



# Your Care is in Our Hands

THE ST. JOHN VALLEY RESIDENTIAL CARE GUIDE

### Ready to Make the Move?

If you, or your loved one, feel like either CrossWinds Residential Care or Ridgewood Estates is the place to be, contact us today for more information and admission requirements. You can also visit us on-line at:

**www.crosswindsresidentialcare.com** or **www.ridgewoodestates.net**



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ESTATES

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**RIDGEWOOD**  
ESTATES

# Welcome Home



## **Courtyard at Ridgewood Estates**

*Colorful outside spaces provide cheerful areas for visiting and fresh air.*

## **Beautiful Location**

Since 1993, the family owned operations of Ridgewood Estates and the newer, CrossWinds Residential Care, have been committed to achieving success for all who choose to reside here. Located in the scenic St. John River Valley, our facilities are designed to provide scenic vistas from many points of view, as well as bright, sunny areas for socializing. Our buildings are kept meticulously clean and well maintained for the greatest level of comfort. Spacious halls allow our residents to navigate easily with their walkers or wheelchairs to visit fellow residents or partake in many of our activities.

## **Our Staff**

Our experienced and dedicated staff provide individualized and compassionate care to each of our residents to help them achieve optimal physical, mental, and psychosocial well-being. Our skilled nursing team provides medication assistance and medical attention with up-to-date charts on all residents on a scheduled basis. Many of our care providers are bilingual – an important skill to maintain open and comfortable communication with our residents and their families.

## **Security of Our Residents**

Safety is another important aspect to our operations. There always is 24-hour supervision and a camera surveillance system in place at each of our facilities. For our residents with dementia, and at risk of wandering outside the facility, we utilize a bracelet system that activates an alarm when they walk close to an exit.



# Comfortable Spaces



## Resident Rooms

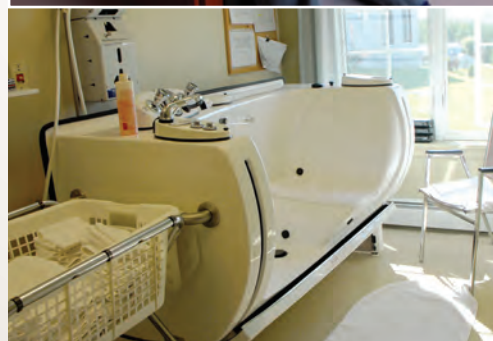
A variety of room styles and sizes exist at each of our locations to accommodate the individual preferences of each of our residents. Each room has a private bathroom that is wheelchair accessible and call bells that signal the nurses station. Some rooms also have handicap showers. Built for comfort and safety, our bright rooms allow our residents an opportunity to create a personal space that feels like home.



## Shared Living Features

- 🌀 Activity Rooms
- 🌀 Pleasant Outdoor Areas
- 🌀 Living Room
- 🌀 Dining Room
- 🌀 Library
- 🌀 Bath Room
- 🌀 Hair Salon

Our gathering spaces provide opportunities for socializing with family and friends and partaking in our scheduled activities.



*Our specialized whirlpool tub allows our residents, with the help of our nursing aides, to safely enjoy a soothing soak.*



*The Library at CrossWinds provides a lovely space for enjoying hobbies.*



*The beautiful views and quaint areas outside provide ample opportunities for fresh air.*



Dancing at a monthly party.



Dining Room at CrossWinds.



Reading in the sunroom at Ridgewood Estates.

### Activities

Our activities director offers diverse activities geared towards the cognitive, social, physical, emotional, spiritual, and intellectual needs of our residents. Our goal is to offer daily activities in the morning and afternoon so that all residents have an opportunity to participate and benefit from group and one-on-one involvement. Monthly parties, musical guests, and field trips are just a few ways we try to keep our residents active.

### Laundry & Housekeeping

Our committed housekeeping team ensures all areas are disinfected and kept clean for the comfort and safety of our residents and staff alike. In addition, we also provide laundry services six days a week.

### Dietary Services

Whether gathering for a good home-cooked meal, or to sit and visit while enjoying your coffee or tea, our beautiful dining area will please even the most discriminating person. In addition, complete dietary services are provided, and we closely monitor restrictions that each of our residents may have due to his or her health condition. Meals for friends or guests may be arranged for in advance, and private space can be made available for family meals.

### Hospice Services

We have identified hospice space in our facilities so that someone who is receiving end-of-life care can receive comfort, support, and familiar and caring attention at the residence care level. We team up with local community hospice services to insure that our resident and his or her family is kept as comfortable as possible. Designated hospice space is in close proximity to our nurses' station.

# Our Services

- 🌀 24-hour coverage of caring staff
- 🌀 In-house Registered Nurse with 50+ hours/ week, and on-call, around-the-clock care
- 🌀 Basic service cable, telephone, and internet connections
- 🌀 Smoke detectors and fire sprinkler system
- 🌀 Daily housekeeping and laundry services
- 🌀 Individualized service plans
- 🌀 Well-balanced meals with dietary consultation
- 🌀 Snacks and 24-hour beverages
- 🌀 Transportation to appointments
- 🌀 Assistance with Activities of Daily Living (ADL's)
- 🌀 Medication administration
- 🌀 Psychiatric consultations
- 🌀 Hospice services
- 🌀 In-house physician visits
- 🌀 In-house blood work
- 🌀 Restorative care
- 🌀 Services for the visually & hearing impaired
- 🌀 Annual and biannual nursing assessments
- 🌀 Whirlpool baths
- 🌀 Wheelchair accessible
- 🌀 Daily activities
- 🌀 Camera surveillance system



On-site beautician services are available weekly to provide hair care for our residents without them having to leave the facility.

In addition, routine nail care and foot care, as well as, manicures and pedicures, are also provided on location.

