



This is Home.



**SHEPHERD
PREMIER**
Senior Living

Our Story

The Schwab family experienced the need for quality care first-hand back in 2008 when Robert “Bud” Schwab, Brandon and Jason’s grandfather, required 24-hour assisted living care following a stroke. Bud was admitted to a 100+ bed facility in Northern Illinois, and upon visiting their grandfather the brothers got their first experience with “big box” buildings. Cold, sterile hallways, fluorescent lights, and the unmistakable odor of...well, you know.

After settling in, the Schwab family experienced what a 1-to-20 caregiver ratio felt like. Despite their best intentions, caregivers simply couldn’t keep up. On one occasion, after a 30+ minute delay in responding to an incontinence situation, the brothers watched in horror as their grandfather turn red from embarrassment until a caregiver arrived. The conclusion: ***our seniors deserve better!***

Fast forward a few years to 2013, Brandon saw the residential senior housing model in action down in Florida. His father-in-law played the piano for area seniors in high touch, cozy homes and the lightbulb went off. This is what Bud Schwab deserved. Brandon decided to bring the residential care model to Illinois, which boasts the 7th largest senior population in America, and Shepherd was born!

Today, Shepherd has five operational homes in Northern Illinois and ambitious plans to take their senior care model coast-to-coast. No family should have to experience what the Schwab family did, and thanks to **Shepherd Premier Senior Living** they won’t have to.

When your family is ready for Shepherd, Shepherd is ready for you.



Shepherd Premier is senior living, served *family style*. Instead of feeling lost in a “big box” facility, your loved one can transition to one of our cozy residential homes to live and thrive amongst an intimate community of 10-15 seniors. They’ll feel a sense of belonging, safety, and comfort while continuing to find joy and meaning in life, regardless of age or health circumstance.

Family-owned since 2014, **Shepherd Premier** was created by the Schwab and Maskrey families to deliver a higher standard of care to area seniors. Led by their faith, the Shepherd team now operates five homes conveniently located around Northern Illinois.

We’re thrilled that you’re considering **Shepherd Premier**. To help with your decision, take a look at daily life here and discover why our residents say...

This is Home.



An Engaging Lifestyle

We take pride in creating a loving home that nurtures the mind, body and spirit of our residents.

Our activity director plans an array of opportunities to enjoy each week and we find that residents thrive in the small setting of boutique senior living. It’s more comfortable for most and they may even take part in more of the activities than they would have otherwise!

Our residents enjoy:

- Concerts featuring local musicians
- Movies
- Art projects
- Gardening
- Storytelling
- Exercise classes from chair ballet to strength training for seniors
- Outings for shopping, dining and local events

We also offer immersive, day-to-day activities in which residents take part alongside caregivers from shopping to helping fold laundry and more.

Healthy, Homemade Meals

Not only do residents enjoy three homemade meals that meet their individual dietary requirements, they dine together family-style in our homes on one of our signature, handmade farm tables! All meals are chef-prepared based on dietitian consultation. Plus, our caregivers are always on duty so your loved one can enjoy nutritious snacks and drinks whenever they like. All the comforts of home!



Top-Quality Caregivers

We are honored to be entrusted with the care of our residents and take that responsibility seriously. Each member of our team is hand selected and shares our values as well as our commitment to providing exceptional care in a loving home.

Perhaps the biggest difference - and greatest benefit - is our industry leading caregiver ratio. This sets us apart from the competition by allowing our caregivers to provide 24/7 personalized care and really “know” our residents in order to meet their individual needs and preferences. Doctors and nurses are a critical part of our clinical team, as well, overseeing each resident’s daily care plan as it is implemented by our CNAs and caregivers.

All of our caregivers undergo full background checks and complete Shepherd Premier’s own rigorous program that includes training for:

- Medication management
- COVID-19 prevention and visitation procedures
- Ambulating and transferring
- Special diet and services for diabetics
- Assistance with Activities for Daily Living
- Assisted Living

Our homes are licensed for assisted living for residents who need support with activities of daily living such as dressing, personal care and mobility.



All the Comforts of Home

Shepherd Premier homes are specially crafted to feel just like home, but with special features to make life easier and more meaningful. None of our homes have more than 16 residents yet offer at least 4,000 square feet of living space!

The moment you walk in you’ll feel the familiarity and comfort; from the décor to the cozy living room to the family-style dining table and mouthwatering aromas from the open kitchen. Your loved one also has the choice of a private or semi-private bedroom and we have ADA accessible bathrooms.

But the smaller setting doesn’t mean residents lack for amenities. Our homes also provide laundry and cleaning services, cable, Wi-Fi, transportation and safety features such as fall alert pendants, state-of-the-art video monitoring and keypad entry/exit access.

Our homes are located on rural roads in residential neighborhoods that are in the heart of vibrant yet small-town Midwestern communities. The setting is perfect for relaxing in the sun, enjoying some fresh air and hosting family barbeques in beautiful outdoor landscapes.

***But that’s enough talking about our homes.
Turn the page to see for yourself!***

Shepherd of Bull Valley

**1001 Cherry Valley Road
Bull Valley, IL 60050
(847) 750-5411**

At **Shepherd of Bull Valley**, residents and visitors alike will fall in love with the sweeping valley vistas, the profusion of wildflowers, the certainty of seeing wild animals and birds of all kinds, and the landscaped grounds of this impressive estate.

- 16 beds available
- Situated on 34 wooded acres
- 18,000 square feet of rustic living space
- Movie room, Grand Fireplace, Olympic-sized swimming pool



Scan here to take
a virtual tour.





“This is a beautiful home for my mom to live in. It is always clean and well kept. The caregivers are very kind and helpful. At times they have gone above and beyond their expected duties! Shepherd Premier has the feel of a home and not a facility. I would highly recommend it for your loved one.”

– Lisa Gates



Shepherd of Crystal Lake

**5430 E. Hillside Road
Crystal Lake, IL 60012
(847) 750-5411**

At **Shepherd of Crystal Lake**, you will be greeted by landscaped grounds and colorful wildflowers on the winding drive up to this quaint, well-appointed farmhouse on the hill. Conveniently located near numerous local parks – Wingate Prairie Nature Preserve and local shopping centers – you won't run out of exciting adventures inside or out!

- 12 beds available
- 4,850 square feet situated atop 5 rolling acres
- Residents can often be found cozying up next to the beautiful, stone fireplace



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a virtual tour.**





“Every time I visit my Mom, she is sure to tell me how well she is treated and how she worries about nothing. The owners and staff are incredible, caring people. They treat you, and your loved ones, as though you are one of their own family. I couldn’t ask for a better place for Mom.”

– Glyn Payton



Shepherd of Dixon

**503 Countryside Lane
Dixon, IL 61021
(847) 750-5411**

Dixon is a lively city which is famous for its annual Petunia Festival which features a carnival, parade, fireworks show, a road race, country concert and many other activities. Lowell Park is a wonderful place to relax. It is spread over 200 acres and has a nature center along with provisions for activities like hiking, cycling and picnicking, among others. Dixon is also the boyhood home of Ronald Reagan, the 40th president of the US.

- 16 beds available
- Opened February 2022!
- 8,000 square feet of living space
- Formerly *Avonlea Cottage* prior to full renovation



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Shepherd of Harvard

**210 E. Front Street
Harvard, IL 60033
(847) 750-5411**

Harvard is the self-proclaimed Milk Capital of the World. The city hosts one of the longest running festivals in Illinois, Harvard Milk Days. On the first weekend of June, they commemorate their contributions to milk production during WWII.

This 160-year-old, 7,700 square foot Victorian home is one of the oldest buildings in Harvard, formerly serving as the town's hospital. Now it is our most "chic" home, with lively decor and well-appointed furnishings.

- 14 beds available
- Historic 160-year-old home



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Shepherd of Oregon

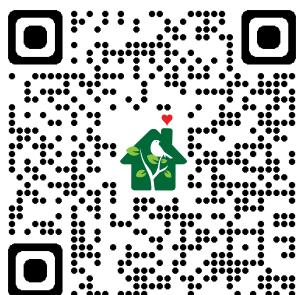
**8 Terrace View Boulevard
Oregon, IL 61061
(847) 750-5411**

Nestled in the Rock River Valley, the city of Oregon sits proudly along the banks of the most beautiful waterway in northern Illinois. The natural beauty of our community welcomes you and we are proud of the many sites and events that make our town a unique blend of both small-town charm and big city ideas. Oregon boasts beautiful local and state parks, vibrant annual festivals, world-renowned arts and sculpture, "Pride of Oregon" riverboat rides, and so much more!

- 16 beds available
- 8,500 square feet of living space
- Well-appointed furnishings



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**SHEPHERD
PREMIER**
Senior Living

Shepherd Premier REACH CHF Program

**Preventing Hospital
Readmissions from
Congestive Heart Failure**

Risk Assessment
Education
And
Cardiac
HHealth



Benefits of REACH CHF

- Comprehensive cardiac assessment and implementation of a focused condition treatment plan
- On-site visits by cardiac specialists
- Specialized nursing support
- Specific nutritional and dietary plans
- Dedicated therapy strategies
- Remote video/virtual conferencing with physicians
- Outcome-based results

What is Heart Failure?

Heart failure occurs when the heart's ability to pump or fill with blood is compromised. This decreased pumping ability of the heart can ultimately change the shape of the heart and result in an uncoordinated heartbeat, also known as an arrhythmia.

In an acute exacerbation of heart failure, fluid can back up in the rest of the body, mainly the lower extremities and the lungs. This excess fluid builds up because the heart is not able to pump it efficiently through the body.

Heart failure can be easily treated and prevented with medication compliance and certain lifestyle changes. Knowing the signs and symptoms of an exacerbation can help treat this condition before it gets worse.

Classifying Heart Failure

Class I - Mild

Patient has no symptoms. Can perform ordinary activities without limitation.

Class II - Mild

Patient has mild symptoms. They have occasional swelling and are somewhat limited in their ability to do strenuous activities. No symptoms at rest.

Class III - Moderate

Noticeable limitations in ability to perform strenuous activity. Comfortable only at rest.

Class IV - Severe

Unable to do any physical activity without discomfort. Symptomatic even at rest.

Knowing Your EF

Ejection fraction (EF) is the percentage of blood that is pumped out of the left ventricle of your heart with each beat. It is a useful tool for evaluating proper cardiac function.

52 - 75%

Heart's Pumping Ability is:
NORMAL

36 - 51%

Heart's Pumping Ability is:
BELOW NORMAL

35% or below

Heart's Pumping Ability is:
LOW

Statistics of Heart Failure

500,000
Incidences
annually



~6,500,000
Currently in
the U.S.

**Most common cause of
hospitalization in adults
> 65 years of age**



20

**20% of patients with HF
return to the hospital
within 30 days of discharge**

30



**50% of patients with HF
return to the hospital within
6 months of discharge**

**Annual costs are
over \$30 Billion**



References

- Benjamin, E., Virani, S., Callaway, C., et al. (2018). Heart Disease and Stroke Statistics - 2018 Update: A Report from the American Heart Association. *Circulation*, 137, 67-492. Retrieved from <https://www.ahajournals.org/doi/abs/10.1161/CIR.0000000000000558>
- Centers for Disease Control and Prevention. (2016, June 16). Heart Failure Fact Sheet. Retrieved from CDC Division for Heart Disease and Stroke Prevention: https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_heart_failure.htm
- O'Connor, C. M. (2017). High Heart Failure Readmission Rates. *Journal of the American College of Cardiology*, 5(5).

Shepherd of Bull Valley



○ Shared space

🛋️ Living Room

🍽️ Dining Area

🧺 Laundry

📖 Activity Area

🚽 Private Bathroom

🚻 Public Bathroom

🛏️ Bed Room

● Shared Living space

● Private Living space

Scan here to take a virtual tour.



Shepherd of Crystal Lake



- Shared space
- 🛋️ Living Room
- 🍽️ Dining Area
- 🧺 Laundry
- 📖 Activity Area
- 🚽 Private Bathroom
- 🚻 Public Bathroom
- 🛏️ Bed Room
- Shared Living space
- Private Living space

Scan here to take a virtual tour.



Shepherd of Dixon



- Shared space
- 🛋️ Living Room
- 🍽️ Dining Area
- 🧺 Laundry
- 📖 Activity Area
- 🚽 Private Bathroom
- 🚻 Public Bathroom
- 🛏️ Bed Room
- Shared Living space
- Private Living space

Scan here to take a virtual tour.



Shepherd of Harvard




- Shared space
- Living Room
- Dining Area
- Laundry
- Activity Area
- Private Bathroom
- Public Bathroom
- Bed Room
- Shared Living space
- Private Living space

Scan here to take a virtual tour.



Shepherd of Oregon



-  Shared space
-  Living Room
-  Dining Area
-  Laundry
-  Activity Area
-  Private Bathroom
-  Public Bathroom
-  Bed Room
-  Shared Living space
-  Private Living space

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**Contact us
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(847) 750-5411

ShepherdPremierSeniorLiving.com

