

The **Game Room** provides an opportunity for a friendly game of pool or cards. Enjoy the warmth of the fireplace while enjoying a good book, playing a game of checkers or visiting with friends in our **Fireside Lounge**.

An **Exercise Room** is available to help keep you fit. Additional exercise programs are available on a regular basis for those residents wanting to maintain mobility, rehabilitating from surgery or illness,

Enjoy family and friends while still having privacy. Bethany Heights offers a **Guest Room** for your out of town visitors. Reservations can be made on a first-come, first-serve basis.



Bethany Heights apartments will feel like home the first time you walk through the door. The friendly, caring atmosphere is unmistakable. From the apartments themselves, graciously designed and featuring all the amenities you need, to the staff, genuine in their concern for you and dedicated to providing the best services possible. Not to mention your neighbors, who will make you feel right at home, and yet respect your need for privacy.

Great friends, great times, and great apartments. Bethany Heights is a great place to call home. Bethany Heights offers *limited subsidies* for housing and services. Financial Guidelines apply. For information regarding this program, please contact the Bethany Heights Housing Manager.

## Helpful Things to Consider

- ◇ Can the retirement community provide the level of assistance you need?
- ◇ Can the community meet your needs should your health decline?
- ◇ Are there medical conditions the community will not accept?
- ◇ Are pets allowed?
- ◇ Does the community have a Nursing Home on site?
- ◇ Is there a hospital and/or Drs. nearby?
- ◇ Is assistance with bathing, dressing, walking and other personal needs available, if needed?
- ◇ Are there social and recreational activities for you to enjoy?
- ◇ Are there health promotions and exercise programs available?
- ◇ Are Residents involved in planning activities and events?
- ◇ Is the Staff trained in emergency procedures?
- ◇ Is it possible to have adaptations made to your apartment as your needs change?
- ◇ Is the community wheelchair accessible?
- ◇ Are the grounds pleasant?
- ◇ Is there adequate security?
- ◇ Is the community licensed?
- ◇ Are you required to pay an entrance fee?
- ◇ Do you genuinely feel at home and comfortable when you walk in?

*Come check out the Bethany Community and see what Senior Living is all about. We'd love to have you.*

**For more information contact**  
**Bethany Heights at : 712-328-8228 or**  
**e-mail us at [dawson@bethanylutheranhome.org](mailto:dawson@bethanylutheranhome.org)**  
**We comply with the Fair Housing Act**

# Bethany Heights



## Independent and Assisted Senior Living Community

**11 Elliott Street**  
**Council Bluffs, IA 51503**  
**712-328-8228**

*Great Friends, Great Times  
and a Great Place  
to Call Home*

[www.bethanylutheranhome.org](http://www.bethanylutheranhome.org)

# Welcome to Bethany Heights

Sponsored by Bethany Lutheran Home, **Bethany Heights** offers Independent and Assisted Living Apartments as well as additional services to meet your needs. Bethany Heights is a nonprofit organization, and seniors of all faiths are welcome.

Bethany Heights offers a 60 unit senior living community with **Studio, One and Two Bedroom Apartments** ranging from 490 to 961 sq. ft. Studio apartments include a full size kitchen, living/sleeping area, and a private bath. The one and two bedroom apartments include a full size kitchen, living room, bedroom(s) and private bath. All of the apartments are designed and certified to meet both Independent and Assisted Living requirements. Housekeeping and Maintenance Services are provided for all apartments.



As additional services or needs arise, our residents can continue to live in their own apartment. There is no need to move to another area or wing. Our purpose is to design a personalized care plan to meet your needs, helping you remain as independent as possible all while receiving the services you require. Our friendly staff is available 24 hours a day for residents who need help with daily living tasks.

Made to order hot breakfast as well as a selection of cereals, fruit and pastries allow you to enjoy a leisurely breakfast seven days a week. Residents enjoy our restaurant style meals for lunch (optional for those residing Independently and provided for those receiving Assisted Living care) and dinner in our **Dining Room**. Individuals dine on linen covered tables with servers providing a more comfortable and elegant dining experience. Residents also enjoy various themed meals and special events throughout the year, including use of the private dining room for family gatherings or holiday meals.



If **Transportation** is a concern, Bethany offers services to and from medical appointments, your favorite grocery store or a day of shopping at area retail stores of your choice. Regularly scheduled days and times are available at no additional charge. Longing to visit a friend or relative, wanting to continue to attend your home church, but cannot get there? We can assist you with your transportation requests. Garages are also available at an additional monthly fee for those continuing to

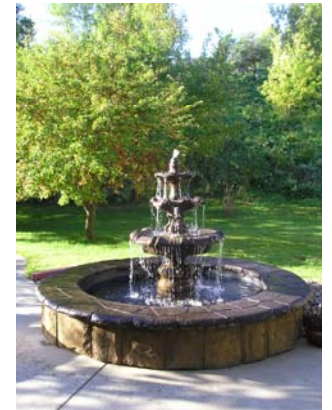


Our **Activities** program brings residents together for meaningful and fun activities, including trips to theaters, parks and concerts, fishing at

Lake Manawa, trips out for ice cream, weekly lunch outings, and participation in parades, all creating a community of great friends and great times.

Family and friends enjoy social times in our **Community Room**. Family Reunions, Birthdays, Anniversary and Holiday Celebrations can be hosted in the Community Room with a reservation.

Located just off the Community Room, Residents and Family enjoy our **Courtyard**. Relax near the fountain, enjoying the landscaped grounds and visiting wildlife.



There is no need to venture out in inclement weather. Plenty of services are available on-site. **Salon** services are available for both men and women at "J's Salon", located on the first floor. A **Marketplace** General Store, located on the third floor offers items that you might commonly run out of in between trips to the store or other things that are nice to have. On a cold evening or rainy day, you might enjoy a good book in our **Library**, stop at our **Computer Station**, or watch sporting events or your favorite movie on our Big Screen Television.