



Our mission is to go above and beyond our customer's expectations, by providing quality living environments that enhance our resident's lives physically, socially, and spiritually.

The Lang Nelson Experience Q3 2023

## The Lang Nelson Experience...Live it!

*The Experience is an informative insert that celebrates all of the value added services and advantages available to you. We appreciate our residents!*

### Memory Care Is Coming!

Lang Nelson is proud and excited to soon be offering memory care at The Legacy of St. Anthony. The Legacy is an award-winning Assisted Living community, located on the border of Minneapolis and St. Anthony Village. It's centralized location attracts families from the neighboring communities of Minneapolis, Roseville, including all Lang Nelson surrounding communities, as far as Orono, White Bear Lake, and beyond.



Lang Nelson first ventured into Assisted Living back in the 1990's, with Meridian Manor, located in beautiful Wayzata Minnesota. Meridian Manor, like The Legacy of St. Anthony, became the premier boutique offering. The testimonials and awards suggest

that The Legacy also has the same the commitment to excellence, terrific staff, creative programming, from scratch cooking, and an understanding that the consumer has many choices.

It is this experience and commitment that positions The Legacy of St. Anthony to be one of the best in the state. When built in 2013, it was designed with memory care in mind, including all of the features needed to successfully care for and help residents flourish. As The Legacy of St. Anthony approaches it's ten-year anniversary, we celebrate this offering, and are preparing to exceed you and your family's needs.

Check in with your manager today, to learn more about this opportunity, or to schedule your free lunch and visit.

### Bluestone Physicians Join Lang Nelson

Another benefit of living The Lang Nelson Experience! Bluestone Physician Services has partnered with us to provide on-site primary medical care for residents who want or need enhanced care. Bluestone Physician Services supports your independence while conveniently serving your medical needs in your home.



Benefits include:

- Regular, on-site visits with the Bluestone Provider team including MD, nurse practitioner, and/or physician assistant
- Bluestone Bridge™, a secure website for your family to receive

updates on visits and directly connect with your provider care team

- Individualized care plans to support your needs and preferences
- Physician oversight of medication, refills, medical and prescription forms
- Advance care planning
- Partnership with on-site x-ray and lab services
- Collaboration with specialty care, hospitals, home care and hospice agencies
- Now onsite at the Legacy of Saint Anthony



Contact Amy Rumpca at (612) 843-3700 for information on The Legacy of St. Anthony for you or a loved one!!

### The Rental Housing Industry is Booming! And.... Relationships mean more than anything.

As Housing Specialists, Lang Nelson often attends conferences to learn more about what is happening in and around our apartment communities. We want to stay on top of the trends and make sure we understand the changes/challenges that our industry and our communities/residents are facing.

A message that came from a recent conference was getting back to the basics. What does that mean to you? Here is our interpretation...

Landlords throughout the Twin Cities are often looking for flashy easy ways to attract and retain residents. They may add technology to eliminate face-to-face conversations or add amenities that may look appealing but go unused. These additions, come with a price and often can price the product out of reach for many. The message was a call to action for owners and landlords to remove the flash and to practice **great customer service**. Return to being present, kind and service oriented. **Proudly**, Lang Nelson has not wavered



from the back to the basic's method of management. We intentionally staff our communities with caring professionals, and request in person visits to meet and exceed your wants and needs. We intentionally

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have full social programs and events to keep our residents engaged and in support of community. We intentionally have a fleet of buses to keep you independent and having fun. We believe the best way to keep our residents happy and satisfied is to deliver what we promise. Clean, well priced communities, with fun and engaging activities, led by caring and compassionate staff.

The Lang Nelson experience is rooted in relationship and customer service, and supporting the BASICS as the backbone of all we do. We are honored and grateful that you continue to choose us year after year.

### Renters Insurance, got to have it!

*"Accidents happen!"* If you're like most, you'd be rich if you earned a nickel each time you heard this statement. Although, a few nickels may be all that it takes to truly save you from an expense, sometime exceeding hundreds or maybe even thousands of dollars.

In accordance with the Oxford Dictionary, an accident is "an unfortunate incident that happens unexpectedly and unintentionally, typically resulting in damage or injury." This suggests that an accident is often out of our control. It also suggests that it may happen when we least are prepared or able to manage it, both financially and emotionally. As we strive to remain resident focused, we emphasize and strongly encourage, all to obtain renters insurance. It is quite affordable, and can often lower your other policies, when bundling it with your car or other items.

Accidents are few in numbers, but it has proven to help so many. Covering both personal belongings and providing temporary living expenses if your home becomes unlivable. As MN.Gov reports, "Many people go without this coverage, because they wrongly assume the property owner/landlord has insurance coverage that will protect them against any loss." This however is not the case.



Finding out what is right for you, can often be the hardest part. Hopefully this helps:

- **Broad:** The most commonly purchased renter's policy, including damage by fire, smoke, water, vandalism, theft. Etc.
- **Comprehensive:** Not as common, this provides coverage for a range of events, and can carry higher premiums. It can also be predicated by location.
- **Other:** Your agent can help you determine if an additional rider is needed, pending any special items or personal collections you may have.

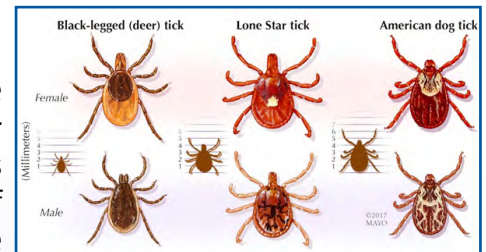
*"An ounce of prevention is worth a pound of cure."* Benjamin Franklin

#### Lang Nelson Service Commitments:

- To exceed your expectations in every interaction
- To build relationships that positively impact our community and company
- To create memorable experiences

### Tick Tick Talk about it

2023 is predicted to be the worst season for ticks in years. Tick bites can cause a variety of diseases, including Lyme



Disease, Anaplasmosis, Ehrlichiosis, Powassan Virus Disease, and Rocky Mountain Spotted Fever are just a few of the tick spread diseases that cause symptoms ranging from headaches, high fevers, joint and muscle pain, skin rashes and swelling, in some cases the viral infection of a tick bite can cause severe life threatening symptoms. So how can you enjoy the outdoors without the worry of tick bites? Here are some tips to avoid those pesky bugs hitching a ride on your skin.

1. Use an approved tick repellent when adventuring in a wooded or grassy area. Select an EPA approved product that contains permethrin for use on clothing and gear, do not apply directly to your skin. Repellents with a 30% DEET concentration can be used on adults and children (over the age of two months.)
2. Remove leaves and brush from around your home and play areas, make sure children's play equipment are in a sunny area of your yard preferably with a landscape barrier, also use a landscape barrier between your yard and any woods you may have.
3. Upon returning indoors from outdoor activity do a clothing/gear check and a full body tick check (for yourself and your pets) especially in hair where ticks may be more difficult to see.

If you find a tick that has attached itself, remove by using a tweezer or your fingers grasping the tick close to the head of the tick and pull outward then wash the area with soap and water. Avoid using ineffective methods such as nail polish remover or Vaseline; it is important to remove the tick as quickly as possible to avoid any viral transmission.

There are also several tick preventive measures for your pets. Talk to your vet about preventive medicines and collars that repel ticks for your furry family members.

Taking precautions and preventive measures will allow you to enjoy the outdoors all summer long!

<https://www.health.state.mn.us/diseases/tickborne>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/taming-ticks>

