



**PACIFICA**  
SENIOR LIVING

FULL-SERVICE RETIREMENT LIVING

It's a New Day.

*And It's Yours!*

The background of the entire page is a light gray, stylized leaf pattern. The leaves are elongated and pointed, with some having small circles at their bases, resembling acorns or similar foliage. They are arranged in a repeating, overlapping manner across the entire surface.

## *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!*

# Welcome

Welcome to Pacifica Senior Living Paradise Valley. Our Memory Care community offers an atmosphere of home and comfort with intimate cottage settings that help reduce the feeling of loneliness and isolation.

Through our signature program, Legacies™ Memory Care, we offer those with memory challenges, including Alzheimer's disease and dementia, a supportive and enriching place to call home.

Paradise Valley 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.

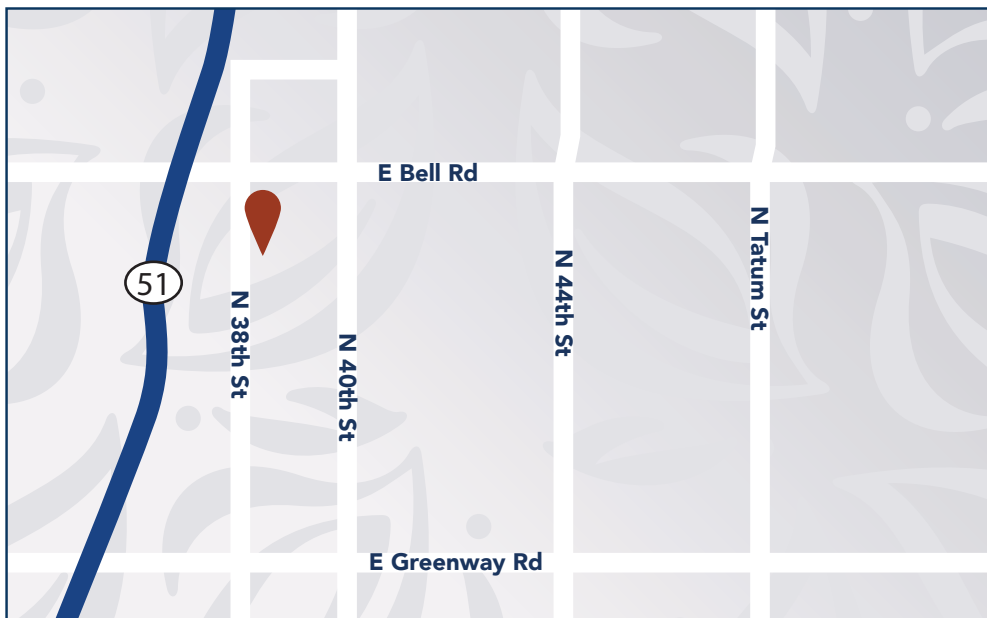
Each cottage is individually tailored to meet the needs of each resident. The cottages are all connected by open outdoor spaces, scenic walking paths and patios to create a feeling of freedom and independence.

Best yet, we offer families the peace of mind of knowing that their loved ones are in good hands, delivered by people who genuinely care.

At Pacifica Paradise Valley, it's a new day. And it's yours!  
Make the most of it. Right here.



Over



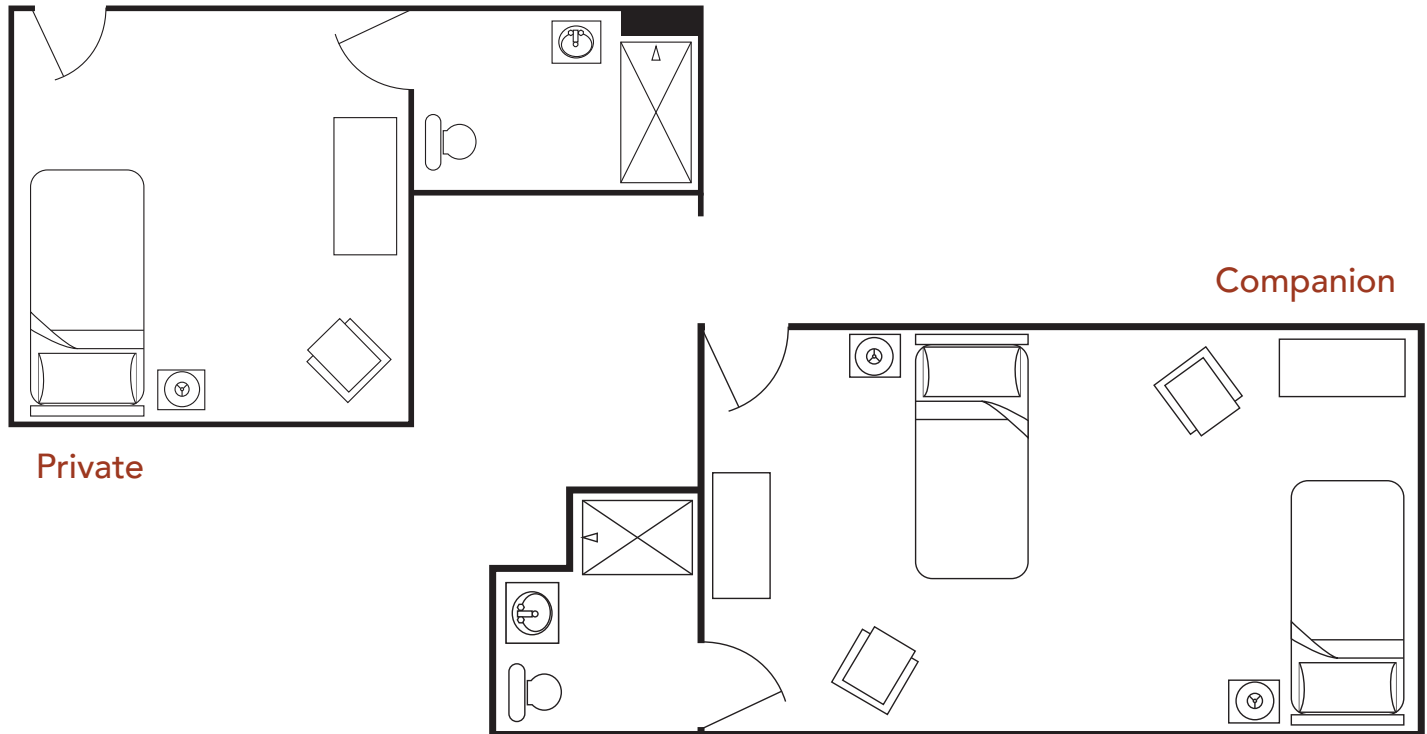
Follow our driving directions to reach our Memory Care community in Phoenix, AZ.

### From the 51-Highway:

- Exit on Bell Rd. and go east  $\frac{1}{2}$  block
- Turn south on 38th St.
- We are located one block south on the east side  
*Your landmark will be PV Hospital (renamed Abrazo Paradise Valley)*  
*We are located behind the hospital*

  
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Memory Care  
License # AL6981C

# Floor Plans



  
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# Legacies™ Memory Care



Our Legacies™ Memory Care Program provides those with Alzheimer's disease, dementia and other forms of memory loss with the support, care and respect they deserve in order to continue living a full, enriching life.

Memory loss affects different people in different ways. Our compassionate and highly trained Wellness Team creates a fully personalized care plan to meet each resident's unique needs, adapting plans as the behaviors associated with memory loss progress or change.

Our specialized approach to memory care is grounded in improving residents' quality of life. Residents engage in many interactive activities that, for example, improve coordination and strengthen social connections. One favorite program is Music and Memory<sup>SM</sup>, in which residents listen to carefully selected, individualized playlists of their favorite songs to help stimulate their minds, memories and cognitive functions.

## Life Enrichment Programs

- Individual and group activities, including gardening, watching movies and reminiscing
- Dementia-specific activities, such as memory boxes and scrapbooks
- Creative arts and music activities that include rhythm, singing and listening, including our Music & Memory<sup>SM</sup> program
- Extensive indoor/outdoor activity program with therapeutic exercises
- Exercise programs that include stretching, walking and balance activities
- Stress-free classes ranging from patterning to sensory stimulation
- Programs that encourage intergenerational relationships and community involvement
- Spiritual opportunities for people of all religions
- Scheduled outings
- Monthly support group and ongoing support for families



  
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# 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







## **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 chauffeur 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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# PACIFICA

## SENIOR LIVING

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

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