



## *Confident Choices*

Nelson Gables has been awarded the Confident Choices for Senior Leading Age of Minnesota.

This highly respected award recognizes Nelson Gables for their achievements in providing quality care and services that exceed basic compliance with federal and state law.



320-762-4310

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**Nelson Gables**  
by Knute Nelson  
1220 Nokomis  
Alexandria, MN 56308



# *Nelson Gables*

by KNUTE NELSON

## *Living Well*

Wellness programming is available to all of our residents, allowing them to continue to maintain, and even improve their personal wellness. A wide variety of classes are available.

- **SilverSneakers® Muscle Strength and Range of Movement**
- **Active Aging: Strength and Balance**
- **Active Aging: Movement and Cardio**
- **Active Aging: Gentle Movement**
- **Brain Fitness**
- **Well Balanced**

Our cardio and strength room provides access to a complete selection of exercise equipment. All of our equipment is adapted to be safely and effectively used by aging adults.

## *Social Engagement*

Residents enjoy many opportunities to get involved in a variety of events, hobbies and activities.

Weekly scheduled activities include a variety of options including Wii bowling leagues, Bingo, scrapbooking, gardening, and much more!

Special events and outings help keep our residents active and involved in our community. From fishing and boat rides through Let's Go Fishing, to shopping trips and dinner out, our residents have many options that keep them engaged!

## *Spiritual Care Programming*

We believe that spiritual care is a vital part of care. Our chaplain supports the faith of our residents, their families and staff.

## *Dining Experience*

Our residents enjoy three nutritious meals each day, provided in one of two beautiful dining rooms. In addition to multiple options for a balanced breakfast, residents enjoy restaurant-style dining, ordering from an à la cart menu for lunch and dinner, at no additional cost. This ensures each resident receives the nutrition needed to keep up an active, healthy lifestyle, while still choosing their favorite meals!

## *The Care You Need*

Nelson Gables provides a variety of services to our residents who need additional care or support. Standard services include:

- **On-site staff 24 hours a day**
- **Health clinic checks, including blood pressure, pulse and weight**
- **Coordination of care with health care professionals**
- **Membership to the Nelson Wellness Center and wellness programming**
- **RN supervision and oversight; on call availability**
- **Personal pendant emergency call system**
- **Nursing assessment**
- **Quarterly nurse visits**
- **Nurse coordination of appointments and transportation**
- **Nurse maintenance of clinical record information**

Additional services and care options are available. Each resident may customize the level of care they receive based on their personal needs and preferences.