



PACIFICA
SENIOR LIVING

VALLEY CREST

MEMORY CARE

It's a New Day.

And It's Yours!

The background of the entire page is a light purple color with a repeating pattern of stylized, overlapping leaf shapes in a slightly darker shade of purple. The leaves are elongated and pointed, arranged in a way that creates a sense of movement and depth.

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 Valley Crest Memory Care

Situated in the vibrant community of Apple Valley, California, Valley Crest Memory Care offers full-service memory care programs, providing a warm, inviting and familiar environment for residents with Alzheimer's disease and other forms of dementia.

Our residential care community offers an atmosphere of home and comfort, reducing the feeling of loneliness and confusion. We understand how important this is to our residents and their loved ones. While providing the best in customized care for our residents, we also provide support and education for families, helping the entire family enhance their understanding and happiness.

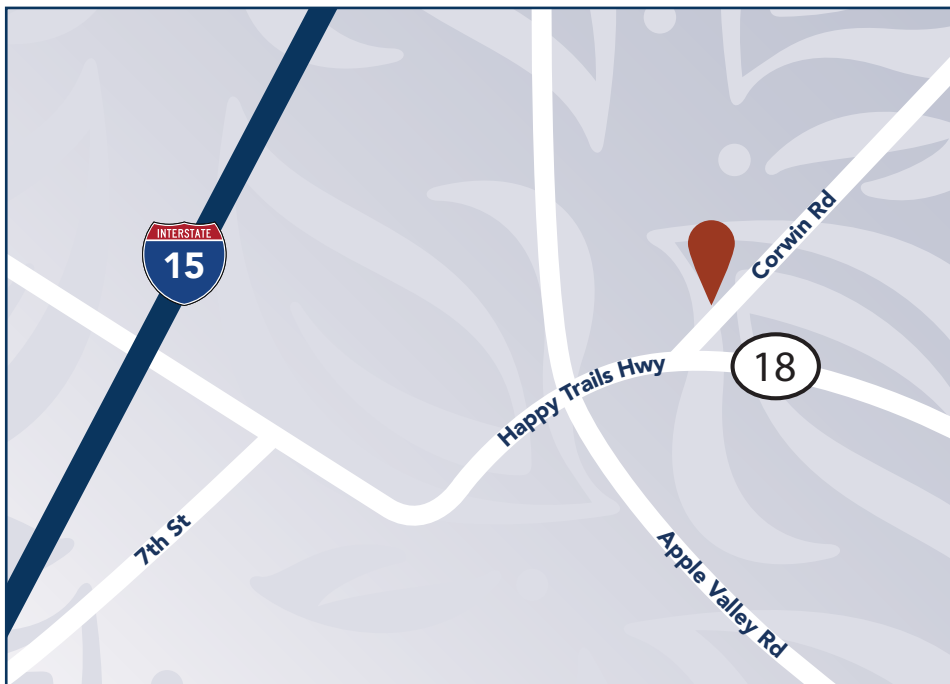
Our specially designed and secured community is comprised of a large living room, dining area and outdoor courtyards to provide a home-like environment. Our memory support community is a cheerful yet soothing environment. Residents will experience the safety of a secure courtyard and purpose-driven programming.

Valley Crest graciously offers well-appointed private or shared accommodations. Along with the dementia specific activity programs, we serve nutritious and delicious meals and snacks, provide scheduled transportation and the convenience of weekly housekeeping.

Let us tailor our care options to fit your unique needs.

We welcome you to contact our Pacifica Senior Living memory care community in Apple Valley, CA to learn how you can experience the best in memory care.





Driving Directions to Pacifica Senior Living Valley Crest, CA

Traveling South on Interstate 15 from Barstow:

- Take exit 161 for Dale Evans Pkwy toward Apple Valley
- Turn left onto Dale Evans Pkwy
- Turn right onto Corwin Road

Traveling North on Interstate 15 from San Bernardino:

- Take I-215 N or I-15 N to High Desert/Barstow
- Merge onto I-15 N/Barstow Fwy/Mojave Fwy
- Take exit 153A for D St/CA-18
- Follow CA-18 to Corwin Rd in Apple Valley


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Floor Plans

Shared Bedroom/
Shared Bathroom
Apartment Home



Private Room
Apartment Home

Respite Care



At Pacifica Senior Living Valley Crest, 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 Valley Crest. 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
- 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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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
- 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



Legacies™ Memory Care Rates

One inclusive monthly fee* includes the following memory care services and amenities:

- Apartment home maintenance
- 24-hour staffing
- Three nutritious meals served daily in a beautiful, family-style setting
- Assistance with meals as needed
- Support and encouragement with life-enrichment programs and activities
- Wellness checks
- Scheduling of medical appointments
- Scheduled Transportation to/from medical appointments
- Weekly Housekeeping (as needed)
- All utilities included (except phone)
- Full-service beauty salon
- Meticulous grounds and gardens

**Incontinence products not included*

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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.



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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