



Sellwood

SENIOR LIVING

AN ASSISTED LIVING COMMUNITY

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... And It's Yours!

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.



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# 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 Sellwood Senior Living, an elegantly appointed senior living community that elevates assisted living to a new standard of excellence.

Offering affordable fees for our Heartland™ Assisted Living program, Sellwood Senior Living just may be the best value in luxury senior living nestled in the heart of Portland's historical district. Rich with amenities and services, Sellwood Senior Living welcomes residents to enjoy a worry-free lifestyle that conveniently balances independence and support.

Our community has been thoughtfully created and designed to provide seniors with not only an enriching and fulfilling lifestyle but also the peace of mind with 24 hour support from our friendly staff. With a variety of floor plans to choose from, residents of Sellwood Senior Living enjoy the dignity of private apartments as well as several inviting community spaces to gather with friends. Our carefully monitored entrances provide safety and security in a beautiful environment with walking paths surrounding our beautiful scenic courtyard.

Sellwood Senior Living is conveniently located near shopping centers, healthcare options, religious choices and cultural & educational opportunities.

At Sellwood Senior Living, it's a new day.  
And it's yours!





## Points of Interest

1. Johnson Creek Park
2. Killer Burger
3. Kellogg Park
4. Multnomah County Library
5. Sellwood Park
6. Sellwood Bridge
7. Westmoreland Park
8. East Moreland Golf Course
9. Waverly Country Club
10. Providence Milwaukee Hospital
11. Portland Veterans Hospital



Follow these driving directions to our Sellwood community:

### From I-205/Veterans Memorial Fwy

- Take Exit 13
- Turn onto Or-224/Milwaukie Expressway and head North for 4.1 miles
- Bear Right onto SE 17th
- The community is located on the left

### From Hwy 26/Mt Hood Hwy

- Take SE Cesar E Chavez Blvd. South
- Right onto SE Holgate Blvd.
- In 1.2 Miles turn left onto SE 17th
- Turn left onto OR 99E/SE McLoughlin Blvd.
- Bear right onto SE Tacoma St.
- Turn Left onto SE. 17th
- The community is located on the right



# Floor Plans



Silver Falls  
Studio Apartment



Multnomah Falls  
One-Bedroom Suite

# Floor Plans



Willamette Falls  
Two-Bedroom, Two-Bathroom Suite



Bridal Veil Falls  
Two-Bedroom, Two-Bathroom Suite

  
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# Assisted Living

One inclusive monthly fee includes the following options and amenities:

- 24 hour staffing
- Three nutritious meals daily in restaurant-style dining room
- Scheduled Transportation
- Weekly Housekeeping
- All Utilities (except phone/cable)
- Linen Service
- Life-enrichment programs
- Gracious Library
- Conveniently located laundry rooms
- Complimentary Multi-purpose room
- Beauty Parlor-Barbour Shop  
\*fees apply
- Patio Courtyard with walking paths



503.542.4800 | 8517 SE 17th Avenue | Portland, OR 97202 | [SellwoodSeniorLiving.com](http://SellwoodSeniorLiving.com)



# Respite Care

At Sellwood Senior Living, 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 Sellwood Senior Living. Respite Care allows you and your loved one to experience the support and services we provide on a trial basis.

## Respite Care includes:

- 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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## 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 owned and managed communities,  
please visit our website at: [www.PacificaSeniorLiving.com](http://www.PacificaSeniorLiving.com)