

Bethany Life Communities --Timberland Village Assisted Living

Timberland Village, located at 725 Timberland Drive in Story City, opened in 2002. It provides two options for senior living, either Independent Living (IL), or Assisted Living (AL). Both of these choices provide a safe and enriching lifestyle that is between the traditional choices of remaining in your home or living in a long-term care center. Last month we looked at IL, which is comparable to living on your own in an apartment, and this month we'll take a closer look at the AL option.

Do you know someone who would be able to live on their own if they only had some assistance with daily activities? Assisted Living could be the answer for a lifestyle that promotes maximum independence with dignity. AL is a special combination of housing, personalized supportive services and healthcare that is designed to address the individual needs of people who require some help with activities of daily living. Common examples of these services include meals, housekeeping service, laundry service, and bed linen changes. There is a wide range of services available that can be tailored to meet the resident's specific needs. For example, a higher level of assistance might include medication set-ups and reminders, regular visits from a Registered Nurse, daily grooming assistance or assistance with appointment scheduling. As care needs change, the service package can be adjusted so there is minimal disruption in the overall living arrangements. The lower range of AL service equates to about one hour of assistance per day. If a person requires more than four hours of service per day, they are better served in a long-term care facility such as Bethany Manor. As mentioned last month, Staff is available 24 hours a day to handle scheduled and unscheduled needs for all residents at Timberland Village.

Rates for the lowest level assistance package start at \$2,020. for a 350 square foot studio apartment, \$2,220. for a 653 square foot single bedroom, and \$2,420 for a two bedroom unit with 955 square feet. (These rates include three meals a day plus snacks for one person.) A few garages are available for \$50 per month, and a package that provides all meals and snacks for a second person is \$500 per month. The rates include cable TV and all utilities except telephone.

Every month, Timberland Village has an activities calendar that is packed (close to 100 last month) with a wide variety of interesting things to do. The architectural design is strikingly attractive, there are ample amenities, and there is a friendly atmosphere---features that will help almost anyone feel at home.

If you have not toured Timberland Village, you should make an appointment with Marsha Taylor, Senior Housing Manager, by calling 733-6500. We think you'll be very impressed and also be very proud that Gilbert Lutheran is one of the member churches of the BLC Corporation.