



VALLEY VISTA

SENIOR LIVING





VALLEY VISTA SENIOR LIVING

We understand the search for senior living can be confusing and a bit overwhelming. We are here to make your journey as easy as possible and to guide you every step of the way. No matter where you are in life's journey, home is meant to be a place of comfort and enjoyment. Valley Vista Senior Living offers you or your loved one a beautiful blend of privacy, safety, security and community to create a warm and familiar environment.

Our Assisted Living program is designed to encourage residents to live a vibrant life by connecting with the people and the community around them. We provide our residents with peace of mind knowing that we are available to help with tasks such as cooking, cleaning and transportation. We give our residents the best care possible in an enjoyable, welcoming atmosphere.

We believe deeply in providing personalized and tailored care for each of our residents. This is especially true for our residents who are living with dementia and Alzheimer's. This is why we created Generations Memory Care. Our community requires our associates to complete certified extensive initial and ongoing training to better support our resident individuals living with dementia. We emphasize techniques, teachable moments, and meaningful engagement by honoring the past, connecting with the present and inspiring the future of your loved one.

MANAGED BY



INTEGRAL SENIOR LIVING



Senior living communities are expected to have incredible nurses to care for residents and an impeccable dining experience, but some communities miss the ability to keep residents active and engaged. Our signature Vibrant Life® program is designed to fuel the souls of our residents to help them live their best lives possible.

Living a vibrant life at any age is a life worth living. At Valley Vista Senior Living, residents take part in a special experience called Vibrant Life®. It is an innovative approach designed to enhance and enrich our residents' lives with well-rounded and meaningful experiences.

Thoughtfully designed to connect you with family, friends and the community, our Vibrant Life® program truly inspires, challenges – even dares you to be adventurous.

With a host of optional outings, you create your own schedule based on your interests, preferences, routines and abilities. Whether it is a morning walk, a yoga class, a trip to local attractions or a dance with entertainment provided by local musicians, we make it easy to live a vibrant life.

THE SEVEN MAIN ELEMENTS TO LIVING A VIBRANT LIFE®



BE INSPIRED

Gain a deeper sense of spirituality and feed the soul!



BE WELL

Intellectual stimulation, get moving and stay active!



BE CHALLENGED

Ignite competitive spirit, learn, grow and be motivated!



BE ADVENTUROUS

Try something new every day, explore and experience the unique!



BE FAMILY

Cherish family connections, share and continue family traditions!



BE SOCIAL

Embrace friendships, celebrate the moments, talk, laugh and listen!



BE CONNECTED

Engage in meaningful community involvement, share experiences and expertise!





VALLEY VISTA SENIOR LIVING IS PLEASED TO OFFER THE ELEVATE® DINING EXPERIENCE

Valley Vista Senior Living is pleased to offer the Elevate® dining experience, which turns meals into culinary celebrations. Our goal is to create meaningful connections through the dining experience.

A meal is deeply personal, and sharing meals connects cultures, ethnicities and people of all ages. Elevate® aims to honor our residents' journeys through life by highlighting their signature recipes, finding ways to use food to give back to the community, as well as to surpass the limitations of traditional culinary programs.

Our approach to transforming the dining experience, unlike any other, is to celebrate, engage and elevate resident meals to be much more than simply a placeholder three times a day. Our signature experience addresses not only residents' palates, but their desire for purpose, growth and opportunities, recognition of a lifetime of memories, and the occasions to showcase their contributions to the lives of others through their own culinary signature items.



By providing these opportunities, we strive to utilize the passion and creativity of our culinary team to craft food that not only feeds the body but also nourishes the soul.

- A restaurant-inspired dining experience
- A chef-created menu that focuses on resident and regional favorites
- "Food for Thought" meetings that promote open communication between the residents and the culinary team to enhance the community's dining experience



An example of our Anytime Menu is below, but we have many more options available at our community. Visit us to learn more about our specialized menu options!

BREAKFAST

Eggs Any Style
Buttermilk Pancakes
Belgian Waffles
Steel Cut Oatmeal with Fresh Berries
Fresh Baked Breads and Pastries
Yogurt Parfait

LUNCH

Soup
Minestrone
Matzo Ball
Cream of Broccoli

Entrées

Asian Glazed Chicken Salad
Cilantro Lime Chicken Tacos
Ale Battered Halibut and Chips
Herb Crusted Chicken Strips with Homemade Coleslaw
Spaghetti Marinara

Desserts

Apple Pie Served a la Mode
New York Cheesecake with a Berry Compote
Chocolate Mousse

DINNER

Entrées

Rosemary Chicken with a Red Wine Reduction
Grilled Salmon with a Lemon Aioli Sauce
Flat Iron Steak Frites with Herbed Fries
Chicken Romano with Asparagus
Pasta Primavera

Accompaniments

Sautéed Seasonal Vegetables
Rice Pilaf
Baked Potato
Oven Roasted Brussels Sprouts

ALL-DAY MENU

Rotisserie Chicken
Hamburger
Turkey Burger / Veggie Burger
Kosher Hot Dog

Create Your Own Signature Two-Egg Omelet

Tomato • Onion
Mushrooms • Spinach • Peppers
Bacon • Ham • Sausage

Build Your Own Signature Sandwich

Turkey • Ham
Tuna • Grilled Cheese
Eggs or Chicken Salad
Served with your choice of French Fries, Sweet Potato Fries, Onion Rings, Cup of Soup or House Salad





COST COMPARISON WORKSHEET

If you thought the cost of moving into a senior living community was out of reach, you might be surprised at how reasonable it is compared to your current expenses of just staying at home. See how reasonable Valley Vista Senior Living can be by comparing your expenses below.



EXPENSE	STAYING AT HOME	VALLEY VISTA
Mortgage / Rent / Homeowners' Association Fees	\$	\$ INCLUDED
Real Estate / Property Taxes	\$	\$ INCLUDED
Insurance	\$	\$ INCLUDED
Electricity	\$	\$ INCLUDED
Water / Sewer	\$	\$ INCLUDED
Gas / Heating	\$	\$ INCLUDED
Trash / Waste Removal Service	\$	\$ INCLUDED
Lawn Care / Landscaping / Yard Maintenance	\$	\$ INCLUDED
Interior Home Maintenance	\$	\$ INCLUDED
Exterior Home Maintenance	\$	\$ INCLUDED
Housekeeping / Laundry Service	\$	\$ INCLUDED
Pest Control	\$	\$ INCLUDED
Automobile / Fuel / Insurance / Maintenance	\$	\$ INCLUDED
Groceries / Dining Out / Gratuities	\$	\$ INCLUDED
Social / Cultural Events / Entertainment	\$	\$ INCLUDED
Security System / Fire Protection	\$	\$ INCLUDED
In-Home Caregivers / Assistance Support	\$	\$ INCLUDED
Vigil® Emergency Response System	\$	\$ INCLUDED
Transportation	\$	\$ INCLUDED
TOTAL	\$	\$

IN THE HEART OF THE VALLEY

Valley Vista is centrally located between the 405, 101, 118, 170 and 5 freeways, letting you get to the Westside, Downtown, Hollywood or anywhere in the city within just minutes. Our residents benefit from being near an abundance of entertainment, recreation, shopping and medical-care options.



GENERATIONS MEMORY CARE

SCHEDULE OF FEES

FLOOR PLANS

FEATURES & BENEFITS

OUR APPROACH TO CARE



VALLEY VISTA
SENIOR LIVING



VALLEY VISTA
SENIOR LIVING

- ★ Attractions/
Points of Interest
- 🛍 Shopping
- H Hospitals
- 🏌 Golf Courses
- 🚆 Transportation



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VALLEY VISTA

SENIOR LIVING



WELCOME TO VALLEY VISTA

Thank you for considering Valley Vista Senior Living. Please come visit and take a tour. Meet our team and learn about our commitment to personalized care. Let us serve you a delicious chef-prepared meal. Come see our daily activities and even join us for one of them! As you explore what is next, we are here to help with any questions and show you how special our community is.

Operated by Integral Senior Living, our senior community has a unique and inviting atmosphere and personality. We provide a truly exceptional living experience, blending the comforts of a custom-built home with the convenience of additional services tailored to meet each individual and their needs.

At Valley Vista, our personalized activities, services and amenities enhance quality of life and allow our residents to focus on filling each day with new friends and memories. From the entire family at Valley Vista, we'd like to be the first to say Welcome Home!

Sincerely,

Adrienne Craig-Aziz
Executive Director

OUR APPROACH TO CARE

VALLEY VISTA CONTINUES TO BE DIFFERENT AND BETTER IN THE EVER-CHANGING SENIOR LIVING MARKET.

HOW WE CARE AT VALLEY VISTA

Here at Valley Vista, we are proud to utilize Sandi Flores Consulting to support the care needs of our community. This professional and experienced group focuses on key elements of the care system, which include a variety of ways to provide and monitor cutting-edge care.

OUR APPROACH TO CARE

Our philosophy of care is centered around providing residents with assistance in their daily activities while encouraging the highest level of independence possible. The daily focus of our care program is to support the staff to enable them to successfully deliver appropriate care that respects the unique care desires and needs of each resident. Comprehensive care systems that create consistency without rigidity are the foundation for care.

Our team is as varied as the needs of our residents living in senior living. With Sandi Flores Consulting, we have registered nurses with strong clinical skills, licensed nurses with strong EHR skills, a Ph.D. who works with policy and regulations, and support nurses to assist the communities on-site, perform audits and complete trainings.

WE ARE PASSIONATE ABOUT CARE

Our passionate approach not only ensures first-rate care to our residents but also provides you and your family peace of mind that your loved one's needs are being met with compassion, respect and dignity.

WE SUPPORT TO PROVIDE UNPARALLELED CARE

Sandi Flores Consulting supports Valley Vista Senior Living to complete ongoing trainings that hold our care associates to the highest standards of care. Valley Vista provides detailed training and support materials through education and additional interactive web training to provide ongoing support.

WE PROVIDE CUTTING-EDGE CARE WITH TECHNOLOGY

Valley Vista Senior Living partners with advanced technology provider Eldermark to fully embrace technology and utilize it to enhance the quality of care provided to our residents.

Visit TODAY to find out how we can CARE for you or your loved one!

FEATURES & BENEFITS

Valley Vista Senior Living offers incredibly appointed apartments, where residents enjoy an abundance of thoughtful amenities. From an on-site salon and spa, where you can get the pampering you deserve, to multiple living spaces available for socializing and entertaining, the entire community is your home!

- Spacious living apartments – beautiful and modern apartment styles
- Scheduled local transportation – get around town safely and conveniently
- Weekly housekeeping and laundry service – we take care of the cleaning, so you can enjoy life
- Resident-centered care tailored to your specific needs – your individual experience is our No. 1 priority
- Caring, passionate staff available around the clock – peace of mind knowing that someone is always close by
- Vigil® emergency response system – we take your safety very seriously
- Lavish, resident-inspired social calendar featuring leisure, educational and social activities through our Vibrant Life® program – Be Vibrant. Be You.
- Private spa room – enjoy a relaxing afternoon
- Well-stocked library and game room – cozy up with your favorite novel or enjoy a board game with friends
- Inviting community social spaces – plenty of opportunities to make new friends or visit with family
- Movie theater – check out all of the classic films as well as new releases
- Fitness center – equipped with various machines to comply with all exercise levels
- Outdoor patios – enjoy a day in the sun
- Private dining room – continue family traditions and host meals to celebrate special occasions
- Scenic city and mountain views – enjoy the blue skies and the view
- Bar/lounge – we always have options for you to stay hydrated or grab a snack
- Bistro dining – casual, restaurant-style dining for residents, staff and guests – delicious and nutritious cuisine
- Move-in coordination services – we are here to help you feel at home!
- Pet-friendly – all furry friends are welcome
- ADA-accessible

WHAT MAKES VALLEY VISTA SENIOR LIVING DIFFERENT?

LOCATION

Situated in one of the most flourishing communities in Los Angeles sits a brand-new, sophisticated and contemporary senior living community on one of the best-known boulevards – Van Nuys. Located on the northeast corner of Van Nuys Boulevard and Vose Street, the five-story 132-unit community is centrally located in the “heart of the San Fernando Valley” between the 405, 101, 134, 170 and 5 freeways, letting you get to the Westside, Downtown, Hollywood or anywhere in the city within just minutes.

When you're not out and about experiencing all that Los Angeles has to offer, you can enjoy the grace and elegance of a five-star hotel with all the comfort of home.

Feel free to relax while taking in the scenic city and surrounding mountain views from the numerous lounges and activity spaces or from the comfort of your private residence. Valley Vista's first-class amenities include a top-line fitness center, beauty salon, movie theater, library, spa area for bathing and treatments, and a wine bar.

OUR COMMUNITY

Our warm and active senior living community offers outstanding accommodations and services for assisted living and memory care. Our apartments are equipped with emergency call systems, so you are never far from helping hands. Our care associates are available 24 hours a day in case you need any assistance.

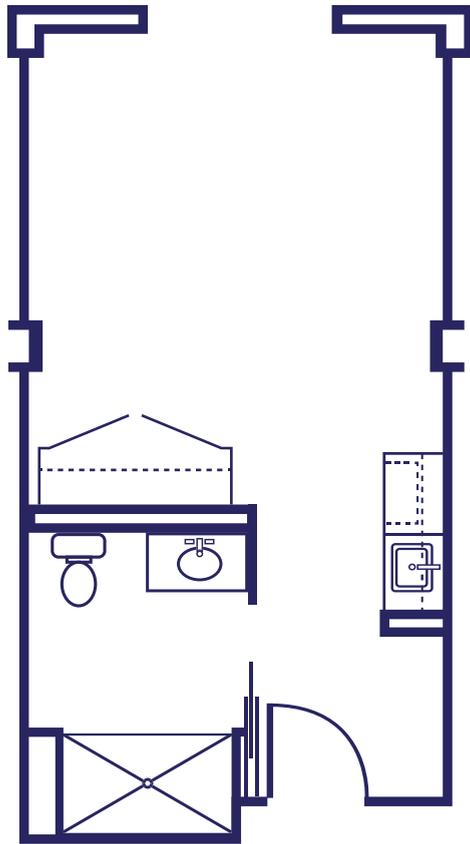
PHILOSOPHY OF CARE

Valley Vista was founded on a care philosophy that fosters dignity and respect for residents and promotes their independence, interests and individuality. We recognize that seniors never stop growing and learning. By promoting a life of vigor through activities and events focused on personal health and growth, our residents lead balanced and fulfilling lives.

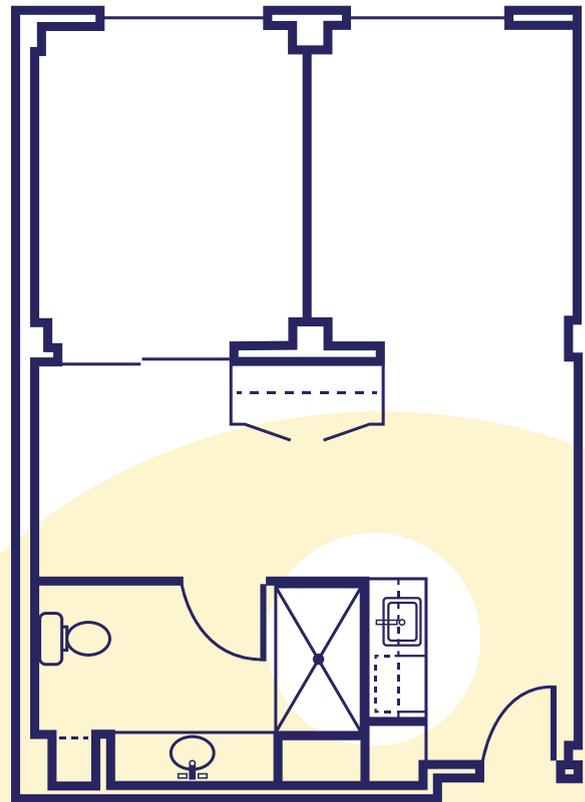
STAFF

We are proud to be represented by the best care team members in the area, who adhere to the highest quality standards through continued monthly training. Our Resident Care director creates individualized care and medication management plans and follows through with our residents' health providers. We truly want to partner with our residents and their family members in order to provide the very best care.

FLOOR PLANS



STUDIO
350 SQ FT



ONE-BEDROOM
580 SQ FT

SCHEDULE OF FEES

VALLEY VISTA SENIOR LIVING'S ASSISTED LIVING AND MEMORY CARE RATES

ASSISTED LIVING

Studio Apartment.....Starting at \$_____

One-BedroomStarting at \$_____

GENERATIONS MEMORY CARE BASIC RATES

Private Suite ApartmentStarting at \$_____

Semiprivate ApartmentStarting at \$_____

DAILY RESPITE CARE

Daily Respite Care Fee \$_____

Valley Vista offers apartments as a temporary home while family members and caregivers are away on vacation, for family emergencies, for short-term stays during a period of rehabilitation, or just to “try us out.”

COMMUNITY FEE

Community Fee..... \$_____

A one-time fee that applies to an in-depth pre-admission assessment, coordination of all necessary admission paperwork, medication review and administrative fees.

Second Person Fee \$_____

PERSONAL CARE PROGRAM

All residents are provided a personal care program based on their actual needs, which are then calculated into a point system to determine these needs along with the monthly rate. The community will continue to monitor residents' needs and periodically re-assess the services being provided.

**Rates include the room rental, three meals a day plus snacks throughout the day, weekly housekeeping and laundry services, alert call system, transportation, utilities (except phone and cable), and our innovative Vibrant Life® program.*

GENERATIONS MEMORY CARE

UNPARALLELED CARE

Generations Memory Care follows the philosophy of a person-centric culture where one is a whole person first, the person they were and still are, and not identified by their disease or behaviors. We strive to celebrate and highlight the abilities of those we serve.

VALLEY VISTA SENIOR LIVING CARE PARTNERS

As a community with Generations Memory Care, we require our associates to complete extensive certified training to better support residents living with memory loss. We emphasize meaningful engagement techniques that lead to our associates' making connections with each individual. Our associates undergo extensive training in this process when hired, and are required to attend additional education sessions throughout the year.

SIGNATURE ELEMENTS THAT MAKE UP GENERATIONS MEMORY CARE

LIFE STORY DISPLAY

Honoring the
"Story of a Lifetime"

TUNE INTO ME

Creating a personalized jukebox

CULINARY CREATIONS

Preparing recipes from the past

FROM OUR GENERATION TO YOURS

Intergenerational programming

NEVER STOP EXPLORING

Connecting with the local community

IT'S ALL RIGHT

Highlighting the individuality and
creativity of each person

GENERATIONS NEIGHBORHOOD AMENITIES

At Valley Vista Senior Living, our GENERATIONS Memory Care residents enjoy an abundance of amenities available to them.

- Private spa room
- Spacious and private living spaces
- Weekly housekeeping and laundry service
- Beautiful landscaped patio with city and mountain views
- Therapeutic kitchen
- Medication management
- Restaurant-style dining
- Vigil® integrated care management system



GENERATIONS

Honor the past, connect with the present, inspire the future.

YOUR LOVED ONE DESERVES THE BEST CARE. YOU DESERVE PEACE OF MIND.

Generations Memory Care follows the philosophy of a person-centric culture where one is a whole person first, the person they were and still are, and not identified by their disease or behaviors. We strive to celebrate and highlight the abilities of those we serve.

- This community's prime focus is our team members (care partners) taking care of our residents.
- The community requires our care partners to complete extensive, certified initial and ongoing training to better support our resident individuals living with dementia.
- The community emphasizes techniques, teachable moments and meaningful engagement.
- The community helps our care partners do the "little things" that are so important for our residents' well-being by getting connected to the preferences of each individual.
- This community will assist you with creating a life story display that honors their Story of a Lifetime.
- This community delivers Signature Programs that will inspire your loved one, from Never Stop Exploring to It's All Right (which focuses on the right side of the brain).
- This community celebrates the personhood of each individual by getting to know who they were and still are.
- This community honors the past, connects with the present and inspires the future of your loved one.

***Supporting individuals living with dementia
is what we do with love and passion!***