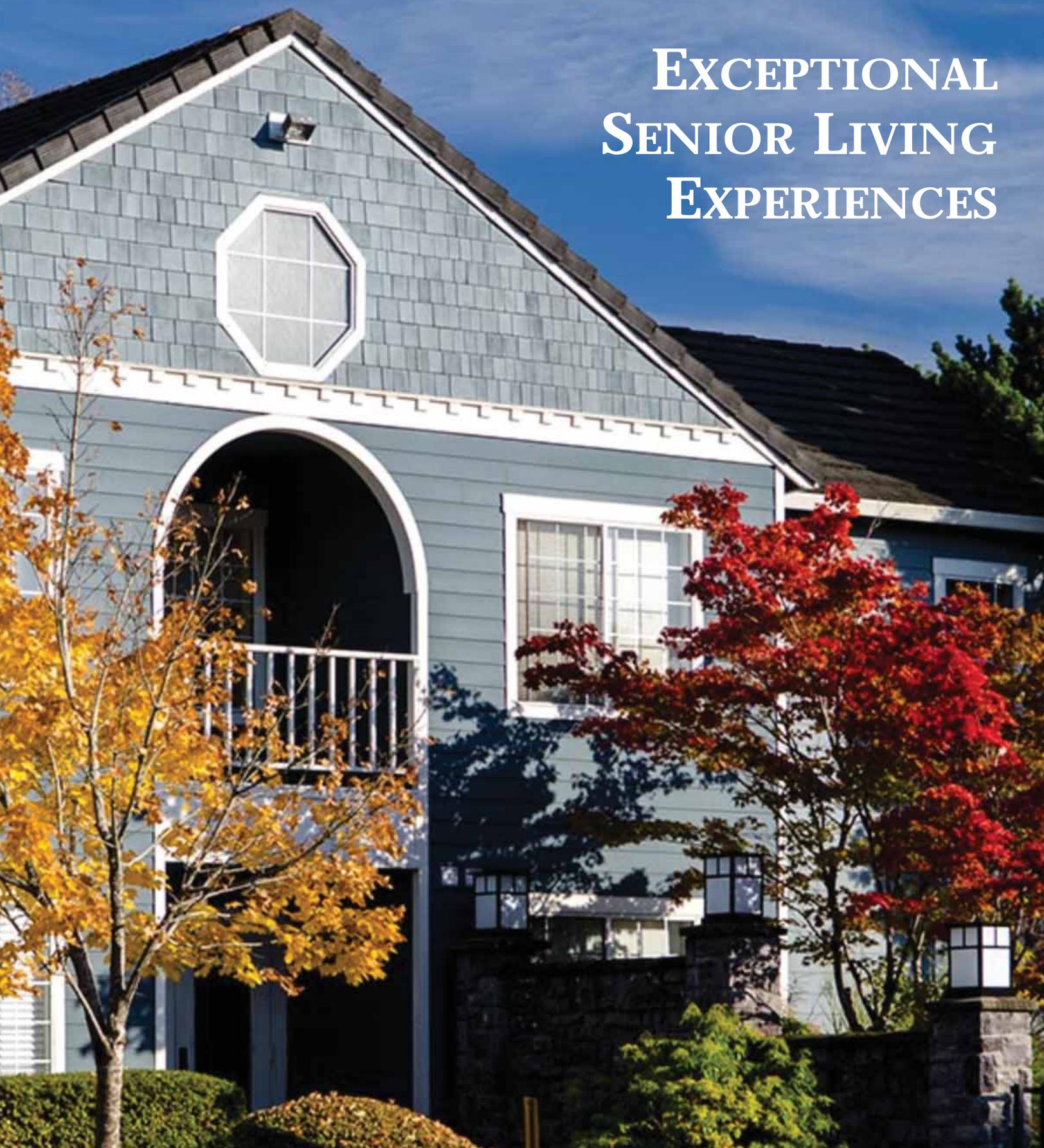


# EXCEPTIONAL SENIOR LIVING EXPERIENCES



THE FORUM  
AT TOWN CENTER

A FIVE STAR SENIOR LIVING COMMUNITY

INDEPENDENT LIVING • ASSISTED LIVING

## WELCOME HOME

At The Forum at Town Center, we're proud to welcome you to our Five Star family. Our community offers exceptional independent and assisted living for seniors looking to have a fulfilling retirement. The Forum offers a relaxing atmosphere for residents to grow and learn. Enjoy a peaceful morning on the patio or an evening stroll through our beautiful gardens.

The Forum at Town Center is conveniently located less than a mile from Kaiser Sunnyside. Emergency healthcare, shopping centers, theaters and restaurants are all close by.

Independent Living at The Forum at Town Center is for seniors who want maintenance-free living, with dining, activities, and thoughtful services right at your fingertips.

Assisted Living at our community is for seniors looking for a neighborhood setting who need a little help throughout the day. We help with activities of daily living like personal care, bathing, dining, getting around, and with routine activities like taking medication.

Our community is about adding opportunity to life. You'll have the chance to try new things, and the time to return to old favorites. We are who we are because of our residents and our team - meet them and you'll understand why The Forum at Town Center is an amazing place to live.

Families are special to us and we appreciate their partnership. Our Lifestyle360 calendar features many events and celebrations that residents and families can enjoy together.

Our caring and professional team strives to exceed expectations. We invite you to call and schedule a visit and experience our community firsthand. Come see how you or someone you love can live better - simply by living here.

**Join us for a tour and see how we make every day exceptional.**

## INDEPENDENT LIVING



### FILLING EACH DAY WITH OPPORTUNITIES

At The Forum at Town Center, our Independent Living residents enjoy their choice of a studio, one- or two-bedroom apartment, just as unique as they are. Here, you can retreat to the comfort of your own private suite, while still enjoying all the benefits of being part of The Forum at Town Center neighborhood. Best of all, if you ever need a little help, personalized select services are available to you in the comfort of your home through our concierge program.

### INCLUDED WITH MONTHLY SERVICE FEE:

- Local phone service
- All utilities
- Weekly housekeeping
- Expanded basic cable
- One meal of your choice per day
- Scheduled transportation

Start your day with an art class or join us for water aerobics in our warm water pool. Take a day trip into Portland to explore the arts and culture, then savor the daily special for dinner, prepared Five Star style by our Executive Chef.

With our Lifestyle360 program making every day fulfilling, complemented by our Five Star Dining Experience, fitness center, and maintenance-free living, our lifestyle is designed for the way you live.

With so much to do, see, and explore both inside and outside your door, every day is an adventure at The Forum at Town Center.

## ASSISTED LIVING



### THE RIGHT LEVEL OF CARE FOR BETTER DAYS

Assisted Living is designed for seniors who want a residential setting, but require some help with tasks of daily living in areas such as bathing, dressing, and dining. The Forum at Town Center offers a wealth of Assisted Living services to cater to the unique needs of every individual. Although each Wellness Plan is individualized, all Assisted Living residents will receive the following services and amenities.

#### INCLUDED IN YOUR MONTHLY FEE:

- Three well-balanced Five Star meals per day
- Weekly housekeeping
- Weekly laundry available
- Lifestyle360 social, educational, spiritual and recreational programs
- Scheduled outings, including restaurants, picnics, ball games, and museums
- Scheduled transportation
- Local phone service
- Expanded basic cable TV

# LIFESTYLE360



Lifestyle360 is the Five Star Senior Living approach to life, balancing Five Dimensions of Wellness. A calendar full of exciting opportunities - rediscover passions and uncover new talents. From exercise and art classes, to music and organized trips, each day is fulfilling and filled with joy.

## A FEW OF OUR SIGNATURE LIFESTYLE360 PROGRAMS:

				
				
<p><b>PHYSICAL</b> From Chair Pilates to Five Star Olympics</p>	<p><b>EMOTIONAL</b> From Featured Resident Artists to Spa Days</p>	<p><b>SOCIAL</b> From Happy Hour to Armchair Traveler</p>	<p><b>INTELLECTUAL</b> From Cooking Corner to Language Lessons</p>	<p><b>SPIRITUAL</b> From Religious Services to Pet Therapy</p>



## THE FIVE STAR DINING EXPERIENCE

Food brings us all together, and The Forum at Town Center is proud to be a leader in senior living dining. We believe that dining with the people you love is the secret to a flavorful life.

### **NAMED THE BEST OF THE BEST**

Five Star Senior Living earned Argentum's "Best of the Best" award for our celebrity chef-inspired dining experience.

### **FIVE STAR, FLAVORFUL CHOICES**

With seasonal menus and fresh, local flavors, the choices are yours at every meal.

### **OCCASIONS TO SAVOR**

From chef competitions, to over-the-top dining events, we take every opportunity to share our passion for food.





## SENIOR CARE REHAB EXPERTS

We take great pride in our therapy staff that specializes in rehabilitation and fitness for seniors. Our skillful experts include Physical Therapists, Occupational Therapists and Speech-Language Pathologists. Our highly experienced team will work with you to set specific goals and to map out a customized plan to reach your maximum independence.



## SENIOR CARE REHAB EXPERTS

Provided under a doctor's order to ensure that goals are accomplished and gains are demonstrated, we offer:

- Outpatient Rehabilitation Services
- Balance and Gait Assessment
- Strength and Coordination
- Orthopedic Rehabilitation
- Neurological Rehabilitation
- Pain Management
- Memory Enhancement
- Low Vision Programming
- Continance Program
- Speech, Language and Swallow Therapy
- Home Environmental Evaluation
- Adaptive Equipment Assessment and Training
- Home Safety Evaluations

Skilled Rehab Services may be covered by Medicare per a doctor's order. For those who qualify, 80% of these ordered services are covered by Medicare with secondary insurance and private pay accepted for the remaining 20%.

## HEALTH & WELLNESS SERVICES\*

*\*Billed privately*

- Individual Fitness Programs
- Strength Training
- Health Education
- Exercise Groups
- Fall Risk Assessment

## OUR MISSION

# TO HONOR AND ENRICH THE JOURNEY OF LIFE, ONE EXPERIENCE AT A TIME

### HONOR

We respect our residents, our clients and each other. We celebrate their individuality and honor the choices and experiences that have shaped their lives and brought us together.

### ENRICH

We engage our residents, clients and team members by creating an environment that promotes wellness, learning and development, connections with others and, most importantly, fun.

### JOURNEY OF LIFE

We acknowledge and respect every person's unique journey of life, our residents, partners and team members. We welcome the opportunity to enhance their journey and make a lasting positive impact on their lives.

### ONE EXPERIENCE AT A TIME

We believe that every experience helps shape who we are and how we engage with the world. We believe that every interaction between our residents, clients and team members is an opportunity to create an important shared connection that adds value to all of our lives.



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