

FALL 2020

JOHNSON COUNTY

SENIOR HOUSING GUIDE



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Iowa



KEYSTONE PLACE AT FOREVERGREEN



BICKFORD SENIOR LIVING



MELROSE MEADOWS

THERE'S NO PLACE

Like Home



Johnson County is in the midst of a senior-housing boom, with many new facilities becoming available in Iowa City, Coralville, North Liberty, and beyond. Where we live contributes greatly to quality of life, and today there are many more options for what “home” becomes as we age.

While some of us will continue living in large family houses, others are ready to downsize and enjoy worry-free condo living. Still others prefer the comfort and security of senior-living communities. Each of these choices will involve conversations with family members, financial advisors, caregivers, and others who play a role in our health and well-being. There's so much to consider!

TRAIL of Johnson County, Iowa's first aging-in-place organization, exists to help older adults live more fully, safely, and comfortably in the places they call home, whatever and wherever that might be. We recognize that downsizing or moving for other reasons can be among the most difficult decisions we make in later life. This booklet is designed to help you consider questions like these:

- Is the time right for me to move?
- What are the most important factors to consider?
- What types of senior housing are offered in Johnson County?
- What questions should I be asking of each facility?

In preparing this Senior Housing Guide, TRAIL invited local senior-living facilities in Johnson County to submit content, at no charge, about their primary features, amenities, costs, and other factors. Only those facilities that responded to our request for information are included in this Guide, in alphabetical order by category.

This Guide is presented as a free public service to inform older adults and their families about local senior housing options. It is not an endorsement nor is it meant to rate, rank, or recommend any of the facilities included herein. Amenities and prices were supplied by the facilities and are current as of August 2020 but are subject to change. Interested persons should contact each facility directly to obtain the latest and most accurate information.

We thank AARP Iowa for its generous support in making this Guide possible. Additional thanks to TRAIL member and volunteer Mary Stein, who compiled the facility descriptions, and to Robyn Hepker of Benson Hepker Design for the booklet's layout and digital design.

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GLOSSARY OF TERMS

Not sure what type of 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. They often take the form of apartment complexes with amenities like fitness programs, housekeeping, communal meals, and other services to enrich and simplify life for older adults looking to downsize.

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.

NURSING HOMES

Nursing homes, also called skilled nursing or long-term care facilities, provide care to those with illnesses or mental conditions requiring full-time monitoring and medical care. Most skilled nursing residents live in semi-private rooms, and meals are generally provided.

COOPERATIVE HOUSING

In a housing cooperative, residents purchase shares or a membership in a cooperative housing corporation, which owns or leases all real estate. As part of their membership (as shareholders) in the cooperative, residents have an exclusive right to live in a specific unit as long as they adhere to the cooperative's rules and regulations. Residents pay a monthly fee to cover their share of the operating expenses, and they have a vote in the corporation's affairs. (Information courtesy of the National Association of Housing Cooperatives.)



INDEPENDENT LIVING

BROWN DEER COOPERATIVE

1920 Country Club Dr.

Coralville IA 52241

(563) 506-2307

info@browndeercooperative.com

www.browndeercooperative.com



Soon to be under construction, with an estimated move-in date of September 2021, 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 share 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 will have access to a workout facility with Peloton bikes; community room with a pub, library and fireplace; large community patio with grills and

ELIGIBILITY

55 and older

COST

1 bedroom/1 bath (831 sq. ft.)	\$124,650, plus monthly fee of \$1,138
1 bedroom/1 bath (886 sq. ft.)	\$129,356, plus monthly fee of \$1,214
1 bedroom/1 bath (982 sq. ft.)	\$143,372, plus monthly fee of \$1,345
1 bedroom/1 bath (1,040 sq. ft.)	\$143,372, plus monthly fee of \$1,425
2 bedroom/2 bath (1,352 sq. ft.)	\$202,800 - \$250,820, plus monthly fee of \$1,852 - \$1,960
2 bedroom/2 bath (1,413 sq. ft.)	\$211,950 - \$261,405, plus monthly fee of \$1,936 - \$2,049
2 bedroom/2 bath (1,415 sq. ft.)	\$212,250 - \$243,380, plus monthly fee of \$1,939 - \$1,995
2 bedroom/2 bath (1,448 sq. ft.)	\$217,200 - \$249,056, plus monthly fee of \$1,984 - \$2,042
2 bedroom/2 bath + den (1,780 sq. ft.)	\$267,000 - \$306,160, plus monthly fee of \$2,439 - \$2,510
2 bedroom/2 bath (1,780 sq. ft.)	\$290,000 - \$329,300, plus monthly fee of \$2,510 - \$2,581

Individuals interested in reserving a unit are asked to submit a \$500 refundable deposit to be added to the reservation list. Those who have submitted their reservation deposit will be asked to submit a \$1,500 nonrefundable subscription deposit to confirm their unit choice. Both deposits will go toward their share price, and individuals will have 30 days to submit payment or be removed from the reservation list. If individuals are interested in preemptively joining the waiting list once the facility is full, a \$250 refundable deposit is required.

INDEPENDENT LIVING

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 guest suite that can be reserved for short-term stays by visiting friends or relatives. Units will have a variety of floor plans and balconies; all units will have a screened-in porch 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 floor plans, laundry room, heated underground parking, and proximity to Brown Deer Golf Course.

In addition to the share price for each unit, a monthly fee covers a variety of expenses, including basic cable and internet, heat, 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.



INDEPENDENT LIVING

CORAL RIDGE APARTMENTS

915 20th Ave.
Coralville IA 52241

(319) 569-1818
www.move2coralridge.com

Coral Ridge Apartments is an affordable senior living community in Coralville 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 that include all kitchen appliances and 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 participate 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	55 and older and meet income guidelines
COST	
2-bedroom market rental program (869 sq. ft.)	\$1,125/month
2-bedroom tax credit program (869 sq. ft.)	\$807 - \$915/month



INDEPENDENT LIVING

Coralville Senior Residences offers independent senior living with an affordable Section 8 program. The facility includes 1-bedroom/1-bath apartments with utilities (heat, electric, water, sewer, and trash) included. The building features a community room with social activities, three laundry facilities, elevator, and mail service. It is conveniently located near shopping and the Coralville Public Library. Small pets are welcome.

Amenities include professionally landscaped grounds and 24-hour emergency maintenance. Our one-bedroom apartments are air conditioned and include a range, refrigerator, and all utilities. Each apartment has its own patio or balcony.

CORALVILLE SENIOR RESIDENCES

1799 5th St.
Coralville IA 52241

(855) 242-9668

[www.after55.com/listing/98075/
coralville-senior-residences](http://www.after55.com/listing/98075/coralville-senior-residences)

ELIGIBILITY

62 and older (or under 62 if disabled and meet income guidelines)

COST

1-bedroom, 1-bath (525 sq. ft.) \$670 - \$685/month (rent based on 30% adjusted gross income)



INDEPENDENT LIVING

DIAMOND SENIOR HOUSING

1030 William St.
Iowa City IA 52240

(319) 569-1810
paramark.us/property/diamond-senior-apartments-of-iowa-city

Diamond Senior Housing provides 1- and 2-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 is also provided 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. There is a \$35 application fee and a \$500 deposit that may be refundable depending on individual circumstances. Rental fees increase yearly.

ELIGIBILITY		55 and older	
COST (FOR ONE PERSON)	1 bedroom	(30% unit/income under \$18,300)	\$430/month
	1 bedroom	(40% unit/income under \$24,360)	\$577/month
	1 bedroom	(60% unit/income under \$36,540)	\$755/month
	2 bedroom	(30% unit/income under \$18,300)	\$505/month
	2 bedroom	(40% unit/income under \$24,360)	\$695/month
	2 bedroom	(60% unit/income under \$36,540)	\$755/month
Diamond also includes four market-rate apartments at \$936/month.			



INDEPENDENT LIVING

Ecumenical Towers is located in downtown Iowa City, adjacent to the Iowa City/Johnson County 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 are 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.

ECUMENICAL TOWERS

320 E. Washington St.
Iowa City IA 52240

(319) 338-7450

ELIGIBILITY

62 or older and meet income guidelines (30% of adjusted gross income)

COST

Not available; contact the facility for more information.



INDEPENDENT LIVING

PRAIRIE HILL COHOUSING

140 Prairie Hill Ln.
Iowa City IA 52246

iowacitycohousing@gmail.com
iowacitycohousing.org

A video tour is available at <https://kuula.co/share/7Jcl9/collection/7lbZZ>.

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. They are caring for each other during this time of COVID.

The community is building 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

ELIGIBILITY

Adults or families welcome, no age limits

COST

Home costs are comparable to newly constructed homes of similar size in Iowa City. The community does the development themselves, so there is no developer's profit to pay. The monthly fee for the upkeep of the common areas, insurance, snow plowing, etc. runs around \$200 - \$250.



INDEPENDENT LIVING

and friends, and it includes a large kitchen and dining room for shared weekly 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 1-, 2-, and 3-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 Prairie Hill 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. Upon joining the community, members make a down payment toward the purchase price of their home.

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

VINTAGE COOPERATIVE

CORALVILLE LOCATION

1180 Kennedy Pkwy.
Coralville IA 52241

(319) 530-5910

www.vintagecooperatives.com/locations/vintage-cooperative-of-coralville

IOWA CITY LOCATION

750 E. Foster Rd.
Iowa City IA 52245

(319) 430-7921

www.vintagecooperatives.com/locations/iowa-city

Vintage Cooperative 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, real estate taxes, and 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 COOPERATIVE OF CORALVILLE

ELIGIBILITY 62 and older and must meet a minimum gross annual income requirement

Unit features	Square footage	Monthly fee	Share price starts at
1 bedroom/1 bathroom/Den	1,047	\$1,316	\$103,686
2 bedroom/2 bathroom	1,103 - 1,445	\$1,385 - \$1,815	\$109,231
2 bedroom/2 bathroom/Den	1,289 - 1,420	\$1,619 - \$1,784	\$127,651
3 bedroom/2 bathroom	1,588 - 1,796	\$1,995 - \$2,256	\$157,262

VINTAGE COOPERATIVE OF IOWA CITY

ELIGIBILITY 55 and older and must meet a minimum gross annual income requirement

Unit features	Square footage	Monthly fee	Share price starts at
1 bedroom/1 bathroom/Den	1,050	\$1,334	\$113,836
2 bedroom/2 bathroom	1,232 - 1,417	\$1,565 - \$1,800	\$133,567
2 bedroom/2 bathroom/Den	1,397 - 1,597	\$1,774 - \$2,028	\$151,456
3 bedroom/2 bathroom	1,589 - 1,797	\$2,018 - \$2,282	\$172,272

INDEPENDENT LIVING

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 Hospitals and Clinics 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.

WALDEN PLACE

2423 Walden Rd.
Iowa City IA 52246

(319) 337-7277

www.holidaytouch.com/our-communities/walden-place

ELIGIBILITY

55 years and older

COST

Studio (5 floor plans, 399 sq. ft. and 575 sq. ft.)

\$1,600 - \$1,850/month

1 bedroom, 1 bath (2 floor plans, 545 sq. ft. and 685 sq. ft.)

\$2,075 - \$2,125/month

2 bedroom, 2 bath (1 floor plan, 916 sq. ft.)

\$2,825/month



INDEPENDENT LIVING WITH ASSISTED LIVING

MELROSE MEADOWS

350 Dublin Dr.

Iowa City IA 52246

(319) 341-7893

www.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 two meals a day, light housekeeping, transportation, utilities (except phone), cable and internet, a wellness center, and social activities. Assisted living apartments include amenities listed above (three meals a day, however) 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

55 and older

COST FOR INDEPENDENT LIVING

1 bedroom/1 bath standard (712 sq. ft.)	\$3,060/month
1 bedroom/1 bath deluxe (881 sq. ft.)	\$3,520/month
2 bedroom/1.5 bath standard (950 sq. ft.)	\$3,670/month
2 bedroom/1.5 bath select (973 sq. ft.)	\$3,870/month
2 bedroom/2 bath custom/special (1,123 sq. ft.)	\$4,130/month
2 bedroom/2 bath grand (1,308 sq. ft.)	\$4,525/month
2 bedroom/2 bath deluxe (1,331 sq. ft.)	\$4,625/month

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

COST FOR ASSISTED LIVING

Alcove/studio/1 bath (385 sq. ft.)	\$4,250/month (for one person)
1 bedroom/1 bath standard (526 sq. ft.)	\$4,650/month
1 bedroom/1 bath deluxe suite (608 - 627 sq. ft.)	\$4,750/month
2 bedroom/2 bath standard (771 sq. ft.)	\$5,000/month
2 bedroom/2 bath suite (845 sq. ft.)	\$5,100/month

There is a fee of \$1,200 for the second person in all 1-bedroom and 2-bedroom apartments, a fee of \$75 for a garage parking space, and a \$1,500 refundable security deposit.

ASSISTED LIVING WITH MEMORY CARE

BICKFORD SENIOR LIVING

3500 Lower West Branch Rd.

Iowa City IA 52245

(319) 774-8968 or (319) 351-3200

www.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 1-bedroom units, featuring 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.

ELIGIBILITY

Residents must be 18 or older and have utilized assistance through VA benefits and long-term care insurance.

COST

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. For all plans, there is a one-time community fee of \$2,500 per apartment.

BASE RATE FOR SERVICE

Spruce (studio)	\$110/day
Maple (1 bedroom)	\$130/day
Walnut (larger 1 bedroom)	\$140/day (spousal rate: \$25/day)

CARE RATE

Level 1	\$25/day
Level 2	\$50/day
Level 3	\$75/day
Level 4	\$100/day
Level 5	\$125/day

INDEPENDENT LIVING WITH ASSISTED LIVING & MEMORY CARE

BROWN DEER PLACE

1500 First Ave.
Coralville IA 52241

(319) 530-7904
browndeerplace.com/home

RETIREMENT LIVING (WITH AVAILABLE HEALTH CARE SERVICES)

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 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 1- and 2-bedroom apartments in its independent living community.

ELIGIBILITY 55 and older

COST

Cost for Independent Living \$3,195 - \$4,495/month
Studio (384 - 400 sq. ft.)
1 bedroom (390 - 400 sq. ft.)
1 bedroom deluxe (800 - 850 sq. ft.)
2 bedroom (800 - 850 sq. ft.)

Cost for Memory Care (all inclusive) \$5,695/month

Cost for Respite Care (all inclusive) \$200/day

There is a second-person fee of \$1,000 and an available Individualized Service Plan (\$10 per 15 minutes of personal health care).

INDEPENDENT LIVING WITH ASSISTED LIVING & MEMORY CARE

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 this 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.



INDEPENDENT LIVING WITH ASSISTED LIVING & MEMORY CARE

GRAND LIVING AT BRIDGEWATER

3 Russell Slade Blvd.

Coralville IA 52241

(319) 930-3000

grandliving.com/grand-living-at-bridgewater-coralville-ia

Grand Living at Bridgewater offers 170 well-appointed apartments ranging from studios to two bedrooms with a den. A variety of dining venues, including formal, casual, bistro, private dining, and a club room are provided. Amenities include a performance theater, a wellness center and a spa, full-service salon, library and grand lounge, woodworking shop, a chapel, a pet grooming center, and a piano and an instrumental practice room.

ELIGIBILITY

55 and older

COST FOR INDEPENDENT LIVING

Studio (442 - 460 sq. ft.), 1 bath

Starting at \$3,170

1 bedroom (731 - 787 sq. ft.), 1 bath

Starting at \$3,745

1 bedroom + den (865 - 922 sq. ft.), 1 bath

Starting at \$4,315

2 bedroom (1,067 - 1,225 sq. ft.), 2 bath

Starting at \$4,575

2 bedroom + den (1,192 - 1,302 sq. ft.), 2 bath

Starting at \$4,845

COST FOR ASSISTED LIVING

Add \$1,395 per month. 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.

COST FOR MEMORY CARE

Studio (448 - 452 sq. ft.), 1 bath

\$6,825/month

1 bedroom & 1 bedroom + den (630 - 712 sq. ft.), 1 bath

\$7,185/month

Cost includes 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, \$95/month; storage lockers, \$25 - \$50/month; and third meal package, \$235/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 & MEMORY CARE

- **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 towel and flat linen service, three daily wellness checks, and a pendant for use with a wireless nurse-alert system. Three meals per day are provided.
- **MEMORY CARE UNITS** are studio residences, 1 bedroom, and 1 bedroom with den. Two different memory care neighborhoods are available: Monarch Lane is a mixed gender unit and Lavender Lane is a female-only neighborhood. These units include all amenities listed above plus a personal laundry service, a secure outside courtyard, and an individually personalized Grand Moments Desk & Library.



INDEPENDENT LIVING WITH ASSISTED LIVING & MEMORY CARE

KEYSTONE PLACE AT FOREVERGREEN

1275 Forevergreen Rd.
North Liberty IA 52317

(319) 459-1964

www.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. Exceptional 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.

ELIGIBILITY 55 and older

COST FOR INDEPENDENT LIVING

1 bedroom (833 sq. ft.)	\$3,395/month
2 bedroom/2 bath (1,189 sq. ft.)	\$4,100/month
2 bedroom/2 bath (1,261 sq. ft.)	\$4,295/month
2 bedroom/2 bath (1,335 sq. ft.)	\$4,495/month

COST FOR ASSISTED LIVING

Studio (374 sq. ft.)	\$3,950/month
1 bedroom (600 sq. ft.)	\$4,350/month
1 bedroom with balcony (607 sq. ft.)	\$4,450/month
2 bedroom/2 bath (869 sq. ft.)	\$5,095/month
2 bedroom with balcony (876 sq. ft.)	\$5,195/month

There is also a monthly service fee for differing levels of care:
Level 1 (\$400), Level 2 (\$800), Level 3 (\$1,200), and Level 4 (\$1,600)

COST FOR MEMORY CARE

Studio (356 sq. ft.)	\$5,950/month
1 bedroom (695 sq. ft.)	\$6,950/month

For all plans, there is a one-time community fee of \$2,500 per apartment.

INDEPENDENT LIVING WITH ASSISTED LIVING & MEMORY CARE

- **INDEPENDENT LIVING:** Spacious, well-appointed 1- and 2-bedroom/2-bath independent living 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, 1-bedroom, and 2-bedroom/2-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 1-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.



INDEPENDENT LIVING WITH ASSISTED LIVING & MEMORY CARE

LEGACY SENIOR LIVING

1020 South Scott Blvd.

Iowa City IA 52240

(319) 341-0911

legacypointeiova.com

Legacy is conveniently located on the east side of Iowa City. Situated in a quiet residential neighborhood, the community is just minutes from shopping, the 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:** Provides residents with 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

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INDEPENDENT LIVING WITH ASSISTED LIVING & MEMORY CARE

COST FOR INDEPENDENT LIVING

1 bedroom/1 bath without deck (751 sq. ft.)	\$2,750/month
1 bedroom/1 bath (735 - 751 sq. ft.)	\$3,050/month
1 bedroom/1 bath (1,018 sq. ft.)	\$3,750/month
2 bedroom/2 bath, without deck (1,202 sq. ft.)	\$3,550/month
2 bedroom/2 bath (1,021 - 1,061 sq. ft.)	\$3,850/month
2 bedroom/2 bath (1,192 - 1,212 sq. ft.)	\$3,990/month
2 bedroom/2 bath (1,278 - 1,307 sq. ft.)	\$4,090/month
2 bedroom/2 bath (1,330 sq. ft.)	\$4,190/month
2 bedroom/2 bath (1,456 - 1,460 sq. ft.)	\$4,410/month

There is a second occupant fee of \$500 per month, a \$1,000 nonrefundable deposit (upon move-in, the deposit will be credited toward the community fee), a nonrefundable community fee of \$4,000, and a \$1,000 nonrefundable pet deposit.

COST FOR ASSISTED LIVING

Studio/1 bath (430 sq. ft.)	\$3,900/month
1 bedroom/1 bath (537 sq. ft.)	\$4,300/month
1 bedroom/1 bath (578-587 sq. ft.)	\$4,400/month
2 bedroom/1 bath (770 sq. ft.)	\$4,950/month
2 bedroom/2 bath (1,003 sq. ft.)	\$5,400/month
2 bedroom/2 bath (921 - 971 sq. ft.)	\$5,100/month

There is a second occupant fee of \$1,000 per month, a \$1,000 nonrefundable deposit (upon move-in, the deposit will be credited toward the community fee), a nonrefundable community fee of \$4,000, and a \$1,000 nonrefundable pet deposit. Additional level of care fees may be added to monthly rent based on monthly care level and unique needs.

COST FOR MEMORY CARE

Studio/1 bath (200 sq. ft.)	\$5,000 - \$6,000/month
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There is a \$1,000 nonrefundable deposit (upon move-in, the deposit will be credited toward the community fee) and a nonrefundable community fee of \$4,000.

INDEPENDENT LIVING WITH ASSISTED LIVING & MEMORY CARE

LEGACY SENIOR LIVING

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Iowa City IA 52240

(319) 341-0911

legacypointeiova.com



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size from 1-bedroom to large 2-bedroom/2-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:** Provides 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 2-bedroom/2-bath apartments each outfitted with large private bathrooms and spacious kitchenettes that include full-sized refrigerators. Monthly rental includes all utilities, including cable TV and Wi-Fi; transportation, three meals per day; weekly housekeeping; emergency response system; and lifestyle activities.
- **MEMORY CARE:** Legacy Gardens is a beautiful community designed specifically for residents with memory loss such as Alzheimer's disease and other forms of dementia. The Memory Care community offers all the quality amenities and services of the Assisted Living area, along with the additional comfort and assurance that comes with knowing your loved one is safe within a secured community. Specially trained caregivers are on staff around the clock to help with daily activities such as bathing, dressing, and medication management to continue encouraging an independent lifestyle.

CONTINUING CARE COMMUNITIES

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 new Oaknoll East location on Scott Boulevard.

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OAKNOLL RETIREMENT COMMUNITY

1 Oaknoll Ct.
Iowa City IA 52246

(319) 351-1720
www.oaknoll.com



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. 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.

COST

Costs vary significantly depending on the size and location of the apartment. One-person entrance fees range from \$97,260 to \$617,520; one-person monthly fees range from \$2,127 to \$3,305. When additional health services are needed by the resident, the cost stays the same. The two-person entrance fees range from \$123,310 to \$772,450; two-person monthly fees range from \$3,854 to \$5,655. The value of LifeCare for a two-person household is significant. If one member needs additional health services, the cost for the couple stays the same even though two different spaces are being occupied (i.e., the Independent Living apartment and a nursing bed in the Health Center).

CONTINUING CARE COMMUNITIES

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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. Also available are a 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 1-bedroom apartments (379 sq. ft.) to spacious and comfortable 2- and 3-bedroom apartments with study, balconies, and screened-in and four-season sun porches (up to 2,612 sq. ft.).

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 only available 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 supervision and administration; Social Services; and 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.

CONTINUING CARE COMMUNITIES

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 (dietetics, 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.

AT HOME WITH OAKNOLL: Oaknoll recently extended services to the greater Iowa City-Cedar Rapids corridor community in clients' homes. At Home clients receive the same reputable care and support Oaknoll 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/week. The program can be tailored to specific needs, and services are scheduled around each client's daily lifestyle. Services are private pay, billed at reasonable hourly rates. Individualized service plans are developed after a review and discussion of medical history, dietary needs, health concerns, and personal preferences for cares.

OAKNOLL RETIREMENT COMMUNITY

1 Oaknoll Ct.
Iowa City IA 52246

(319) 351-1720
www.oaknoll.com



OAKNOLL EAST (NEW CAMPUS): Oaknoll East is a new independent living campus scheduled to open in late 2020. Apartment sizes range from 777 sq. ft. to 1,673 sq. ft. The campus is located on a secluded wooded lot on the northeast side of Iowa City off Scott Boulevard and is near Hickory Hill Park and walking trails. Unique amenities of the new 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 that are provided to Independent Living residents on the main campus will be 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).

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

www.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** reside within Terrace Lane or Terrace Lane Glen. Homeowners benefit from bi-weekly housekeeping, lawn mowing, snow removal, and the security of a 24/7 emergency staff response system.
- **ASSISTED LIVING VILLAGE** offers 18 apartments with kitchens/kitchenette, 9-foot ceilings, and large double windows in each room. Studio and two different sized 1-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.

COST FOR INDEPENDENT LIVING

Terrace Lane 1 bedroom	Market value plus \$361/month
Terrace Lane 2 bedroom	Market value plus \$371/month
Terrace Lane Glen	Market value plus \$400/month
2nd-person fee	\$29/month
Garage rental	\$70/month

COST FOR ASSISTED LIVING

Studio (460 sq. ft.)	\$3,712/month
1 bedroom (546 sq. ft.)	\$4,260/month
1 bedroom (577 sq. ft.)	\$4,508/month
2nd-person fee	\$850/month
A la carte services available at an additional cost.	

MONTHLY COST FOR NURSING HOME

Double room	\$203/day
Private room with shared bath	\$230/day
Private room with private bath	\$235/day
Memory care	\$241/day
Palliative care	\$300/day

CONTINUING CARE COMMUNITIES

- **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 the following services: 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).



GETTING STARTED

Advice for Your Senior Housing Search

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, such as 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 community’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 www.Caring.com, www.SeniorAdvisor.com, and even Angie’s List 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 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, also offered by Where You Live Matters. (See website URLs on next page.) If you are interested primarily in assisted living facilities, you'll find this AARP checklist especially useful: https://www.assets.aarp.org/external_sites/caregiving/checklists/checklist_assistedLiving.html

ADDITIONAL RESOURCES

Local information on senior housing

AARP Iowa

www.states.aarp.org/iowa
(866) 554-5378

Heritage Agency on Aging

www.heritageaaa.org/home
(800) 332-5934 or (319) 398-5559

Johnson County Livable Community

www.livablecommunity.org/Default.aspx
(319) 356-6090

U.S. Dept. of Housing and Urban Development

www.hud.gov/states/iowa/homeownership/seniors

National resources

AARP

www.aarp.org

Caring.com

www.caring.com

Senior Living

www.seniorliving.org

Senior Resource

www.seniorresource.com/house.htm

U.S. Administration on Aging Eldercare Locator

<https://eldercare.acl.gov/Public/Index.aspx>

Village to Village Network (aging in place)

www.vtvnetwork.org

Where You Live Matters

www.wherewelivematters.org



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.

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 a list of professional service providers, such as plumbers and electricians, for projects that are beyond the scope of TRAIL volunteers. 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 subsidized 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 vendor. Learn more at www.trailofjohnsoncounty.org, visit us on Facebook, or call our office at (319) 800-9003. We're here to help.



About AARP Iowa

AARP is a nonprofit, nonpartisan organization that empowers people to choose how they live as they age. With 38 million members nationwide, AARP is a powerful voice for individuals age 50 and over – including right here in Iowa.

From river to river, AARP Iowa is creating Real Possibilities across our state. We stand with you and your family working to make life better for everyone in your community by:

- Providing virtual events on topics such as caregiving, lifestyle and wellness, protecting yourself from frauds and scams, and making communities more livable and age-friendly.
- Leading state and local advocacy in support of reducing the high cost of prescription drugs, supporting family caregivers, and protecting retirement security.
- Offering connection through fulfilling volunteer opportunities and fun educational events, like bike rides and trivia nights.

Explore all that AARP Iowa has to offer and learn more by connecting with us. Visit our website or contact us at (866) 554-5378. We look forward to meeting and serving you!





TRAIL of Johnson County
28 S. Linn Street, Room 201
Iowa City IA 52240

(319) 800-9003
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www.trailofjohnsoncounty.org



www.facebook.com/TRAILofjohnsoncounty