



THE HIGHLANDS of St. Paul is a vibrant place to call home.

Nestled in the trendy Highland Village neighborhood just minutes from scenic river road and the Mississippi River, Highlands of St. Paul is surrounded by nature.

Senior Living – A variety of floor plans and amenities. No more shoveling snow, mowing the lawn, or writing out all those utility checks—Highlands of St. Paul takes care of it all. The secured, covered entrance provides peace of mind and shelter from nature's elements.

Assisted Living – A full array of assisted living services including round-the-clock staffing by caring professionals, health monitoring, and individually tailored health and personal care. On-site visits by geriatric physicians and nurse practitioners are also available.

Memory Care – Private apartments with private baths, featuring a serene outdoor garden courtyard, specially designed for those with Alzheimer's and other forms of memory loss. Our memory care residents gather for meals and activities in family-style dining and living rooms. Staff is on-site 24 hours every day providing support.

Meals that fuel a healthy body...

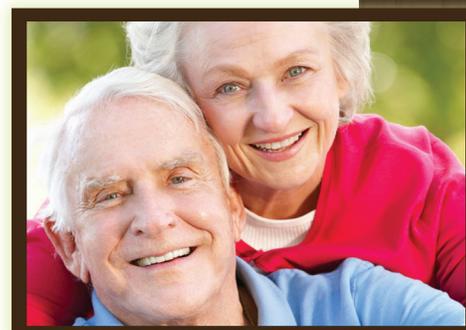
Nothing creates a sense of warmth like a beautifully prepared, home cooked meal. At Highlands of St. Paul, our chef creates all of our meals from scratch, using organic ingredients whenever possible. Each menu is designed with nutrition and selection in mind. From fresh vegetables and soups to meatloaf and mashed potatoes and other traditional favorites, we strive to offer a wide variety of options.

Programs that feed the human spirit...

Connecting with something larger than ourselves is an important part of the human experience. Highlands of St. Paul offers a variety of non-denominational worship services including Catholic Mass to help our residents stay connected to their higher power, whatever that looks like for them.

Activities that engage a healthy mind...

Our community provides opportunities for creation expression, meaningful discussion, and a chance to give back to those in need. Our lifestyle recreation director develops a monthly calendar filled with different ways to stay engaged.



CAMPUS AMENITIES INCLUDE:

- Large community room for parties and programs
- Some apartments feature balconies, vaulted ceilings and granite countertops
- Beautiful chapel for worship services and spiritual reflection
- Dining room with vaulted ceiling and huge windows serving chef prepared meals
- Private dining room for family gatherings
- Library
- Movie theatre
- Free Wi-Fi
- Salon with massage therapy area
- Fireside lounge
- Sunroom and front porch
- Outdoor sunlit patio area
- Controlled access, covered entrance
- Scheduled van transportation



SENIOR LIVING | ASSISTED LIVING | MEMORY CARE

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