

Short-Term Stay Offers a Change of Scenery

The Healthy Advantages of Respite Care

Everybody needs a change of scenery from time to time. You don't have to stay alone if your family member or friend is taking a vacation out of town, leaving for business or an emergency trip. If your family is planning to be away for a short while, it may be time to check in at the Saint Louis Altenheim for a short-term stay or just a change of scenery.

Saint Louis Altenheim, assisted and continuing care residence, at 5408 South Broadway, just 20 minutes or less from anywhere in St. Louis, understands the importance of taking a well-deserved break. A short-term stay may be just what you need if you are a senior who wants to become more involved in social activities, keep company with others who share your interests or if you enjoy daily meals with friends.

There is always something to do at the Altenheim, from picnic outings to shopping trips to Sunday Serenades. You can choose from a variety of activities or relax in one of Altenheim's warm and cozy living rooms. For a quieter break, enjoy your spacious private room— all to yourself, including a private bath. Undoubtedly, the Altenheim is one of the best, affordable places to stay and feel right at home in a warm and friendly atmosphere.

“The Altenheim is a great place. We have guests who come and stay with us for a week or two, a few months, or sometimes they become residents,” said Kathy Clark, Administrator of the Altenheim.

“This short-stay program is designed to give older adults a really special place to stay, while a caregiver is away for any reason such as a holiday or business trip. We would really like their loved ones to take a vacation with us.”

“All year long, our residents enjoy watching the various activities on the Mississippi, said Kathy Clark, administrator. They may log the barge traffic, search for eagles or sometimes find a surprise “creature of the river.” Even weather watching on the Mississippi can be spectacular!”

Mrs. Clark commented that a short-term stay is an excellent way for guests to try out a residence to determine if they would like to move to Altenheim on a more permanent basis.

The Altenheim also provides a home away from home while recovering from an illness or surgery. The residence offers 24-hour medical care as well as around-the-clock personal care and physical therapy.

One of the many advantages of staying at the Altenheim — guests receive the same quality services and care as residents, including:

- Comfortable, private room and bath
- Three delicious meals a day
- Beautiful dining room with view of the Mississippi
- Housekeeping services
- Well-appointed parlors with fireplaces
- Personal laundry services
- Scheduled transportation
- Lovely Chapel
- Beauty/barber shop



- 24-hour nursing care
- Social activities

Comfort and care are priorities at the Altenheim as well as making the stay for guests a quality living experience by meeting new friends, participating in activities and providing “a change of scenery” — healthy recommendations for anyone.

“A short-term stay can be an uplifting experience for everyone. It provides the caregiver the opportunity to leave the responsibility of care giving behind for a period of time with the comfort of knowing that their loved one will be in a secure and nurturing environment,” said Clark.

Respite Care at the Altenheim costs less per day than most hotels with the added benefits of interesting activities and health care assistance as needed, including medication supervision. If nursing care is needed, additional charges may be incurred. For more information about a short-term stay or to take a personal tour, call **Kay Newell** at **314-353-7225**.