

June 2015

Casey's Pond Senior Community

The long-awaited senior housing community at Casey's Pond was completed and open in fall of 2013. The idea was initially conceived by YVMC (Yampa Valley Medical Center) but was built and is now governed by an independent board under the name Colorado Senior Residences.

A principal concept for the community is continuing care – that is, housing choices that range from independent living to fully supportive health care. The continuing care concept is a definite plus and is not available in many senior communities. There are several distinct advantages to the concept:

- A person moving to the campus will be able to stay in familiar surroundings even as he/she may need to shift to other levels for health support needs.
- If one spouse requires greater support than the other, his/her partner could remain close by.
- Because support staff and services are on the campus, some support could be delivered “in-home,” reducing the need to relocate.
- Residents of independent living have priority over non-residents for the levels of greater care.

A summary of the housing available is as follows:

Independent living	22 suites
Assisted living	
The Grove	30 suites
The Bridge	12 suites
Memory care	26 suites
Skilled nursing	65 beds – mostly in private suites

Description

The Veranda independent living units are available as one or two-bedroom plus study and include full gourmet kitchens, washers and dryers and available fireplaces. They are on a rental basis without an entry fee, and include breakfast and one additional meal, plus a wide range of activities, social programs, local transportation and building amenities.

Cost:

- One person \$4,399 per month
- Two persons \$5,175 per month

The Grove and **The Bridge** offer two levels of assisted living to serve folks who have challenges with physical mobility and the activities of daily life but do not

need the care as is provided in a skilled nursing facility. Units are generally one-bedroom. All meals are included. Services and staff to assist residents are available 24 hours a day. Meals are provided in neighborhood environment with indoor and outdoor dining opportunities.

Cost

- One person starting at \$5,450 per month

The Harbor memory care will serve those with Alzheimer's, dementia, or similar conditions. Suites are one-bedroom with private baths and kitchenettes. Meals are provided in neighborhood dining rooms with secure indoor and outdoor dining opportunities.

Cost

- One person starting at \$5,450 per month

Doak Walker House skilled nursing replaces the facility that was located at YVMC providing rehabilitation and longer-term care. As with the earlier facility, the design and operation follows the Eden Alternative principles. The new Doak was also designed using some of the ideas in the "Green House" concept. Green House is an innovative concept, developed by the Robert Wood Johnson Foundation whereby the facility is divided into smaller units which are designed to be as home-like as possible and unlike a nursing home. (See separate OTHG report.)

Though less than two years old, Doak Walker House has already received accolades and was called by U. S. News and World Report; "The best nursing home in Colorado."

Cost

- One person in a single room \$312 - \$338 per day- the facility is Medicare/Medicade eligible

The Casey's Pond Foundation continues to raise funds, enabling "scholarships" to be offered to some low-income residents.

General features

In addition to services for residents, Casey's Pond can offer complete therapy and rehabilitation services. Recently added services include S.A.F.E. Harbor program for temporary day-care and respite. At this time the program costs \$20 per hour including meals and activities.

Currently Casey's Pond is offering a program called "Talk Early - Talk Often" aimed primarily at adult children of aging parents, intended to open lines of communication regarding congregate living.

Resident service include:

- A nearly 1:1 staff to resident ratio
- Resident services include:
- Concierge services
- Member-resident business center
- Multimedia room/theater
- Daily fitness programming
- Strength training and aerobic fitness club
- Full-service gourmet restaurants and dining
- Bistro and wine bar
- Numerous outdoor cafés
- 24/7 coffee and tea stations
- Full-service salon
- Daily local car/shuttle transportation services
- Weekly housekeeping
- Personal laundry services for linens and towels
- All utilities, basic cable and wifi included
- Personalized wellness, fitness and nutrition programs
- Personalized care tailored to the member-resident's needs

Key staff members:

Dan Shields – Chief Executive Director

General phone number (970) 879-8855

Kelly Ornberg, Marketing & Membership Director

(970) 457-4870 or Kornberg@caseyspond.org

Peggy Axtell, Membership Advisor

(970) 457-4864 or paxtell@caseyspond.org

Website: caseyspond.org

By Bill Dring