



**PACIFICA**  
SENIOR LIVING  

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NORTHRIDGE

ASSISTED LIVING • TRANSITIONS • MEMORY CARE

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.

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 Pacifica Senior Living, Northridge. Our Assisted Living, Transitions and Memory Care community offers an atmosphere of home and comfort with intimate settings that help reduce the feeling of loneliness and isolation.

Through our signature programs, Heartland Assisted Living and Legacies™ Memory Care, where we offer those with memory challenges, including Alzheimer's disease and dementia, a supportive and enriching place to call home.

Pacifica, Northridge 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 activities programs.

Each apartment home is individually tailored to meet the needs of each resident.

We offer aging-in-place with continuity of care at every stage. Best yet, we provide families the peace of mind of knowing that their loved ones are in good hands, delivered by people who genuinely care.

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





Follow our driving directions to reach our Assisted Living and Memory Care in Northridge, CA.

### From US 101 N and I-405:

- Merge into I-405 N. toward Sacramento
- Exit Roscoe Blvd. (# 68), proceed West
- Turn right at Balboa Blvd.
- Turn left on Parthenia St.
- Proceed through Zelzah Ave.
- Next light is Lindley Ave.
- Turn right on Lindley Ave. and park

### From US 101 S:

- Exit Reseda Blvd. North (#23)
- Go 4.5 miles
- Turn right on Roscoe Blvd.
- Turn left at Lindley Ave.
- Proceed through Parthenia St., curb lane
- Park on the right

### From CA-118 E:

- Exit Reseda Blvd. South (#38)
- Turn left Nordhoff St.
- Turn right on Zelzah Ave.
- Go 3 blocks, turn right on Parthenia Ave.
- Turn right at Lindley Ave. and park

### From CA-118 W:

- Exit Balboa Blvd. South (#40)
- Proceed through light at Nordhoff St.
- Right turn on Parthenia St.
- Proceed through Zelzah Ave.
- Next light is Lindley Ave.
- Turn left on Lindley Ave. and park



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# Floor Plans

The Lindley  
Private Deluxe Suite



The Ridge  
Private Suite



  
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# Heartland™ Assisted Living

The Heartland™ Assisted Living program at Pacifica Living Northridge 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 an assessment conducted with the resident and his or her family prior to move-in, ensuring all needs will be met properly.

Residents are regularly reassessed to make sure the most appropriate support is delivered.

## Services may include:

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





# Heartland™ Assisted Living Rates

## One inclusive monthly fee\* includes the following Assisted Living services and amenities:

- Apartment home
- Apartment home maintenance
- 24-hour accessible staff
- Three nutritious meals served daily in the gourmet dining room plus snacks available anytime
- Life-enrichment programs and activities
- Scheduled transportation and day trips
- Weekly housekeeping and linen services
- Interior courtyard
- Community health resource referrals
- All utilities (except telephone and cable)
- Conveniently located laundry room
- Daily bed making

*\*Incontinence products not included*



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# Transitions & Legacies™ Memory Care



## **Transitions™ Memory Care**

Transitions™ is a new comprehensive memory care program which caters to the needs of individuals with early stages of memory loss in an open assisted living setting where they can benefit from social and emotional support.

## **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.

## 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



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# Transitions & Legacies Memory Care Rates

## One monthly fee\* includes the following Memory Care services and amenities:

- 3 nutritious meals served daily in a family home setting
- Assistance with meals
- Encourage and support participation in life enrichment programs and activities
- Wellness checks
- Transportation to medical appointments
- Weekly linen and personal laundry
- Daily housekeeping
- All utilities (except telephone and cable)
- Diabetic Management

*\*Incontinence products not included*



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# Respite Care



At Pacifica, Northridge, 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 and access to our engaging lifestyle.

This short-term stay option is also ideal for those considering a move to Pacifica, Northridge. 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 apartment (private, semi-private or shared)
- Access to 24-hour personal care and assistance
- Three balanced meals and snacks daily
- Weekly housekeeping and personal 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 communities, visit our website at*  
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