



PACIFICA
SENIOR LIVING
NEWFOREST ESTATES

INDEPENDENT LIVING • ASSISTED LIVING

It's a New Day.

And It's Yours!

The background of the entire page is a light gray, repeating pattern of stylized, overlapping leaf shapes. The leaves are rendered in a simple, elegant style with smooth curves and pointed tips. A dark blue rectangular box is centered on the page, containing the text.

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 home to Pacifica Senior Living NewForest Estates, a gracious full service retirement community that elevates independent living and assisted living to a new standard of customer service.

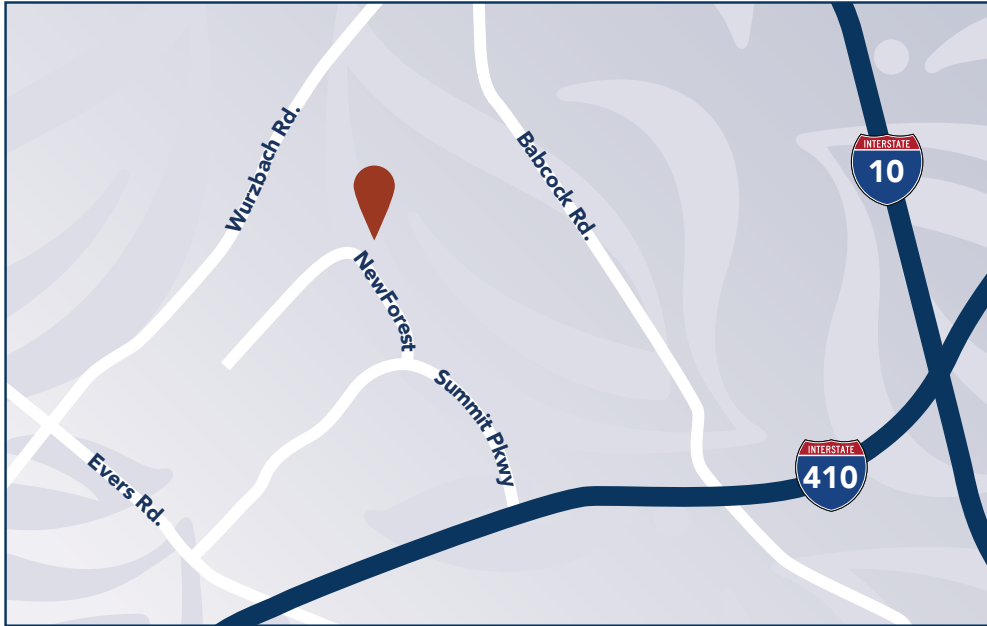
Offering an affordable, all-inclusive monthly fee, Pacifica NewForest Estates may just be the best value in senior living in San Antonio, Texas. Rich with amenities and services, Pacifica NewForest Estates welcomes residents to enjoy a care-free lifestyle that beautifully balances independence and support.

Pacifica NewForest Estates is located in a quiet residential neighborhood, close to a popular shopping center, minutes away from highly renowned hospitals, close to various healthcare service providers and well established churches.

Our community has been thoughtfully created and designed to provide active seniors with an enriching and fulfilling lifestyle. Our team strives to make our community a reflection of our genuine passion to help people offering peace of mind with 24-hour support by trained staff members.

With outstanding services, highly competitive rates and an atmosphere you can feel, Pacifica NewForest Estates is a place that you can truly call home.





Follow these driving directions to our San Antonio senior living community:

From the airport:

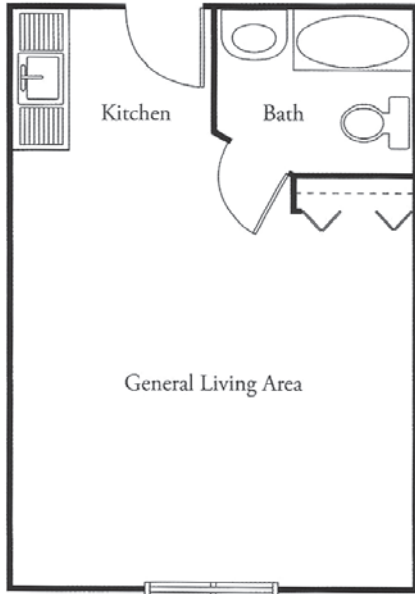
- Heading west on Loop 410
- Exit at Summit Parkway (Exit 14A)
- Turn right on Summit Parkway
- Turn right onto NewForest Drive
- NewForest Estates is on the right side of the street towards the end


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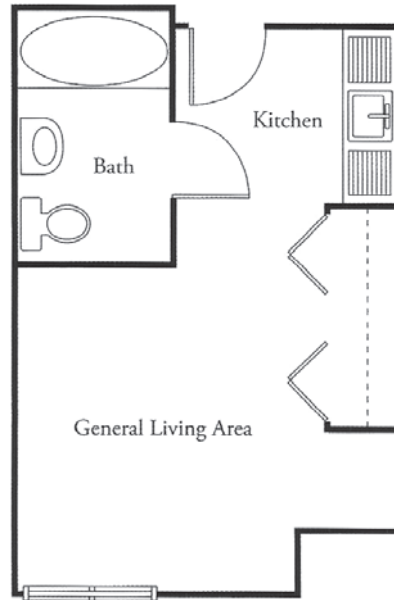
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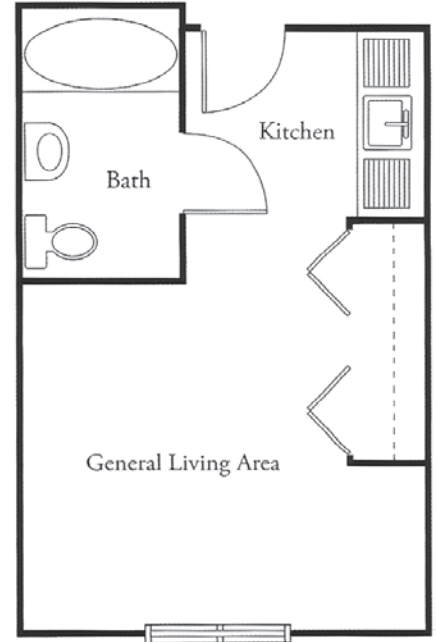
Heartland Assisted Living Floor Plans



Efficiency Studio



Junior Studio



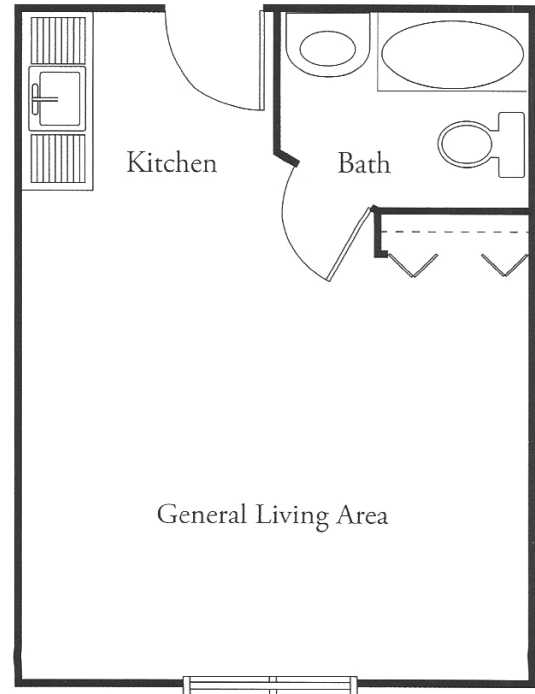
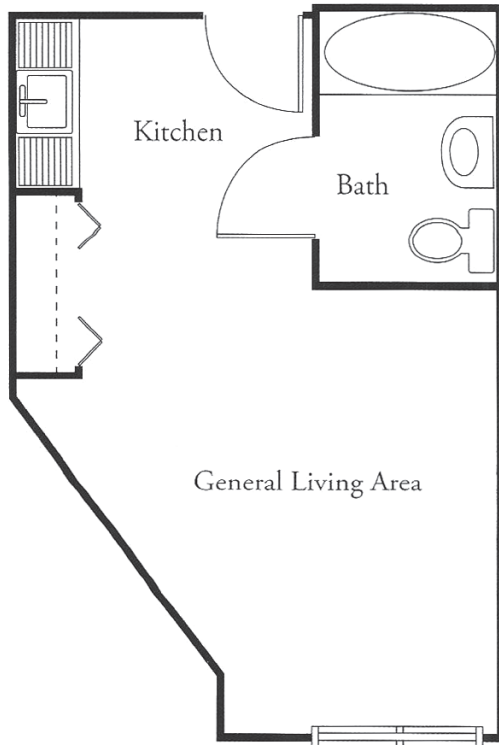
Studio

Over



Heartland Assisted Living Floor Plans (continued)

Studio Deluxe



Studio Premier

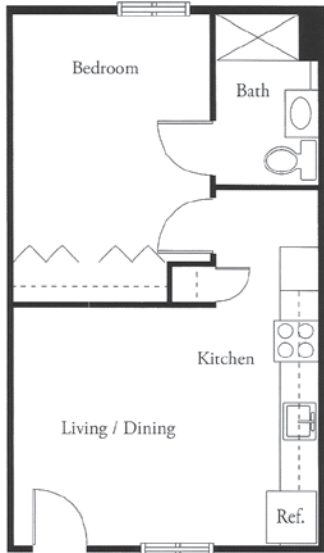


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Floor Plans

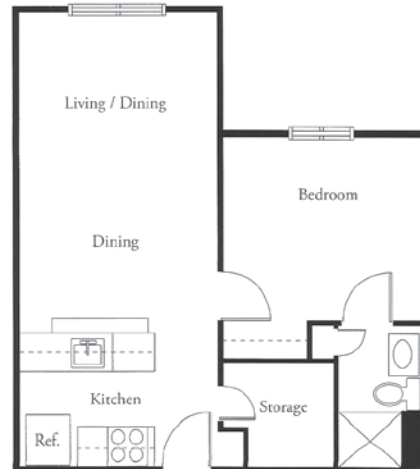


**Small One
Bedroom/One Bath**

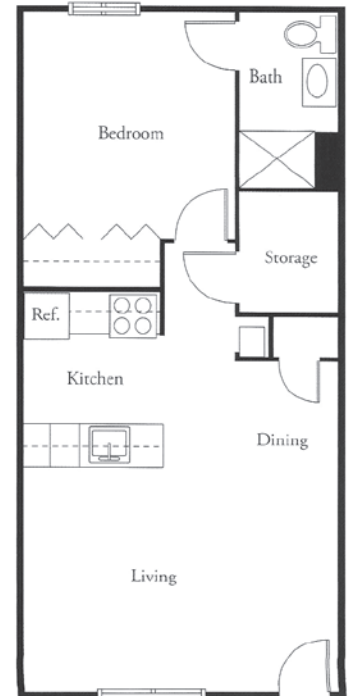
Studio



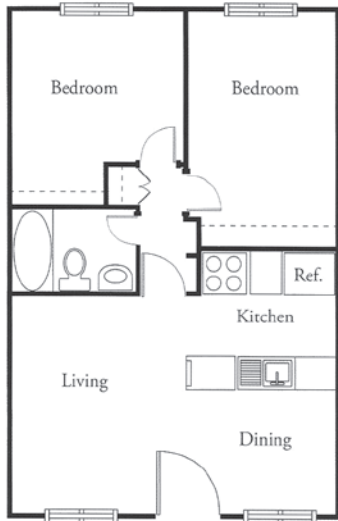
**One Bedroom/
One Bath**



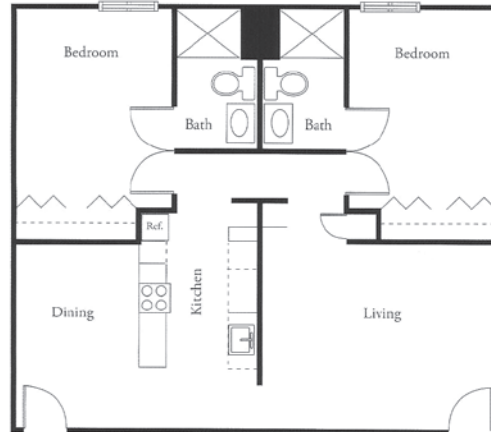
**Deluxe One
Bedroom/
One Bath**



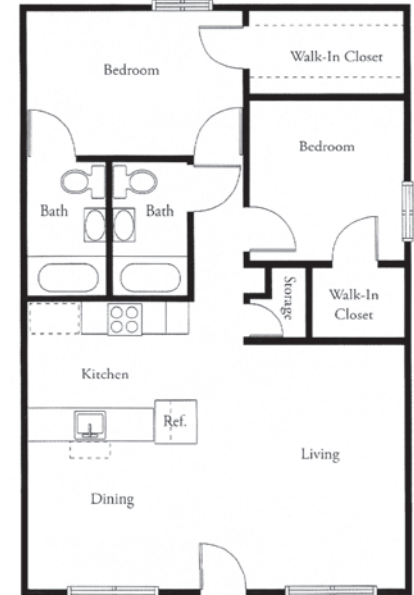
Floor Plans (continued)



Two Bedroom/
One Bath



Deluxe Two Bedroom/
Two Bath



Premier Two Bedroom/
Two Bath

Two Bedroom/
Two Bath




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Independent Living

Pacifica NewForest Estates welcomes residents to enjoy all the best that life has to offer in your own private apartment with delicious chef prepared meals, daily activities and a variety of amenities all included in your monthly rent. We provide our residents with wonderful services that take the worry and inconvenience out of everyday living.

Independent Living features include:

- Concierge services
- Chauffeur services
- Three meals per day served restaurant style (delivery available)
- Weekly housekeeping

- Weekly linen & towel laundry service
- Utilities & cable (phone not included)
- Apartment home maintenance
- Full time life enrichment programs
- 24-hour emergency response system (additional charge)
- Wireless internet (additional charge)
- Swimming pool (heated)
- Activities (yoga, water aerobics, games, happy hour, etc.)
- Weekly religious services
- Private dining room
- 3 Courtyards with walking paths
- General store
- Relaxing library
- Resident parking & covered parking (additional charge)
- Full-service hair salon
- Pet friendly environment



Independent Living Rates

Apartment features:

- Carpet Floors
- Large, accessible bathrooms
- Refrigerator, oven/stove, dishwasher
- Ceiling fans/light fixtures
- Large closets
- Individual climate control
- Emergency call system (additional charge)
- Scenic views



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Heartland™ Assisted Living

The Heartland Assisted Living program at Pacifica NewForest Estates 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 their unique needs. There will be an assessment conducted with the resident and their family prior to move-in to ensure that all needs will properly be met. Residents are regularly reassessed to make sure the most appropriate support is being delivered.



Assisted Living services may include:

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

Heartland™ Assisted Living Rates

Monthly fee includes the following assisted living services and amenities:

- Apartment unit
- Apartment home maintenance
- 24-hour accessible staff
- Three nutritious meals served daily in the dining room with snacks available any time
- Life-enrichment programs and activities
- Weekly housekeeping and personal laundry services
- Scheduled transportation and day trips
- Courtyard and scenic walking paths
- Green open landscape
- Utilities
- Monitored safety system
- Respite Care
- Large open layouts
- Carpet floors
- Large, handicap accessible bathrooms with private showers
- Kitchenettes with a refrigerator, microwave and sink
- Ceiling fan/light fixtures
- Individual climate control
- 24-hour emergency response system
- Scenic views

**Incontinence products not included*

Respite Care



At Pacifica NewForest Estates, 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 NewForest Estates. Respite Care allows you and your loved one to experience the support and services we provide on a trial basis.


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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

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