

GUIDE to MEMORY CARE COMMUNITIES

A Senior Scene
Special Advertising Feature

Name of Provider Address Telephone	Licensed Capacity	Medicaid Accepted	Price Ranges	Smoking Allowed?	Secure Doors?	Fenced Outside Area	Features and Amenities
The Village 4707 S. Orchard St. Tacoma, WA 98466 253-475-4707 Judy Vu	18		Starts at \$4,950				Spacious, homelike apartments. Caregivers available 24 hours a day. Activities and scheduled transportation. Short-term respite stays available. Restaurant-style dining. Convenient location. Walking paths, beauty/barber salon, community convenience store.
Mirror Lake Village 31000 Ninth Place SW. Federal Way, WA 98023 206-212-4208 Shannon Flores	45		Starts at \$3,500				We are a continuing-care campus which offers independent living, assisted living, and memory care. We offer a high level of care with an LPN on staff. We also offer underground gated parking, on-site PT and speech, plus a full range of fun activities.
Franke Tobey Jones Retirement Estates 5340 N. Bristol Tacoma, WA 98407 253-752-6621 www.franketobeyjones.com	49	N	\$6,250 plus level of care	N	Y	Y	Non-profit community since 1924. Licensed nurse on staff 24 hours daily. Excellent staffing ratios. Small, homelike environment. Brand new private rooms with private bathrooms. Montessori-inspired memory care programming.
Meridian at Stone Creek 1111 S. 376th St. Milton, WA 98354 253-754-6740 Doreen Vitek	40	N	\$5,600-\$9,200	N	Y	Y	Inclusive pricing. Twenty-eight acres with walking paths. 24-hour care. Visit our Facebook page, The Meridian at Stone Creek, and visit our website at www.meridianatstonecreek.com
Memory Haven Sumner 5107 Parker Road E. Sumner, WA 98390 253-750-0552 Melody Yost	39		Starts at \$5,700		Y	Y	Individualized care plans. 24-hour licensed care. Customized activities. Three meals served daily. Key code access and exit. Enclosed courtyard. Easily accessible one-story building. Residential neighborhood. Covered patio, BBQ, walking paths, raised flower beds.
eliseo Retirement Community 1301 N. Highlands Parkway Tacoma, WA 98406 253-752-7112	14		\$8,200		Y	Y	North Ridge Memory Care Living at eliseo is a beautiful home on the north side of our independent living apartments. In this secure environment, you or your loved ones can explore new interests, engage in stimulating activities and live in a supportive, homelike atmosphere. Our experienced team is available 24/7 to provide peace of mind and comfort to residents and families.
Patriots Landing 1600 Marshall Circle DuPont, WA 98327 253-964-4900 marketing@patriotslanding.com	22	N	\$5,500-\$8,000	N	Y	Y	Each private and semi-private suite has own bathroom. Spacious floor plans. Licensed nurse on-site 24/7. Experienced and specially-trained staff. Restaurant-quality food. Scheduled outings.
Fieldstone Memory Care-Puyallup 2121 S. Meridian Puyallup, WA 98374 253-904-3541		N	\$6,000-\$7,500				Life enrichment activities seven days a week with live music and trips weekly. 24/7 nursing. PT, OT on-site and soaker tubs. Full private bathrooms in every room. Theater, salon, cafe, large outdoor areas and gardens. Views of Puyallup Valley, close to Good Samaritan Hospital, private woodland setting, sunrise and sunset views. On Meridian, close to medical communities.
LEGEND: Y=YES, N=NO							

Purpose in life can keep a brain healthy

Research suggests that having a stronger purpose in life may promote cognitive resilience among middle-age adults. Cognitive resilience refers to the capacity of the brain to cope with stressors and injuries and resist symptoms or disabilities.

The study, involving 624 adults, was

conducted by researchers at Harvard Medical School, Deanna and Sidney Wolk Center for Memory Health at Hebrew Senior Life, and the University of Barcelona in Spain.

Researchers believe purposeful living "promotes brain health and protects the brain from dysfunction even in the

face of stress, adversity and illness," said one of the study's authors, Dr. Alvaro Pascual-Leone, medical director for the Wolk Center. "What's also exciting is that each of us can develop and sustain a robust sense of purpose and thus contribute to our brain health and well-being."