

Whispering Pines

Giving caregivers a break

You have done a great job caring for your loved one. Now let us take care of them so you can take care of yourself.

Whispering Pines Assisted Liv-



The Willows



Cypress Manor

ing offers respite care for your loved one for any length of time.

No minimum stay is required. Whether you need us for one day or one week, we will be there for you.

A typical respite day is 12 hours long and your loved one will be included in all activities, meals, and snacks. Showers and medication setup is provided, as well as other needs.

After completing a regular admission process, you let us know what day or days you need us.

Whispering Pines Assisted Living (WPAL) in Anoka is a grass roots family company that felt its own family members deserved a home-like atmosphere where their needs could be met and still have the freedom to be individuals.

"The focus here is for our clients to feel comfortable, and we do that by creating a family environment," Jake said.

Jake took over Whispering Pines in 2004, which was started by his grandparents in 1995. They started the business to help take care of their parents.

In the beginning, it was an adult foster care business. Then, in 1998, Whispering Pines took on the assisted living license.

Today, Jake continues the family tradition of providing care and as-

sistance to people in a respectful, dignified and independent

lifestyle in a home-like environment, just the way his grandparents ran the company.

Currently Whispering Pines has seven houses: The Pines, The Elms, The Oaks, The Maples, The Cedars, and The Willows – all located on Seventh Avenue in Anoka. The newest house, Cypress Manor, is located in Andover.

Residents living in Whispering Pines homes are those who can't live independently,

but are still too independent for a nursing home.

Because our residents need some help, there are nurses on site Monday through Friday during business hours and on call during the evenings and weekends.

Our nursing staff is responsible for setting up and distributing all medications, making medical appointments and follow-ups, setting up transportation to appointments, completing client assessments, and other duties as needed.

In addition to the nurses, Whispering Pines has a 24-hour home health aide on site. Our home

health aides are specially trained to offer assistance with medications, bathing,



Whispering Pines
Assisted Living, Inc.

dressing and grooming, as well as redirection, supervision

and encouragement.

All of our nurses and health aide workers are employees of Whispering Pines. We do not use pool or temporary employees.

Blue Stone Physicians provide in-home doctor visits and care for all residents at their request. This is a tremendous benefit to all our clients, but especially for those who have a harder time, especially in the winter.

Another great feature here is that we provide three healthy, nutritious meals each day, as well as laundry services and housekeeping for all of our residents.

We also have two full-time activities coordinators. Weekly activities include crafts, Bingo, exercise programs, shopping trips, outings to the zoo, concerts, movies, hay rides, bowling, picnics, luaus, and outings to the Coon Rapids dam and trips to the Anoka County Fair. (In years' past, we have had several clients enter items in the

County Fair, and several have won ribbons.)

If our activity program does not offer something of particular interest to an individual, we will help them access other programs in the community.

interests are and what activities would be appropriate for them.

Because the emphasis here at Whispering Pines is family, we encourage family-style eating.

This enables a new person to get acquainted easier with other residents. When they are all together they share stories, laugh and engage in socialization, which is good for everyone.

"Usually we find that when one of our younger residents talks about something new in their lives, our seniors then share a story," said Jake. "This intergenerational dining encourages a lot of conversation."

We are open to flexible dining options.

Whispering Pines does not have individual apartments. Instead, residents have their own room or they share a room.

Residents share three to four bathrooms in each house.

"One good feature is that there are not a lot of clients in a house, and therefore things are less intimidating," Jake said.

There are no more than 10 residents in each house. And, each house has common sitting areas and television areas, so residents can always find a quiet area, or find an area to have conversations.

Clients are encouraged to bring pictures and memorabilia from home to personalize their rooms and make them feel more at home.

Whispering Pines is a unique facility, and because of its size we feel we can offer special attention to our clients.

We would be happy to answer any questions you may have.

For a tour of our homes or for additional information, please call Sharon Compton at 763-712-8363 (office) or 763-229-6906 (cell).

Visit our website at
www.wpassistedliving.com.



The Cedars



The Maples



The Pines



The Oaks



The Elms

Both of our activities coordinators meet with each client to assess what their