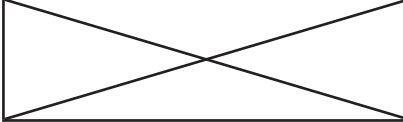


# Senior Media Services'

# 2018 HOUSING GUIDE

	Housing Type(s) No. Units	Medicaid Eligible	Price Range	Special Features	Area Amenities
<b>Harbor Place at Cottesmore</b> 1016 29th St. NW Gig Harbor, WA 98335 253-853-3354, Sandra Butler HarborPlaceRetirement.com	IL/ALC-102	No	Call for pricing	Many activities and outings to choose from. All-day restaurant-style fine dining to fit your schedule. Amenities include indoor pool, hot tub, fitness centers, salon and day spa. Wellness staff on-site 24/7.	Conveniently located off Highway 16 Minutes from shopping, restaurants and medical services. Nestled around beautifully manicured and landscaped grounds.
<b>Gibson Gardens</b> 5001 Pacific Ave. Tacoma, WA 98408 253-472-5008 Bridget Stamper	IL-122	No	Starting at \$1,445	Extra large 1-2 bedrooms with fireplace and patio. Full kitchen. Washer and dryer in each apartment. Weekday continental breakfast. Wide variety of social programs and activities.	Near hospitals and doctors. Easy freeway access, on bus line. Close to shopping, restaurants and banks. Beautiful courtyard with fountains and landscaping. Home-like feel.
<b>King's Manor</b> 8609 Portland Ave. E. Tacoma, WA 98445 253-538-7222, Karen Wright www.kingsmanorslc.com	ALC - 64		\$2,999+	Medicaid accepted after 18 months private pay. Pets allowed. Beautiful community with a focus on quality in care. Faith-based, all are welcome. Free move-in service.	Close to shopping and to medical buildings. Convenient access to Tacoma and Puyallup.
<b>Cascade Park Vista</b> 242 St. Helens Ave Tacoma, WA 98402 253-627-3833, Lincoln Strand www.cascadecares.com	ALC-112	MA	\$2,395 to \$2,895	Individually tailored personal care. Diabetic care. Nursing 7 days/24-hour staffing. Vibrant activity program with outings. Studios and 1-bedrooms, all with private baths. Wheelchair access, emergency pull cords.	Lcated in Stadium district. Close to hospitals and medical care. Near downtown, muesums and parks. Transportation to and from doctors.
<b>Peoples Retirement Community</b> 1720 E. 67th St. Tacoma, WA 98404 253-474-1741, Dale Heupel	ALC-68 IL - 30 ALZ - 22 Other - 5 transitional/temporary respite	Yes	\$1,700 to \$5,400	Primary care clinic on premises. Rehab and physical therapy office in building. Transitional and short-term respite. Exquisite campus and facility. Transportation for local appointments.	Easy transit access. Room to roam. Plenty of in-house activities. Beauty/barber salon in-house.
<b>Bridgeport Place Retirement and Assisted Living</b> 5250 Bridgeport Way W. University Place, WA 98467 253-565-1960 Gwynn Chernysheff www.bridgeportplaceseniors.com	IL or ALC-74	No Medicaid	\$2,625 to \$4,475	Full dining services, hair salon, and common areas. Private apartments: Studio, alcove, 1 and 2 bedrooms. Lifestyle and lesisure programs. Dedicated healthcare professional staff 24 hours a day. Respite care program available for 14-30-day stays.	Located in University Place near the picturesque Puget Sound. Easy access to Tacoma, Lakewood, Gig Harbor and Steilacoom. Close to shopping and local hospitals. Come visit us and experience our friendly and cozy community.
<b>Cascade Park Gardens</b> 4347 S. Union Ave. Tacoma, WA 98409 (253) 475-3702, Kristina Singh www.cascadecares.com	ALZ-81	MA	\$4,005 and up per month	Specialized memory care in a secure setting. Diabetic care. Nursing 7 days/24-hour staffing. Creative activity program with outings. Several room options available. Wheelchair access, emergency	Conveniently located. Homelike setting. Secure outdoor areas. Transportation to and from doctors.
<b>Tacoma Lutheran Retirement Community</b> 1301 N. Highlands Parkway Tacoma, WA 98406 (253) 841-9722, Marian Lunka	ALC -40	MA 62+	\$4,005 and up per month	Full-time nurse/social worker, 24-hour staffing. Three meals plus snacks. Personal care, housekeeping, transportation. Activities, trips, tours.	Uniformed security. Quiet North Tacoma neighborhood. Some balcony apartments with Mount Rainier view. Beauty salon. Nursing home facility.
<b>Tacoma Lutheran Retirement Community</b> 1301 N. Highlands Parkway Tacoma, WA 98406 (253) 841-9722, Deb Horton	SN-187 includes ALZ-26	Yes	\$284 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 and semi-private rooms/free basic cable/hair salon/deli/gift shop. Pastoral care/social services.
<b>Tacoma Lutheran Retirement Community</b> 1301 N. Highlands Parkway Tacoma, WA 98406 (253) 841-9722, Marian Lunka	IL-147	N/A	\$1,650 and up per month	Efficiencies, 1 and 2 bedroom apartments, 2-bedroom condo-style six-plexes. Flower and vegetable gardens. Dinner, utilities, housekeeping. Trips, tours, activities.	Storage units/support services. Quiet North Tacoma neighborhood. Shopping and golf course nearby. Nursing home/assisted living in facility. Wellness and aquatic center.

### LEGEND

ALC=Assisted Living    CC=Continuing Care    FH=Adult Family Home    IL=Independent Living (Apts., Condos, Houses)  
 SN=Skilled Nursing    ALZ=Alzheimer's Care    H=Handicap Accessible    MA=Medicaid Accepted    LI=Low Income

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# Senior Media Services'

# 2018 HOUSING GUIDE

X	Housing Type(s) No. Units	Medicaid Eligible	Price Range	Special Features	Area Amenities
<b>Memory Haven</b> 5107 Parker Road E. Sumner, WA 98390 253-750-0552, Mary Jaynes www.memoryhavensumner.com	ALZ	No	\$4,800+	Cozy single cottages that simulate a homelike setting. Individualized care plans. 24-hour caregivers. Comfortable common areas for social/family gatherings. Large, secure, peaceful courtyard.	Quiet residential setting. Near parks and historic downtown Sumner. Friendly, smalltown feel with sweeping views of Mount Rainier. Enjoy the Daffodil Parade in the spring.
<b>Franke Tobey Jones Retirement Estates</b> 5340 N. Bristol Tacoma, WA 98407 253-752-6621, Michelle Matz www.franketobeyjones.com	CC ALC-53 ALZ-15 IL-80 SN-43	No	\$2,730	Exceptional activity program, Senior "U." Preventative holistic Wellness Center. Outstanding dining/transportation. 20-acre Tudor-style estate, walking paths. 24-hour nurse available. Pet-friendly, views of bay and Mount Rainier.	Bistro Cafe on Frank Tobey Jones campus. Adjacent to Point Defiance Park. Minutes from waterfront dining. Close to unique Proctor District shops. Near Museum and Theater District. Lovely areas to walk
<b>The Village</b> 4707 S. Orchard St. Tacoma, WA 98466 253-475-4707 www.thevillage-tacoma.com	ALC-111 IL-20	Yes, if unit available.	\$2,830+	Spacious apartments with large common areas. Outdoor patio area, salad bar in dining room. Resident store, transportation and trips. 24-hour staff. Respite care available. Memory care services coming spring 2018.	Centrally located near Fircrest, Lakewood and University Place, with easy access to I-5 and Highway 16. Next door to Orchard Park Health and Rehab.
<b>The Lodge at Mallard's Landing</b> 7083 Wagner Way Gig Harbor, WA 98335 253-858-4990 www.thelodge-gigharbor.com	ALC - 98 ALZ - 25 IL - 24	No	\$3,100+	Premier restaurant open 7 a.m.-7 p.m. Cinema, bistro, lounge, arts and crafts areas. Weekly happy hour with live music. 24 separate cottages for independent living. Only community in Gig Harbor with memory care and assisted living.	Next to the Adam Tallman Nature Park, surrounded by quiet forest. Four miles from state-of-the-art hospital, a mile from skilled doctors. Easy access to Highway 16 and Gig Harbor shopping.
<b>Cottesmore of Lifecare</b> 2909 14th Ave. NW. Gig Harbor, WA 98335 253-851-5433, Jodi Davis	SN - 108	Yes		Skilled nursing with 24-hour coverage. Physical/occupational/speech therapy. New 22 private suites with private bathrooms/showers.	Quiet setting in beautiful Gig Harbor. Minutes from Tacoma.
<b>LEGEND</b>					
ALC=Assisted Living SN=Skilled Nursing	CC=Continuing Care ALZ=Alzheimer's Care	FH=Adult Family Home H=Handicap Accessible	IL=Independent Living (Apts., Condos, Houses) MA=Medicaid Accepted	LI=Low Income	

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## 'How much can I afford? What services do I need?'

*Knowing your budget and your needs brings you closer to finding senior living and lifestyles that are right for you*

There are about 22,000 senior housing properties in the U.S. And there are different types of senior housing, so figuring out which one to choose can feel a bit daunting. Asking yourself two questions – “How much can I afford?” and “What level of services do I need?” – will help you narrow your range of choices so you can find the best fit for your lifestyle and budget.

You may think senior living is expensive. But a lot of people are surprised at how favorably costs compare to homeownership.

First, figure out how much it costs to stay in your own home. Even if you've paid off your mortgage, you still have homeowner's expenses such as senior-related renovations and ongoing home maintenance issues, as well as expenses for utilities, taxes, groceries, dining out, entertainment, etc. And don't forget to add up any medical or in-home healthcare expenses.

Next, take all your financial resources into account. In addition to income and your assets, this includes long-term care insurance, veterans or surviving spouse's benefits, retirement

investments or other pension benefits. Once you collect this information, you can establish a budget. Then you can eliminate any retirement housing options that don't fit within it – making your search that much easier.

Make an objective list of current services and support you need, as well as those you anticipate needing down the road. You may not need health services now, but the reality is that 70 percent of people over the age of 65 will need some type of long-term care, according to the U.S. Department of Health and Human Services.

Here are some broad definitions to help you determine what level of care to look for.

- Independent living. Offers opportunities to pursue your interests, make friends, and take care of your mind, body and spirit – all while freeing you from the burdens of homeownership. If your overall health is good and you don't need help with activities of daily living, this could be a good fit for you.

- Assisted living. These communities are designed to help you live more independently

through personal help, transportation and home maintenance. Consider assisted living if there are mobility issues, medication management problems, or difficulties dressing, bathing or grooming.

- Skilled nursing. Care in a licensed healthcare facility may be best if you need short-term rehabilitation services or a higher level of continuous care for health issues too complex to be dealt with at home or in an assisted living facility.

- Life plan communities. Also known as continuing care retirement communities, this option offers a continuum of care that includes independent living, assisted living, memory care and skilled nursing. It allows you to enjoy your independent lifestyle now and gives you access to future health care at controlled costs.

Know your budget, know your needs. Once you do, you'll be much closer to finding the senior living lifestyle that's best for you.

*Source: American Seniors Housing Association and whereyoulivematters.org*