



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 Q4 2022

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!

Lang Nelson Transportation partners with Health Partners!

Exciting News, Lang Nelson Transportation continues to move forward in support of independence and wellness, while also getting



a mild face lift! If you noticed any changes in the appearance of your personalized transportation, you'd be correct. Lang Nelson is partnering with Health Partners to promote our seniors, and the seniors within the greater community, to sign up for the benefit of Medicare. You will notice

new banner wraps, which Health Partners added to the windows of our Transportation fleet! September kicked off the campaign for all 6 buses and the campaign wraps in December. In addition to the window wrap, there will be literature for our residents and their VIPs in each bus.

It is quite an honor for us to be approached by Health Partners, and for us to be able to support them and help advocate for Medicare. However, the partnership is also a natural fit, as our LN buses travel throughout the greater Twin Cities, remain clean, professionally driven, and transport some of the best seniors in the state.



So please join us on the bus or look for us on the roads, and know that Lang Nelson is continuing to create meaningful relationships that positively affect our award-winning communities and company.

Live with us, Ride our bus!

Saving Water saves The Environment and You money!

Energy Star, believe it or not, is more than the little blue tag on your fridge or other home appliance. Energy Star is a program run by the U.S. Environmental Protection Agency and U.S. Department of Energy that promotes energy efficiency. The program provides information on the energy consumption of products and devices using different standardized methods. According to Energy Star, using water-saving techniques can save you money and diverts less water from our rivers, bays, and estuaries, which helps keep the environment healthy. It can

also reduce water and wastewater treatment costs and the amount of energy used to treat, pump, and heat water. This lowers energy demand, which helps prevent air pollution, and elevation of your water bill, or past on elevation to one's rent.

Lang Nelson is committed to a few easy measures to help keep water expenses down. We have installed & continue to maintain energy efficient equipment to heat the water. Thanks to you keeping us informed, we also promptly repair leaks & clean sewage blockages when they occur.

Together we can make an impact, and the following are some helpful tips each of us can remember to do.



A few ways to save:

1. Stop and report any and all leaks in your faucets, showers, ceiling, carwash bay, and in community sinks and bathrooms to the office.
2. Please report any toilets that appear to be continuously running.
3. Please report any issue or troubles with washers and dryers.
4. Please report any issues with your dishwasher and run only when full.

For more information on how you can save water, visit EPA's *Using Water Efficiently: Ideas for Residences*

GENE NELSON 1943-2022

A large smile, a sense of humor, always looking forward, gracious to all, and a true visionary are all different ways so many have chosen to describe Mr. Gene Nelson, a founder and Vice President of Lang Nelson Associates Inc.



These descriptions and so many other attributes and accomplishments will live on forever, as Gene Nelson made a huge impact in both the Minnesota Multi Housing industry, and specifically in building and designing some aspect of every Lang Nelson Community for the last 50 plus years. That equates to roughly 50 different communities and over 6,500 units in and around the greater Twin Cities area.

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The Lang Nelson Experience... Live it!

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Many of you have shared your fond encounters of Mr. Nelson, for Gene could often be found walking each of the Lang Nelson communities, whether it being with a maintenance team, manager, or a vendor. All with a goal of finding a way to improve the overall resident experience. He had an eye for the physical detail and wanted your community, and each apartment home, to be as welcoming and beautiful as possible. Gene's legacy will live on within each of our communities as he loved well cared for lawns, flowers, our blooming perennial gardens and unique water features.

He also was instrumental in our winter lighting program. As both Frank (Lang) and Gene believed that no one should have to arrive to a dark home. So, as we light up the night in 2022/2023, we will be adding blue lights to each of our community's monument signs, in honor of Gene and his favorite color. Please help us celebrate Gene and the upcoming season, remembering how special The Experience truly is, and how Gene Nelson helped it to be as such.

Gene will forever live in each of our communities and all of our hearts!

Top Myths about Assisted Living and the Joys of the Legacy of St. Anthony

Myth #1 Assisted Living is just a nursing home

Myth # 2 My mom or dad will not enjoy assisted living

Myth # 3 Family should care for parents at home

Myth #4 Assisted Living is too expensive

Myth #5 The food isn't good and the activities are boring

Myth #6 I have to be ill or require healthcare services to move to assisted living



These Myths are NOT True. The Legacy of St. Anthony is an Assisted Living community with the added benefit of made from scratch meals, 35 social activities per week on average, housekeeping services, Concierge/laundry services and health care professionals available to you... only if you need a little help with daily routines. It is a community of active residents who enjoy the social experiences of art classes, fitness classes, fishing trips, arboretum trips, visits from real llamas and panda bears, and most importantly, Vikings, Saints and Twins games. Many believe that keeping mom or dad home with them is the best option and it's proven that mom or dad will miss out on the social experiences

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

and the caregivers get burned out. Kids should be kids; professional care is always the best to consider. Additionally, the cost of Assisted living is often the same or less that receiving the same care at home. Finally, the Ida Marie dining experience, our chefs are professionally trained and collect recipes from our residents to add to the menu. Seasonal menu options, summer barbeques, hot breakfast, appetizer, entrée and dessert at lunch and dinner and our world-famous soup.

Assisted Living is the best kind of living. Call today to just find out more 612-843-3700 or visit: www.langnelson.com, our communities, The Legacy of St. Anthony. Choose now to make the best move of your life.

FUN

"Winter is coming" ...not the winter from the popular television show Game of Thrones ...but a wonderful Minnesota winter full of fun activities. While the weather is still mild during the autumn months, check out sales in retail or resale stores for essential winter clothing to keep you warm, but not break your budget. Once the days turn colder, you'll be prepared to take in the fall and winter activities in our area.



In the fall months, local orchards are plentiful with wonderful varieties of apples and pumpkins for your baking enjoyment and most orchards offer corn mazes and family fun activities to participate in.

Below is a list of the 5 best orchards, for the full list of all 22, visit www.minnetonkaorchards.com.

1. Apple Jack Orchards, Delano
2. Afton Apple Orchard, Hastings
3. Minnetonka Orchard, Minnetrista
4. Emma Krumbie's Orchard & Farm, Belle Plaine
5. Aamodt's Apple Farm, Stillwater

As the colder snow season follows, the activities remain plentiful! Snowmobiling, skating, skiing, winter hiking and wonderful festivals being hosted all over our area. The Explore Minnesota website has information on so many wonderful winter happenings. www.exploreminnesota.com and search "frosty-fun"

Don't let the thought of colder temperatures or snow deter you from enjoying such a beautiful time of year in the Great State of Minnesota!

