



The Clare Bridge Program

Clare Bridge offers care programs and environments for those with Alzheimer's disease or other types of dementia. At Brookdale we believe no matter where an individual is in life's journey, each has the right to live in a dignified manner and to enjoy meaningful experiences every day. Trained associates deliver on this promise as they provide dementia care services and enable residents to experience moments of joy.

Deeply rooted in a person-centered approach, the Clare Bridge program focuses on sustaining feelings of belonging and purpose while seeking to preserve a sense of self. The Clare Bridge concept has evolved by continually embracing current research and innovations in the delivery of quality dementia care. Our teams have cared for thousands of individuals with dementia, as well as for their families.

For Late-Middle to Advanced Stages of Alzheimer's and Dementia

Clare Bridge Daily Path

The Clare Bridge daily path offers a gentle routine coordinated with a minimum of six programs per day. All are designed to maintain the resident's abilities and to encourage the use of their current skills. Daily path activities include the following:

- Morning Mental Workout with discussions, brain-stimulating games and reminiscing
- Daily Physical Activity with exercise opportunities including Brookdale Fitness B-Fit group exercises, walking programs and dancing
- Daily Life Skills for a sense of purpose, meaning and belonging individually or as group activities
- Person-Centered Activities designed to use the resident's social history as a foundation, by honoring past interests and involvements, programs tap into current skills and support successful experiences

Clare Bridge Dining Program

Developed by culinary associates, dementia care experts and dietitians, the Clare Bridge Dining Program provides opportunities for the resident to enjoy the dining experience while sustaining remaining skills through:

- Dementia-Friendly Menus providing diverse offerings that help prevent weight-loss; selections are easy to manage, familiar and appealing to the senses.
- Individualized Dining Assistance includes evaluating each resident to determine the level of prompting assistance needed to preserve their use of utensils as long as possible.
- The Supportive Dining Environment, which incorporates small dining rooms with consistent seating to support the challenges of those with dementia, encourages familiarity and socialization while supporting the needs of the residents through the assignment of resident care assistants. Music, centerpieces, warm, scented wash towels and fresh linens enhance the dining experience.

Clare Bridge Behavioral Problem-Solving Program

This established set of protocols and techniques enables associates to intervene when challenging behaviors resulting from dementia arise. The whole-community philosophy is the key that empowers all associates to identify the resident's unmet needs and to be a part of a solution.

Clare Bridge Training Program

Providing excellent dementia care is a complex task that requires ongoing guidance and teaching for Clare Bridge associates. All associates receive initial and on-going training in proper techniques, approach and care of persons with dementia. All executive directors also attend Brookdale's Clare Bridge Leadership Competency Training.





Alzheimer's & Dementia Care

Dementia can't take away your best life.

We understand what you're going through when your mom or dad is living with Alzheimer's or dementia. It's probably hard for you to imagine the silver lining, to see the person you love continuing to live a full life. **We know from first-hand experience: they can.**

- Programs that leverage current research in dementia care

That's because our Alzheimer's & Dementia Care program, also known as Clare Bridge, is rooted in something we call "a person-centered approach". It means **we help our residents find a sense of belonging and purpose** while also helping them preserve who they are.

- A care philosophy defined by meaningful relationships based on trust and compassion

Your loved one will live in a community that will keep them active, engaged and, most importantly, smiling.

- An experienced staff who help residents thrive with a sense of purpose
- Progressive levels of care to meet changing needs through different stages of the disease

* Services and fees vary by location.



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SENIOR LIVING

Fees & Personal Service Plan | Alzheimer's & Dementia Care

We provide customized care solutions to meet residents' unique needs and help them experience Daily Moments of Success® in a supportive, homelike environment. From our trained staff to our wide variety of amenities and activities, we strive to offer personalized care and exceptional service at competitive and affordable rates. Fees for care and services are based on each resident's needs and preferences, as determined by the Living Accommodation selected and their Personal Service Plan.

Services and Care Covered by Basic Service Rate:

- Your choice of private or companion suites
- Licensed nurse oversight of your care
- Clare Bridge Daily Path
- Consultation with Brookdale clinical team
- Consultation regarding your pharmacy needs
- Gas, electric, water and trash removal services
- Optimum Life® daily programs, events or outings
- Trained staff on-site, 24-hours-a-day
- Routine wellness monitoring
- Housekeeping, weekly laundry and linen services
- Signature dining programs with nutritious meals and snacks planned by a registered dietician

Personal Service Plan

The type and frequency of care each resident receives is determined through their individual assessment, which forms the basis of their Personal Service Plan. Our experienced associates tailor this custom plan around each resident's specific needs and preferences. Fees are then based on the care provided to each individual. This provides customer value because our residents only pay for what they need and want. In addition, we offer Therapeutic and Select Services to meet our residents' unscheduled needs and preferences. These can be one-time, short-term, or ongoing and may include guest meals, salon services, and more.

Living Accommodations and Basic Service Rate Monthly Fees

Suite Style / Service	Starting at...
Private Studio	8,265.00
Large Shared Studio	7,035.00
Shared Studio	6,365.00
One-time Community Fee	3,000.00

Brookdale Troutdale

1201 SW Cherry Park Rd.

Troutdale OR 97060

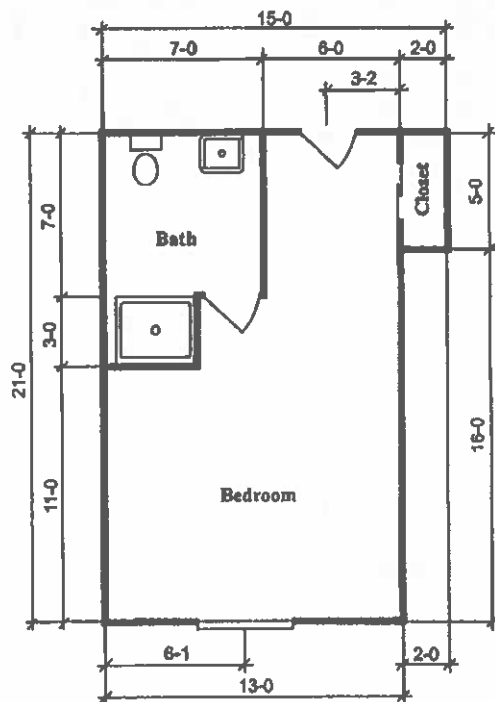
(503) 465-8104

Facility No. 07450

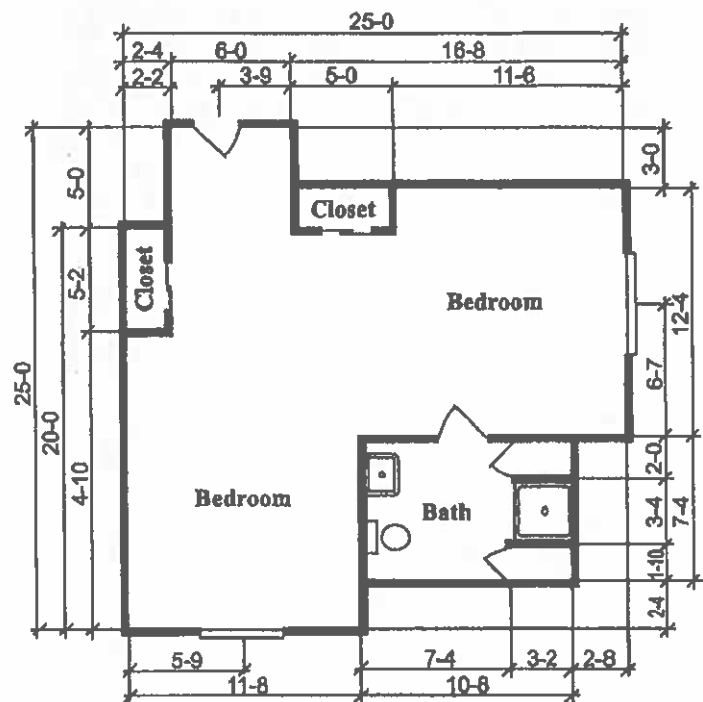
Note: Basic and optional services may vary by community and may carry additional charges. Other services not listed above may be provided. Consult the community for details.



Private Suite
315 sq. ft.



Companion Suite
625 sq. ft.



Brookdale Troutdale
1201 SW Cherry Park Road
Troutdale, Oregon 97060
(503) 465-8104

Dimensions are approximate. Floor plans may vary.

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Bringing New Life to Senior Living

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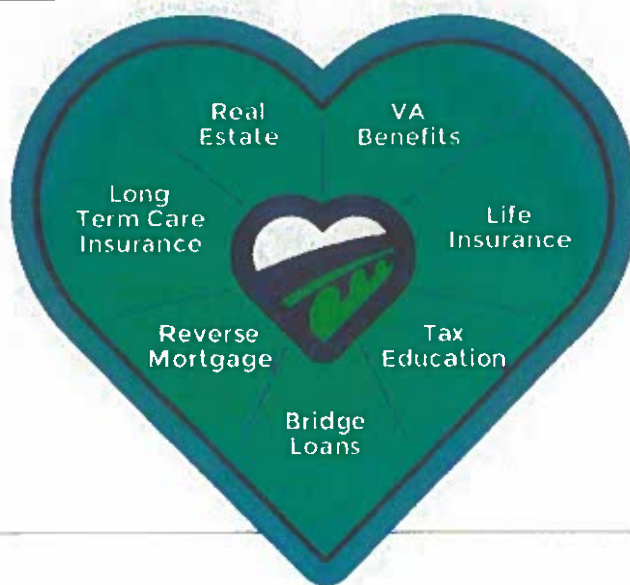
brookdale.com



Finding Senior Living

Financial Solutions

The transition into senior living can be a lot to shoulder, emotionally and financially. ElderLife knows that a little bit of support can go a long way for you and your loved one. We can help you find the best options to pay for care with a review from a free Financial Concierge®.



Bridge Loan

Gain immediate access to funds to pay for senior care until funds are fully available.

- Short-term funds up to 12 months
- Borrow between \$5K-\$500K
- Available in as little as 24-hours
- No application fee
- Interest-only payments
- No pre-payment penalties



Real Estate

Work with specialized real estate agents that know how to maximize the value of a senior's home sale.

- Nationwide network
- Experts in senior home sales
- Free market analysis & comparison
- Packing and moving services
- Estate sale services
- Senior living loan assistance



Veteran Benefits

See if you qualify for up to **\$2,727** a month with the VA Aid & Attendance benefit and the next steps to apply.

Eligibility Considerations

- Military history
- Income
- Medical needs
- Net worth

Actual amount determined by the VA based on eligibility



Aid & Attendance
Scan to check eligibility for the Aid and Attendance benefit

Call or Email to Get **Free** Guidance From a Financial Concierge®

(888) 255-7755 | brookdale@elderlifefinancial.com

Brookdale B-Fit

Brookdale's B-Fit program helps our residents get regular physical exercise for body, brain and heart health benefits.

FOUR PRINCIPLES OF B-FIT PROGRAM

B - Brain health can be improved through exercise.

F - Functional abilities can be improved or maintained through exercise, especially resistance training.

I - Increase repetitions, amount of resistance and amount of time gradually to help improve fitness.

T - Tailor the class to each individual resident by using the suggested modification.

WARM-UP EXERCISES

Dynamic Breathing



Neck Stretch



Elbow Back



Ankle Pumps



CARDIO EXERCISES

Windmill



Knee Lift



Kick and Clap



Monster Walk



CORE EXERCISES

Seated Row



Scapular Chest Pulls



Scapular Pull Downs



Core Stability - Leg Lift



LOWER BODY STRENGTH EXERCISES

Elastic Band: Knee Extension



Elastic Band: Hip Abduction



Elastic Band: Internal Hip Rotation



Elastic Band: Seated Hip Rotation with Ball



COOL DOWN EXERCISES

Dynamic Breathing



Side Circle



Gluteus Stretch



Hug



Contact Brookdale if you would like to try a B-Fit class.

This content is shared for educational and informational purposes only. Not all exercises are suitable for everyone, and this or any other exercise program may result in injury. You must consult your doctor before beginning any exercise or fitness program, or acting on any content shared in this flyer, especially if you have a medical condition. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Please stop exercising immediately if you experience pain, shortness of breath, dizziness, or any other physical discomfort. If any of these symptoms persist after you stop exercising, please seek medical help immediately. Exercises not without its risks, and this or any other exercise program may result in injury. By performing any fitness exercises, you are performing them at your own risk. Brookdale Senior Living Inc. will not be responsible or liable for any injury or harm you sustain as a result of performing exercises demonstrated in this flyer.

12/16/06 PHB

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**Monday
December
12-29-25**

Breakfast

Oatmeal
Bacon or Sausage
Fruit

Lunch

Turkey Sandwiches
Tots

Dinner

Country Pork Rib
Red Peppers
Steamed Kale

**Tuesday
December
12-30-25**

Breakfast

Pancakes
Bacon or Sausage
Fruit

Lunch

Pulled Pork
Potato Salad
Green Beans

Dinner

Meatloaf
Whipped Potato
vegetable's

**Wednesday
December
12-31-25**

Breakfast

Eggs
Bacon Or Sausage
Fruits

Lunch

Hot Turkey Sandwiches
Orange Slices

Dinner

Ham
Sweet Potatoes
Chef vegetable's

**Thursday
January
1-01-26**

Breakfast

French Toast
Bacon or Sausage
Fruit

Lunch

Chicken Fried Steak &
Country gravy
Mashed Potatoes
Green Beans

Dinner

Meatballs
Red Sauce
Pasta

**Friday
January
1-02-26**

Eggs
Bacon or Sausage
Fruit

Lunch

Homestyle Chili
Cheese and Sour cream
topping w/e chives
Corn Bread

Dinner

Beef Stroganoff
Chef vegetable's

**Saturday
January
1-03-26**

Breakfast

Oatmeal
Bacon & Sausage
Fruit

Lunch

Oven Baked Chicken
Tots
Oranges

Dinner

Pizza
Side Salad

COMMUNITY CONNECTIONS

S

M

T

W



Brookdale Troutdale

1201 SW Cherry Park Road

Troutdale, OR 97060

(503) 465-8104

brookdale.com

Clare Bridge

All activities are subject to change.

04

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 Memory Game	TS
2:00 Clear Creek Church Service	TS
3:30 Calming Coloring	TS
6:30 Lawrence Welk Show	LRS

05

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 How It's Made	TS
1:00 Snowflakes Art	TS
3:30 UNO Cards	TS
6:30 Classic Movie	LRS

06

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 Trivia	TS
1:00 Pretty Polish	TS
3:30 Uplifting Stories	TS
4:00 Scrabble	TS
6:30 Classic TV	LRS

07

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 History on Bobbleheads	TS
1:00 Fresh Bread	CAK
2:30 Match Game	TS
3:30 Sweet Treat Social	TS
4:00 Men's Group	TS
6:30 Grease	LRS

11

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 Hymn Sing	TS
2:00 Church with Kyle	TS
3:00 Coloring/Puzzles	TS
6:30 Classic TV	LRS

12

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 Today in History	TS
1:00 Uplifting Stories	TS
2:00 Monte on Piano	TS
3:30 Card Games	TS
6:30 Classic Movie	LRS

13

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 Trivia	TS
1:00 Rubber Duck Day	TS
2:30 Weights/Stretching	TS
3:00 Card Games	TS
6:30 Happy Days	LRS

14

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 How much was it	TS
1:00 Fruit Parfaits	CAK
3:00 Birthday Happy Hour	TS
4:00 Men's Group	TS
6:30 Bewitched	LRS

18

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:00 Hymn Sing	TS
2:00 Clear Creek Church Service	TS
3:00 UNO	TS
6:30 Classic TV	LRS

19 MARTIN LUTHER KING JR. DAY

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 MLK Day	TS
1:00 Popcorn Day	TS
3:00 Card Games	TS
6:30 Happy Days	TS

20

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 Trivia	TS
1:00 Cheese Lovers Day	TS
2:30 Weights/Stretching	TS
3:30 Music with Kyle	TS
6:30 Classic TV	LRS

21

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 Hugging Day	TS
1:00 Oreo Truffles	CAK
3:00 Crazy 8's	TS
3:30 Sweet Treat Social	TS
4:00 Men's Group	TS
6:30 The Brady Bunch	LRS

25

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:00 Hymn Sing	TS
10:45 Trivia	TS
1:45 Coloring/Puzzles	TS
3:00 Bowling	TS
6:30 Classic TV	LRS

26

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 How It's Made	TS
1:00 Spouse Day	TS
3:00 Card Games	TS
6:30 Wheel of Fortune	LRS

27

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 Today in History	TS
1:00 Bubble Wrap Art	TS
2:30 Weights/Stretching	TS
3:30 Uplifting Stories	TS
4:00 Scrabble	TS
6:30 Classic TV	LRS

28

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 Plan a Vacation	TS
1:00 Pancakes Buffet	CAK
2:45 Hit the Target	TS
3:30 Sweet Treat Social	TS
4:00 Men's Group	TS
6:30 I Love Lucy	LRS

CALENDAR

T

F

S

NEW YEAR'S DAY

B-Fit Exercise	TS
Daily Chronicles	TS
New Years Traditions	TS
Scenic Drive	GAR
New Years BINGO	TS
Toss the Dice	TS
Musical Movie	LRS

02

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 IN2L Program	TS
2:00 BINGO	TS
3:30 Calming Coloring	TS
6:30 Wheel of Fortune	LRS

03

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 Puzzles	TS
2:00 Yahtzee	TS
3:30 How It's Made	TS
6:30 Nightly News	LRS

B-Fit Exercise	TS
Daily Chronicles	TS
Resident Council	TS
Scenic Drive	OT
Music we Remember	TS
Toss the Dice	TS
Musical Movie	LRS

09

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 Law Enforcement Day	TS
1:00 Calming Coloring	TS
2:00 BINGO	TS
3:30 Card Games	TS
6:30 Jeopardy	LRS

10

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 Word Games	TS
1:00 IN2L Program	TS
3:00 Yahtzee	TS
6:30 National Geographic	LRS

B-Fit Exercise	TS
Daily Chronicles	TS
Hat Day	TS
How its Made	GAR
UNO	TS
I Love Lucy	LRS

16

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 Fig Newtons	TS
1:00 Calming Coloring	TS
2:00 BINGO	TS
3:30 Card Games	TS
6:30 Leave it to Beaver	LRS

17

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 IN2L Program	TS
1:00 Yahtzee	TS
3:00 Card Games	TS
6:30 Travelogue	CBA

B-Fit Exercise	TS
Daily Chronicles	TS
IN2L Program	GAR
Scenic Drive	OT
Toss the Dice	TS
Musical Movie	LRS

23

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 How it was Made	TS
1:00 Calming Coloring	TS
2:00 BINGO	TS
3:30 Board Games	TS
6:30 The Music Man	LRS

24

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 Word Games	TS
1:00 Memory Game	TS
3:00 Toss the Dice	TS
6:30 Golden Girls	LRS

B-Fit Exercise	TS
Daily Chronicles	TS
How it was Made	TS
Puzzles	TS
Table Games	TS
Flying Nun	LRS

30

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 IN2L Programs	TS
1:00 Calming Coloring	TS
2:00 BINGO	TS
3:30 Card Games	TS
6:30 Jeopardy	LRS

31

9:00 B-Fit Exercise	TS
9:30 Daily Chronicles	TS
10:30 How much was it	TS
1:00 Hot Chocolate	TS
3:00 Table Games	TS
6:30 The Titanic	LRS

JANUARY 2026

THE DAILY PATH

UPCOMING EVENTS

8:00	Breakfast
9:30	B-Fit, Exercise
10:00	Refreshments
10:30	Morning Mental Workout: Reminiscing/ Discussion and Clustered Groups
12:00	Lunch
1:00	Creative/Crafts/Art and Clustered Groups
2:00	Physical
3:00	Refreshments
3:00	Music/ Intergenerational
5:00	Dinner
6:30	Sensory/News and Reading Groups
6:30	Refreshments



*Life Skills & Life
Enrichment boxes are
offered 24 hours a day*

LOCATION KEY

TS	BDR
BP	Bridge Patio
OT	Outing/Walking
CP	Clare Patio
LRS	Clare & Bridge Living Rms
BAK	Bridge Activity Kitchen
CAK	Clare Activity Kitchen
CBA	C & B Activity Lounges
CAL	Clare Activity Lounge
BAL	Bridge Activity Lounge
GAR	C & B Garden Rooms