

Assisted Living



RATES EFFECTIVE JAN. 1, 2024

Northwinds Assisted Living
2101 Keenan Drive
International Falls, MN
56649
(218) 283-1300
good-sam.com

DEPOSITS/FEES:

Non-refundable Administrative Processing Fee (paid upon acceptance of application)	\$200.00
Refundable security deposit	\$1,500.00
Unit transfer fee	\$300.00

MONTHLY FEES:

*****For RESIDENTS that are declining services, just the Housing Fee and Base Services Fee will be assessed. The Healthcare Services Fee will not be assessed.*****

I hereby decline healthcare services _____
(Resident Signature)

(Resident Signature)

Unit Type	Square Feet	Housing Fee (non-optional)	Base Services Fee (non-optional)	Total Monthly Fee (non-optional)
1 bedroom, 1 bath	500	\$2,539.00	\$797.00	\$3,336.00
Additional Person Base Services Fee		N/A	\$285.00	\$285.00

Additional fees for healthcare and other optional services listed below

*****Meal Plans available at additional cost*****

INCLUDED IN HOUSING FEE

- Private apartment with lockable door that can be personally furnished and decorated
- Furnished appliances (microwave, refrigerator, window coverings and outlets for telephone)
- Utilities (water, sewer, refuse collection, recycling, electricity, heating and air conditioning) (telephone service not included)
- Individually controlled heating and air conditioning
- General maintenance to the building, grounds, apartment and furnished appliances
- Private mailbox and key for US Mail Service
- Access to common areas and amenities including work/craft room, wellness room, greenhouse, laundry rooms, party room and gathering areas

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- Access to campus common areas including hair salon, community/fellowship room, library and café/bistro
- Uncovered parking
- Controlled security access during night hours
- Limited resident storage

INCLUDED IN BASE SERVICES FEE

- Personal emergency response system (for those on services)
- 24-hour qualified, awake, unlicensed staff
- Well-being checks daily
- Satellite television service
- Wireless internet
- Light housekeeping service once per week
- Daily trash removal
- Up to two scheduled loads of personal laundry per week
- One scheduled linen change service and bedding change per week
- Social hour with snacks daily
- Scheduled transportation service for medical appointments within city limits and scheduled shopping trip twice monthly
- Scheduled social, recreational and spiritual programs daily
- Priority access to campus services at Good Samaritan Society – International Falls (Care Center, Home Care, River's Edge Villa)

HEALTHCARE SERVICE LEVELS – ASSISTED LIVING

This assisted living community offers Healthcare Service Levels: 1 - 4

The philosophy of Assisted Living is built on the foundation of promoting and maintaining a resident's highest level of independence and self-sufficiency. Every resident will be assessed by a licensed nurse and assigned a healthcare service level based on the total points of that assessment. While meeting some specific criteria from the identified levels will determine the resident's level of care, it is not essential that the resident meet every criterion listed to be placed into the determined level. Residents will be provided services within their healthcare level based on their assessed needs for those services. Residents will be notified when there is a change in the level of care.

This assisted living community offers Healthcare Services Level 1 – 4. Level 5 services may be offered on a temporary basis or for as long as the location is able to safely accommodate the resident's health care needs. Should a resident be evaluated as needing healthcare services exceeding those provided, discharge to a facility providing a higher level of care will be

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arranged. The staffing level required for your care cannot compromise or require changes to the overall staffing level at the Community.

HEALTHCARE SERVICES LEVEL 1 \$823.00

- 24/7 licensed nurse available to medication aides or universal workers for questions and concerns
- **Registered nurse (RN) Level of Care Evaluation:** minimally upon admission, annually, and with changes in condition and/or as required per state regulations or Good Samaritan Society policy
- **Healthcare coordination:** managing physician orders, may include appointment scheduling
- **Vital signs/weight monitoring:** monthly

HEALTHCARE SERVICES LEVEL 2 \$1,220.00

- **Healthcare Services Level 1 +**
- **Medications:** assistance with medication passes 1-3 times daily (does not include staff tracking/management of controlled medications and monitoring/management of anticoagulant therapy)
- **Vital signs/weight monitoring:** monthly or may include more
- **Nutrition:** set up assistance with meals (opening cartons, cutting meat)
- **Bathing/showering:** set up and cueing assistance by staff (no hands on assistance)
- **Dressing/undressing:** assistance with selection and laying out of clothes (set up) and/or assistance with adaptive devices
- **Toileting:** verbal reminders to use the bathroom (no hands on assistance)
- **Cognition:** redirection and cueing (less than weekly) related to cognitive impairment
- **Safety/risk:** additional fall risk interventions

HEALTHCARE SERVICES LEVEL 3 \$1,650.00

- **Healthcare Services Level 1 +**
- **Medications:** assistance with medication passes 4-6 times daily (includes staff tracking/management of controlled medications and monitoring/management of anticoagulant therapy)
- **Vital signs/weight monitoring:** monthly or may include more
- **Health condition monitoring and treatments:** diabetes management with assistance with and/or monitoring of blood sugar checks and/or insulin injections 1-2 times daily
- **Nutrition:** set up assistance with meals (opening cartons, cutting meat)

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- **Bathing/showering:** limited bathing/showering assistance (up to 2x's weekly)
- **Grooming:** assistance with grooming (washing face, brushing teeth, brushing hair, applying makeup and/or shaving)
- **Dressing/undressing:** cueing/limited hands on assistance with buttons, snaps, zippers, laces, includes assistance with application/removal of TED stockings/hose
- **Toileting:** occasional incontinence assistance (less than daily)
- **Mobility/transferring:** escorting to and from meals and activities
- **Cognition/behavior:** recurring redirection and cueing (less than daily) related to cognitive impairment and/or reassurance in response to fear, anxiety and/or paranoia
- **Safety/risk:** additional fall risk interventions

HEALTHCARE SERVICES LEVEL 4 \$1,980.00

- **Healthcare Services Level 1 +**
- **Medications:** assistance with medication passes 4-6 times daily (includes staff tracking/management of controlled medications and monitoring/management of anticoagulant therapy)
- **Vital signs/weight monitoring:** monthly or may include more
- **Health condition monitoring and treatments:** diabetes management with assistance with and/or monitoring of blood sugar checks and/or insulin injections 3 or more times daily; includes management and monitoring of nebulizer treatments, oxygen, BIPAP/CPAP and ostomy/catheter care (no additional ancillary charges for these in Level 4)
- **Nutrition:** set up assistance with meals (opening cartons, cutting meat)
- **Bathing/showering:** hands on assistance of one staff person (up to 2x's weekly)
- **Grooming:** assistance with grooming (washing face, brushing teeth, brushing hair, applying makeup and/or shaving)
- **Dressing/undressing:** hands on assistance with AM and/or PM dressing; resident able to perform some tasks independently, includes assistance with application/removal of TED stockings/hose
- **Toileting:** incontinence assistance at least once daily; includes catheter/ostomy care by nurse
- **Mobility/transferring:** one person hands-on physical assistance
- **Cognition/behavior:** daily assistance with reorientation and redirection in response to cognitive impairment and/or reassurance in response to fear, anxiety and/or paranoia
- **Safety/risk:** required or requested checks every 4-7 hours; additional fall risk interventions

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HEALTHCARE SERVICES LEVEL 5	\$2,565.00
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- **Healthcare Services Level 1 +**
- **Medications:** assistance with medication passes 4-6 times daily (includes staff tracking/management of controlled medications and monitoring/management of anticoagulant therapy)
- **Vital signs/weight monitoring:** monthly or may include more
- **Health condition monitoring and treatments:** diabetes management with assistance with and/or monitoring of blood sugar checks and/or insulin injections 3 or more times daily; includes management and monitoring of nebulizers treatments, oxygen, BIPAP/CPAP and ostomy/catheter care (no additional ancillary charges for these in Levels 4 & 5)
- **Nutrition:** set up assistance with meals (opening cartons, cutting meat)
- **Bathing/showering:** hands on assistance of one staff person (up to 3x's weekly)
- **Grooming:** assistance with grooming (washing face, brushing teeth, brushing hair, applying makeup and/or shaving)
- **Dressing/undressing:** total hands on assist with AM, PM and PRN dressing tasks, includes assistance with application/removal of TED stockings/hose
- **Toileting:** total incontinence management, includes assisting with catheter/ostomy cares and bag emptying at least daily (if applicable and varies by location)
- **Mobility/transferring:** hands-on assistance of one person for transfers (if allowed by state regulations and community)
- **Cognition/behavior:** ongoing staff monitoring, redirection and management for inappropriate behaviors, verbally or physically aggressive/intrusive/ combative behaviors and/or frequently refuses to accept cares
- **Safety/risk:** required or requested checks every 1-3 hours; additional fall risk interventions
- **Laundry:** up to three scheduled loads of personal laundry and two linen changes weekly

The following provides a listing of the assisted living community's ancillary services and associated charges. The a la carte services listed in the **Additional Healthcare Services** section are intended to augment the healthcare service levels to allow for the greatest amount of service provision without unduly placing any resident in a healthcare services level higher than minimally required.

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ANCILLARY SERVICES

Additional Home Management

Laundry services (per additional load)	\$18.00
Housekeeping services	
Additional light housekeeping services (per 15 min)	\$18.00
Deep cleaning services (i.e. oven, carpets, windows) (per 15 min)	\$18.00
Professional cleaning services	(actual cost)
Daily bed-making (per month).....	\$100.00
Additional general maintenance service on personal items (per 15 min)	\$18.00
Repairs, upgrades, alterations.....	(actual cost)
Meal plan – 3 meals per day (monthly).....	\$550.00
Meal plan – 2 meals per day (monthly).....	\$375.00
Single meal (per meal)	\$12.00
Meal – Resident tray service (per delivery)	\$5.00
Replacing lost mailbox, apartment or building key	\$25.00
Mailbox lock replacement.....	\$55.00
Apartment door lock replacement.....	\$55.00
Personal Emergency Response fall pendant replacement (each)	\$200.00
Salon services	(rates posted)
Off-site guest suite (per night).....	\$80.00
Meal - Guest (breakfast, lunch, dinner/supper)	\$12.00
Copies or faxes (per page, per side)	\$0.25
Postage	(actual cost)

Additional Healthcare Services:

Bath/shower with physical assistance: all assisted baths/showers if Levels 1 & 2; > 2 baths/showers/week if Levels 3 or 4; > 3 bath/showers/week if Level 5 (per 30 min; each)	\$35.00
Bath - whirlpool (beyond bathing/showering offered in healthcare service level or per community protocol) (per 30 min; each).....	\$45.00
Foot care, non-diabetic, includes soak, pumice & nail trim (each time)	\$39.00
Hospice care coordination (per month)	\$237.00
Foot care, diabetic, by RN, includes soak and toe nail trimming (each time)	\$55.00
Grooming assistance (per month, included in Levels 3 – 5).....	\$300.00
Injections, nurse assisted, does not include insulin (each)	\$30.00
Medications, Warfarin/Coumadin monitoring/management (per month; included in Levels 3 – 5)	\$237.00
Medications, controlled substance tracking/management (per month; included in Levels 3 - 5)	\$237.00
Medication passes exceeding 6/day (per month).....	\$198.00
Medication pill box set up (per month, Level 1 only; included in Levels 2-5)	\$220.00
Nursing supplies and equipment.....	(established rates)
Personal services by nurse (per 15 min)	\$30.00

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Personal services by non-licensed staff, may include escorting (per 15 min)	\$18.00
Pharmacy, use of non-preferred* (per month)	\$165.00
Pharmacy, use of mail order for some or all medications* (per month)	\$165.00
Specimen collection i.e. blood draws, urine, stool samples (each)	\$35.00
Treatments:	
Assistance with air humidifier maintenance (per month)	\$60.00
Assistance with catheter care (per month, included in Levels 4 & 5)	\$330.00
Assistance with CPAP/BIPAP (per month, included in Levels 4 & 5)	\$330.00
Assistance with nebulizer treatments (per month, included in Levels 4 & 5)	\$660.00
Assistance with ostomy care (per month, included in Levels 4 & 5).	\$330.00
Assistance with oxygen therapy (per month, included in Levels 4 & 5)	\$330.00
Assistance with compression/TED stockings/hose (per month, included in Levels 3 – 5)	\$330.00

**Excludes residents who receive medications directly from the Veterans Administration.*

RATES ARE SUBJECT TO CHANGE WITH PROPER WRITTEN NOTICE



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