

WELCOME



The staff of The Sanctuary at St. Cloud, would like to welcome you to our community!

The Sanctuary at St. Cloud is proud to provide a choice of apartment floor plans, each designed with your comfort and ease of lifestyle in mind. Our spacious apartments are thoughtfully designed and include a living area, kitchenette, private full bathroom and individually controlled air temperature. At our community, you will enjoy three chef-prepared meals per day with restaurant style dining. You are invited to socialize with family, old acquaintances, and new treasured friends while our dedicated staff provides the personal care, laundry and housekeeping services, that make your life easier

We feel you so richly deserve an attractive home that is comfortable and secure. We strive to offer a lifestyle of dignity and independence. We look forward to providing assistance that complements individual abilities. We are confident that you will experience the care, comfort and enjoyment that "home" brings.

The Sanctuary at St. Cloud, a place you will be proud to call home!



SERVICES & AMENITIES

APARTMENT AMENITIES

At The Sanctuary, you will find many home-like qualities including:

- Private apartment home
- Kitchenette with sink, refrigerator, microwave
- Ample closet space
- Individually-controlled heating and air conditioning
- Emergency call devices
- Pre-wired for telephone and cable TV
- Mini-blinds provided



QUALITY SERVICES

Convenient and caring services to make your days fulfilled and comfortable including:

- Ongoing health monitoring and nursing assessments
- Customized care plans and care collaborations
- Assistance with activities of daily living: bathing, dressing, walking, personal grooming, hygiene and more
- Medication reminders and assistance
- Three chef-prepared, restaurant-style meals served daily plus snacks
- Weekly housekeeping and laundry services
- A full calendar of resident focused social programs and events
- Assistance with transportation needs
- 24-hour staffing
- On-site beauty/barber services
- Secured entrance
- Concierge desk services



COMMON AREA AMENITIES

Places to go and things to do all within one community, your home:

- Lobby, lounge & other visiting areas
- Spacious dining room
- Activity/craft/game/recreation rooms
- Theater room
- Exercise room
- Outdoor patio area
- Laundry rooms for residents
- Conveniently located, individual mailboxes
- Walking path



OUR MENU

The Sanctuary offers delicious meals and food “for the soul”.

A good meal is one of life’s greatest pleasures, and an excellent way to feed both body and spirit. At The Sanctuary, our culinary program provides three nutritious and inviting meals daily, served in our welcoming dining room. Our Registered Dietician takes care to create menus that both comfort and inspire.



MENU

BREAKFAST

Cheese blints • Eggs to order • Bacon slices
Assorted cold cereals • Oatmeal or grits • Chilled mixed fruit
Assorted juices • Assorted breakfast bread

LUNCH

Cream of celery soup • Monte cristo sandwich or
tuna salad on wheat or croissant
With three bean salad & sweet potato fries • Cherry cobbler

DINNER

Garden vegetable soup • Glazed ham with pineapple or
lemon pepper tilapia with rice pilaf & green peas
• Ice cream sundae

AFFORDABILITY CALCULATOR

For most seniors, cost is a key consideration when thinking about moving to a retirement community.

However, you may be surprised to learn that many people spend more money living alone and paying separately for mortgage or rent, utilities, groceries, home care and transportation than they would be joining a community. This worksheet will help you compare your current living expenses with those at Sanctuary at St. Cloud.

CURRENT MONTHLY EXPENSES	YOUR PRESENT HOME	THE SANCTUARY
Monthly Mortgage/Rent Payment	\$	\$
Caregiving Services/Staff/Companion	\$	\$
Home/Renter's Insurance	\$	\$
Telephone/Cable	\$	\$
Internet	\$	Included
Electricity	\$	Included
Maintenance/Association Fee	\$	Included
Gas/Water/Sewer/Trash Removal/Heating/AC	\$	Included
Property Taxes	\$	Included
Lawn Care/Landscape Maintenance	\$	Included
Weekly Housekeeping	\$	Included
Building Maintenance/Major Home Repairs	\$	Included
Laundry Service	\$	Included
Transportation Services (Insurance/Fuel/Registration/Repairs)	\$	Included
Food Costs/Three Meals Daily	\$	Included
Social/Cultural Events	\$	Included
Security/24-Hour Staff/Emergency Response System	\$	Included
Fitness Club/Exercise Classes	\$	Included
Activities/Programs/Entertainment	\$	Included
Other	\$	Included
TOTAL MONTHLY EXPENSES	\$	