



Bethlen Communities

The Spirit for LivingSM

Ligonier Gardens Personal Care & Retirement Center

*We foster the highest level of
independence possible for each resident.*

Thank you for your interest.



Bethlen Communities is CARF-accredited

The CARF 'seal of approval' means our organization has put itself through a rigorous peer review process, demonstrating that our services are of the highest quality. Learn more about CARF accreditation and what it means to you at



*Bethlen Communities is a
nonprofit, faith-based
Continuing Care Retirement Community*

Our levels of care include:

- Independent Living
- Personal Care
- Short-Term Rehabilitation
- Alzheimer's Specialty Care
- Long-Term Care
- Home Health Services
- Hospice
- Respite Stays

*Ligonier Gardens is a property of the Bethlen
Communities, a faith based organization since
1921.*

Learn more about our history at www.bethlen.com/aboutbethlen

Care

Care is the most important thing we do.

SERVICES

At Ligonier Gardens we encourage residents to maintain the independence that is so dear to us all.

But we are here to help whenever it is needed. Some of our services include:

- A Plan of Care developed by the resident, family, and physician
- 5 Levels of Personal Care
- Physical, Occupational, and Speech Therapy available at the request of the physician
- Special dietary accommodations
- Respiratory Care
- 24-hour assistance with bathing, dressing, and other activities of daily living
- Diabetic and Medication management
- Transfer assistance
- Licensed nurse on staff
- Transportation to and from medical appointments

Residents also have the option of having their current physician continue care at our facility.

ACTIVITIES

Maintaining an active lifestyle helps residents remain independent longer. We encourage participation in scheduled daily activities and weekly outings.

The Activity Director focuses on offering a diverse and creative activities:

Spiritual

Bible Study and Worship Services

Physical

Exercise, Therapy, and Salon/Barber Services

Social

Shopping Trips, Parties, Live Entertainment, Holiday Parties and Games

Intellectual

Trivia, Resident Meetings, and Crafts



Stay in Touch with a Resident

Resident eGreetings™ is a way for family or friends to communicate with a resident. Send a greeting for any occasion directly from our web site. It's fast, free, and confidential. Visit www.bethlen.com.

Care

DINING

Residents enjoy home-cooked meals served restaurant-style in our comfortable yet classy dining room.

An evening snack is also provided. Snacks and drinks are also available 24 hours a day in our Gardens Café.

We encourage families to share a meal with the resident; simply call ahead.

Ligonier Gardens Weekly Menu Sample



Breakfast

·Cold Cereal or Oatmeal ·Scrambled Egg ·Toast ·Banana Half ·English Muffin ·Juice of Choice	·Cold Cereal or Cream of Wheat ·Eggs & Bacon ·Toast ·Plums ·English Muffin ·Juice of Choice	·Cold Cereal or Oatmeal ·Scrambled Egg ·Toast ·Doughnut ·English Muffin ·Juice of Choice	·Cold Cereal or Cream of Wheat ·Scrambled Egg ·Pancakes ·Maple Syrup ·English Muffin ·Juice of Choice	·Cold Cereal or Oatmeal ·Scrambled Egg ·Country Style Eggs w/ Ham, Pepper, Onion ·Juice of Choice	·Cold Cereal or Cream of Wheat ·Scrambled Egg ·French Toast ·Maple Syrup ·English Muffin ·Juice of Choice	·Cold Cereal or Oatmeal ·Scrambled Egg ·Toast ·Sausage ·English Muffin ·Juice of Choice
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Lunch

·Chicken Stew ·Biscuit ·Blueberry Crisp **Tuna Salad Plate	·Hot Turkey Sandwich ·Sweet Potato French Fries ·Coleslaw ·Brownie cake **Wedding Soup w/ Roll	·Popcorn Shrimp; Cocktail Sauce ·Macaroni & Cheese ·Tomatoes ·Fruit Pie **Soup du Jour w/ Crackers	·BBQ Chicken ·Potato Salad ·Buttered Corn ·Mousse **Cream of Cauliflower Soup w/ Roll	·Manicotti w/ Sauce ·Caesar Salad ·Italian Bread ·Ice Cream **Stuffed Pepper Soup w/ Biscuit	·Spaghetti ·Green Beans ·Tossed Salad ·Bread Stick ·Pudding **Ham & Cheese Sandwich	·Honey Chicken ·Potatoes Continental ·Spinach ·Dinner Roll ·Apricots **Fish Sandwich
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Dinner

·Baked Ziti ·Broccoli ·Tossed Salad ·Garlic Toast ·Cookie **Burger	·Chicken ·Potatoes ·Green Beans ·Dinner Roll ·Frosted Cake **Italian Roast Beef Sandwich	·Beef w/ Noodles ·Veggie Blend ·Dinner Roll ·Pumpkin Bread **Chicken Croquettes	·Steak w/ Gravy ·Parsley Potatoes ·Mixed Veggies ·Dinner Roll/Bread ·Tropical Fruit **Seafood Cakes	·Pork Chops ·Potatoes ·Harvard Beets ·Dinner Roll ·Cream Pie **Ham Salad Sandwich	·Lemon Fish ·Wild Rice Pilaf ·Candied Carrots ·Bread ·Melon Cubes **Bologna & Cheese	·Chicken ·Country Gravy ·Potatoes ·Peas ·Dinner Roll ·Jell-o **Eggplant Parm
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MEAL OPTIONS

For each meal at Ligonier Gardens, residents have the option to choose from our entrée of the day or make their meal selection from our a la cart menu.

Special accommodations are always made for those residents on a specific dietary plan.

Facility

Accommodations and atmosphere are important considerations when choosing a new home...

Cozy sitting areas are located throughout Ligonier Gardens. Many offering scenic views, quiet activities and also a place to relax. We also have two large entertainment rooms complete with big screen televisions.

For residents who enjoy the outdoors, we also have several outdoor seating areas, including a covered terrace overlooking the crisp waters of the Loyalhanna.

The following services and amenities are also provided at no extra charge:

- Pastoral Care
- Housekeeping
- Linen service



Facility

“Natural beauty and clean air make a healthy atmosphere in which to live, work and play.”

-Ligonier Valley's Web site

ROOM ACCOMMODATIONS

Ligonier Gardens has room to accommodate 71 residents in both private and semi-private settings, each of which are generously sized. Residents are free to bring in their own furniture and decor or take advantage of our pre-furnished room options.

All rooms are handicap-accessible and equipped with an emergency call system by the bed and in the bathroom.

Cable television is provided to all residents at no extra charge.



THE SUNROOM

The Sunroom holds weekly church services and various resident activities.

We will provide coffee and tea to families that are welcome to reserve the sunroom for a private gathering or special event.

We also offer the Ligonier Gardens Store, which has toiletries and other items for residents to purchase.



Cost

BASIC ROOM AND BOARD FOR ALL RESIDENTS (MONTHLY RATES)

Private Room:	\$ 2955.00
Semi-Private Room:	\$ 1950.00

PERSONAL CARE SERVICES/ELDER CARE SERVICES, IF NEEDED*

Level One:	\$ 500.00
Level Two:	\$ 700.00
Level Three:	\$ 900.00
Level Four:	\$ 1,300.00
Level Five:	\$ 1,700.00

RESPITE STAYS (DAILY RATES FOR STAYS OF LESS THAN ONE MONTH)

Private Room:	\$ 125.00
Semi-Private Room:	\$ 100.00

Important! Ligonier Gardens welcomes all residents as long as: (1) the resident's needs can be met by the facility, in accordance with its licensing requirements, its general plan of operations, and the limits of its physical structure; (2) the resident abides by policies regarding payments, needs assessments, medical evaluations, and safety. Ligonier Gardens is not equipped or staffed to serve, and does not admit, individuals suffering from dementia who need constant supervision to not only protect them from normal safety hazards but also from wandering away from the facility. We do not have a secured dementia unit. Please call if you have questions.

*Elder Care Services

Elder Care Services are defined by Pennsylvania statutes as services or treatments designed to meet personal care or assisted living home resident's needs for personal care or health care. These services may include but are not limited to:

- Assistance with ADL's
- Physical, Speech, or Occupational Therapy
- Medical social services
- Home care aide or companion care services
- Private duty nursing services
- Respiratory or intravenous therapy
- In-home dialysis
- Durable medical equipment services (not including delivery, security, deposit, or application fees associated with such equipment)



WHAT ARE ADLs?

ADL stands for Activities of Daily Living, which refers to the basic everyday tasks of life.

Examples of ADLs include:

- Dressing/undressing
- Bathing
- Grooming
- Ambulation (walking)
- Toileting
- Taking medication

We provide 24-hour assistance for persons needing this level of care.

Where is Ligonier Gardens located?

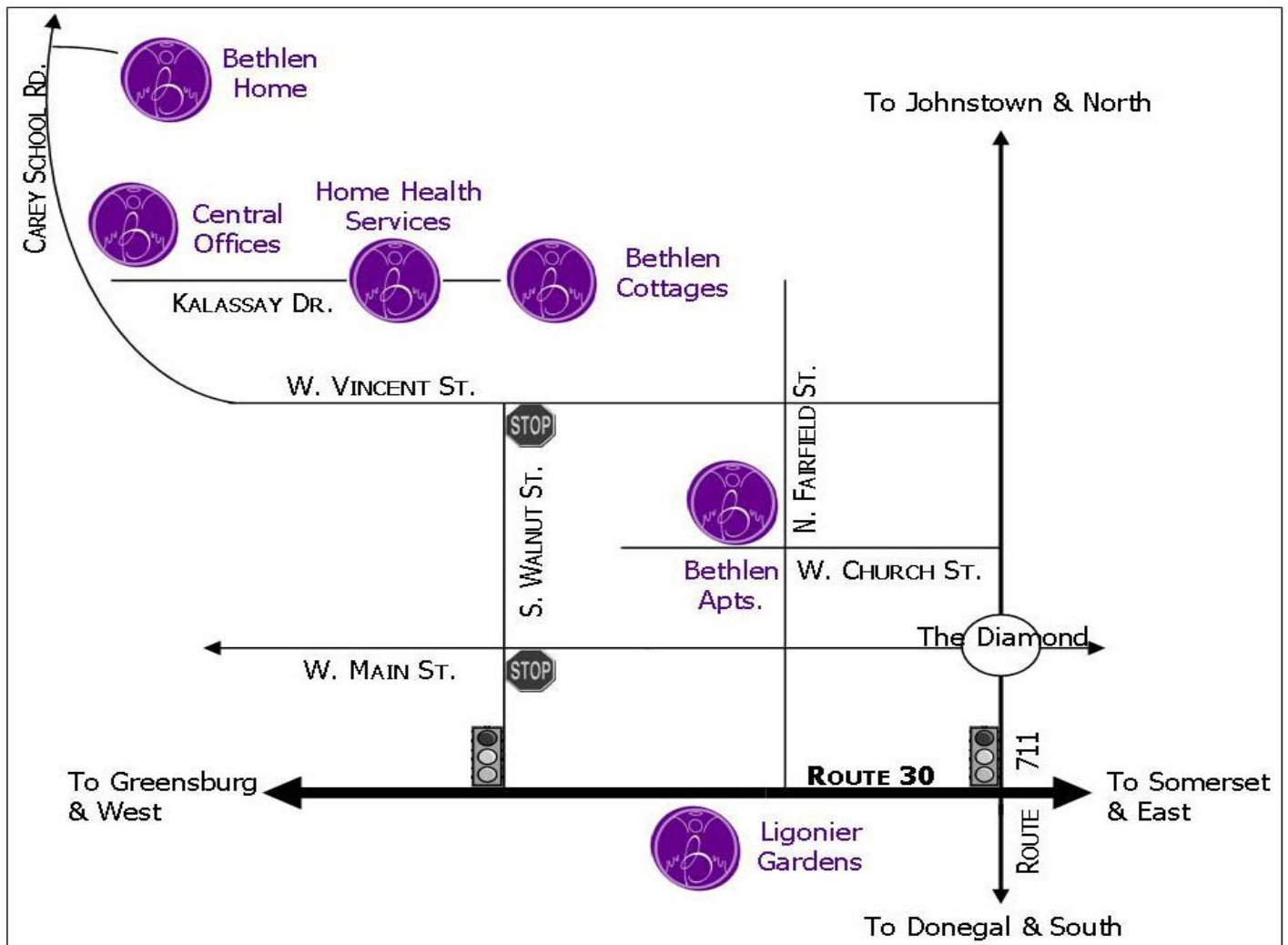
From Pittsburgh & West:

- Take the PA Turnpike to Irwin. Follow Route 30 E until reaching Giant Eagle in Ligonier (*approx. 30 mi*).
- Go straight through this first red light (intersects S. Walnut Street).
- Ligonier Gardens is ahead on the right, immediately after the veterinary office.

From Harrisburg & East:

- Take the PA Turnpike to Donegal. Follow Route 711 N to Junction 30 in Ligonier (*approx. 12 mi*). Turn left on to Route 30 West.
- Go straight through the next red light and the turn left at the blinking light.
- Make another left on to Route 30 East.
- Ligonier Gardens is ahead on the right, immediately after the veterinary office.

Bethlen Communities in Ligonier, Pennsylvania



NON-DISCRIMINATION POLICY

It is the policy of Bethlen Communities, in compliance with the Federal Civil Rights Act of 1964 and the Pennsylvania Human Relations Act, and all requirements imposed thereto, including admissions, the provision of services, and referrals of residents, that no individual, with regard to age, race, religion, disability, national origin, sex, color, sexual orientation, or marital or veteran status, shall be excluded from participation in, be denied benefits of, or otherwise be subject to discrimination. Policies for admission to the cottages are subject to and comply with the Housing for Older Persons Act of 1955. Any resident who believes he/she has been discriminated against may file a complaint of discrimination with:



Bureau of Equal Opportunity
Rm. 521 Health & Welfare Bldg.
PO Box 2675
Harrisburg, PA 17105

Office of Civil Rights
Dept. of Health & Human Services
Ste. 372 Public Ledger Bldg.
Philadelphia, PA 19106-9111

PA Human Relations Commission
300 Liberty Avenue
Pittsburgh, PA 15222

Bureau of Equal Opportunity
Rm. 702 Pittsburgh State Office Bldg.
300 Liberty Avenue
Pittsburgh, PA 15222

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