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## 2017 Addendum to the White Bear Area Guide to Senior Housing

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White Bear Area Senior Program  
2484 East County Road F  
White Bear Lake, MN 55110  
651-653-3121  
[www.whitebearseniorprogram.org](http://www.whitebearseniorprogram.org)

<b>Cost Key:</b>	
1=less than \$1500	4=\$3501-\$4500
2=\$1501-\$2500	5=\$4500+
3=\$2501-\$3500	

### **CAMPUS COMMUNITIES WITH INDEPENDENT LIVING, ASSISTED LIVING, AND MEMORY CARE**

Communities offering a range of housing types in one location: **Independent Living** rental homes for those 55+ (unless otherwise noted); **Assisted Living** offering services designed for those who may need some assistance with activities of daily living; and **Memory Care**, typically a secure living environment that offers programs and services to better serve the needs of those with memory impairment or dementia diagnosis.

#### **Cardigan Ridge**

3300 Rice Street                      Little Canada  
651-484-8484                      Cost Key= 2-5  
[www.cardiganridge.com](http://www.cardiganridge.com)

87 Studios, 1 BR, 1BR + Den, and 2 BR/2Bath Independent and Assisted Living Apts.  
32 Studios and 1 BR Memory Care Apts.

Available for an additional fee:

Assisted living cares can be taken to the independent living apartments so a move to assisted living is not necessary.

#### **Polar Ridge Senior Living**

2365 Helen Street North              North St. Paul  
651-770-4028                      Cost Key= 3 for Independent, 4 for Assisted and Memory Care  
[www.polarridgeseniorliving.com](http://www.polarridgeseniorliving.com)

114 Studio, 1 BR and 2 BR Independent, Assisted Living and Memory Care Apts.

Included: Balconies, washer and dryer in all 1 and 2 BR, full kitchen, individually controlled temperature, all utilities (except phone and internet), controlled access entry, weekly light housekeeping (Assisted Living), health and wellness programs, 3 meals/day (Assisted Living), community room, fitness room, chapel, underground parking, basic satellite TV.

Available for additional fee: Meal program (Independent Living), emergency pendant, housekeeping (Independent Living), salon services.

Memory Care: 3 meals plus snacks/day, assistance to and from meals and activities, housekeeping, personal laundry and linen, health monitoring, individualized social and recreational programs, all utilities (except phone) including basic satellite, individualized care levels including personal care, enclosed courtyard, regularly scheduled care conference.

### **The Shores of Lake Phalen (62+)**

1870 East Shore Drive      Maplewood  
651-777-7784                      Cost Key= 2-4

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

105 Studios, 1BR and 2BR Independent, Assisted Living and Memory Care Apts.

Included: Utilities including satellite tv, 3 meals / day (Assisted Living), weekly housekeeping with laundry (Assisted Living), Emergency Pendant System, full kitchen, individual temperature controls, secure entry, planned activities, community room with balcony, theater, coffee bistro, fitness room, spa room, Enhanced Care Package.

Available for an additional fee: Heated underground parking, storage units, meal program (Independent Living), On-Site Salon, Guest Suite.

### **The Waters of Oakdale**

7088 11th St. North              Oakdale  
651-393-5260                      Cost Key= 2-5 (month to month)

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

92 Studio, 1BR, 1BR+Den, 2BR Apts. Independent Living Apts.

28 Studio, 1BR Memory Care Apts. and Enhanced Care Apts.

Included: In-unit laundry, gas, electric, water, trash, community room, exercise room, WiFi, concierge, outdoor patio, 2 meals/day, light housekeeping, and group transportation included in base rent for Independent Living; package of services included in base rent for Memory Care.

Available for additional fee: Additional meals, heated underground parking garage, spa and salon, a la Carte Home Health Care Services.

## **CAMPUS COMMUNITIES WITH ASSISTED LIVING AND MEMORY CARE ONLY**

These communities provide Assisted Living services for those who may need some assistance with activities of daily living and offer Memory Care, typically a secure living environment with programs and services to better serve the needs of those with memory impairment or a dementia diagnosis, such as Alzheimer's Disease.

### **The Homestead at Maplewood**

1890 Sherren Avenue East      Maplewood  
651-770-3959                      Cost Key= 3

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

37 Studio, 1BR, 2BR Assisted Living Apts.

24 Studio, 1BR, 2BR Memory Care Apts.

Included: 3 meals/day, weekly housekeeping, complimentary laundry facilities, personal emergency response pendant, staffed recreational programs, salon, all utilities except phone and cable TV, scheduled transportation for outings, wireless internet access, use of all community spaces for personal events, use of It's Never 2 Late computer with internet access, priority access to Maplewood Care Center for long term care and short-term rehab.

Available for an additional fee: Guest room suite, pet deposit (restrictions apply), guest meals, carpet cleaning, maintenance services, additional housekeeping, room tray service, laundry.

## **Suite Living Memory Care and Assisted Living**

580 Liberty Way

Vadnais Heights

651-770-CARE

Cost Key: 5

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

32 Studio Suites

Included: 24 hour supervision, safe and secure community, private suite with a bathroom & walk in shower, wifi, wall mounted TV, 3 meals & snacks daily, utilities, housekeeping, linens, laundry, social activity program, outdoor walking paths etc.

Available services in our All Inclusive Care/Services Pricing: Individual care plans so each resident pays only for the services they need to receive (can include: 24 hour supervision, house-call doctor available 24/7, safe and secure community, assistance with activities of daily living, medication management and administration, incontinence management, 2 person transfers, diabetic and coumadin management, insulin, feeding tube, injections, oxygen, catheter care, hospice coordination.