



PACIFICA  
SENIOR LIVING

OCEANSIDE

ASSISTED LIVING • MEMORY CARE

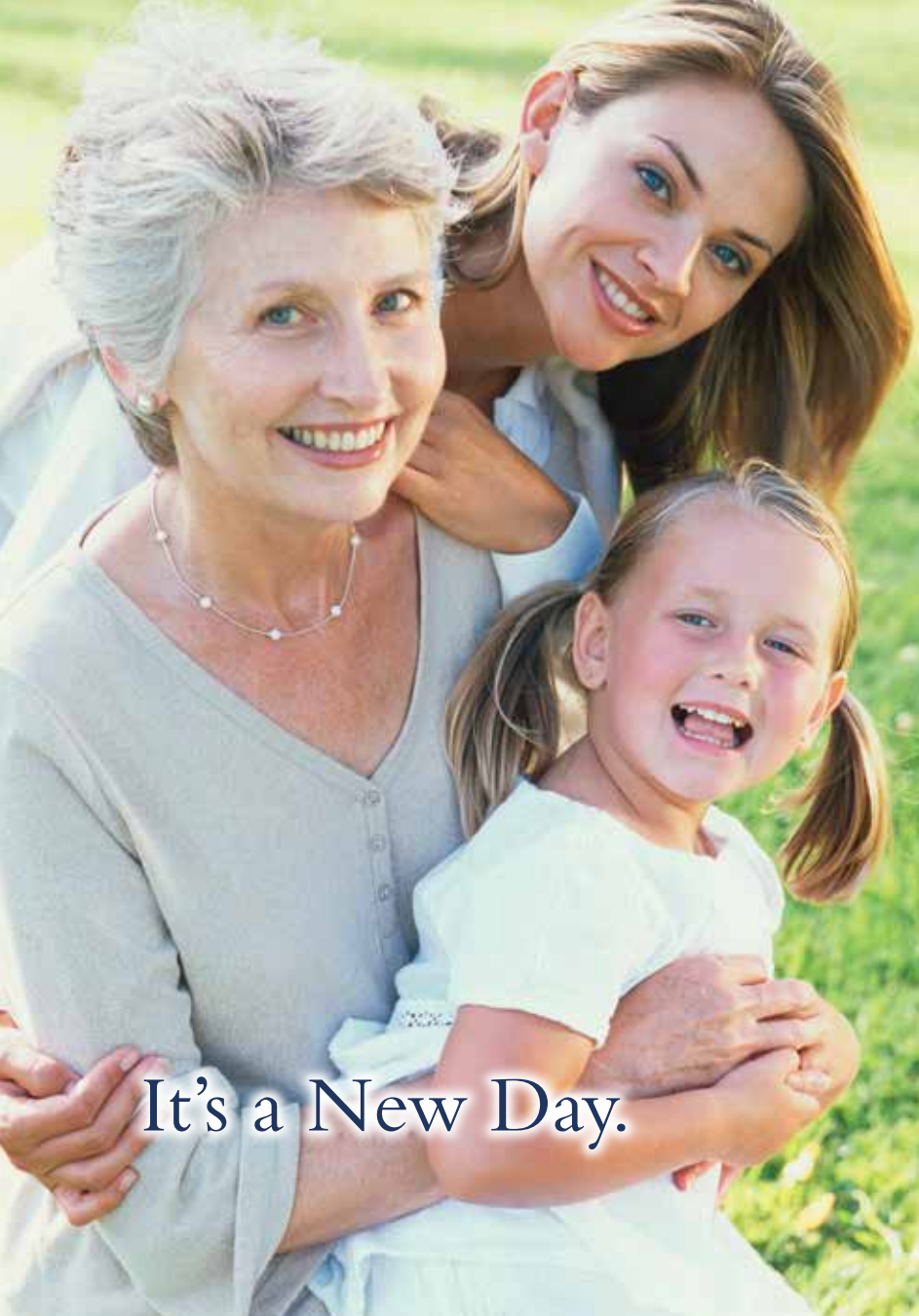
It's a New Day.

*And It's Yours!*



## *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 Oceanside, a full service senior living community conveniently located in North County and surrounded by quiet, rolling hills and a family oriented neighborhood. Our luxury retirement community is rich in comfort, convenience, services and amenities. Enjoy our generous outdoor courtyard space that compliments the cool ocean breezes. Our five-star resort lifestyle enables you to live the life you love.

Offering a unique combination of people, lifestyles, services and care, Heartland™ Assisted Living delivers the optimal balance of independence and support. Our dedicated staff provides personalized 24-hour assistance ensuring that our residents enjoy freedom of choice, dignity, respect and the security of care. And, families enjoy the peace of mind that comes from knowing their loved ones are happy and well cared for.

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

Pacifica Senior Living Oceanside 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.

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.

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





Follow our driving directions to reach our Assisted Living and Memory Care in Oceanside, CA.

### From Los Angeles/Orange County area:

- Head South on I-5
- Take EXIT 54A /Highway 76 east
- Turn right on Melrose Dr. *(Home Depot on the right)*
- Turn right on Depot way
- You will arrive on Avenida Pacifica Way! Turn Right into the Community *(Directly Behind Home Depot!)*

### From Downtown San Diego Coastal area:

- Head North on I-5
- Take EXIT 54A/Highway 76 East
- Turn right on Melrose Dr. *(Home Depot on the right)*
- Turn right on Depot way
- You will arrive on Avenida Pacifica Way! Turn Right into the Community *(Directly Behind Home Depot!)*

### From East San Diego County area:

- Head North on I-15
- Take EXIT 46/Highway 76 West *(Turn Left)*
- Turn Left on Melrose Dr. *(Home Depot on the right when you turn)*
- Turn right on Depot way
- You will arrive on Avenida Pacifica Way! Turn Right into the Community *(Directly Behind Home Depot!)*

### From Riverside/Temecula area:

- Head South on I-15
- Take EXIT 46/Highway 76 West *(Turn Right)*
- Turn Left on Melrose Dr. *(Home Depot on the right when you turn)*
- Turn right on Depot way
- You will arrive on Avenida Pacifica Way! Turn Right into the Community *(Directly Behind Home Depot!)*



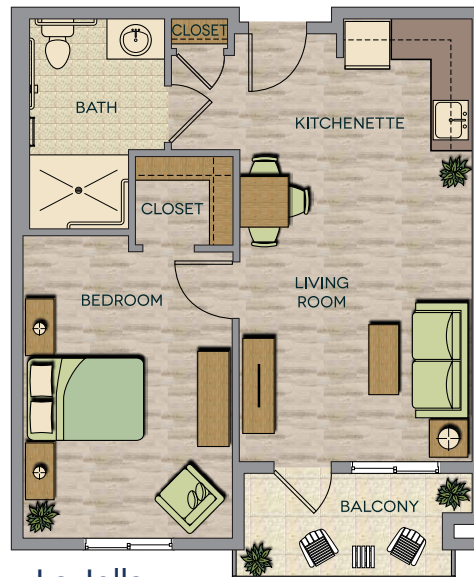
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# Assisted Living Floor Plans (Cont'd)



Coronado  
Two Bedroom



La Jolla  
One Bedroom



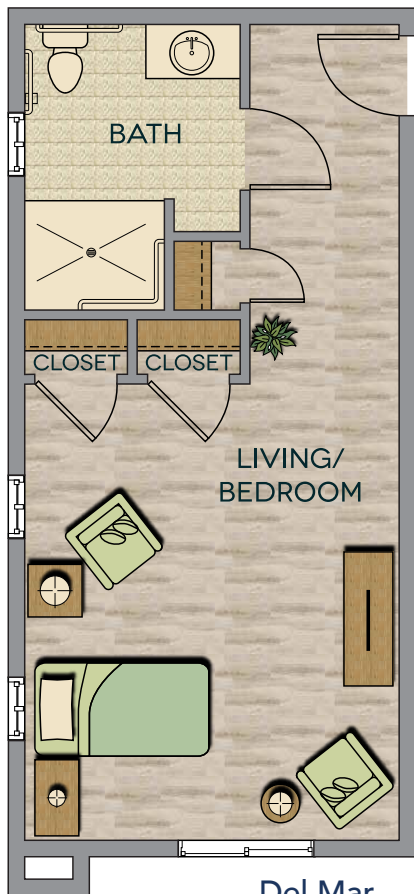
Pacific  
Studio

  
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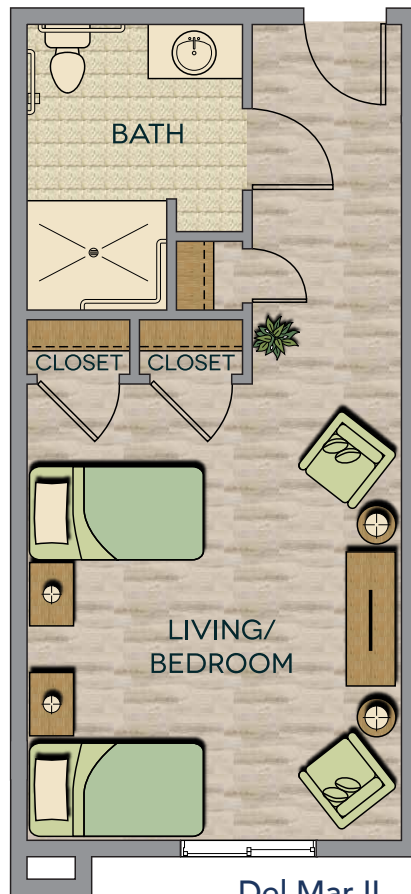
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# Memory Care Floor Plans



Del Mar  
Studio



Del Mar II  
Shared Studio



# Heartland™ Assisted Living

The Heartland™ Assisted Living program at Pacifica Senior Living Oceanside provides seniors with the supportive services they need to continue living independently and vibrantly.

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.

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

## Services may include:

- Medication management
- Bathing, dressing and grooming
- Escorting to meals and activity programs
- Dietary assistance
- Incontinence management
- Mobility
- Medical appointment scheduling
- Wellness checks
- Transportation
- Diabetic management



# Heartland™ Assisted Living Rates

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

- Luxury apartment home
- Routine maintenance
- 24-hour accessible staff
- Nutritious meals in the gourmet dining room
- Hospitality snacks
- Life-enrichment programs and activities
- Weekly housekeeping and linen services
- Scheduled transportation
- Interior courtyard
- All utilities (except telephone)
- Conveniently located laundry rooms

*\*Monthly fee based on individual needs assessment and points*



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# Legacies™ Memory Care Rates

## **One monthly fee\* includes the following Memory Care services and amenities:**

- Well trained, professional staff providing 24-hour supervision
- Ongoing staff training
- Assistance with activities of daily living (bathing, dressing, grooming, eating, etc.)
- Supportive and caring environment
- Individualized care plans focusing on personal health concerns
- Medication management
- Three delicious meals daily, plus snacks
- Daily monitoring of nutrition and diet needs
- Wellness Checks
- Specialized programming including group and one-on-one activities as well as our proprietary Music & Memory<sup>SM</sup> program
- Housekeeping, personal laundry and linen services
- All Utilities (except telephone)
- Daily bed making
- Apartment home maintenance

*\*Monthly fee based on individual needs assessment*



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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.

# Respite Care



At Oceanside, 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 our community/neighborhood. Respite Care allows you and your loved one(s) to experience the support and services we provide on a trial basis.

## Respite Care includes:

- A beautiful home-like environment
- Furnished apartment
- Access to 24-hour personal care and assistance
- Three balanced meals and snacks daily
- Weekly housekeeping and personal laundry services

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## Life Enrichment Programs

- Individual and group activities, including gardening, cooking, 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
- Active 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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## **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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*For a list of Pacifica Senior Living communities, visit our website at*  
[www.pacificaseniorliving.com](http://www.pacificaseniorliving.com)

