



**PACIFICA**  
SENIOR LIVING  

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WOODMONT

INDEPENDENT & ASSISTED LIVING • MEMORY CARE

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 Woodmont, our cozy senior living community that elevates assisted living and memory care to a new standard of excellence.

Offering an affordable, choice of living arrangements Pacifica Senior Living Woodmont just may be the best value in senior living in the area. Rich with amenities and services, Pacifica Senior Living Woodmont welcomes residents to enjoy a worry-free lifestyle that beautifully balances independence and support.

Conveniently located in Tallahassee with Tallahassee Memorial Hospital and Capital Regional close by. Pacifica Senior Living Woodmont is close to shopping, religious services, cultural and educational opportunities.

Our community has been thoughtfully created and designed to provide active seniors with an enriching, fulfilling lifestyle, the company of peers and the peace of mind of 24-hour support by a trained staff. And our memory care unit provides a safe and secure environment for the peace of mind.

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





### Traveling on I-10 West:

- Exit 199 for US 27 toward Havana
- Turn Right onto Hwy 27
- North Monroe St.
- Your destination will be on the Right (.3 miles)

### Traveling on I-10 East:

- Exit 199 for US 27 toward Havana
- Turn Left onto Hwy 27
- North Monroe St.
- Your destination will be on the Right (.5 miles)



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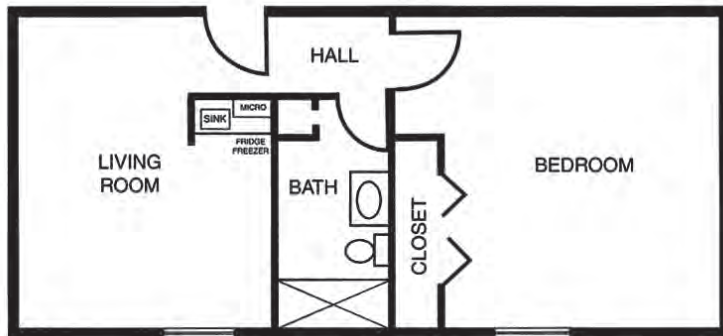
Independent Living  
Assisted Living • Memory Care

License # 99

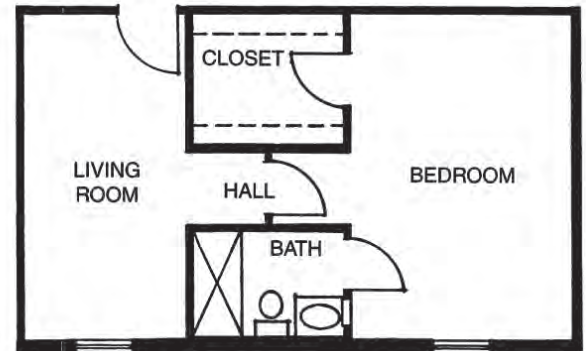




# Floor Plans

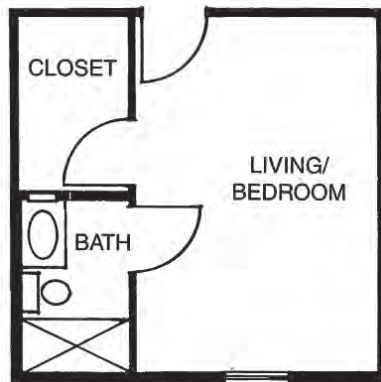


One Bedroom Suite

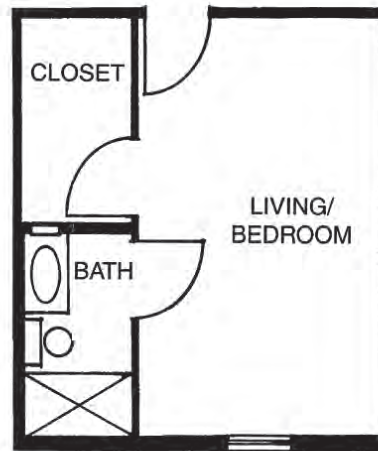


One Bedroom Suite

Studio  
Apartment



Studio  
Apartment



# Heartland™ Assisted Living

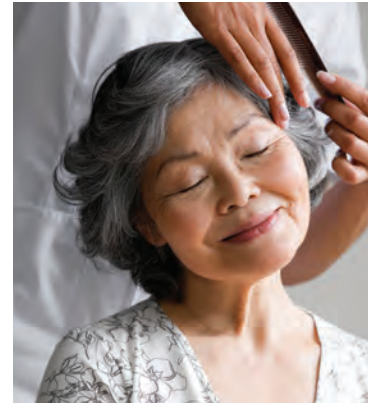
The Heartland™ Assisted Living program at Pacifica Senior Living Woodmont provides seniors with the supportive services they need to continue living as independently and vibrantly as possible.

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
- Full activity schedule
- Toileting
- Mobility
- Health programs
- Medical appointment scheduling (Tuesday & Thursday)
- Wellness checks
- Transportation (Tuesday & Thursday)





# Heartland™ Assisted Living/Transitions Rates

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

- Apartment home
- Apartment home maintenance
- Well trained, professional staff providing 24-hour supervision
- Three nutritious meals served daily in the gourmet dining room plus snacks available anytime
- Life-enrichment programs and activities
- Weekly housekeeping and linen services
- Snack center
- Scheduled transportation and day trips
- Courtyard
- Licensed nurse on staff
- All utilities (except phone & cable)
- Cable television ready
- Laundry services

*\*Incontinence products not included*

*Level of care is based upon individualized assessment by our Resident Services Director.*



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# Legacies<sup>™</sup> Memory Care



Our Legacies<sup>™</sup> 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, 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
- 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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# Respite Care



At Pacifica Senior Living Woodmont, we admire and respect those who care for their loved ones 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 Pacifica Senior Living Woodmont. Respite Care allows you and your loved one to experience the support and services we provide on a trial basis.

## Respite Care includes:

- Furnished apartment (private or companion)
- Access to 24-hour personal care and assistance
- Three balanced meals and snacks daily
- A variety of life enrichment programs and activities
- Full housekeeping and laundry services



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# Senior Day Care

At Pacifica Senior Living Woodmont, we admire and respect those who care for their loved ones at home. Adult day care is a planned program of activities designed to promote well-being through socialization and health-related services all catered to your level of care.

Generally, family members are the care providers for their independent, disabled or impaired adult family members. This care permits these adults to stay at home versus placement in an assisted living home before necessary.

Senior day care enables caregivers and family members to:

- Retain a job outside of home
- To become children, spouses and siblings again
- Provide older adults an opportunity to get out of the house and receive both social stimulation and health benefits as well
- Give family member and caregivers a much-needed break to simply rest, relax and rejuvenate

At Pacifica Senior Living Woodmont our Adult Day Care goals are to focus on enriching each and every one of our Senior Day Care participants by building their independence, their skills, knowledge, and unique abilities and strengths.

- Local Outings
- Musical entertainment weekly
- Bingo everyday
- Senior exercise
- Holiday and birthday celebrations
- Daily activities



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# Legacies™ Memory Care Rates

## One monthly fee\* includes the following

### Memory Care services and amenities:

- Licensed nurse on staff
- Well trained, professional staff providing 24-hour supervision
- Monthly training of staff
- Appropriate ratio of staff to residents
- 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 served daily in a family home setting
- Daily monitoring of nutrition and diet needs
- Dietician approved meals
- Specialized programming including groups and one-on-one activities as well as our proprietary Music & Memory<sup>SM</sup> program
- Housekeeping, personal laundry and linen services

*\*Incontinence products not included*

*Level of care is based upon individualized assessment by our Resident Services Director.*

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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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