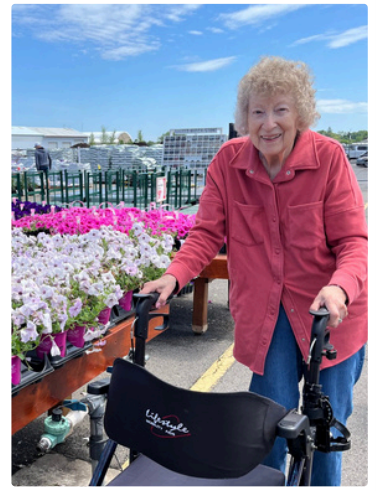


# Experience Life At Rochester Presbyterian Home



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

Information about the RPH Memory Care Communities:



**Rochester**  
Presbyterian Home  
Cottage Grove



**Rochester**  
Presbyterian Home  
The Homestead



**Rochester**  
Presbyterian Home  
Creekstone



**THE HOMESTEAD (Rochester)**  
Starting at \$5,830

The Memory Care Residences at



**COTTAGE GROVE (North Chili)**  
Starting at \$8,670

The Memory Care Residences at



**CREEKSTONE (Fairport)**  
Starting at \$9,320



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

## WHERE YOU LIVE MATTERS...

For more than 100 years, Rochester Presbyterian Home (RPH) has been helping elders live with comfort and contentment. RPH has three memory care communities in Monroe County, offering a comprehensive range of supportive services tailored to the unique needs of each resident. Our communities offer care ranging from assistance with daily living activities to enhanced specialized memory care for individuals living with dementia and other cognitive impairments.

At Rochester Presbyterian Home, we are committed to fostering a warm, compassionate, and engaging environment where elders are cared for like family. Through a mindful, person-centered approach, we encourage residents to experience wellbeing, maintain dignity, and enjoy meaningful lives filled with purpose and joy.

Our communities are conveniently located in Rochester, Fairport, and North Chili. Monthly pricing varies based on the community selected and the level of care required. Memory care services range from \$5,830 to \$11,580 per month.

See last page for pricing.

Learn more at [rph.org/our-communities](http://rph.org/our-communities)

# How You Live Matters More

*Rochester Presbyterian Home is a place where life flourishes and people thrive.*

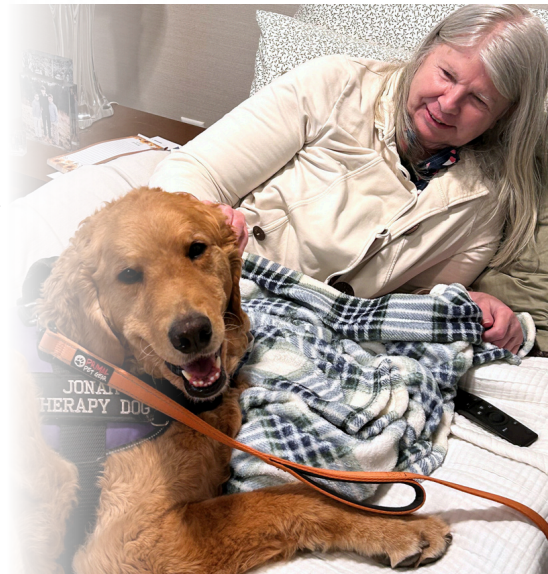


## Companionship and Connection

Loneliness has no place at RPH. With friendly faces, caring staff, and an abundance of loving companionship 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 at RPH.

## A Place to Call Home

Our community doesn't just feel like home, it is home! RPH is a place where elders are cared for, cherished, and empowered to live life to the fullest. With comfortable indoor and outdoor spaces, pets, plants, and cozy corners, we cultivate an atmosphere that nurtures both body and spirit.



Pets are allowed!  
Ask your admissions counselor for more information.



## Holistic Care, Compassionate Support

While ensuring the highest level of quality care, we believe in caring for the whole person—not just managing a person's health, but celebrating their life.

Our dedicated team of caring professionals supports residents, empowering them to stay active, engaged, and fulfilled.



## Embracing Dignity and Independence with



RPH is proud to be certified as Eden Alternative residences. This certification reflects our deep commitment to honoring the individuality of each person who lives in an RPH community. 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 loneliness, helplessness, and boredom that often affects older adults. Instead, we foster meaningful relationships, purposeful activities, and a sense of community that allows each individual to flourish in their own way in their home.

## The 10 Principles of The Eden Alternative Philosophy

1. Combating the Plagues – Loneliness, helplessness, and boredom are the main causes of suffering for elders. These plagues have no place in our homes.
2. Creating a Caring Community – Close, meaningful relationships between residents, staff, and families are vital to 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.



## Our Professional Care Team

Our **Shahbaz, or Care Partners**, provide elders personalized support with the activities of daily living, engaging activities, meal service, housekeeping, and laundry ensuring resident's comfort, wellbeing, and quality of life. Our specially trained staff ensure residents receive the compassionate and personalized care they need while maintaining residents dignity and independence. While providing 24/7 care and support.

Our **Registered Nurses, LPNs and Medication Technicians** work together with your primary care physician to manage medical needs and ensure 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 provide support and medication management 24/7.

Our **Engagement Team** plans activities and programs tailored to meet the physical, cognitive, social and spiritual needs of residents. From group activities to individualized sessions, they offer a variety of enriching experiences that promote connection, creativity, and a sense of purpose. Volunteers support our programs to bring additional joy and happiness to our residents.



# Private Rooms & Personalized Services



*The Memory Care Residences at*

## Cottage Grove & Creekstone

*Ranch Style Homes built in 2009 & 2016*

Large Private Bedroom

Attached Full Bathroom

Open floor plan with great room, dining area and kitchen.

In-house laundry and housekeeping.



## The Homestead

*Original campus built in 1927, additions in 1960's*

Private Room with Attached Half Bathroom

Private Shower Rooms on Each Household

Apartment style Residential Community with 4 households, gathering spaces, congregate dining rooms, and serving kitchens on each household

Chapel, Assembly Room and Restaurant Style Dining Room.



## Other Services & Amenities

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

# Additional Services Available

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



## RPH Transportation

**\$35 per appointment**

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



## Appointment Escorts

**\$35 per hour**

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



## On-site Salon Services

**Pricing varies by service**

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



## Special Events/Activities

**Pricing varies by event**

Special outings for 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.



## Home Phone Services

**Complimentary**

Call your RPH Community anytime to reach your loved one by phone.



## 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**

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

\*Included at no charge - Cottage Grove & Creekstone



## 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

**Payment 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 Homestead (Rochester)**

Elders can purchase snacks, candy, toiletries, books, games and more from the store. Purchases will 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. Reservations are required, please call your administrator to arrange.



## Pet Care Services

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

RPH staff assists in the care of small dogs and cats. 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



# Activites & Engagement



**Activities are guided by Shahbaz/Care Partners and the Engagement Team!**

**Activities include arts and crafts, exercise, painting, singing, dancing, games, trivia, fitness, puzzles, movies, sports, gardening, religious services, intergenerational events, and more!**

- 3-5 activities scheduled daily
- LIVE entertainment 3-5 times a month
- Bus trips/outings to community events and activities
- Socials and holiday parties
- Activities tailored to elders' strengths and interests
- Activity calendars customized for each household
- RPH chaplain and community volunteers offer religious services and programming



**Follow our social media for photos of the latest activities & outings!**

Photos and videos of activities are posted weekly on our social media platforms for family & friends to follow and see all of the fun that is happening!



View Monthly  
Activities Calendars at:  
[rph.org/activites](http://rph.org/activites)



# The Dining Experience

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

Appetites and taste preferences often change as we age. Our executive chef crafts a diverse dietician approved menu that pleases the senses and satisfies every palate. Our sous chefs work in our kitchens to prepare the meals, with fresh, locally sourced ingredients. Our dining services and care partner team members team serve beautifully plated meals to each elder in our dining rooms.

We can accommodate special diets - vegetarian, gluten-free, low-salt, diabetic, etc. We can also modify textures to meet individual needs. We become knowledgeable of individual preferences and responsive to individual requests.

## Meet Chef David Kasper: Director of Dining Services

Recognized as the American Culinary Federation (ACF) Rochester's 2025 Chef of the Year, Chef Dave Kasper leads the dining experience at all three RPH communities.

He brings extensive culinary leadership to RPH, having served as Chairman and Past President of the Professional Chefs of Rochester. Chef Dave holds several distinguished credentials, including Certified Executive Chef (CEC), Certified Culinary Administrator (CCA), and Worldchefs Certified Executive Chef (WCEC).

Recently inducted into the American Academy of Chefs—ACF's prestigious honor society, RPH is proud to have Chef Dave's leadership in our kitchen creating nutritious meals for all to enjoy.



Guests can dine with residents for a modest donation!

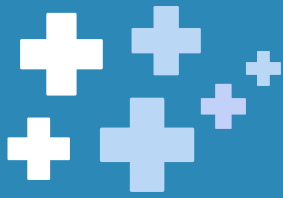
# Sample Menu

Our menus change every week - providing a diverse selection of delicious food! Outside of our weekly menus, we accommodate specialized diets such as: vegetarian, no concentrated sweets, no added salt and other dietary, cultural and religious meal preferences.

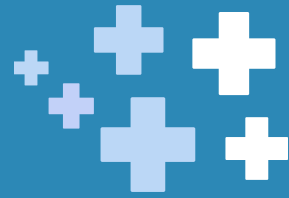
In keeping with the Eden Philosophy, residents direct their own dining experience. When the featured meal is not desired, additional menu choices are offered to support preferences enjoyment and dignity.

<b>Mid-Day Meal</b> 12pm or 12:30pm	<b>Supper</b> 5pm or 5:30pm	<b>Vegetarian</b>
<ul style="list-style-type: none"> <li>• Chicken Parmesan</li> <li>Braised Cubed Steaks with Tomatoes and Onions                             <ul style="list-style-type: none"> <li>• Pasta with Marinara Sauce</li> <li>• Italian Green Beans</li> <li>• Caesar Salad</li> <li>• Tiramisu</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Tuna Salad on Whole Wheat Wrap</li> <li>• Sliced Tomatoes</li> <li>• Peaches</li> <li>• Oatmeal Raisin Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetarian Chicken Parmesan</li> <li>• Meatless Crab Cake with Cocktail Sauce</li> </ul>
<ul style="list-style-type: none"> <li>• Cheese Ravioli with Meat Sauce</li> <li>• Garlic and Herb Pork Chops</li> <li>• Roasted Red Potatoes</li> <li>• Buttered Peas</li> <li>• Mandarin Oranges</li> <li>• Peach Cake</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey and American on Sour Dough Bread</li> <li>• Sweet Potato Tots</li> <li>• Fruit Cocktail</li> <li>• Chocolate Chip Brownie</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Ravioli with Marinara Sauce</li> <li>• Grilled Cheese on Sourdough</li> </ul>
<ul style="list-style-type: none"> <li>• Baked Salmon Dijon</li> <li>• Turkey-Noodle Casserole</li> <li>• Buttered Rice Pilaf</li> <li>• Roasted Baby Carrots</li> <li>• Baby Beef and Onion Salad</li> <li>• Warm Apple Crisp</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Ham and Brie Cheese on a Croissant</li> <li>• Israeli Cous-Cous Salad with Craisins</li> <li>• Ice Cream Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>• Rigatoni Pasta with Artichokes, Tomatoes, and Fresh Mozzarella</li> <li>• Meatless Chicken Strips over Greek Salad</li> </ul>
<ul style="list-style-type: none"> <li>• Swiss Style Veal (Mushroom Cream Sauce) with Hash Brown Potatoes</li> <li>• Vegetarian Lasagna with Garlic Bread</li> <li>• Roasted Zucchini with Tomatoes</li> <li>• California Vegetables</li> <li>• Flourless Chocolate Cake</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey, Bacon, and Green Onion</li> <li>• Egg Bake Hollandaise Sauce</li> <li>• Minestrone Soup</li> <li>• Tater Tots</li> <li>• Diced Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Veggie Burger</li> <li>• Meatless BBQ Beef Strips on a Bun</li> </ul>

*Our mid-day meals are the largest meal of the day to help support digestive needs.*



# Health Services



## Personalized Medical Care

Personalized medical care is available on-site at each RPH Community. Residents may choose to receive care from UR Medicine Geriatrics Group (URMGG) at The Homestead and The Memory Care Residences at Creekstone, or Unity Geriatric Associates at The Memory Care Residences at Cottage Grove. Residents may also continue with their established primary care provider in the community if they prefer.

Medical providers are valued members of the wellness team and collaborate closely with on-site RNs and LPNs. Through regular visits to our communities, medical providers support the assessment of health needs and promote each resident's overall wellness, comfort, and goals of care.

## Prescriptions

RPH uses HealthDirect Pharmacy provides reliable medication and medical supply deliveries 24/7, ensuring residents have continuous access to their pharmacy. With a commitment to quality and safety, our team works closely to manage medication regimens and address any concerns. This pharmacy partnership helps maintain residents' health and well-being without disrupting daily life, or placing unnecessary burdens on family members.

## Enhanced Memory Care Services

Our enhanced care services are designed for residents living with advanced dementia and increasing personal care needs, providing compassionate, individualized support as needs evolve.

Services include assistance with mobility (including mechanical lift and 1–2 person transfers), personal care and incontinence support, catheter and colostomy care, comprehensive medication administration by licensed nurses, oxygen therapy management, and diabetes support including insulin and blood glucose monitoring. We also provide ongoing skilled nursing oversight, physician coordination, and end-of-life comfort care in collaboration with hospice services.

This level of care ensures safety, dignity, and comfort in a secure and supportive environment.



Hospice services are available  
when the time draws near.

# Your Admissions Team

Our team is here to help you throughout the admissions process by providing guidance and support. 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.

*For all communication related to Admissions, please email: [admissions@rph.org](mailto:admissions@rph.org)*



## The Navigator

RPH Marketing Team: Director of Marketing  
[admissions@rph.org](mailto:admissions@rph.org)

The Navigator helps families chart a clear course through the complexities of memory care and assisted living. Our Marketing Director is your trusted guide through every step of the pre-admissions process - walking with you through tours, assessments, appointments and paperwork. The Navigator ensures your questions are answered.



## The Stewards

Finance Department: Chief Financial Officer & Finance Team

The Stewards are here to help ensure that your loved one's care is not only exceptional but also financially secure. The Finance Department works with 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 Nurses & Social Workers

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



## The A-Team

Administrators

The 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

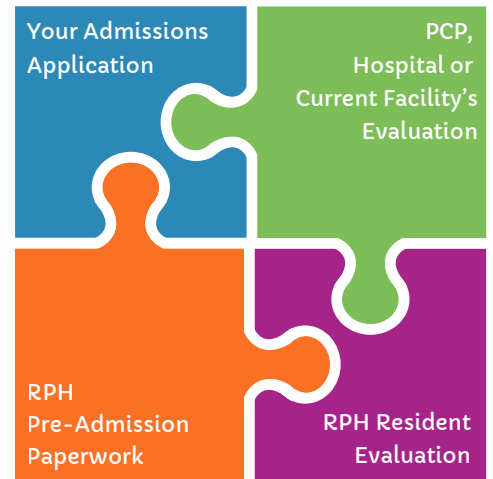
Interested in making RPH your home?

Below is an overview of our admissions process. The expected move-in timeline varies, depending on how each “piece of the puzzle” comes together.

- 1 Review our pricing (located on the back cover) and schedule a tour to see if the memory care services at RPH are a good fit for you and your loved one.
- 2 Once you have determined you are ready to move forward with RPH, complete and submit the application to [admissions@rph.org](mailto:admissions@rph.org). Please be sure to completely fill out all three parts of the application and include three months of financial statements and a copy of financial POA document. Send to [admissions@rph.org](mailto:admissions@rph.org).
- 3 Schedule an appointment with the applicant’s current Primary Care Physician to complete a DOH 3122 medical evaluation form (supplied by RPH). This form is only valid for 30 days. Submit to [admissions@rph.org](mailto:admissions@rph.org) or via fax 585-235-1315.
- 4 Once your application is financially and medically approved, an in-home assessment is scheduled with an RN Case Manager or Administrator to visit your loved one wherever they currently are - home, hospital or other location. This evaluation is completed to confirm that RPH can meet the individual’s care needs.
- 5 Once the application, resident evaluation and 3122 medical evaluation are submitted and approved, RPH will determine the level of care needed and offer a room for the prospective resident.
- 6 Once accepted, the community Administrator will meet with the resident’s POA to complete pre-admission paperwork and sign the Residency Agreement. Payment is due upon paperwork signing, and the move-in is usually scheduled for the following day. Once moved-in, the Case Manager and Administrator remain in contact with each family - keeping them up to date on how their loved one is doing.

# Each Piece of The Admissions 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 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 Completed Admissions Application (Elder & Family Complete)

- a. Includes **"Personal Data Form"** - Snapshot of resident profile information.
- b. Includes **"Financial Eligibility Form"** - Full scope of resident's financial picture.
  - i. To qualify for admission, residents must demonstrate the ability to pay rent for 3 - 5 years. Assests must be in the name of the resident. We do not consider family guarantors.
  - ii. Financial Eligibility Form must include at least 3 recent financial statements, for each line item listed, that support the amounts that you have documented.
  - iii. Provide a copy of the financial POA document.
- c. Includes **"Sharing is Caring Form"** - Snapshot of resident's life, routines and care needs. Fill in every section. We want to know your loved one!

**Submit your completed application to [admissions@rph.org](mailto:admissions@rph.org). Fill in every section. Incomplete applications may cause delays in review.**

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

Once you are certain you are ready to move-in, please schedule an appointment to have a professional complete the 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 30-days. This form should be emailed to [admissions@rph.org](mailto:admissions@rph.org) or faxed to 585-235-1315 Attn Admissions.

## 3. RPH Resident Evaluation (RPH Schedules with Family)

Once your Admissions Application is financially and medically approved, you will be connected with a Case Manager to schedule an evaluation, either in the resident's home, the hospital, or current facility. The Case Manager or Administrator will complete the required Department of Health 4397 Evaluation Form.

## 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 service offering will be most appropriate for your loved one. If you are ready to move forward, 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 take possession of the room.

# Admissions Checklist

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

## Required:

- Personal Data Form **(Part 1 of the Application)**
- Financial Eligibility Form and Detailed Supporting Documentation **(Part 2 of the Application)**  
Include: three months of financial statements for each line item/asset listed
- Sharing is Caring Form **(Part 3 of the Application)**
- Completed 3122 Form from PCP, Hospital or Current Facility with Medications List, Diagnosis, PT/OT/Medical Notes, DME and Vaccination History sent to RPH by Doctor's Office or Social Worker
- Power of Attorney Documentation (POA) *required with application*
- Vaccination Records (Including COVID - needed for Department of Health records, whether vaccinated or not vaccinated)
- Copy of Resident Identification Card
- Copies of Insurance Cards (Health, Prescription, Long-term Care)
- Medicare Card

## Optional but Highly Recommended:

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





## 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>			
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: Cottage Grove</b>			
T2-3	Early-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: Creekstone</b>			
T2-3	Early-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 2-17 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