

SUMMER 2023

JOHNSON COUNTY

# SENIOR HOUSING AND SERVICES GUIDE



PRESENTED BY  
TRAIL OF JOHNSON COUNTY







**KEYSTONE PLACE AT FOREVERGREEN (PAGE 28)**



**BICKFORD SENIOR LIVING (PAGE 22)**



**MELROSE MEADOWS (PAGE 20)**

THERE'S NO PLACE

# Like Home



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TRAIL of Johnson County published its first Senior Housing Guide in the fall of 2020. Despite a brief pause during COVID, construction of senior housing facilities in Iowa City, Coralville, and North Liberty continues at a steady pace. There is a great deal of variety in these 55+ facilities, and older adults and their families seek guidance in choosing among the amenities, services, costs, and other features that will best meet their needs.

At the same time, TRAIL has seen an increase in older adults needing not just safe, comfortable, and affordable housing, but also access to other types of services that enable more successful aging in place and late-life care. These services can range from at-home medical care to temporary, in-patient rehabilitation facilities for recovery after a fall or other medical issue.

With the support of the TRAIL Board of Directors and generous donors, our 2023 Johnson County Senior Housing and Services Guide is designed to address these needs in a comprehensive, easy-to-use way. Intended as a community resource, this publication helps fulfill TRAIL's mission of helping older adults throughout Johnson County live and thrive in the places they call home.

In preparing this guide, TRAIL invited local senior-living facilities, skilled nursing facilities, at-home medical and non-medical care services, rehabilitation hospitals, and hospice providers in Johnson County to submit content, at no charge, about their primary features, amenities, costs, and other factors.

***NOTE: This Guide is presented as a public service to older adults and their families. Descriptions of services and amenities were supplied by the facilities or obtained from their websites. Prices are included only for those facilities that responded to our requests for information. Unless otherwise noted, costs are current as of March 2023 and are subject to change.***

***Interested persons should contact each facility or service directly to obtain the latest and most accurate information. This guide is not an endorsement nor is it meant to rate, rank, or recommend any of the facilities and services included herein.***

# THANK YOU TO OUR SPONSORS

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TRAIL's 2023 Johnson County Senior Housing and Services Guide would not have been possible without the generous support of individual and organizational contributors. The TRAIL Board of Directors and staff wish to express our deepest gratitude to these thoughtful donors for their support of TRAIL and its mission.

## MAJOR SPONSORS (GIFTS OF \$1,000 OR MORE)



- **AARP Iowa**  
Making our communities more livable for all Iowans.



- **Johnson County Livable Community**  
Building and sustaining a livable community for successful aging.



- **Winner Lynk Advisory Group**  
Helping clients set and achieve their financial goals.

- **Lois E. James**

## TRAIL PROJECT PARTNERS (GIFTS OF \$100–\$999)

Anonymous (4)  
Pat Brockett and Jefri Palermo  
Carrie Z. Norton

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Marty Fields  
Ellen Heyworth  
Paula Laube  
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Jim Ruebush  
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Kelly Schneider  
Susan Shullaw  
Mary Stein

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# GLOSSARY OF TERMS

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Not sure what type of senior living situation you're looking for? These definitions, provided by AARP, will help you navigate this guide:

## **INDEPENDENT LIVING**

Sometimes referred to as retirement communities, independent living communities offer older adults with limited care needs a simplified lifestyle. These facilities often take the form of apartment or condominium complexes with amenities like fitness programs, housekeeping, communal meals, and other services to enrich and simplify life for older adults looking to downsize. Cooperative housing units also fall into the independent living category. In these facilities, residents purchase shares or a membership in a cooperative housing corporation, which owns or leases all real estate. Residents pay a monthly fee to cover their share of the operating expenses.

## **ASSISTED LIVING**

Assisted living communities specialize in providing care and supervision. They frequently offer services like planned activities, housekeeping and laundry, transportation, meals, plus exercise and wellness programs. Assisted living communities sometimes offer limited medical assistance but not skilled nursing.

## **MEMORY CARE COMMUNITIES**

Memory care communities specialize in providing care to aging adults with Alzheimer's, dementia, and other cognitive issues. Staff members are trained to help with communication and to help residents manage dementia symptoms like sundown syndrome, wandering, or combativeness.

## **CONTINUING CARE COMMUNITIES**

Continuing care communities usually consist of a campus-like setting offering a variety of housing options that support various stages of life. Spanning independent living, assisted living, and/or skilled nursing care, they enable residents to age in a single community without having to relocate as their needs evolve.

## **SKILLED NURSING FACILITIES**

These facilities serve people with disabilities, illnesses, or mental conditions that require 24-hour medical care and monitoring, whether for a short time (e.g., injury recovery) or on a more permanent basis. Skilled nursing care includes help with all meals, daily living activities such as bathing and dressing, round-the-clock supervision, and a greater degree of medical attention than in assisted living.

## **REHABILITATION HOSPITALS**

These are specialty in-patient facilities that treat people recovering from serious injuries, illnesses, surgeries, and chronic medical conditions. Patients at rehabilitation hospitals require hospital-level medical services such as 24-hour nursing care. Compared to skilled nursing facilities, rehabilitation hospitals typically provide more intensive therapy services over a specified period of time, with the goal of returning the patient to their prior level of independence.

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## INDEPENDENT LIVING

### BROWN DEER COOPERATIVE

1920 Country Club Dr.  
Coralville IA 52241

☎ 563-506-2307

✉ [info@browndeercooperative.com](mailto:info@browndeercooperative.com)



[browndeercooperative.com](http://browndeercooperative.com)

The 30-unit Brown Deer Cooperative is a thoughtfully designed community offering active, independent adults age 55 or older a simple and secure alternative to home ownership. Situated on six scenic acres directly adjacent to the Brown Deer



Golf Course in Coralville, this form of shareholder ownership offers tax advantages, equity growth, a community lifestyle of like-minded people, and freedom from the hassles of home maintenance responsibilities. Shareholders at Brown Deer Cooperative play a part in the decision-making of the day-to-day operations of the cooperative.

Residents have access to a workout facility with Peloton bikes; community room with a pub, library and fireplace; large community patio with grills and a fire pit; underground parking; a golf simulator for off-season play; bocce ball court; pickle ball court; horseshoe pit; underground car wash bay; monthly cleaning service; while you are away services; and a guest suite that can be reserved for short-term stays by visiting friends or relatives. Units have a variety of floor plans and balconies, along with screened-in porches with scenic views. Standard amenities include 9-foot ceilings, solid-core wood-paneled doors, fabric roller blinds at all windows and vertical blinds at patio doors, under-counter lighting, quartz countertops, luxury vinyl or wood floor options, walk-in closets, spacious floorplans, laundry room, and heated underground parking.

In addition to the share price for each unit, a monthly fee covers a variety of expenses, including basic cable and internet, HVAC, sewer and water, garbage removal, pro rata share of the mortgage, property taxes, insurance, maintenance/home repair, lawn care and snow removal, amenities, and a security system.

#### ELIGIBILITY

Age 55+

#### SHARE PRICE AND MONTHLY FEES FOR REMAINING UNITS (AS OF APRIL 2023):

1 bed/1 bath, 886 SF	\$131,949, plus monthly fee of \$1,162
2 bed/2 bath, 1,448 SF	\$249,056, plus monthly fee of \$1,911



**CONCORD TERRACE**

1259 Shannon Dr.  
Iowa City IA 52246

☎ (319) 887-1010

**LEXINGTON PLACE**

1229 Shannon Dr.  
Iowa City IA 52246

☎ (319) 887-1010

These facilities offer one- and two-bedroom apartments for income-eligible seniors. Each apartment has washer/dryer hookups for stackable machines. There is a community room with a kitchen and exercise room available, with laundry rooms on each floor.

**CONTACT THE FACILITIES FOR PRICING INFORMATION, ELIGIBILITY DETAILS, AND RENTAL UNIT AVAILABILITY.**



© LowIncomeHousing.us

## INDEPENDENT LIVING

### CORAL RIDGE APARTMENTS

915 20th Ave.  
Coralville IA 52241

☎ 319-569-1818



[move2coralridge.com](https://move2coralridge.com)

Coral Ridge Apartments is an affordable senior living community for individuals 55 and older. The complex is located in a neighborhood near many services, including the community center, library, grocery, walking paths, and public transportation.

The community features two-bedroom, one-bath apartments with all appliances, including a washer and dryer; heat and water is also included in the monthly rent. Community amenities include a community room with a kitchenette, underground heated parking, an outdoor screened gazebo, raised garden beds, high-speed internet, on-site management, and controlled building access.

Coral Ridge Apartments participates in an affordable housing program. Eligibility is based on gross household income (before any deductions) earned from all sources of income. Total household income must be under the limits based on household size.

**ELIGIBILITY** Age 55+ and meet income guidelines

#### MONTHLY COSTS:

2 bed market rate rental program, 869 SF	\$1,125
2 bed tax credit program, 869 SF	\$916



## DIAMOND SENIOR HOUSING

1030 William St.  
Iowa City IA 52240

☎ 319-569-1810

✉ [diamondsenioric@paramark.us](mailto:diamondsenioric@paramark.us)



[paramark.us/property/diamond-senior-apartments-of-iowa-city/](https://paramark.us/property/diamond-senior-apartments-of-iowa-city/)

Diamond Senior Apartments provide one- and two-bedroom units, ranging in size from 600 to 900 square feet, located five minutes from downtown Iowa City. Each unit is equipped with a spacious living room, master bedroom, kitchen, large bathroom, and many extra closets. Each unit also comes equipped with a parking space. Other amenities include an exercise room, activity area, and lobby that can be used as a meeting place. The building is wheelchair accessible. Small pets are welcome but require a pet deposit.

**BOTH MARKET RATE AND INCOME-RESTRICTED RATE APARTMENTS ARE AVAILABLE. RESIDENTS MUST BE AGE 55 OR OLDER. CONTACT THE FACILITY FOR CURRENT PRICING INFORMATION.**





## INDEPENDENT LIVING

### ECUMENICAL TOWERS

320 E. Washington St.  
Iowa City IA 52240

☎ 319-338-7450

Ecumenical Towers is located in downtown Iowa City, adjacent to the Iowa City Senior Center. The building includes 81 apartments: 71 one-bedroom apartments and 10 studio apartments. Of these 81, eight are mobility-accessible apartments. Gas, electric, trash, and sewer utilities are included in the rent. A telephone and cable television are available at the tenant's expense. A reserved covered parking space is available in the lower level of the Iowa Avenue parking ramp. There is a central laundry facility and large community room for social events and family gatherings. Ecumenical Towers has a service coordinator on staff who is able to help residents arrange to receive any and all services they need from one or more of the many service agencies in the county.

**ELIGIBLE RESIDENTS MUST BE 62 OR OLDER AND MEET INCOME GUIDELINES (30 % OF ADJUSTED GROSS INCOME). CONTACT THE FACILITY FOR PRICING INFORMATION.**



## HOLIDAY WALDEN PLACE

2423 Walden Rd.  
Iowa City IA 52246

☎ 319-337-7277



[holidayseniorliving.com/  
retirement-communities/holiday-  
walden-place-iowa-city-ia/](https://holidayseniorliving.com/retirement-communities/holiday-walden-place-iowa-city-ia/)

Walden Place retirement community is perched on a hillside just beyond scenic Willow Creek Park. Walking paths and flower gardens surround the senior living campus, offering an open invitation to enjoy the sunshine. Relax with neighbors in the gazebo, or walk your dog along the welcoming grounds. This Iowa City independent living community is near University of Iowa Health Care and Coral Ridge Mall. Whether you're in the mood for recreation or relaxation, you'll find it at Walden Place.

Short lease and then month-to-month rent includes three chef-prepared meals a day; all utilities, including cable; weekly housekeeping and linen service; Wi-Fi in common areas; and bus transportation to appointments and shopping. Other amenities include a billiards lounge, library, and community rooms, with daily activities and events. Complimentary GPS-enabled emergency pendant included.

**ELIGIBILITY** Age 55+

### MONTHLY COSTS:

<b>Studio, 276-575 SF</b>	Starts at \$1,769
<b>1 bed/1 bath, 545 SF or 685 SF</b>	Starts at \$2,199
<b>2 bed/1 bath, 916 SF</b>	Starts at \$2,889



## INDEPENDENT LIVING

### PRAIRIE HILL COHOUSING

140 Prairie Hill Lane  
Iowa City IA 52246

✉ [iowacitycohousing@gmail.com](mailto:iowacitycohousing@gmail.com)



[iowacitycohousing.org/](http://iowacitycohousing.org/)

Prairie Hill Cohousing is a multi-generational community situated on eight acres of land on Miller Avenue, just south of Benton Hill Park. The community is a mile and a half from downtown Iowa City and within walking/biking distance to campus, close to a grocery store, restaurants, and city and university bus stops. Residents say they came here for the sense of community and shared activities.

The community includes 36 eco-friendly residences clustered around a common house with adjacent community gardens and orchards. Each household has a private kitchen and bath as well as access to shared facilities in the common house. The common house is the heart of the community, with many opportunities to visit with neighbors and friends, and it includes a large kitchen and dining room for shared weekly

#### ELIGIBILITY

Adults or families welcome, no age limits

#### COST

Home costs are comparable to newly constructed homes of similar size in Iowa City. The monthly fee for the upkeep of the common areas, insurance, snow plowing, etc. runs around \$200 - \$250.





meals, as well as guest rooms, laundry, activity/exercise room, and living room. Individual living units tend to be smaller than usual with a mix of studio apartments and one-, two-, and three-bedroom units. All are built in accordance with environmentally sound principles to LEED standards and all buildings are solar ready. Some have solar panels already installed.

Joining Iowa City Cohousing is a multi-stage process designed to help prospective members get to know the community and evaluate whether it will be a good fit for them. Members make a nonrefundable payment of \$1,000 when they join the community: a \$100 application fee and a \$900 membership fee. Adults or families are welcome, and there are no age limits. Upon joining the community, members make a down payment toward the purchase price of their

home. Most units have now been sold, but Prairie Hill residents are eager for community members to learn about the co-housing concept and perhaps replicate it elsewhere.

Responsibilities within the Prairie Hill community are shared and decisions are made using sociocracy, a consent process that ensures each person has an equal voice. Everyone at Prairie Hill chooses to work with one or more work circles responsible for areas such as community life, land and garden, buildings, finance, and legal.



## INDEPENDENT LIVING

### REGENCY HEIGHTS APARTMENTS

1010 Scott Park Dr.  
Iowa City IA 52245

☎ 319-448-3317



[regencyheightsapartments.com/](https://regencyheightsapartments.com/)

Regency Heights Apartments is a senior living community conveniently located just a few miles from downtown Iowa City with easy access to Interstate 80. The complex offers a relaxing and sophisticated haven for adults ages 55 and better, near historic sites, museums, cinemas, parks, and a sporting center.

Spacious one- and two-bedroom apartments with two floor plans to choose from are designed for the ultimate in comfortable senior living. Ample storage, central air conditioning, and washer and dryer connections are provided. Kitchens feature a dishwasher, energy-efficient appliances including refrigerator, and large kitchen pantry. As a pet-friendly senior community, Regency happily welcomes small pets.

Enjoy a community library, lounge and dining area, and nearby bike and walking paths. Regency also provides a fitness center, clubhouse, business center, dry cleaning service, and elevator access.

**REGENCY HEIGHTS APARTMENTS PARTICIPATES IN AN AFFORDABLE HOUSING PROGRAM. HOUSEHOLD INCOME LIMITS MAY APPLY. RENTAL PRICES START AT \$640/MONTH FOR A ONE-BEDROOM FLOOR PLAN AND RANGE UP TO \$840/MONTH FOR A TWO-BEDROOM, ONE-BATH FLOOR PLAN. CONTACT REGENCY HEIGHTS FOR AVAILABILITY AND MORE DETAILS.**



## VINTAGE COOPERATIVES

### CORALVILLE LOCATION:

1180 Kennedy Pkwy.  
Coralville IA 52241

☎ 319-530-5910



[vintagecooperatives.com/coralville](http://vintagecooperatives.com/coralville)

### IOWA CITY LOCATION:

750 E. Foster Rd.  
Iowa City IA 52245

☎ 319-430-7921



[vintagecooperatives.com/iowa-city](http://vintagecooperatives.com/iowa-city)

Vintage Cooperatives is an independent ownership model. The cooperative holds the master mortgage, allowing members to own a share of the cooperative without assuming personal liability. Monthly charges pay for operating expenses: utilities, insurance, maintenance, property taxes, debt service on any master mortgage and reserves. Standard home amenities include a deck/patio, horizontal blinds on all windows, refrigerator, dishwasher, smooth-top stove with oven, microwave, disposal, and large capacity washer and dryer.

Common areas include a community room with kitchen, a great room with a fireplace, fitness center, fireside lounge, club room, library, workshop, guest suite for visiting family and friends, garden plots, heated underground parking, and bike storage.

### VINTAGE COOPERATIVES OF CORALVILLE

**ELIGIBILITY** Age 62+ and must meet a minimum gross annual income requirement

#### STARTING SHARE PRICE AND MONTHLY FEES:

<b>1 bed/1 bath + den, 1,047 SF</b>	\$114,480, plus monthly fee of \$1,277
<b>2 bed/2 bath, 1,103-1,445 SF</b>	\$120,603, plus monthly fee of \$1,343-\$1,761
<b>2 bed/2 bath + den, 1,289-1,420 SF</b>	\$140,940, plus monthly fee of \$1,570-\$1,730
<b>3 bed/2 bath, 1,588-1,796 SF</b>	\$173,633, plus monthly fee of \$1,935-\$2,188

### VINTAGE COOPERATIVE OF IOWA CITY

**ELIGIBILITY** Age 55+ and must meet a minimum gross annual income requirement

#### STARTING SHARE PRICE AND MONTHLY FEES:

<b>1 bed/1 bath + den, 1,050 SF</b>	\$123,128, plus monthly fee of \$1,521
<b>2 bed/2 bath, 1,232-1,417 SF</b>	\$144,470, plus monthly fee of \$1,786-\$2,054
<b>2 bed/2 bath + den, 1,397-1,597 SF</b>	\$163,819, plus monthly fee of \$2,025-\$2,314
<b>3 bed/2 bath, 1,589-1,797 SF</b>	\$186,333, plus monthly fee of \$2,303-\$2,604



## INDEPENDENT LIVING

### VINTAGE ESTATES OF NORTH LIBERTY

1211 Vintage Lane  
North Liberty IA 52317

📞 319-330-2368



[vintagecooperatives.com/north-liberty](https://vintagecooperatives.com/north-liberty)



The Estates of North Liberty is a Vintage Cooperative community situated on 8 acres and including 30 individual homes meeting the Universal Design concept. Inside the private, gated entrance is a clubhouse featuring an open entertainment area, kitchen, fitness center, great room with fireplace, an indoor pickle ball court, office/conference room, outdoor BBQ station, and a fire pit.

The Estates of North Liberty offer a secure alternative to home ownership that is uniquely designed for those seeking a maintenance-free lifestyle in a 55+ community. For those considering retirement or becoming empty nesters, one-level floor plans are offered. Our communities are more than just buildings. Cooperatives create a supportive, independent living environment that cultivates an active lifestyle enhancing daily life and promoting health and well-being.

#### ELIGIBILITY

Age 55+

#### FLOOR PLANS, SHARE PRICES, AND MONTHLY FEES ARE AS FOLLOWS:

##### **MENDOCINO & MONTEREY (1,989 SF)**

3 bed/2 bath + 2-car garage      \$314,262, plus monthly fee of \$2,347

##### **SONOMA & VENETO (1,769 SF)**

2 bed/2 bath, den + 2-car garage      \$279,502, plus monthly fee of \$2,087

##### **BORDEAUX & CARMEL (1,585 SF)**

2 bed/2 bath + 2-car garage      \$250,430, plus monthly fee of \$1,870

##### **NAPA (1,394 SF)**

2 bed/2 bath + 2-car garage      \$220,252, plus monthly fee of \$1,645

## THE BOROUGH OF IOWA CITY

For more information, contact Heather Ropp:

✉ [heather@ewingprop.com](mailto:heather@ewingprop.com)

☎ 319-330-2368

The Borough of Iowa City is a development at the intersection of Scott Boulevard and Rochester Avenue offering a variety of housing options within a Vintage Cooperative community. Housing styles will include individual patio homes, condo-style homes with a variety of floor plan options, and twin homes — Vintage’s newest concept launching with The Borough.

This community will feature a clubhouse for entertaining and will include a fitness center, indoor pickle ball court, proposed outdoor pool and lounge to support an active lifestyle, along with guest suites, a clubroom, workshop, and more. Construction is scheduled to begin in mid-2023 with completion in late fall or early winter 2024.

Vintage Cooperatives offers a secure alternative to home ownership that is uniquely designed for those seeking a maintenance-free lifestyle in a 55+ community. Vintage Cooperatives’ one-level floor plans are thoughtfully designed with your needs in mind.

## NEX SENIOR APARTMENTS

671 Nex Ave.  
Iowa City IA 52240

☎ 319-499-5100



[move2nex.com/](https://move2nex.com/)

For more information, contact Megan Carr:

✉ [MSCarr@sandcompanies.com](mailto:MSCarr@sandcompanies.com)

NEX Apartments is located just off Rochester Avenue/Herbert Hoover Highway SE and Scott Boulevard in Iowa City. The community will include 36 affordable units for individuals 55 and older, and four units offered at market rate. Apartments will feature an in-unit washer and dryer, full kitchen appliance package, unit balconies, plank flooring and more. NEX Apartment community will have on-site management, community room, fitness room, and free resident internet. Construction is anticipated to start in the summer or early fall of 2023 with completion by the fall of 2024.

## INDEPENDENT LIVING WITH ASSISTED LIVING FACILITIES

### LEGACY SENIOR LIVING

1020 S. Scott Blvd.  
Iowa City IA 52240

☎ 319-341-0911



[dialseniorliving.com/find-a-community/legacy-dial-senior-living-iowa-city-ia/](https://dialseniorliving.com/find-a-community/legacy-dial-senior-living-iowa-city-ia/)



Legacy is conveniently located on the east side of Iowa City. Situated in a quiet residential neighborhood, the community is just minutes from shopping, University of Iowa Hospitals and Clinics, and Mercy Hospital. Legacy offers month-to-month rentals with no large buy-in. Amenities include restaurant-style dining, transportation five days a week, ice cream parlor, beauty salon/barber shop, underground climate-controlled parking, and much more.

Independent living apartments offer a beautiful, home-like atmosphere for individuals who wish to maintain an active, independent lifestyle without the concerns of housekeeping, home maintenance, cooking, or security. Apartments vary in size and include spacious rooms, large windows, walk-in closets, and a washer and dryer. Apartments range in size from one bedroom to large two-bedroom/two-bath apartments. Monthly rentals include breakfast and lunch served daily, all utilities, including cable TV and Wi-Fi, transportation, bi-weekly housekeeping, lifestyle activities, underground parking, storage unit, and 24/7 security.

Assisted living apartments provide residents with personalized assistance and support services with in-house nurse oversight. As each resident has unique needs and expectations, the level of care system offers families and residents choices to ensure each person is provided with just the right amount of support necessary to make their new home as comfortable as possible. A monthly care level will be determined based on the resident's unique needs and preferences. Apartments vary in size from a studio to large two-bedroom/two-bath apartments outfitted with large private bathrooms and spacious kitchenettes that include full-sized refrigerators. Monthly rental includes all utilities, plus cable TV and Wi-Fi, transportation, three meals per day, weekly housekeeping, emergency response system, and lifestyle activities.



**MONTHLY STARTING COSTS FOR INDEPENDENT LIVING**

**1-BEDROOM APARTMENTS:**

Rhode Island (without deck), 751 SF	\$2,750
Truman/Rhode Island, 735-751 SF	\$3,050
Massachusetts (without deck), 994 SF	\$3,350
Georgia, 1,018 SF	\$3,750

**2-BEDROOM APARTMENTS:**

South Carolina (without deck), 1,202 SF	\$3,550
New York/Hoover/Connecticut, 1,021-1,061 SF	\$3,850
Eisenhower/North Carolina/Jefferson/Lincoln, 1,192-1,212 SF	\$3,990
Maryland/Washington/Delaware, 1,278-1,307 SF	\$4,090
New Jersey, 1,330 SF	\$4,190
Pennsylvania/Virginia, 1,456-1,460	\$4,410

A \$1,000 non-refundable deposit will reserve your apartment. Upon move-in, the deposit will be credited toward the community fee of \$4,000 (\$3,000, after your deposit is credited). Pet fee, if applicable: \$1,000 non-refundable. Second occupant fee: \$500/month.

**MONTHLY STARTING COSTS FOR ASSISTED LIVING:**

Liberty (studio), 430 SF	\$3,900
Freedom (1 bed), 537 SF	\$4,300
Victory/Glory (1 bed), 578-587 SF	\$4,400
Civic (2 bed), 770 SF	\$4,950
Eagle/Star (2 bed), 921-971 SF	\$5,100
Patriot (2 bed), 1,003 SF	\$5,400

A \$1,000 non-refundable deposit will reserve your apartment. Upon move-in, the deposit will be credited toward the community fee of \$4,000 (\$3,000, after your deposit is credited). Pet fee, if applicable: \$1,000 non-refundable. Second occupant fee: \$1,000/month. Additional level-of-care fees may be added to monthly rent based on monthly care level and unique needs.

Legacy Point also offers a respite stay for daily fee of \$200 a day, all-inclusive, for individuals needing extra care after a surgery or while family is out of town. All staff members also are memory care/dementia certified.

INDEPENDENT LIVING  
WITH ASSISTED LIVING FACILITIES

**MELROSE MEADOWS**

350 Dublin Dr.  
Iowa City IA 52246

☎ 319-341-7893



[melrosemeadows.com](http://melrosemeadows.com)

Melrose Meadows provides bright, private senior apartments for independent and assisted living in a quiet neighborhood setting, just minutes from University of Iowa Hospitals and Clinics and downtown. Independent living apartments include utilities (except phone), internet (for Wi-Fi, residents provide their own router), basic cable, breakfast and dinner daily, twice-monthly housekeeping services, scheduled transportation, social activities, maintenance, and use of the Wellness Center.

Assisted living apartments include amenities listed above (with three meals a day) as well as a 24/7 personal care service: medication management, bathing, dressing, grooming, bathroom assistance, reminders, and other daily activities such as making the bed. All units are pet friendly.



**ELIGIBILITY** Age 55+

**MONTHLY INDEPENDENT LIVING COSTS:**

<b>1 bed standard, 712 SF</b>	\$3,710
<b>1 bed deluxe, 881 SF</b>	\$4,170
<b>2 bed standard, 950 SF</b>	\$4,320
<b>2 bed select, 973 SF</b>	\$4,520
<b>2 bed custom/special, 1,123 SF</b>	\$4,780
<b>2 bed grand, 1,308 SF</b>	\$5,175
<b>2 bed deluxe, 1,331 SF</b>	\$5,275

There is an \$800/month fee for the second person in each apartment, a fee of \$75/month for a garage parking space, a \$1,500 refundable security deposit, and a \$1,500 pet deposit, if applicable.

**MONTHLY ASSISTED LIVING COSTS:**

<b>Alcove (studio), 385 SF</b>	\$4,600
<b>1 bed standard, 526 SF</b>	\$5,000
<b>1 bed deluxe, 608-627 SF</b>	\$5,100
<b>2 bed standard, 771 SF</b>	\$5,350
<b>2 bed suite, 845 SF</b>	\$5,450

There is a fee of \$1,200 for the second person, a fee of \$75/month for a garage parking space, a \$1,500 refundable security deposit, and a \$1,500 pet deposit, if applicable.

INDEPENDENT LIVING  
WITH ASSISTED LIVING FACILITIES COMING SOON . . .

**WESTERN HOMES  
SENIOR LIVING COMMUNITY**

For more information, contact Director of Resident Relations, Andrew Finnegan,

✉ [andrew.finnegan@westernhome.org](mailto:andrew.finnegan@westernhome.org)

☎ 319-277-2141

or Director of Resident Relations,  
Maria Murphy

✉ [maria.murphy@westernhome.org](mailto:maria.murphy@westernhome.org)

☎ 319-277-2141

This senior living development, anticipated to open in 2024-25, will be located on approximately 30 acres east of Camp Cardinal Road and north of Gathering Place Lane. The community will include 35 single-family homes, eight duplex units, 38 multifamily units, 20 townhome-style units, and one 32-bed assisted living facility.



ASSISTED LIVING  
WITH MEMORY CARE

**BICKFORD SENIOR LIVING**

3500 Lower West Branch Rd.  
Iowa City IA 52245

☎ 319-774-8968 or 319-351-3200



[bickfordseniorliving.com/branch/bickford-of-iowa-city](http://bickfordseniorliving.com/branch/bickford-of-iowa-city)



Bickford Senior Living is a family-owned and operated community. Both long and short term (respite) stays are offered. The Iowa City branch has 37 private apartments, including studios and one-bedroom units, featuring a private bathroom with handicapped showers and kitchenettes. Apartments can be customized as the resident chooses and pets and visitors are welcome. Bickford is completely secure, making it a safe environment for those who are needing a secure and safe home.

Individualized service plans allow residents to get exactly what they desire in personal care, medication and mobility assistance, health care coordination, memory care, dining, housekeeping, and socialization. Multidenominational religious services are provided. Beauty, barber, audiology, podiatry, physical therapy, lab, and wound care services are offered on site. Residents are encouraged to “take ownership” of their community to lead activities and participate in menu planning and community meetings.

<b>ELIGIBILITY:</b>	Residents must be 18 or older and have utilized assistance through VA benefits and long-term care insurance.	
<b>COST:</b>	Bickford offers three styles of apartments and five levels of care. In order to provide an accurate estimate of costs, a service assessment must be completed. Bickford is a private-pay community resource. Rates are based upon apartment size and level of care. A Community Fee of \$250/month is assessed for 10 months and is used for ongoing upkeep and maintenance.	
<b>DAILY BASE RATES FOR SERVICE:</b>		<b>DAILY CARE RATES:</b>
Spruce (studio)	\$125	Level 1 Base rate only
Maple (1 bed)	\$150	Level 2 \$65
Walnut (larger 1 bed)	\$160	Level 3 \$90
Spousal rate	\$40	Level 4 \$125
		Level 5 \$150

## EMERSON POINT

1355 Shannon Dr.  
Iowa City IA 52245

 (319) 466-0200



Emerson Point promotes choice, dignity and independence by providing a quality affordable assisted living housing option for persons age 65 and older. Emerson Point is 100 percent handicapped accessible and offers private, full sized, one-bedroom apartments paired with the support of 24-hour, on-site staff.

Amenities include private dining room, library, computer learning center, three-season porch, beauty salon, and patio. A variety of activities are available. Services are based on individual requests and needs. Access to emergency response, two nutritious meals a day, assistance with bathing, grooming, housekeeping, laundry, medication management, cognitive assistance, and skilled nursing services (limited in duration) also are offered.

**CONTACT THE FACILITY FOR PRICING INFORMATION AND RENTAL UNIT AVAILABILITY.**

## ASSISTED LIVING WITH MEMORY CARE COMING SOON . . .

## FEATHERSTONE AT HICKORY HILL

 319-595-2270 or 833-816-7509



[featherstoneliving.com](https://featherstoneliving.com)



Featherstone at Hickory Hill captures the essence of exceptional senior living. Opening in the fall of 2024, Featherstone will offer 88 assisted living and 32 memory care apartments. The amenity-rich community will support an enriching lifestyle including restaurant style dining, bistro, fitness center, salon and barber, art studios, theater, clubrooms, outdoor patios, roof top deck, and more. Adjacent to the 190-acre Hickory Hill Park, residents can take advantage of the scenic prairies, woodlands, and walking paths.

## INDEPENDENT LIVING WITH ASSISTED LIVING AND MEMORY CARE

### BROWN DEER PLACE

1500 First Ave.  
Coralville IA 52241

☎ 319-337-6320



[jaybirdseniorliving.com/senior-living/ia/coralville/brown-deer-place/independent-living/](https://jaybirdseniorliving.com/senior-living/ia/coralville/brown-deer-place/independent-living/)



Brown Deer Place knows what makes you feel at home. The knowledgeable and kind staff provides 24-hour care in both retirement living and memory care areas. Whether seeking an apartment for yourself where you can enjoy home-cooked meals and housekeeping services, or when you need additional assistance with activities of daily living, Brown Deer Place has the perfect solution for you through its individualized service plans. A variety of floor plans and services are available from studios to one- and two-bedroom apartments in the independent living community.

#### SECURE MEMORY CARE

Private studio suite apartments are available in the secure memory care area. Residents who need closer care with one-on-one interactions for socialization and activities of daily living can reside in a secure area with trained staff to provide positive life experiences according to each resident's individual needs and preferences. Some of the special services offered in the memory care area include music therapy, wellness programs, private dining, and a secure patio and garden.

#### RESPITE

An all-inclusive Respite Program is available for individuals who need supervision and/or services for a short period of time, typically a minimum of three days and a maximum of 60 days. Respite stay services include all the same services one would receive as a permanent resident in our community. This program is ideal for those who have a caregiver out of town, a spouse in the hospital, someone who is in need of additional recuperation time from a hospital stay, or simply to determine if assisted living is the right decision for an individual on a long-term basis.



**ELIGIBILITY:** Age 55+

**MONTHLY INDEPENDENT LIVING COSTS:**

<b>Studio</b>	\$3,400
<b>1 bed</b>	\$3,800
<b>1 bed deluxe</b>	\$4,500
<b>2 bed</b>	\$4,900
<b>2 bed deluxe</b>	\$5,000
<b>Respite care</b>	\$200

**MONTHLY MEMORY CARE COSTS:**

<b>Studio</b>	\$5,800
<b>Respite care</b>	\$250

**INDIVIDUALIZED SERVICE PLAN:**

Individualized Service Plans provide additional assistance with Activities of Daily Living. Fees are based on the total minutes of assistance needed by the resident. The Individualized Service Plan is billed in 15-minute increments allowing us to charge for only the services residents require:

<b>Resident Assistant:</b>	\$12/15 mins.
<b>Registered Nurse:</b>	\$27/15 mins.

**MEMORY CARE LEVELS OF CARE:**

Memory Care residents will have a maximum monthly service rate of \$1,200 in addition to the monthly rent. These services are based on the Individualized Service Plan, nurse assessment, and time spent with your loved one:

<b>Level 1:</b>	\$625 (6-10.99 hrs/week)
<b>Level 2:</b>	\$900 (11-15.99 hrs/week)
<b>Level 3:</b>	\$1,200 (16+ hrs/week)

Residents also may choose to add a la carte services each month, such as guest meals, tray service, garage rental, additional laundry service, private transportation, RN services, etc.

There is a second-person fee of \$1,000. A one-time Lifestyle Fee of \$2,000 will be due at move-in to cover upkeep, replacement of carpet or apartment repair and general maintenance.

## INDEPENDENT LIVING WITH ASSISTED LIVING AND MEMORY CARE

### GRAND LIVING AT BRIDGEWATER

3 Russell Slade Blvd.  
Coralville IA 52241

☎ 319-930-3000



[grandliving.com/communities/senior-living-at-bridgewater-coralville-iowa/](https://grandliving.com/communities/senior-living-at-bridgewater-coralville-iowa/)

Grand Living at Bridgewater offers 170 apartments ranging from signature studios to two bedrooms with a den. Three distinctive dining venues, including casual, formal, bistro and private dining. Amenities include a grand lounge, grand library, a performance theater, a grand spa and fitness center with a pool, a full-service salon, The Legends Club for happy hour, a woodworking shop, chapel, and an available indoor parking garage.

- **Independent living apartments** include all utilities: telephone, satellite TV and Wi-Fi, weekly housekeeping, and two meals per day. Other amenities include scheduled transportation for medical and dental appointments, shopping, and worship services.
- **Assisted living apartments** include all amenities listed above plus around-the-clock care service, and a call pendant for use with a wireless care staff alert for emergencies. Three meals per day are provided.
- **Memory care options** include studio, one bedroom and one bedroom with a den. Two neighborhoods are available: Monarch Lane for men and women, Lavender Lane for women only. All amenities listed previously, personal laundry service and a secure outside courtyard also are included.



**ELIGIBILITY:** Age 55+

**MONTHLY COST FOR INDEPENDENT LIVING:**

<b>Studio/1 bath, 442-460 SF</b>	Starts at \$3,735
<b>1 bed/1 bath, 731-787 SF</b>	Starts at \$4,510
<b>1 bed/1 bath + den, 865-922 SF</b>	Starts at \$5,205
<b>2 bed/2 bath, 1,067-1,225 SF</b>	Starts at \$5,505
<b>2 bed/2 bath + den, 1,192-1,302 SF</b>	Starts at \$6,090

**MONTHLY COST FOR ASSISTED LIVING:**

Add \$1,670 per month to the costs noted above. The assisted living base package includes three meals per day, 24-hour staff coverage with full-time registered nurse, care assessments, health and wellness oversight, and up to 20 hours of personalized activities of daily living services. Additional levels of care may apply.

**MONTHLY COST FOR MEMORY CARE:**

<b>Studio/1 bath, 448-452 SF</b>	\$7,935
<b>1 bed/1 bath + den, 630-712 SF</b>	Starts at \$8,495

Costs above include 75 hours of personalized activities of daily living services each month. Additional levels of care may apply. Additional costs include items such as indoor garage stall, \$100/month; storage lockers, \$25-\$50/month; and third meal package, \$300/month. A deposit of \$1,500 will reserve a residence. The deposit/reservation fee is applied to a one-time community fee of \$5,000 at move-in.



## INDEPENDENT LIVING WITH ASSISTED LIVING AND MEMORY CARE

### KEYSTONE PLACE AT FOREVERGREEN

1275 Forevergreen Rd.  
North Liberty IA 52317

☎ 319-459-1964



[keystonesenior.com/senior-living/ia/north-liberty/keystone-place-at-forevergreen](https://keystonesenior.com/senior-living/ia/north-liberty/keystone-place-at-forevergreen)

Keystone Place at Forevergreen has 123 apartments and offers monthly rental with no large entrance fee or buy-in. Amenities include restaurant-style dining, a theater, pub, library, beauty salon/barber shop, underground climate-controlled parking, and unparalleled health and fitness resources, including in-house physical and occupational therapy. A Life Enrichment Program offers an abundance of activities designed to enhance the social, mental, and physical well-being of residents.



- **Independent living:** Spacious, well-appointed one- and two-bedroom/two-bath apartment homes complete with full kitchens, patio or balcony, and washer and dryer. Monthly rental includes one meal per day plus continental breakfast; all utilities, including cable TV and Wi-Fi; scheduled transportation; twice monthly housekeeping; emergency response system; wellness programs; and on-site activities.
- **Assisted living:** Plans include studio, one-bedroom, and two-bedroom/two-bath apartments. Monthly rental includes all utilities, including cable TV and Wi-Fi, scheduled transportation, health monitoring by a licensed nurse, three meals per day, weekly housekeeping, emergency response system, wellness programs, and on-site activities.
- **Memory care:** Keystones Holistic Harbors® is a state-of-the-art memory preservation enrichment program that focuses on connection rather than loss. Plans include studio and one-bedroom apartments. Monthly rental includes all utilities, including cable and Wi-Fi; all-inclusive personal care (assistance with bathing, dressing, eating, toileting, ambulation, and medication management); health and wellness monitoring by a licensed nurse; three meals per day; weekly housekeeping; transportation services; emergency response system; and innovative programming.



**ELIGIBILITY:** Age 55+

**MONTHLY COST FOR INDEPENDENT LIVING:**

1 bed/1 bath, 833 SF	\$4,050
2 bed/2 bath, 1,189 SF	\$4,850
2 bed/2 bath, 1,261 SF	\$5,120
2 bed/2 bath, 1,335 SF	\$5,350

**MONTHLY COST FOR ASSISTED LIVING:**

Studio, 333-413 SF	\$4,350
1 bed/1 bath, 607 SF	\$4,800
1 bed/1 bath + balcony, 600 SF	\$4,900
2 bed/2 bath, 867 SF	\$5,620
2 bed/2 bath + balcony, 869 SF	\$5,720

There is also a monthly service fee for differing levels of care: Level 1 (\$450), Level 2 (\$750), Level 3 (\$1,150), Level 4 (\$1,450), and Level 5 (\$1,850).

**MONTHLY COST FOR MEMORY CARE:**

Studio, 356 SF	\$7,020
1 bed/1 bath, 695 SF	\$8,150

All plans require a one-time community fee of \$3,000 per apartment.



## INDEPENDENT LIVING WITH ASSISTED LIVING AND MEMORY CARE

### STIRLINGSHIRE

1140 Kennedy Pkwy  
Coralville IA 52241

☎ 319-338-8100



[dialseniorliving.com/find-a-community/stirlingshire-dial-senior-living-coralville-ia/](https://dialseniorliving.com/find-a-community/stirlingshire-dial-senior-living-coralville-ia/)

Located in the heart of Coralville, Stirlingshire offers independent living, assisted living, and memory care.

Independent living allows seniors to live the independent life they want, free to move about and enjoy every single day without having to worry about everyday maintenance, housekeeping, or security. Residents choosing Stirlingshire's independent living option can stay healthy through a variety of dining options, run errands and visit their favorite places with transportation services, and keep mind and body active through daily activities provided to the entire community. Because this option is designed for independent seniors, it does not include some of the more extensive services offered to assisted living residents. We have created partnerships that our independent living residents can choose to take advantage of if they need a little extra help.

The assisted living community offers a range of services from helping remind residents to take their daily medications to offering assistance with the activities of daily life, such as bathing and dressing. The following amenities are available in the assisted living community: all utilities; nicely appointed kitchens; phone, internet and TV connections; large closets and ample storage; and Wi-Fi. Additionally, the community amenities include restaurant-style dining, transportation services, a full calendar of events and activities,

and housekeeping and laundry services. Underground heated parking and storage units are available at an additional cost.

Memory care living caters specifically to individuals with Alzheimer's disease, dementia, and other types of memory impairments. The residents have the support of trained caregivers who provide 24-hour supervised care. A variety of amenities are offered, including 24-hour assistance, television and internet, a full calendar of events and activities, housekeeping and laundry, fine dining, personal care plans, and private bathrooms. Residents living in the memory care community have access to specially designed programming that includes activities such as physical and cognitive games, listening to music, and doing crafts, all of which help ensure that personal connections are celebrated.

#### MONTHLY COST FOR INDEPENDENT LIVING:

Studio	\$3,380
1 bed	\$3,690
1 bed + den	\$4,080
2 bed	\$4,470

#### MONTHLY COST FOR ASSISTED LIVING:

Studio	\$3,830
1 bed	\$4,140
1 bed + den	\$4,530
2 bed	\$4,920

#### MONTHLY COST FOR MEMORY CARE:

Studio	\$6,500
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The base rate in assisted living and memory care includes three meals a day, housekeeping, laundry service, an emergency safety alarm system, wellness checks, transportation to community programs, and all of the in-house activities.



## ATRIUM VILLAGE

117 Third St.  
Hills IA 52235

☎ 319-679-2224

✉ atriumv@sharontc.net



[atriumvillagehills.com/](http://atriumvillagehills.com/)

Discover the hidden gem of Atrium Village, a unique blend of vibrant independent living and top-notch licensed nursing care just minutes from Iowa City and Coralville. Atrium Village is a private non-profit facility overseen by a Board of Directors who have only Atrium Village residents' best interest in mind.

Atrium Village Apartments overlook a beautiful open-air atrium or the peaceful town of Hills with its shady, tree-lined streets and warm, friendly residents. There are 28 senior living apartments that include all utilities (except phone), cable TV, a daily complementary meal, housekeeping, linen services, and transportation to the grocery store. Other amenities include laundry facilities, guest rooms, lounges on each floor, secured storage space, beauty shop, carports, access to exercise equipment, and chapel with mass and other religious services available. There are exercise classes, bingo, live entertainment, resident-organized groups and socials. Maintenance staff is onsite. Month-to-month leases are available with no entrance or buy-in fees. Atrium Village is affordable senior living for individuals 60 years and older.

The Atrium Care Center is a small, private, 20-bed facility licensed by the State of Iowa with 24-hour nursing care. Each resident receives gentle, loving, individualized attention. Weekly visits from the facility's Medical Director ensure residents receive

the best appropriate care to meet their needs. Three meals and snacks are served daily and are developed by a licensed registered dietitian. An onsite activity director coordinates activities such as exercise, games, bingo, religious services, live music, parties, and other entertainment. Hospice and private suites are available for added comfort and privacy. Beautician and barber services are available, in addition to a beautiful outdoor atrium for all to enjoy.

Atrium Care Center offers:

- Occupational therapy
- Physical therapy
- Speech therapy
- Respite care
- Physician and pharmacy services
- Podiatry services
- Hospice care

### MONTHLY COST FOR INDEPENDENT LIVING:

<b>Single occupancy/1 bed</b>	\$1,748
<b>Double occupancy/1 bed</b>	\$2,021
<b>Single occupancy/2 bed</b>	\$1,914
<b>Double occupancy/2 bed</b>	\$2,201

### DAILY CARE CENTER COSTS:

#### Double room

\$241-\$263, depending on level of nursing care

#### Private room

\$223-\$243, depending on level of nursing care

#### Private suite

\$385-\$420, depending on level of nursing care

**Respite care**                      \$350

## CONTINUING CARE COMMUNITIES

### LONE TREE HEALTH CARE CENTER & PIONEER PARK ASSISTED LIVING

501 E. Pioneer Rd.  
Lone Tree IA 52755

☎ 319-629-4255

✉ lthccadmin@lthcc.com



[lthcc.com/](http://lthcc.com/)

Lone Tree Health Care Center and Pioneer Park Assisted Living is a family-oriented Continuing Care Retirement Community, located in a quiet residential neighborhood in the small town of Lone Tree, just 15 minutes southeast of Iowa City. Established in 1974, the facility provides a full continuum of care, including assisted living, memory-supported assisted living apartments, and skilled nursing. Physical, occupational and speech therapy are offered as both inpatient and outpatient services.

Medicare, Medicare supplement insurance, long-term care insurance, private pay, and several commercial insurances are accepted.

**Pioneer Park Villas** offer assisted living in individual, elegant apartments that are comfortable and affordable. Two meals are provided each day in the dining room. A limited number of two-bedroom apartments are also available. Private pay and long-term care insurance are accepted. Three levels of care, based on the services required, are provided at the following costs:

**Assisted living care level 1** \$3,900/month  
**Assisted living care level 2** \$4,500/month  
**Assisted living care level 3** \$4,400/month

**Pioneer Place** is designed for individuals diagnosed with memory loss, Alzheimer's and/or dementia. The facility is an alarmed, low-stimulating environment that seeks to offer maximum independence and peace of mind for family members. Staff members are onsite 24/7. Each tenant has an individualized service plan customized to their health and social needs/preferences. Medication administration is also provided. Each one-bedroom apartment includes a kitchen, living room, private bathroom with walk-in shower, and closet space. Three meals are served each day in the dining room.

#### Memory care standard unit price

\$4,900/month

#### The Lone Tree Health Care Center (LTHCC)

is a licensed, skilled nursing facility. Rooms are available for permanent (Long-Term Care) and temporary placement (Skilled Nursing Facility). Services include physical, occupational, and speech therapy; restorative therapies, intermediate care, 24-hour nursing care, and daily activities.

<b>Private suite</b>	\$269/day
<b>Private room</b>	\$249/day
<b>Semi-private room</b>	\$226/day

## OAKNOLL RETIREMENT COMMUNITY

1 Oaknoll Ct.  
Iowa City IA 52246

☎ 319-351-1720



[oaknoll.com](http://oaknoll.com)

Oaknoll is a LifeCare Life Plan community that provides a continuum of care from independent living to assisted living to on-site nursing care (Health Center). In exchange for an entrance fee, independent older adults are assured of care when it is needed. That care is provided at the same monthly cost as their independent living apartment. Included in the monthly fee are utilities, 24-hour emergency nursing care, local telephone service with voicemail, meal allowance, lawn and grounds care, full maintenance service, twice-monthly cleaning of apartment, emergency transportation, scheduled activities and programs, secure building, receptionist, and temperature controls in apartments. Oaknoll offers a variety of apartment floor plans at its original campus on Oaknoll Court off Benton Street in Iowa City, as well as its Oaknoll East location on Scott Boulevard.

**Oaknoll main campus location amenities:** Three dining venues (Oak Room, Third on Third Bistro, or the Hope Dining & Café), private rooms for large group or family dinner parties, Pub lounge serving drinks and food daily, internet café with patio seating, movie theater, hair salon and spa, golf simulator, art studio, community room, lounges and libraries offered throughout the campus, and a Wellness Center (exercise equipment specifically designed for the more mature exerciser).

### **Oaknoll main campus location activities and programs:**

A full-time recreation staff person coordinates stimulating programs and recreational activities—trips and outings, lectures, movies, live theater performances, live outdoor music concerts with dinner, game nights, themed parties, and much more. In-town transportation services keep residents on the go. Wellness classes include light aerobic workouts, yoga, Pilates, boot camp, walking groups, and water aerobics classes. Warm water lap/swimming pool with water current to walk or swim against resistance, hot tub, and bubble seat.

**Independent living:** 50 different floor plans are offered, depending on personal preferences for layout, location, and lifestyle. Independent living apartments range in size from one-bedroom apartments (379 SF) to spacious and comfortable two- and three-bedroom apartments with study, balconies, and screened-in and four-season sun porches (up to 2,612 SF).

**Assisted living:** The certified Assisted Living area consists of 38 apartments and provides services and programs that support residents who may need additional assistance in their daily lives. Assisted Living is available only to Oaknoll residents who have lived independently in an apartment and now need additional services. Residents continue to pay the same monthly apartment service fee that they did living in their independent living apartment. The following basic services are provided at no additional charge: 24-hour nursing supervision; laundry services; housekeeping and maintenance; shopping and errands; transportation; monitoring of vital signs, weight, and health care conditions; application of medically necessary treatments; medication

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## CONTINUING CARE COMMUNITIES

### OAKNOLL RETIREMENT COMMUNITY

1 Oaknoll Ct.  
Iowa City IA 52246

☎ 319-351-1720



[oaknoll.com](http://oaknoll.com)

#### CONTINUED FROM PAGE 33

supervision and administration; social services; daily programming and activities (social, religious, educational, and exercise).

**Health Center Services:** Oaknoll offers a 58-bed Health Center with 52 private rooms and three double rooms (reserved for couples, partners, siblings, etc., that want to continue living together). Thirty-two beds are licensed for Skilled Nursing Care—the highest level of nursing outside a hospital setting. Ten of the private rooms are in The Loft, a self-contained memory care unit with a neighborhood feel serving primarily residents living with Alzheimer’s disease or other types of dementia. Residents in the Health Center pay the same rate as they did for their independent living apartment, plus additional meals. The services of the resident’s personal physician, other specialists, and the cost of prescriptions are paid by the resident, just like they would be if they were in their own apartment.

**Short Stay Services:** Oaknoll also offers a Short Stay Unit (SSU) for those 62 and older. It is an extension of the licensed Health Center with nursing staff trained to provide skilled nursing care. It is designed for short-term rehabilitative stay after a scheduled surgery or an unexpected health condition (priority based on room availability is given to Oaknoll residents and Preferred Access List members). The Short Stay Unit is self-contained, and includes 10 private rooms, each with large bathrooms and walk-in showers. Within the unit is a Therapy Suite that provides physical, occupational, and speech therapy. Consultation staff is also available (dietician, dental, and podiatry) as well as housekeeping services, whirlpool spa, Wi-Fi/internet access, cable TV, private phone, activities, and programs. Salon services are available (haircut, manicure, pedicure, or therapeutic massage), and clothing/laundry services and emergency transportation can also be arranged. Meals are available from all three Oaknoll dining venues.

**Oaknoll East:** Oaknoll East is an independent living campus located on a secluded wooded lot on the northeast side of Iowa City off Scott Boulevard, near Hickory Hill Park and walking trails. Apartment sizes range from 777 SF to 1,673 SF. Unique amenities of the Oaknoll East campus include Scotty’s Pub & Grill, wellness center, community room, lounge with a full residential kitchen for entertaining and meetings, library, heated underground parking with car wash and dog wash, pet-friendly buildings, dog park, and outdoor areas for entertaining and cookouts. The same services provided to independent living residents on the main campus are provided at Oaknoll East. Assisted Living and Health Center services are available to all residents on the main campus location (1 Oaknoll Court, Iowa City).

**ELIGIBILITY:**

Oaknoll serves residents who are 62 and older. To qualify for LifeCare, each individual must be able to live independently. Then, as health needs change, Oaknoll residents are guaranteed care in Assisted Living or the Health Center.

**COST:**

Costs vary significantly depending on the size and location of the apartment. One-person entrance fees can range from approximately \$103,000 to \$585,000; one-person monthly fees can range from approximately \$2,500 to \$3,500. When additional health services are needed by the resident, the monthly cost does not increase. The two-person entrance fees can range from \$133,000 to \$850,000; two-person monthly fees can range from \$4,300 to \$5,500. The value of LifeCare for a two-person household is especially significant. If one member needs additional health services, the cost for the couple does not increase even though two different spaces are being occupied (i.e., the Independent Living apartment and a nursing bed in the Health Center).

Prospective residents should call Steve Roe, Executive Director, at (319) 351-1720 to schedule an appointment and tour. Application materials include a medical screening (completed by the prospective resident's physician) and a financial disclosure.



## CONTINUING CARE COMMUNITIES

### SOLON RETIREMENT VILLAGE

Solon IA 52333

#### NURSING CARE CENTER

523 E. Fifth St.

☎ 319-624-3492

#### SOLON ASSISTED LIVING VILLAGE

623 E. Sixth St.

☎ 319-624-5353

#### TERRACE LANE/TERRACE LANE GLEN INDEPENDENT CONDOS

730-732 S. Market St.

☎ 319-624-3416



[solonretirementvillage.com/](http://solonretirementvillage.com/)



Solon Retirement Village offers a variety of plans: independent condos, assisted living, skilled nursing services, outpatient therapy, memory care, long-term care and palliative care.

- **Independent condos** are located within Terrace Lane or Terrace Lane Glen. Homeowners benefit from bi-weekly housekeeping, lawn mowing and snow removal, and the security of a 24/7 emergency staff response system.
- **Assisted Living Village** offers 18 apartments with kitchens/kitchenette, nine-foot ceilings, and large double windows in each room. Studio and two different sized one-bedroom apartments are offered on a month-to-month rental basis. Included in the plan are three meals a day, weekly housekeeping, limited transportation, medication management, a 24-hour response system, and a variety of daily activities.
- **Memory Care** provides care for 12 individuals. All rooms offer private accommodations with specifically trained staff, a secure courtyard, and personalized care.
- **The Nursing Home** is a Medicare- and Medicaid-certified facility offering skilled nursing rehabilitation, long-term nursing care, respite care (2 hours to 14 days), hospice care, and therapy (physical, occupational, speech, IV therapy, and wound care).



**MONTHLY COSTS FOR INDEPENDENT LIVING:**

Terrace Lane 1 bed	Market value plus \$408
Terrace Lane 2 bed	Market value plus \$418
Terrace Lane Glen	Market value plus \$415
2nd person fee	\$29/month
Garage rental:	\$70/month

**MONTHLY COSTS FOR ASSISTED LIVING:**

Studio, 460 SF	\$3,786
1 bed, 546 SF	\$4,345
1 bed, 577 SF	\$4,600
2nd person fee	\$850

**ASSISTED LIVING A LA CARTE SERVICES:**

Guest meal	\$5/meal
Bathing assistance (2 baths/week)	\$135/month
Incontinence assistance	\$150/month
AM and PM assistance	\$165/month
AM or PM assistance only	\$75/month
Frequent checks/monitoring	\$150/month
AM or PM monitoring only	\$75/month

Note: For the Assisted Living Village, a one-time, non-refundable community fee of \$1,750 is typically paid as a deposit in advance of move-in to be placed on our waiting list and/or to hold the apartment up to 30 days. If the pre move-in assessment indicates the program is not able to meet the prospective tenant’s needs, or the prospective tenant chooses to be removed from the waiting list, the \$1,750 is fully refundable.

**DAILY NURSING HOME COSTS:**

Double room	\$247
Private room with shared bath	\$276
Private room with private bath	\$281
Memory care	\$289
Palliative care	\$345
Skilled Therapy Center/private pay	\$345

## SKILLED NURSING FACILITIES

### BRIARWOOD HEALTH CARE CENTER

605 Greenwood Dr.  
Iowa City IA 52246

☎ 319-338-7912



[briarwoodhcc.com/](http://briarwoodhcc.com/)

Briarwood Health Care Center is a locally owned and operated health care facility that offers a variety of services including rehabilitation, long-term care, and respite care. The facility accepts Medicare and private insurance. Rehabilitation services are provided to those who are recovering from a sudden illness or surgery. Each patient is evaluated by a team of nursing and therapy staff to create an individualized plan of care. Such care can include 24-hour nursing services; IV meds; wound care; occupational, physical, and speech therapy; customized nutrition services; and physician visits.

Briarwood also offers support for those who are no longer able to care for themselves. A variety of services are provided for these residents: 24-hour nursing care, restorative and exercise programs, customized nutrition services, and hospice services. Respite care is also provided to offer short-term stays to put families at ease. Respite residents can enjoy all the activities, outings, and events of long-term residents while receiving the care and supervision needed.

#### DAILY FEES:

Large private room	\$300
Small private room	\$278
Semi-private room	\$250

Fee covers all services, including meals, cleaning, laundry, and snacks.

### CRESTVIEW SPECIALTY CARE

451 W. Orange St.  
West Branch IA 52358

☎ 319-643-2551

✉ [Crestview.inq@careinitiatives.org](mailto:Crestview.inq@careinitiatives.org)



[careinitiatives.org/crestview-specialty-care](http://careinitiatives.org/crestview-specialty-care)

Crestview Specialty Care is a 65-bed skilled nursing facility located off I-80 in West Branch, just 20 minutes east of Iowa City. The facility offers a team-oriented care program, with rehabilitation services, skilled nursing care, long-term care, and hospice care. Also available are a variety of services including bariatric accommodations; intravenous therapy; occupational, physical, and speech therapy; respite care; tube feedings; wound care management; medication management; outpatient therapy; and discharge planning/home visits.

The Crestview facility is centered around an outdoor courtyard with a walking path to enjoy during warm weather. The Resident Council helps to make many of the decisions about types of activities and even menu offerings. Crestview Specialty Care is owned and operated by Care Initiatives, Iowa's largest not-for-profit care provider. Crestview Specialty Care accepts Medicare and Medicaid.

#### DAILY FEES:

Deluxe private room	\$446
Private room	\$297
Semi-private room	\$273

## LANTERN PARK SPECIALTY CARE

2200 Oakdale Rd.  
Coralville IA 52241

☎ 319-351-8440



[careinitiatives.org/lantern-park-specialty-care](https://careinitiatives.org/lantern-park-specialty-care)

Lantern Park is a 90-bed skilled nursing facility offering rehabilitation services, skilled nursing care, long-term care, assisted living, and hospice care. The facility also provides a variety of services such as bariatric accommodations; intravenous therapy; occupational, physical, and speech therapy; respite care; tube feedings; wound care management; medication management; outpatient therapy; and discharge planning/home visits, among others.

Lantern Park Specialty Care has been a pillar of long-term care in Johnson County since 1970, and is part of Care Initiatives, Iowa’s largest not-for-profit skilled nursing and long term care provider. The facility accepts Medicare and Medicaid and also serves as a contracted provider for the Veterans Affairs Community Nursing Home Program.

### DAILY FEES

**(TO BE REVISED IN JUNE 2023):**

Private room	\$298
Semi-private room	\$298

## WINDMILL MANOR OF CORALVILLE

2332 Liberty Dr.  
Coralville IA 52241

☎ 319-545-7390



[windmillmanor.com/](https://windmillmanor.com/)

Windmill Manor, a not-for-profit provider, offers a host of services: skilled nursing and Bounce Back rehabilitation, AJ’s Fitness Center and wellness program, outpatient therapy services, and Garden Court Alzheimer’s/dementia care. Bounce Back rehabilitation is an individually designed program to help restore strength along with improving functions of daily living. AJ’s Fitness Center is a state-of-the-art fitness room outfitted with strength training and endurance equipment. The Garden Court Alzheimer’s program provides consistency with well-trained staff in a safe environment.

### DAILY FEES:

Skilled nursing private room	\$290
Skilled nursing semi-private room	\$245
Memory care private room	\$300
Memory care semi-private room	\$258



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# AT-HOME CARE AND OTHER SERVICES



## MERCY HOME CARE

540 E. Jefferson St., Suite 305  
Iowa City IA 52245

☎ 319-358-2740

☎ 1-800-637-2942, Ext. 2740



[merciowacity.org/home-health-care](https://merciowacity.org/home-health-care)

Mercy Iowa City provides a full array of skilled home-care services to clients in Johnson, Cedar, Iowa, Muscatine, Louisa, Washington, and Keokuk counties. Mercy staff also provides on-site services to Emerson Point, an assisted living facility that provides an affordable assisted living housing option for people age 65+ (see page 23).

Many Mercy Home Care services are covered by Medicare; others are offered on a private-pay basis. At-home services include:

- Skilled nursing care
- Home health aides
- Personal care and light housekeeping
- Medical social services
- Medication reminders
- Doctor follow up
- Physical and occupational therapy
- Speech therapy
- Diet/nutrition counseling
- Home infusion
- Wound/ostomy care

Mercy Home Care uses a broad definition of homebound (i.e., client depends on assistance to leave the home), so they are able to serve most doctor-referred clients. Clients may be coming from the hospital, skilled care, or another residential level of care. Referrals from Mercy doctors have priority; however, Mercy may decline a referral if they have insufficient staff to provide the needed service.

## VISITING NURSES ASSOCIATION OF JOHNSON COUNTY

1524 Sycamore St.  
Iowa City IA 52240

☎ 319-337-9686

✉ [intake@vnaic.org](mailto:intake@vnaic.org)



[vnaic.org/](https://vnaic.org/)

The Visiting Nurse Association (VNA) is a non-profit organization established in 1949 to provide health services to individuals in their home and in community settings. The VNA provides medical services to individuals ranging in age from infants to elders with acute and chronic illness or disability. VNA has a nurse on call 24 hours a day for patient concerns.

VNA provides both non-medical and medical care, including:

- Skilled nursing
- Home health aides
- Homemaker tasks
- Personal care
- Medical social services
- Medication reminders
- Doctor follow up
- Physical and occupational therapy
- Speech therapy
- Diet/nutrition counseling

Medicare, private insurance, Medicaid, and Elderly Waiver payments are accepted. Non-medical services are provided on a private-pay basis. Initial consultation is free via phone; in-person assessment must be initiated/coordinated with a Primary Care Provider, and the cost is approximately \$200 (which may be covered by insurance). A sliding scale is used for all private-pay services; clients must provide a bank statement to determine eligibility. Full private-pay fees are adjusted annually and range from \$40/hour to \$200/hour, depending on the service.

## AT-HOME NON-MEDICAL CARE PROVIDERS

### AMADA SENIOR CARE

454 First Ave.  
Coralville IA 52241

☎ 3319-382-3761



[amadaseniorcare.com/cedar-rapids-senior-care/](https://amadaseniorcare.com/cedar-rapids-senior-care/)

Amada Senior Care provides assistance with activities of daily living (ADLs) to the senior population in the Iowa City area as well as Cedar Rapids and greater Iowa, Johnson, and Linn counties. Amada Care's home-care services include most types of non-medical assistance, including:

- Bathing
- Errands/shopping
- Light housekeeping
- Meal preparation and feeding
- Medication reminders
- Dressing
- Toileting
- Walking/ambulation

Fees for the above services are available on request.

The Amada Senior Care team also provides assistance to clients and their families when it's time to consider transitioning to an assisted living community. The team uses their experience to help clients make full use of their benefits, such as veterans' benefits and Long-Term Care insurance benefits. This placement service is offered free of charge.

### AT HOME WITH OAKNOLL

1 Oaknoll Ct.  
Iowa City IA 52246

☎ 3319-466-3001

✉ [banderson@oaknoll.com](mailto:banderson@oaknoll.com)



[oaknoll.com/oaknollathome](https://oaknoll.com/oaknollathome)

Older adults in the Iowa City area can now receive the same reputable care and support in the privacy of their own homes that Oaknoll Retirement Community has been providing to its residents for more than 50 years.

Home health caregiver and personal assistant services are offered on an individual, as-needed basis, seven days per week. The program can be tailored to the individual's specific needs, and staff will work with the patient and their family to develop an individualized service plan that fits the patient's daily lifestyle. You do not need to be sick or have a medical issue to utilize these services. Oaknoll at Home can be there to provide company, social encouragement, and to participate in activities to enhance quality of life.

At Home with Oaknoll caregivers and personal assistants are Oaknoll employees, trained by certified Oaknoll staff members. All employees have passed important background checks and health screenings, and are bonded under Oaknoll's insurance coverage.



Personal care services include but are not limited to:

- Assistance with bathing, showering, personal grooming, and hygiene
- Scheduling and accompanying to medical appointments
- Transfer assistance
- Medication reminders
- Help with use of assistive devices

Personal assistant services include these and more:

- Organizing and decluttering
- Shopping/errands
- Light housekeeping, laundry, changing linens
- Meal planning and light cooking
- Companionship and conversation
- Escort to events and activities
- Playing games, cards, or crafts

At Home with Oaknoll is a private-pay service. The cost of an initial assessment of client needs is \$120; at-home service fees begin at \$32/hour.

## BICKFORD HOME CARE OF LINN AND JOHNSON COUNTY

1210 S. Gilbert St.  
Iowa City IA 52240

☎ 3319-774-0580

✉ [allison.tranel@bickfordhomecare.com](mailto:allison.tranel@bickfordhomecare.com)



[bickfordhomecare.com/service-area/linn-johnson-counties](https://bickfordhomecare.com/service-area/linn-johnson-counties)

Bickford Home Care provides non-medical compassionate and personalized care in the comfort of the client’s home. Three levels of service are available:

The **Companionship** level of care includes friendly conversation, reading aloud, taking walks, meal preparation, light housekeeping, laundry, household chores, pet care, transportation services for doctor appointments, church, grocery shopping, social activities, and more.

The **Personal Care** level of service provides help with daily tasks from assisting with bathing, dressing, toileting, medicine management, exercise and range of motion, and feeding, to observing and reporting changes in condition.

The **Specialized Service** level of care includes hospice support (which includes additional support to hospice providers), Alzheimer’s, and Dementia Care

### HOURLY FEES:

<b>Companionship level</b>	\$30
<b>Personal Care level</b>	\$30
<b>Specialized Services level</b>	\$32

## AT-HOME NON-MEDICAL CARE PROVIDERS

### BRIGHTSTAR CARE

4080 First Ave. NE, Unit 103  
Cedar Rapids IA 52402

☎ 319-363-2721



[brightstarcare.com/locations/cedar-rapids-iowa-city/](https://brightstarcare.com/locations/cedar-rapids-iowa-city/)

BrightStar Care of Cedar Rapids/Iowa City believes that caring is more than a job — it's a way of life. That's why their caregivers mean so much more to the people, families, and organizations they serve. BrightStar Care nurses, therapists, CNAs, and caregivers deliver professional and compassionate care in the comfort and familiarity of home.

BrightStar's RN-led care team will tailor a personalized plan to support any type of care needed, including Alzheimer's and dementia, disability services, hospice, and more, all designed to meet your loved one's unique needs. Professional care staff is available 24/7 to help when you need it most.

#### Companion services:

- Companionship
- Errand running
- In-home respite care
- Laundry and light housekeeping
- Meal preparation
- Transportation (medical appointments, other)

#### Personal care services:

- Bathing, dressing, feeding, toileting
- Medication reminders
- Assistance with mobility in and outside the home

#### Skilled nursing care:

- Medication administration
- Intravenous drug therapies
- Catheter and wound care

BrightStar Care accepts long-term care insurance, VA benefit insurance, and private-pay clients. Medicare Advantage Plans accepted for personal care. As of fall 2022, private-pay fees for companion and personal care services range from \$31 to \$45 per hour, depending on type and duration of service. Skilled nursing care services are available at an extra cost. There is no fee for an initial in-home assessment. BrightStar Care of Cedar Rapids and Iowa City does not require a minimum of hours for service.

## CARING HANDS & MORE

409 Kirkwood Ave.  
Iowa City IA 52240

☎ 319-337-8922

✉ [info@caringhandsandmore.com](mailto:info@caringhandsandmore.com)



[caringhandsandmore.com/](http://caringhandsandmore.com/)

Caring Hands & More’s mission is to serve individuals and families with a variety of services. The staff consists of home care professionals working together to design appropriate, coordinated plans of care for individuals of all ethnic and cultural backgrounds.

Caring Hands offers home care to individuals who wish to live independently but may still need assistance. Home care services include:

- Assessments
- Care plans
- Medication monitoring
- Personal care
- Companionship
- Light housekeeping
- Advocacy for client and family needs
- Errand services

Caring Hands also operates an Adult Day Center, which provides activities, transportation (for outings only), and hands-on care for those needing assistance with activities of daily living. This provides a needed respite for caregivers. Fees available upon request.

## COMFORT CARE

1100 Sixth St., #101  
Coralville IA 52241

☎ 319-248-0270



[comfortcareinc.godaddysites.com/](http://comfortcareinc.godaddysites.com/)

Comfort Care was created to help family members stay healthy and safe in their own home, without worry or concern for their health and safety. The quality and continuity of care are key to Comfort Care’s mission of restoring and maintaining health. Services include homemaking and housekeeping, escort to events and appointments, grocery shopping, laundry, light housekeeping, and errands. Personal care assistants can help with daily self-care, assistance with exercise, range of motion, and walking. Skilled nursing is available for pediatric and geriatric patients post-hospital visit. Therapy is available as indicated in the care plan.

### HOURLY FEES:

(all services require a minimum of 2 consecutive hours PRN)

<b>Home health aides</b>	\$26
<b>Nursing</b>	\$150
<b>Medical set up</b>	\$80
<b>Physical therapy</b>	\$150

## AT-HOME NON-MEDICAL CARE PROVIDERS

### CORNERSTONE CAREGIVING

1100 Sixth St., Unit A  
Coralville IA 52241

☎ 319-766-6060



[cornerstonecaregiving.com/  
iowacity/](https://www.cornerstonecaregiving.com/iowacity/)

Cornerstone Caregiving offers an array of helpful, healthy, effective non-medical care options customized for the client's needs:

- **Companionship Care** offers interaction with the client through hobbies, art, storytelling, and conversation.
- **Housework Care** assists with light housework, trash, laundry, and dishes.
- **Personal Care** includes grooming, dressing, bathing, and incontinence service. Transportation also is available for medical appointments, shopping, errands, etc.
- **Health & Nutrition Care** includes medicine reminders, nutrition care, meal preparation, and recovery aid after a hospital stay or injury.
- **Exercise Care** includes walking, physical therapy, and exercise classes.

Also available are Alzheimer's and dementia care, hospice support and palliative care, as well as respite care for loved ones. Care is available 24 hours when daily check-ins are no longer satisfactory.

#### FEE STRUCTURE:

(24-hour availability, no fee differential, no minimum hour requirement)

#### Transportation

\$38/hr: 1 hour                      \$33/hr: 2-3 hours

#### All other services

\$28/hr: 4 hours                      \$33/hr: 2-3 hours  
\$38/hr: 1 hour

### CREATIVE CARE COORDINATORS

Anne Larew, M.D.

☎ (319) 621-8522

✉ [annmccoylearew@gmail.com](mailto:annmccoylearew@gmail.com)



[creativecarecoordinators.com/](https://www.creativecarecoordinators.com/)

Creative Care's mission is to improve quality of life for seniors while creating a safe, independent, environment by providing professional service and advice.

Personalized care and assistance are provided to allow older adults not only to live in the comfort of their own home, but also to participate in enjoyable activities. In addition, staff provides services to those who live in independent/assisted living facilities, allowing them to enjoy activities independently or when they need extra help. Creative Care Coordinators understand that families need the security of knowing that their parents are happy and well cared for.

Creative Care Coordinators Co-Owner and Director Ann Larew, M.D., has experience as a nursing home nurse's aide, in private medical practice, and ongoing work with elderly in home and independent/assisted living facilities, which includes her own mother and grandparents.



Private-pay services are custom designed for each individual customer, and include but are not limited to:

- 24/7 on-call availability
- Coordination of household management and health services
- Appointment transportation
- Personal shopping
- Long-distance liaison for families

Creative Care Coordinators also can assist in all aspects of making the transition from home to an independent/assisted living, including:

- Obtaining information about resources and facilities available in the community
- Assistance with sorting through items in the existing living situation to downsize to a new living arrangement
- Helping with the adjustment to a new facility and provide communication with family members

As of fall 2022, the cost of all services is \$38/hour; a minimum of one hour service is required, with subsequent billing in 30-minute increments.

### EVERYDAY HELPER

2140 Norcor Ave., Ste. 104  
Coralville IA 52241

☎ 319-250-6938

✉ [info@youreverydayhelper.com](mailto:info@youreverydayhelper.com)



[youreverydayhelper.com/](http://youreverydayhelper.com/)

Everyday Helper offers a variety of personal assistance services to clients in Coralville, Iowa City, North Liberty, Tiffin, Solon, West Branch, Cedar Rapids, and Kalona. Staff members are focused on the mission of helping others by flexibly problem-solving to meet individual needs.

Services include:

- **House cleaning:** Staff use a 50-point cleaning checklist to ensure homes are cleaned top to bottom
- **House sitting:** Includes checking mail, watering plants, and more
- **Senior companion care:** Assistance with transportation, errands, house cleaning, spending time together (playing cards, doing puzzles, etc.)
- **Pet care:** Staff will stop by to take care of pets as many times per day as the client requires, and will also provide dog-walking and rides to the groomer
- **Household organization:** Assistance with organizing, decluttering, storage solutions, etc.
- **Errands and chores:** Staff can perform all personal and household shopping or errand-running tasks, as well as chores such as snow removal and lawn care

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## AT-HOME NON-MEDICAL CARE PROVIDERS

### EVERYDAY HELPER

2140 Norcor Ave., Ste. 104  
Coralville IA 52241

☎ 319-250-6938

✉ [info@youreverydayhelper.com](mailto:info@youreverydayhelper.com)



[youreverydayhelper.com/](http://youreverydayhelper.com/)

### CONTINUED FROM PAGE 47

- **Event planning:** Staff can help with planning, organizing, shopping, setting up/ decorating, assistance during the event, and clean up for bridal showers, retirement parties, and other events
- **Transportation:** Reliable and safe rides for clients in the Iowa City-Cedar Rapids corridor for medical appointments, shopping, and other errands

Owner Kelly Sedlacek will work with clients to provide other non-medical services that may be needed. There is no fee for an in-home initial assessment, and fees for services are offered on a sliding scale, beginning at \$25/hour. All staff receive 1:1 training in the client's home.

### GRISWOLD HOME CARE

2346 Nor St.  
Iowa City IA 52240

☎ 319-438-2928



[griswoldhomecare.com/eastern-iowa/](http://griswoldhomecare.com/eastern-iowa/)

Griswold Home Care is the oldest non-medical home care franchise in the country, offering a broad spectrum of services to accommodate the unique care needs of their clients:

- Companion Care ensures the client remains socialized.
- Homemaking Care assists with laundry, light housekeeping, and meal preparation.
- Personal Care assists with personal tasks like bathing, dressing, hygiene, while understanding the personal nature of such services.
- Hospice Care offers support and companionship during the final stages of an illness with the primary focus on comfort.
- Overnight Care is available to assist with bathroom at night and getting up and dressed, in addition to support for daily needs.
- Respite Care is available for short-term care to relieve family caregivers.
- Live-In Care is available for clients who require more care throughout the day and evening.

Each care plan is developed with the understanding that the needs of the client and/or caregiver may change, and the care plan is adjusted to meet any new requirements.

Contact Griswold Home Care for pricing information.

### HOME INSTEAD®

Eastdale Plaza  
1700 S. First Ave., Ste. 25E  
Iowa City IA 52240

☎ 319-358-2340



[homeinstead.com/location/314/](https://homeinstead.com/location/314/)

Senior care services from Home Instead® help enhance the aging experience by providing practical support at home with a human touch. Professional caregivers assist with common activities of daily living and build a lasting relationship with you and your family. Their mission is to provide a care plan personalized to each family's needs to bring comfort, connection, and quality of life in the place that they love the most, their home.

Home Instead® services fall into these major categories:

- **Personal care:** Bathing, grooming, bathroom assistance, dressing, mobility, sitting and rising, getting in and out of bed
- **Alzheimer's care:** Genuine relationship-building, learning the client's life history, positive reinforcement and encouragement, establishing a stable routine
- **Hospice support:** 24-hour home care, personal care, medication management, overnight care, respite care, a compassionate ear

- **Chronic illness care:** Living with a chronic health condition can feel overwhelming and draining for everyone involved; skilled caregivers relieve the burden with person-centered care tailored to individual needs
- **Home helper:** Light housekeeping, meal planning, recipe research, cooking, grocery list preparation, and grocery shopping
- **Transportation:** To doctor appointments, worship services, Senior Center, fitness classes, club events, volunteer meetings, area attractions and events
- **Companionship:** Creating photo albums, listening to music, organizing closets, crafting, gardening, walks, playing cards

Home Instead® is a private-pay service starting at \$28/hour, with a four-hour minimum. There is no charge for an initial at-home assessment. They'll work with you to develop a personalized care plan tailored to help fit your family's needs.

## AT-HOME NON-MEDICAL CARE PROVIDERS

### HOMESAFE

P.O. Box 5363  
Coralville Iowa 52241

☎ 319-248-0477

✉ [cathy@homesafeia.org](mailto:cathy@homesafeia.org)



[homesafeia.org/](https://homesafeia.org/)

HomeSafe is a private home health care agency dedicated to providing supportive assistance for the elderly and individuals suffering from chronic illnesses who wish to remain in their homes. Staff strive to enhance the health and quality of life with both skilled nursing care and supportive homemaking services. Individualized services include a nurse care manager, 24-hour on-call services, 24-hour care, transportation, housekeeping, support with medications, meal preparation and special dietary needs, skilled medical support, facilitated communication between families and clients, and flexible scheduling as needs change.

#### HOURLY FEES:

(all services require a minimum of 2 consecutive hours PRN)

<b>Caregivers</b>	\$30
<b>RN Case Manager</b>	\$70

### SUPERIOR CARE

829 Barrington Rd.  
Iowa City IA 52245

☎ 319-800-9243

✉ [info@superiorcareiowa.com](mailto:info@superiorcareiowa.com)



[superiorcareiowa.com/](https://superiorcareiowa.com/)

Superior Care helps clients maintain independence in a safe and compassionate environment. Following a free nursing assessment and plan of care, support is provided by companionship/homemaking caregivers, skilled nursing, and a physical/occupational therapist. Support is available for transportation, meal preparation, medicine management, light housekeeping, and daily hygiene care. In addition to skilled nurses and therapists on staff, supplemental support and respite care is available for family members.

Contact Superior Care for pricing information.



## TRAIL OF JOHNSON COUNTY

28 S. Linn St., Room 301  
Iowa City IA 52240

☎ 319-800-9003

✉ [info@trailofjohnsoncounty.org](mailto:info@trailofjohnsoncounty.org)



[trailofjohnsoncounty.org/](http://trailofjohnsoncounty.org/)

TRAIL is a membership-based, nonprofit organization helping older adults in Johnson County live more safety and comfortably in the places they call home. For a monthly or yearly fee, TRAIL volunteers provide members with services including but not limited to:

- Daily check-in calls
- Friendly visits
- Light home chores
- Medical advocacy
- Minor house repairs
- Running errands
- Tech support
- Transportation

Full TRAIL members also have access to TRAIL’s Life Transition Service, which assists members and their families with major life events such as dealing with illness, arranging for care of a spouse, moving or downsizing, etc. All TRAIL members have access to educational and social events that keep the TRAIL community active and connected.

### 2023 YEARLY MEMBERSHIP FEES:

<b>Affiliate individual</b>	\$130
<b>Affiliate household</b>	\$195
<b>Full individual</b>	\$600 (\$50/month)
<b>Full household</b>	\$780 (\$65/month)

Supported memberships are available at reduced or no cost for income-eligible individuals. Contact the TRAIL office for more information.

## VIBRANT HOMECARE VIBRANT SUPPORTED COMMUNITY LIVING SERVICES (SCL)

85 Hwy 965, Ste. 6  
North Liberty IA 52317

☎ 515-650-4113

✉ [contactus@vibrant-llc.com](mailto:contactus@vibrant-llc.com)



[vibranthomecare.com/](http://vibranthomecare.com/)

Vibrant Homecare was created to support individuals affected by aging, intellectual disabilities, and physical disabilities. Compassionate care is provided to address challenges of everyday living, enabling clients to remain at home safely and independently. Non-medical assistance includes personal care, essential housekeeping, laundry, financial, scheduling, meal preparation, transportation, and respite care.

### HOURLY FEES:

(all services prefer a minimum of 2 consecutive hours PRN)

<b>Housekeeping/companionship</b>	\$25
<b>Personal care, medication management</b>	\$27

## REHABILITATION HOSPITALS

### MERCY IOWA CITY REHABILITATION HOSPITAL

280 Heartland Dr.  
Coralville IA 52241

☎ 319-645-4001



[mercyrehab.iowacity.com/](https://mercyrehab.iowacity.com/)



Mercy Iowa City Rehabilitation Hospital is a 40-bed inpatient rehabilitation hospital that provides care for patients recovering from a variety of debilitating illnesses and injuries including:

- Strokes and neurological disorders
- Brain injuries
- Amputation
- Spinal cord injuries
- Orthopedic, cardiovascular, and pulmonary conditions
- Aphasia
- Gait disorders
- Other functional declining conditions

A full range of licensed clinicians utilize state-of-the-art technology and equipment to aid in the highest potential outcome. Each patient's individualized care plan will include medical oversight with the potential addition of physical, occupational, and speech therapy, depending on the needs of the patient. Patients must need a minimum of two of the therapies and be able to participate in a total of three hours/day of therapy scheduled throughout the day. Mercy Iowa City Rehabilitation Hospital is accredited by Medicare.

Access to care is same-day for a large group of insurance carriers and one to three days for insurance carriers that require prior approval. Typically, insured patients receive coverage for a designated period of time per diagnosis.

**UNIVERSITY OF IOWA HEALTH  
NETWORK REHABILITATION  
HOSPITAL**

2450 Coral Ct.  
Coralville IA 52241

☎ 319-645-3300



[encompasshealth.com/locations/  
Coralvillerehab](https://encompasshealth.com/locations/Coralvillerehab)



UI Health Network Rehabilitation Hospital is a joint venture between Encompass Health and UI Health System. The 40-bed inpatient rehabilitation hospital provides care for patients recovering from a variety of debilitating illnesses and injuries including (but not limited to):

- Strokes and neurological disorders
- Brain injuries
- Spinal cord injuries
- Amputation
- Complex orthopedic and medical conditions
- Major traumas and burns

The hospital’s Internal Medicine, Orthopedics, and Rehabilitation staff provide a full range of licensed care providers utilizing state-of-the-art technologies and equipment to aid in the highest potential outcome. Each patient’s individualized care plan may involve medical, occupational, speech, physical, and psychiatric therapies. UI Health Network Rehabilitation Hospital is accredited by the Joint Commission and Medicare.

Access to care is same-day for a large group of insurance carriers and one to three days for insurance carriers that require prior approval. Typically, insured patients receive coverage for a designated period of time per diagnosis. Patients receive therapy for a total of three hours/day, offered intermittently throughout the day. Payment plans are available for uncovered services and/or self-pay.

## HOSPICE ORGANIZATIONS

### THE BIRD HOUSE HOSPICE HOME OF JOHNSON COUNTY

8 Lime Kiln Lane NE  
Iowa City IA 52240

☎ 319-499-1882

✉ [thebirdhousehhjc@mediacombb.net](mailto:thebirdhousehhjc@mediacombb.net)



[hospicehomejc.org/](http://hospicehomejc.org/)

The Bird House is a comfortable, five-bed hospice home nestled on a secluded wooded lot just north of Interstate 80, conveniently located 10 minutes from downtown Iowa City, Coralville, and North Liberty. This community-based nonprofit is dedicated to providing compassionate, dignified, end-of-life care by focusing on the physical, spiritual, and emotional needs of the patient and their loved ones in a peaceful, home-like environment.

The Bird House works closely with seven local hospice agencies: Iowa City Hospice, Compassus in Cedar Rapids, Hospice of Washington County, Essence of Life in Amana, Avalon Hospice in Hiawatha, St. Croix Hospice in Cedar Rapids, and Care Initiatives in Cedar Rapids to provide 24/7 quality end-of-life-care at the home.

The criteria for coming to the Bird House are:

- Life expectancy of six months or less
- Guest already enrolled with a hospice agency
- COVID negative at time of admission
- Weight of less than 300 pounds
- Guest has a “do not resuscitate” status and a durable power of attorney for health care decision making
- There is a hospice plan for continued care in case of discharge
- Guest/family and friends agree on the purpose of admission, hospice plan of care, and projected length of stay

Bird House is a private-pay facility. As of July 2022, the Bird House fee is \$315/day, which covers all 24-hour care, food, and room. Hospice guests pay for three days at the time of admission and then by the week for care. Staff will help families file claims with long-term care insurance for possible coverage of their per-day fee. A guest's regular insurance pays separately for any hospice services from the hospice agency of their choice.

When a Bird House referral is received, staff gather as much information as possible about the guest. If all the rooms in the house are full, the guest is placed on a waiting list. As soon as a room becomes available, the family is contacted.



### IOWA CITY HOSPICE

1526 Sycamore St.  
Iowa City IA 52240

☎ 319-351-5665

✉ [info@iowacityhospice.org](mailto:info@iowacityhospice.org)



[iowacityhospice.org/](http://iowacityhospice.org/)

Iowa City Hospice is a community-based, not-for-profit hospice organization that provides care to individuals within a seven-county service area: Johnson, Iowa, Linn, Cedar, Muscatine, Louisa, and Washington counties. Care is provided wherever the patient is — a house, a nursing home, an assisted living facility, a hospital, or even a hotel or shelter.

Hospice care is appropriate for an individual who is terminally ill and not likely to recover; support is provided to the patient and their family when curative treatment is no longer a chosen option, and the life prognosis is six months or less.

Hospice services can include:

- Help with bathing and personal care
- Home visits several times a week
- Management of pain and other difficult symptoms
- Emotional and spiritual support
- 24-hour assistance and advice
- Patient and family caregiver education
- Coordination of multiple services
- Help for family caregivers
- Bereavement support and counseling

Payment for hospice services is covered 100% by Medicare for eligible Medicare beneficiaries. Patients who have Medicaid insurance are also covered by a hospice benefit. Many private insurance policies also provide hospice benefit coverage. With generous donations from the community, Iowa City Hospice also is able to provide services to those who do not have any insurance coverage. No one will be denied care because of an inability to pay.

# GETTING STARTED

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## Advice for Your Senior Housing Search

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The nonprofit Where You Live Matters offers these top 12 tips to consider as you weigh the various senior housing options, whether here in Johnson County or elsewhere in the country.

### 1. **Know what you need.**

Make an objective list of services and supports needed — both current and anticipated. Maintaining independence, getting help with bathing and dressing, managing medication, maximizing safety — knowing upfront what’s needed can help define budget and choice.

### 2. **Establish a budget.**

How much can be spent on senior living each month? Many of your current homeowner expenses will be included in monthly fees — meals, utilities and taxes, for example. And as you’re planning, be mindful of other financial resources that can help, such as long-term care insurance, or the Aid & Attendance benefit for veterans and their surviving spouses. Don’t overlook any resources that can help you and your family.

### 3. **Determine a location.**

The real estate mantra — location, location, location — applies. Is it meaningful to stay close to your current neighborhood? Is being close to a major medical center important? Or is a move in order to reposition seniors for the sake of adult children, grandchildren and great-grandchildren? Which location is “it”?

### 4. **List desires.**

What are the “must-have” services and amenities? Your list should include whatever is non-negotiable in making this move — a community that accepts pets or offers a comprehensive wellness program, for example. You should also create a “wish list” of everything hoped for, such as an on-site guest suite for visiting family members, a fitness center with pool, or an in-house branch of a favorite bank.

### 5. **Visit websites.**

Search online for senior living communities in the desired location. The facility’s website should describe services and amenities, the continuum of care available, and life enrichment programs. Some communities also provide general information about successful aging, caregiver support, and senior living. Make a list of the communities you’d like to know more about or want to visit.

### 6. **Read online reviews.**

Find a community you’d like to know more about. Check Caring.com, SeniorAdvisor.com and other online rating services for reviews that can tell you what current and previous residents and families have to say about the community you’re interested in.

**7. Don't forget about Facebook.**

Look up the Facebook page for each community that interests you. Read the comments. Look at the photos. See what you can learn about lifestyle, residents, activities, programs — even the quality of dining.

**8. Ask around.**

Anyone who's been through the process — whether it was for themselves or on behalf of a loved one — can usually offer helpful insights. Similarly, you can often find good information and advice from a trusted family physician or clergy member. Ask friends, family, colleagues — you may discover ideas you haven't thought about or and information you need to know.

**9. Make preliminary contact.**

Shorten a long list of potential communities by phoning or emailing. Prepare a list of questions based on the identified needs, desires, and budget. Preliminary contact can trim your list, while also making it clear which communities will be important to visit in person.

**10. Go visit.**

An in-person visit pays huge dividends when it comes to making an informed decision. Here's what to watch for: How do residents and staff interact? What's the mood of the community? Are residents actively engaged, sitting quietly, or out of sight? Do you see safety features such as handrails, grab bars, and emergency call systems? Is it clean?

Is the decorating up to date? Does it feel like a place you could call home? Are you greeted promptly and with friendliness? Ask questions and take notes — and consider bringing along a friend or relative so you can join forces to observe everything.

**11. Review and revisit.**

After completing the initial round of community visits, review your notes and observations. Narrow your list a little more by identifying which communities are good options and which you'd like to eliminate. Schedule a new round of visits to your shortened list of communities, making sure you return to each community at a different time than your last visit — even consider visiting evenings and weekends. It's helpful to see the community during the times when senior management isn't on site.

**12. Consult an attorney.**

Seek professional advice. Don't go it alone; mistakes here can be very expensive, both financially and emotionally. Retirement community contracts can be long and complicated. Make sure you understand the ins and outs of everything before you sign anything.

More details are available in a free Exploring Senior Living Guide, available for free on the Where You Live Matters website listed above. If you are interested primarily in assisted living facilities, you'll find this AARP checklist especially useful: [assets.aarp.org/www.aarp.org\\_/articles/learn/sidebars/3-checklist.htm](http://assets.aarp.org/www.aarp.org_/articles/learn/sidebars/3-checklist.htm)

# ADDITIONAL RESOURCES

## Local information about senior housing and other aging-in-place resources

### AARP-Iowa

[states.aarp.org/iowa](http://states.aarp.org/iowa), (866) 554-5378

### Heritage Agency on Aging

[www.heritageaaa.org/home](http://www.heritageaaa.org/home), 1-800-332-5934 or 319-398-5559

### Johnson County Livable Community

[www.johnsoncountyiowa.gov/service-directory](http://www.johnsoncountyiowa.gov/service-directory), 319-356-6090

### Iowa City Senior Center

<https://www.icgov.org/government/departments-and-divisions/senior-center>, 319-356-5220

### Iowa Department on Aging

[iowaaging.gov/](http://iowaaging.gov/), 866-468-7887



Do you have additional questions related to senior living, such as tips for downsizing or how to make your current home safer and more accessible? Just reach out to TRAIL for information and referrals: (319) 800-9003 or [info@trailofjohnsoncounty.org](mailto:info@trailofjohnsoncounty.org).

## National resources

### AARP

[www.aarp.org](http://www.aarp.org)

### Age in Place

[ageinplace.com/](http://ageinplace.com/)

### Aging in Place

[aginginplace.com/](http://aginginplace.com/)

### Caring.com

[www.caring.com](http://www.caring.com)

### Medicaid

<https://www.medicaid.gov/>

### Medicare

<https://www.medicare.gov/>

### National Aging in Place Council

[ageinplace.org/](http://ageinplace.org/)

### National Institute on Aging

[www.nia.nih.gov/health/aging-place-growing-older-home](http://www.nia.nih.gov/health/aging-place-growing-older-home)

### Senior Living

[www.seniorliving.org](http://www.seniorliving.org)

### Senior Resource

[www.seniorresource.com/](http://www.seniorresource.com/)

### U.S. Dept. of Housing and Urban Development

[www.hud.gov/states/iowa/homeownership/seniors](http://www.hud.gov/states/iowa/homeownership/seniors)

### U.S. Administration on Aging Eldercare Locator

[eldercare.acl.gov/Public/Index.aspx](http://eldercare.acl.gov/Public/Index.aspx)

### Village to Village Network (aging in place)

[www.vtvnetwork.org](http://www.vtvnetwork.org)

### Where You Live Matters

[www.wherelivematters.org](http://www.wherelivematters.org)



## About TRAIL of Johnson County

A membership-based nonprofit, TRAIL — which stands for Tools and Resources for Active Independent Living — helps older adults in Johnson County live more fully, safely, and comfortably in the places they call home. We are Iowa’s first aging-in-place organization and are affiliated with the national Village to Village Network.

For a yearly fee, TRAIL provides members with volunteer help for rides to medical appointments, small chores and repairs around the house, tech support, and other tasks; a full calendar of social and educational events (most of which have moved online during COVID-19); and for Full members, a new Life Transitions Service that offers expert guidance in cases of sudden illness or disability, the need to move or downsize, etc. TRAIL also connects with members through our monthly TRAIL Guide newsletter and other communications that keep our members informed and engaged.

TRAIL is committed to diversity and inclusion, and to serving older adults throughout Johnson County, regardless of their ability to pay. Our Supported Membership Program provides no-cost memberships to individuals and households that meet low-income requirements.

In these and other ways, TRAIL has built an active and caring community. We invite you to join us as a member, volunteer, donor, or trusted service provider. Learn more at [www.trailofjohnsoncounty.org](http://www.trailofjohnsoncounty.org), visit us on Facebook, or call our office at (319) 800-9003. We’re here to help.



### 2023 TRAIL BOARD AND STAFF

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