

Generally, people make housing decisions when it becomes apparent that a loved one needs assistance with basic activities of daily living, sometimes referred to as ADLs by healthcare professionals. ADLs include bathing, grooming, dressing, feeding, homemaking etc. They are the things we normally do in our day-to-day existence. When it becomes apparent that one or more of those ADLs is compromised, Assisted Living facilities offer individuals and families a place with many of the same characteristics of independent living with some assistance to perform those daily tasks. Most Assisted Living facilities provide laundry, housekeeping and meals. It's much like living in a hotel except personal items decorate your space and you know all your neighbors. Also like a hotel, residents are offered social activities such as trips, classes, exercise programs, libraries, gaming areas and chapel. Some offer spas, bistros, hair salons and even ice cream shops.

For individuals considering moving to an assisted living facility, there are some important questions to keep in mind before moving. We've tried to answer some of those questions with the directory below. Questions you might want to ask before a move include:

**Does the facility offer more care options later on if the resident experiences additional decline?** Some places offer continuum care options that may or may not require the resident to eventually move depending on level of care.

**Is the facility close to friends, church, shopping, and medical facilities?**

**What's included in the basic price?** What other services do they provide and at what cost?

**What programs do they offer?**

**What are the dining options?** Can you try out a meal at the facility? Are meals available when the potential resident is usually hungry? Does the dining facility feel friendly or cliquish?

**What's their record of care like?** Washington state has legally recognized the elderly as vulnerable adults and as a result has built additional protections into required treatment at assisted living facilities. Contact the Department of Social and Health Services (DSHS).

## ASSISTED LIVING FACILITIES

|   | ALZHEIMER'S CARE | 24-HR STAFFING | RN/LPN ON STAFF | INJECTION CARE | RESPIRE CARE | PETS     | ADULT DAY CARE | PRICE RANGE   | MEALS    | FEATURES   |
|---|------------------|----------------|-----------------|----------------|--------------|----------|----------------|---------------|----------|--|
| <b>Brookdale/Wynwood of Allenmore</b><br>3615 S. 23rd St<br>Tacoma, WA 98405<br>(253) 759-7770<br>Contact: Susan Fine | <b>N</b>         | <b>Y</b>       | <b>Y</b>        | <b>Y</b>       | <b>Y</b>     | <b>Y</b> | <b>N</b>       | \$2595 and up | <b>3</b> | Attractive alternative to skilled nursing. Promotes independence. Individual care plans. Variety of beautiful apartments. Basic rent includes personal laundry, activities, call system, utilities. Just off Union Ave, near Allenmore Hospital, doctors, shops & bank. 3 Meals daily & housekeeping. Medical shuttle. Rooms checked frequently. |

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|--|------------------|----------------|-----------------|----------------|--------------|------|----------------|-----------------|-------|---|
| <b>Bridgeport Place</b><br>5250 Bridgeport Way W.<br>University Place, WA 98467<br>(253) 565-1960<br>Contact: Jaynie Jones | N                | Y              | Y               | Y              | Y            | Y    | Y              | \$2125 and up   | 3     | Located in residential area of University Place<br>Activities & events scheduled 7 days a week<br>Diabetic Management/Massage Therapist on staff<br>Respite suite, spa, and salon<br>Transportation to Sunday church services                 |
| <b>Cascade Park Gardens</b><br>4347 S. Union Ave<br>Tacoma, WA 98409<br>(253) 475-3702<br>Contact: Kristina Singh          | Y                | Y              | Y               | Y              | Y            | N    | Y              | \$2795 and up   | 3     | Geriatric psychiatry services available<br>Secure memory care unit/medicaid accepted<br>Transportation to and from doctor<br>Beauty shop available<br>Counseling services available   |
| <b>Cascade Park Vista</b><br>242 St. Helens Ave.<br>Tacoma, WA 98402<br>(253) 627-3833<br>Contact: Peter Adams             | N                | Y              | Y               | Y              | Y            | N    | Y              | \$1650 and up   | 3     | Shared or private, 1bdm apts. available<br>Wheelchair access/medicaid accepted<br>Historic Stadium District location<br>Personal care assistance tailored to the individual<br><a href="http://www.cascadecares.com">www.cascadecares.com</a> |
| <b>Emeritus at Steel Lake</b><br>31200 23rd Ave So.<br>Federal Way, WA 98003<br>(253) 941-5859<br>Contact: Kathy Mandelin  | Y                | Y              | Y               | Y              | Y            | Y    | N              | \$2300 - \$3995 | 3     | Planned activities<br>Close to shopping, churches, parks<br>Three communities, one campus, one purpose<br>A gracious, worry-free lifestyle<br><a href="http://www.emeritus.com">www.emeritus.com</a>  |

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|--|----------------|-----------------|----------------|--------------|----------|----------------|-------------|----------------------------------|----------|---|
|  |                |                 |                |              |          |                |             |                                  |          |   |
| <b>Emeritus at the Courtyard</b><br>4610 6th Place S.E.<br>Puyallup, WA 98374<br>(253) 841-9722<br>Contact: Tracie Bowman  | <b>N</b>       | <b>Y</b>        | <b>Y</b>       | <b>Y</b>     | <b>Y</b> | <b>Y</b>       | <b>N</b>    | Call for details                 | <b>3</b> | Beautiful gated community on S. Hill Puyallup<br>Close to shopping and YMCA<br>Housekeeping, laundry, transport & planned activities<br>RN oversight 40+ hrs/wk-LPN coverage 16hrs/day<br>24 hour care<br>Diabetic needs provided, companion living apartments            |
| <b>Expressions at Enumclaw</b><br>2454 Cole St.<br>Enumclaw, WA 98022<br>(360) 825-4565<br>Contact: Michelle Apodaca       | <b>Y</b>       | <b>Y</b>        | <b>Y</b>       | <b>Y</b>     | <b>Y</b> | <b>N</b>       | <b>Y</b>    | \$3500 and up                    | <b>3</b> | Mountain view/ Beauty and barber shop<br>Family Support Group/ Dementia specific activity program, 24 hr nursing<br>Secure Memory Care and courtyard<br>Individual home-free monitoring & GPS<br><i>www.prestigecare.com</i>  |
| <b>Franke Tobey Jones</b><br>5340 N. Bristol<br>Tacoma, WA 98407<br>(253) 752-6621<br>Contact: Michelle Matz               | <b>Y</b>       | <b>Y</b>        | <b>Y</b>       | <b>Y</b>     | <b>Y</b> | <b>Y</b>       | <b>Y</b>    | \$2470 and up plus level of care | <b>3</b> | 20-acre continuing care retirement community adjacent to Pt. Defiance Park. Assisted living, dementia and skilled nursing. Fitness/Wellness Center, <i>Sr. University</i> , transportation, water views available month to month billing. <i>www.franketobeyjones.com</i> |
| <b>Harbor Place at Cottesmore</b><br>1016 29th Street NW<br>Gig Harbor, WA 98335<br>(253) 853-3354<br>Contact: Sue Wilhelm | <b>N</b>       | <b>Y</b>        | <b>Y</b>       | <b>Y</b>     | <b>Y</b> | <b>Y</b>       | <b>N</b>    | \$2900 and up plus level of care | <b>3</b> | Gig Harbor's only Continuing Care Retirement Community. 24/7 wellness staff, housekeeping, indoor pool, hot tub, fitness centers, beauty salon, spa, activities, transportation & much more. Monthly lease with no buy-in.  |

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|---|------------------|----------------|-----------------|----------------|--------------|------|----------------|---------------------------------|-------|---|
| <b>Hearthside Manor</b><br>3615 Drexler Dr.<br>University Place, WA 98466<br>(253) 460-3330<br>Contact:Laurena Henneberry             | Y                | Y              | Y               | Y              | Y            | Y    | N              | \$3950 - \$5975                 | 3     | Home-like environment<br>Centrally located in University Place<br>Secure, park-like wandering area<br>Home-style dining/tranquil surroundings<br>All private rooms  |
| <b>Heritage House Assisted Living at Morton</b><br>860 W. Main Ave<br>Morton, WA 98356<br>(360) 496-6699<br>Contact: Becky Florence   | N                | N              | N               | N              | N            | N    | N              | \$2475 and up                   | 3     | View of Mt. Rainier/beautiful courtyard with walking paths, New Memory Care Unit<br>Close to shopping centers and health care providers<br>Planned activities/transportation, Beauty salon on site<br>Individual care planning and emergency call system<br><a href="http://www.acaringplace.net">www.acaringplace.net</a> / <a href="mailto:lynette@acaringplace.net">lynette@acaringplace.net</a> |
| <b>Heritage House Assisted Living @ Buckley</b><br>28833 Hwy 410 East<br>Buckley, WA 98321<br>(360) 829-5292<br>Contact: Peggy Jensen | Y<br>in Oct.     | Y              | Y               | Y              | N            | Y    | N              | \$2405 and up                   | 3     | View of Mt. Rainier, Accept DSHS residents<br>Beautiful courtyard with walking paths<br>Close to shopping centers/health care providers<br>Planned activities/transportation/beauty salon on site<br>Individualized care plan and emergency call system<br><a href="http://www.acaringplace.net">www.acaringplace.net</a>   |
| <b>King's Manor</b><br>8609 Portland Ave<br>Tacoma, WA 98445<br>(253) 538-7222<br>Contact:Karen Wright                                | N                | Y              | Y               | N              | Y            | Y    | N              | \$2850 - \$3600 + level of care | 3     | Planned activities/basic cable provided<br>Transportation in facility van to doctors and errands<br>Spacious new apartments & resident gardens<br>Lifeline phone emergency call system<br>Faith-based, church affiliation   |

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|---|------------------|----------------|-----------------|----------------|--------------|------|----------------|------------------------------|-------|--|
| <b>Life Manor Retirement Living</b><br>1609 S Union<br>Tacoma, WA 98405<br>(253) 779-3800<br>Contact: Allison Lever                     | N                | Y              | Y               | N              | Y            | Y    | N              | \$1995 - \$3375              | 3     | Faith based community-Ask about our affordable housing options<br>Close to hospitals, doctors and retail services<br>Planned activities, housekeeping<br>Great food and wonderful atmosphere<br><a href="http://www.lifemanor.com">www.lifemanor.com</a> |
| <b>Living Court Assisted Living Facility</b><br>2229 Jensen Street<br>Enumclaw, WA 98022<br>(360) 825-0280<br>Contact: Michelle Apodaca | N                | Y              | Y               | N              | Y            | Y    | N              | \$ 2300 and up               | 3     | Mountain view<br>Beauty and barber shop<br>Planned activities/scenic drives<br>Personal care assistance tailored to the individual<br><a href="http://www.prestigecare.com">www.prestigecare.com</a>   |
| <b>Lodge at Mallard's Landing, The</b><br>7083 Wagner Way<br>Gig Harbor, WA 98335<br>(253) 858-4990<br>Contact: Jody Gauthier           | N                | Y              | Y               | Y              | Y            | Y    | N              | \$2,300 & up + level of care | 3     | Continuous restaurant style dining 7 a.m. to 7 p.m.<br>Private company/locally owned<br>Free WiFi & HDTV<br>Diabetic Management<br>State of the art fitness center   |
| <b>Merrill Gardens/Gig Harbor</b><br>3213 45th St. Ct. N. W.<br>Gig Harbor, WA 98335<br>(253) 858-5300<br>Contact: Linda Jo Dutton      | N                | Y              | Y               | N              | Y            | Y    | N              | \$2195 - 3995                | 3     | Anytime dining/secure environment<br>Weekly housekeeping linen service<br>Transportation to medical, banking, shopping, activities<br>Social/rec. programs./close to restaurants & services<br>60-day money back guarantee                               |

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|--|------------------|----------------|-----------------|----------------|--------------|------|----------------|------------------|--------|---|
| <b>Mill Ridge Village Retirement</b><br>607 28th Ave.<br>Milton, WA 98354<br>(253) 925-9200<br>Contact Edwina Alexander      | N                | Y              | Y               | N              | N            | Y    | N              | \$2150 - \$3200  | 3      | Anytime dining/Secure environment<br>Weekly housekeeping/Planned activities/transportation<br>Beautiful landscaped grounds<br>Walking distance to shopping & medical facilities<br>"Bring retirement to life"   |
| <b>Narrows Glen</b><br>802 Laurel Lane<br>Tacoma, WA 98406<br>(253) 564-4770<br>Contact: Jason Kitchel                       | Y                | Y              | Y               | Y              | Y            | Y    | N              | \$2195 - \$4100  | 3      | Individual, varied activities & outings<br>Secure Memory Care on site<br>Beautifully landscaped grounds & walking trail<br>Loving, courteous, devoted staff<br>3 restaurant-style gourmet meals   |
| <b>Olympic Alzheimer's Residence</b><br>3025 14th Ave N.W.<br>Gig Harbor, WA 98335<br>(253) 851-5306<br>Contact: Kathy Wells | Y                | Y              | Y               | N              | Y            | Y    | Y              | \$4100 and up    | 3      | Chalet-style living in a quiet neighborhood.<br>Secure walking areas with raised gardens.<br>Expressions Memory Care program including daily activities. Specialized dementia trained staff in "Best Friend's" approach. Three neighborhoods that make everyone feel like being at home.<br>Close to Hwy 16, Narrows Bridge and I-5.    |
| <b>Patriots Landing</b><br>1600 Marshall Circle #100<br>DuPont, WA 98327<br>(253) 964-4900<br>Contact: Rachel McLain         | Y                | Y              | Y               | Y              | Y            | N    | N              | Call for details | 1 to 3 | Spacious and attractive apartment and cottage style living with options for assisted living and secured memory care. Our apartments range from studios to 2b/2b with a variety of floor plans. Onsite fitness director, activities, shuttle services to JBLM, personal transportation, pool/sauna/hot tub, billiards, putting and more. |

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|--|------------------|----------------|-----------------|----------------|--------------|------|----------------|-----------------------|-------|---|
| <b>Peoples Retirement Center</b><br>1720 East 64th Street<br>Tacoma, Wa. 98404<br>contact Ann Foster                       | Y                | Y              | Y               | Y              | Y            | Y    | N              | \$1200 & up plus care | 3     | Large light-filled apartments.<br>Assisted and independent living, secured dementia care.<br>Flexibility for couples requiring different types of care.<br>Delicious any time dining.<br>Full activities program.                 |
| <b>Sound Vista Village</b><br>6633 McDonald Ave<br>Gig Harbor, WA 98335<br>(253) 851-9929<br>Contact: Susan Pfundt-O'Neill | N                | Y              | Y               | N              | N            | Y    | N              | Call for details      | 3     | Planned activities, full-time activity director<br>View of Puget Sound<br>All utilities (except phone) included<br>Transport to local doctors once a week/small pets allowed/flexible dining<br>Weekly housekeeping/linen service |
| <b>Spring Ridge Retirement</b><br>6856 Portland Ave<br>Tacoma, WA 98404<br>(253) 474-1093<br>Contact: Terry Voeller        | N                | Y              | Y               | N              | Y            | Y    | N              | \$2493 - \$3069       | 3     | On bus line<br>Lots of activities daily and weekly<br>One level community<br>Vegetable gardens<br>Beauty & barber shop, manicures   |
| <b>Stafford Suites</b><br>15519 62nd St. Ct. E.<br>Sumner, WA 98390<br>(253) 862-1818<br>Contact: Laura Fehrenbacher       | N                | Y              | Y               | N              | Y            | Y    | N              | \$2252 - \$4094       | 3     | Mt. Rainier views/ Fine restaurant dining<br>Personal Care Assistance available<br>Fun social programs for everyone<br>Staff who love what they do/ 24 hours a day<br>Close to shopping, doctors, and Sumner Senior Center        |



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|---|------------------|----------------|-----------------|----------------|--------------|----------|----------------|-----------------|---------------|---|
| <b>Tacoma Lutheran Retirement Community</b><br>1301 N. Highlands Parkway<br>Tacoma, WA 98406<br>(253) 752-7112<br>Contact: Kristine Grant             | <b>Y</b>         | <b>Y</b>       | <b>Y</b>        | <b>Y</b>       | <b>N</b>     | <b>N</b> | <b>N</b>       | \$3380 - \$5100 | <b>3</b>      | Personal care/all meals/Mountain view apartments<br>Wellness, exercise classes, housekeeping & laundry<br>Game room, large screen TV, on site deli<br>Day & overnight trips & tours/transportation to doctors<br>Reserved parking, near bus-line/ 30 acre campus<br>Beauty, barber shop and gift shop                                 |
| <b>Village Green Retirement</b><br>35419 1st Ave S<br>Federal Way, WA 98003<br>(253) 838-3700<br>Contact: Kimberly Vickers Grossman                   | <b>N</b>         | <b>Y</b>       | <b>Y</b>        | <b>Y</b>       | <b>Y</b>     | <b>Y</b> | <b>N</b>       | \$1995- \$3895  | <b>1 to 3</b> | Independent and Assisted Living Community<br>Beautiful campus on 20 acres of landscaped surroundings. Voted Best of 2012 for Senior Living! Join us for lunch or dinner, our treat, and let us show off our campus to you. Cottages available too. <a href="http://www.villagegreenretirement.com">www.villagegreenretirement.com</a> |
| <b>The Village Retirement &amp; Assisted Living Community</b><br>4707 S. Orchard<br>Tacoma, WA 98466<br>(253) 475-4707<br>Contact: Marketing Director | <b>N</b>         | <b>Y</b>       | <b>Y</b>        | <b>Y</b>       | <b>Y</b>     | <b>Y</b> | <b>N</b>       | \$1695 - \$2895 | <b>3</b>      | A Veteran's First Senior Living Community<br>Open, home-like environment<br>Many different floor plans and price points available<br>Individualized care planning & services for each resident<br>Life enrichment/activities available daily<br>Small pets allowed  |
| <b>The Weatherly Inn</b><br>6016 N. Highlands Parkway<br>Tacoma, WA 98406<br>(253) 752-8550<br>Contact: Nicky Day                                     | <b>Y</b>         | <b>Y</b>       | <b>Y</b>        | <b>Y</b>       | <b>Y</b>     | <b>Y</b> | <b>Y</b>       | \$2520 and up   | <b>3</b>      | Home-like environment in a cozy atmosphere<br>Beautiful North End neighborhood<br>Customized care plans/ RN or LPN on site 24 hours<br>Medical Transportation Mon-Fri<br>Life enriching activities/trips and tour opportunities   |