



PACIFICA
SENIOR LIVING

OAKLAND HEIGHTS

INDEPENDENT LIVING • ASSISTED LIVING • 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 Oakland Heights, an elegantly appointed gated senior living community that elevates independent living, assisted living and memory care to a new standard of excellence.

Offering affordable fees for our Independent Living, Heartland™ Assisted Living and Legacies™ Memory Care programs, Pacifica Oakland Heights just may be the best value in luxury senior living in the San Francisco Bay Area. Rich with amenities and services, Pacifica Senior Living Oakland Heights 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 of 24-hour support by a trained staff.

Conveniently located, Pacifica Senior Living Oakland Heights is close to shopping, healthcare services, religious services, cultural and educational opportunities, and of course, the city of San Francisco.

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





From the North:

- Take I-580 East
- Exit toward Park Blvd.
- Merge onto MacArthur Blvd
- Slight right to stay on MacArthur Blvd.
- Turn right onto Beaumont Ave.
- Turn left onto E. 32nd St.
- Turn right onto Ardley Ave.
- Continue onto 23rd Ave.
- Turn left onto E. 29th St.
- Pacifica Senior Living Oakland Heights will be on your right.

From the South:

- Take I-880 North
- Exit onto 23rd Ave.
- Continue onto 22nd Ave.
- Sharp right onto E. 12th Ave.
- Turn left onto 23rd Ave.
- Turn right onto E. 29th St.
- Pacifica Senior Living Oakland Heights will be on your right.


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Independent Living Floor Plans

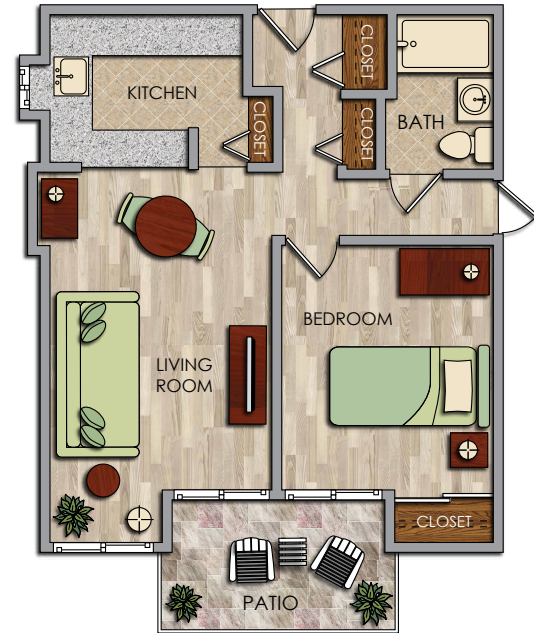
Studio Apartment



Alcove Studio Apartment



One-Bedroom Type A



Two-Bedroom / One-Bath Apartment



One-Bedroom Type B



Two-Bedroom / Two-Bath Apartment



Independent Living

Pacifica Oakland Heights welcomes residents to enjoy all the best that life has to offer – a beautiful place to live, a private apartment or cottage, delicious dining, a full calendar of activities and a variety of amenities, all complemented by services that take the worry and inconvenience out of everyday living.

No more chores. No more cleaning. No more yardwork. Just time to spend as you wish – with plenty of programs, activities and outings to choose from.

Pacifica Oakland Heights community features include:

- 24-hour emergency call system
- Transportation
- Relaxing library
- Private gated parking
- Salon
- Exercise class
- Personal laundry facilities
- Entertainment parlor and bingo room
- Gourmet dining room
- Beautiful grounds and walking paths



Independent Living Rates

Your retirement lifestyle should be as carefree and convenient as possible. Here you have the time to spend your days as you choose, free from the burdens of time-consuming home maintenance and chores. We provide a variety of exceptional services in your monthly fee, including:

- Apartment or cottage
- Apartment or cottage home maintenance
- Three nutritious meals served daily in the gourmet dining room plus snacks available anytime
- Weekly housekeeping and linen service
- Full-time life enrichment programs
- All utilities (except telephone)
- Scheduled transportation



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Heartland™ Assisted Living



The Heartland™ Assisted Living program at Pacifica Oakland Heights 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 includes:

- 3 balanced meals and snacks daily
- Emergency call system
- Weekly housekeeping
- Weekly linen service and personal laundry
- All utilities except phone and cable
- Scheduled transportation



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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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Respite Care



At Pacifica Oakland Heights, 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 Oakland Heights. Respite Care allows you and your loved one to experience the support and services we provide on a trial basis.

Respite Care includes:

- Furnished apartment
- 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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Heartland™ Assisted Living Rates

- Apartment home maintenance
- Weekly linen service and personal laundry
- Scheduled transportation
- All utilities (except telephone)
- Three balanced meals and snacks daily
- Life-enrichment programs and activities
- Gracious library with computer
- Beauty salon/barber shop
- 24-hour staffing
- Beautiful grounds and walking paths
- Movie theater
- Exercise room
- Entertainment/game room
- Chapel

**Monthly care fee based on individual assessment*

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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
- Support and encouragement with life-enrichment programs and activities
- Wellness checks
- Scheduling of medical appointments
- Transportation to/from medical appointments
- Housekeeping and linen service
- All utilities (except telephone)
- Beautiful grounds and walking paths

**Monthly care fee based on individual 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 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

www.pacificaseniorliving.com



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