

Can I receive healthcare services if I live in an Independent Living apartment?

Lyngblomsten at Lino Lakes is unable to provide healthcare services to its Independent Living apartment residents, as it is not licensed to do so in that part of the building. The state of Minnesota requires senior communities to be licensed as an assisted living community in order to provide any type of healthcare service. The cost of licensing is per apartment, which would mean that the rental rates for all of our Independent Living residents would increase—even for those who do not require any assistance.

If I need more help, does that mean I need to move from my Independent Living apartment?

Yes. In order to receive healthcare services from Lyngblomsten staff, you would need to move to one of our Assisted Living or Memory Care apartments. Our Independent Living residents have priority for reserving an available Assisted Living or Memory Care apartment, which helps ensure the process happens quickly. Independent Living residents also can hire an outside agency to provide care in their apartment.

If you move from our Independent Living to our Assisted Living or Memory Care, the transition would be fairly seamless, as you would be familiar with the campus. You also would know the staff and other residents and could continue to participate in activities with your friends.

I've lived in my home for years and have so much "stuff." The thought of downsizing is overwhelming!

Downsizing and leaving a home where you've made memories can be difficult, and it is common to grieve that change. While letting go of cherished possessions can be hard, it also can be an opportunity to pave a new path for the next chapter in your life and make space for new memories! There are many wonderful moving companies that can help you with downsizing and just about anything else involved in the moving process, including packing, completing the actual move, unpacking, and even hanging pictures on the walls of your new space. Contact Stacy Herink if you would like a list of reputable moving companies in the Twin Cities.

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What are the benefits of joining a senior living community versus continuing to live in your home?

One of the biggest benefits of moving to Lyngblomsten at Lino Lakes is maintenance-free living. No more shoveling or lawn care! And in the winter, you don't need to walk outside through the snow to get your mail, go out for dinner, or make a trip to the gym.

Another benefit is all the opportunities you'll have to stay active and engaged. Our campus features a variety of amenities for residents to enjoy, including a warm water pool, game room with golf simulator, theater, outdoor pet park, and more. Our life enrichment team organizes a number of social outings and events, so there's always something for you to do. In addition, our Lifelong Learning & the Arts Department organizes high-quality arts and enrichment opportunities that allow you to try new things and learn new skills, from pottery to painting to music appreciation and more.

Many residents comment that they wish they had made the move to senior living sooner and that they're grateful for their new friends and social circles.

Are meals included?

We provide a complimentary continental breakfast every morning for all of our residents. Residents in our Independent Living apartments receive a \$150 credit per month that can be used for food and beverage purchases at any of the three dining venues on campus. This credit is per apartment and resets each month. Meal plan options are available for an additional charge.

What is included with my rent? Are there other hidden fees?

Your rent includes all utilities—electricity, garbage, recycling, heat, and air conditioning—as well as satellite TV (63 channels) and a personal, password-protected internet account in your apartment.

Other fees may include:

- \$175/month: second-person fee—i.e., when two people are living in an apartment (townhome residents do not pay a second-person fee)
- \$75/month: underground, heated parking in the main building (townhome residents do not pay a fee for their home's attached garage)
- \$50 or \$60/month: storage locker (\$50/month for a locker on the lower level, \$60/month for a climate-controlled locker on the third floor)
- \$35/month: pet fee (amount is per pet with a maximum of two pets allowed; pet fees are applied per apartment, not per resident)
- \$25/month: landline phone



We're here to answer your questions. Contact Stacy Herink, Director of Resident Relations, to learn more about Independent Living.

Office: (651) 515-1727 | Cell: (651) 341-0483
sherink@lyngblomsten.org

www.lyngblomsten.org/LinoLakes