

Don't take our word for it. Listen to what our clients and family members have to say about Carefree Living . . .

. . . last but not least I'm so thankful to you and Kathy . . . you brought me to a wonderful home where everyone cared and loved everyone. You practically saved my life . . . you have been kind and caring and I have had some of my happiest days of my life here. The staff here is wonderful and I congratulate you for getting such nice people. Thank you forever for the love and care you have given me."

Jan, resident

"I love it here, they treat me like a queen!"

Verna, resident

"I know that my mother is getting high-quality care when she needs it, and at the same time she can be independent."

Resident's family member

"The Carefree Living suites were just what we were looking for. Mom could stay here in town and while she doesn't need much help, she gets the best possible when she does. She loves it here and now we don't worry so much about her."

Resident's family member

Assisted Living & Memory Care



**Respecting wishes.
Exceeding expectations.**



Carefree Living Offices

www.carefreeliving.com

Brainerd 218-829-8622
Burnsville 952-892-5559
Cook 218-666-0200
Ely 218-365-2261
St. Cloud 320-251-6483
Silver Bay 218-226-3524

Spectrum Homecare Offices

www.spectrumhomecare.com
Brainerd 218-829-8622
Duluth 218-722-6377
Eveleth 218-741-3013
Grand Rapids 218-326-4202
Inver Grove Heights 651-451-0569
Rochester 507-282-8052
St. Cloud 320-229-7559
Willmar 320-235-5684



Carefree LIVING *Silver Bay*

A Division of Spectrum Health Companies

36 Bell Circle, Silver Bay, MN

218-226-3524

www.spectrumhealthcos.com





Senior citizens in the Silver Bay area now have a choice when it comes to their living accommodations if they can't remain in their current home.

Located in northeast Silver Bay, Carefree Living has room for 34 assisted living and memory care residents and offers all of the services that Spectrum Health Companies

have become known for.

With health care operations throughout the state of Minnesota, Spectrum Health has a vast experience in providing home care and assisted living services. Spectrum's branch companies provide health and personal care services for people of all ages in all types of residential settings with more than 500 employees in 14 Minnesota communities.

In addition to the new Silver Bay facil-

ity, Spectrum currently has more than 300 assisted living and memory care units in Burnsville, Brainerd, St. Cloud, Ely and Cook.

Residents have access to our Medicare-certified home health agency that expands our capabilities to include skilled nursing services such as Physical Therapy and Occupational Therapy. Residents enjoy the freedom to stay in or go out as desired and to participate in activities offered. Carefree Living-Silver Bay offers joy, comfort and convenience to daily living.

We accept Medical Assistance so **we are affordable to everyone**. Prices vary depending on apartment, services and payor source. Call for an estimate or tour today!

Assisted Living

What's included?

- 24-hour staffing
- Medication administration: injection assistance, insulin including Lantus
- Skilled nurse visits
- Three meals and three snacks daily
- Special diets

- Full housekeeping & laundry service
- Personal care: bathing, dressing, grooming, toileting, transfers with one assist
- Socialization & activity program with daily scheduled events and outings
- Private apartments with full bathrooms

Memory Care

What's included?

- 24-hour staffing
- Building is secure
- Medication administration: injection assistance, insulin including Lantus
- Skilled nurse visits
- Three meals and three snacks daily
- Special diets
- Personal care: bathing, dressing, grooming, toileting, transfers w/one assist
- Full housekeeping & laundry service
- Specialized memory care socialization
- Activity program with daily scheduled events
- Private apartments with bathrooms

