



**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!*

# 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

On behalf of Pacifica Senior Living Portland, we thank you for considering our specialized memory care community. Our campus is designed in small secure cottages for those with memory care support needs.

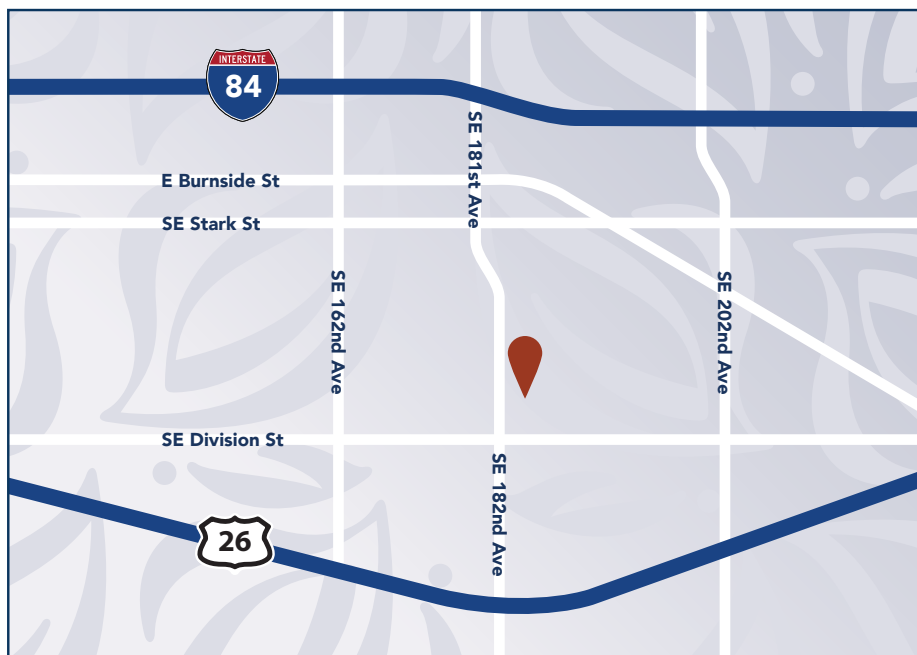
Through our signature program, Legacies™ Memory Care, we offer those with memory care needs, including Alzheimer's disease and dementia, a supportive and enriching place to call home.

Pacifica Portland 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.

Residents open their private bedroom door and step into the cottage living room. Pacifica cottages have eliminated long hallways which often cause confusion and instead have created a circular walking space which allows for safe wandering. Residents are free to explore the secure cottage and courtyard. With eight cottages, our residents live together by level of abilities and care needs. Every resident receives personalized, around-the-clock care from our compassionate caregivers.

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





Follow our driving directions to reach our Memory Care community in Portland, OR.

### From the North:

- Coming South on I-205 go East on I-84
- Take exit 13
- Go South on 181 Avenue, go 3 miles
- 181st Avenue becomes 182 Avenue
- Turn Left on Stephens Street

### From the South:

- Coming North on I-205 take Powell Avenue or Division Street East
- Turn Left on 182 Avenue
- Turn Right on Stephens Street

### From the East:

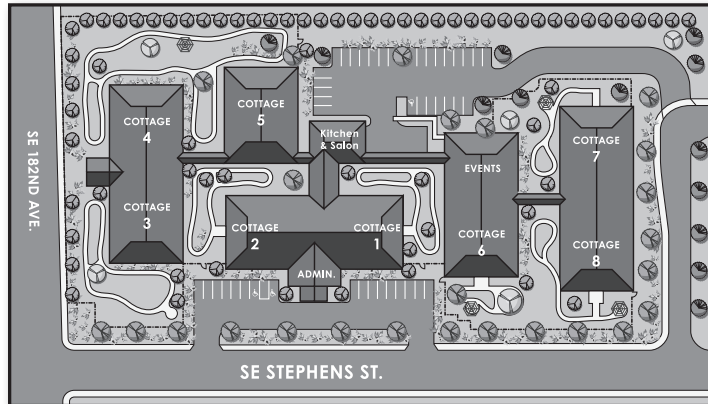
- Take I-84 West to exit 13
- Go South on 181 Avenue, go 3 miles
- 181st Avenue becomes 182 Avenue
- Turn Left on Stephens Street

### From the Southeast on Hwy 26:

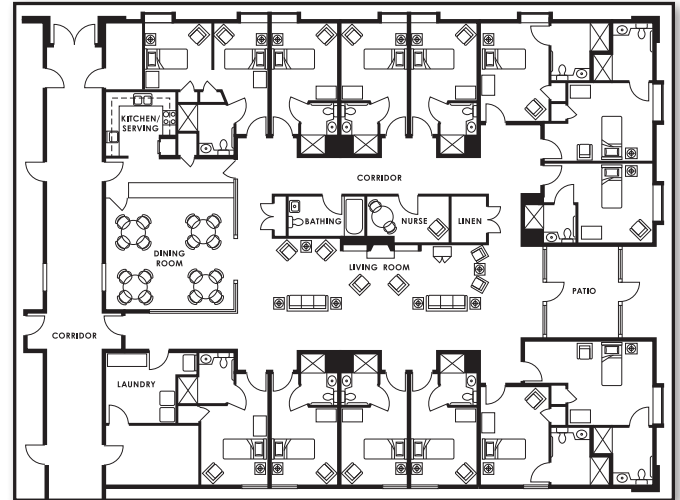
- Coming West on Hwy 26 turn Right on 182 Avenue
- Turn Right on Stephens Street



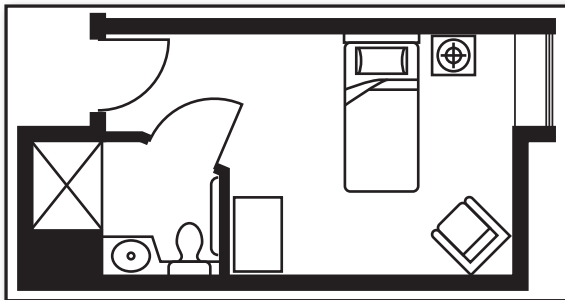
# Floor Plans



Pacifica Portland Site Plan



Cottage Floor Plan



Private Room  
Floor Plan

  
**PACIFICA**  
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—  
PORTLAND  
Memory Care

# Legacies™ Memory Care Rates

- Licensed nurse on staff 16 hours a day
  - Well trained, professional staff providing 24-hour supervision
  - Assistance with activities of daily living (bathing, dressing, grooming, eating, etc.)
  - Supportive and caring environment
  - Individualized service 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
  - Specialized programming including groups and one-on-one activities, including the well recognized Music & Memory<sup>SM</sup> program
  - Housekeeping, personal laundry and linen services
- Level of care is based upon individualized assessment by our Resident Services Director or Designee*



# Respite Care



At Pacifica Portland, 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, a secure environment and professional staff.

This short-term stay option is also ideal for those considering a move to Pacifica Portland. Respite Care allows you and your loved one to experience the support and services we provide on a trial basis.

## Respite Care includes:

- A beautiful home-like environment
- Furnished bedroom
- 24-hour personal care and assistance
- Three balanced meals and snacks daily
- Weekly housekeeping and personal laundry services
- Daily activity program



# 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 activity staff customizes the life enrichment program for the residents in each cottage based on their abilities. Staff provides small group programs and well as one-to-one activities. Larger groups like exercise classes, live musical performances, seasonal parties and outings compliment the in-cottage programs. We encourage families to partner with us to create the most meaningful experiences for their loved one.

## Life Enrichment Programs

- Activities in each cottage are customized based on the level of care of the residents
- Using Montessori principles our staff design programs for the greatest success of each participant
- Exercise classes
- Hobbies like: arts & crafts, hand-building, baking, reading and gardening
- Outings such as: area events or easy scenic drives
- Live music, sing-a-longs and Music & Memories
- One-on-one programs the bring favorite activities to an individual
- Monthly Family Support Group and Family Council



  
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Memory Care

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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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*And It's Yours!*





# 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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