



## Experience Life At Rochester Presbyterian Home

RPH.ORG





### **HOMESTEAD (Rochester)**

Starting at \$3,170/month



### **COTTAGE GROVE (North Chili)**

Starting at \$8,340/month



### **CREEKSTONE (Airport)**

Starting at \$8,960/month



**Rochester**  
Presbyterian Home



**HALF THE COST  
COMPARED TO NURSING  
HOMES AND 24 HOUR  
IN-HOME CARE!**

## **ASSISTED LIVING & MEMORY CARE COMMUNITIES**

Rochester Presbyterian Home is an assisted living residence offering a range of services from basic assistance with daily living to enhanced memory care services.

We foster a loving and joyful environment where elders are cared for as family, and can experience wellbeing while living life to its fullest. Through our mindful and compassionate approach, we inspire our residents to live happy and dignified lives.

Our three communities are based throughout Monroe County, New York (Rochester, Fairport, and North Chili). Pricing varies between each community depending on the level of care needed for you or your loved one, and ranges between \$5,500-\$10,598 per month for memory care. Assisted Living is also available at our Homestead, for residents without a memory impairment, beginning at \$3,170 per month.



## 2026 Pricing & Fee Structures

Fee structure effective starting: December 1, 2025

Tier Level	Type	Daily Rate	Monthly Rate
<b>Rochester Presbyterian Home: The Homestead</b>			
T1	Assisted Living (ALR)	\$107.18	\$3,260
T2	Early-stage Memory Care (SNALR)	\$191.67	\$5,830
T3	Mid-stage Memory Care (SNALR)	\$229.81	\$6,990
T4	Advanced Memory Care (SNALR)	\$249.21	\$7,580
T5	Enhanced Memory Care (EALR)	\$273.53	\$8,320
<b>Rochester Presbyterian Home West: Cottage Grove</b>			
T2-3	Early to Mid-stage Memory Care (SNALR)	\$285.04	\$8,670
T4	Advanced Memory Care (SNALR)	\$325.48	\$9,900
T5	Enhanced Memory Care (EALR)	\$365.92	\$11,130
<b>Rochester Presbyterian Home East: Creekstone</b>			
T2-3	Early to Mid-stage Memory Care (SNALR)	\$306.41	\$9,320
T4	Advanced Memory Care (SNALR)	\$340.93	\$10,370
T5	Enhanced Memory Care (EALR)	\$380.71	\$11,580
<b>Respite/Trial Care (All Locations)</b>			
Respite	Temporary care for 2-6 weeks.	Daily rate + \$20 based on level of care	Pricing Varies

\*\*Fee schedules will be updated with a 45-day prior notice to residents and responsible parties

# Additional Services

Rochester Presbyterian Home does not charge a community fee. The following services, supplies and amenities can be arranged for an additional cost.



## Local Transportation

\$35 per appointment

We will arrange for transportation as needed. Providers will bill you directly if utilized.



## Appointment Escorts

\$35 per hour

In addition to transportation to appointments, we can provide an escort at an hourly rate.



## Salon Services

Pricing varies by service

Hair and beauty services are available and posted in the salons. Services are charged by the provider to elder accounts.



## Special Events/Activities

Pricing varies by event

Special outings to restaurants or ticketed events are charged to elder accounts. \*Must opt in/out upon admission



## Pharmacy Services

Health Direct

Health Direct Pharmacy makes deliveries directly to RPH. You will be billed directly by the Provider.



## 1:1 Companion Care

\$35 per hour

For when a resident needs additional support on a temporary basis or consistent personalized attention.



## House Phone Services

Complimentary

Call your RPH Community anytime to reach your loved one over the phone at RPH.



## Private Phone Services

Payments made directly to Telecom Provider

Each room has a phone jack for use. Call Spectrum or Frontier directly to arrange. You will be billed directly by the provider.



## Cable Television

Payments made directly to Telecom Provider

If you are interested in cable TV in your room, please contact Spectrum. TVs are also available in common living room areas.



## Home Care Services

Payments made directly to Home Care Agencies

Services provided are independent of RPH and must be paid directly to the service provider. Contact a local agency to arrange.



## Newspaper Services

Payments made directly to Gannett

Daily delivery of Rochester newspapers is available to residents. You will be billed directly by the provider. Call Gannett to arrange.



## Country Store & Gift Shop

Available at RPH Homestead (Rochester)

Elders can purchase snacks, candy, toiletries, books, games and more from the store. Purchases can be charged to elder accounts.



## Guest Meals

\$10 per meal, \$20 for holidays

Enjoy a meal with your loved one when you visit RPH for lunch or a special holiday celebration. Meals can be paid for at reception. Reservations are required, please call or email to arrange.



## Pet Care Services

\$100 per month (dogs)  
\$50 per month (cats)

RPH provides supervision of small dogs and cats, feeding and basic necessities. Vet visits and vaccination policies must be followed. All pets must be registered with RPH.

## Customer Service Numbers

**Spectrum:** (855) 860-9068

**Frontier:** (855) 981-4544

**Gannett:** (800) 790-9565



# "A Place Where Life Blooms"

We believe in creating more than just a place to live; we create a home where life flourishes.



## Companionship and Connection

Loneliness has no place here. With friendly faces, caring staff, and an abundance of loving companionship—from furry friends to friendly neighbors—your loved one will feel surrounded by love. Whether it's the joyful wag of a dog's tail, a conversation with a new friend, or the laughter of children visiting, there's always a reason to smile.



## Home-Like Settings

Our community feels like home—a place where your loved one will be cared for, cherished, and empowered to live life to the fullest. With lush indoor and outdoor spaces, house pets, colorful plants, and cozy corners, we create an atmosphere that nurtures both body and spirit.



## Holistic Care, Compassionate Support

While ensuring the highest level of quality care, we believe in caring for the whole person—not just managing health, but celebrating life. Our dedicated team is always here to support residents, empowering them to stay active, engaged, and fulfilled.



## Embracing Dignity and Independence with



We are proud to be Eden Alternative certified at all three of our RPH Communities.

This certification reflects our deep commitment to honoring the individuality of each person who lives here. The Eden Alternative philosophy focuses on creating a life that respects dignity, promotes independence, and encourages empowerment in every aspect of daily living.

We believe that everyone deserves to be seen, heard, and valued. Through the Eden Alternative, we work to eliminate the loneliness, helplessness, and boredom that often affect those in long-term care. Instead, we foster meaningful relationships, purposeful activities, and a sense of community that allows each individual to flourish in their own way.

You can read more about Eden philosophy at [www.edenalt.org](http://www.edenalt.org).

*The Eden Alternative is about more than just care – it's about empowering each person to live a fulfilling life. By focusing on what residents can do, rather than what they cannot, we encourage a culture of autonomy and self-direction. Whether it's making choices about their daily routines, participating in community events, or pursuing hobbies they love, our residents remain active and engaged in life on their terms.*



## The 10 Principles of Eden Philosophy

- 1. Combating the Plagues** – Loneliness, helplessness, and boredom are the main causes of suffering for elders. We ensure these plagues have no place in our homes.
- 2. Creating a Caring Community** – Close, meaningful relationships between residents, staff, and families are vital to their well-being.
- 3. Companionship** – Elders deserve human and animal companionship to combat loneliness.
- 4. Sense of Purpose** – Elders should have opportunities to give as well as receive care.
- 5. Variety and Spontaneity** – Unpredictable and joyful events bring vitality to daily life.
- 6. Meaningful Life** – Engaging in meaningful activities is essential to well-being.
- 7. Medical Care Shouldn't Rule** – Medical care should support, not dominate, an elder's life.
- 8. Empowerment** – Decision-making should be in the hands of elders or their close supporters.
- 9. Human Growth** – Elders should have the chance to continue learning and growing.
- 10. Wise Leadership** – Leadership at all levels is necessary to foster a vibrant, elder-centered community.



# Dining Services

At RPH, we take pride in providing not just a place to stay, but a home where every aspect of life is enriched – especially when it comes to dining. We understand the importance of delicious, nutritious meals that not only nourish the body but also uplift the spirit.

We also understand how appetites and preferences change as people age. Our executive chef crafts a diverse weekly menu that pleases the senses and satisfies every palate, our sous chefs work in our kitchens to help prepare the meals, and our dining services team helps serve wonderfully plated meals to each elder in our dining rooms.



**Mike McAllister**  
Executive Chef at RPH



*Braised Beef Stew*



*Baked Salmon Dijon*

*Smoked Turkey Panini*

*Swiss Style Veal*

# Sample Menu

Our menus change every week – providing a diverse selection of delicious food. Outside of our weekly menus, we also offer vegetarian, vegan, dairy-free and other dietary, cultural and religious meal preferences.

Mid-Day Meal	Supper	Vegetarian
<b>Chicken Parmesan</b> <b>Braised Cubed Steaks with Tomatoes and Onions</b> <b>Pasta with Marinara Sauce</b> <b>Italian Green Beans</b> <b>Caesar Salad</b> <b>Tiramisu</b>	<b>Tuna Salad on Whole Wheat Wrap</b> <b>Sliced Tomatoes</b> <b>Peaches</b> <b>Oatmeal Raisin Cookie</b>	<b>Vegetarian Chicken Parmesan</b> <b>Meatless Crab Cake with Cocktail Sauce</b>
<b>Cheese Ravioli with Meat Sauce</b> <b>Garlic and Herb Pork Chops</b> <b>Roasted Red Potatoes</b> <b>Buttered Peas</b> <b>Mandarin Oranges</b> <b>Peach Cake</b>	<b>Turkey and American on Sour Dough Bread</b> <b>Sweet Potato Tots</b> <b>Fruit Cocktail</b> <b>Chocolate Chip Brownie</b>	<b>Cheese Ravioli with Marinara Sauce</b> <b>Grilled Cheese on Sourdough</b>
<b>Baked Salmon Dijon</b> <b>Turkey-Noodle Casserole</b> <b>Buttered Rice Pilaf</b> <b>Roasted Baby Carrots</b> <b>Baby Beet and Onion Salad</b> <b>Warm Apple Crisp</b>	<b>Grilled Ham and Brie Cheese on a Croissant</b> <b>Israeli Cous-Cous Salad with Craisins</b> <b>Ice Cream Sandwich</b>	<b>Rigatoni Pasta with Artichokes, Tomatoes, and Fresh Mozzarella</b> <b>Meatless Chicken Strips over Greek Salad</b>
<b>Swiss Style Veal (Mushroom Cream Sauce) with Hash Brown Potatoes</b> <b>Vegetarian Lasagna with Garlic Bread</b> <b>Roasted Zucchini with Tomatoes</b> <b>California Vegetables</b> <b>Flourless Chocolate Cake</b>	<b>Turkey, Bacon, and Green Onion Egg Bake Hollandaise Sauce</b> <b>Minestrone Soup</b> <b>Tater Tots</b> <b>Diced Watermelon</b>	<b>Veggie Burger</b> <b>Meatless BBQ Beef Strips on a Bun</b>

## Typical Meal Schedule

Morning Meal | 6:00am-10:00am

Mid-Day Meal | 12:30pm

Supper Time | 5:30pm

\*Our mid-day meals are the largest meal of the day to help support elder's changes in digestive needs and decreased appetite.





# Activities & Engagement

[rph.org/activities](http://rph.org/activities)



Activities are lead by our Shabaz and Engagement Guides. Photos and videos of activities are posted almost daily on our social media platforms for families to follow and see all of the fun that's happening! Activities include arts and crafts, knitting, painting, singing, dancing, games, trivia, fitness, puzzles, movies, sports, gardening, spiritual activities, intergenerational programming, and more!



- 3-5 activities scheduled daily
- Monthly field trips/outings
- Monthly holiday parties
- Tailored activities to skill levels and elder interests
- Activity calendars available in each house and on our website



# Engaging the Mind, Body and Soul

The need for meaning and fulfillment is, perhaps, the greatest need among elders. We firmly believe caring for the health and personal needs of our elders is important, but making their lives meaningful and fulfilling is equally as important. Our Engagement Guides plan a daily calendar of activities focused on nurturing physical, social and spiritual well-being.



Come experience what we're all about! Prospective families are encouraged to visit and participate in any of our activities at RPH. To schedule a time, please email us at [admissions@rph.org](mailto:admissions@rph.org).



Check out social media for the latest activities!

# Health Services

## Medical Director & Doctor Visits

Our community doctors are dedicated to providing personalized medical care on-site to residents at our communities and make house calls weekly. Doctors visit regularly to assess residents' health needs and ensure they receive timely and effective treatment. Doctors are an integral part of our care team, promoting wellness and comfort in a familiar environment. Homestead and Creekstone partner with URMC Geriatrics, and Cottage Grove partners with Unity Geriatrics.



## Prescription Services

RPH utilizes Health Direct which offers reliable medication deliveries every 24 hours, ensuring residents have continuous access to their prescriptions. With a commitment to quality and safety, our team works closely to manage medication regimens and address any concerns. This pharmacy and medication component helps maintain residents' health and well-being without disrupting their daily lives.

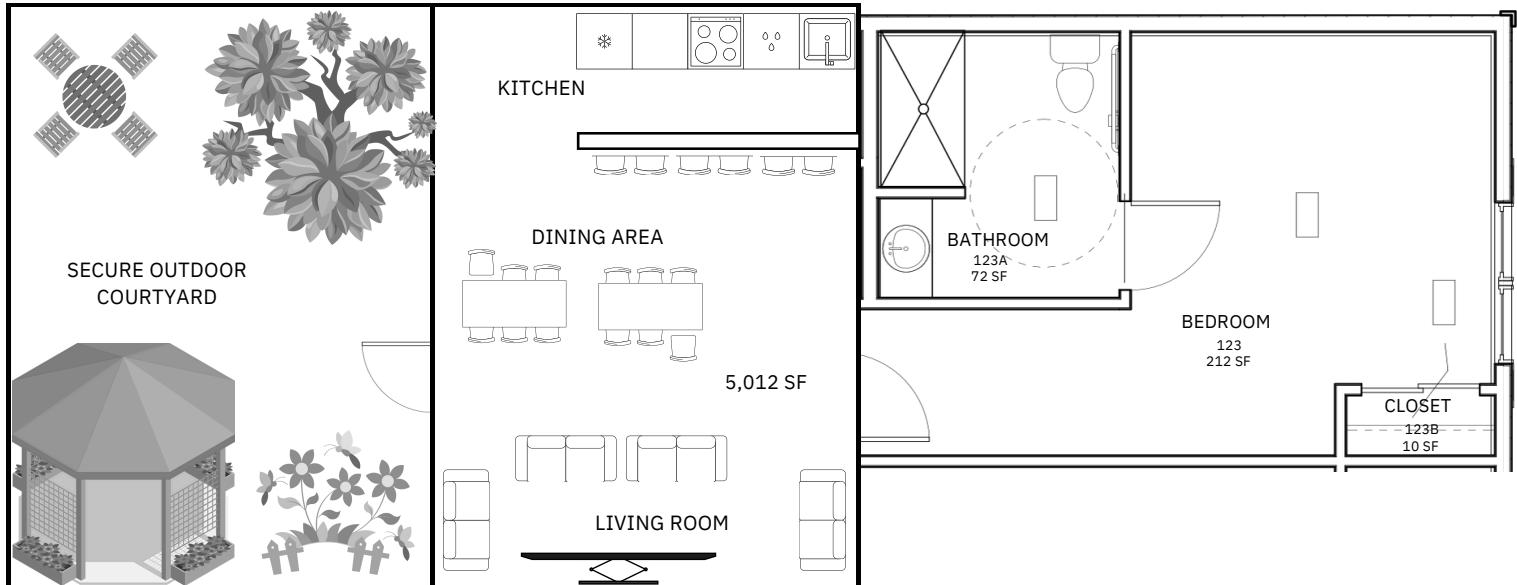


## Enhanced Care Services

Our enhanced care services are designed to meet the specialized needs of residents. This includes support for hospice services, catheter care, pureed meals, mobile lift devices, and oxygen therapy. Our skilled team is dedicated to providing comprehensive, compassionate care tailored to each individual's requirements, ensuring comfort and dignity at every stage of their journey.

# Sample Floor Plan

Floor plans for Creekstone and Cottage Grove bedrooms/living areas (not to scale). Homestead bedrooms and layout vary slightly.



## Services & Amenities

- ✓ Private Bedrooms and Bathrooms
- ✓ Secure Outdoor Courtyards
- ✓ Freshly Prepared Meals On-Site
- ✓ Multiple Activities Scheduled Daily
- ✓ Outings and Social Events
- ✓ Family-Friendly Neighborhood
- ✓ Enhanced and Personal Care
- ✓ Nursing and Direct Support Staff
- ✓ Spacious Kitchen and Living Area
- ✓ Wandering Protection and Safety
- ✓ Laundry and Beauty Services On-Site
- ✓ Eden Certified Residences®
- ✓ Pets Allowed
- ✓ 24/7 Care and Support
- ✓ Walk-In Showers
- ✓ Furniture Supplied If Needed
- ✓ Cable Television
- ✓ 24/7 Visitation Hours



# Our Care Team

[rph.org/about/our-staff](http://rph.org/about/our-staff)



**Our Shabaz, or Personal Care Aides, assist with toileting, showering, dressing, medication reminders, and other activities of daily living, ensuring residents receive the compassionate and personalized care they need while maintaining dignity and independence. There are always two Shabaz on every floor/house for each shift providing 24/7 care and support.**



**Our Registered Nurses, LPNs, CNAs, and Medication Technicians** work together with our community physicians and medical director to manage medical needs—ensuring residents receive the necessary clinical support and attention to maintain their health and well-being. There is a nurse and/or medication technician on every shift to support each floor/house.



**Our Well-Being Guides** design and implement engaging activities and programs tailored to meet the physical, cognitive, social and spiritual needs of our residents. From group activities to individualized sessions, they ensure a variety of enriching experiences that promote connection, creativity, and a sense of purpose. Volunteers also support our Well-Being Guides to bring additional joy and happiness to our residents.

# Your Admissions Team

Our team is here to help you throughout the process by providing the guidance and support you need. Our dedicated admissions team will answer your questions, address any concerns, and ensure this transition is as smooth as possible for you and your loved one.



## The Navigator

**Jordynn Sullivan, Director of Marketing & Admissions**  
[jordynn.sullivan@rph.org](mailto:jordynn.sullivan@rph.org)

The Navigator helps families chart a clear course through the complexities of memory care. Jordynn is your trusted guide through every step of the admissions process, walking with you through tours, assessments, appointments and paperwork. The Navigator ensures families have constant access to assistance when needed, and helps your loved one arrive safely and comfortably at their new home.



## The Stewards

**Barbara Bennett, Chief Financial Officer** | **Harjeet Kaur, Finance Director**  
[barbara.bennett@rph.org](mailto:barbara.bennett@rph.org) | [harjeet.kaur@rph.org](mailto:harjeet.kaur@rph.org)

The Stewards are here to help ensure that your loved one's care is not only exceptional but also financially secure. Barb and Harjeet work alongside families to verify the necessary resources are in place for a comfortable stay. With their support, you'll feel confident that your loved one's future is taken care of, allowing you to focus on what truly matters – their happiness and well-being.



## The Care Coalition

**Registered Nurse Case Managers** | **Nyasia Harvey, RN (Homestead)**  
**Marcia Kasper, RN (Cottage Grove)** | **Eva Freedman, RN (Creekstone)**

The Care Coalition is a dedicated team of nursing professionals committed to providing comprehensive assessments and personalized care for each resident. Our skilled nurses conduct thorough evaluations to understand each individual's unique health needs, ensuring that every detail is considered in their care plan. Together, they strive to create a nurturing space where residents can thrive and feel at home.



## The A-Team

**Administrators** | **Rebecca Pontera (Homestead)** | **Robert Faiola (Creekstone)**  
| **Kelley Cruise-Sheils (Cottage Grove)** |

Our Administrators are at the helm of each memory care community, steering the team with vision and purpose. As the leaders of our dedicated staff, each Administrator fosters a culture of compassion, teamwork, and excellence in care. They oversee all operations, from staffing and training to compliance and quality assurance, ensuring that every elder receives the highest standard of support and attention.



## RPH Admissions Process

Interested in making RPH your home? Below is an overview of our admissions process. The expected move-in timeline can range from 72 hours to 4 weeks, and all depends on how each “piece of the puzzle” comes together.



- 1 Review our pricing structures and schedule an in-person or virtual tour to see if assisted living and memory care services at RPH are a good fit for you or your loved one.
- 2 **YOU ARE HERE!** Once you have determined you are ready to move forward with RPH, complete and submit an application to [admissions@rph.org](mailto:admissions@rph.org). You will hear back within 24-48 hours if your application financially qualifies for your RPH community of interest.
- 3 Once your application is financially approved, an assessment is scheduled with an RN Case Manager to visit your loved one either at-home, at the hospital or their current facility. Nurses complete their assessment to determine if RPH can meet their care needs, then make a recommendation to the Administrator.
- 4 The family schedules an appointment with the applicant's current Primary Care Physician to complete a 3122 medical evaluation form (supplied by RPH). This form is only valid for 30 days. *\*Some families choose to complete the 3122 before the RPH Nurse's assessment to help expedite the process.*
- 5 Once the application, nurse assessment and 3122 medical evaluation are all submitted and approved, then RPH will present the family with a proposed Tier Level, House and Room at RPH.
- 6 Once accepted, a family will meet with the Administrator to complete pre-admission paperwork (must be completed by the applicant or their power of attorney). Payment is due upon paperwork signing, and a move-in is usually scheduled the following day. Once moved-in, an Administrator keeps in close contact with each family – keeping them up to date on how their loved one is doing.

# Each Piece of The Puzzle

The admissions process is like assembling a puzzle, with each piece playing a vital role in creating a complete picture. As you navigate this journey, you'll encounter several important components that work together to ensure a smooth transition for you or your loved one.

By collaborating closely with our admissions team, you'll help us put all the pieces in place. We're here to support you every step of the way, ensuring that all parts fit together perfectly for the best possible outcome.



## 1. Your Admissions Application

- a. Includes "**Personal Data Form**" - *Snapshot of resident profile information*
- b. Includes "**Sharing is Caring Form**" - *Snapshot of resident's life and care needs*
- c. Includes "**Financial Eligibility Form**" - *Full scope of resident's financial picture.*
  - i. To qualify for admission, individuals must demonstrate the ability to pay rent for at least three years.
  - ii. Financial Eligibility Form must include at least 3 recent statements, for each line item listed, that support the amounts that you have documented.
- d. Please submit your completed application to [admissions@rph.org](mailto:admissions@rph.org). Incomplete applications will have to be resubmitted and may cause delays in review.**

## 2. RPH Nurse's Assessment

Once your Admissions Application is financially approved, you will be connected with an RN Case Manager to schedule an assessment, either in the resident's home, the hospital, current facility, or at the RPH Community of interest. The nurse will complete a required "**Department of Health 4397 Form**" and submit to the Administrator for review.

## 3. Medical Evaluation (PCP, Hospital or Current Facility)

Once you are certain you are ready to move-in, please schedule an appointment to have a professional complete a required "**Department of Health 3122 Form**". This form is valid for only 30 days from the date of the exam, and expires if a resident does not move in within the 30-day timeframe. This form should be faxed or emailed to RPH.

## 4. Pre-Admission Paperwork

Once all of the pieces of your application have been submitted, an Administrator will review your "admissions package" to determine what placement will be most appropriate for your loved one. If you are ready to move forward with placement, then a meeting to complete "**Pre-Admission Paperwork**" is scheduled. This is where a security deposit, rent payment and residency agreement is signed and you receive the "keys" to your room.

# Full Admissions Checklist

Use this checklist to ensure you have everything YOU need to submit a complete application to RPH.

## REQUIRED:

- Personal Data Form
- Sharing is Caring Form
- Financial Eligibility Form and Detailed Supporting Documentation (3 statements for each line item/asset listed)
  
- Power of Attorney Documentation
- Identification (social security, driver's license, etc.)
- Insurance Cards (health, prescription, long-term care)
- Medicare Card
- COVID Vaccination Record (whether vaccinated or not vaccinated – needed for Department of Health records)
  
- Completed 3122 Form by PCP, Hospital or Current Facility
- Medications List, Diagnosis, PT/OT/Medical Notes, DME and Vaccination History Sent to RPH by Doctor's Office or a Social Worker

## HIGHLY RECOMMENDED:

- Health Care Proxy
- Anatomical Donor Card
- MOLST Form
- Living Will
- DNR Authorization Form





## Move-In Checklist

Use this checklist to ensure you have everything needed before move-in day.

### REQUIRED:

- All current medications and treatments in their original containers  
*\*Pre-filled pill boxes can not be used*
- Undergarments (underwear, socks, bras, etc.)
- Incontinence products (depends, bed pads, etc.)
- At least 7 days worth of clothing (day and night wear)
- Shoes and/or slippers
- Toiletries and other personal hygiene items
- Outerwear (coats for all seasons)

### HIGHLY RECOMMENDED:

- Label clothing by first initial and last name
- Bring hangers
- Laundry and wastepaper baskets
- Clock
- Photos and other personal items that bring comfort
- Fitted bedspread, comforter and throw blankets
- Pillows
- Extra towels, washcloths and linens



# 100 years

Leading The Way In Memory Care Since 1925

For assistance with admissions, please call Jordynn Sullivan  
at (585) 235-9100 ext. 104 or email [jordynn.sullivan@rph.org](mailto:jordynn.sullivan@rph.org)



## Cottage Grove

44, 46, 48, and 50 Cottage Grove Circle  
North Chili, NY 14514  
(585) 594-8720

**Administrator:** Kelley Cruise-Sheils  
[kelley.cruise-sheils@rph.org](mailto:kelley.cruise-sheils@rph.org)



## Creekstone

10, 20, 30, and 40 Crossing Creek Drive  
Fairport, NY 14450  
(585) 223-0160

**Administrator:** Rob Faiola  
[robert.faiola@rph.org](mailto:robert.faiola@rph.org)



## Homestead

256 Thurston Road  
Rochester, NY 14619  
(585) 235-9100

**Administrator:** Rebecca Pontera  
[rebecca.pontera@rph.org](mailto:rebecca.pontera@rph.org)