

**WE EXIST TO PROVIDE A**

*Higher Quality of Life*

We encourage a connection to the outdoors by growing vegetables and flowers in our enclosed courtyard. Residents enjoy planting, watering, tending and harvesting these plants. We also feed the variety of birds that come to our feeders and bird baths.

*We are dedicated to making a positive difference for our residents, for our team members and for our greater communities.*



*There are numerous activities and programs that allow us to engage our residents including:*

- Reminiscing
- Sensory Stimulation
- Favorite Games
- Storytelling
- Music
- Pet Therapy

*"The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly."*

Gautama Buddha



**Birchwood Cottages of Owatonna**  
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**Birchwood Cottages of North Mankato**  
1630 Lor Ray Drive, North Mankato, MN 56003  
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[BirchwoodCottagesMN.com](http://BirchwoodCottagesMN.com)



**WE ARE MEMORY CARE FOCUSED**

*Assisted Living*



*People. Purpose. Passion.*





## *Life at Birchwood Cottages*

*At Birchwood Cottages we are committed to respecting the path of life and all that the aging process may bring. We lead the way in creating smaller settings that are dedicated to the care of seniors with Alzheimer's Disease or other related dementias.*

It is our belief that those with memory loss cope best when they can live in a home that specializes in memory care. We have industry leading staffing ratios in our smaller assisted living cottages. This allows us to serve people who need dementia care, or whose medical conditions require more advanced care.

We offer increased social and healthcare services at a lower cost than traditional medical model facilities. ***It is always our goal to provide care through end-of-life in order to avoid another move.***



***We also promote and support our residents' social needs by welcoming family and friends to join us for complimentary meals and snacks.***

Residents enjoy the little things that make a difference in their lives. Keeping the routine tasks of daily living helps people preserve their self-esteem and dignity. Residents are encouraged to help with meal preparation and clean up, room tidiness, and laundry folding. This focus allows our residents to maintain a familiar lifestyle, improving their quality of life.



Our well trained and compassionate team is committed to providing residents with exceptional care. All staff members complete specialized dementia training.

Our staff is trained to be flexible, creative problem solvers in order to handle the ever-changing needs for the people we support and for whom we care.

### **OUR EXCEPTIONAL SERVICES & AMENITIES INCLUDE:**

- 24-hour monitoring and surveillance with controlled building access
- RN supervision and case management
- Ongoing care assessments and care plan revisions
- 24/7 on-site specialty-trained caregivers
- Medication supervision and administration
- Life enrichment programming
- Assistance with all activities of daily living
- Delicious chef-prepared meals and snacks