



PACIFICA
SENIOR LIVING

FULL-SERVICE RETIREMENT LIVING

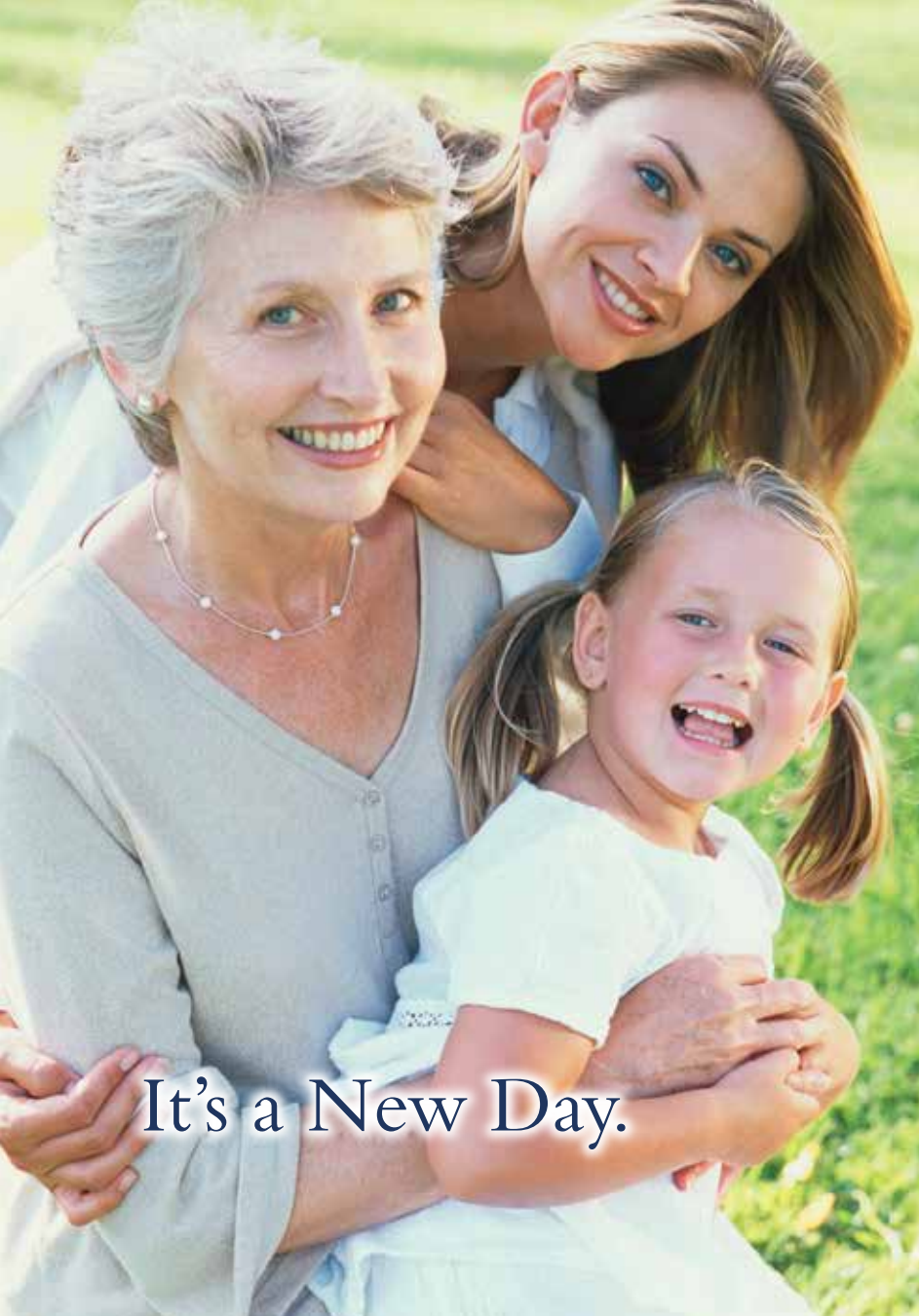
It's a New Day.

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 a repeating botanical motif. This pattern is centered behind a dark blue rectangular box.

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 Lynnwood, an elegantly appointed senior living community that elevates assisted living and memory care to a new standard of excellence.

Offering affordable fees for our Heartland™ Assisted Living and Legacies™ Memory Care programs, Pacifica Senior Living Lynnwood just may be the best value in luxury senior living located in the Greater Seattle area. Rich with amenities and services, Pacifica Senior Living Lynnwood welcomes residents to enjoy a worry-free lifestyle that conveniently balances independence and support.

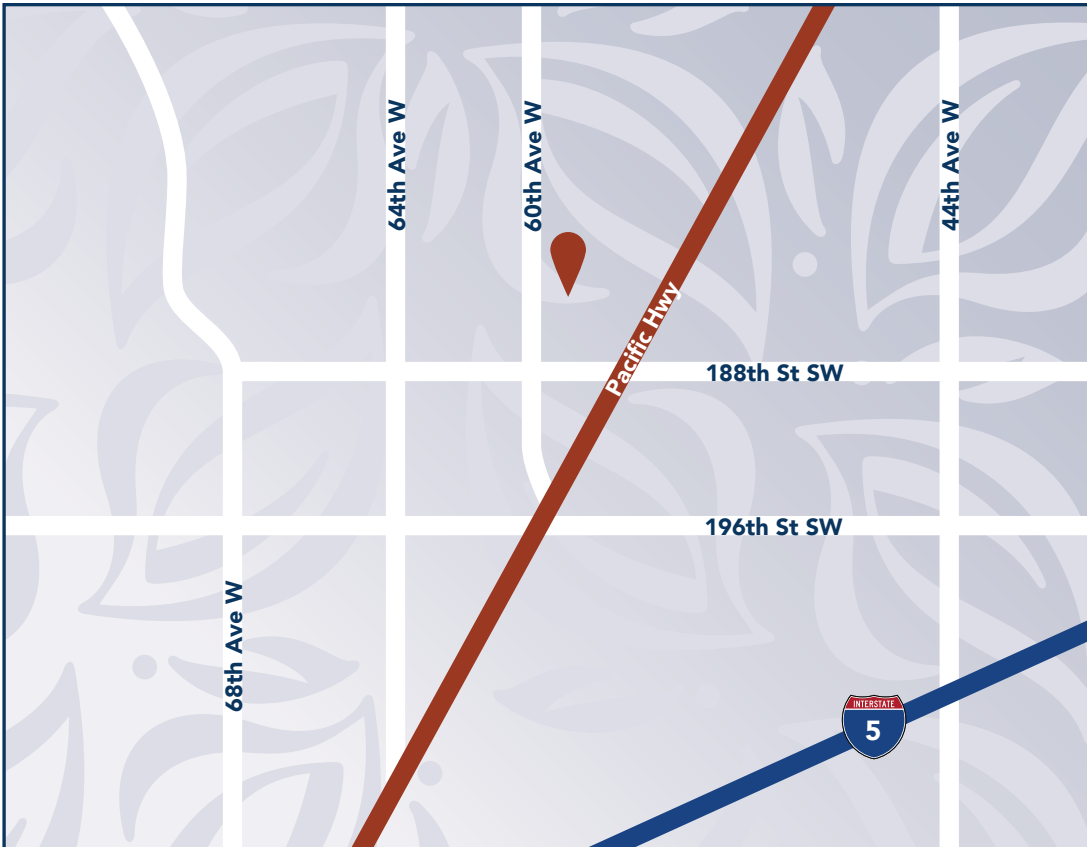
Our community has been thoughtfully created and designed to provide seniors with not only an enriching and fulfilling lifestyle but also the peace of mind with 24 hour support from our friendly staff.

With a variety of floor plans to choose from, residents of Pacifica Senior Living Lynnwood enjoy the dignity of private apartments as well as several inviting community spaces to gather with friends.

Our carefully monitored community provides safety and security in a beautiful environment with walking paths surrounding our beautiful scenic courtyards. Pacifica Senior Living Lynnwood is conveniently located near shopping centers, healthcare options, religious choices and cultural & educational opportunities.

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





From I-5 North:

- Follow I-5 N to 44th Ave W in Lynnwood
- Take exit 181A from I-5 N
- Follow 44th Ave W
- Use the left 2 lanes to turn left onto 44th Ave W
- Go 1.1 mi & Turn left onto 188th St SW
- Turn right onto 60th Ave W
- The destination will be on the right

From I-5 South:

- Follow I-5 South
- Take exit 181 to merge onto WA-524 W/196th St SW
- Turn right onto 36th Ave W
- Turn left onto 188th St SW
- Turn right onto 60th Ave W
- The destination will be on the right



Heartland™ Assisted Living



The Heartland™ Assisted Living program at Pacifica Senior Living Lynnwood provides seniors with the supportive services they need to continue living as independently and vibrantly as possible.

Our highly trained 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.

Assisted Living Amenities Available:

- 3 Delicious Meals Daily
- Activities Onsite and Offsite
- Beautician Onsite
- Devotional Services
- Outdoor Common Areas
- Indoor Common Areas

Staffing:

- Visiting Podiatrist
- Nurses on Staff
- Visiting Physical Therapist
- 24-Hour Awake Staff
- Visiting Occupational Therapist
- Visiting Speech Therapist

Other Services:

- Hospice Available
- Resident Parking Available
- Complimentary Transportation

Pets Accepted:

- Cats
- Dogs 40lb weight restriction
- Pet Care Available for added fee

Smoking:

- Allowed Outdoors
(in designated smoking areas)


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LYNNWOOD
Assisted Living
Memory Care

Floor Plans



Studio



Corner Suite



Friendship Suite

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 in a safe, secure environment. Residents engage in many interactive activities that, for example, improve coordination and strengthen social connections. One favorite program is Music and MemorySM, in which residents listen to carefully selected, individualized playlists of their favorite songs to help stimulate their minds, memories and cognitive functions.



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LYNNWOOD
Assisted Living
Memory Care

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Respite Care



At Pacifica Senior Living Lynnwood, 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 Lynnwood. 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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LYNNWOOD

Assisted Living
Memory Care

Legacies™ Memory Care Rates

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

- Apartment home maintenance
- 24-hour staffing
- Three balanced meals and snacks daily
- Monitoring of special diet restrictions
- Assistance with meals as needed
- Support and encouragement with life-enrichment programs and activities
- Wellness checks
- Scheduling of medical appointments
- Transportation to/from medical appointments
- Housekeeping (as needed)
- All Utilities Plus WiFi (except Phone)
- Full-service beauty salon
- Private courtyard and walking paths

**Monthly Level of Care fee based on individual needs assessment*

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LYNNWOOD
Assisted Living
Memory Care



Heartland™ Assisted Living Rates

One inclusive monthly rate includes the following options and amenities:

- 24 hour staffing
- Three nutritious meals daily in home-like dining room
- Scheduled Transportation
- Weekly Housekeeping
- All Utilities Plus WiFi (except Phone)
- Linen Service
- Conveniently located laundry rooms
- Beauty Parlor-Barbour Shop
**fees apply*
- Patio Courtyard with walking paths

**Monthly Level of Care fee based on individual needs assessment*

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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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For a list of Pacifica Senior Living
communities, visit our website at
www.pacificaseniorliving.com

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