



PACIFICA

SENIOR LIVING

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RANCHO  
PEÑASQUITOS



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

## Legacies™ Memory Care

Our Legacies™ Memory Care programs provide 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.

# WELCOME

Welcome to Pacifica Senior Living Rancho Peñasquitos, a beautifully appointed Pacifica Senior Living community that elevates Assisted Living and Memory Care to a new standard of excellence.

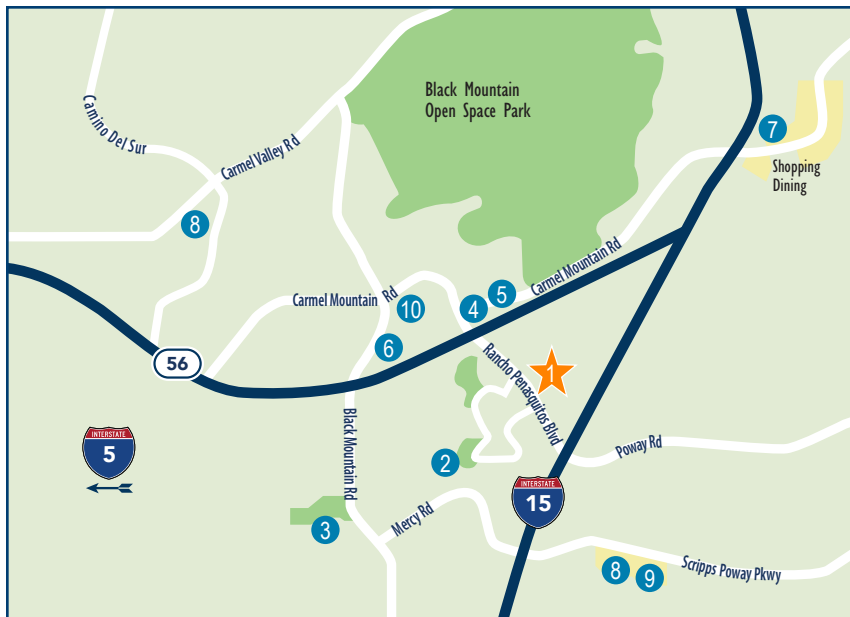
Offering affordable lifestyles for Heartland™ Assisted Living and Legacies™ Memory Care, Pacifica Senior Living Rancho Peñasquitos just may be the best value in luxury senior living in the area. Rich with amenities and services, Pacifica Senior Living Rancho Peñasquitos welcomes residents to enjoy a worry-free lifestyle that beautifully balances independence and support.

Our community has been thoughtfully created and designed to provide seniors with an enriching, fulfilling lifestyle, the company of peers and the peace of mind that comes with 24-hour support by a trained staff. From a variety of floor plans to inviting spaces both

indoor and out, Pacifica Senior Living Rancho Peñasquitos offers residents their choice of private apartments as well as community areas in which to gather with friends and enjoy social interaction.

Conveniently located, Pacifica Senior Living Rancho Peñasquitos is close to shopping, healthcare services, religious establishments and cultural and educational opportunities.

At Pacifica Senior Living Rancho Peñasquitos, it's a new day – and it's yours! Make the most of it right here.



#### Points of Interest

- |                                              |                          |
|----------------------------------------------|--------------------------|
| 1. Pacifica Senior Living Rancho Peñasquitos | 6. CVS Pharmacy          |
| 2. Ridgewood Park                            | 7. Carmel Mountain Plaza |
| 3. Canyonside Community Park                 | 8. Starbucks Coffee      |
| 4. Stater Bros Market                        | 9. Vons                  |
| 5. 24 Hour Fitness                           | 10. Rancho Family YMCA   |

#### Directions to Pacifica Senior Living Rancho Peñasquitos:

##### Inland Empire:

- I-215 S
- Take I-15 S to Rancho Peñasquitos Blvd in San Diego
- Take exit 18 from I-15 S
- Continue on Rancho Peñasquitos Blvd to destination

##### San Diego:

- I-5 N
- Take CA-56 E to Rancho Peñasquitos Blvd
- Take Exit 8 from CA-56 E
- Continue on Rancho Peñasquitos Blvd to destination



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# 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. Trained team members work together to enhance continued dignity and trust.

We know the difference a smile and kind word can make.

Respite Care includes:

- A beautiful home-like environment
- Furnished apartment
- 24-hour personal care and assistance
- Heartland™ Assisted Living

Room rates starting from:

- \$\_\_\_\_\_ per day for Assisted Living

*(Not including care costs)*



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# LEGACIES™ MEMORY CARE



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# LEGACIES™ MEMORY CARE RATES

One Monthly Fee\* Includes the Following Memory Care Services and Amenities:

- Three nutritious meals served daily
- Encouragement and support for participation in life-enrichment programs and activities
- Wellness checks
- Transportation to medical appointments
- Weekly laundry
- Weekly housekeeping
- Utilities

## Memory Care Monthly Rates:

Ramona (shared)	\$ _____
Miramar (private)	\$ _____
Community Fee	\$ _____
Second Person Fee	\$ _____

### Level of Care Services

A personalized assessment will be completed by our professional nursing staff to determine the appropriate Care Level for you or your loved one. Our experienced associate will go over the program and services from the assessment and will answer any questions you may have.

Level 1: \$ \_\_\_\_\_ Level 2: \$ \_\_\_\_\_ Level 3: \$ \_\_\_\_\_ Level 4: \$ \_\_\_\_\_ Level 5: \$ \_\_\_\_\_

*Diabetic Care offered*

  
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# HEARTLAND™ ASSISTED LIVING

Pacifica Senior Living Rancho Peñasquitos Heartland™ Assisted Living program is ideal for those who may benefit from assistance to remain living independently while enjoying a fulfilling lifestyle. Offering a unique combination of people, lifestyles, services and care, Heartland™ Assisted Living delivers the optimal balance of independence and support.

Our dedicated staff provides personalized, 24-hour assistance, ensuring residents enjoy freedom of choice, dignity, respect and the comfort of care. Families enjoy the peace of mind that comes with knowing their loved ones are happy and well cared for.

Your Monthly Fee Includes:

- 24-Hour staff
- Chef prepared meals
- Activities calendar
- Apartment home maintenance
- Scheduled transportation
- Housekeeping services
- Utilities
- Emergency alert system



# HEARTLAND™ ASSISTED LIVING RATES

Additional Assisted Living Care  
Services May Include:

- Caregivers available 24/7
- Escort to meals and activities
- Showering, bathing and dressing assistance
- Assistance with personal grooming/hygiene
- Medication assistance
- Visits from our rehabilitation professionals in the comfort of your home
- Incontinence management
- Insulin assistance

## Assisted Living Monthly Rates\*:

Santee	\$ _____
Solana	\$ _____
Rancho	\$ _____
Community Fee	\$ _____
Second Person Fee	\$ _____

## Level of Care Services

A personalized assessment will be completed by our professional nursing staff to determine the appropriate Care Level for you or your loved one. Our experienced associate will go over the program and services from the assessment and will answer any questions you may have.

Level 1: \$\_\_\_\_\_ Level 2: \$\_\_\_\_\_ Level 3: \$\_\_\_\_\_ Level 4: \$\_\_\_\_\_ Level 5: \$\_\_\_\_\_

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# ASSISTED LIVING FLOOR PLANS



  
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# MEMORY CARE FLOOR PLANS



MIRAMAR (private)



ROMONA (shared)

  
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## Respite Care

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*(Respite Care based on availability.)*

## 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 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, shops, religious services, banks, postal centers 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.

  
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## 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.

Independent Living | Assisted Living | Memory Care



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