



**PACIFICA**  
SENIOR LIVING  

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SAN LEANDRO

INDEPENDENT LIVING • ASSISTED LIVING

It's a New Day.

*And It's Yours!*

The background of the entire page is a repeating pattern of stylized, overlapping leaves in various shades of light blue and lavender. The leaves are elongated and pointed, with some having small circular details at their bases.

## *Our Mission*

Privately owned, Pacifica Senior Living strives to create a lifestyle of independence and peace of mind for each individual and their family. We do what we love and what we truly believe in – providing compassionate, personalized care services with dignity and respect. Our dedicated, professional team supports each resident and goes above and beyond to help them feel at home.





It's a New Day.

At Pacifica Senior Living, we don't expect our residents to "fit" into one of our communities. We've designed our communities to "fit" them – to meet their different needs, preferences, dreams and goals. From independent living to assisted living and memory care, our communities welcome residents to live by their own design.

Our communities provide residents with every service and amenity they need, want and *deserve* to live each day just as they choose. We respect their individuality and understand that each person is in charge of the direction his or her life takes. We're simply here to support them. Every step of the journey.

*And It's Yours!*

# Senior *Living* Services

Pacifica Senior Living communities offer a variety of care and lifestyle choices to support our residents in living well.

## **Independent Living**

Active seniors retire to carefree living at its best. No housework. No yardwork. *No worries.* Just time to spend as they choose. Our communities feature spacious apartment homes, amenities, services and engaging programs – all designed to provide residents with the lifestyle to which they've aspired.

## **Heartland™ Assisted Living**

Delivering the optimal balance of independence and support, Heartland™ Assisted Living helps our residents live fulfilling, dignified lives. Each resident has a customized service plan that meets his or her individual needs. With support available 24 hours a day, our residents enjoy assistance with activities such as:

- Meals
- Medication Management
- Bathing & Dressing
- Mobility
- Transportation





# Welcome

Welcome to Pacifica Senior Living San Leandro. Our Independent and Assisted Living community offers an atmosphere of home and comfort with intimate settings that help reduce the feeling of loneliness and isolation.

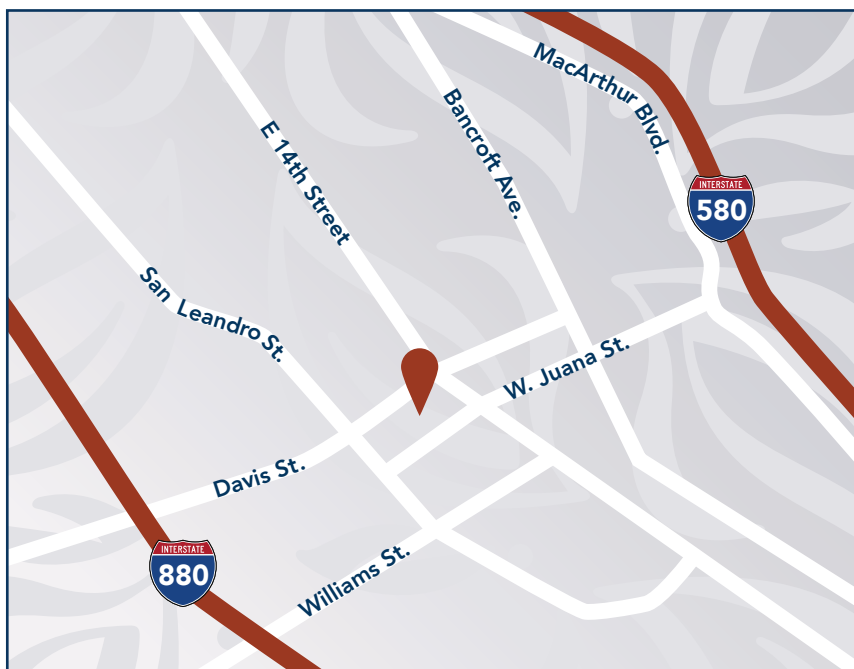
Pacifica San Leandro provides its residents with the care they deserve delivered by a team of compassionate, patient and experienced professionals, complemented by homelike amenities, exceptional services and engaging activity programs.

We offer aging-in-place with continuity of care at every stage. Best yet, we provide families the peace of mind of knowing that their loved ones are in good hands, delivered by people who genuinely care.

Pacifica Senior Living San Leandro is conveniently located in the heart of San Leandro. Our community is walking distance to BART transportation for our residents and families who would love to take a 35 minute train ride into San Francisco or other nearby cities in the Bay Area. Our community is also located a block away from “San Leandro Shopping Plaza” that offers dozens of restaurants and shops like Safeway, CVS and US Post Office to name a few. Last but not least the San Leandro Marina is a great place to take a walk down the pier and enjoy the bay breeze.

At Pacifica Senior Living San Leandro, it's a new day. And it's yours! Make the most of it. Right here.





Follow these directions to our San Leandro senior living community:

#### From I-580:

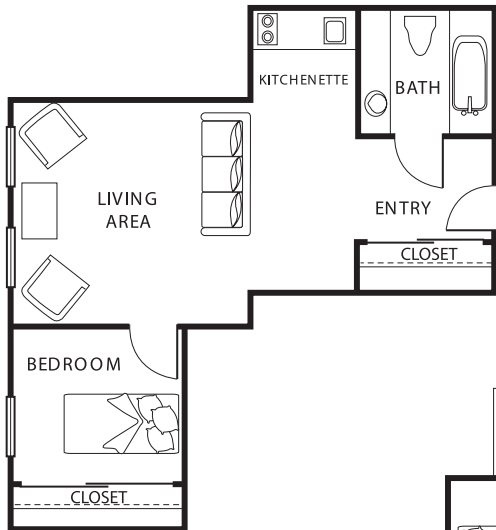
- Head southeast on I-580 E
- Take exit 31B for Grand Ave. toward Downtown
- Turn right onto Grand Ave.
- Turn left on Juana Ave. (we are located on the right)

#### From Nimitz Fwy & I-80:

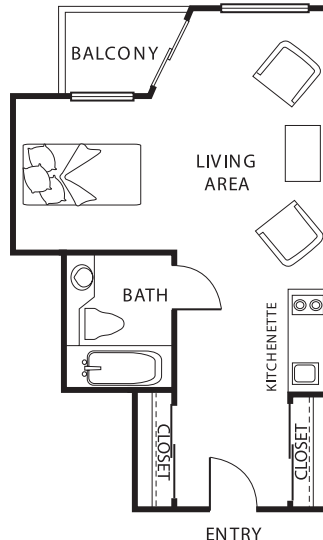
- Head southeast on exit 33A toward Marina Blvd.
- Turn right onto Marina Blvd.
- Turn Left onto Clarke St.
- Turn right onto W Juana Ave. (we are located on the left)

  
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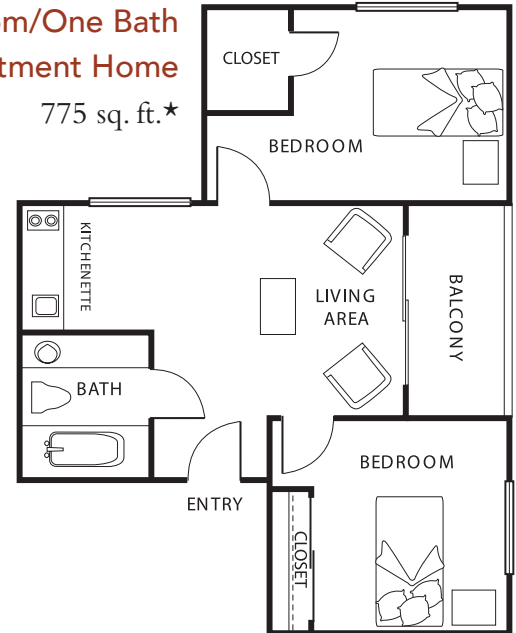
# Floor Plans



**One Bedroom/One Bath  
Apartment Home**  
692 sq. ft.★



**Alcove Studio  
Apartment Home**  
577 sq. ft.★



**Two Bedroom/One Bath  
Apartment Home**  
775 sq. ft.★

  
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# Heartland™ Assisted Living

The Heartland™ Assisted Living program at Pacifica San Leandro provides seniors with the supportive services they need to continue living as independently and vibrantly possible.

Our specialized Wellness Team creates a customized, personal care program for each resident based on an assessment conducted with the resident and his or her family prior to move-in, ensuring all needs will be met properly.

Residents are regularly reassessed to make sure the most appropriate support is delivered.

## **Services may include:**

- Medication management: monitoring, supervision or administration
- Bathing, dressing and grooming
- Escort to meals and activity programs
- Eating
- Toileting
- Mobility
- Health programs
- Medical appointment scheduling
- Wellness checks
- Transportation
- Diabetic management





# Heartland™ Assisted Living Rates

**One inclusive monthly fee\* includes the following Assisted Living services and amenities:**

- Apartment home
- Apartment home maintenance
- 24-hour accessible staff
- Three nutritious meals served daily plus snacks available anytime
- Life-enrichment programs and activities
- Weekly housekeeping and linen services
- Scheduled transportation and day trips
- Interior courtyard
- Community health resource referrals
- All utilities (except telephone, cable and internet)
- Conveniently located laundry room
- Underground parking garage

*\*Monthly fee based on individual needs assessment*

510.357.1691 | 348 West Juana | San Leandro, CA 94577 | [www.PacificaSanLeandro.com](http://www.PacificaSanLeandro.com)

  
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# Respite Care



At San Leandro, we admire and respect those who care for their loved one at home. But we also understand the challenges and stresses faced by a caregiver. There are times when you need a break from your responsibilities to focus on yourself.

Respite Care can provide you with the time and peace of mind you deserve, while providing your loved one with 24-hour care and access to our engaging lifestyle.

This short-term stay option is also ideal for those considering a move to San Leandro. Respite Care allows you and your loved one to experience the support and services we provide on a trial basis.

## Respite Care includes:

- A beautiful home-like environment
- Furnished apartment (private, semi-private or shared)
- Access to 24-hour personal care and assistance
- Three balanced meals and snacks daily
- Weekly housekeeping and personal laundry services



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### **Legacies™ Memory Care**

Our Legacies™ Memory Care program provides those with Alzheimer's disease, dementia or other forms of memory loss with the support, care and respect they deserve to continue living a full, enriching life. Each resident receives a personalized care plan that is carefully implemented by our compassionate staff.

### **Adult Day Program**

Our Adult Day Program, offered in select communities, is alive with engaging, enriching activities that invite and welcome all seniors to participate. Just as our residents enjoy personalized care, so do our program participants. This is the perfect way to meet new friends and share new experiences.

### **Respite Care**

There are times in our lives when we need a little extra help. Pacifica's Respite Care program is available to allow families an opportunity to rest from the daily tasks required for a loved one. Our program is also perfect for individuals who are recuperating from a hospital/rehabilitation stay, or to just simply experience the Pacifica lifestyle. Trained team members work together to enhance continued dignity and trust. We know the difference a smile and kind word can make.

### **Companion Living**

Companion Living enables seniors to enjoy all the care, services and amenities of a Pacifica Senior Living community with the added benefits of forging a new friendship, enhanced well-being and the cost savings of sharing a suite, just to name a few.



# Designed for *Living Well*

Our communities are designed to help our residents live well, surrounded by services, amenities and programs.

## **Dining**

Dining is a delight at Pacifica Senior Living. Meals are prepared fresh daily by our on-site chefs and are served in beautifully appointed restaurant-style settings by attentive dining room staff.

## **Life Enrichment**

Our Life Enrichment programs offer a variety of opportunities to meet new friends, discover new interests, exercise and maintain health, enjoy exciting outings and excursions . . . and so much more.

## **Transportation**

A full-time, certified driver is available through the community's transportation department. Scheduled services take residents to nearby medical appointments, shopping trips, religious services, banks, postal services and more.

## **Pet Friendly**

Pets are part of the family, so Pacifica Senior Living communities are pet friendly\* and have designated pet areas for convenience.

*\*Weight limitations*





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*For a list of Pacifica Senior Living communities, visit our website at*  
[www.pacificaseniorliving.com](http://www.pacificaseniorliving.com)



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