

THE WAY YOU



WANT TO LIVE[®]



THE GLEN

at Aberdeen Heights[®]

A PMMA COMMUNITY



A HERITAGE OF EXPERIENCE AND EXCELLENCE

Plan to live — *the way you want to live*®. Choose a community that is proven, trusted, guided by strong character and backed by one of the most highly regarded senior living organizations in the industry.

THIS IS ABERDEEN HEIGHTS

- A community of PMMA (Presbyterian Manors of Mid-America®)
- Mission focused on providing quality senior services guided by Christian values
- One of the most experienced senior living organizations in Kansas and Missouri
- Not-for-profit status that ensures our residents always come first



ABERDEEN HEIGHTS®

A PMMA COMMUNITY



*Because it's not just where
you live, it's how you live.*

BECAUSE IT'S NOT JUST WHERE YOU LIVE, IT'S HOW YOU LIVE

EXPERIENCE MATTERS

- PMMA has been delivering quality senior services for more than seven decades.
- Valued and treasured by the numerous towns and cities in which we are located.
- All communities are civically active: we volunteer, apply our talents and extend our hearts.

A STRONG MISSION MATTERS

- Our mission comes from our roots as a ministry of the Presbyterian church.
- We embrace a culture of decision-making based on quality; the Christian principles of kindness, respect, honesty and generosity; and a compassion-first approach.

BEING NOT-FOR-PROFIT MATTERS

- Not accountable to shareholders, but to our residents and employees.
- Reinvest net-revenues consistently in our campuses.
- Guided by a volunteer board that is independent, committed and invested in our success.
- Philanthropic programs such as the Good Samaritan Program designed to provide assistance to residents who have outlived their financial resources through no fault of their own.





WHAT YOU VALUE THRIVES HERE

Throughout your life, you have always taken an honest, hardworking approach. Everything planned and in place, because that just makes sense.

You want to live in a community that encourages you to experience life at your pace. A community that is committed to creating a better life for you.

At **Aberdeen Heights**, we strive to reflect your Midwest values in our approach to empower you to live — *the way you want to live*®.





THE WAY YOU WANT TO LIVE



*What you value
thrives here.*



GROW AT YOUR PACE

At Aberdeen Heights, assisted living is about empowering you to do what you want, the way you want, with the ideal balance of support when needed. We're here to ensure each resident is living life the way they want to live.

Here, you'll find household responsibilities replaced with opportunities — giving you more freedom to enjoy each day. Whether it's a one-bedroom or a two-bedroom, each of our maintenance-free residences have the space you need to feel right at home, with customized care and services for a lifestyle that fits just right.

SERVICES AND AMENITIES

- An individualized Level of Care Assistance Plan
- Three nutritious meals daily
- Housekeeping and laundry service
- Extended basic cable, Wi-Fi, and all utilities except telephone
- Medication management and administration
- Assistance with daily self-care tasks
- Emergency call system
- 24-hour security and emergency assistance
- Library
- Private enclosed courtyard
- Full calendar of scheduled activities and events

» [See All Included Services and Amenities](#)



*Live how you want, with
The care you need.*

DINING: DISTINCTIVE TO RELAXED, IT'S ALWAYS SPECIAL

Our commitment to our residents' enjoyment and lifestyle is tastefully demonstrated through the dining experience we offer. We've created a dining environment that is enjoyably relaxed.

- A gracious dining philosophy underscored by consistently high standards in meal presentation, taste and customer service.
- Management and team members dedicated to a pleasurable dining experience, with an emphasis on menu planning and nutrition.
- In our dining room you'll find an interesting menu and a great place for socializing and catching up on the day's events with friends.



EXPLORE INSPIRE FLOURISH



LIFELONG LEARNING

Discover new skills and knowledge, explore new opportunities and widen your horizons through our lifelong learning programming.

- Explore our community library and a host of other regular activities
- Take part in outings and off-site special events

LIVING LEGACIES

At some point during our lives, each of us has someone who inspires or changes us for the better, and often for life. With the Living Legacies program, you can make a tribute gift to whomever it was who touched your life. It is a profound — yet easy — way to express love and gratitude.

- Tributes made through us are a unique and heartfelt way to celebrate a life milestone, say “thank you” to someone special, or memorialize the loss of a friend or family member.
- When a family chooses to establish a tribute through PMMA, they select exactly how the gift will impact our mission. Together, we make positive differences in the lives of seniors.

ART IS AGELESS®

Be free to really express yourself, to invest in what makes you special. At Aberdeen Heights, we encourage you to discover and nurture your creative side through our Art is Ageless® program.

- A variety of art classes and programming
- A yearly exhibit and juried art competition; winning pieces are featured in the Art is Ageless calendar.



*Providing more, making
everything better.*





EXPERIENCE PEACE OF MIND AND HEART

What makes our community so special is how we live, what we believe in and how we positively affect others.

Our mission calls us to provide quality senior services guided by Christian values. In doing so, we cherish individual spirituality in all its varieties and forms.

We believe what makes us essentially human is our capacity to appreciate what we have, to use the gifts we were given and to love one another as we would like to be loved.





NURTURING SPIRITUALITY AND WHAT'S INSIDE YOU

SHOULD YOU WISH TO EXPLORE OR PARTICIPATE, WE OFFER

- A full-time chaplain
- Sunday vesper services with guest pastors from the area
- Bible studies
- Group worship services
- Special holiday worship services, Rosary and regular Holy Communion
- An intercessory prayer group
- Opportunities to join our spiritual life committee





THE RIGHT PLACE, AT THE RIGHT PRICE

Cost is a practical consideration when making any decision about senior living. You need to know that your hard-earned money is being well spent.

Monthly fees are determined by residence type and vary based on care needs and services provided — allowing for flexible costs that only include the specific level of support each resident needs. Our residents rest easy in the knowledge that they have a plan that will serve them well now and in the future as needs may change.





YOUR PLANNING, ABUNDANTLY REWARDED

- No entrance or community fee required for direct admittance to our assisted living neighborhood.
- A resident acuity profile is completed for each resident. This profile is an assessment based on a point system of the amount of assistance provided to the resident. Services provided may include assistance with dressing, bathing, hair care, nail care, facial care, oral hygiene, eating, walking/mobility, health and medication management.
- If you outlive your resources through no fault of your own, we can often provide services and care through Presbyterian Manors' Good Samaritan Program.



WELCOME TO COMFORT AND COMMUNITY

ABERDEEN HEIGHTS

- An earned reputation of consistent excellence in senior living and related care; operating since 2011
- Nestled in one of Kirkwood's many desirable residential neighborhoods
- A wide tapestry of cultural, civic, entertainment and volunteer activities
- A maintenance-free environment with friends and neighbors only steps away
- A full continuum of care and support for your future



*The life you carefully
planned is here for you.*



DISCOVER THE WAY YOU WANT TO LIVE

Your life has included planning to ensure enjoyment and freedom from worry in your later years; here you'll find the ideal balance of support, providing you with the freedom and security to enjoy your independence as your care needs evolve.

Become a part of a community that is exciting yet comfortable; one that provides a true sense of home and peace of mind for your future — we invite you to consider **Aberdeen Heights** today. The more you do, the more we believe you will realize the life you carefully planned is here for you.



*Plan to grow.
Expect to thrive.*



THE GLEN
at Aberdeen Heights®

A PMMA
COMMUNITY

The background features a dark blue field with a large, faint, light blue diamond shape centered vertically. A horizontal green band with thin yellow lines on either side cuts across the middle. A smaller, solid gold diamond is positioned at the center of this green band, between the two text elements.

EXPLORE

FURTHER

RESIDENCE OPTIONS AND RATES

Assisted living is all about having the support you need to live life on your own terms. It's comfortable living, customized with the assistance you need to maintain your independence. It's the perfect choice for those who need assistance to maintain their active lifestyle.

EXPLORE FLOOR PLANS

- » [Pine \(465 sq. ft.\)](#)
- » [Spruce \(575 sq. ft.\)](#)
- » [Cedar \(885 sq. ft.\)](#)

ADVANTAGES OF RESIDENCY

- Priority access to memory care and skilled nursing care
- Access to the PATH® (Post-Acute to Home) rehabilitation program, including physical, speech and occupational therapies
- More than 70 years of senior living experience, through not-for-profit local parent company PMMA (Presbyterian Manors of Mid-America®)

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SERVICES AND FEATURES

INCLUDED SERVICES

- Three nutritious meals daily
- Weekly housekeeping and laundry services
- Concierge services
- Extended basic cable
- All utilities provided except telephone
- Interior and exterior maintenance and groundskeeping
- Scheduled transportation
- Wireless internet

SAFETY AND FEATURES

- Individually controlled heating and cooling
- Garage parking
- Kitchenette with full-sized refrigerator and microwave
- Smoke alarm and sprinkler system
- Emergency call system with access to on-site nurses
- 24-hour security and emergency assistance
- Nightly on-campus patrols

SUPPORT AND CARE

- An individualized Level of Care Assistance Plan
- 24-hour assistance available
- Medication management
- Assistance with daily self-care tasks
- Activities and health programs
- Weekly blood pressure checks and monthly vitals
- Monthly podiatrist, optometrist, dental hygienist and audiologist appointments available
- Labs and X-ray on site
- Physical, occupational and speech therapy available
- Resident choice of local primary care physician or staff medical director
- Priority entrance to The Health Care Center

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AMENITIES AND ACTIVITIES

COMMUNITY AMENITIES

- Spa and Beauty Salon services available
- Library
- Access to Nu-Step recumbent cross trainer

LIFESTYLE ACTIVITIES

- Bridge groups
- Bible study and worship services
- Wellness and social programs
- Cultural and educational opportunities
- Off-site activities and outings
- A full calendar of scheduled activities and events

LOCAL ATTRACTIONS

- Gateway Arch National Park
- St. Louis Science Museum
- Missouri Botanical Gardens
- St. Louis Symphony Orchestra
- Jefferson Barracks National Military Cemetery
- National Museum of Transportation
- Laumeier Sculpture Park
- Busch Stadium/ Cardinals Hall of Fame
- St. Louis Aquarium at Union Station
- Forest Park (Art Museum, St. Louis Zoo, The Muny, Jewel Box, Natural History Museum)

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FLOOR



PLANS

PINE

465 SQUARE FEET

RATES

EFFECTIVE JULY 1, 2022

ONE PERSON

Level One Fee:	\$7,799
Level Two Fee:	\$8,299
Level Three Fee:	\$8,799

SECOND PERSON

Level One Fee:	\$3,818
Level Two Fee:	\$4,318
Level Three Fee:	\$4,818



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Floor plans may vary slightly and are not to scale.



SPRUCE

575 SQUARE FEET

RATES

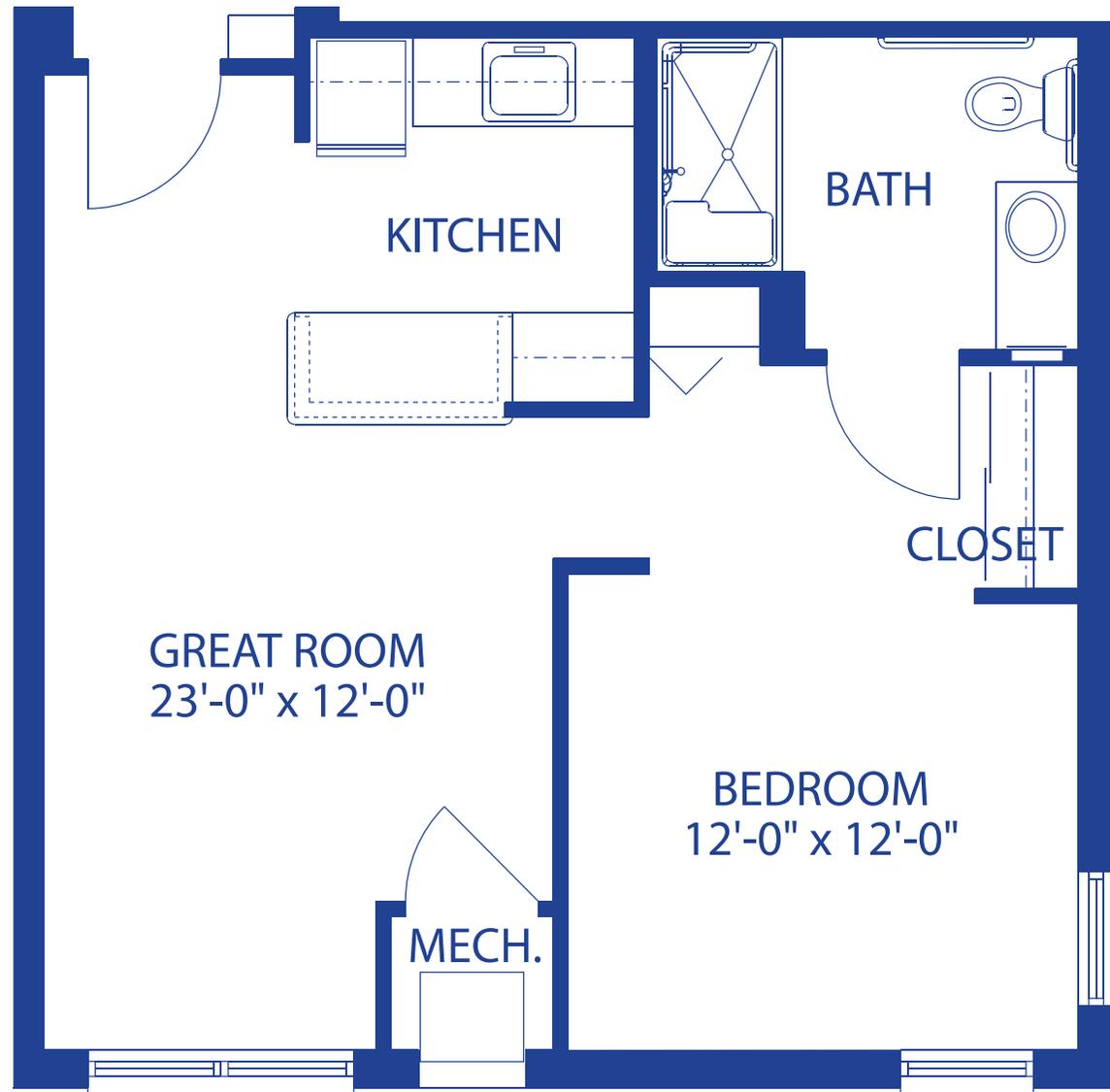
EFFECTIVE JULY 1, 2022

ONE PERSON

Level One Fee:	\$8,664
Level Two Fee:	\$9,164
Level Three Fee:	\$9,664

SECOND PERSON

Level One Fee:	\$3,818
Level Two Fee:	\$4,318
Level Three Fee:	\$4,818



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CEDAR

885 SQUARE FEET

RATES

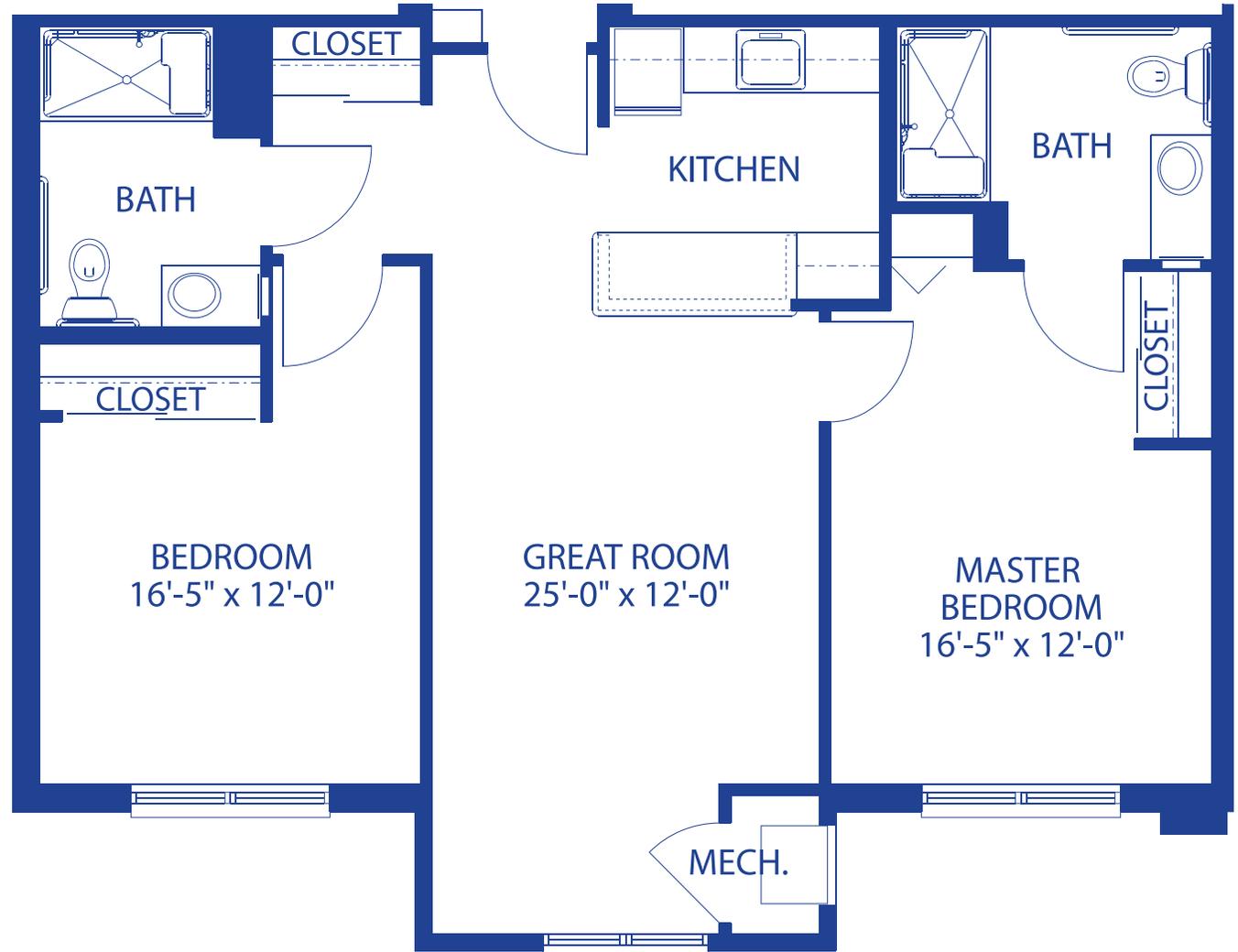
EFFECTIVE JULY 1, 2022

ONE PERSON

Level One Fee:	\$10,402
Level Two Fee:	\$10,902
Level Three Fee:	\$11,402

SECOND PERSON

Level One Fee:	\$3,818
Level Two Fee:	\$4,318
Level Three Fee:	\$4,818



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EXPERIENCE SHORT-TERM EMPOWERED LIVING



Unexpected accidents or illnesses can create added stress during recovery, often requiring the temporary need for assistance with daily activities. On the other hand, perhaps you are considering a move to an assisted living, but you prefer to test the waters first. You can experience short-term empowered living at The Glen at Aberdeen Heights for 30 days following a hospital stay or as a trial to determine if senior living is the right choice for you.

Enjoy the many amenities and activities we offer while you receive therapy from our on-site therapy services with a physician's orders. Bring your essential personal items –

a favorite chair, blanket, books, your tablet, family photos – whatever you need to be comfortable, and enjoy the benefits of our dining, laundry and housekeeping services while you recover or simply sample/discover an empowered lifestyle.

Our dedicated staff will help you with meals, diet planning, medication management and administration and more. Participate in our wellness programming and socialize with new friends. Whatever you need to live the way you want to live.

Daily rates for a respite stay are calculated based on our monthly accommodation fee. Short-term stays are subject to availability and terms vary by community.



*The right place
at the right price.*

STATEMENT OF NON-DISCRIMINATION

Discrimination Is Against the Law

Presbyterian Manors of Mid-America complies with applicable Federal civil rights laws and does not unlawfully discriminate on the basis of race, color, national origin, age, disability, citizenship, veteran status, genetic information, sexual orientation, gender identity, religion, gender or any other characteristic that is protected by law. Presbyterian Manors of Mid-America does not exclude people or treat them differently because of race, national origin, age, disability or sex.

Presbyterian Manors of Mid-America:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services or believe that Presbyterian Manors of Mid-America has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance, in person or by mail, fax or email with:

Jarene Fluker, Director of Quality and Risk Analysis
PO Box 20440, Wichita KS 67208
316-685-1100, 316-685-2900, JFluker@pmma.org

If you need help filing a grievance, Jarene Fluker, Director of Quality and Risk Analysis, is available to assist you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)
Complaint forms are available at
<http://www.hhs.gov/ocr/office/file/index.html>.

DECLARACIÓN DE NO-DISCRIMINACIÓN

La Discriminación Es Contra La Ley

Manors Presbiteriana de Mid-America cumple con las leyes federales aplicables de derechos civiles y no discrimina sobre la base de raza, color, origen nacional, edad, discapacidad, nacionalidad, condición de veterano, información genética, orientación sexual, identidad de género, religión, género o cualquier otra característica que está protegida por la ley. Manors Presbiteriana de Mid-America no excluyen a las personas o los tratan de manera diferente debido a su raza, origen nacional, edad, discapacidad o sexo.

Manors Presbiteriana de Mid-America:

- Proporciona ayuda y servicios gratuitos a personas con discapacidad para comunicarse efectivamente con nosotros, tales como:
 - Intérpretes de lengua de signos cualificados
 - La información escrita en otros formatos (letra grande, audio, formatos electrónicos accesibles, otros formatos)
- Proporciona servicios de idiomas gratuitos a personas cuya lengua materna no es el Inglés, tales como:
 - Intérpretes calificados
 - La información contenida en otros idiomas

Si necesita estos servicios o cree que Presbyterian Manors de Mid-America no ha podido proporcionar estos servicios o discriminado de otra forma sobre la base de raza, color, origen nacional, edad, discapacidad, o sexo, puede presentar una queja formal, en persona o por correo, fax o correo electrónico con:

Jarene Fluker, Director de Calidad y Análisis de Riesgos
PO Box 20440, Wichita KS 67208
316-685-1100, 316-685-2900, JFluker@pmma.org

Si necesita ayuda para presentar una queja, Jarene Fluker, Director de Análisis de Riesgos y Calidad, está disponible para ayudarle. También puede presentar una queja de derechos civiles con el Departamento de Salud y Servicios Humanos, Oficina de Derechos Civiles de Estados Unidos, por vía electrónica a través de la Oficina de Portal queja de derechos civiles, disponible en <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, o por correo o por teléfono al:

Departamento de Salud y Servicios Humanos de Estados Unidos
200 Independence Avenue, SW
Habitación 509F, HHH Building
Washington, DC 20201
1-800-368-1019, 800-537-7697 (TDD)
Los formularios de quejas están disponibles en
<http://www.hhs.gov/ocr/office/file/index.html>.



不歧视声明

歧视是违法的

美国中部的长老庄园符合适用的联邦民权法和禁止以种族，肤色，国籍，年龄，残疾，国籍，兵役状况，遗传信息，性取向，性别认同，宗教，性别的基础上，非法歧视或任何其他特征是受法律保护。美国中部的长老庄园不排除人或者不同的方式对待他们，因为种族，国籍，年龄，残疾或性别。

美国中部的长老庄园：

- 提供给残疾人与我们进行有效的沟通，如免费的帮助和服务：
 - 合格手语翻译
 - 其他格式的书面资料（大字本，音响，无障碍电子格式，其他格式）
- 人们主要语言不是英语，比如提供免费的语言服务：
 - 合格的译员。
 - 其他语言编写的信息

如果你需要这些服务，或者认为美国中部的长老庄园未能提供这些服务，或在种族，肤色，国籍，年龄，残疾或性别的基础上，另一种方式区分，你可以提起申诉，在亲自或通过邮寄，传真或电子邮件：

Jarene Fluker, 质量和风险分析主任
PO Box 20440, Wichita, KS 67208
316-685-1100, 316-685-2900
JFluker@pmma.org

如果您需要帮助递交申诉，Jarene Fluker, 质量和风险分析主任，为您提供帮助。您还可以在文件，卫生和人类服务，民权办公室，美国能源部民权投诉，电子方式通过民权办公室投诉门户网站，提供 <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>，或通过邮件或电话：

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C.20201
1-800-368-1019, 800-537-7697 (TDD) (聾人用電信設備)
投诉表格可在 <http://www.hhs.gov/ocr/office/file/index.html>



ABERDEEN HEIGHTS[®]
A PMMA COMMUNITY

575 Couch Ave
Kirkwood, MO 63122
314-909-6000
WWW.ABERDEENSENIORLIVING.COM

Our mission is to provide quality senior services guided by Christian values. Aberdeen Heights is a not-for-profit, faith-based organization and a proud member of the PMMA (Presbyterian Manors of Mid-America) family.

