homelife Plz.
Rolla, MO 65401
P | 573-364-7336

Salina Presbyterian Manor

SalinaPresbyterianManor.org
2601 E. Crawford St.
Salina, KS 67401
P | 785-825-1366

Topeka Presbyterian Manor

TopekaPresbyterianManor.org
4712 SW 6th Ave.
Topeka, KS 66606
P | 785-272-6510

Wichita Presbyterian Manor

WichitaPresbyterianManor.org
4700 W. 13th St.
Wichita, KS 67212
P | 316-942-7456

Heart & Soul Hospice Farmington

HeartAndSoulHospice.org
412 Cayce St.
Farmington, MO 63640
P | 573-756-7066

Heart & Soul Hospice Wichita

HeartAndSoulHospice.org
2414 N. Woodlawn Blvd.
Wichita, KS 67220
P | 316-652-6212

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LEARN MORE: PMMA.org • CONTACT US: 800-336-8511

