

SERVICES DESCRIPTION

MEALS

Two meals per day are included in the monthly rent. Meals are served in our main dining room over a two-hour time frame – breakfast (7-9 a.m.), lunch (11 a.m.-1 p.m.) and supper (4:30-6:30 p.m.). There is no need to sign up in advance and there is no assigned time or assigned table to sit at. Tenants have a full menu of entrée items to choose from at each meal to include a feature of the day plus a variety of other main entrée choices, soup, salad, sandwiches, vegetable, potato, and dessert. A third meal/day is also available for \$3.65/meal.

WEEKLY HOUSEKEEPING

Mill Street's housekeeping staff will clean your apartment on a weekly basis at no additional charge. This service includes vacuuming the carpeted areas, dusting, checking the refrigerator for old/outdated items, and cleaning the bathroom and kitchen areas. We will also strip and remake the bed and launder your linens and towels at no extra charge. Complimentary laundry facilities are available on each floor for you to use to wash your personal clothing. We will wash your personal laundry for you at a charge of \$6.00/load.

TRANSPORTATION TO MEDICAL APPOINTMENTS AND SHOPPING

Mill Street will bring you to your medical appointments from 8:30 a.m.-4:00 p.m., Monday-Friday at no additional cost. Medical appointments include doctor, dentist, chiropractor, podiatrist or any appointment that is medically related. Our driver will bring you to the doctor's

office, assist in getting you inside, registered and to the appropriate waiting area; and will return to pick you up once you are ready to come home. We also routinely bring eyeglasses in for adjustment or repair. Our handicap-accessible van is available on Wednesdays at no additional cost to provide rides to and from your shopping or other appointments. For those who are unable or it would be a hardship to do so, we can assist you by purchasing your groceries as part of our Wednesday ride schedule.

VALET SERVICE

An added touch is our "valet service" which is available at no additional charge for those who still drive. Tenants are asked to give us at least 30 minutes notice of plans to use their vehicle. At that time we will start their vehicle and drive it around to our front entrance. In the winter we'll ensure that the snow is brushed off the vehicle, the windows are scraped of ice, and offer plenty of time for the interior of the vehicle to get warm. During the summer months a similar process will be followed to ensure that our tenants have a cool vehicle to drive. Upon their return they can leave their vehicle at our front entrance and staff will return it to their parking space.

BASIC CABLE TV SERVICE

Included in your monthly rental fee are the basic cable channels that our local cable provider has to offer (i.e. ABC, CBS, NBC, FOX). Cable channels are "live" at the time of move in and there are no additional hookup fees.



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LOCAL TELEPHONE SERVICE

Included in your monthly rental fee is your local telephone service. Mill Street has purchased a grouping of telephone numbers from our local telephone service provider and will assign one of these numbers to you. Your telephone will be “live” at the time of move in and there are no additional hookup fees. Your name and number will also be listed in directory assistance and included in the telephone book at the time they are reprinted.



ACTIVITIES

An example of what you'll find on our calendar might include cards, cribbage or other games, reading circle, daily exercise class, bible study, music, bingo, worship service, visits with school children, special meals, afternoon coffee, gardening, and educational programs. Examples of out-of-house opportunities include rides in the country, outings to programs at A Center for the Arts and concerts as part of the Concert Association series. We work hard to offer a variety of activities while at the same time respecting a tenant's right to privacy.



HEALTH CARE MONITORING AND ASSISTANCE

Each tenant has an individualized plan that works around what their lifestyle has been and what their current health care needs are. Some tenants may only need help with their medications. Others may need assistance with bathing or help getting dressed and ready for the day. Still others may have issues ranging from Parkinson's disease and diabetes to cardiac conditions and early stage dementia. In addition, we have a full-time RN (registered nurse) overseeing the care of all of our tenants. Every tenant at Mill Street Residence receives ongoing assessments of their physical and mental health, which means the little things can often be taken care of before they become more serious. As part of our weekly Wellness Clinic, a licensed nurse is available on Wednesday mornings from 9-11 a.m. to meet with the tenants on a private basis to discuss any medical concerns. We have an excellent relationship with the medical community and are also conveniently located across the street from Lake Regional Healthcare should a medical emergency arise.

