

Making the move into a senior care facility

A once a year check-in at holiday times may uncover that over the course of a year, Mom or Dad have become neglectful of their health, scarily more forgetful or just too ill to care for themselves. Debbie Baker, director of community relations at The Weatherly Inn, said, "Most people move into our community because they are no longer able to live safely in their home" due to key factors such as previous falls, rehabilitation stays, loss of a spouse, isolation or medication management." Moving within a tight time frame as a response to emergency needs can be daunting

"There are a few different things that people can do to research long-term care settings before choosing a place for themselves or a family member," according to Nellis Kim, Regional Long-Term Care Ombudsman for Pierce County. "Once a person has an idea of what criteria are most important (e.g., proximity to family, proximity to doctors, level of care), he or she can generate a list of licensed long-term care settings by visiting www.aasa.dshs.wa.gov to search for adult family homes by zip code or county, or to look for licensed boarding homes (including assisted living residences)." One very useful tool Kim recommends is that DSHS has begun posting enforcement letters issued to facilities with deficiencies. Family members can read the letters sent to the residential care provider. She encourages families to request to see the most recent inspection report whenever they

visit adult family homes or boarding homes. However, although DSHS also has a site for nursing homes, it does not reflect citations or enforcement actions in the same way that the AFH and BH sites do.

Kim recommends that families visit *Medicare.gov*. "The Medicare website allows visitors to search for nursing homes by name, zip code, city, state, or county. A few years ago, Medicare introduced their five-star rating system, so when the list of nursing homes appears on the screen, there are star ratings given in different categories. I always encourage families to look beyond the stars and actually click through to the health inspection, staffing, and quality measure content." Surveys are not yet posted on the Medicare website so when families visit the facilities they should ask to see the survey there. Kim adds that, "these can be lengthy documents, but they are very telling when it comes to describing specific areas of practice where the facility failed to meet established standards."

Long-Term Care Ombudsman can share information about verified complaints involving specific facilities that they have investigated within the past year. Ombudsmen may also be able to provide general information about facilities. For example said Kim, "If a family wants to know how many times the Director of Nursing Services has changed at a particular facility in the past year, we may be able to provide that information, especially

if we have a staff or volunteer ombudsman assigned there on a regular basis." She strongly recommends that families visit the residence. "I tell families that if they are able, visit multiple times and go at different times of the day. If you are looking at a nursing home or boarding home, try visiting at "off" hours and see whether you hear people calling out for help with no response, see if staff are taking personal calls on their cell phones, or if they are attending to residents, see if residents who need supervision appear to wandering the halls without anyone's knowledge. Try visiting at a change of shift, or visiting at mealtimes to see what is being served. If you or a loved one enjoys a specific activity offered by the facility, drop by when that activity appears on the calendar; is it really being offered? Is there a staff person there to facilitate the activity?" Visits also give families a chance to see the other residents, meet staff, observe interactions between staff and residents, and ask questions of the providers.

Kim recommends checking with the facility for referrals from former residents and family members of former residents. Ask referral sources if they recommend the facility to others and what they saw as the negatives and positives. "Many families go strictly by word of mouth without considering that their loved one has really different needs from their friend's family member.

2011 SENIOR HOUSING GUIDE

	Housing Type(s) No. Units	Medicaid Eligible	Price Range	Special Features	Area Amenities
Alaska Gardens Health & Rehabilitation 6220 S. Alaska Tacoma, WA 98408 (253) 476-5300, Tricia Schwab www.evergreenhealthcare.com	SN & Outpatient Rehab	Y	\$235.80 & up per day	Short stay rehabilitation 24-hour nursing care Specialized wound care Discharge Planning Individual & group activities	Conveniently located-minutes from area hospitals Quiet, residential neighborhood Near shopping Newly renovated
Avamere Georgian House 8407 Steilacoom Blvd. S. W. Lakewood, WA 98498 (253) 588-2146, Jessie Wheatley www.avameregeorgianhouseoflakewood.com	SN-73	MA	\$220 & up per day	24-hr nursing care Specializing in gero/psych & dementia exclusively Complete therapy services Walking paths	Near St. Clare Hospital Near Lakewood Mall Completely secure facility, indoors & outdoors
Avamere/Heritage Rehabilitation of Tacoma 7411 Pacific Avenue Tacoma, WA 98408 (253) 474-8456, Sharayah Kinney	SN-76	Y	\$200 /day	Skilled nursing facility; 24-hr nursing care Home-like environment Physical & Occupational Therapy, Speech Pathology Long/short term care & respite care Individualized & group activities	Easy access to I-5 Centrally located to area hospitals Near shopping & on bus line www.Avamere.com
Brookdale/Villas at Union Park 2010 S. Union Ave. Tacoma, WA 98405 (253) 752-6870, Melissa Martin www.brookdaleliving.com	IL-118	No	Prices as low as \$1,595	Studio, 1 & 2-bdrm apartments Outdoor patio, garden beds Library/recreation room Lots of fun activities & outings 3 delicious & nutritious meals served daily	Scenic mountain view Near Allenmore Hospital & medical offices, shopping & banks Outdoor amenities, walking paths Transportation provided
Brookdale/Wynwood at Allenmore 3615 S. 23rd St. Tacoma, WA 98405 (253) 759-7770, Melissa Martin www.brookdaleliving.com	ALC-68	Yes after 2 years	\$2395 and up	Emergency response system Housekeeping & linen service Studio, 1 & 2-bdrm apartments Life-enrichment program Light to heavy care RN/LPN on site/fine dining	Scenic mountain view Private balconies Outdoor patio, garden beds Walking paths Near malls, banks, Allenmore Hospital
Bridgeport Place 5250 Bridgeport Way W. University Place, WA 98467 (253) 565-1960, Jaynie Jones www.bridgeportplaceassisted.com	IL or ALC-74	Yes after 2 years	\$2,175 and up	Diabetic management/Massage Therapist 3 delicious meal choices available Weekly linen & personal laundry service 24-hour staffing/housekeeping Daily activity & wellness program	Spa, salon & resident store Fully furnished respite care apts avail. Transport to church & med. appts. Located in residential neighborhood in desirable University Place

LEGEND

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Cascade Park Gardens 4347 S. Union Ave. Tacoma, WA 98409 (253) 475-3702, Gloria Tucci www.cascadecares.com	ALZ-75	MA	\$2,450- \$4,200	Individualized activities & outings In-house Nurse 7 days per week Home-like atmosphere/24-hour staffing Expanded, secure dementia units Multiple floor plans available	Multiple secure outdoor areas Near mall and community center Transportation to and from doctor Beauty shop available Centrally located
Cascade Park Vista 242 St. Helens Ave. Tacoma, WA 98402 (253) 627-3833, Lincoln Strand www.cascadecares.com	ALC -112 Adult Day Health Care & TBI	MA	\$1,550 - \$3,300	Extensive activity program In-house Nurse 7 days per week 24-hr staffing Private studio & 1 bdrm available Shared 1 bdrm apts. available	New Brain Injury Adult Day Program Transportation to and from doctor Multiple day health programs Near hospitals & medical care Located in Stadium District
Chateau at Valley Center 4450 Davis Avenue South Renton, WA 98055 (425) 251-6677, Molly Clark www.chateau-valley-center.com	ALC-55 ALZ-18 IL-71	No	Call for details	Swimming Pool Memory Cave (Service) Health Club Over 200 activities a month!	Across the street from Valley Medical Center. Off 405 Private dining room for family & guests
Cottesmore of Life Care 2909 14th Ave. N.W. Gig Harbor, WA 98335 (253) 851-5433, Jodi Hocking www.lcca.com	CC SN-104	Yes	\$230 and up a day	40 years of quality care Loving, caring staff/respite care Public daycare & cafe Aquatic Therapy Physical, occupational & speech therapy	Only campus of cont. care in G. H. Easy access from Highway 16 Park-like setting Located in beautiful Gig Harbor Family, home-like environment
Emeritus at the Courtyard 4610 6th Place S.E. Puyallup, WA 98374 (253) 841-9722, Jim Coumbs www.emeritus.com	ALC-101	Yes	\$2,100 & up per month	24-hr staffing/3 meals a day/respite care Pets welcome, \$25/ month Activities/transportation available Diabetes management Companion apt. \$1560 monthly	Puyallup South Hill Near YMCA/Good Samaritan Hospital Shopping mall nearby Beautifully landscaped Gated community
Expressions at Enumclaw 2454 Cole St. Enumclaw, WA 98022 (360) 825-4565, Michelle Apodaca www.prestigecare.com	ALZ-52	No	\$3,300- 3,850	24 hour nursing Secured courtyard with gardens Walking area inside and outside Dementia specific programming	Views of Mt. Rainier Near Enumclaw Regional Hospital Secure Environment Beauty/barber shop One level
Franke Tobey Jones Retirement Estates 5340 N. Bristol Tacoma, WA 98407 (253) 752-6621, Michelle Matz www.franketobeyjones.com	CC ALC-56 ALZ-15 IL-90 SN-43	No	\$2495 & up Call for specifics	Exceptional activity program, Senior "U" Preventative holistic Wellness center Outstanding dining/transportation 20-acre Tudor-style estate 24-hr nurse available Pet friendly, views of bay & Rainier	Bistro Cafe' on FTJ Campus Adjacent to Pt. Defiance Park Minutes from waterfront dining Close to unique Proctor District shops Near Museum & Theater District Lovely areas to walk
Gibson Gardens 5001 Pacific Ave. Tacoma, WA 98408 (253) 472-5008, Kristin Gronewold www.gibsongardens.net	IL-122	No	\$995- \$1,725	Free continental breakfast/opt. evening meal Beautifully landscaped grounds Washer/dryer in each unit Spacious 1 & 2 bdrm homes Fireplace in every room. Bus for activities & shopping. Small pets welcome	Gated community Covered parking available, covered balconies w/ storage Next to Lighthouse Senior Center Close to shopping/downtown Beauty/barber shop. Staff living on-site
Harbor Place at Cottesmore 1016 29th St. NW Gig Harbor, WA 98335 (253) 853-3354, Sue Wilhelm www.HarborPlaceRetirement.com	CC ALC and IL - 100	No	Starting at \$2,500	Month to month lease includes utilities Wellness staff on site 24/7 Restaurant-style fine dining Indoor pool, hot tub & fitness center Beauty salon/day spa/many activities/ outings	Conveniently located off Highway 16 Minutes from shopping, restaurants & medical services Nestled around beautifully manicured & landscaped grounds Gig Harbor's only full campus of care
Harbor View Manor 919 S. Fawcett Ave. Tacoma, WA 98402 (253) 272-5552, Allen Tubbs www.harborviewmanor.com	IL-169	No	\$362 to \$652	Mini mart & licensed beauty shop on site Equal housing opportunity Limited-access building/laundry room Fun activities & trips/pet friendly 72-channel basic cable & utilities included	Close to theater district View of Commencement Bay View of Mt. Rainier Social Services coordinator on-site Dining room with a view
Hearthside Manor 3615 Drexler Drive W. University Place, WA 98466 (253) 460-3330, Emily Burgess	ALZ - 34	No	Call for details	Dementia-friendly floor plan 24/7 assistance with medications Low staff-to-patient ratio Recreation/community outings	Centrally located in University Place Tranquil wooded setting Bright, cheerful atmosphere
Heritage House Assisted Living 28833 Hwy 410 East Buckley, WA 98321 (360) 829-5292, Peggy Jensen	ALC-40	MA 55+	\$2,285 - \$4,125	3 meals daily/full-service dining room Home-like atmosphere/24-hour staffing Loving, caring staff Daily activities & outings Weekly linen & personal laundry service	Close to Mt. Rainier Transportation to medical centers Beautiful courtyard, landscaping Walkings paths; newer building Close to shopping, senior center

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Lakewood Healthcare Center					
11411 Bridgeport Way SW Lakewood, WA 98499 (253) 581-9002, Jan Olson	SN-80	Yes	Call for details	New therapy gym & equipment Remodeled Accept many insurances Close to St. Clare Hospital	Very close to St. Clare's hospital Closest nursing facility to Madigan One block from main bus line.
Life Care Center of Puyallup					
511 10th Ave. S.E. Puyallup, WA 98372 (253)845-7566, Christine Mills	SN - Hospice Care - 133	MA 18+	Call for details	RNs & LPNs 24 hrs/day Complex wound care Rehab program, inpatient & outpatient Hospice & respite programs 7-day a week therapy	Quiet residential neighborhood 3 blocks from Puyallup Fairgrounds 10 minutes from South Hill Mall 5 minutes from Good Sam. Hospital Large, luxury rooms
Life Manor					
1601 S. Union Tacoma, WA 98405 (253) 383-3363, Nanette Baus www.villageconcepts.com	IL-157	No	\$581 - \$794 (Income Based req.)	Beautifully remodeled building Pets allowed Multi-generation activity program 1 meal included with affordable rent Restaurant-style dining	Near Allenmore Hospital Mt. Rainier views Walking distance to shopping Located on the Life Center campus Quiet family neighborhood
Life Manor Retirement					
1609 S. Union Tacoma, WA 98405 (253) 779-3800, Josh Serrick www.villageconcepts.com	ALC-58	Yes (after 2 yr spend down)	\$1,895 - \$3,375	24-hr secure building Continuing care/full time Activities/pets allowed Beauty/barber shop Located on the Life Center campus	Near Allenmore Hospital & doctors Close to shopping & banks Mt. Rainier views
Living Court Assisted Living					
2229 Jensen St. Enumclaw, WA 98022 (360) 825-0280, Michelle Apodaca www.prestigecare.com	ALC-54	Y	\$2,300- 2,650	Assisted care from caring staff Month to month Variety of fun activities-large activity room All meals and snacks On site therapy	Scenic view-nestled in foothills Across from Enumclaw Regional Hospital. Pet friendly Scheduled transportation Wheelchair accessible
Market Street Apartments					
1314 Market St. Tacoma, WA 98402 (253) 272-9475, Sandie Walker	IL - 125	N/A	HUD 30% of income	Section 8 HUD building for low-income residents Rec. room with pool table & television Small, enclosed patio	1 block from Beacon Senior Center Across street from YMCA On bus lines 26 and 2 Close to downtown Tacoma
Merrill Gardens-Gig Harbor					
3213 45th St. Ct. N.W. Gig Harbor, WA 98335 (253) 858-5300, Jan Tucci www.merrillgardens.com	ALC/IL 78	Yes (after 2 yr spend down)	\$1,595 and up	60 day money back guarantee weekly housekeeping and linen service Social and recreation programs Anytime dining; Pets okay Active living wellness program	Adjacent to skilled nursing and rehab Close to shopping, Restaurants, theater, groceries and services Quiet Cul-de-sac location Close to doctors, pharmacy and library
Narrows Glen					
8201 6th Ave. Tacoma, WA 98406 (253) 564-4770, Denise Callaghan www.vintagesenior.com	IL - 142	No	\$2,195 - \$4,100	Exceptional social & educational programs Full service concierge Full kitchens, ample closets & storage Covered parking & daily transportation avail Delicious meals in our restaurant	Quiet, safe neighborhood Beautiful, park-like setting Convenient to shopping, Titlow Park Close to Highway 16 Bus line access
Narrows Glen/Laurel House					
802 Laurel Lane N. Tacoma, WA 98406 (253)564-4770, Denise Callaghan www.vintagesenior.com	ALC - 77	No	\$1,995 - \$4,100	Assisted care-loving/caring staff Delicious meals served in our restaurant Enhancing, stimulating activities Studio, 1 & 2 bdrm apartments/pet friendly Beautiful grounds for gardening	Partial bridge & wooded views Beautiful park-like setting Scheduled transportation Quiet, safe neighborhood Close to doctors & hospitals
Narrows Glen/ Recollections					
802 Laurel Lane N. Tacoma, WA 98406 (253) 564-4770, Denise Callaghan www.vintagesenior.com	ALZ - 19	No	\$5,005 -\$6,005	Small, intimate home-like environment All private studio apartments Personalized activities & care programs 3 delicious, nutritious meals & snacks Loving, caring staff/ pet friendly	Enclosed patio with garden beds Beautifully landscaped Hands-on reminiscent furnishings Warm, homey environment Newly remodeled
Olympic Alzheimer's Residence					
8025 14th Ave. N.W. Gig Harbor, WA 98335 (253) 851-5306, Kathy Wells www.prestigecare.com	ALZ-60	MA	Starts @ \$3,900 + care	Staff trained in Alzheimer's/dementia Secured, home-like environment 3 "neighborhoods" of 20 residents ea. Multiple secured courtyards Activities designed for dementia residents	Located in beautiful Gig Harbor Close to physicians & hospitals Easy access to Highway 16 Quiet, park-like setting Adjacent to skilled nursing & rehab
Patriot's Landing					
1600 Marshall Circle DuPont, WA 98327 (253) 964-4900, Susan Fine	Cottages - 25 IL - 80 ALC - 52 ALZ - 22	No	\$1,850 - \$5,200	Exquisite accommodations including fine dining, heated swimming pool & jacuzzi, his & hers saunas Fitness & wellness program, game room w/ billiards & card tables, full service lounge	Base access for shopping & medical appointments. Shopping in Tacoma & Olympia Beautiful gardens & walking paths Quiet, serene & safe neighborhood
Ridgemont Terrace					
2051 Pottery Ave Port Orchard, WA 98366 (360) 876-4461, Annette Crawford	ALC-20 IL-46 SN-96	Yes	Call for prices	Skilled nursing/short term rehab Wireless Internet in each room Inpatient and Outpatient therapy Meals & activities daily Call for specifics on each level	Continuing care campus Close to shopping Transportation available

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Silver Creek Retirement & Assisted Living 17607 91st Ave E Puyallup, WA 98375 (253) 875-8644, Sarah Camp	ALC-66 IL-72	N/A	\$2,800- \$3,300	On-site nurse and full care staff Front desk concierge service Wide variety of activities and outings Restaurant style dining and general store onsite, Pets welcome, full housekeeping, all utilities even your phone & cable	Quiet family neighborhood Close to Drs, shopping, restaurants & pharmacy. Close to EMTs & Fire Station. Sidewalk style walking path around the community. Raised garden beds on back garden area.
Sound Vista Village 6633 McDonald Ave. Gig Harbor, WA 98335 (253) 851-9929, Jerry Lee	IL-40 ALC-36	Please call	\$1,995 - \$2,575	Full-time activities/bus Housekeeping/free cable TV/small pets One story; no dead-end halls Three meals a day/24 hr. staffing Personal care services available	Close to medical facilities Quiet, residential neighborhood Close to downtown Gig Harbor Some units have water views Easy freeway access/paved walking paths
Spring Ridge Retirement 6856 Portland Ave. Tacoma, WA 98404 (253) 474-1093, Terry Voeller www.springridgeretirement.com	ALC/IL-56 2 IL cottages	MA after 1 yr spend down	\$2,420 - \$2,980	Home-cooked meals Fun activities One level/small pets allowed Personal care service On bus line; close to shopping/banks	2 cottages Lots of walking space Established landscaping Close to churches/on bus line
Stafford Suites 15519 62nd St. Ct. E. Sumner, WA 98390 (253) 862-1818, Laura Fehrenbacher	ALC-72	No	Start at \$2,186	Beautiful mountain-lodge setting Restaurant-style dining Exciting activity program Chapel services Personal care services available	Located in charming Sumner View of Mt. Rainier Easy freeway access Near senior center & shopping Area is perfect for walking
Sunset View Apartments 7713 44th St. W. University Place, WA 98466 (253) 565-4450, Lois Brown	IL-94	55+ No pets	\$650 & up	Quiet 1 & 2 bdrm apartments Located in University place Full-sized washers/dryers in each unit Spacious decks/patios Active recreation facility	Carports & extra parking available Close to U.P. city center Close to major shopping Close to dining Bus lines near complex
Tacoma Lutheran Retirement Community 1301 N. Highlands Parkway Tacoma, WA 98406 (253) 752-7112, Marian Lunka	ALC-40	MA 62+	\$3,280 & up per month	FT nurse/social worker; 24-hr staffing 3 meals plus snacks Personal care, housekeeping, transportation Activities, trips, tours	Uniformed security Quiet North Tacoma neighborhood Some balcony apts with Mt Rainier view/beauty salon Nursing home in facility
Tacoma Lutheran Retirement Community 1301 N. Highlands Parkway Tacoma, WA 98406 (253) 752-7112, Marian Lunka	IL-147	N/A	\$1,320- \$2,010	Efficiencies, 1 & 2 bdrm apts, 2-bdrm, condo-style six-plexes Flower & vegetable gardens Dinner, utilities, housekeeping Trips, tours, activities	Storage units Quiet North Tacoma neighborhood Shopping & golf course nearby Nursing home/asstd living in facility Wellness & aquatic center
Tacoma Lutheran Retirement Community 1301 N. Highlands Parkway Tacoma, WA 98406 (253) 756-7112, Deb Horton	SN-189 includes ALZ-26	Yes	\$232 and up per day	Therapy/rehab services available Activities, trips, pet program Resident-controlled electric beds Semi-secure dementia unit	Quiet North Tacoma neighborhood Shopping and golf course nearby Some private & semi-private rooms./ free basic cable/hair salon/deli/gift shop Pastoral care/social services
The Village Retirement & Assisted Living Community 4707 S. Orchard Tacoma, WA 98466 (253) 475-4707, Pheanny Neang www.thevillage-tacoma.com	ALC-111 IL-24	Yes	\$1,895- \$3095	Spacious private apartments Choose from a studio, 1 bedroom & 2 bedroom Nurse in residence All meals & snacks daily Pets are welcome!	Campus-style community nestled between Fircrest, Lakewood, U.P. & Tacoma. Easy access to HWY 16 & I-5. Close to shopping, banking & medical facilities. Country setting in a quiet family neighborhood
The Weatherly Inn 6016 N. Highlands Parkway Tacoma, WA 98406 (253) 752-8550, Nicky Day	IL/ALC-115 ALZ-44	No	Call for prices	Overnight trips & tours Gated secure community Individual AC & heat Adult day care & respite care Transportation for medical appointments	Near hospitals, doctors, skilled nursing Easy freeway access/on bus line Close to shopping, restaurants, & banks Beautiful North Tacoma location
Woodmark at Steel Lake 31200 23rd Ave. S. Federal Way, WA 98003 (253) 941-5859, Therese M. Brown	ALC-54 ALZ-47	No	\$2,340 - \$3,995	The Memory Care S. PA-Secure Unit The Monarch Memory-Secure Unit Fun activities, pets allowed, physical therapy clinic, concierge service Beauty/Barber salon;24 hr staffing	Tranquil garden setting adj. to green belt Close to large shopping area Walking distance to Steel Lake Park Meticulously groomed & landscaped grounds; easy access to freeways & bus
Willow Gardens Retirement 4502 6th St SE Puyallup, WA 98374 (253) 848-4430, Laurie Miller	IL-35 Cottages IL-109 Apartments		\$2,250- \$3,600	On-site resident manager teams. 3 chef prepared meals/2 snacks. "Age in Place" with In-Home Care Services. Pet friendly- No pet fees or deposits. Lovely cottages (1&2bdrm) and studio, one or two bedroom apts Beautiful pond w/ fountain; home to 29 resident ducks.	28 acre gated community in a park-like setting. Close to South Hill mall, grocery stores and hospital. Weekly housekeeping/linen service. Shuttle bus for appointments/trips/personal needs

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