

THE WAY YOU



WANT TO LIVE[®]



THE GLEN

at Aberdeen Heights

A PMMA[®] COMMUNITY



A HERITAGE OF EXPERIENCE AND EXCELLENCE

When you are looking for memory care, you want 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. PMMA's communities have been on the leading edge of memory care since the 1980s and continue to strive to lead the way in memory care programming for seniors.

THIS IS THE GLEN AT 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



THE GLEN
at 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

Experiences, interests and desires differ from person to person. Shouldn't memory care be just as unique? We believe so, and our dedicated team lives it each day with each resident. We're here to ensure each resident's care plan addresses their unique needs and interests.

We offer Teepa Snow's Practical Approach to Care, a culture-changing memory care philosophy that focuses on relationships built on authenticity, empowerment, compassion and curiosity. This proven approach to memory care reduces behaviors and the need for antipsychotic medications.





OUR FOCUS IS ON THE INDIVIDUAL

In addition to engaging the mind with stimulating activities, our skilled staff is here to promote physical and emotional well-being, all in a comfortable, nurturing environment. While there is no cure for the memory loss that comes from Alzheimer’s Disease or dementia, our integrated approach to care can help our residents thrive.

“I can sum up what is different about this place in one word – caring. The employees care about [my wife]; they quickly learned what she individually needed. They care about me, too, knowing when I need a hug or a cup of coffee.

Before we were married more than 60 years ago, I promised [my wife's] dad I would take care of her and keep her safe. When I realized keeping her at home with me was not keeping my promise, we moved to Presbyterian Manor. It’s the right place for us. I know that.”

– Tom, spouse of resident





HERE, SHAPING YOUR OWN JOURNEY IS EASY TO DO

At The Glen at Aberdeen Heights, you'll find the ideal balance of support for you and your loved one in a comfortable and familiar environment.

In addition to engaging the mind with stimulating activities, our skilled staff is here to promote physical and emotional well-being, all in a comfortable, nurturing environment. Our integrated approach to care can help our residents thrive. With an emphasis on familiar schedules, our program promotes choice and a sense of belonging and celebrates accomplishments. Your loved one gets the individualized support needed to spend each day in a positive and fulfilling manner.

Become a part of a community that understands the unique needs of persons with dementia and memory loss and their caregivers and provides a true sense of home and peace of mind. Here, you are part of our family.

SERVICES INCLUDE

- Individually tailored care plan
- Specialized activities and educational programs
- Therapeutic activities for physical and mental stimulation
- Wellness and exercise programs
- 24-hour team supervision



EXPLORE INSPIRE FLOURISH



SOCIAL ENGAGEMENT

Find purpose and meaning every day with specialized therapeutic activities for physical and mental stimulation tailored to the special needs of residents with memory loss. Our life enrichment team finds a full range of interesting activities and projects to make the day meaningful. Your loved one may even enjoy group outings as long as they are able.

- Group activities
- One-on-one engagement with team members
- Family dining environment promotes social engagement
- Worship services
- Secure environment with an outdoor patio

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®

Art offers opportunities for self-expression and therapeutic benefits. At Aberdeen Heights, we encourage you to discover and nurture your creative side through our Art is Ageless® program.

- Partnership with local arts groups to benefit our residents and art lovers in the broader community through art exhibits and receptions.
- 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.





NURTURE THE SPIRIT WITH FAMILIAR PRACTICES

SHOULD YOU WISH TO EXPLORE OR PARTICIPATE, WE OFFER

- A full-time chaplain
- Regular worship opportunities
- Bible studies and prayer group
- Weekly Rosary service
- Special holiday worship services and regular Holy Communion





THE RIGHT CARE, AT THE RIGHT PRICE

No entrance or community fee is required for direct admittance to our health care memory care neighborhood.

In memory care, a resident assessment is completed for each resident. This assessment determines how much assistance with daily activities like bathing, hair care, nail care and medication administration is needed and how much additional care a resident will need.

Monthly fees are charged at a flat rate based on residence type. Residents in our memory care neighborhood pay a flat monthly fee. With The Glen at Aberdeen Heights, you can rest easy in the knowledge you and your loved one have a plan that will serve you both well now and in the future as needs may change.



WELCOME TO COMFORT AND COMMUNITY

THE GLEN AT 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





DISCOVER THE WAY YOU WANT TO LIVE

Here, you'll find the ideal balance of support for you and your loved one in a comfortable and familiar environment. Become a part of a community that understands the unique needs of persons with dementia and memory loss and their caregivers and provides a true sense of home and peace of mind.

“Before we were married more than 60 years ago, I promised [my wife's] dad I would take care of her and keep her safe. When I realized keeping her at home with me was not keeping my promise, we moved to Presbyterian Manor. It's the right place for us. I know that.” – Spouse of memory care resident

We invite you to consider **The Glen at Aberdeen Heights** today. The more you do, the more we believe you realize the life you envision 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 behind a horizontal green band. The green band is bordered by thin yellow lines. The text 'EXPLORE' and 'FURTHER' is written in white, bold, sans-serif font on the green band, separated by a small gold diamond.

EXPLORE

FURTHER

RESIDENCE OPTIONS AND RATES

Memory care is all about having the support you need to live a life with purpose and meaning. It's living in a comfortable and familiar environment where you are safe and your needs are met. It's the perfect choice for those who have memory loss and need more assistance and care than can be safely provided at home. The Glen at Aberdeen Heights offers health care memory care for the more advanced stages of Alzheimer's and other forms of dementia.

MEMORY CARE

- » [Private Residence](#)
- » [Private Suite](#)

ADVANTAGES OF RESIDENCY

- 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®)

« [Back](#)



SERVICES AND AMENITIES

SERVICES AND FEATURES

- 24-hour security and emergency access
- Main doors lock 8 p.m. to 8 a.m.
- Secure neighborhood
- Smoke alarm and sprinkler system
- Emergency call system
- Nightly on-campus patrol

AMENITIES AND ACTIVITIES

- Specialized activities and educational programs
- Secure outdoor courtyard
- Therapeutic activities for physical and mental stimulation
- Wellness and exercise programs
- Family dining environment
- Worship services

SUPPORT AND CARE

- Individually tailored care plan
- Around-the-clock team supervision
- Comfortable and familiar atmosphere
- One-on-one engagement with team members
- Physical, occupational and speech therapy available

« [Back](#)



ALL ABOUT MEMORY CARE

FREQUENTLY ASKED QUESTIONS

Here are some of the most frequently asked questions from those interested in our memory care neighborhoods. Read on to find out more about The Glen Aberdeen Village. If there's a question we haven't answered here, contact us today.

How do I know my loved one needs memory care?

Diseases such as Alzheimer's or other forms of dementia are progressive—meaning they grow more pronounced over time. In the earliest stages, it may be difficult to recognize the difference between common forgetfulness and memory loss. We recommend seniors have regular visits with a primary care physician and discuss any concerns they have. If you are unsure if your loved one is ready for memory care, check out this resource from the Alzheimer's Association, [Know the 10 Signs of Alzheimer's Disease](#).

When is the right time to move my loved one into a memory care community?

If your loved one has a diagnosis of Alzheimer's or another form of dementia, especially if he or she lives alone, a memory care neighborhood will add support and connections that are difficult to duplicate at home. Memory care neighborhoods are specifically designed to support the needs of individuals with memory loss, providing cues that will support your loved one in making the transition from home to a senior living community. We also offer life-enriching programming that is designed to help your loved one reconnect with activities they once enjoyed. They might even try something new! Remember that three shifts of fresh and energetic employees care for our residents in memory care each day. It can be very difficult to do all of these things as a 24-hour/day caregiver all alone.

Why should I consider moving my loved one in during the early stages of Alzheimer's or dementia?

We have found that families are often surprised by how well their loved ones do once they move into our community. They make new friends and have kind and caring staff to count on for keeping track of the day as well as their personal needs. Our goal is to help our residents thrive, and we have found that joining a memory care neighborhood earlier can help provide the comforting structure and mental stimulation seniors need.

What are my or my loved one's memory care options at Aberdeen Heights?

We offer secure private suites and private rooms as well as 24/7 supervision from one of our team members.

How do your fees work?

We offer 13 private residences and two suites, ideal for couples. Rates are monthly depending on floor plan. There are additional costs for guest meals, beauty salon charges and some additional nursing supplies. Contact us to learn more and take the next step in your journey.



ALL ABOUT MEMORY CARE

FREQUENTLY ASKED QUESTIONS

Do you take Medicaid?

We do not have availability for Medicaid residents in our memory care neighborhood. We have limited availability for Medicaid-approved residents in our health care center based on the availability of our health care services.

What types of security do you offer?

Memory care in The Glen is a secure neighborhood. Our main building doors are locked between 8 p.m. and 8 a.m., and a team member regularly walks the buildings during those hours. Local law enforcement drives through campus at night.

There are no designated visiting hours within The Glen. However, the main entrance doors are unlocked between 8 a.m. and 8 p.m. If guests and or residents need to enter before or after hours, the phone located outside the main entrance will ring to the nurse's station for assistance entering during those hours.

Can my loved one leave the memory care neighborhood or go on outings?

Yes! You have the peace of mind to know that our trained staff can help you determine if an outing is appropriate for your loved one or not on any given day. Residents may leave the community with family members. Please check in with the nurses' station and sign out at the concierge desk.

Can couples live in memory care together?

A diagnosis of dementia is necessary for our memory care neighborhood, however, couples may live together as long as it is safe for both residents to do so.

What do I need to provide?

The rooms do not come furnished. We encourage families to personalize the resident's room to help with the adjustment and make it feel more like home. For those with memory loss, being surrounded by familiar things may bring comfort and a sense of security. Respite furniture is available if needed.



FLOOR



PLANS

PRIVATE RESIDENCE

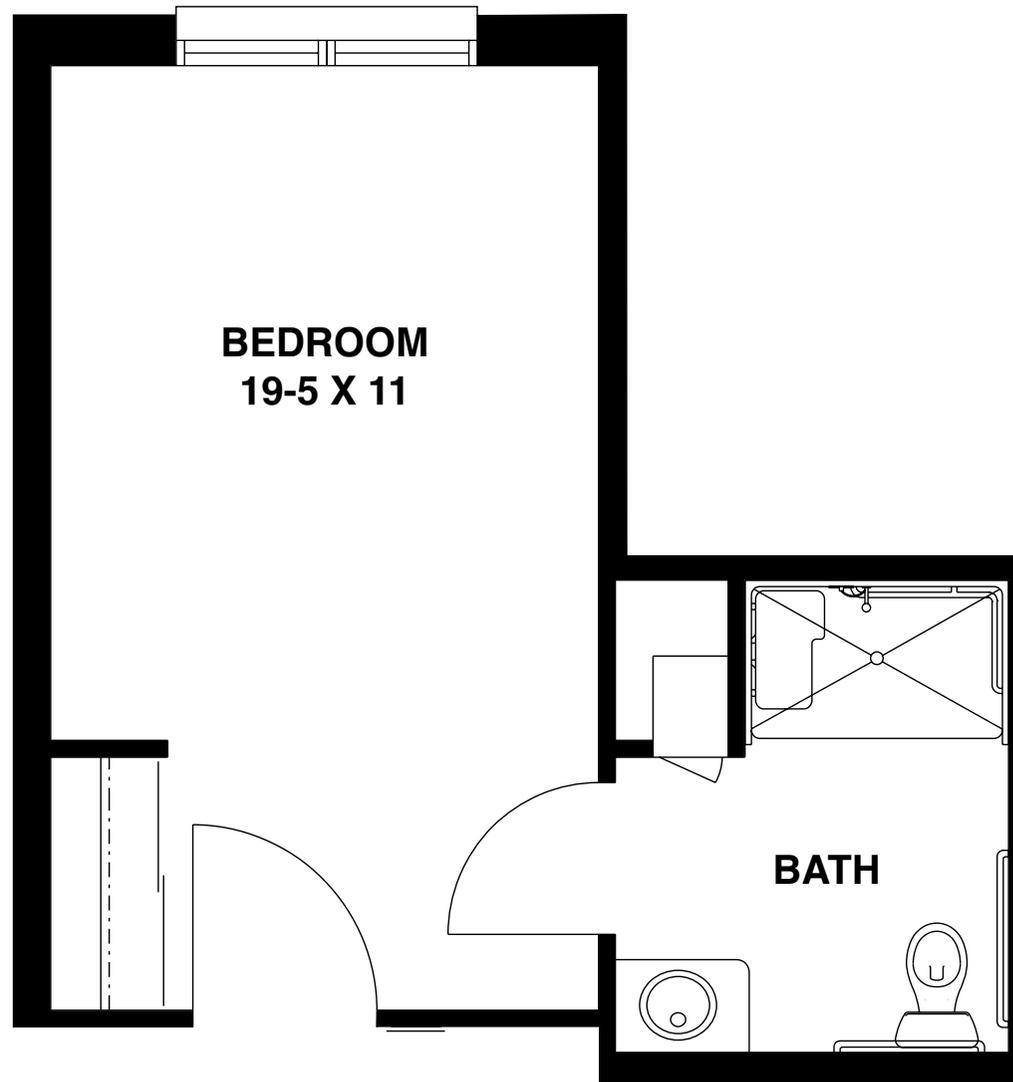
RATES

EFFECTIVE JULY 1, 2022

ONE PERSON

Level One Fee:

\$10,402



« [Back to all floor plans](#)

Floor plans may vary slightly and are not to scale.

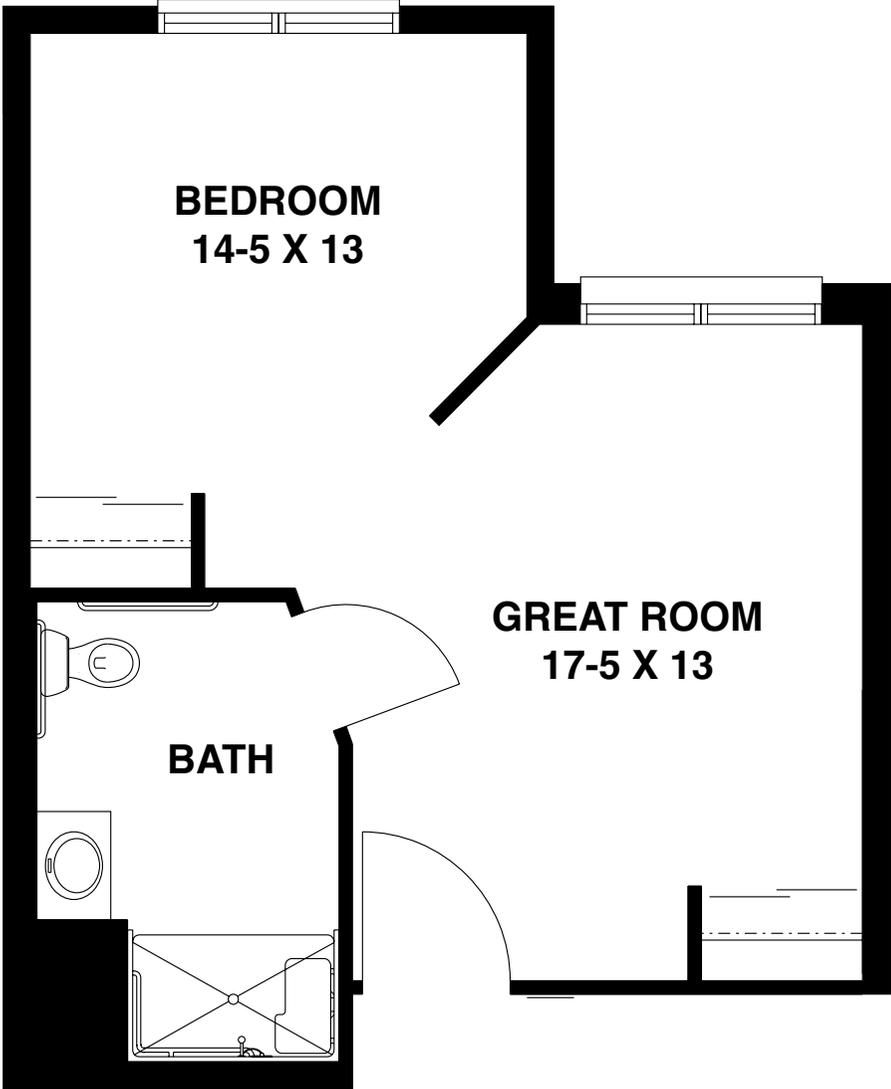


PRIVATE SUITE

RATES

EFFECTIVE JULY 1, 2022

ONE PERSON
Level One Fee: \$11,455



« [Back to all floor plans](#)

Floor plans may vary slightly and are not to scale.



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>



505 Couch Ave.
Kirkwood, MO 63122
314-909-6000

WWW.ABERDEENSENIORLIVING.ORG

Aberdeen Heights is a not-for-profit, faith-based organization and a proud member of the Presbyterian Manors of Mid-America family. Presbyterian Manors of Mid-America has been providing quality senior services guided by Christian values for over 70 years in Kansas and Missouri.

