

WELCOME TO

# ASTORIA PARK

An assisted living and memory care community  
offering high-quality personalized care



ASTORIA PARK

SENIOR LIVING



Astoria Park  
Senior Living

|||

Welcome  
to your  
new  
home

P (626) 796-4303  
[www.AstoriaParkSeniorLiving.com](http://www.AstoriaParkSeniorLiving.com)



# Celebrate Life



## Welcome to Astoria Park Senior Living.

Located near Old Pasadena, Astoria Park Senior Living offers well-appointed apartments, surrounded by outdoor courtyards and plentiful common areas for you and your loved ones to relax and enjoy. Our “pet-friendly” community offers the best in assisted living along with a specialized memory care neighborhood.



Celebrate  
Life

Assisted  
Living



# Assisted Living



For active seniors, Astoria Park Senior Living offers a healthy and vibrant living community where residents also can enjoy the comfort and security of knowing that help is always available. A stimulating variety of social activities allow our residents to enjoy the special moments that make their lives pleasurable. There are also plenty of quiet spaces for reading, relaxing and visiting with family and friends.

**Enjoy living in a warm and nurturing environment where providing you with peace of mind & safety are our top priorities. Eat well, connect with good neighbors, and explore your interests...the possibilities are endless.**

# Memory Care



For those dealing with memory loss, we offer a safe and nurturing memory care environment. Residents participate in small group activities to promote new emotional connections and friendships. Whether your loved one has early, middle, or late-stage memory loss, our highly trained caregivers and activities staff can provide the personalized care, stimulation, and support your loved one needs.

**We offer a safe and nurturing memory care environment that promotes emotional connections.**



Memory  
Care

The Astoria Park  
Difference



## The Astoria Park Difference



For over 50 years, Astoria Park Senior Living has been dedicated to serving seniors in the greater Pasadena area. Your loved one's happiness and comfort are our number one priority. We offer the unique advantage of being a privately-owned company whose leaders' uncompromising commitment to excellence is reflected in our compassionate and highly trained staff. At Astoria Park Senior Living, you may rest assured that your loved one is cared for in the way we care for our own family.

**Your loved one's happiness and comfort is Astoria Park's number one priority.**

# Resources on Memory Impairment



The life-changing effects of memory loss touch not only the persons afflicted, but also the hearts and lives of their loved ones, caregivers, family, and friends. We are pleased to be able to offer support, understanding, encouragement and resources. The more you know about these disorders, and the more you share your experiences with others, the greater your peace of mind. We encourage you to take advantage of the experience of our highly-trained staff and utilize our network of community contacts and resources.

## Support Groups:

Free community support groups meet to help families and caregivers better understand and cope with the behaviors of those showing early signs of memory loss, dementia, and Alzheimer's. These groups are offered in conjunction with the Alzheimer's Association and the Center for Aging Resources, and they provide the latest information on community, resources, services, current research, and treatments.

## Community Education Events and Training

We assist you in obtaining information on the dates and times of community-sponsored educational and training events throughout Southern California so that you can stay abreast of the latest developments.



Memory  
Impairment  
Community  
Features

# Community Features



## At this community, residents enjoy:

- Tastefully furnished apartments
- Elegant dining room
- Lush landscaped gardens
- Indoor lounge areas
- Free local transportation
- Creative activities program, including arts and crafts
- Exercise classes, board and table games, guest speakers, and entertainment
- Daily movies and frequent parties
- Outdoor seating areas
- Community/TV room

## On-Site Services:

Residents are offered the convenience of a beauty salon, podiatry services, and other services on site.

## Safety and Security:

- Caregivers are on duty round the clock, with staff-to-resident ratios at or above industry standards.
- The building and grounds are carefully designed for safety and security.



## Family Testimonials



We realize that there's nothing that we can say about Astoria Park Senior Living that cannot be said better than by an Astoria Park resident or family member. So, here are a few testimonials about our community from current and former family members of Astoria Park Senior Living:

"Happy Thanksgiving to a family of co workers who bless Jim and me with daily kindness and conscientious care. I am grateful and thankful to all of you. With love and appreciation "

- **Karen P.**

"Astoria Park - thank you for your support in assisting my dad. Your place is wonderful. All of you did a great job. Your kindness was appreciated by me. I know my dad could have been a handful, but you were there all the same. Also, my Dad really did appreciate you. We spoke and he knew you all did a great service to him. Thank you for being there for me too. I appreciate all your help."

- **Lorna**

"Thank you for everything that you did for Nadia while she was in your care. And for your extraordinary kindness in her final days. You have touched us deeply and we will be forever grateful."

- **The Kelada family**

"Words are not enough to express my appreciation and gratitude for all the care you gave to David and for the love and friendship I experience with the staff in Memory Care. You were all a terrific team -each with your own personal ties and gifts. While this was a trying time in our lives, the caregivers have made it memorable. I will remember all the days of sunshine filled with thoughtful consideration and humor. Many times I looked forward to coming here and seeing all your smiling faces. You all will be remembered in my prayers when I reflect on this time in our lives. May God bless you all with special graces as you continue your work here."

- **Olivia**

"I can never thank you enough for what you did for Papa. You made the last five years of his life so rich and full and so very happy. And your advocacy for him when he was so often in the hospital was priceless. You have turned Astoria Park Senior Living into a loving, supporting home for all your residents, and we have been privileged to spend these past 5 years with you. With love and deep respect."

- **Nevin**

# Family Testimonials

## Frequently Asked Questions

## Frequently Asked Questions



The following are frequently asked questions about Astoria Park Senior Living. While they will provide you with some insight into our programs and services, they are meant primarily as a guide. We encourage you to visit our community and talk to our residents, their families, or our staff about life at Astoria Park Senior Living.

### **Why should I choose an Astoria Park senior community?**

Astoria Park has over 50 years of experience operating senior living communities. Its communities are nationally renowned for their high quality of care and service. From independent living to assisted living to memory care, Astoria Park can provide the care and services you desire.

### **How do I know which retirement community is the right one for me?**

Our trained professionals work with you to identify the senior environment that is the best match. Whether you choose independent living, assisted living, or memory care, Astoria Park has the right community environment for you or your loved one.

### **Is your facility licensed?**

Yes, Astoria Park Senior Living is duly licensed and recognized by the state of California as a facility that provides assisted living services.

### **What kind of lifestyle can I expect at Astoria Park Senior Living?**

Astoria Park Senior Living offers luxurious amenities and a broad array of services and activities. You choose the services - and the lifestyle - you want.

### **Is the rent for my apartment on a month-to-month basis or on a long-term lease?**

All Astoria Park apartments are leased on a month-to-month basis. There is no "buy-in" fee or long-term commitment.

### **Are the apartments furnished or can I bring my own furniture?**

At Astoria Park Senior Living, residents can move into a furnished apartment at an additional charge or bring their own furniture. Some residents even mix and match.

### **What if there is a change in my health and I require additional services?**

As your needs change, you can select from a variety of services and care-giving programs. We do a careful assessment - and periodic reassessments - that take into consideration your needs and preferences.

### **What happens if there is a medical emergency?**

Astoria Park Senior Living is located in close proximity to Pasadena's major hospitals, including Huntington Memorial Hospital and Keck Medical Center of USC.

### **How do I find out more about Astoria Park Senior Living?**

We invite you to visit our community and talk to our residents or their families. We can also refer you to medical professionals in the area.

## Short-Term Stays



When your loved one requires a short-term stay following discharge from a hospital or rehab center, or if you need to go on vacation or a business trip, or if you need a break, Astoria Park Senior Living has you covered.

Astoria Park's Short-Term Stay program offers residents the full array of our services and amenities, including any special help that may be required. Our caring staff - together with our full-time residents - also help short-term stay residents integrate into the community's daily life.

Short-Term Stay residents enjoy the following services and amenities:

- Fully furnished apartments
- Assistance with daily needs, including bathing, dressing, and medication management
- Daily housekeeping
- Three nutritious meals a day, plus snacks
- Nurses and trained caregiving staff
- Free local transportation to medical appointments
- Full array of engaging and enriching activities

A Short-Term Stay offers your loved one a chance to recuperate after discharge from a hospital or rehabilitation center, or just an opportunity to explore a new living situation. Indeed, many of our Short-Term Stay residents become full-time residents after making new friends, exploring new hobbies, and seeing what life is like at Astoria Park Senior Living.

**Ask our Community Leasing staff about Astoria Park Senior Living's Short-Term Stay program.**



# Short-Term Stays

# Mind, Body and Spirit

## Mind, Body and Spirit



At Astoria Park Senior Living, our top priority is our residents' overall well-being. We accomplish this by creating a healthy and vibrant living environment so as to nourish each resident's mind, body and spirit.

### Mind

Mind Research has shown that pursuing challenging activities and learning new skills can improve memory function and help sharpen mental abilities. We understand that no two residents are alike and that each resident has his or her own interests and functional capability. We try to create a stimulating and engaging environment for all of our residents. Whether a resident wants to spend time on the computer, take a class, learn how to paint, cook a favorite dish at our cooking classes, or just enjoy a good game of scrabble, the opportunities to learn new skills and engage in challenging activities at our communities are truly limitless.

### Body

Being physically active is one of the most important steps that seniors can take to maintain their quality of life. Through our daily fitness classes, we help our residents increase muscle strength, flexibility, and balance. These classes include yoga, tai chi, stretching, and light weights. Our daily walking groups allow residents to socialize while increasing endurance, keeping both the body and mind active. Equally important is a healthy diet, which is provided by our delicious and nutritious cuisine.

### Spirit

Social and spiritual interaction are vital for seniors, so they don't become isolated. At Astoria Park, we understand the importance of our residents having a spiritual connection in their lives, and we also know that spiritual nourishment comes in many forms. So, we host or sponsor bible classes, non-denominational religious services, and group therapy sessions where our residents can interact and seek personal and spiritual fulfillment. Having an environment that not only encourages but provides opportunities for spiritual engagement helps our seniors to have purpose and stay connected to the world around them.

Research continues to show that mental stimulation, physical activity, and social and spiritual connections are key components to reducing disease and depression, as well as giving seniors the ability to live happier and healthier lives.

# Explore your Financial Options



There are many financial options that may be available to assist you in moving your loved one to an Astoria Park community. These include Long-Term Care Insurance, Tax Deductions, Veteran's Benefits, Life Insurance, and/or Real Estate Loans. We can help explore these options with you to determine if they can be utilized to work for you or your loved one.

**Long-Term Care Insurance:** Many of our residents have Long-Term Care Insurance policies that provide funds for senior living. Since there are many different types of policies, eligibility is sometimes difficult to establish or understand. We can assist you in reviewing and interpreting your policy's requirements, and help structure your loved one's care plan accordingly.

**Tax-Deductions:** Seniors, or their adult children, may be able to deduct some or all assisted living costs as medical expenses on their federal income taxes. If the resident is unable to perform two or more daily living activities without assistance or requires substantial supervision due to memory impairment, certain costs may be deductible by either the resident or their family member (assuming the resident is claimed as a dependent). While you should check with your own accountant, we have found that many of our residents - or their children - are able to deduct a substantial amount of the costs related to senior living.

**Veterans' Benefits:** Veterans and their surviving spouses may be eligible to receive up to almost \$2,000 per month through Veteran's Benefits programs. Eligibility is based on past military service and the type of care required. More information on Veteran's Benefits is available at: [http://www.va.gov/geriatrics/guide/longtermcare/assisted\\_living.asp](http://www.va.gov/geriatrics/guide/longtermcare/assisted_living.asp)

**Life Insurance:** Life Insurance policies often permit the insured to apply policy benefits to senior living costs. If your loved one has an existing convertible life insurance policy, you should consult with a knowledgeable insurance agent or consultant to see if the policy carries a benefit for senior living expenses.

**Real Estate Loans:** Finally, Real Estate Loans can be a useful tool to fund the costs of assisted living, at least until the sale of the home is accomplished. We can introduce you to loan officers at major banks in the area who have worked successfully with many of our residents and family members to secure interim financing.

**We are committed to helping our residents and their families find the solutions that help make senior living more available and affordable.**

Explore your Financial Options  
Training, Training and more Training



# Traning, Training and more Training



Based on over 50 years of experience in the senior care industry, we have developed a training program for every job in our communities. These training programs go well above and beyond what is required by the State of California, and any so-called industry standard.

We utilize a wide array of proven approaches, methods, and technologies, including formal classroom training, seminars, "hands-on" skills training, regular on-the-job coaching sessions, and shadowing activities. Additionally, we utilize state-of-the-art computer-based instruction software specifically developed for the senior care industry.

Astoria Park Senior Living management believes deeply that the key to success in our industry is investing in our employees through continuous and ongoing training. For more information about training programs in our community, please feel free to ask the Executive Director.







# The Villas by Astoria Park



## An Independent Living Community



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ASTORIA PARK  
VILLAS

# Welcome to your new home



Enjoy Life

## Enjoy Life



Living at The Villas allows you to enjoy an active and independent lifestyle while we take care of life's daily chores. Residents can take part in educational and fitness classes, or pursue hobbies like gardening.





## A Day in the Life

# A Day in the Life



At The Villas, every day brings endless opportunities. So whether you feel like having a quiet relaxing day or want to enjoy a day with activities, the choice is always yours.

Wake up each morning and enjoy a workout in our Fitness Center, knowing that a delicious continental breakfast awaits you when your workout is over.

If you need to run some errands or do some shopping, let us know to make sure you have a ride to where you need to go. Then, be sure to get back in time for the Gardening Club or the afternoon poker game or activity. Then enjoy Happy Hour with hors d'oeuvres and live entertainment, followed by a gourmet dinner in the Dining Room with your fellow residents.

Cap off your thoroughly enjoyable day relaxing or watching a movie with friends in the Club Room.

As you retire for the evening, you can ponder the myriad opportunities awaiting you tomorrow.

## Feel at Home



The Villas is a "pet-friendly" community that offers boutique independent living at its best with modern and spacious studio, one, and two-bedroom apartments.

**Your loved one's happiness and comfort are our number one priority.**

## Feel at Home



# Community Awaits



At The Villas, you can enjoy the comforts of home in the company of friends. Between our calendar of activities and community engagements, there's always something to keep you busy.



Community  
Awaits

Luxurious  
Lifestyle



# Luxurious Lifestyle



Explore the luxury that living in an intimate community affords. The Villas offers restaurant-style dining with daily chef-prepared lunch and dinner, complimentary transportation, and housekeeping.

# The Benefits of Socializing for Seniors



Feeling socially connected is important at any age, and it becomes even more important as we get older. Maintaining meaningful social relationships helps seniors enjoy longer and healthier lives mentally, emotionally, and physically. Having the support of friends and community allows seniors to feel connected and have a sense of purpose. At The Villas, our residents enjoy being a part of an inviting and socially engaged community.

When seniors maintain an involved social lifestyle, they are also more likely to stay physically active which can lead to lower blood pressure, lengthen lifespan, and reduce the risk of cardiovascular issues as well as arthritis. It also improves nutrition since people tend to eat more in social settings, which in turn boosts the immune system.

Being a part of an active senior living community allows seniors the opportunity to create a healthy social life without ever having to leave home.

The Villas give seniors an opportunity to be a part of a community and stay physically and socially involved. Together with their peers, seniors can participate in a wealth of engaging daily activities. These include outings, guest lectures, art classes, dance, and fitness classes. Happy hour, planned social events, and daily dining are always resident favorites. At The Villas, residents also have the security of knowing there is always someone there to help.



The Benefits  
of Socializing  
Pets  
Welcome

# Pets Welcome



At The Villas, we recognize the many positive benefits pets can provide our residents. Not only do we permit our residents to keep pets that they are able to take care of. Numerous studies show that spending just fifteen minutes with an animal can promote serotonin, prolactin, and oxytocin, the “feel-good” hormones responsible for decreasing feelings of stress and boosting your mood.

According to the American Heart Association, pet owners have lower blood pressure, they have smaller increases in heart rate, and recover faster from stress. In an early study dating back to 1995, Erika Friedmann, professor of organizational systems and adult health at the University of Maryland School of Nursing, even found higher survival rates for heart attack patients who owned pets.

Owning a pet also improves the quality of life for seniors, emotionally and psychologically. Pets reduce the chance of depression and loneliness. Having the daily responsibility of caring for a dog or cat gives an individual a sense of purpose knowing that they depend on you. This can help seniors stay connected in life and heal from life’s setbacks.

Also, that furry friend increases mobility and independence for older adults. When a senior takes his or her dog for a walk, it’s not only the dog getting exercise. “Man’s best friend” is helping keep his/her owner in better physical condition. A 2016 survey article in The Gerontologist, concluded, “Dog walking was associated with lower body mass index, fewer activities of daily living limitations, fewer doctor visits, and more frequent moderate and vigorous exercise.”

The number of seniors with pets in the United States has continued to grow over the past few years. With over 40% of seniors owning pets, our 4-legged friends are helping seniors reduce stress, improve their heart health, and stay active and involved. At The Villas, we believe that being “pet-friendly” is part of helping our residents maintain the best quality of life.



## Old Town Pasadena



Astoria Park Senior Living and The Villas are located just minutes from Old Town Pasadena where you can enjoy an eclectic mix of luxury stores, vintage shops, and 5-star restaurants. There are also plenty of opportunities to immerse yourself in art, culture, and nature by visiting local museums as well as the world-renowned Ambassador Gardens. Pasadena is also served by premier medical facilities including Huntington Memorial Hospital and Keck Medical Center of USC.

Old Town  
Pasadena

Commitment  
to Excellence

## Commitment to Excellence



At The Villas, you may rest assured that you'll be cared for in the way we care for our own family. Enjoy living in a warm and nurturing environment where enhancing your quality of life and providing you with peace of mind & safety are our top priorities. Eat well, connect with good neighbors, and explore your interests...the possibilities are endless.





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SENIOR LIVING



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