

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 long-term care for yourself or a loved one, 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 providing quality health care services for more than 70 years and continue to emphasize personal choice and independence for residents as they move through the continuum of care

THIS IS ABERDEEN HEIGHTS

- A community of PMMA (Presbyterian Manors of Mid-America®)
- A 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



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



A CUSTOM CARE PLAN — FOR YOU AND ONLY YOU

Care planning starts before you move in, when our clinical team assesses your medical needs and works with your primary care physician to review your health history. We strive to get to know every resident's care and assistance needs, likes and dislikes and health goals, so we can build a personalized care plan that includes:

- Opportunities to engage the whole person—mental, physical, social, occupational and spiritual health.
- Available physical, aquatic, occupational and speech therapy to sustain and improve function.
- Personalized assistance with dressing, bathing, dining, medication management and other daily activities.
- Dining in socially engaging settings, with delicious, heart-healthy foods and menu choices.
- A wealth of social and mental engagement activities to make every day a treasure.



*Enjoy an empowered
and secure lifestyle.*

HELPING YOU LIVE YOUR BEST LIFE

At The Glen at Aberdeen Heights, we believe quality of care leads to quality of life. Here, quality means providing compassionate and dedicated health care in a warm and loving environment. That's why we strive to be five-star rated by the Centers for Medicare and Medicaid Services — giving you or your loved one the care you need while being able to get the most out of each and every day.

COMMITTED TO YOUR CARE

- Healthy meals and snacks
- Medication management
- Housekeeping and laundry
- Qualified 24-hour nursing care
- Emergency call system
- A safe, secure campus
- Physical, occupational and speech therapy
- Restorative nursing
- Short-term rehabilitation

SOCIAL & WELLNESS FOCUS

- Group activities
- Health and social programming
- One-on-one engagement with team members
- Family dining environment
- Worship services
- Library on site
- Hair salon
- Transportation to appointments and scheduled activities



*Sharing. Enjoying. Fulfilling.
A rich landscape of living.*

RESTORING FUNCTION AND PRESERVING DIGNITY



Aberdeen Heights offers both rehabilitative and restorative therapy programs with our partner, Aegis Therapies®. The Therapy Department provides a full range of services with staff who specialize in areas of geriatric care. Our full complement of restorative therapy services often qualify for Medicare B reimbursement.

PHYSICAL THERAPY SERVICES address issues of pain, muscle weakness, gait disorders and impaired balance.

OCCUPATIONAL THERAPY SERVICES focus on activities of daily living such as eating, dressing and other activities involving fine motor skills.

SPEECH THERAPY SERVICES treat individuals with language, hearing, voice and other cognitive disorders. They help improve communication and reduce frustration.



RESTORATIVE THERAPY SERVICES

- Enhanced functional capacity
- Falls and balance programs
- Enhanced joint flexibility
- Improved mobility skills
- Reduced number of falls
- Increased muscle strength



*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 offer one another respect and dignity.

SHOULD YOU WISH TO EXPLORE OR PARTICIPATE, WE OFFER

- A dedicated chaplain
- Bible studies and prayer groups
- Regular worship services, Rosary and Holy Communion





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

EXPERIENCE MATTERS

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

- Accountable to our residents and employees, not shareholders.
- Consistently reinvest net revenues in our campuses.
- Guided by a volunteer board that is independent, committed and invested in our success.
- Invested in philanthropic programs such as the Good Samaritan Program, which provides assistance to residents who have outlived their financial resources through no fault of their own.





A PERSONAL APPROACH TO CARE

When you or a loved one needs 24-hour care and assistance with the tasks of daily living, long-term care may be the right choice. **Quality, dignity, respect, choice, and independence** – these are the hallmarks of long-term care at The Glen at Aberdeen Heights. Our health care center offers a continuum of medical and social services for chronic health conditions that affect the ability to perform the tasks of daily living in an enriching environment. Residents maintain independence and quality of life through personal choice – *the way you want to live*®.

As a faith-based, not-for-profit organization, our mission is to provide quality senior services guided by Christian values. From our caring team of professionals to our vibrant array of activities and amenities, we are here to help you flourish.



*Plan to grow.
expect to thrive.*



EXPLORE

FURTHER

RESIDENCE OPTIONS AND RATES

Long-term care is all about having the support you need to live as independently as possible while making your own choices and maintaining control of your life. Our caring staff often becomes an extension of each resident's family, providing friendly, personal attention and building lasting relationships that help our residents feel at home. With support, residents have the opportunity to pursue their interests to the extent their abilities allow, in a private or semi-private residence.

EXPLORE FLOOR PLANS

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

DETERMINING THE COST OF CARE

No entrance, community or application fee is required for direct admittance to our health care center. Admission is a two-part process — a health assessment and a financial assessment. Our daily health care rates are based on the type of residence (private or semi-private) and the level of services needed.

WHO PAYS FOR CARE

Most long-term care services are covered by private pay, long-term care insurance or state assistance. Medicare generally does not cover long-term care with the exception of qualifying post-hospital stays for up to 100 days.



PRIVATE RESIDENCE

DAILY RATE: \$463

EFFECTIVE JULY 1, 2022



Floor plans may vary slightly and are not to scale.



575 COUCH AVE, KIRKWOOD, MO • WWW.ABERDEENSENIORLIVING.COM



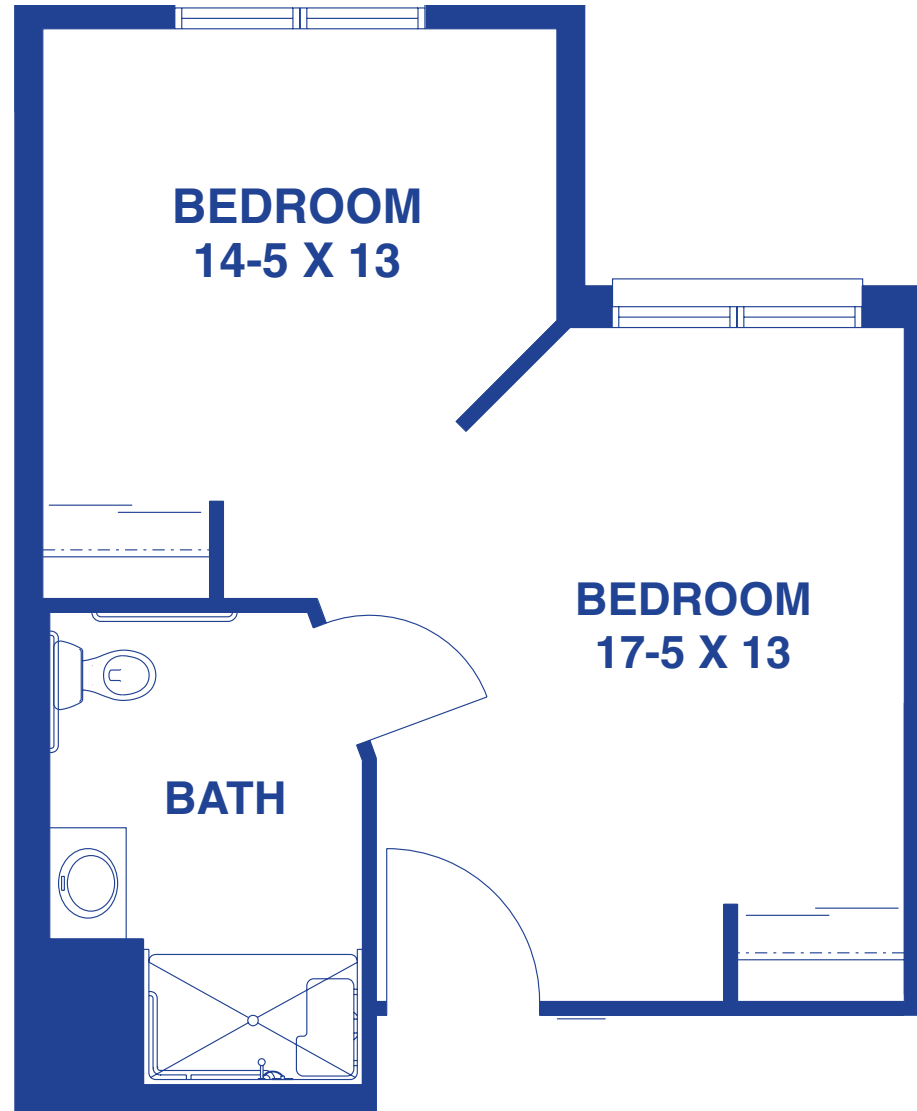
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SEMI-PRIVATE RESIDENCE

DAILY RATE: \$431

EFFECTIVE JULY 1, 2022



Floor plans may vary slightly and are not to scale.



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SERVICES AND FEATURES

SPECIALIZED CARE

- Individualized care planning
- Medication management
- Help with dressing, bathing and other activities
- Activities, health and social programs
- Weekly blood pressure checks

SKILLED NURSING

- 24-hour qualified care
- Physical, occupational and speech therapy
- Restorative nursing
- Short-term rehabilitation
- Post-cardiac rehab
- Post-stroke rehab

SAFETY & FEATURES

- Rooms have individually controlled heating and air conditioning
- Smoke alarm and sprinkler system
- Emergency call system
- 24-hour secured premises
- Location awareness system



AMENITIES AND ACTIVITIES

RESIDENT AMENITIES

- Three daily meals plus healthy snacks
- Daily housekeeping
- Daily laundry
- Qualified 24-hour nursing care
- Cable and Wi-Fi

COMMUNITY AMENITIES

- Beautiful 11-acre campus
- Secure building with outdoor patio
- Outdoor garden and seating areas
- Library
- Chapel
- Transportation to appointments and scheduled activities

SOCIAL ACTIVITIES

- Group activities
- Health and social programming
- One-on-one engagement with team members
- Family dining environment
- Interfaith spiritual services



ADMISSIONS

To apply for residency, you or your loved one should contact our admissions counselor. As a not-for-profit, we require an application for financial acceptance as well as a health evaluation. You should plan to have the following on hand.

Copies of the following

- Medicare card
- Social Security card
- Insurance cards
- Long-term care insurance policy or card (optional)
- COVID-19 vaccination record (requested)

Driver's license or state ID requested Advance directives (as applicable)

- Durable power of attorney for financial decisions
- Durable power of attorney for health care decisions
- Living will
- Do not resuscitate order (DNR)

Admissions orders

- Physician history and physical
- Physician progress notes and therapy notes (if applicable)
- Current medication list*

To ensure our community can meet care needs, our director of nursing will schedule an assessment. This review of medical history and needs will help us get to know the resident and develop a personalized care plan.

Finally, the potential resident must provide a medical history within 7 days of admission. This may require an in-person visit to the prospective resident's primary care physician prior to admission for a physical and to obtain orders for admission.

*Our health care center uses a unit dose (blister pack) system, where medications are administered by trained employees as ordered by an attending physician. Families are welcome and have the right to choose any pharmacy that provides medications in this format. A doctor's order is required for all over the counter medications used in the health care center and residents cannot keep these medications in their rooms.



ALL ABOUT ABERDEEN HEIGHTS

FREQUENTLY ASKED QUESTIONS

The decision to move into a long-term care neighborhood can be overwhelming and difficult. At Aberdeen Heights, we work hard to help you or your loved one with the transition. Here are some of the most frequently asked questions from those interested in our long-term care neighborhood. If there's a question we haven't answered here, contact us today.

What are my long-term care options?

We offer private and semi-private residences where residents can receive qualified, around-the-clock nursing care.

What sets you apart from your competitors?

We have consistently maintained a 4-star or above rating from the Centers for Medicare and Medicaid Services (CMS) for several years. Since 2011, we have built a reputation of trust, respect and high-quality care throughout the Kirkwood area. We are a not-for-profit, mission-driven organization that provides quality senior services guided by Christian values. We intentionally seek out employees who embody our mission as they care for our residents.

What kind of activities do you offer?

We offer art classes, games and bingo. We also offer a lot of musical activities. All activities are influenced by what the residents want and their ability to participate. One-on-one activities are offered as needed.

What professional medical care do you offer?

Our health services team is top-of-the-line. We have a dedicated skilled nursing team of RNs, LPNs, CMAs and CNAs who provide 24-hour nursing care. We also offer a variety of physical, occupational and speech therapies provided by qualified therapy professionals and customized to individual care plans.

How do your fees work?

Monthly long-term care fees are determined by the type of apartment and level of services needed. Contact us to learn more and take the next step in your journey.

What are the menu options like?

We have one daily special and a plethora of always-available items to choose from on our seasonal menu. Our chef and the kitchen team prepare the food fresh daily in-house, celebrating a wide variety of cultural dishes and local favorites. Friends and family members can join residents for meals. The fee varies for breakfast, lunch, dinner or holiday meals.



ALL ABOUT ABERDEEN HEIGHTS

FREQUENTLY ASKED QUESTIONS

Do you take Medicaid?

We accept Medicaid as a form of reimbursement in our long-term care neighborhood, depending on bed availability.

What types of security do you offer?

Long-term care at Aberdeen Heights is a 24-hour supervised community. Our doors are locked between sunset and sunrise, and a team member regularly walks the buildings during those hours. Local law enforcement drives through campus at night.

Do you have tech support?

No.

What do residents or their loved ones need to provide?

Aberdeen Heights provides the bed, chair, TV, nightstand, and dresser. Residents or their loved ones should plan to bring clothes, personal items, décor and any additional furniture.

What are your visiting hours?

Our long-term care neighborhood is secured 24 hours a day. Doors lock from sunset to sunrise, but visitors are welcome and encouraged.

Can couples live in long-term care together?

Couples may reside together in a room licensed for two people. This is typically a semi-private, shared room.

Can my loved one go on outings?

Yes! You have the peace of mind to know that our trained team members can help you determine whether an outing is appropriate for your loved one or not on a given day.



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>



575 Couch Ave
Kirkwood, MO 63122
314-909-6000

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