



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 Q2 2016

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!

The Lang Nelson Experience continues through VIPs, social programs and community to community relationships!

Did you know, as a Lang Nelson resident, you have many different advantages?

- We celebrate your referrals by offering you a \$300.00 rent credit for each of your friends and family that move in!
- Once you live in a community within our company, you get the benefits and services of them all; indoor/outdoor swimming pools, community rooms, guest suites, Ida Marie Restaurant experiences and more!
- We work in partnership with one another to make sure that you always have the best home possible for your needs and wants. We make sure the transition from community to community is smooth and seamless. No wait list transition from a multi-family community to a senior community and no wait list transition from a senior community to an assisted living community. *some restrictions may apply
- You are part of a company that is proudly #10 in the Top #25 senior living operators in the State of Minnesota.
- We also care about retention and that you are happy and renew with us. Last year our average retention ratio was 72.4%, whereas the national average is 50%.
- We have been recognized from city to city for our Holiday Lighting programs and been awarded for Best Retirement community and best senior housing community.

We thank you...we could not do what we do without you.

Please know that your on-site manager can provide you with all the information you need about the Lang Nelson experience and any information above. **Stop in your rental office today!**



An Exciting Partnership Update!

The Legacy of St. Anthony experienced a record turnout, as residents and family members gathered to sign up with our new partner: Allina Senior Care Transitions! Allina began in home doctor visits at the Legacy March 1st.

What does this mean? That's right, no more traveling to the doctor, because the doctor is in.

Josaleen Davis, MD and Kelli Petersen, CNP along with the entire Allina Team presented the exciting options now available to Legacy residents: Primary care visits from a physician and nurse practitioner in the comfort of their own home. This opportunity to develop a personalized health plan reinforces the close relationship residents at the Legacy wish to have with their primary physician.

The Legacy and Allina are now providing a home care experience that goes above and beyond what area clinics can currently offer. Exceeding expectations and continuing to re-define senior living. This exclusive offering in Northeast Minneapolis is only available through Allina Health and to residents within the Lang Nelson family.



For more information please inquire at info@lanel.com

Allow Us to Be Your One Stop Shop

Paula Erickson and Rob Hays have over 25 years of combined experience, helping meet the needs of residents throughout the greater Twin Cities area. As your Continuum of Care advocate, they will be visiting communities each month and are also available for any questions or assistance. Whether it be helping with resource information for in-home health care, financial assistance, medical equipment, veteran's eligibility, transportation, nutrition, and/or assisting with the many different organizations, the Lang Nelson Continuum of Care liaison is there for you and your family.

Enhancing resident's lives by caring for their future needs, the Continuum of Care program will help identify appropriate in-home care support so that residents can continue to reside in their apartment home. If care needs exceed supportive services ability, resources available within the Lang Nelson family will be identified.

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The Lang Nelson Experience... Live it!

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"To our residents within The River Oaks community I'm "Paula GO TO" person, and can do the same for you!"

Paula Erickson, River Oaks of Anoka

"I want to help connect all Lang Nelson residents to the wealth of resources they may not know is at their disposal." **Rob Hays, Legacy of St. Anthony**



Champions of Excellence!

Lang Nelson Associates, Inc. is a company dedicated to continually educate and motivate our on-site management teams. We are committed to delivering exceptional service and do that through providing monthly workshops and education.



Recently Lang Nelson educated our staff by inviting national speaker and author Ross Bernstein, to share with our group additional tools to deliver excellence. Ross has been featured on thousands of television and radio programs including: CNN, "CBS-This-Morning," ESPN, and Fox News, as well as in the Wall Street Journal, New York Times and USA Today.

Please watch for additional information on our Lang Nelson Blog page www.langnelson.com

Why Do Gardeners Live Longer? By the Wellness Mama

There is a lot of evidence, most anecdotal, some scientific, about how gardeners live up to 14 years longer than non-gardeners. That's a pretty impressive life extension and it certainly warrants further research. National Geographic author Dan Buettner has studied this in depth by visiting what he called "blue zones" around the world- places where life expectancy is significantly longer. He studied these people and his findings are somewhat surprising. Certainly, there are many factors involved, but I think there are some key things that gardener's do that could contribute to longer life:

1. **Get Enough Vitamin D:** Typically, gardening isn't done at night, so while tending a garden, one is usually in the sun consistently. The body naturally produces Vitamin D from sun exposure, and since Vitamin D is protective against types of cancer and heart disease, it is logical that those with higher Vitamin D levels could live longer.
2. **Play in the Dirt:** Gardening, by its nature, means sticking your hands in the dirt. While our society shuns dirt and invents things like chemical hand sanitizer, dirt can actually be good for you! In fact, lack of dirt, and the soil borne organisms that come with it, has been linked to higher auto-immune disease.
3. **Getting Grounded:** Gardeners spend time touching the earth and the soil. According to the book *Earthing: The Most Important Health Discovery Ever*, this alone could have tremendous benefit.
4. **Stress Relief:** Many gardeners cite relaxation and stress relief as reasons that they garden. Stress negatively affects hormones and increases risk of disease, so having a positive outlet for stress is tremendously beneficial for health. Balancing stress hormones has a positive effect on everything from blood pressure, to cortisol levels to inflammation.
5. **They Eat Vegetables:** Logically, gardeners often grow vegetables, which means that logically, they also probably eat them. Consumption of more vegetables and less processed foods means more nutrients, antioxidants and less toxins. Win-win.
6. **They Exercise:** Lifting plants and soil, raking, and digging... it all requires low-level activity and weight lifting. These activities provide the positive benefits of exercise in a relaxing and sustainable way. Another win-win.



Lang Nelson Service Commitments:

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

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