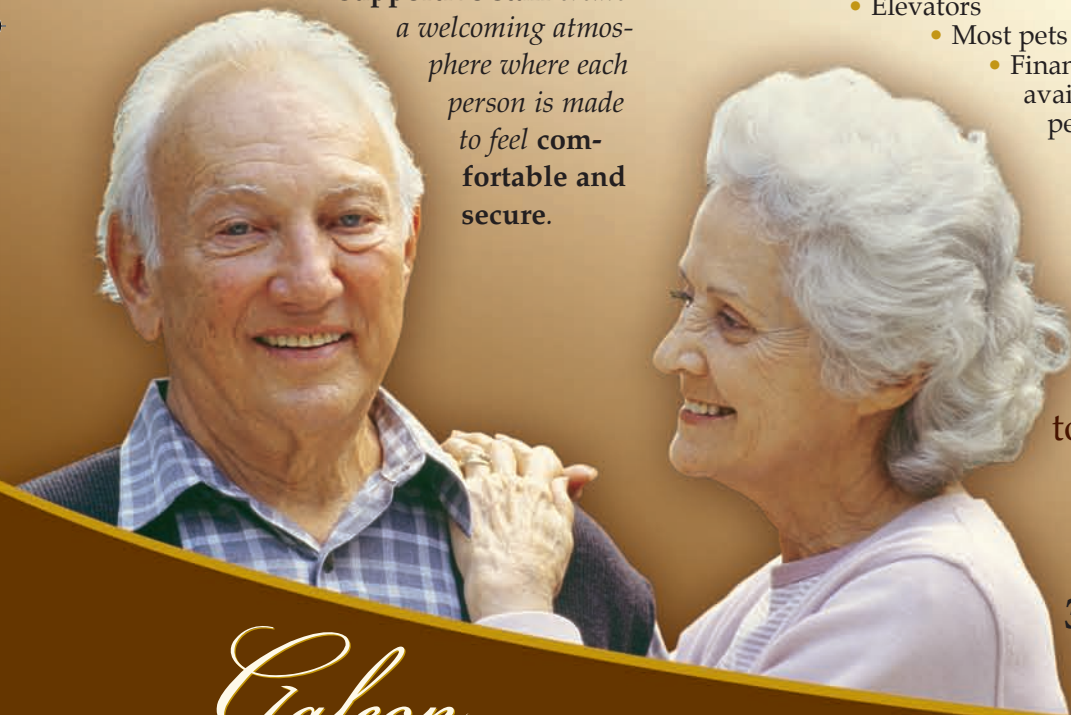




The continuing care campus of **Galeon** has found a home in the **hearts** of Minnesota's older adults and their families. Set in a scenic community close to the shores of Lake Osakis, Galeon offers **wellness, care & recovery services** that include short-term recovery, therapy, memory care, skilled nursing and assisted living. **Club Galeon Wellness Center** has become a signature program for older adults wanting to maintain their health and wellness while preventing the devastating effects of chronic disease. **Friendly** neighbors and

**supportive staff** create a welcoming atmosphere where each person is made to feel **comfortable and secure**.



Call us today to learn how you can enjoy the Galeon Experience!  
**320.859.2142**



Our levels of care allow residents seamless transitions within the community, should their needs change.

### ASSISTED LIVING APARTMENTS

**Terrace Heights** is an assisted-living setting, ideal for individuals who are alert and can manage their own medications and mobility, but seek additional support in their daily living.

**West View** is tailored for alert residents who need additional support with their medications, mobility, and daily living. Both apartment settings include:

- Lounges with fireplaces and TVs
- Wellness Programs, including pool and spa.
- Aide services
- Three meals daily plus snacks
- Modified diets available with doctor's order
- Individual and scheduled activities
- Worship opportunities
- Transportation coordination
- Paid utilities and air conditioning
- Light housekeeping, bed linens
  - Elevators
  - Most pets welcome
  - Financial assistance available for qualified persons

### INDEPENDENT LIVING

**Osakis Manor** is perfect for independent adults (62 and older) and younger individuals with a qualified disability, featuring:

- Affordable\* 1- and 2-bedroom apartments
- Easy access to the Central Lakes Recreation Trail and Lake Osakis.
- Wellness Center Membership

For a few extra dollars a month, receive:

- Services such as telephone, electricity, cable television, internet
- Transportation (or rent a garage)
- Home health services
- Guest room for visiting family and friends
- Barber/Beauty; coin-operated laundry

### SKILLED NURSING CARE

**Community Memorial Home's\*\*** friendly and experienced highly-trained nurses and assistants respect the dignity of our residents in need of around-the-clock assessment and care.

- 24-hour professional nursing services
- On-site rounds by select physicians
- Medication administration, bariatric care, respiratory, physical, occupational, and speech therapy.
- Fully furnished and accessible rooms offering private and shared occupancy
- Personal laundry service
- Full personal care assistance
- Guest lounge and computer access.
- Three meals daily plus snacks, supplements, and modified diets..
- Supportive services include worship, Wellness Program, personal funds management, and transportation coordination.

*\*rent based on income; Section 8 vouchers accepted; utilities included, except electricity*

*\*\*Community Memorial is fully licensed as a nursing home by the MN Department of Health, Medicare and Medicaid certified, and a member of Aging Services of Minnesota..*

### BRIDGEWELL

BridgeWell Assisted Living is a secure environment for people with memory loss that is designed to feel like home. We provide assistance for those with memory loss while promoting independence and optimal functioning.

- Our houses have been carefully designed using colors, sights and sounds to provide a calm, relaxing, home like environment with areas where residents can feel free to explore and not feel confined to a limited area.
- 24 hour caregivers are specially trained in caring for those with memory loss or dementia.
- Scheduled and unscheduled activities are ongoing and resident specific.
- Residents are encouraged to participate in life activities through the performance of daily household tasks such as laundry, cooking, light cleaning, etc.
- Staff accompany residents who wish to take advantage of the benefits of our Wellness Center, including strength training equipment and our warm water swimming pool and spa.

A place to HAVE FUN



A place to FEEL YOUNGER



A place to CALL HOME



*Intent on becoming a regional center of excellence, Club Galeon of Osakis offers easy and affordable access to unparalleled wellness facilities for adults who are 55 years of age or more. Club Galeon staff are certified and ready to help you acknowledge the responsibility you have to stay active, strong, and independent. Our "Club" is warm, inviting, and fun!*

- Certified & experienced exercise professionals on staff
- Natatorium with warm water (88°) pool for exercise and therapy
- Whirlpool Spa (98°) to help ease pain and stiffness
- 4 Treadmills, 3 NuSteps, 2 Recumbent Bikes, and more for cardio fitness
- Strength training equipment by HUR that can help track your progress
- SportsArt weight stack strength training equipment
- Over 15 group exercise classes to choose from each week, including Balance, Strength, Flexibility, Water and SilverSneakers
- Initial assessment, ongoing consultation and wellness programming included
- Ongoing assessments that will help you see your improvement
- Eat-Move-Live exercise and nutrition program
- Occupational & Physical Therapy on-site
- Relax in the **Outlook Café** with coffee, cappuccino, soft serve yogurt, and other snacks
- Yoga, Massage, & Myofascial Release available
- Relax with friends and enjoy a glass of wine from the **AfterOur's** cooler



# Club Galeon



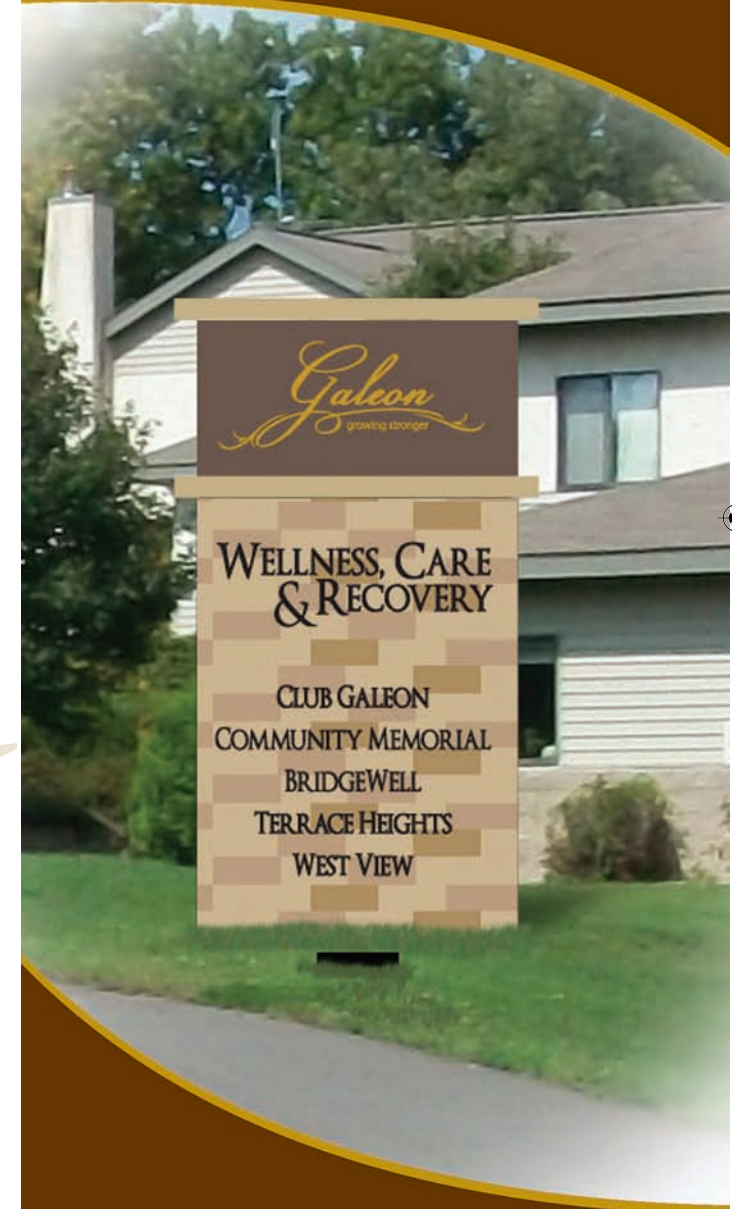
Call us today to learn how you can enjoy the Galeon Experience!  
320.859.2142

*Galeon* growing stronger

410 West Main Street  
Osakis, MN 56360-8243

# Galeon

growing stronger



[www.GaleonMN.com](http://www.GaleonMN.com)  
Retirement Housing and Support Services