



## **CONTINUING CARE COMMUNITIES**

*Spring 2024*



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## GLOSSARY

**Independent Living (IL)** – Residents have their own apartments and live independently, with some services provided such as meals, housecleaning and activities. Some (not all) have security and others offer some personalized services that they charge for on an a la carte basis, meaning you pay for each additional service on top of the base fees. These services may include medication reminders, help with bathing, laundry, etc. There *may* not be *any* medical professionals on staff. There is usually very little supervision because residents are able to live independently. Many residents in this type of facility may still drive, work and go out on their own.

**Assisted Living (AL)** – This is a step up in care from independent living, but services and costs offered can vary greatly. Personal services may be included in a flat fee but they are often offered on an a la carte basis. Assisted living offers just that – assistance and not much more. Generally, staff will provide assistance in the morning and evening with bathing and dressing as well as medication management, meals, some activities and there are varying levels of supervision at other times. Don't assume someone will be checking on your loved one all day, or that staff will be at your loved one's beck and call. A resident will have a call-button to get help, but in reality, I've observed response time can be as much as half an hour. It's really not 24-hour hands-on care or attention. For most facilities, residents can still come and go as they please so don't assume someone will know if your loved one wanders off.

**Skilled Nursing (SN)** – Often referred to as “nursing homes,” residents in these facilities require a higher level of medical care. They offer meals and activities like other levels of care but more supervision (at least in theory.) Residents' capabilities will vary – some will be bedridden, others will be up and about. Residents have call buttons, but again, I've seen it take as much as half an hour before someone responds. They are often short-staffed (even if they meet state standards) and not able to provide as much attention to your loved one as you might like.

**Memory Care (MC)** – Many facilities have a special program for those with dementia. They offer meals, activities, assistance with bathing, dressing and medications, and there is generally a higher staff-to-resident ratio and more supervision. The most important features here are security measures to ensure no one can leave the grounds and get lost. But again, don't expect your loved one will have someone constantly by their side unless you hire a private-pay aide.

**Continuing Care Retirement Communities (CCRC)** – These usually, but not always, include all of the previous levels on one campus. Residents can move between levels of care as needed. These facilities often offer some extra services to those in independent living because they do have nurses and other staff on the campus.



# Arden Courts Memory Care

4310 Knowles Ave., Kensington, Md. 20895

## Sales Director

Sheila Kehoe, 301-493-7881

<https://www.arden-courts.com/locations/arden-courts-of-kensington/>

## Application Process

- Extensive assessment and care plan completed by Director of Nursing (LPN), an RN and the Executive Director of the facility. Service plans are then developed to each resident's needs.

## Staffing/On-site medical

- Executive Director
- Staff/resident ratio is 1:8
- Director of Nursing LPN
- Delegating Nurse RN on site several days a week
- Three nursing shifts, with a floor nurse on every shift
- Geriatric psychiatrists and podiatrists scheduled as needed
- Laboratories make on-site pickups

## Types of Care and Costs

- Memory Care residents only
- Care includes AL but not skilled nursing (so no intravenous fluids, feeding tubes or ventilators) and not things such as catheters or two-person lifts.
- Respite care and hospice care available
- A not-for-profit, mission-based health-care company
- Some services (doctor, dentist, podiatrist, limited rehab, etc.) covered by Medicare
- Long-term insurance accepted
- Flat fee of \$9,360/month plus one-time move-in fee of \$5,000
- Promotions sometimes available. Call for information.

## Accommodations

- 64 units: Four segments called "houses" arranged on a single floor around common rooms
- Each "house" has a living room, dining room, pantry, laundry room and a full bath which includes showers; each patient has a single-occupancy bedroom and a half-bath.
- Weekly laundry, personal laundry as needed
- Weekly housekeeping
- Beauty salon/barber shop

## Services

- Residents are assisted, as needed, with bathing, dressing, personal hygiene, night-time care, ambulation, orientation, communication, socialization, taking and monitoring medication, monitoring blood pressure, ordering health supplies, arranging medical care, special preparation and presentation of meals, assistance in eating, personal safety, non-routine maintenance needs, arranging transportation, assisting with business matters.
- 24-hour supervision by staff specially trained in dementia care
- Professional nurses available 24 hours a day
- Hourly safety check

- rehabilitation and therapy services available

### **Dining**

- Three plated meals and snacks a day.

### **Activities**

- Exercise, including tai chi, yoga, sports, dancing and walking
- Other: cooking, aroma therapy, music appreciation, pet visits, gardening, morning greetings, men's/ladies' clubs, coffee shop, entertainment, arts and crafts, flower arranging, creative writing, woodworking, painting, hymn singing, meditation, devotions, school/scout visits, children's recitals, resident council, outings, volunteer opportunities

### **Other**

- Facility always locked; staff opens door to allow people in
- Upon move-in, resident's family receives a code to open the front lobby door.
- Families and authorized people can visit, unannounced, 24 hours a day.
- Visitor parking on site
- Not included: medications, personal hygiene and/or medical supplies (such as walkers, diabetic supplies,) beauty and barber services, transportation, special outings

### **Care Planning**

- Hospice/end-of-life care

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# Asbury Methodist Village

201 Russell Avenue Gaithersburg, MD 20877

[AsburyMethodistVillage.org](http://AsburyMethodistVillage.org)

Continuing Care Retirement Community; Not-for-Profit

## Application Process

- Financial application and physical assessment to determine suitability for independent living, assisted living, and memory care.
- Visit website for financial information.

## Accreditations

- SAGECare LGBTQ Platinum certification
- EAGLE accreditation
- Great Place to Work certified

## Levels of Living and Contact Information

- Independent Living Apartments, Villas, Courtyard Homes – 301-216-4100
- Kindley Assisted Living and Memory Care – 301-216-6071
- Wilson Health Care Center for Skilled Nursing, Rehabilitation, and Memory Care – 301-216-4098

## Financial Information

- One-time entrance fee plus a monthly services fee
- Visit our website's Entrance Fee page under Independent Living

## Six Apartment Buildings

- Primary utilities, basic local phone and basic cable TV and internet included
- Studio to 3-bedroom with full kitchens, patios, balconies
- Resident-controlled heating and AC

## Villas (brick duplexes)

- Primary utilities not included
- 2-bedroom with den and garage, some with basements
- 3-bedroom with garage, some with basements

Courtyard Home (Craftsmen-style duplexes)

- Primary utilities not included
- 2-bedroom with study and 2 car garage

## Kindley Assisted Living

- 133 apartments
- Respite care
- Memory care
- Primary utilities, basic local phone and basic cable TV and internet included

## Wilson Health Care Center

- Skilled nursing care, rehabilitation services, advanced-stage memory care
- Accepts private pay, most insurance plans for short term care, long term care insurance

- Room and Board
- Semi-private, private, and deluxe suites

**Benevolent Care**

- Residents who outlive their resources through no fault of their may apply for Benevolent Care.
- The application process includes a financial look-back.

**Other**

- Brochure: <https://www.asbury.org/asbury-methodist-village/resources-events/brochure/>
- Frequently Asked Questions: <https://www.asbury.org/asbury-methodist-village/faqs/>
- Services and Amenities: <https://www.asbury.org/asbury-methodist-village/services-amenities/>

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## **Avalon Homes**

Eleven Avalon homes in McLean / Northern Virginia area. Avalon is for-profit, operating for more than 25 years.

<http://www.avalonresidentialliving.com>

### **Management Team**

Georgia Weiss or Sandy Rosenblatt; 301-656-8823

[info@avalonresidentialliving.com](mailto:info@avalonresidentialliving.com)

### **Application Process**

- Application process includes Avalon's assessment and input from a doctor. Virginia State required admission packet is furnished upon renting a room.

### **Staffing/On-site medical**

- One-to-four ratio staffing
- Avalon House is not a medical facility. The staff and homes work closely with the resident's primary care physician or NP, hired by the resident or responsible party.
- Close working relationship with Hospice.
- Staff is on duty 24 hours a day to assist residents with activities including bathing, grooming, dressing, feeding, medication management, toileting, cleaning, laundry.

### **Types of Care and Costs**

- MC and AL, but memory impairment care (Alzheimer's, dementia, stroke, etc.) is their specialty.
- Residents remain at the facility, with terminal care, with the help of hospice

### **Costs**

- Room without its own bathroom: \$195–\$225 / day
- Room with private bathroom: \$215–\$275 / day
- Private pay only

### **Accommodations**

- Each home has 8 bedrooms
- All private rooms
- Some bathrooms are shared
- Housekeeping and laundry services

### **Services**

- (See "staffing" above)
- Family visiting and involvement encouraged

### **Dining**

- Daily, home-cooked meals and assistance for those unable to eat on their own
- Special diets available

### **Activities**

- Games, puzzles are provided for residents who are able.
- Comfortable, secure backyard and garden

**Other**

- On-site parking available
- The following are paid by residents or third parties (so, not included in the monthly fee): doctor visits, prescription medications, over-the-counter medications, medical and nursing supplies, personal items (toothbrush, toothpaste, shaving cream, lotions, powders, combs, shampoo, deodorants, gloves, Depends). Such items are provided by residents, or through family arrangement with a pharmacy. Pharmacies take insurance and Medicare. After arrangements are made, Avalon orders items as needed, and delivery is made directly to the home. Pharmacies bill insurance and Medicare, then invoice the family for what is not covered.

**Care Planning**

- ISP plan

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# Chevy Chase House/Meridian Senior Living

5420 Connecticut Ave., Washington DC 20015

## Sales Directors

Mary Lawrence and Chris Austin; ccho.sd2@meridiansenior.com  
[Meridiansenior.com/Chevy\\_Chase](http://Meridiansenior.com/Chevy_Chase)

## Application Process

- Formal assessment by nurse followed by development of an Individualized Service Plan

## Staffing/On-site medical

- Nurses and CNAs available 24hrs/day; CNAs (assistants)
- Medical Director
- FOX rehab on site (OT, PT, Speech)

## Types of Care and Costs

- Assisted and Independent Living
- Respite care/short care/30 days
- Medication management
- Private pay +/- Long-term care Insurance
- Requirements: Cannot be bedridden. Wheel chair bound must be able to stand

## Base Cost

- Small Studio: starting at \$5,499/month
- Large deluxe studio: starting at \$5,650/month
- Small one bedroom: starting at \$6,050/month
- Large one bedroom: starting at \$8,305/month
- Second person Fee \$1,500
- Community Entrance Fee: \$3,000

## Extra levels of care

- Level 1- \$726/month
- Level 2- \$1,089/month
- Level 3- \$14,191/month
- Level 4 -\$17,491/month

## Accommodations

- 120 units-24 different apartment styles (studio –two rooms + kitchen)
- Walk-in shower
- Self-furnished or assistance can be given to help rent +/- share furniture
- Multiple common areas
- Gym with personal trainer

## Services

- Weekly housekeeping
- Free washer / dryer on each floor

**Dining**

- Three meals per day, all-day dining; always-available menu
- Formal dining room /welcome family and guests
- Printed weekly menu-Main course choices,3-4 courses

**Activities**

- Tai Chi, Yoga, Bingo, Scrabble, Poker, Bridge, Social Hour, Evening Movie, Music appreciation, Outings (rides/country, local parks, cultural events)

**Other**

- Transportation: 2 chauffeurs, bus, Cadillac sedan available 8:30-4:30 M-F
- Dogs and cats allowed
- Parkinson Foundation of National Capital Area sponsors Boxing for Parkinson's (twice weekly); also specialized classes for those with Parkinson's diagnosis

**Care Planning**

- SP

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# Forest Hills of DC Inclusive Senior Living

4910 Connecticut Ave., NW. Washington, DC 20008

## Director of Admissions and Marketing

Vicky Parker, 202-969-1923

### Application Process

- Assessment and care plan completed by Director of Nursing, social worker, physician's record, and family member(s) to determine level of care prior to move in.
- Assessments continue to be on-going as necessary.

### Staffing/On-site medical

- Medical director
- RN and licensed clinical social worker 24/day; on site dentist, podiatrist, psychologist, audiologist
- 2x/month; full-service rehab

### Types of Care and Costs

- Assisted living: 52 units.
- Short-term (Rehab), Health Care Center (long-term): Skilled nursing: 56 units
- Respite care (availability)
- Private pay. Medicare/Medicaid may cover some services (dentist, podiatrist, etc.) and Rehab.
- Accepts long-term disability insurance.
- Studio \$7,159.92
- One bedroom \$8,731.13
- Large one bedroom \$9,828.21
- Deluxe one bedroom \$10,41.09
- Premium apt. (one BR) \$10,369,20-\$12,335.10
- Level I Basic \$968.00/month
- Level II Enhanced \$1,935.98
- Level III Advanced \$2,902.77
- Level IV Maximum \$3,870.76

\*Level III may be offered to current residents who are aging in place.

\*Level IV is available only to residents who are awaiting possible transfer to Health Care Center (SN).

### Accommodations

- All apartments have kitchenettes with compact refrigerator, microwave, sink, and pantry.
- Full bathrooms in all apartments.
- Walk-in closets.
- Weekly housekeeping and laundry services.
- Residents wear medical alert necklaces.
- Guest rooms for visiting family members.

### Services

- 24-hour emergency response system• assistance with diabetes management
- Physical, occupational, and speech therapy
- Hospice/end-of-life care provided in apartments
- 24-hour on-site RN/ staff

- Transportation free to scheduled activities.
- Visitor parking on site.

**Dining**

- Menu dining 3x/day (breakfast limited). Snacks, tea, coffee 24hrs/day.
- In-apartment dining

**Activities**

- daily social and exercise activities
- religious services
- daily movies
- weekly happy hour, bingo
- monthly outings
- guest lecturers
- piano lounge

**Other**

- Daily housekeeping
- Beauty salon/barber shop
- Convenience store and gift shop
- Work out facility (full rehab)
- Art room
- Library

**Care Planning**

- Subacute post-hospital rehab provided. Medicare will cover first 20 days at 100%.
- 21st day private insurance will pick up co-pay.

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# Forest Hills and Memory Care

4901 Connecticut Ave NW, Washington DC 20008

## Director of Admissions and Marketing

Vicky Parker, 202-696-1923

### Application Process

- Application process: Preadmission assessment completed by Director of Nursing and Licensed Social Worker
- Upon admission RN and LSW work with resident's physician, family member(s), and resident to determine appropriate level of care.

### Staffing/On-site medical

- Medical director
- RN and licensed clinical social worker 24/day on site
- Dentist, podiatrist, psychologist, audiologist 2x/month
- Full-service rehab
- Medications
- Dressing, bathing, grooming
- Bathroom use, incontinent care
- Cueing and redirecting
- Community-wide wander safety system

### Costs

- Studio \$7,159.92
- One bedroom \$8,731.13
- Large one bedroom \$9,828.21
- Deluxe one bedroom \$10,41.09
- Premium apt. (one BR) \$10,369.20-\$12,335.10
- Level I Basic \$968.00/month
- Level II Enhanced \$1,935.98
- Level III Advanced \$2,902.77
- Level IV Maximum \$3,870.76

\*Level III may be offered to current residents who are aging in place.

\*Level IV is available only to residents who are awaiting possible transfer to Health Care Center (

### Accommodations

- 8 apartments, many with unique floor plans. Offers intimate communal living.
- Apartments furnished by residents.
- Residents are assigned to a neighborhood according to cognitive ability.
- Hospice care

### Services (some are fee-for-service)

- escorts to and from meals, social, and fitness activities
- beauty salon
- personal laundry and linen service
- housekeeping
- Transportation and Parking

- o free of charge for scheduled activities
- o available Mon-Fri 10am to 4pm
- o limited transportation for medical appointments
- o escort services provided if needed for an additional fee

**Dining**

- 3 meals a day, with snacks

**Activities**

- Alzheimer's / dementia care specific programming and activities
- large community room for parties, entertainment, and special events
- music and movement therapy/-sing-alongs
- word association / reminiscence therapy

**Other**

- monthly electronic newsletter
- volunteer program with St. John's College High School and Boy and Girl Scouts
- outside facilities used as an additional resource for behavioral interventions

**Care Planning –**

- Upon admission, RN and LCSW coordinate care with residents' physicians
- RN meets with the residents and family member(s) to determine level of care
- care plan updated regularly and as needed

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# Hebrew Home of Greater Washington

6121 Montrose Rd, Rockville, MD 20852

## Admissions Director

Jennifer Bunting -n301-770-8496

## Application Process

- application form (personal, insurance, financial information)
- Pre-Admissions Medical History and 3871B Medical Eligibility Review form to be filled out by primary care physician
- Admission to Post-Acute Care Center (depends on one's individual situation): (301) 770.8496
- Patients admitting from a hospital under the Medicare Part A benefit will need to have a qualifying stay in hospital (usually 3 nights +) AND the attending physician must also recommend sub-acute rehabilitation or skilled nursing.
- Patients with HMO/PPO coverage will need to have authorization from their insurance company. This process begins with the hospital's discharge planner/social worker. Once initiated, the admissions counselor at the Hebrew Home will follow up with the insurance company.
- Patients paying privately or those with less than a qualifying hospital stay will need to complete an application form. A rater sheet is enclosed, and an admissions counselor will answer questions you have.

## Staffing/On-site medical

- 24-hour nursing care
- Full-time physicians on-site, on staff
- On-staff: podiatrist, rabbi
- Physical, occupational, and speech-language therapies
- Inpatient and outpatient rehabilitation social workers, volunteers

## Types of Care and Costs

- Charles E Smith Life Communities –long-term Care Community is set up to accommodate individuals at every stage in aging process, a large deposit is not required, the client can leave and or services can be terminated at any time;
- Communities vary based on building and type of care; 2 IL buildings/communities, 2 AL buildings, 1 SN / Long-term Care= Hebrew Home of Greater Washington offers long-term care (SN)
- Short term post-acute care 99 beds avail; lengths of stay determined by care needs and insurance
- Costs-Nonprofit
- Private and or insurance pay (Insurance may cover items not included in daily rate, such as medication, physician visits, laboratory fees, therapy sessions) No extra charge for private rooms (when available; clients usually share rooms)
- Daily long-term care rates (based on assistance needed with activities of daily living: bathing, eating, dressing, toileting, mobility):
  - 1 - 2activities of daily living \$462/day
  - 3 activities of daily living \$ 506
  - 4 activities of daily living \$534/day
  - 4 + daily activities of daily living\$546/ day
- 1 or more specialized services (wound care, tube feeding, incontinence care, communicable disease care, stable tracheostomy care, central /peripheral intravenous line, \$566/day

- Post-Acute Care Center \$400/day
- Deluxe suites \$105/day

#### **Costs:**

- Private telephone calls, cable, salon services, personal transportation, Oxygen concentrators and supplies \$19/day
- Incontinence products \$9/day
- Pre-admission-acquired wound care \$34/day

#### **Accommodations**

- Private (post-acute care) and semi-private rooms
- Standard hospital bed, dress stand, dresser drawer laundry service free
- Housekeeping every day
- Heat/ac self-regulated
- Cable, tv, phone, wifi free
- Fridge (not included)
- Microwaves not permitted because of liability

#### **Services**

- 24-hour front desk
- Free wi-fi and computer stations
- On-site amenities: library, beauty salon, dental clinics, podiatry care, banking services, Wi-Fi access, personal laundry service
- Religious services and spiritual care are available to Jewish and non-Jewish residents alike Rabbi on-staff; Pastoral counseling and spiritual programming (included)
- Christian services 2 x week + holidays

#### **Dining**

- 3 Kosher meals/day and snacks avail, eat in Kosher dining room or room service
- Non-Kosher foods allowed, but are only to be eaten in rooms

#### **Activities**

- “Programming to stimulate the mind, exercise the body, and connect with others; musical performances, creative arts, pet visits, inter-generational activities and community outings”
- Classes (Shakespeare, art, music, exercise class)
- Women’s group (Red Hat Ladies Group); men’s group
- (Men’s Schmooze Group), Book Club, In the News group
- Bingo, movie night, poker night, Sunday afternoon concerts
- Volunteers come to visit and spend time with seniors
- Daily minyan avail, one shabbat, seasonal and holiday celebrations

#### **Other**

- Cats and dogs permitted with vaccination records
- No transportation provided; residence is responsible for self
- Free visitor parking, limited parking avail for residence

#### **Care Planning**

- Social work counseling and support for residents and family

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# Ingleside at Rock Creek

3050 Military Road, NW; Washington, CC 20015

## Sales Director

Steve Noel – (202) 596-3108

[snoel@inglesideonline.org](mailto:snoel@inglesideonline.org)

## Application Process

- Depending on the size of the apt., there is currently a two to five+ year wait list.
- A refundable \$5000 fee and detailed financial disclosures are required
- The fee will be applied to the IL Entrance Fee or is fully refundable upon request.

## Staffing/On-site medical

- On-site physician's office
- Licensed staff of RN's, LPN's and CNA's.
- Private nursing care rooms
- Rehab center

## Types of Care and Costs

- IL, AL, MC, SN, respite and short-term
- Non-profit Continuing Care Retirement Community accepting Medicare and Medicaid on limited basis
- Short-term rehab services
- Customized home care for Ingleside residents, including someone to assist with everyday activities, housekeeping, or a caregiver to support rehabilitation and recovery. • Brochure available.
- Care Planning for AL and SN
- SN manages all levels of care, including dementia care

### IL

- Entrance fees for IL apts: range from \$485,000 to \$2,854,703, depending on size, location, and amount of entrance fee refunds selected (50 or 90% refund).
- Monthly fees: range from \$3,822 to \$9,883 for IL apts.
- Second Person Entry Fee of \$33,000 (50%Refund) or \$47,500 (90%Refund) for all apts and a Second Person Monthly Fee of \$2,549
- If an IL resident has to move permanently to a higher level of care, the monthly fee is adjusted and the resident can use the refundable portion of the entry fee to help cover the additional costs of AL, MC or SN.
- The resident may also use Long Term Care insurance, their own resources or, in the cases of short-term stays, Medicare may cover some of the expenses for higher levels of care.
- The Board typically adjusts the fees on an annual basis.

### AL

- Studio: \$13,688/month
- One-bedroom Suite: \$14,646/month.

## **SN**

- Private Studio: \$673/day  
All AI and SN levels of care get three meals daily.

## **Dining**

- All AI and SN levels of care get three meals daily.

## **Accommodations for IL**

- One bedroom
- Bedroom with den
- Two bedrooms
- Two bedrooms with den or library
- Sq. footage range 795–2,503

## **Services**

- Weekly housekeeping
- IL Dining
- Pharmacy delivery
- Beauty salon/barber shop
- Fitness center with fitness manager
- Card and game room
- Theater
- Library
- 24-hour art studio
- Computer center and free wi-fi throughout community
- Meditation space.
- Formal and private dining rooms
- One mail daily
- Catering for private parties
- On-site café/deli

## **Activities**

- Heated indoor pool.
- Diverse recreational, social, spiritual and educational activities, including speakers' programs.
- Resident committees for food, building and grounds, interior design, etc.
- Shopping and cultural trips.
- Lounge with fireplace and piano.

## **Other**

- Friendly pets allowed
- Underground parking garage
- Lovely setting on fourteen acres, adjacent to Rock Creek Park

*Spring 2024*

## Maplewood Park Place

9707 Old Georgetown Road Bethesda MD 20814

A not-for-profit organization managed by Sunrise Senior Living

<http://www.maplewoodparkplace.com>

### Main Sales Office

301-571-7441

### Sales Directors

- Sion Zewdie, Sales Consultant, 301-571-7440, [sion@maplewoodparkplace.net](mailto:sion@maplewoodparkplace.net)
- Angela Jordan, Sales Consultant, 301-571-7444, [angela@maplewoodparkplace.com](mailto:angela@maplewoodparkplace.com)
- Karen Smith, Sales Consultant, 301-571-7420, [karen@maplewoodparkplace.com](mailto:karen@maplewoodparkplace.com)

### Application Process

- Financial background check
- Medical assessment
- (Resident's GP provides medical records, Maplewood performs medical assessment)

### Staffing/On-site medical

- Membership fee for on-site concierge medical practice included
- Geriatric, Podiatric, and Audiology services at our Medicare-Certified wellness clinic
- Near several hospitals including Suburban Hospital, National Institutes of Health (NIH), Johns Hopkins
- Community Physicians Hospital, Sibley Memorial Hospital and Walter Reed Military Medical Center
- Onsite Vaccination Clinics

### Types of Care and Costs

- A resident-owned cooperative community with 207 one-level apartments for independent living (two towers – one with five floors and one with six floors)
- Ground Floors: 21 AL studios/suites and 31 skilled nursing beds
- Onsite Physical Therapy services and gym
- 45 days of care in our health care center (only to qualified residents)

### Costs

IL

- 1 BR, 1BR+Sunroom, 1BR+Den, 2 BR, 2BR+Den buy in co-op community
- Co-op prices starting at \$279,900
- Entrance fee starting at \$22,250 (75% refundable when property is sold)
- Monthly Fee starting at \$4,288 (covers basic costs of living, including meal plan, and property taxes)

### Costs

AL

- \$318/day (Lifecare rate only to qualified residents)
- \$474/day studio
- \$494/day 1 BR
- \$524/day 1BR+den

### **Skilled nursing**

- \$318/day (Lifecare rate only to qualified residents)
- \$445/day semi-private
- \$518/day private

### **Accommodations**

- IL apartments have full bathroom, full kitchen, stacked washer/dryer
- Resident controlled heating and air conditioning in apartment
- Apartments furnished by residents
- Also included:
  - All basic utilities (except phone and internet)
  - Premium basic cable TV
  - Real estate tax
  - Storage unit
  - Weekly housekeeping/ flat linen services included
  - Use and care of community spaces

### **Services**

- Indoor pool and whirlpool
- Fitness center and personal training
- Ballroom with state-of-the-art audio/video
- Piano lounge
- Billiards and game room
- Full-service bank
- Beauty and nail salon and barber shop
- Club room
- Library with a computer center
- 24-hour security: Call and response system
- Daily wellness checks
- 24-hour concierge

### **Dining**

- Meal plan: 27 meals per month. Residents choose which meals to have. Lunch and dinner are served six days per week, with Sunday offering a champagne brunch. If they want one or two meals in a day, they can have them, but they can use their 27 meals however they wish.
- Maplewood Market and café
- Market on the Square Bistro (informal dining)
- Private dining room

### **Activities**

- Social, cultural, recreational, and educational activities
- In-person and virtual exercise classes (yoga, pilates, water aerobics, etc...)
- Game/Movie nights
- Onsite concerts
- Monthly lecture series
- Happy hour on Tuesdays and Thursdays
- Group trips - Kennedy Center, Strathmore, lunch/dinner outings, museums, etc.
- Clubs: Bridge, Art, Food Discussion, etc.



- Outdoor walking path/easy access to the Bethesda Trail

**Other**

- Pet friendly (no weight restrictions)
- Free Assigned underground parking (2<sup>nd</sup> vehicle for a fee) – guest parking available (no fee)
- Daily scheduled pickup/drop off to and from doctors' appointments within 10-mile radius
- Scheduled metro drop-off and by request metro pickup
- Scheduled shuttle to libraries, grocery stores, shopping centers, restaurants, church

**Care Planning**

- Upon initial assessment, every 6 months thereafter, or as needed
- Full-time Social Worker supports all levels of care
- Weekly Care Partner's Support Group

*Spring 2024*



# Riderwood

3140 Gracefield Road, Silver Spring, MD 20904

## Sales Director

Josh Runkles; (301) 495-5700

## Application Process

- Pre-residency meeting to discuss 1) desire and understanding 2) financial review
- Priority List = planning tool to help move in process
  - Fully refundable

## Staffing/On-site medical

- 24-hour security and emergency first response
- Full-time nurses and doctors (approximately 5 geriatricians on staff; dentist, eye doctors, visiting specialists); 30 min appointments guaranteed;
- In-patient and out-patient rehabilitation (physical, speech, or occupational therapy after a surgery or hospitalization)

## Types of Care and Costs

- IL, AL, MC, SN = CCRC on 120 acres property
- Entrance Deposit (based on type of housing): 1x fee secures housing; will be returned to client or beneficiaries when client leaves; money can be used to pay for qualified continuing care expenses if assets are exhausted
- Non-Profit: The Monthly Service Packages are typically adjusted annually by the not-for-profit Board of Directors in relation to labor, energy, and food costs.
- Medicare and other insurance plans accepted; coverage for services depends on terms of insurance plan

## Costs

- Studio \$130,000 - \$142,000
- Lg or Ex-Lg 1bdm \$200,000 - \$330,000
- Ex-Lg 1 bdrm + den \$306,000 - \$388,000
- Lg or Ex-Lg 2bdm + 1 bath \$309,000 - \$415,000
- 2 bdrm + 1.5 bath \$371,000 - \$460,000
- 2 bdrm + 2 bath \$399,000 - \$550,000
- 2 bdrm + 2 bath \$399,000 - \$550,000
- 2 bdrm + 2 bath \$399,000 - \$550,000
- Luxury 2 bdrm + 2 bath \$621,000 - \$800,000
- 2 bdrm + den + 2 bath \$630,000 - \$950,000

## Costs-Monthly Service Package Pricing

- Studio \$2,566
- Lg or Ex-Lg 1bdm \$2,789-\$2,970
- Ex-Lg 1bdm + den \$3,278-\$3,404
- Lg or Ex-Lg 2bdm + 1bath \$3,132-\$3,339
- 2bdm + 1.5 bath \$3,562
- 2bdm + 2 bath \$3,562-\$3,610

- Luxury 2 bdrm + 2 bath \$3,622-\$4,130
- 2 bdrm + den + 2 bath \$3,979-\$4,790
- 2nd Person Monthly Service Package—\$1,182 per month.

### **Accommodations**

- Unfurnished apartments (must provide furnishing)

### **Monthly Service Package includes:**

- Major Household Appliances: refrigerator, stove, microwave, dishwasher, disposal, and washer/dryer
- Maintenance, including repair and replacement of appliances
- Heating, cooling, and electric
- Telephone, unlimited local, long distance, and international calling
- Wireless Internet, Basic cable TV
- Trash collection and recycling at your door
- Standard repairs and replacement of appliances and fixtures in apt home
- Seasonal maintenance: Landscaping and snow removal
- Scheduled shuttle service
- 24-hour security
- Property taxes
- One meal per day

### **Short-Term/ Temporary/Respite Suites**

- Approximately 40 beds avail; time of stay determined by insurance
- All-private guest room with private half bath
- TempurPedic® bed
- Private telephone line, Basic cable TV
- Large picture window that provides an abundance of natural light

### **Dining**

- Flexible dining plans for use at any of the onsite venues:
  - 8 restaurants, a coffee bar/market
  - Traditional Meal Plan = 1 meal/day per month (included in monthly service package)
  - 20 Meal Plan = 20 meals (part of reduced monthly service package; recommended if you plan to eat out or cook in apt more often)
- Dietary restrictions: chefs regularly prepare options for residents who prefer low-sodium, sugar-free, low cholesterol, or vegetarian meals.

### **Activities**

- Pool and hot tub
- Salons and day spas
- Wood Shop
- Creative arts studios
- Music room
- Libraries,
- Computer lab
- PNC Bank branches and ATMs
- Marketplaces
- On-site medical center

- CVS Pharmacy
- 250 resident-run clubs
- Numerous events
- Tavel
- Concerts
- PGCC classes on-site

#### **Other**

- Transportation: Cars- reserved parking spaces available for monthly fee; one covered garage
- Scheduled shuttle service avail regularly; sedan service available
- Pets permitted: Cats, dogs, most birds welcome (no fee, but registration required)
- Individual thermostat for comfort
- Housekeeping and laundry services for additional fee
- On-site chef to prepare delicious meals
- Around-the-clock security and 24-hour nursing and medical care
- Storage units available for \$13/month

#### **Assisted Living (AL) apts:**

- All-private studio, one, and two-bedroom residences all with a private bath and kitchenette
- Private telephone line, Basic cable TV, Wi-Fi
- Large picture window that provides an abundance of natural light
- Individual thermostat for comfort
- On-site chef to prepare delicious meals

#### **Skilled Nursing (SN) apts:**

- 24 hour care and full support with eating, dressing, bathing, and other day-to-day tasks, regular visits from full-time, board-certified physician.
- All-private room with private half bath
- TempurPedic® bed
- Private telephone line, Basic cable TV
- Large picture window that provides an abundance of natural light
- Individual thermostat for comfort
- On-site chef to prepare delicious meals
- Housekeeping and laundry services
- Around-the-clock security
- 24-hour nursing and medical care

#### **Memory Care (MC) apts:**

- Layout and color schemes to support way-finding
- All-private room with private half bath
- Private telephone line, Basic cable TV
- Large picture window that provides an abundance of natural light
- Individual thermostat for comfort
- On-site chef to prepare delicious meals
- Housekeeping and laundry services

#### **Services**

- Aid provided for residents for future residence who need help downsizing and moving into CCRC

- neighborhood, will help find real-estate agent
- Additional On-site amenities
- Housekeeping, (\$50/hr with 30-min minimum)
- Salons and day spas (additional cost)
- In-patient, out-patient rehabilitation, nursing care
- Pool and hot tub
- Wood Shop and creative arts studios

**Care Planning:**

- Proactive Health Care approach involves 1) resident 2) family 3) social worker 4) doctor 5) +/- Security officers working together

*Spring 2024*

## Seabury Friendship Terrace

4201 Butterworth Place, NW, Washington, DC 20016

Non-profit-Owned by Seabury Resources for Aging, founded in 1924 with mission to provide personalized, affordable services and housing options to help seniors in the great Washington, DC area

### Marketing and Leasing Associate

Antranisha Watkins, Phone: (202) 244-7400

Email: [AWatkins@seaburyresources.org](mailto:AWatkins@seaburyresources.org)

[www.seaburyresources.org](http://www.seaburyresources.org)

### Application Process

- No application fee/ Possible waitlist
- Section 8 Voucher assistance
- Income cap \$85,000 per year to be eligible
- Housing vouchers accepted
- Refundable security deposit of one month's rent due at signing
- Initial lease a year, month to month lease thereafter

### Costs

- Independent Living Community
- All primary utilities are included
- Studio apartments are single occupancy only
- Couples can only go in one-bedroom apartments
- 143 studios-approx. 338 square feet
- Studio \$1525/month
- 37 one-bedrooms, 9 of which are ADA certified
  - Standard one bedroom approx. 459 sq ft-\$1525/month
  - Converted one bedroom approx. 507 sq ft-\$1700/month
  - Optional one bedroom approx. 687 sq ft -\$1882/month

### Accommodations

- Full bathroom with special safety features
- Kitchenette (including stove tops and ovens, sinks with garbage disposal, and upright refrigerator/freezer)
- Individual climate controls for regulating heat and air conditioning
- Emergency call system in each apartment
- Apartments furnished by residents
- Self-service card-operated laundry rooms
- Primary utilities included except for phone and cable/internet

### Services

- Full time Service Coordinator to match residents with local services

### Dining

- In Addition to monthly rent is a \$375 mandatory meal plan (dinner Mon-Sat, brunch Sun)
- Optional lunch plan: \$200/month

**Activities**

- Performance and lecture lounge
- Library
- Greenhouse
- Rooftop deck
- Activities room and card room

**Other**

- Pet friendly w/restriction-Dogs 20 lbs or less on 2nd and 3rd floors
- Convenient to and within walking distance of restaurants, shops, grocery stores, pharmacies, libraries, churches, Iona Senior Services, and public transportation including the Tenleytown Metro Stop
- 10 resident parking spots at \$65/month with waitlist
- Street parking for guests

*Spring 2024*



# Sunrise at Fox Hill

1800 Burdette Rd. Bethesda, Md. 20817

## Sales Director –

Karin Clark, 301-968-1836

[FoxHill.DOS@sunriseseniorliving.com](mailto:FoxHill.DOS@sunriseseniorliving.com)

## Application Process

For AL and MC, a Registered Nurse and Care Coordinator assess the necessary level of care.

## Staffing/On-site medical

- 24-hour nursing care staffed by director of nursing, RN, LPN and CAN and consults with residents' doctors to coordinate care.
- A designated care manager cares for the same residents in their suites and throughout the community.
- Each floor has a dedicated care team and care coordinator team.
- Several levels of care for AL and MC including help with dressing, personal hygiene and feeding as well as help with Foley catheters, colostomy care, mechanical lifts and two-person transfer.
- A dental team and podiatrist come in once a week.

## Types of Care & Costs

- Fox Hill is a for-profit venture that does not take Medicare or Medicaid.
- IL, AL, MC (No SN, which, among other things, means no provision of intravenous fluids, food tubes or ventilators.)
- Short – term stays are available on a monthly basis at AL with care provided by Heritage Health. “The Road Home Program” providing a limited 30-day stay for people coming directly from a hospital or rehab center. Palliative and hospice care are available.

## Costs

- Independent Living condominiums are for real estate purchase only - start at approximately \$600,000 and there are monthly fees approximately \$4,700 for a single person.
- Assisted Living is a monthly rental with a one-time move-in fee and with daily accommodation costs:
  - Studio Suites - \$166 per day
  - Large one bedroom \$260 per day
  - Daily AL fees for personal care levels start at \$42 per day
  - Daily AL fees for medication management start at \$29 per day
- Memory Care is a monthly rental with a one-time move-in fee and with daily accommodation costs as follows:
  - Studio apartments ranging from \$202 per day to \$227 per day depending on size of apartment.
  - Daily Memory Care fees for personal care start at \$109 per day
  - Daily Memory Care Medication Management starts at \$36 per day

## Accommodations for AL

- Sunrise can provide some furniture for NO charge – twin bed, headboard, dresser, nightstand, lamps.

- AL and MC include all 3 meals, snacks, weekly housekeeping and laundry service, daily trash removal, scheduled transportation, 24/7 nursing staff on-site.

- 

#### **Services for AL**

- AL and MC offer on-site rehabilitation (PT, Occupational and Speech) services.
- Trained staff members are available 24 hours a day and there are monthly visits by a licensed nurse.

#### **Dining for AL**

- 3 meals per day in AL and MC
- All snacks provided

#### **Activities for IL**

- Indoor pool and Jacuzzi; fitness and wellness programs; library, art room, movie room, a piano on every floor, and nightly Netflix movies.
- Religious services
- Guest lecturers and entertainers; social and educational programs and outings.
- Cocktail parties every Friday and a BBQ on the patio every Friday in the summer.

#### **Activities for AL**

- Full calendar of events 7 days per week

#### **Other**

- Pets allowed as long as residents can provide adequate care. In addition, a community dog and cat live on-site.
- Fox Hill is a gated community-on-site parking for residents and guests. Scheduled-transportation to medical appointments, grocery shopping and activities.

#### **Care Planning**

An Individualized Service Plan is customized for each resident before moving in and updated as needed.

*Spring 2024*

# Sunrise on Connecticut

5111 Connecticut Ave., NW Washington, DC 20008  
202-966-8020

**Sales Director:** Jonathan Chaffin

**Associate Director of Sales:** Rosa Villeda Aguilar

**Executive Director:** Elizabeth Jansen

## Application Process

- Health care coordinator does an assessment before resident moves in to develop an Individualized Service Plan (ISP) with the resident

## Staffing/On-site medical

- Trained staff 24-hours per day including licensed nurses (LPNs and RNs) and monthly wellness visits by wellness nurse (RN)
- Weekly visits by primary care providers
- Memory Care team receives special and ongoing training to care for and engage residents with Alzheimer's disease, dementia, and other forms of memory loss
- Use of the Validation Method for communicating with residents living with dementia, an approach grounded in meeting the individual in the moment with empathy to understand their experience and needs
- Coordination with hospice care providers

## Types of Care

- Assisted Living, Memory Care, and Introductory (Respite) Stays
- Respite Stays can be 30-60 days with the option to become a permanent resident after
- Average cost is between \$8,000 and \$10,000 per month depending on the level of care
- Multiple care levels based on type of assistance with bathing, dressing, eating, grooming, monitoring safety, and medication

## Costs

- Estimated Monthly Suite Rate:
  - Companion Suite (Shared Bathroom): \$5150
  - Studio: \$7100
  - One bedroom: \$8400
- Daily Personal Care and Medication Management Fees:
  - AL Select: \$51
  - AL Plus: \$102
  - AL Plus Plus: \$159
  - Med Management 1: \$41
  - Med Management 2: \$55
  - Med Management 3: \$71
- One time move-in fee (\$7500) OR daily respite premium (\$35/day)

## Services

- Weekly housekeeping and laundry
- On-site beauty salon and barber

- In-house therapy provider for outpatient physical therapy, occupational therapy, and speech therapy
- Each resident provided an emergency call button pendant in addition to in-suite pull cords

### **Dining**

- 3 home cooked, nutritionally balanced meals per day provided by culinary team
- Onsite café, snacks, coffee and tea provides 24-hours per day
- Guest welcome to join for meals, with additional charge
- Monthly special family and friends events

### **Activities**

- Team is lead by an art therapist with a focus on creative aging
- Daily exercise class, happy hour, and evening movie
- Weekly outings that typically include museums, restaurants, and shopping
- At least one live music performance per week from a variety of genres
- Lectures by team members and special guests

### **Care Planning**

- Residents are assigned a designated care manager who consistently cares for the same residents
- Individualized Service Plan (ISP) is developed and updated biannually or with a change in condition

### **Other**

- Pet friendly- Cat or dog may live with the resident or come visit with a guest
- Transportation on Tuesdays and Thursdays to doctor's appointments
- Many indoor and outdoor common sitting spaces spread through the community
- On-site parking garage for visitors

*Spring 2024*

