

# Clement Manor

## Wellness Portfolio

- *Concierge VIP Services*
- *Clinical Wellness Services*
- *Independent Plus Program*
- *Optional Meal Program*
- *Lifelong Learning Classes*
- *Fall Detection Devices*
- *Activities and Outings*
- *Onsite Chapel*
- *Continuum of Care*

# CONCIERGE SERVICES!

## LAUNDRY, HOUSEKEEPING, MAINTENANCE

Laundry - wash, dry, fold	\$11 per load
Apartment Cleaning	\$33 per hour
Maintenance Services	\$39 per hour
Guest Room Rentals	\$72 per night
Underground Parking Space	\$70 per month
Carpet Cleaning	Starting at \$70

## INDEPENDENT PLUS OFFERINGS

Get some of the services mentioned above bundled together at a premium package price, also including meal plans, medication and other reminders. **Ask us for details!**

## FALL DETECTION DEVICES

- Option to receive a Fall Detection device.
- Your watch or pendant will detect if you have a fall, and will notify your emergency contacts and 911 immediately.
- It will detect your location.
- Contact Simple Alert Solutions for more information at 262-457-1000

# OUR CONCIERGE TEAM IS HERE TO PROVIDE THE BEST WELLNESS SERVICES TO YOU

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## OPTIONAL WELLNESS SERVICES



- WEEKLY BLOOD PRESSURE CLINICS
- MONTHLY PODIATRIST VISITS
- MONTHLY CHECKS FROM HEAR WISCONSIN

## OTHER WELLNESS SERVICES

- HOME HEALTH OPTIONS
- REHAB THERAPY SERVICES ONSITE
- SPEECH, PHYSICAL AND OCCUPATIONAL THERAPY
- DENTAL SERVICES
- SOCIAL WORK SERVICES AND REFERRALS
- DOCTOR AND NURSE PRACTITIONER VISITS

## CONTACT OUR CONCIERGE TEAM

FOR QUESTIONS OR APPOINTMENTS, PLEASE  
CONTACT HEIDI, YOUR CARE MANAGEMENT  
COORDINATOR AT 414-546-7310

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[www.clementmanor.com](http://www.clementmanor.com)

Featuring

## INDEPENDENT PLUS

Are you someone who would like a little “extra help” but not quite ready for Assisted Living?

Consider the new Independent Plus program as an enhancement to your daily living by choosing a BUNDLE package to suit your needs.

This new bundle service line is perfect for someone who would like help with meals, housekeeping, laundry, and a daily check-in system for your peace of mind!

You deserve to live carefree!

Contact Teresa at 414-546-7374

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### SERVICES PROVIDED

- DAILY CHECK-IN
- WEEKLY CLEANING SERVICE
- WEEKLY LAUNDRY SERVICE
- DAILY MEDICATION REMINDER
- FREE CENTER FOR ENRICHMENT CLASSES
- EMERGENCY PULL CORDS
- MEAL PLAN OPTIONS
- ACTIVITY REMINDERS

**PLAN COST PER MONTH  
WILL BE BASED ON MEAL  
PLAN CHOICE: (plus  
rent):**

**A. 20 Meals/month—\$468**

**B. 1 meal / day—\$598**

**C. 2 meals / day—\$988**

**D. 3 meals / day—\$1,352**





As part of our Wellness Portfolio, we want all residents to stay independent as long as possible!

**Simple Alert Solutions** is available to all Independent residents at Clement Manor.

With the help of a button:

- Your watch or pendant will detect if you fall.
- Your emergency contacts and 911 will be notified immediately.
- Your location will be detected.
- You and your family will have peace of mind that you can stay safe!

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TO LEARN MORE, CONTACT SIMPLE  
ALERT SOLUTIONS AT 262-457-1000

**NEW**



# Optional Meal Program in the Rainbow Room

**Meet Your Award-Winning Chefs**



*Chef Joe and Chef Russo were recognized as Heroes in  
Healthcare by the Milwaukee Business Times*

**Plan cost are on a per month  
basis, added to your invoice:**

1. \$ 480 - 2 meals/day
2. \$ 270 - 1 meal/day
3. \$ 180 - 20 Meals/month

*\*Plan is based on 30 meals/month*

*\*Weekend meals should be ordered and picked up  
in the Rainbow Room by 4pm on Fridays*

*\*Meals will not roll over month by month*

*To sign up, contact  
Heidi at 414-546-7310*

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# Clement Manor

## CENTER FOR ENRICHMENT

### LIFELONG LEARNING CLASSES

#### *What You Will Find*

Opportunities for education, wellness, and spiritual growth while encouraging social interaction.

#### *Class Offerings*

History, literature, music, wellness and spirituality, exercise, current events, science, art, water fitness, and more!

#### *Who Can Join?*

All Clement Manor residents can join for free, and any community member, ages 50+, for a small fee.

#### CHECK OUT ALL THE BENEFITS:

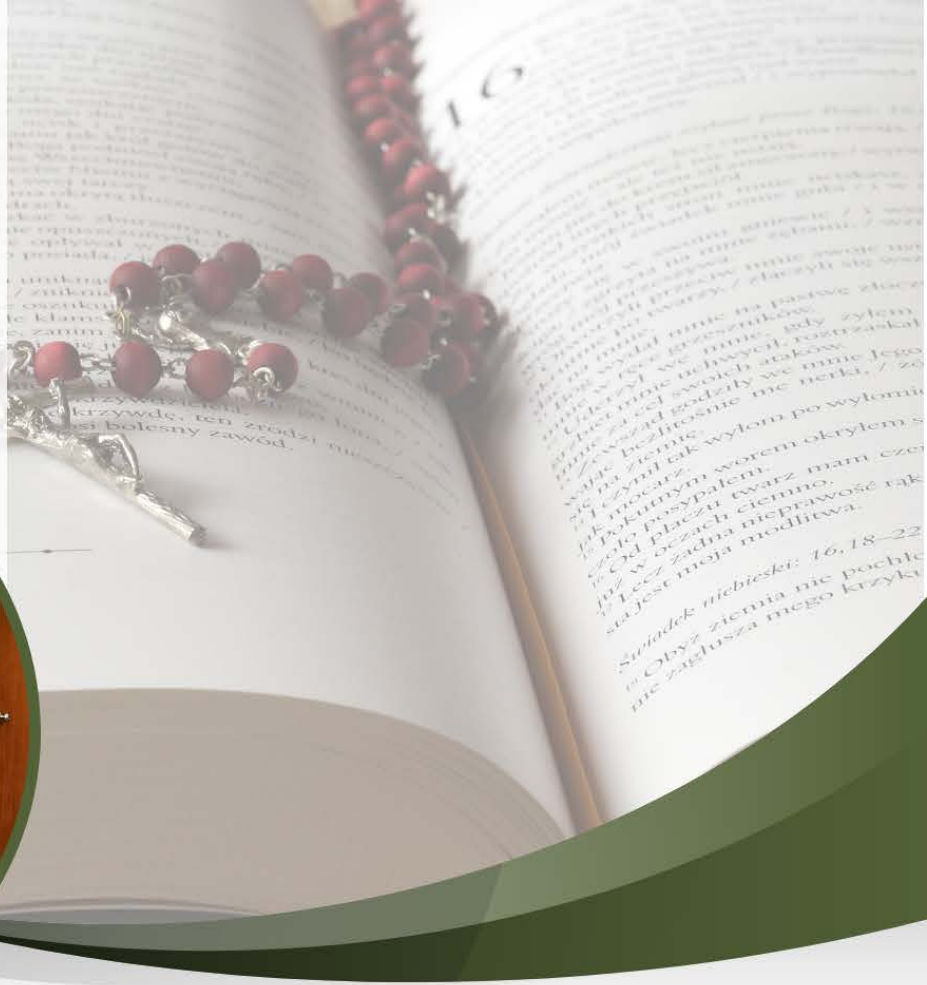
📍 9405 W. Howard Ave., Greenfield, WI 53228

☎ 414-546-7394

🌐 [www.clementmanor.com/cfe](http://www.clementmanor.com/cfe)



# Clement Manor Life Enriched



## DAILY CHAPEL SERVICES OFFERED

SPONSORED BY THE FRANCISCAN SISTERS OF CHRISTIAN CHARITY





## What is MUSIC THERAPY?

According to the American Music Therapy Association (2005), it is “the clinical & evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.”

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### Goals of Music Therapy with Older Adults:

1. Enhance daily living in an individual or group setting
2. Support & promote self-expression and communication through singing and active music making
3. Improve mood
4. Decrease anxiety, depression, or agitation and increase relaxation
5. Encourage physical movement (e.g. enhance fine and gross motor skills)
6. Provide structure and meaningful engagement/socialization with others
7. Provide opportunity for sensory stimulation
8. Enhance cognition and memory recall



### Types of music interventions may include:

- ◇ Singing
- ◇ Instrument playing and improvisation
- ◇ Music listening
- ◇ Music and creative arts (e.g. coloring or painting)
- ◇ Music and life reminiscence
- ◇ Movement to music
- ◇ Songwriting
- ◇ Vibroacoustic stimulation for relaxation or sensory stimulation through instruments such as the ocean drum or HAPI drum



***Did you know?*** Musical perception is processed throughout the brain, which means it activates ALL brain areas! Musical memory is stored throughout the brain and can be accessed through music even in late stages of memory loss. Music also helps to enhance synaptic connections in the brain and helps maintain cognitive function that would otherwise be lost if left unused.

Music therapy groups, Bell Choir, Choir, and 1:1 visits are offered at Clement Manor. For more information, feel free to reach out to Rebecca at [rfischer@clementmanor.org](mailto:rfischer@clementmanor.org) if you have further questions!