

Floor Plans

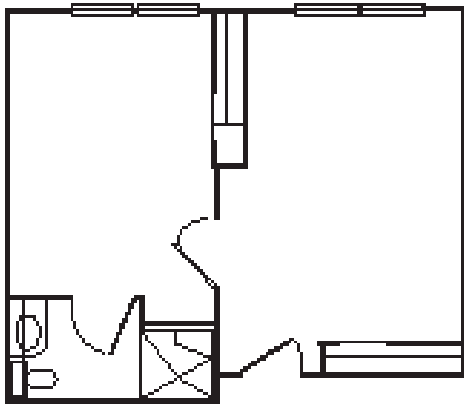
Residents of The Sequoia enjoy comfortable living in their own private apartment, furnished and decorated with their favorite things.

A variety of floor plans are available providing flexibility and convenience for most any need. Visit with a Sequoia representative for details on pricing and availability.

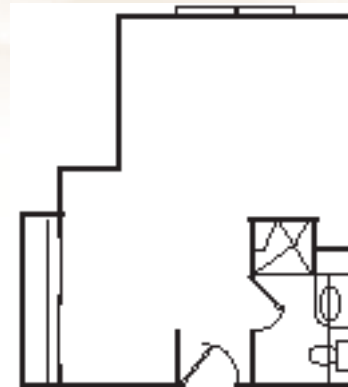
Individual Apartment Amenities

- Alarmed community doors and emergency call system in each apartment.
- Convenient apartment-size refrigerator.
- Individual apartment temperature controls.
- Spacious closets.
- Wall-to-wall carpeting.
- Private bathroom with shower including grab bars for safety.
- Cable TV (with television provided by resident).

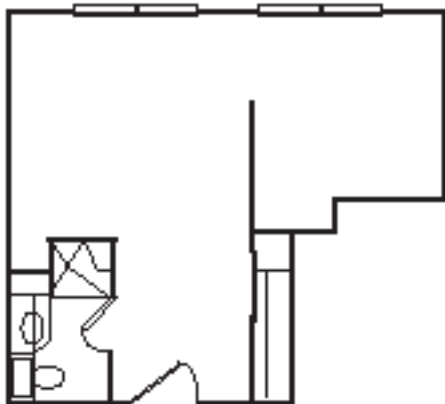
The Sequoia 460 Sq. Ft. *



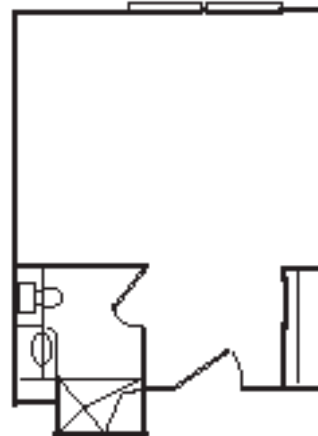
The Rainier 350 Sq. Ft. *



The Alpine 350 Sq. Ft. *



The Meadows 325 Sq. Ft. *



* Approximate Size

Services & Amenities

The Sequoia is designed with comfort, convenience and safety in mind. Our beautifully-appointed community has 92 apartments with a variety of floor plans to meet your needs.

The Sequoia offers a homelike atmosphere with all the amenities you'd expect from one of the Northwest's premier assisted living communities.

Community Amenities

- Full-service beauty salon and barbershop.
- Complimentary laundry facilities.
- Living room with fireplace.
- Private Library with fireplace.
- Spacious activity rooms for social gatherings.
- Game rooms.
- Private dining room available for resident guests and special occasions.
- Large secure central courtyard with beautifully groomed flower beds. Planter boxes and raised beds are home to residents' gardens.
- Guest accommodations.

Dining Services

- Three homestyle meals a day from a menu of delicious choices with restaurant-style service.
- Menu includes multiple choices and heart smart selections from which to customize your personal meal.
- In-room dining service during illness.
- Monthly menu and "Food Talk" with food service supervisor.
- Guest meals.

Individual Apartment Amenities

- Convenient apartment-size refrigerator.
- Individual apartment temperature controls.
- Spacious closets.
- Wall-to-wall carpeting.
- Private bathroom with shower including grab bars for safety.
- Cable TV (with television provided by resident).
- Emergency call system.

Safety

- Alarmed doors.
- Emergency call system throughout the facility including all apartments, personal bathrooms, restrooms.
- Sprinkler system throughout the building.
- Each apartment individually keyed for privacy and security.

Safety (cont.)

- Heat and smoke detectors in every apartment.
- Front office staffed seven days a week, voice intercom and keyed access for family members after hours.

Medical Services

- Staff trained in CPR and first aid.
- Caregivers available 24 hours a day.
- RN or LPN in the community 16 hours a day, seven days per week.
- Nurse on call 24 hours a day.
- Post-surgical nursing care.
- Respite care program.
- Medication management by a licensed nurse.
- Assistance with arrangements for physical, occupational, respiratory and speech therapy available.
- Diabetic services.
- Urinary incontinence management.
- Resident assessment and coordination with physicians.
- Podiatrist available.

Transportation

- Staff assistance with arrangements for transportation to medical and dental appointments.
- Regularly scheduled transportation for shopping, banking, library, restaurants, and other special events.
- Scenic drives to local points of interest and community-sponsored events.

Personal Services

- Scheduling and reminders for appointments.
- Weekly housekeeping, linen and maintenance service.
- Total or standby assistance with bathing, dressing and personal hygiene.
- Meal reminders and walking escort to and from meals and activities if required.

Pets

- The Sequoia is one of the few local assisted living communities that allows pets.

Social Activities & Community

To help our residents maintain and nurture active, independent lives, we provide a myriad of social and recreational opportunities: musical performances, field trips to points of interest, exercise classes, and holiday get-togethers.

We also customize care to individual needs with a personalized “wellness” program developed and coordinated by our director of wellness and our social programs director.

Regularly scheduled transportation is offered for shopping, banking, local library visits, sporting and special community events. Assistance with arrangements for transportation to medical, dental and other appointments is also available.

Our Sequoia Community Events Include:

- Monthly “Commitment to Excellence” meeting with management staff.
- Daily fitness programs with warm-up exercises, flex and stretch, Trailblazer Walkers, 30-minute work outs.
- Health & Wellness Seminars and a monthly award ceremony.
- Spiritual services.
- “News & Views” — a current events discussion.
- “One to One” — an individual social program.
- Variety of games including bingo, bridge, pinochle, Keno, bowling, horse shoes, miniature golfing, and Nintendo Wii.
- Harvest time cooking activity with produce from community garden.
- Holiday and other family-centered events.
- Scenic drives.
- Regular trips to various stores, banks and library.
- Arts and crafts classes.
- Book Review/Library.
- Volunteer opportunities.
- Barbecues, special breakfasts, holiday brunches.
- Holiday bazaars, gift shows, yard sales.
- On-site special events, such as plays, musicals, concerts, dancers and chorale groups.
- Trips to museums, Senior Center and special events like Lakefair.