



For more information about The Homestead at Rochester or to schedule a tour, please call 507.535.2000 or visit www.thehomesteadatrochester.org.

The Homestead at Rochester— A Senior Living and Care Community

The Homestead at Rochester is a community filled with possibilities. Here you'll find a rural ease and sensibility, combined with the convenience and inspiration of a thriving, vibrant neighborhood.

At The Homestead at Rochester, you can take comfort in knowing your needs can be met today, and tomorrow, through an exciting array of thoughtfully planned living choices and amenities.

Living and Care Choices

- Spacious, well-appointed independent living apartments
- Thoughtfully designed assisted living apartments
- Private, nurturing memory-support residences
- State-of-the-art care center offering short-term rehabilitation, long-term care and specialized memory support

At The Homestead at Rochester, your home includes more than your individual residence and extends well beyond your front door.

Community Attractions

- Café
- Market
- Fitness center
- Rehabilitation clinic
- Library, computer and fax
- Complimentary Wi-Fi
- Restaurant-style dining
- Beauty and barber shop
- Clubroom
- Card and billiard parlor
- Guest suite
- Chapel and community room
- Workshop
- Garden plots
- Walking trail

The Homestead at Rochester is a smoke-free community.



THE MEADOW • MEMORY SUPPORT

The Homestead at Rochester • A Senior Living and Care Community



The Homestead at Rochester
A Senior Living and Care Community
1900 Ballington Boulevard NW
Rochester, MN 55901
507.535.2000
www.thehomesteadatrochester.org

The Homestead at Rochester is a Volunteers of America community. Founded in 1896, Volunteers of America is a national, nonprofit, faith-based organization dedicated to helping those in need live healthy, safe and productive lives. Through hundreds of human service programs, including housing and health care, Volunteers of America touches the lives of more than 2 million people each year.





THE MEADOW

Memory Support

Making sure your loved one receives excellent care is your top priority. It's ours, too. The Meadow's specialized memory support neighborhood provides a safe, secure residential setting where people with memory loss or dementia are engaged in social and therapeutic activities while having their health care needs met. Our staff is dedicated to serving the unique needs of every individual with personalized attention that provides affirmation and reassurance for your loved one.

Special Features

- Cozy neighborhood of 16 apartments
- Residential setting with controlled access
- Secure outdoor courtyard
- Specially trained staff

Added Conveniences

(Included in monthly fee)

- Three meals and snack served family-style
- Weekly light housekeeping
- All utilities, including telephone, expanded cable television, heat, electric, central air conditioning, water and trash
- Priority access to other Volunteers of America living and care options based on availability
- Professional management by Volunteers of America
- Month-to-month residency agreement

Extra Services

(Available for additional fee)

- Second occupant fee
- Access to personal care 24 hours a day through Volunteers of America Home Health at Rochester
- Specialized nursing and therapy visits
- Guest meals
- Guest suite
- Beauty and barber services
- Storage
- Additional or unscheduled laundry

Quality in Living Today

Quality in Living Today (QuILT) is a whole-person approach to caring for individuals with memory loss. Much like creating a quilt by selecting colorful fabric pieces to develop its design, in our QuILT program we choose from a variety of stimulating daily activities that add to the quality of our lives. When people in our care, their family members, our staff and community members work together, we can support each other in consciously choosing activities that optimize health and wellbeing of mind, body and spirit.

Caring for the needs of those with memory loss grants us an extraordinary opportunity to share Volunteers of America's ministry of service, as well as to raise the standard for delivery of compassionate memory support care.

QuILT Life Dimensions

Spiritual

These activities provide significance, legacy and hope.

- Prayer and meditation
- Worship services
- Hymn sings
- Bible readings

Physical

Activities that maintain wellbeing and promote independence.

- Walking, stretching, exercising
- Gardening and nature walks
- Outdoor activities

Emotional

Recognizes awareness and acceptance of one's feelings.

- Conversations
- Reminiscences

Occupational

Activities which help recall a person's various roles in life, and that make one feel valued and appreciated for their skills and abilities.

- Completing "jobs"
- Hobby sharing
- Helping others
- Doing tasks that are part of a person's past work roles

Social

Ongoing opportunities to enjoy social relationships and leisure activities provide connection to others, as well as contribution to, and participation in, one's environment and community.

- Baking
- Music
- Dance
- Crafts



Intellectual

Activities that challenge the mind and promote cognitive stimulation.

- Current events
- Life review
- Reading
- Reminiscing
- Playing card games

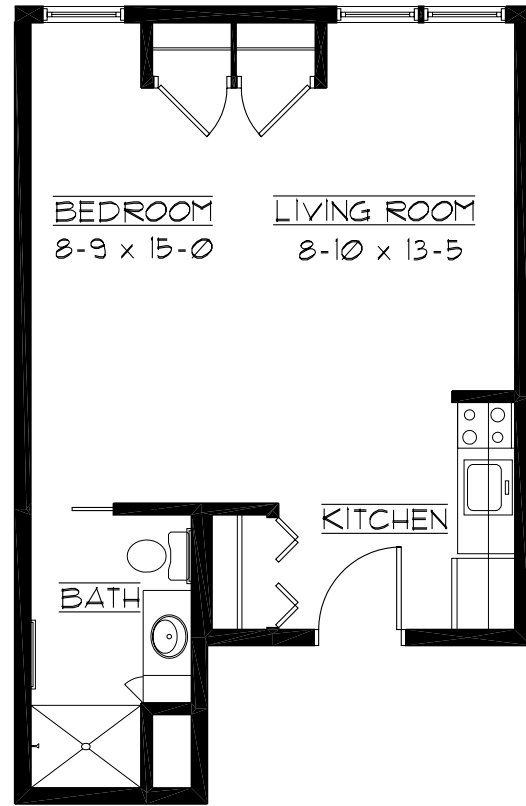
Validation

Imagine helping an agitated, disoriented person with Alzheimer's disease become more peaceful and happier simply by talking and listening. Specially trained and certified Validation practitioners at The Homestead at Rochester and other Volunteers of America care centers use an effective method of communication that calms people with memory impairment when they become disoriented. Validation can help families of individuals with memory loss, too. Volunteers of America is an Authorized Validation Organization (AVO).



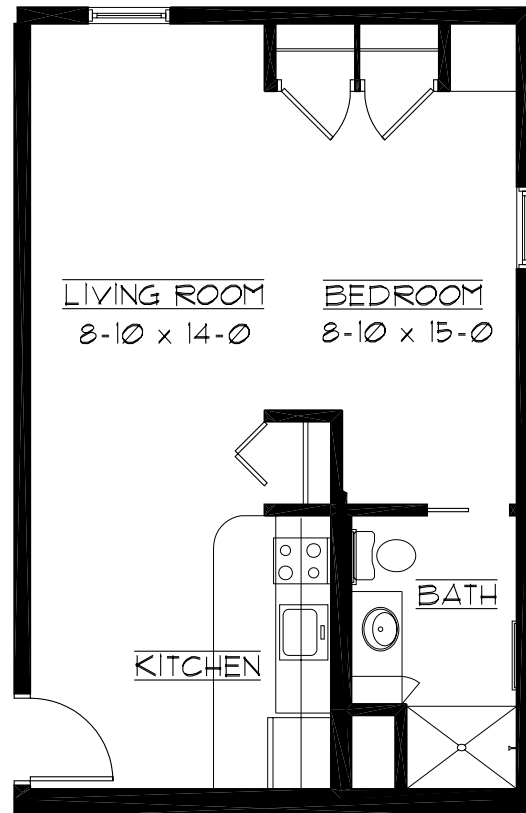
APARTMENT

Floor Plans



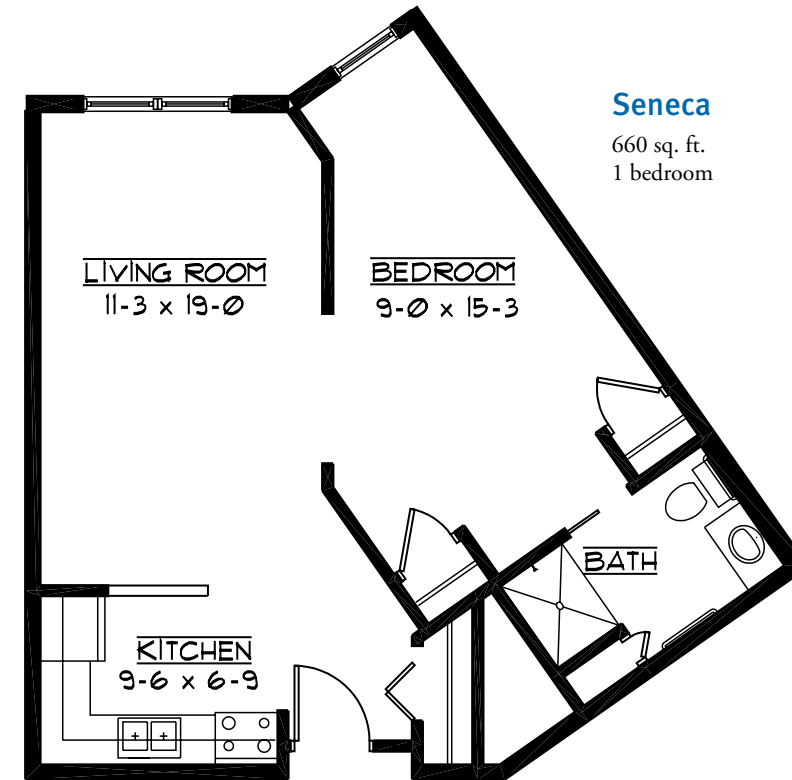
Arrowfeather

412-453 sq. ft.
Studio



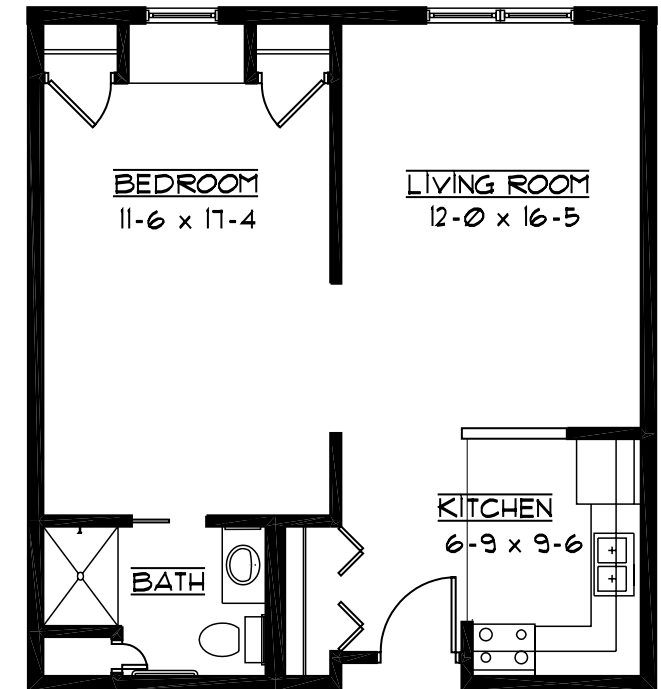
Bluegrass

560 sq. ft.
Studio



Seneca

660 sq. ft.
1 bedroom



Foxtail

639-656 sq. ft.
1 bedroom

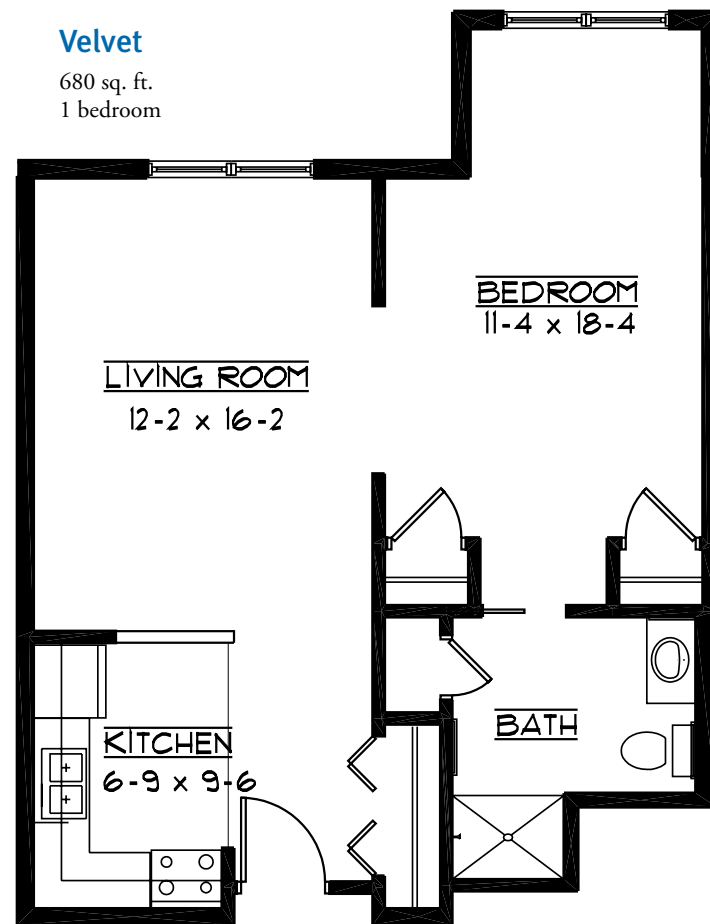
APARTMENT

Floor Plans

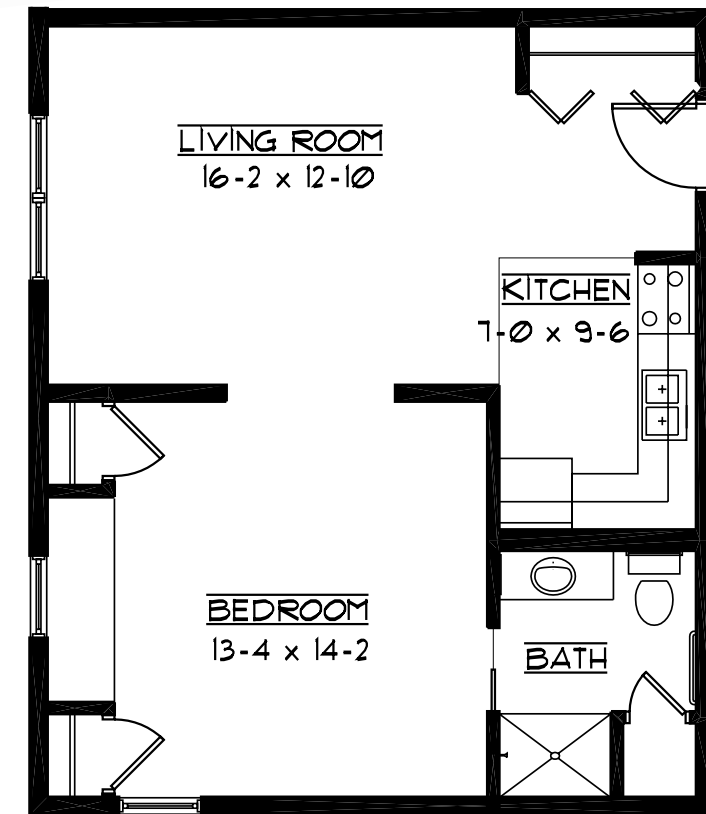
APARTMENT

Floor Plans

Velvet
680 sq. ft.
1 bedroom



Woodrush
685 sq. ft.
1 bedroom



Floor plans shown depict a small sampling of apartment styles; stated dimensions and square footage are approximate. Please ask about availability. Floor plans, features and amenities subject to change without notice.

APARTMENT

Floor Plans