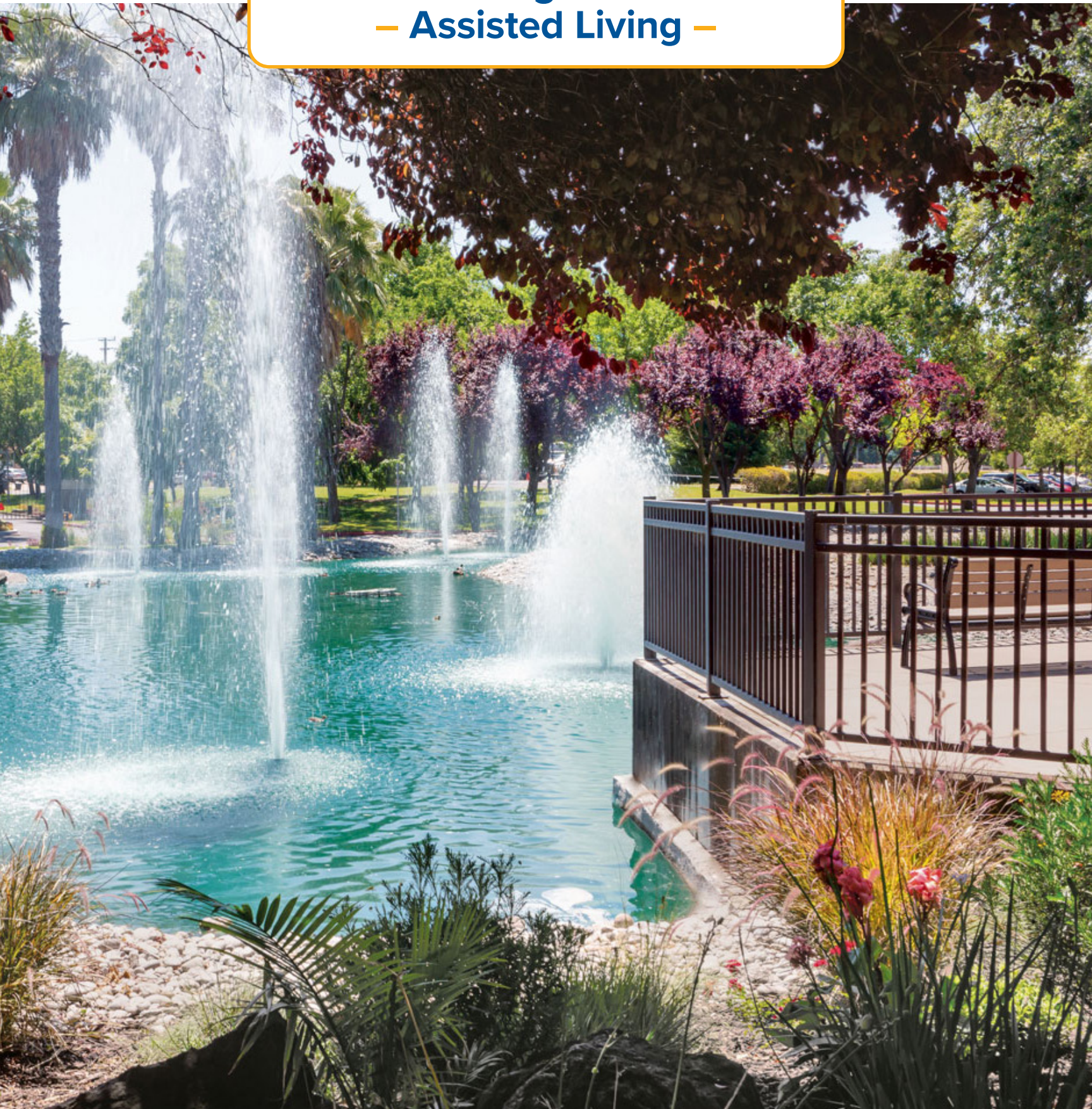


ESKATON[®]

AGE is *Beautiful*

Eskaton Village Carmichael **— Assisted Living —**





Sacramento's Only Life Plan Community

Start living your best life right now at Eskaton Village Carmichael. Our 37-acre, resort-style Life Plan Living community offers a rich abundance of services and amenities as well as a sense of community and belonging. Enjoy maintenance-free living along with a lifestyle that prioritizes your cultural pursuits, socialization, fitness, well-being and personal growth.

We create culinary experiences full of choices with an emphasis on fresh, fragrant, flavorful, nutrient-rich ingredients. Appetizing presentations take our residents on a delightful culinary journey every day.

We believe everyone deserves to realize their full potential in life, and that's why we created a community that will complement your lifestyle and goals now and in the future. Welcome home to Eskaton Village Carmichael.

Is It Time To Move Into Assisted Living?

The choice to move into assisted living is as individual as the person making the decision. There is no clear-cut, step-by-step template that tells people exactly when it is time to consider assisted living as a long-term care option.

However, certain situations and signs may indicate it might be time to consider alternative living arrangements. Generally speaking, older adults and their families begin to consider alternatives when it becomes difficult to handle important activities of daily living without significant support and assistance from others. Some of the challenges older adults can face as they age include:

Loss of Vision: As a person ages, vision can deteriorate to the point where reading is dramatically impacted and even the ability to navigate the household is impaired. Consequently, errors in managing medications or falls caused by a failure to clearly see objects in their path may occur. Driving may no longer be a viable option.

Poor Balance: Many older adults can begin to experience changes in their mobility and balance as they age. If there have been repeated episodes of falling or feeling unsteady on their feet, these might be indicators that an older adult could benefit from an environment designed specifically to minimize the risk of falls.

Cognitive Change: Changes in cognitive ability, such as memory loss, can dramatically impact the well-being and safety of older adults, particularly if they're living alone. Daily activities like cooking or managing medications may become a safety risk if these changes are significant.

Fatigue: The reality is that many older adults reach a point when they are no longer able to consistently care for themselves or their homes. Meal preparation, home maintenance and personal care can become overwhelming.

Loneliness: For some older adults, isolation and loneliness can negatively impact both their physical and emotional health. When regular interaction with others becomes infrequent, older adults can very quickly lose their sense of involvement and motivation for activities.

Dementia: When Alzheimer's disease or dementia is diagnosed, it is often time to consider alternative care to maintain the safety and quality of life for the individual.

Is It Time To Move Into Assisted Living? Cont.

Physician-Prescribed: At times, an older adult's physician may make a recommendation as to whether or not their patient can continue to live independently at home. If there are health concerns that require constant monitoring or changes in cognitive function or mobility that require assistance, they may recommend that the older adult transition to a senior living environment.

Whether you are the one considering a move into a senior living community or the primary caregiver of an older adult, it is crucial to get as much information as possible before making such an important life decision. It can be an emotional and complex choice to make and many older adults have concerns over such a move, such as a loss of independence, financial worries, leaving their home or being apart from their loved ones.

If you are broaching the subject with an older adult who seems opposed to senior living in general, it is important to address these concerns thoroughly when discussing the future. Demonstrating empathy and patience during these conversations can help assure your loved one that they are being heard and may even help dispel some of their fear about this kind of transition.

Change is certainly a part of life, but that doesn't mean it's always easy. Making the choice to transition to a senior living community is no different. However, the good news is that most older adults report that moving into assisted living vastly improved their quality of life by providing opportunities to stay engaged and connect with others.



Features and Amenities

- 24-hour staffing
- Licensed nurse resident care coordinator
- Scheduled transportation for events, errands and appointments
- Housekeeping and linen services
- Robust life-enrichment programming, including energizing fitness classes, lifelong learning opportunities and entertaining social events
- Gated community with 24-hour campus patrol staff
- Fine-dining and café bistro dining options offering creative, nutritious cuisine prepared by culinary professionals (private dining room available for special events)
- Dawn of a New Day memory care neighborhood designed to engage care partners, residents and families in nurturing relationships to encourage personal growth and connection
- State-of-the-art fitness center with heated indoor pool
- Arts and crafts studio, fully-equipped woodshop, music room and billiard room for resident recreation
- Beautifully landscaped grounds with walking paths and resident gardening areas
- Full-service beauty salon and barber shop
- Engaging fitness and exercise programs
- Massage therapy





- Wellness clinic services
- Postal service and on-site banking
- Resident business center
- TV/video lounge
- Library
- Chapel
- Pet-friendly
- Expanded basic cable TV
- Wi-Fi internet
- Utilities (excluding phone)
- Amazon Alexa and K4 Connect app to keep residents entertained, connected and informed



Floor Plans



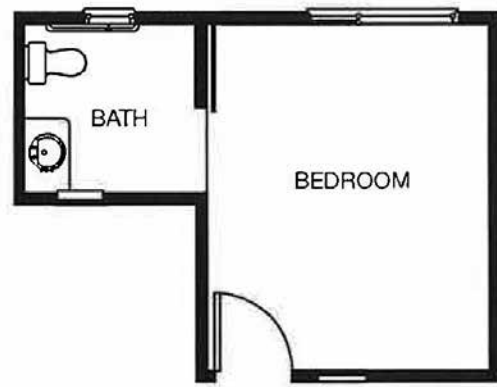
One Bedroom (Assisted Living)
478 sq. ft.



Studio (Assisted Living)
344 sq. ft.



Plan F (Memory Care)
218 sq. ft.



Plan G (Memory Care)
219 sq. ft.

Rates and Fees

A resident's level of care is determined by an assessment conducted by our resident care coordinator. This assessment identifies the specific services each resident requires to function as independently as possible. The information gained during the assessment is used to develop each resident's individualized service plan. The service plan is flexible and can change as a resident's needs change.

Assisted Living	Monthly Fees
Studio	\$6,562*
1 Bedroom	\$7,837*
Second Person Without Services	\$1,570
Second Person With Services	\$3,737

Memory Care	Level 1	Level 2	Level 3	Level 4
Private Studio	\$8,817	\$9,665	\$10,513	\$11,360

Short-Term Stays (14-Day Stay Minimum)	
Assisted Living	\$324 per day
Memory Care	\$477 per day

Skilled Nursing Private Pay Rates	
Semi-Private Room	\$462 per day
Private Room	\$551 per day

A \$2,500 community fee is due upon reservation (Assisted Living and Memory Care only).**

The pet fee is a one-time, non-refundable fee of \$300.

Rates effective January 1, 2023. Rates are subject to change. Features and amenities referred to herein are subject to change.

*Includes level of care fees. **Community fee does not apply to Eskaton Village Carmichael members.

Rates and Fees

Guest Meals	Cost
Breakfast	\$8.20
Lunch	\$15.90
Dinner	\$22.90
Brunch	\$28.10
Holiday	\$35.30
Child Breakfast	\$3.70
Child Lunch	\$7.00
Child Dinner	\$10.70
Child Brunch	\$11.40
Child Holiday	\$14.20

Caregiver Meals	Cost
Breakfast	\$8.20
Lunch	\$15.90
Dinner	\$22.90
Brunch	\$28.10
Holiday	\$35.30

Absent Meal Credit	Daily Credit
All Meals	-\$5.95
Dinner Only	-\$2.95
Breakfast and Dinner	-\$3.95
Lunch and Dinner	-\$4.75

Rates effective January 1, 2023. Ancillary rates are subject to change. Residents will be notified of rate changes.

Rates and Fees

Miscellaneous	Cost
Guest Room, 1 Bedroom: C200 & D140	\$112
Guest Room, Studio: A200 & D201	\$96
Helping Hands (per hour)	\$31.80
Housekeeping (per hour)	\$31.60
Personal Laundry (per month/ALU only)	\$44
Maintenance Service (per hour)	\$33.50
Medication Management (per day)	\$26
Meal Delivery	\$3.25
Meal Pick-up	\$2.50
Respite Care: The Lodge	\$324
Respite Care: Memory Lodge	\$477
Rollaway Bed: 1st Night	\$26
Rollaway Bed: Additional Nights	\$2.50
Keys (per key)	\$9.10
Beauty/Barber	See separate list
Manicurist	See separate list
Massage	See separate list
Emergency Pendant Replacement	\$182
Fax/Received (each page)	\$1.20
Fax/Sent: 1st Page	\$3.50
Fax/Sent: Additional Pages	\$1.20



Eskaton has been a trusted provider of senior living and services throughout Northern California for over 50 years.

As a regional nonprofit, we are committed to meeting the needs of older adults and their families with compassion, transparency and collaborative solutions that support their health and well-being.

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AGE is Beautiful

**Life Plan Community / CCRC, Independent Living with Services, Assisted Living,
Memory Care, Rehabilitation and Skilled Nursing**

3939 Walnut Ave., Carmichael, CA 95608

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[eskaton.org/evc](https://www.eskaton.org/evc)