

The
LAKESHORE





BEAUTIFUL VIEWS IN A COMMUNITY FULL OF WARMTH AND FRIENDSHIPS

With glistening Lake Washington to one side, majestic Mount Rainier on the other, and gorgeous gardens in between, The Lakeshore offers a picturesque setting for retirement living. You'll be warmly welcomed by a diverse and inclusive group of residents and caring staff who will make you feel right at home.

Warmth and energy set the tone at The Lakeshore. Many times, our residents know each other from the neighborhood, or they have worked together in area schools or at Boeing. In fact, on many community tours, someone will recognize a friend living here. The Lakeshore is a place where everyone knows your name—and your children's and grandchildren's names too. It's this spirit that will make you feel right at home.



*“The staff is so helpful
and kind. They're
always smiling. With the
lake views and delicious
food, the dining room is
just like being aboard a
cruise ship.”*

- Lillian L., Resident

LIVE YOUR LIFE—VIBRANTLY

Our life enrichment calendar is brimming with fun activities from barbecues to bridge games, plus jazz concerts to great conversations in the Coffee Talk Café. Enjoy a game of pool, a lively luau, a happy-hour gathering, or indulge your green thumb in the community P-Patch or Garden Room.

Partake in interesting lectures, current event discussions, bible groups, and “Knitting for a Cause” circles. Choose from a full array of fitness classes for mind and body, along with church services, art activities, and music to feed the soul.

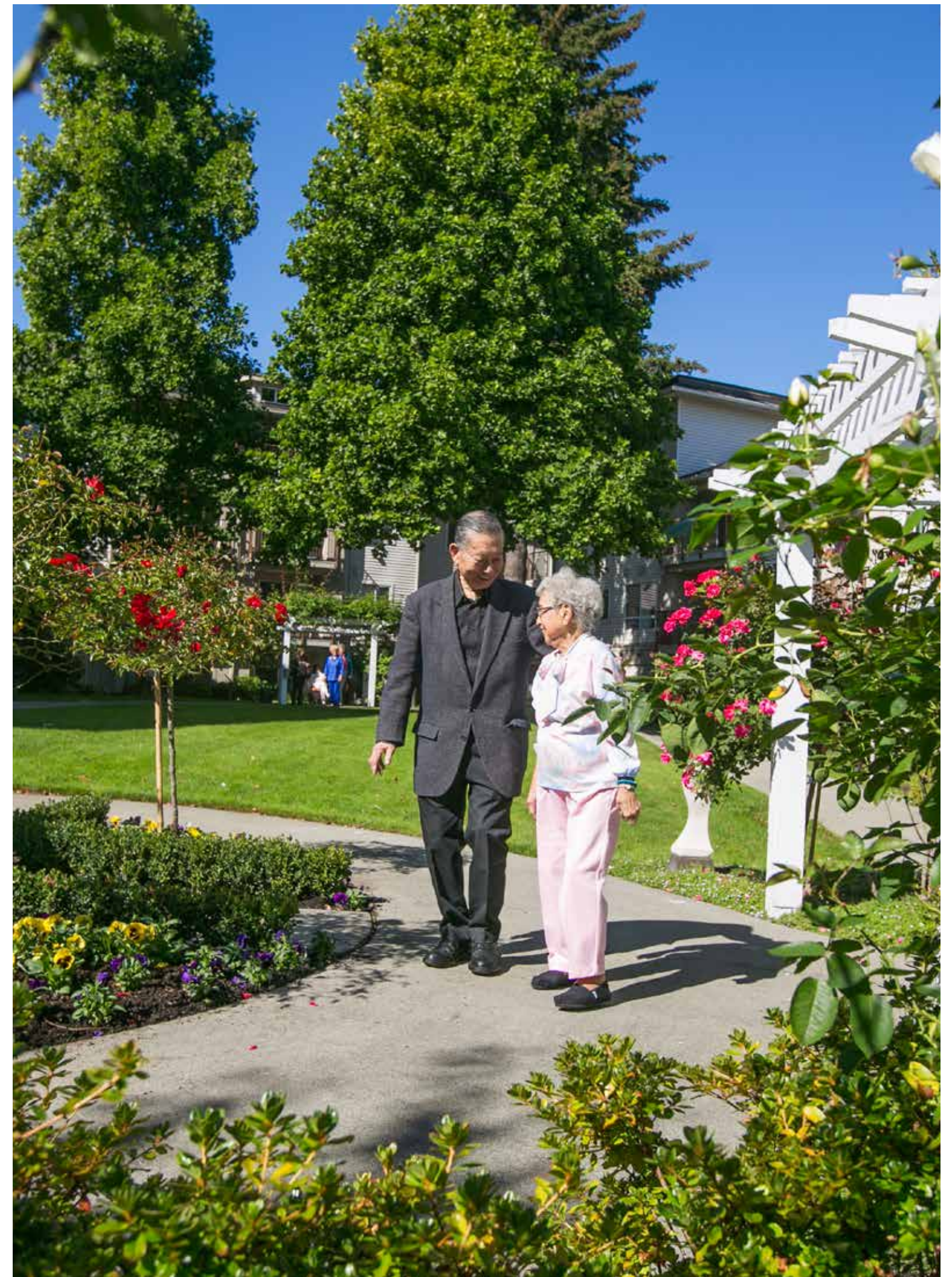
Our location makes it easy to take advantage of all the Puget Sound area has to offer. Regular outings include shopping trips, scenic drives, walking at Coulon Park, and swimming at our sister community. We also venture on other enticing outings such as the Skagit Valley Tulip Festival and the Seattle Seahawks’ training camp.

At The Lakeshore, you will find that there are many opportunities to pursue your interests, mingle with good friends, or simply sit back and enjoy the ambiance.



“I talk to people more since moving to The Lakeshore! I am moving around more than I did and attend the activities.”

- Joyce I., Resident





YOU'LL FEEL RIGHT AT HOME

You worked hard for a long time. Now, it is time to enjoy a more carefree lifestyle. At The Lakeshore, we offer 156 residences with a variety of studio, one-bedroom, and two-bedroom floor plans—all with weekly housekeeping and linen services. Whichever you choose, you will enjoy an array of community amenities, from a dining room with sweeping views of Lake Washington to outdoor gardens where you can smell the roses and watch for boats, floatplanes, and bald eagles.

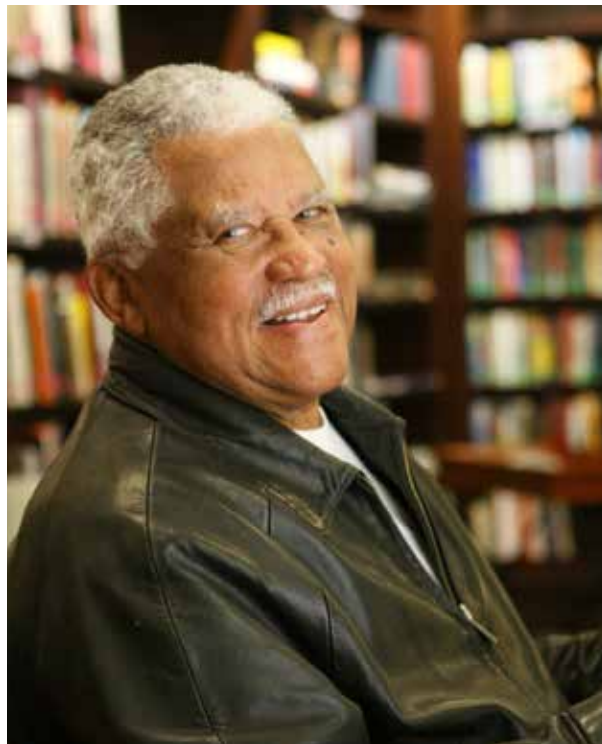


“What an amazing community! The residents and staff are so friendly and genuinely happy to be here. I am so glad we moved here when we did.”

- Lois B., Resident



View from The Lakeshore

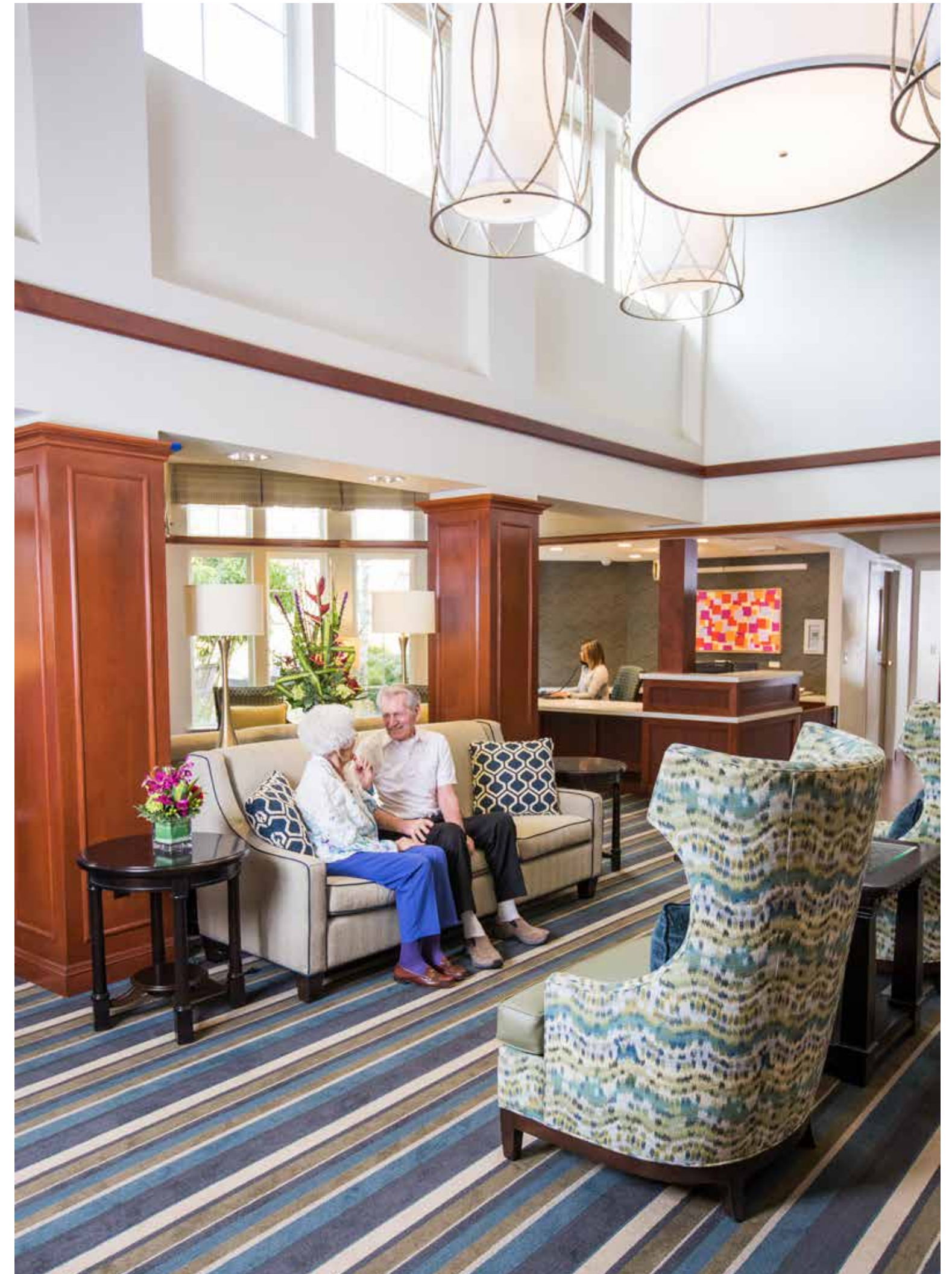


COMMUNITY AMENITIES

- Elegant restaurant with an in-house chef and beautiful Lake Washington views
- Coffee Talk Café—a social hub with fresh-baked cookies, Wi-Fi, a library, and meeting space
- Vibrant life enrichment programs
- Reception staff available 24 hours a day*
- On-site Wellness Center staffed by a nurse and caregivers
- Emergency call and daily check-in system
- Weekly housekeeping and linen services
- Maintenance services
- Complimentary group transportation
- Personal transportation services**
- Fitness center
- Variety of exercise classes, including *Enhance®Fitness*
- Full-service, on-site salon**
- Massages, available by appointment**
- Gardens (including p-patch community planters and indoor gardening)
- Serene walking paths
- Art and gardening space
- Game and billiards room
- Professionally curated art collections, which include resident original artwork
- Resident** and visitor parking
- Pet-friendly

**We schedule reception or back-up staffing 24 hours a day. There may be some occasional circumstances in which our staff has stepped away from the front desk.*

***Additional fee*







BE WELL. BE HAPPY.

Our team is dedicated to your wellness. We offer a variety of services that allow you to receive compassionate care with dignity and respect.

Wellness Center

Enjoy the convenience of our on-site Wellness Center where you have access to consultations with licensed nurses and nursing assistants on a variety of health-related topics. The Wellness Center also coordinates visiting healthcare providers so that you have easy access to a podiatrist, audiologist, massage therapist, and others.

Assisted Living Care

Our assisted living services are coordinated by an on-site nursing staff and a team of resident assistants who provide compassionate personal care and supportive services in the privacy and comfort of your own apartment home.

Our team will work with you to develop a holistic, individualized care and wellness plan. We will also help you manage and monitor chronic health conditions, communicate with your healthcare providers and family, and coordinate medical appointments, as needed. 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

Assisted living services are offered on an à la carte basis, which means that you will only pay for services if and when you need them.

OUR PARTNERSHIPS

At an Era Living community, you can benefit from the partnerships developed with the University of Washington to deliver innovative programs designed with healthy living in mind.

W SCHOOL OF NURSING UNIVERSITY of WASHINGTON

For nearly three decades, Era Living has pioneered a powerful partnership with top-ranked University of Washington School of Nursing. The partnership allows you to benefit from evidence-informed wellness and active aging programs.

W SCHOOL OF SOCIAL WORK UNIVERSITY of WASHINGTON

We collaborate with the University of Washington School of Social Work on our innovative Resident & Family Supportive Programs, which are designed to benefit and meet your interests and needs.

W SCHOOL OF PHARMACY UNIVERSITY of WASHINGTON

We have a partnership with the University of Washington School of Pharmacy and their Plein Center for Geriatric Pharmacy Research, Education, and Outreach. This partnership helps provide education relating to medicines and other timely health topics; facilitates research focusing on topics of importance for older adults; and provides you and staff consultations with a clinical pharmacist.





WHERE MIND, BODY, AND SPIRIT UNITE

Thrive is a unique program that focuses on the mind, body, and spirit to promote healthy living within Era Living's communities. It is a multi-faceted wellness program designed to achieve good health, greater energy, and heightened life enjoyment.

Developed in collaboration with the University of Washington Schools of Nursing and Social Work, the program is evidence-informed. It is based on researching activities that have been shown to produce optimal results for healthy aging. It encourages challenging the mind, being active, making nutritious diet choices, and building closer relationships to those around you. Incorporating all of these facets promotes a more fulfilling, enjoyable, and enriched lifestyle.

MIND

An active, engaged, and passionate mind is key to maintaining brain health. Thrive gives you ways to enjoy your intellectual pursuits, to explore your curiosity, or to get creative and learn a new hobby or skill. Stimulate your mind with dance instruction, guest lectures, brain fitness classes, art instruction, world history courses, off-site learning, men's and women's groups, and much more.

BODY

A healthy body gives you the energy to enjoy life to its fullest. Thrive takes a whole-body approach starting with nutritional food choices in our dining rooms, dietitian-led nutritional talks, and food tasting events. Your Thrive Personal Coach will help you develop a custom-tailored plan from an array of choices, including fitness classes, *Enhance®Fitness* instruction, aqua aerobics, balance classes, weight management support, massage therapy, and acupuncture.

SPIRIT

Feeling connected and involved strengthens your spirit and creates a greater sense of fulfillment. Thrive helps you meet new friends and embrace your community through cocktail parties, art galas, musical performances, and outings to museums, shows and restaurants. Thrive nurtures your spirit with meditation programs, life reflection classes, volunteer opportunities to contribute and give back to others, religious services, bible study, and non-denominational spirituality workshops.





RESIDENT & FAMILY SUPPORTIVE PROGRAMS

Era Living collaborates with the University of Washington School of Social Work to offer a range of supportive services tailored to meet your interests and needs. Our counseling and social work team provide professional services on-site, in our community.

Support Groups

We offer a rotating selection of inviting and professionally facilitated support groups, such as:

- Life Transitions
- Life Reflections Group
- Men's Group
- Women's Group
- Newcomers Group
- Family Caregiver Support
- Low-Vision Support
- Grief and Loss Support

Almost Like Family

For those without family or those whose families live out of the area or are away on trips, take comfort knowing that we provide 24-hour on-call support. This includes advocacy in emergency rooms and other stressful circumstances, as well as escorting and advocacy with other medical and routine appointments. *(Fee-based program)*

Counseling

We offer individual and family counseling and consultation. Our compassionate counselors will work with you to fully understand your situation and provide the necessary guidance and support. *(Fee-based program)*

“The Newcomers Group helped me feel so welcome and involved in community life from the day I moved here.”

- Jean S., Resident

WELCOME HOME TO ERA LIVING

There is 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, lifelong learning, warmth, and social fulfillment—providing compassionate care services and enriching activities at its communities. It's this type of innovative and vibrant approach to senior living that makes The Lakeshore feel like home.

We invite you to schedule your personal visit today by calling (206) 772-1200, or learn more at eraliving.com.

The Lakeshore

11448 Rainier Ave S
Seattle, WA 98178
(206) 772-1200
eraliving.com

Specific programs, services, and amenities are subject to change.