

THE WATERS

SENIOR LIVING™

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The Waters Brings Innovative and Luxury Living to Highland Park

Centered on health, wellbeing and hospitality, The Waters redefines senior living and empowers residents to thrive

Saint Paul, Minn. – (Sept. 9, 2015) – Today, people recognize the importance of staying active, social, and productive at all stages of life. Shouldn't where we live reflect that vitality? At The Waters, individuals reside in an environment that encourages purpose, growth, and exceptional living. The Waters of Highland Park is owned by Senior Care Communities and managed by The Waters. All are welcome to visit at the Grand Opening on September 17th.

Opening in October, The Waters of Highland Park will offer apartments where residents can choose their lifestyle. The spacious lobby, restaurant, café, patio, and décor from Minneapolis-based, award-winning interior designer, Renée LeJeune Hallberg, is sophisticated, yet incredibly comfortable, reminiscent of a grand hotel. Everyday living is made easier through intentional design, including distinctive lighting, which promotes the body's natural daily rhythm of day and night.

The Waters recognizes that dining is one of life's great pleasures. As such, The Waters Restaurants caters to those who demand the fine cuisine they have come to expect in Twin Cities' restaurants. Serving healthy, fresh, wholesome ingredients, often locally sourced, diners enjoy meals cooked-to-order, from ever-changing menus prepared by in-house executive chefs. There is no sacrificing when it comes to a superb restaurant experience. For those seeking more casual fare, The Waters Café is also onsite.

Ambiance and food are just the beginning. The Waters of Highland Park hosts a variety of daily wellbeing activities. Programs, spa services, daily classes in the fitness center, a club room and landscaped patio are all at the ready. The goal is to help residents thrive, with a people-centered approach to learning and enrichment opportunities, weekly happy hours and regular excursions. The Waters prides itself on offering a perfect balance of engagement and privacy, where residents, their families and friends, can choose what they want, when they want it.

Senior Care Communities selected The Waters to develop this new community. "We are pleased to offer Saint Paul residents the best in senior living" said Richard Martin, board member of Senior Care Communities. "As a Saint Paul resident, I am proud we are bringing an excellent new neighborhood-based living option to Highland Park, with the operating standards The Waters is known for."

In 2012, Lynn Carlson Schell, CEO of The Waters, pioneered a partnership between The Waters and the University of Minnesota Center for Spirituality & Healing, one of the first of its kind. The resulting care philosophy is built on the Center's Wellbeing Model and is the very essence of The Waters. "We have raised the living standard," says Schell. "Seniors deserve to live a high-quality life in a beautifully innovative and inspiring atmosphere that they can proudly call home."

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“Our integrative approach helps our residents create a lifestyle that reflects their total self,” says Judy Peters, DNP, MSN, RN and Corporate Director of Health and Wellbeing. “Using innovation, best practices and research-based science, we promote wellbeing in everything we do.” Offering a full-range of living options—from Independent Living to Memory Care—residents have access to a range of services and support, if desired. In fact, The Waters has one of the highest nurse-to-resident ratios in the industry, with 24/7 registered nursing on site for its Memory Care, and, as needed, in home wellbeing services.

"Having grown up in Highland Park, I know how uniquely close-knit Saint Paul and its surrounding communities are," says Kathleen Conlan Joyce, Vice President of Construction and Design for The Waters. "We're proud to have built a wonderful living community so that area residents can stay in the neighborhood they've lived in for so many years. When they are ready to downsize, seniors no longer have to leave Saint Paul."

In celebration, a Grand Opening event will be held Thursday, Sept. 17, from 4 to 7 pm, at The Waters of Highland Park, 678 Snelling Avenue South, in Saint Paul. The public is invited to take self-guided tours of the building, visit apartments, sample the restaurant and experience The Waters' therapeutic care. Valet parking is available at the community. To learn more about The Waters, and how it is redefining senior living, visit www.thewatersseniorliving.com.

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About Senior Care Communities (SCC)

A Minnesota non-profit organization, Senior Care Communities, Inc. develops owns and maintains quality senior housing and services. Founded in 1995, SCC's mission is to house and care for senior residents and engage them, their families and the broader community through programming, partnerships and funding charitable endeavors. The annual SCC Golf Tournament raises funds for staff scholarships and to enhance resident programs. Senior Care Communities has established quality living environments in Minneapolis, Eden Prairie, Woodbury and Forest Lake. The Waters of Highland Park is the latest expansion of their portfolio. For more information on Senior Care Communities, their mission and communities, visit www.seniorcarecommunities.org.

About The Waters

Minnetonka, Minn.-based The Waters Senior Living LLC is an owner, operator, and developer of distinctive senior communities in Minnesota. The company mission is to create communities that thrive – for residents, families and team members. Their communities offer an innovative suite of personal services and amenities, developed in partnership with the nation's foremost thought leaders, including the University of Minnesota Center for Spirituality & Healing. Seven communities, encompassing over 900 units, are in operation, construction or under development (Edina, Minneapolis, Plymouth, Rochester and Oakdale.) The Waters of Highland Park is opening in October followed by The Waters of White Bear Lake in Spring, 2016. To learn more about The Waters, and how it is redefining senior living, visit www.thewatersseniorliving.com.