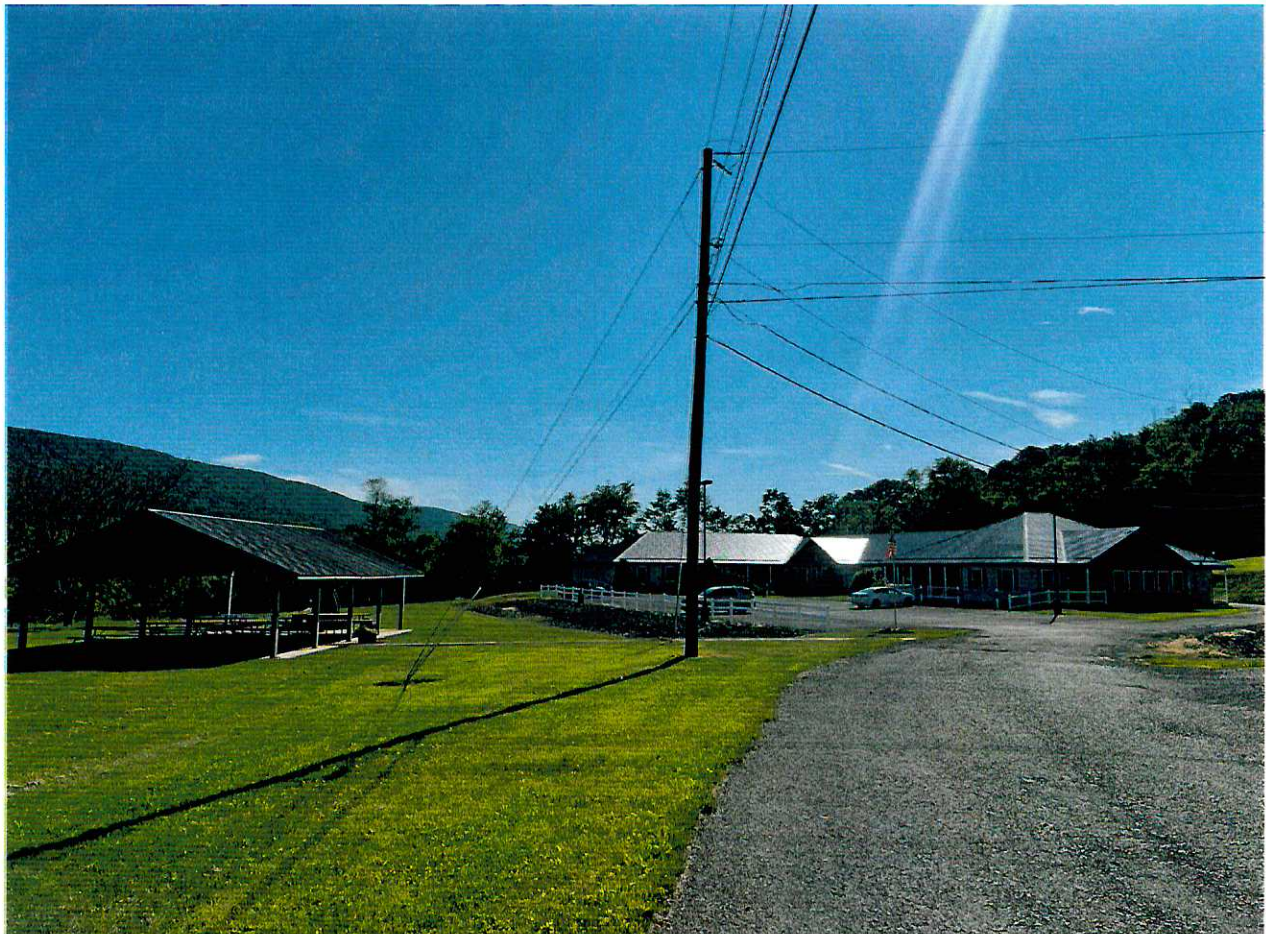




At North Ridge Center, we believe that every resident deserves to maintain their independence, dignity, and quality of life—while knowing that compassionate, dependable support is always close by. Nestled at the base of Shade Mountain, our personal care home offers a comforting, home-like environment where your loved one will be treated like family.

We serve as a cost-effective alternative to traditional nursing home care, offering a caring community where each resident receives individual attention and a customized care plan. Whether your loved one needs help with daily tasks or just wants to enjoy the company of others in a safe and welcoming setting, we're here to help.

Our team is committed to providing the highest standard of personal care in a warm and respectful environment. We invite you to come visit and see the North Ridge difference for yourself.





### **What Makes Life at North Ridge So Special?**

- **Comfort and Privacy:** Each resident enjoys a private room with a private bath, personal climate control, and access to cable TV and telephone.
- **Delicious, Home-Cooked Meals:** Served “family style” three times daily, plus snacks—with accommodations for special physician-ordered diets.
- **Personalized Care:** Assistance with medication, personal hygiene, and health monitoring based on individual needs. Our certified staff is trained in diabetic care, CHF protocols, and medication management.
- **Around-the-Clock Staffing:** 24/7 safety and support for peace of mind.
- **Daily Housekeeping and Laundry:** We keep living spaces fresh and comfortable so residents can relax and enjoy their day.
- **Vibrant Social Life:** A dynamic calendar of activities, regular outings, and seasonal family events to keep residents engaged and connected.
- **On-Site Amenities:** Beauty and barber salon services, podiatry care, and more—all available right at home.

### **Daily Schedule Includes:**

**Breakfast at 8:00 AM**

**Lunch at 12:00 PM**

**Dinner at 5:30 PM**

**Evening Snack at 8:00 PM**



**North Ridge Center partners with SPARTAN Longterm Care Solutions (LTC).  
This service brings outstanding medical care to our home. See below for  
more information about the service.**

Welcome to SPARTAN Longterm Care Solutions (LTC),

The Spartan LTC team is a dedicated group of 30 providers, comprised of top-notch physicians, physician assistants and nurse practitioners.

Our mission (what we do) is to **provide cutting-edge medical care to long-term care facilities and residents through technology, evidence-based practices and compassion.**

Our vision (our future) is to **become a national leader in medical care through care algorithms and use of technology to benefit our patients.**

Within my Primary Care Practice, we have the opportunity to care for a diverse population of patients. We provide care to patients in Skilled Nursing Facilities, Assisted Living Facilities and Personal Care Homes. While providing residents with the high level of care and attention needed, we realized that there was a unique opportunity to help not only improve patient care, but to also help facilities with expanded services (e.g. nocturnal call, scheduled provider visits, wellness programs and palliative care). Spartan LTC was born out of that realization.

We work closely with the administrators of your facility. With their approval, you will soon have access to our entire team of medical professionals in the convenience of your own room. Depending on your insurance, you can maintain the care of your regular primary care doctor, but also utilize our providers for regular checkups, urgent needs, medications and answering of family questions.

The Spartan LTC program encompasses a number of programs that allow us to better care for patients with increased visits, nurse interaction, and involvement with the care plan to provide customized care for each patient. When looking at the responsibilities of a medical director, we identified a number of critical factors interwoven with that responsibility:

- **Physician accessibility**
- **Nocturnal call, including Weekends & Holidays**
- **Understanding quality improvement measures**
- **Consistent care protocols**

Like most things in healthcare today, we utilize technology, tele-medicine, diagnostic tools and a defined clinical protocol. The key to the Spartan program, however, is the realization that it takes time, effort and staff to care for patients. We do this without adding to your bottom line. This is how we can help both patients and your facility.

We look forward to discussing how SPARTAN LTC can help manage your patient care!

Best Regards,

*Brandon Reiser* M.D., CEO



**SPARTAN Longterm Care Solutions**

33 Beaver Drive • Dubois, Pa. 15801

814-360-8218 • [info@spartanltc.com](mailto:info@spartanltc.com) • [www.SpartanLTC.com](http://www.SpartanLTC.com)

# FEE SCHEDULE

## Room Options

**\*\*Each Room comes with a Private Bathroom, Spacious Closet and individually controlled heating and cooling.**

### **Private Room – \$95.00/day**

- ~238 sq. ft. of living space

### **Deluxe Private Room – \$100.00/day**

- 2 options ~293 or ~320 sq. ft. of living space

### **Semi-Private / Double Room – \$75.00/day**

- Accommodates two residents
- Two spacious closets
- Ideal for couples

## **Included Services**

- Comfortable room accommodations
- Three daily meals (special diets accommodated)
- Evening snack service
- Personalized care planning
- Housekeeping and laundry service
- Daily activity programming
- Medical appointment scheduling
- Medication administration and monitoring

# FEE SCHEDULE

## ADDITIONAL SERVICES (*Charged Separately*)

- Enhanced bathing, dressing, and hygiene care (per Level of Care Chart)
- Transportation (requires 2-week advance scheduling)
- Beauty and barber services
- Private in-room telephone
- In-room cable television
- Guest meals and off-site activities
- Quarterly podiatry visits for preventive foot and nail care

## SUPPLIES

Residents are responsible for the following personal items (staff can assist with sourcing covered items through insurance or Medicare when eligible):

- Personal hygiene products (toothbrush, shampoo, razors, etc.)
  - Medical supplies (gauze, syringes, testing strips, etc.)
  - Ostomy or urological supplies (catheters, collection bags, etc.)
  - Incontinence supplies (briefs, pads, wipes, etc.)
- 

## MEDICATIONS

Medications are provided through **McLaughlin Pharmacy**. Residents are responsible for all medication costs (prescription and over-the-counter). If a resident opts for a mail-order or local pharmacy, they or a family member must manage all refills. Facility staff assist with refill coordination for those using the in-house pharmacy.

# FEE SCHEDULE

## LEVEL OF CARE CHART & CHARGES

### Level 1 – No Additional Charge

- Minimal assistance with daily living tasks
- Self-care for oxygen, colostomy, or urinary catheter

### Level 2 – \$5.00/day

- Moderate assistance with personal hygiene, showering, and ambulation
- Verbal cueing for Alzheimer's/Dementia
- Stress incontinence or oxygen/catheter maintenance by staff

### Level 3 – \$7.00/day

 *Residents requiring Level 3 care will be transferred to a higher-level facility.*

- Total assistance with daily living, ambulation, and hygiene
- AM/PM care support
- Moderate Alzheimer's/Dementia requiring frequent direction
- Incontinence management 2–3 times daily

---

### Assessment Process

All residents are assessed before admission and reviewed quarterly thereafter. Should a resident's needs become too complex, North Ridge Center will support a safe transition to a more appropriate care setting.




## Sample Menu

<b>North Ridge Center Personal Care Weekly Menu</b>							
	6/1/25	6/2/25	6/3/25	6/4/25	6/5/25	6/6/25	6/7/25
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Cold Cereal Banana half Fruit Juice	Fruit & Yogurt Parfait Fruit Juice Toast	French Toast Sausage Links Fruit Juice	Bagel & Cream Cheese Bacon Fruit Juice	Cold Cereal Banana half Cinnamon Toast Fruit Juice	Egg Over Easy on Toast Orange Slices Fruit Juice	Blueberry Muffin Banana Half Fruit Juice
<b>Lunch</b>	Turkey w/gravy Mashed Potatoes Stuffing Corn Apple Pie	Grilled Hamburger Pasta Salad Corn on the Cob Strawberry Pretzel Salad	Beef Tips & Gravy over noodles California Medley Angel Food Cake	Salmon Loaf Cheesy Scallop Potatoes Cucumber/ Tomato salad Sherbert	Bacon cheddar Chicken Ranch Salad Applesauce Blueberry Buckle Cake	Ham, Greenbeans & Potatoes Fruity Ginger Ale Jello Homemade Banana Bread	Tuna Noodle Casserole 7 Layered Salad Sliced Red Beets Hot Fudge Sundae
<b>Dinner</b>	Ham & Cheese Sandwich Apple Slices w/ PB Pickle Spear chips	Italian Hoagie Fruit Cocktail Sun Chips	Breaded Shrimp French Fries Apple Sauce	BLT Mandarine oranges Mini Eclairs	Hot Dog Baked Beans Deviled Egg Cantaloupe	Turkey Sandwich Coleslaw Peaches	Popcorn Chicken Kraft Mac & Cheese Diced Peaches

Week 1

## Sample Activities Calendar

<b>NORTH RIDGE CENTER PERSONAL CARE</b>						
<b>June</b>						
		<b>2025</b>				
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1. Church w/ Cocolamus Mennonite	2. 9:30- FOOT SPA throughout the day	3. Hair Salon 9:30- Brain Game 1:30- Joyride & Ice Cream	4. 9:30- Exercise 10:00- Pastor Shoupe 1:30- Dominos	5. Hair Salon 9:30- BINGO 1:30- Doll Hospital "Foot Doctor @ 1 PM"	6. 9:30- Exercise Bingo 10:30- Lucky Dog 1:30- Bags	7. 9:30- Exercise 10:30- Window Boxes 1:30- Window Boxes (cont'd)
8. Church w/ Gary Kraybill "Neimonds Jr High- 6:15PM"	9. 9:30- Bible Study 10:00- Exercise 10:30- Abundant Blessings 1:30- Diary Day	10. Hair Salon 9:30- Clay Window Box Decor 1:30- Bible Study w/ Ron Landis	11. 9:30- Exercise 10:00- Cover All 1:30- Uno	12. Hair Salon 9:30- Flip Flop Days 1:30- Our Dads "Happy Birthday David"	13. 9:30- Hymns of Faith 1:30- BINGO	14. 9:30- Exercise 10:00- Name 3 1:30- Minnesota Golf "150" "Winner gets a prize"
15. Church w/ Clay M.	16. 9:30- Bible Study 10:00- Exercise 10:30- T or F 1:30- Roses	17. Hair Salon 9:30- Bathroom Organizer 1:30- Joyride & Ice Cream "Happy Birthday Carol"	18. 9:30- Exercise 10:00- Bowling 1:30- BINGO	19. Hair Salon 9:30- Candy Store 1:30- Eagle craft	20. 9:30- Meals on Wheels Community Project 1:30- Meals on Wheels (cont'd)	21. "North Ridge Family Picnic" 
22. Church w/ Barb & Will	23. 9:30- Bible Study 10:00- Exercise 10:30- Take Me Out To The Ballgame 1:30- BINGO "B. Men's Choir @ 6:30 PM"	24. Hair Salon 9:30- Mixed Media Art 1:30- Mixed Media Art (cont'd)	25. 9:30- Exercise 10:30- Matching Game 1:30- 4 <sup>th</sup> of July Craft	26. Hair Salon "OUTING" Walmart & Harshbergers	27. 9:30- Hymns of Faith 1:30- Outdoor Games	28. 9:30- Exercise 10:30- Charades 1:30- Balloon Volleyball
29. Church w/ Clay M.	30. 9:30- Bible Study 10:00- Exercise 10:30- Reminisce 1:30- Birthday Party					

**Our facility has Free Wifi throughout the building and Television services available in each room.**

**Below is the Channel Guide for your reference.**

Channel	Station
2	Community Channel
3	CBS - WHP
4	ABC - WHTM
5	NBC - WGAL
6	FOX - WPMT
7	PBS - WITF
8	CW - CW
9	FREEFORM
10	A&E
11	AMC
12	ANIMAL PLANET
13	HEADLINE NEWS
14	HALLMARK
15	DISCOVERY
16	HISTORY
17	TCM
18	RFD-TV
19	LIFETIME
20	NICKELODEON
21	TBS
22	TLC
23	TNT
24	TV LAND
25	USA
26	WEATHER
27	CNBC
28	GSN
29	LIFETIME MOVIES
30	ESPN
31	FOX SPORTS 1
32	BIG TEN
33	TRAVEL
34	INSPIRATION





99 Northridge Drive  
McAlisterville, Pennsylvania 17049  
(717) 463-3413  
care@northridgecenterpa.com

### Application for Admission

The filing of this application does not constitute acceptance for residency. It is provided for purposes of information only.

**Date** \_\_\_\_\_

**Name** \_\_\_\_\_  
first - middle - last

**Sex** – M or F (circle)

**Date of birth** \_\_\_\_\_

**Address** \_\_\_\_\_  
street town state zip code

**Telephone #** \_\_\_\_\_

**Contact Person** \_\_\_\_\_

**Phone #** \_\_\_\_\_

**Relationship to Applicant** \_\_\_\_\_

**Recent hospitalizations/ nursing home admissions:** (list dates and reason for treatment)

Facility/Date - \_\_\_\_\_

**Room type preferred** – (please circle)      single      deluxe single      double

**Date of potential occupancy** - \_\_\_\_\_



Discover the Difference

**Financial status** (specify all income and assets involving the applicant)

Regular monthly income: Social Security - \_\_\_\_\_  
Retirement Pension - \_\_\_\_\_  
Railroad Pension - \_\_\_\_\_  
Veteran's Pension - \_\_\_\_\_  
Other retirement annuity - \_\_\_\_\_  
Interest - \_\_\_\_\_  
Rental Income - \_\_\_\_\_  
Other - \_\_\_\_\_

Cash Assets: regular checking account – \_\_\_\_\_  
Money market checking – \_\_\_\_\_  
Savings accounts – \_\_\_\_\_  
Certificates of Deposit – \_\_\_\_\_

Real Estate: type - \_\_\_\_\_ current value - \_\_\_\_\_  
type - \_\_\_\_\_ current value - \_\_\_\_\_  
type - \_\_\_\_\_ current value - \_\_\_\_\_

**Prepaid Burial Reserve** – Y or N (please circle)

Financial Institution where held - \_\_\_\_\_  
Dollar amount reserved - \_\_\_\_\_

**Health Insurance Information** – primary insurance - \_\_\_\_\_  
policy number - \_\_\_\_\_

secondary insurance - \_\_\_\_\_  
policy number - \_\_\_\_\_

**Prescription Coverage** - \_\_\_\_\_  
name of company

**Primary Care Physician** - \_\_\_\_\_

**Medical History/ Diagnosis** - \_\_\_\_\_

**Who has completed this application?** \_\_\_\_\_

COMMENTS:



## **ADMISSION POLICY**

### **Mission Statement:**

To provide quality care and support, in a safe and secure environment, while preserving the privacy and dignity of the individual.

### **Purpose:**

We are committed to providing quality housing, support services and personal care in a safe, secure assisted living environment that focuses on individual needs. Our goals include maintaining the privacy, respect and dignity of each senior resident. We use a holistic focus that encompasses the total needs of an individual, including; physical, emotional, mental and spiritual needs.

### **Who is eligible?**

Men and women who are 65 years of age or over at the time the application is filed. In cases of special need, admission may be made at a younger age.

### **Policy Statement of Non-Discrimination in Admission and Services**

It is the policy of North Ridge Center Personal Care to accept referrals, plan admissions, operate its facility and programs, and to provide care and services without regard to race, skin color, religion creed, disability, national origin (including limited English proficiency), ancestry, age, or sex.

**I certify that I have read the admission policy statement of North Ridge Center Personal Care or have had it explained to me, and apply for admission with the understanding that these conditions will apply as a resident in the facility.**

Applicant signature - \_\_\_\_\_

Date application received - \_\_\_\_\_