# The Gardens at Town Square

The finer details await with elegant senior living in downtown Bellevue.



### The Gardens at Town Square

"The minute I
walked in the
door, I was taken
with the Gardens
at Town Square.
It was just like a
five-star hotel."

- Geri, Resident of The Gardens at Town Square



# Sophistication. Selection. Style.

### Premier retirement living

With a grand foyer, elegant décor and smiling, friendly faces everywhere, The Gardens at Town Square is often mistaken for a five-star hotel.

And it's no surprise. Not only does our graceful community promote healthy aging through a wealth of comprehensive healthcare services, it's set against the backdrop of some of Bellevue's finest establishments.

While award-winning shops and restaurants are mere steps from our front door, residents who have lived in Bellevue's upscale neighborhoods for years choose to entertain family and out-of-town guests at our on-site restaurant, featuring exceptional entrées created by our talented chef.









# Community amenities

- Elegant restaurant with flexible dining options, featuring inspired chef-prepared cuisine
- Bistro with scenic city views and your choice of food and beverages
- Vibrant life enrichment programs
- Wellness and Active Aging programs
- Concierge services | Reception, available 24-hours a day
- On-site Wellness Center for your convenience
- Daily courtesy check-in
- Weekly housekeeping and linen services | Maintenance services
- Personal and group transportation
- Transportation to Aljoya's aquatic center
- Fitness center with a variety of classes and access to a personal trainer | *EnhanceFitness* classes
- Full-service, on-site salon
- Elegant in-house theater | Garden courtyards | Billiards room
- Resident and visitor parking garage available

### Residence features

- Full kitchens
- Easy-access shower | Washer & dryer in select residences
- Individually controlled heating for your comfort
- Ceiling fans and fireplaces in select residences
- Cable TV and internet access | All utilities except telephone are included
- Emergency call system
- Additional storage available
- Pet friendly





# A vibrant way of life

Social highlights

Imagine a community where you pair different wines with your lunch or dinner. Or a social calendar that's filled with activities ranging from chef demos and Reiki classes, to art shows and jazz nights. That's what life at The Gardens at Town Square is all about.

Enjoy regular outings to the symphony and other cultural events, a variety of fitness and health classes, lectures, art galas, entertainment programs, and more. You will find that there are endless opportunities to pursue your passions, mingle with good friends, or simply sit back and enjoy the ambiance.







### Wellness and active aging

While we offer plenty of social activities, our exceptional in-home Assisted Living services provide the peace of mind that you won't have to relocate if you or your spouse should need additional care. Because of our unique partnership with the University of Washington School of Nursing, residents benefit from innovative Wellness and Active Aging Programs.

### Assisted living

Our Community Health Director and team of Certified Nursing Assistants provide professional and compassionate assisted living services in the privacy and comfort of your own apartment home. "For me, this has been a life-enriching experience."

> - Jim, Resident of The Gardens at Town Square

In addition to ongoing case management, our team will work with you to develop a holistic, individualized care and wellness plan. We offer an extensive range of services, including:

- Bathing, dressing, grooming and continence support
- Mobility, transfer, and escort assistance
- Medication management and assistance
- Dietary and nutritional support
- Social support for life enrichment programs and events
- Memory support











# Resident & family supportive programs

### Almost like family

For those whose families live out of the area or are away on trips, take comfort knowing that we provide 24-hour on-call support, such as advocacy in emergency rooms and other potentially stressful circumstances.

### Support groups

We offer a variety of support groups including Life Transitions, Caregiver Support, Men's Group, and our Newcomer Group, which helps new residents have a smooth transition, and quickly feel more welcome and connected in their new home.

### Counseling services

Take advantage of individual or family counseling. Our expert counselors will provide necessary guidance and address with confidence any concerns you may have.

### With you, every step of the way



### Memory Care at The Terrace

As part of our integrated campus, we offer secured assisted living residences at The Terrace for those with dementia, Alzheimer's or cognitive impairment. The Terrace features 26 private studio apartments, allowing residents to maintain their dignity and independence.

Residents living with mild to severe dementia benefit from structured activities and personalized care services ranging from daily dressing and bathing, to medication monitoring, sleep supervision and wellness programs.

### The brightest minds, at your service

Partnerships & Affiliations



For over two decades, Era Living has pioneered a powerful partnership with the University of Washington School of Nursing, the nation's top-rated nursing school. The partnership allows residents to benefit from the latest industry research, and innovative Wellness and Active Aging programs.

### SCHOOL OF PHARMACY UNIVERSITY of WASHINGTON

We have a partnership with UW Pharmacy Cares, a medication-therapymanagement program, which is designed to increase education and support to residents and staff members alike. Services include:

- One-on-one medication consultations
   Monthly "Ask Your Pharmacist"
- Complete medication list maintenance
- Medication schedule optimization
- Medication interaction assessments
- newsletters
- Programs on relevant healthcare issues



From the Life Transition Group to the Caregivers Support Group, we have collaborated with the University of Washington School of Social Work to design innovative support services tailored to benefit and meet the interests and needs of our residents.







## Welcome home to The Gardens at Town Square

There's nothing more important than family. For founders and owners Eli and Rebecca Almo, who were born and raised in Seattle, it's that family philosophy that fuels their commitment to residents and staff every day.

Since 1987, Era Living has been dedicated to fostering a healthy and engaging environment of whole body wellness, culture, warmth and social fulfillment — providing premier healthcare services and enriching activities at all eight communities managed by Era Living. It's this type of innovative and vibrant approach to senior living that makes The Gardens at Town Square feel like home.

Schedule your visit today by calling **(425) 688-1900**, or learn more at **eraliving.com**.

The Gardens at Town Square
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