



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 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 Story

Lang Nelson Associates, Inc. began with two childhood friends, growing up in the same South Minneapolis neighborhood, who had a vision to provide quality living environments to enhance a person's life physically, socially and spiritually. Now, almost fifty years later, the result of that vision is present with a successful portfolio of Independent Senior, Assisted living, and Multi-family communities throughout the Twin Cities. Our Assisted Living communities also provide healthcare, restaurant and catering services. The foundation of the Lang Nelson philosophy is that you are a "member of our family" not just a resident. We get to know you and those that are important to you, so that programming can be developed for services and events based on your wants and needs. Lang Nelson is one of the most Awarded Property Management companies in the state of Minnesota with over 120 MADACS awards for exceptional staff, service, and programs.

From the beginning Lang Nelson has done business very differently. Our focus is on providing Above and Beyond service to our residents. Relationships come first. While you embrace the experience and the relationships around you, we embrace you as you are the difference. Welcome to the Lang Nelson Experience and Welcome home!

Look for the above, to be posted within each Lang Nelson community, along with what makes each community unique and special, like you!



Legacy Rehabilitation Group, Outpatient Therapy and Pain Management



The Legacy of St. Anthony is excited to announce that Legacy Rehabilitation Group has opened a satellite clinic next to the Health and Wellness Center on our lower level. Legacy Rehabilitation offers residents of Lang Nelson and the greater community increased access to rehabilitation services, including outpatient therapy, physiatrist services, and pain management.

"I loved working with Derick, he was compassionate, patient, and encouraging. He was very nice and always had a smile on his face while helping me." Jean U.



Continuum of Care, provided by our Resident Service Partners

You may have heard the saying, when life throws you lemons, make lemonade. For some this may be rather easy. However, life changes each day, and it is not always that easy to adapt to it.

At Lang Nelson we have dedicated professionals to assist with these life changes. They are our Resident Service Coordinators, and it is their role to assist all with the many life changing events (big or small). As seen below, it can really be this easy.

Darlene is a current resident of Cloverleaf and is moving into The Legacy of St. Anthony in July. Her daughter stated – "Thank you so much for the smooth, informative, compassionate transition for my mother. We had no idea we would be able to move to such a beautiful campus and we are so happy that it is within the Lang Nelson family."

Cheri came to River Oaks following a 30 day stay in a rehab facility, when asked about her experience she says, "Moving here was absolutely fabulous. The transition was easy and I had so much help from the staff. I love it here, I feel safe and cared for and am at so much ease knowing any help I need is just a phone call away day or night."

For a tour or more information, contact your manager or call your Resident Service Coordinator Today!

Legacy of St. Anthony (612) 843-3700
River Oaks of Anoka (763) 421-4011





The Lang Nelson Experience... Live it!

VA (Veterans Affairs) benefits, Am I Eligible?

The Legacy of St. Anthony recently hosted a brunch event for residents of Lang Nelson and the surrounding community on VA benefits. Speaker David Fitch with Elder Law Services did a tremendous job educating and informing residents and the St. Anthony community on their rights.



- Dinner out
- Lunch out
- Doctor runs
- And much more!



Live with us...Ride our bus! See your manager today to suggest additional services and programs.



What is a VA benefit? It is a benefit that helps Veterans and their families cope with the financial costs of care for the aging Veteran, by providing supplemental monthly income.

What are the basic eligibility requirements? Be honorably discharged, at least 65 years old and have been on Active Duty for 90 consecutive days with one day during a period of war.

What amounts am I eligible for? As a single Veteran you may qualify for as much as \$1,788 a month, a Veteran with a spouse may qualify for as much as \$2,120 per month and a surviving spouse may qualify for as much as \$1,149 a month.



For more information please contact your Resident Services Coordinator!

Lang Nelson Transportation, a great service, an even better experience!



Our fleet of 7 buses support everyday activities with extraordinary accommodations. We want to Thank Tim Lange for his 30+ years of Service with Lang Nelson Transportation. With Tim's retirement, he has turned over the reins to the talented driver/supervisor Mike Engler, whom has won countless Above & Beyond awards for delivering outstanding service to our residents. Welcome Mike and Thank you Tim. Reminder, our program provides you with...

- Weekly spiritual services
- Weekly grocery and errand bus
- Entertainment travel to plays, events and outings

2 simple summer recipes that will make you the envy of your next get together!



Italian Lemonade

Ingredients: 2 cups of Lemon Juice (about 12 to 15 lemons), 2 cups of basil simply syrup (recipe follows), 2 cups of cold or sparkling water, Ice, Lemon or basil for garnish. Basil simply syrup: 1 bunch of basil (washed and stemmed), 2 cups of sugar, and 1 cup of water.

Directions: Mix lemon juice, basil simply syrup, and water together in pitcher. Store in refrigerator until ready to serve. Pour over ice filled glasses and garnish with a lemon twist and/or basil. Basil simple syrup: In a saucepan combine basil, sugar, and water and simmer until the sugar is dissolved (5 min.) Cool, strain the simple syrup, and store in refrigerator.

Recipe courtesy of Giada De Laurentiis, for foodnetwork.com

Chocolate covered watermelon

Ingredients: 1 seedless watermelon, 3 cups of chopped Chocolate (semi-sweet, dark, or dairy-free dark all work, whereas chocolate chips have a waxy coating that cause it to not stick to the watermelon), sea salt, flaked salt, sprinkles, or chopped nuts for garnish (optional).



Directions: Start with an ice-cold watermelon and cut it into wedges. Line a baking tray or platter (sized to fit into your fridge) with parchment paper. Melt the chopped chocolate in a double boiler. (To make a double boiler, set a small pot of water on medium heat. Bring to a simmer and place a metal or glass bowl with chocolate in it over the pot. When nearly all the chocolate is melted, remove from heat and stir.) Dip the tip of each piece of watermelon into the melted chocolate, set on the lined tray, and quickly sprinkle with sea salt or other garnish. Serve immediately or return to freezer.

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