



*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 Q1 2015

## 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 Best New Year's Resolutions Are Those You Can Keep

You'll be more likely to stick to your New Year's resolutions if you establish realistic and achievable goals, an expert suggests.



Too many people try to do too much too fast and set unattainable goals, which simply sets them up for failure, according to Luis Manzo, executive director of student wellness and assessment at St. John's University in New York.

He offered a number of other suggestions to help you stick with your resolutions, including:

- Set aside time each day to work on your goals. For example, if you want to exercise, put it in your calendar. Be sure to factor in the time you need to get to the gym, shower and get dressed.
- Make your resolution part of your routine. The more you do this, the easier it will be to achieve your goal. For example, if you want to connect more with family and friends, make it a habit to call them on a certain night of the week.
- Write your goals down and make them public. This will make you more accountable.
- Surround yourself with people who are supportive of your goals. Or you can set goals with a friend so that you can encourage each other. For example, if you plan to write a book, find a friend who has the same goal and agree to share your progress and give each other feedback once a week.

### Lang Nelson Transportation is growing!

In 2014 Lang Nelson added a new bus to our fleet and we look forward to continuing to grow our services and programs. This valuable Lang Nelson Experience service continues to strive to deliver our residents to the finest local attractions. In 2014 we again scheduled over 200 monthly bus runs to local churches, pharmacies, grocery stores, lunches, dinners and fun entertainment venues. We look forward to adding new services and



programs in 2015 to include another brand new bus! Additionally, please look forward to a survey regarding new and creative programs through our transportation services.

### Live with us, Ride our Bus!

WCCO, features The Legacy of St. Anthony Lang Nelson does it again! Not content with being one of the most awarded Management Companies in Minnesota, The Legacy



of St. Anthony will now be featured as the premier, Assisted Living Community among Minneapolis / St. Paul Assisted Living providers. Saturday, January 17th at 6:30 PM, WCCO Channel 4 will pre empt Wheel of Fortune for this special presentation of "AMERICAN HEALTH FRONT!" which will devote a segment to the housing needs of seniors and the way Lang Nelson's Legacy of St. Anthony is meeting, and exceed those needs. "It is such a tremendous opportunity to showcase the quality of staff, service and programs available to seniors through The Legacy. Being recognized as the leading Assisted Living Community in the Twin Cities in a State-wide broadcast is quite a testament to the vision and mission that Lang Nelson continues to deliver," says Legacy Housing Specialist Rob Hays. Lang Nelson residents, family & friends are invited to attend:

**The Red Carpet Premier Party**  
**Saturday, January 17th at 6-8 PM**  
**The Legacy of St. Anthony**  
**2540 Kenzie Terrace**  
**St. Anthony, MN 55418**  
**RSVP to 612.843.3700**

Or watch:  
 WCCO Channel 4 broadcast "American Health Front!"  
 Saturday, January 17th at 6:30 PM

continued on Page 2



# The Lang Nelson Experience... Live it!

## St. Croix hospice



As Lang Nelson remains committed to our

Resident's changing needs, we have partnered with St. Croix Hospice for end of life care. The difference they make for our residents and families is remarkable and (in some cases) has even extend life beyond what was thought possible. If you, or someone you know, may benefit from the Lang Nelson Experience or St. Croix's services, please see your community manager for more information.

### 5 HOSPICE FACTS THAT MIGHT SURPRISE YOU:

1. Hospice is not a place. Hospice is a healthcare program and philosophy of care focused on improving quality of life and comfort for patients with advanced illness who have a life expectancy of 6 months or less. Hospice also supports a patient's caregivers and loved ones.
2. Hospice isn't just for the last few days or weeks of life. Patients may receive hospice care for six months or more as long as they are deemed clinically eligible.
3. Patients have the right to choose any hospice provider they trust, regardless of health system affiliations the patient's primary physician or nurse practitioner may have.
4. Hospice is paid for by Medicare, Medicaid, the VA and many private insurance plans. All hospice services, medical equipment, supplies and medications related to the patient's hospice diagnosis are paid for by hospice.
5. Hospice is not just for people with cancer. Hospice care is for any person living with an illness that limits life expectancy that has decided comfort care is their wish, and has been given written consent from their family physician to enroll.

by Theresa Myers, St. Croix Hospice

## Gifts of Giving

This year Lang Nelson truly embraced the gift of giving. Every community sponsored a charitable program and collected food, toys, hats and mittens for local families and food shelves this year. We are very proud of our communities and our residents for their generosity. The lives that will be improved because of these great donations within our communities tells us that the gift of giving is alive and well. Thank you Lang Nelson residents for your continued efforts to give to others.

Some of the gifts that were collected will be donated to:

- Adopt a family St. Anthony
- Toys for Tots
- Local churches
- Operation Christmas Child
- Alexandra House in Blaine
- NEAR food shelf
- Toys of Joy
- Feed my starving children
- CEAP

As a company we collected over 500 pairs of hats, mittens and scarves, 2000 lbs of food, just over \$1000.00 in financial donations, and just over 200 wrapped gifts for local families in need.

Again, thank you for your generosity, the difference you made in the lives of those in need is outstanding! A heartfelt "Thank you" to all.



CEAP



Mitten Tree



Toys for Tots

### 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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