

## Welcoming in every way.

Welcome to GenCare Lifestyle Federal Way - an inviting and beautiful setting for exceptional well-being and peace of mind. Our wide array of lifestyle options, newly renovated residences, thoughtful services and compassionate team members add up to an extraordinary living experience. Everything here supports true empowerment, engagement, and connection. Each resident receives personalized attention to meet their specific needs now and over time. It's time to live your best life at GenCare Lifestyle Federal Way.

## A Community That Feels Like Home

We're local, and we love it! Our community reflects the diverse personalities of our residents. But one thing remains the same no matter which GenCare Lifestyle community you choose: connection. As locals ourselves, we feel a deep connection to the area we serve and the families who choose us. That's why you feel a sense of home as soon as you walk through our doors.

To have an environment that supports health, happiness, and connection, the staff must embody that mission. The caring staff at GenCare Federal Way truly brings our Whole Life Living™ approach to life each day. They are experienced, compassionate, caring, and fun! That's why it's so easy to feel at home in our warm, welcoming community. We love what we do, and it shows in the smiles of our residents, families and team members each day.

### *Lifestyle options available:*

- Active Retirement
- Assisted Living
- PEAK Memory Care
- Respite Visits



## Healthy Living is Happy Living at GenCare Lifestyle!

At GenCare we believe that aging doesn't mean you stop living. Our signature Whole Life Living™ program supports that belief. It opens doors for connection, joy and good neighbors. It provides opportunities for residents to live life to the fullest potential. Whole Life Living is designed around four vital facets that help residents live happy, healthy lives, all grounded in a socially connected environment down to the design of the community. It incorporates activities that have been shown to produce optimal results for healthy aging. It meets residents where they are in their health and wellness journey, encourages challenging the mind, being active, making nutritious diet choices, and building relationships. This is what makes GenCare Lifestyle so unique.



### **Eat Better - Culinary**

#### ***Wellness begins with wholesome, delicious food***

Our talented chefs prepare wholesome and healthy meals from scratch with nutritious ingredients tailored to suit your unique needs, including gluten-free, vegetarian, vegan, and diabetic options. We take pride in serving cuisine that isn't stuffed with hollow calories, preservatives, or carbohydrates but is still delicious and satisfying. In addition, GenCare is the only senior living community company in the nation to be Certified Gluten-Free by the Gluten Intolerance Group of America.



### **Move Better - Vitality**

#### ***Healthy activity builds positive energy***

When you feel good, you naturally want to do more in life. We help you build strength, mental acuity, flexibility, and balance with state-of-the-art fitness equipment, exercise classes, and on-site certified personal trainers. In addition, the Kinesis® One 93/42 EEC certified medical and rehabilitation device offers a wide range of medically approved exercises and routines, making it ideal for those with rehabilitative needs or limited mobility issues.



### **Think Better - Stay Sharp**

#### ***Engaging activities to keep your brain sharp***

A healthy body goes hand in hand with a healthy mind, and keeping sharp mentally has substantial health benefits. We constantly offer various clubs and activities to enjoy, hobbies to try, cultural happenings to attend, and local outings to explore. Keeping your mind active offers benefits beyond your brain health; interaction and engagement provides a sense of connection and fulfillment. Life is full here, and the possibilities are endless!



### **Live Better - Purpose**

#### ***Creating Opportunities to Find Purpose in Life***

Research has shown that most seniors with a strong sense of purpose live longer, happier lives. We provide opportunities to discover new interests, volunteer, connect with others in and outside your local community with programs that matter. Retirement is the beginning of a whole new chapter, a time of life where you can stay connected, be involved with friends, neighbors, and the ones you love!

GenCare Lifestyle Federal Way is a premier retirement community located in Federal Way, Washington. Our beautifully renovated community features spacious studios, one and two bedroom apartments offering active retirement, assisted living, memory care and respite visits.

We strive to center your days around good health, tailored to meet your unique needs and enjoyment in mind. You will find that there are endless opportunities to pursue interests, mingle with good friends, or simply sit back and enjoy the ambiance, worry free!

### Our Amenities Include:

- Monthly rental with no buy-in
- Three meals included in our beautiful dining room featuring chef prepared healthy, fresh, and made from scratch meals
- Gluten-free, vegetarian, vegan and diabetic menu options
- Private dining room for special dinners and guests
- Bistro lounge where the weekly happy hour is a favorite social activity with the Residents
- Full-service beauty and barber salon
- Complete fitness center with on-site complimentary certified personal trainer
- Activity room with extensive Vitality program
- Beautifully landscaped outdoor courtyard with relaxing pond and seating areas

Our Assisted Living services include a range of care from assistance with medication to assistance getting dressed and help with bathing and grooming. All of the apartments are licensed as Assisted Living and personal care is offered in the privacy of your own apartment. Memory Care services are available in the same building convenient and accessible to loved ones.



### Monthly Base Rates

Monthly Rental Rates are for single occupancy and based on apartment type, location and square footage.

#### Active Retirement & Assisted Living

Studio	Starting at \$ _____
One-Bedroom	Starting at \$ _____
Two-Bedroom	Starting at \$ _____
Second Person Fee	\$ _____

#### Peak Memory Care

Shared Suite	Starting at \$ _____
Private Suite	Starting at \$ _____

#### Assisted Living Care Services

After completing an assessment, visiting and learning more about your unique needs, lifestyle and routine, our Wellness Director and Executive Director will be able to determine the monthly cost of your proposed service plan and services. Our enhanced care starts at \$65 per point and services are based on each residents' individual needs and requests.

#### What's Included?

- Base rent for your suite
- Two delicious home cooked meals (third meal included for AL residents)
- All utilities including electricity, water & sewer
- Basic expandable cable
- Weekly housekeeping & linen service
- 24-Hour Staffing, and daily courtesy/ safety checks
- Scheduled transportation
- Daily Whole Life Living™ programming
- Certified Personal Trainer
- General maintenance
- Emergency alert pendant (AL)

#### Respite Visit Rental Rates (30 day minimum stay)

Respite hospital visits	\$ _____/day, all inclusive
Respite Move-in Fee	\$ _____

#### Additional Fees

Community Fee (one-time only)	\$ _____/person
Pet Fee (non-refundable, one-time only)	\$ _____
Second Occupant Fee	\$ _____

*\*\* Our Community Fee is a one-time, non-refundable charge for ongoing maintenance such as, cleaning and sanitizing apartments as they become available, and initial carpet cleaning and painting. It is also used for general maintenance and upkeep of the common and outdoor areas.*

### Assisted Living

We provide our residents with the necessary assistance in everyday activities to improve their quality of life. Our 24-hour-a-day team of trained nurses and caregivers offer a variety of services in a caring and professional environment.

Our assisted living services include a range of care from medication management to help with bathing and grooming. All apartment homes offer personal care in the privacy of your own home. Memory Care services are available in the same building.

- Medication management and Diabetic Care
- 24-hour certified caregivers and nursing services
- Bathing, grooming, dressing assistance
- Toileting assistance / Incontinent Care
- Escorts to and from meals and activities
- Safety checks and cueing/reminders
- Meal trays delivered to your apartment
- Personal laundry

Before starting Assisted Living services with GenCare, we will assess your needs which enables us to create a care plan, specifically designed to you. Please come in to visit our office/community and we will discuss when the assessment may take place.





## DRIVING DIRECTIONS

GenCare Federal Way is conveniently located close to grocery stores, drug stores, restaurants, Target, WalMart, St. Francis Medical Center, Sea-Tac International Airport and The Commons shopping mall.

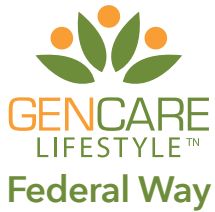
### From 1-5 North/ South:

- Take Exit 143 for S 320th St toward Federal Way
- Use the right lane to keep right at the fork, follow signs for City Ctr/The Commons/State Pk and merge onto South 320th St
- Follow S 320th St to 23rd Ave S heading North
- Parking is available at the community.

### From Hwy-18:

- Get on WA-18 heading West
- Continue on WA-18 W to Federal Way. Take exit 143 from I-5 North
- Follow S 320th St and 23rd Ave S heading North to your destination
- Parking is available at the community.

**We look forward to seeing you!**



## COST COMPARISON WORKSHEET

See how attainable GenCare Lifestyle living can be by comparing your expenses below.

	Current Living Expenses	Living at GenCare Lifestyle
Mortgage • Rent	\$ _____	\$ _____
Property Taxes	\$ _____	Included
Electricity	\$ _____	Included
Gas/Oil Heating	\$ _____	Included
Garbage	\$ _____	Included
Water & Sewer	\$ _____	Included
Cable TV Extended Basic	\$ _____	Included
Housekeeping	\$ _____	Included
Laundering Bed Linen	\$ _____	Included
Internet WIFI	\$ _____	Included
Maintenance - Property	\$ _____	Included
Maintenance - Landscape	\$ _____	Included
Home Security	\$ _____	24 hr Staff on-site
In Home Care Services	\$ _____	Included
Three meals per day	\$ _____	Included
Homeowner Dues	\$ _____	\$ _____
Activities	\$ _____	Most Included
Entertainment	\$ _____	Most Included
Transportation	\$ _____	Included
Gym Membership/Personal Trainer	\$ _____	Included
Phone	\$ _____	\$30 per month
Beauty/Barber Shop	\$ _____	Services available on-site
Auto Expenses	\$ _____	Included
Daily Courtesy Check-ins	\$ _____	Included
Other	\$ _____	\$ _____
<b>TOTAL MONTHLY COSTS</b>	<b>\$ _____</b>	<b>\$ _____</b>



## MEMORY CARE PERSONALIZED PEAK PROGRAM

At GenCare, we care for your loved one with a personal wellness and vitality program, designed to engage them where they are today. We acknowledge their needs and create a quality of life for all to succeed. As kindred spirits in our climb, we nurture each other to find the best we have within us.

**WE HELP OUR RESIDENTS CLIMB THEIR HIGHEST PEAK FEELING  
SUPPORTED AND GUIDED.**



**P**ERSONAL  
**E**NGAGE  
**A**CKNOWLEDGE  
**K**INDRED



### PEAK DIRECTOR

Our PEAK Director's primary responsibility is to ensure every day is full of joy, vitality and purpose for our residents. In addition, the Director supports the Partners to confirm Wellness Plans are followed. Should you have any questions or feedback, The PEAK Director is your family contact.



### PEAK PARTNERS

Our PEAK Partners provide daily assistance and support for your loved one which may include dressing, bathing, restroom activity, grooming, medication, dental hygiene, dining and vitality.



### PEAK DIRECTOR

Our PEAK Guides are devoted to our belief that every resident deserves a quality of life, the ability to succeed, feel good about themselves and contribute to the whole in a dignified manner. Our signature Vitality Programming enhances the quality of life by focusing on mind, body and spirit.





**THE OLYMPUS EXPERIENCE \$\_\_\_\_\_ per month**

The Olympus is designed for the early stage of memory loss. This resident is mostly independent with mobility, dining and restroom activities and may require some minimal cueing and light assistance with dressing, grooming and bathing. Support with medication management and monthly check ups with the Wellness Director are included.

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**THE RAINIER EXPERIENCE \$\_\_\_\_\_ per month**

The Rainier is a good option for your loved one who would benefit from a bit more attention and support. Routine assistance with mobility, dressing, grooming, bathing and restroom activities is provided. Their cognitive level may vary throughout the day though they are able to communicate what they need. They regularly need some assistance with dining. Monthly check ups with the Wellness Director, support with medication management and one nursing treatment per day are also included.

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**THE DENALI EXPERIENCE \$\_\_\_\_\_ per month**

The Denali provides support and guidance for the person who is experiencing the mid stages of memory loss and will benefit from ongoing interactions with our PEAK Partners both day and night. Partners provide full assistance with transfers, mobility, restroom activities, incontinence hygiene, dressing, grooming and bathing. They also provide moderate assistance with meals, reminders and redirection. Routine health monitoring is provided to observe and anticipate changing needs. Nursing oversight daily for medications and two nursing treatments per day are also included.

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**THE EVEREST EXPERIENCE \$\_\_\_\_\_ per month**

The Everest was created to provide the utmost in care, compassion and kindness for your loved one who is experiencing the higher levels of memory loss. You will find with the support and guidance of our PEAK team, there are still wonderful moments to be treasured during this time.

The Everest includes routine health monitoring to observe and anticipate any changing needs your loved one may be having. It also includes ongoing and frequent interactions with our Peak Partners and Peak Guides day and night to provide support, validation and comfort.

Some key components of the The Everest Experience are; 2- person full assistance with transfers and mobility, total assistance with dressing, grooming, bathing, restroom activities and incontinence hygiene, full assistance with dining and providing special diets if needed, daily nursing visits for medication administration and three or more nursing treatments per day. The Everest also includes hospice care.



### **SPECIAL FRIEND**

Meaningful connections are important to all of us. Each resident will be paired with one of our staff members or a volunteer, their Special Friend, who will spend one-on-one time engaged in an individual activity of their choice.

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### **MEMORIES BOOK**

To start the journey, we will provide each resident with a Memories Book where family and friends can share notes about their visit. A place to record stories, photos and special moments.

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### **BEAUTY, WELLNESS & GROOMING**

Everyone likes to feel pampered – manicures, foot massages and facials will happen frequently. Visits to our in house salon, full body massage and aromatherapy are also available.

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### **PET THERAPY**

Interaction with gentle, friendly pets have significant benefits to our health. Ongoing visits with our furry friends will bring smiles and comfort to your loved one.

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### **INTERGENERATIONAL ACTIVITIES**

We will partner with local schools, day cares and youth groups to engage with our residents.





### **BRAIN STIMULATION**

Connecting with the past and engaging in lifelong interests, skills and cultures brings joy to our residents and provides them with purpose. They will enjoy activities such as painting, poetry, famous art and artists, opera, proverbs, name games, memorable music and composers, authors, cooking and many more areas of interest.

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### **FITNESS PROGRAMS**

A little exercise goes a long way! Our program includes walking, balance programs, working with small weights, group exercise, parachute games and volleyball to name a few.

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### **STRONG FAMILY TIES**

We believe family education is a key component of our PEAK Program. We will offer professional speakers, resources, support groups and opportunities for volunteering within the program.

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### **MUSIC THERAPY**

Music evokes emotions that bring memories and can stimulate positive interactions. We will utilize all forms of music including singing, dancing and live entertainment. We will also be utilizing iN2L (It's Never Too Late) technology within our music program.

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### **IT'S NEVER TOO LATE (iN2L)**

Through the use of cutting-edge technology provided by the iN2L system, our PEAK residents are able to engage in meaningful experiences by connecting them to the world around them. Bicycling, interactive games, travel and karaoke are just a few of the activities that are cognitively stimulating, physically engaging, entertaining and much more.



## EAT BETTER

Healthy, fresh, and  
made-from-scratch  
meals



## MOVE BETTER

Complimentary  
on-site certified  
personal trainer  
and fitness center



## THINK BETTER

Stay sharp  
with lifelong  
learning programs



## LIVE BETTER

Live with purpose  
through volunteer  
opportunities

