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SAINT LOUIS

Altenheim
Gracious Living for Assisted and Long-Term Care

SENIORS

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Saint Louis Altenheim boasts personality all its own

While each senior care residence has its own flavor, Saint Louis Altenheim boasts its own distinct personality. The Assisted Living residence, at 5408 South Broadway in South City, is in a league of its own.

The Altenheim has kept pace with an ever-changing marketplace and the changing needs of the residents. In today's aging world, people are healthier and might only require minimal assistance with daily living needs.

However, the Altenheim knows the importance of meeting the future needs of its residents. That's why it offers five levels of care. Independent assisted living, assisted living, assisted living plus, long-term care, and Senior Guests Services - a temporary short-term stay while loved ones are out of town, or for a guest to try out the Altenheim before moving in.

The Altenheim is staffed and equipped to offer a continuum of care for residents as their needs change. All residents receive three

delicious meals a day, housekeeping, laundry service, monitoring of medications and help with daily activities as needed. In addition, residents can feel safe and secure with a private intercom system and around-the-clock staff availability.

"Most people are not sure what kind of care is best for them that's why we evaluate the appropriate level of care," said Kathy Clark, administrator at The Altenheim. "We offer different levels of care, which prevents residents from having to move to another facility should their health care needs change."

At The Altenheim, quality care for residents goes beyond medical and personal care. Total care also includes the myriad of recreational, cultural, social and educational programs as well as religious services. The Altenheim caters to each resident's interests providing a more active lifestyle.

Nature's Setting

The entire Altenheim setting—

both inside and outside—plays an integral role in the emotional and physical health of residents.

Overlooking the scenic Mississippi River, The Altenheim promotes an attitude of serenity and harmony with nature and the surrounding city. It is the one senior care residence in St. Louis where residents can enjoy a scenic view of all four seasons - from their own room, the patio or from the panoramic window in the dining room, where there's a splendid view of the outdoors and the Mississippi River.

"It's location, location" said Tov Roberts, a registered nurse who helped her friend Katherine Chambers move to The Altenheim. "What a lovely treat to dine with Katherine and watch the river."

Roberts commented the different levels of care ensured that her friend would get full care at each level when needed. "The nursing care has proven to be excellent," she said. In February, residents, families and the public watch the

eagles as they fly and feast over this part of the Mississippi River. The spring brings humming birds and swallows that return to nest with their off-spring—another gift from nature at The Altenheim.

Boats and barges make their routine trips up and down the Mississippi. In fact, boat watching is an all-time favorite among Altenheim residents.

The summer is celebrated with outdoor barbecues, picnics and Sunday Serenades. When the greenery starts to turn in the fall, the landscaping along the river bank is a bounty of red, green, orange, brown and yellow foliage. It doesn't matter what season it is, the view from The Altenheim in winter, spring, summer and fall produces some of the most spectacular sunsets and sunrises you could ever want to see.

A local board of directors

While The Altenheim's setting is an important feature, behind the scenes is The Altenheim board and

management staff that live and work in St. Louis. Altenheim's Board of Directors consists of 14 prominent business professionals who contribute their time to ensure The Altenheim maintains a tradition of quality care and services to residents.

"Because our board lives in this community, they understand the needs of St. Louis residents, families, other businesses and the marketplace," said Kathy Clark, administrator of The Altenheim. "Managing a senior care residence with a local board maintains the integrity and tradition of the Altenheim."

Since 1902, The Altenheim has maintained a tradition of providing a comfortable, inviting atmosphere. As a historical St. Louis landmark, some of its original turn-of-the-century features have been restored and remain intact today. The charm and elegance of the Altenheim has earned the residence a special place in the heart of South City.

The inside of The Altenheim is as unique and individual as the outdoor surroundings. As you enter The Altenheim, there are three living rooms with high ceilings and fireplaces. A library provides a quiet space for residents and families to read or visit. The large, spacious dining room with its river view is worth the visit.

Residents can choose a private room and bath or semi-private room depending on their level of care. They also bring their own furnishings to personalize their room.

"Altenheim's location and atmosphere are certainly attractions to families and their loved ones," says Kathy Clark. "Most important is The Altenheim mission of consistently providing quality care and a friendly, responsive staff."

If you want to see why Saint Louis Altenheim is in a league of its own - stop by or call Kay at (314) 353-7225. They'll probably invite you to lunch, take a tour and ask you to enjoy the view.