

NEWS FROM PARADISE

*W*elcome to Paradise Valley Estates, Northern California's finest continuing care retirement community primarily for retired and honorably discharged military officers, their spouses, and surviving spouses. Located on the edge of Northern California's foothills just 40 miles from San Francisco and Sacramento, Paradise Valley Estates offers everything you need to live life to the fullest. Good times. Good friends. And limitless opportunities for an active, meaningful retirement, doing the things you enjoy most.



"Redefining Retirement Living"

Premier Club Equals A Spot In Paradise

Good things usually come to those who wait. But in the case of Paradise Valley Estates, even better things come to those who don't wait.



"There's no time like the present to make a deposit and become an official member of Paradise Valley Estates' "Premier Club," says Marketing Director, Sharon Dominik, "because the sooner

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you join, the higher you are on our community's preferred residence waiting list and the less time you'll have to wait for availability."

"After reserving a residence at Paradise Valley Estates, we have a very generous 'Move-In Program' that allows you up to five months to go through the process of selling your home and unlimited



access to your new home," explains Community Relations Coordinator, Patti Luccioni.

Accreditation Equals Excellence



Executive Director
Ron Ridley

Paradise Valley Estates is now fully accredited by the Continuing Care Accreditation Commission (CCAC). The CCAC is an independent

accrediting body which was sponsored by the American Association of Homes and Services for the Aging (AAHSA). It is the nation's only accrediting body for continuing care retirement communities and other retirement communities that meet or exceed its standards of excellence in three critical areas: governance and administration;

financial resources and disclosure; and resident life, health and wellness.

According to the CCAC, "Accreditation is truly a mark of distinction. Accredited communities are considered 'the cream of the crop.'

"We are very pleased to have recently been accredited by the CCAC," says Executive Director, Ron Ridley. "This prestigious recognition has been awarded to Paradise Valley Estates after an intensive self assessment as well as achieving high standards in quality of life for our residents, and the quality of services provided by our team. I hope you will have the opportunity to visit and see why we are considered a premier retirement community."



Technology Equals Information

Paradise Valley Estates' new website is on-line and receiving rave reviews! "We are very pleased with the new design and are sure that our prospects will find it to be very user friendly," commented Marketing Director, Sharon Dominik.

The website is chock full of fun and exciting features!

Each page has a "?" help button for further explanation of:

- How to enlarge the text for easier reading
- How to print individual pages
- How to view the PVE video
- How to view PDF files
- How to enlarge the photographs for closer inspection

Resident happenings in Paradise • Activities calendar, fitness calendar, and fitness newsletter • Elysian Fields, the resident newsletter is available for viewing and printing, as well an archive of older issues

Laurel Creek Health Center • Respite Care • Rehabilitative & Therapeutic Services • Links to local medical facilities • Links to health organizations such as Alzheimer's Association, American Cancer Society, etc.

Extensive tourism links and information • Clickable map of local tourist sites

So take some time to browse the new website and check out all the familiar friendly faces of residents, as well as staff. We feel that this website helps to put PVE on the cutting edge of new technology! Please visit the new website at:

www.pvestates.com





“After hip replacement surgery I needed a recovery exercise plan. A lovely movie actress but with a non-motivating demeanor wasn't the answer, so I tried the range of movement classes with Jan and Ida. What a difference! A contagious enthusiasm is the best way to describe their method which kept me coming back for more”
Resident since November, 2001
Lynn Castro

Fitness Equals Wellness

With fitness comes wellness and an expansion of life experiences. Increased socialization, higher quality of life and remaining active and independent are goals to aging successfully. The initial path to healthier living is knowledge. Even limited short period exercise provides you more energy, the kind that makes you jump out of bed and make others wonder! At Paradise Valley Estates there is no shortage of healthy activities or events that keep our residents busy and informed.

On that note, our Wellness/Fitness department, led by Jan Olson and fitness staff, hosts Men's & Ladies Health and Fitness Days on an annual basis. It's a time for fitness, fun, fellowship, and pampering. These day events start with an orientation and juice bar at our Recreation Center, then a strength and training circuit for the men in

the Fitness Center while the ladies begin with stretch and stride. Both groups have a short guided meditation followed by lunch and keynote speakers in our Main Dining Room. The day ends with some pampering arm and hand massages for the ladies and foot massages for the men.

The keynote speakers are invited professionals in their particular field. This year's guest speaker for the ladies was Dr. Kathryn Amacher, an Internal Medicine Specialist at nearby David Grant Medical Center (at Travis Air Force Base). She discussed women's health issues including the need for exercise, proper medication, prevention of hypertension, osteoporosis, heart disease, etc.

These annual events are well attended with approximately 60 residents participating. Residents walked away with new knowledge



and added value to their well-being. At Paradise Valley Estates, we think that retirement should be the most rewarding and invigorating time of your life.

Other events at Paradise Valley Estates include our annual Health Fair, Healthy Choices Classes (proper food choices that can lead to weight loss and wellness), Wellness Seminars, Golf and Tennis Clinics, as well as fitness classes in Water Aerobics, Tai Chi and Yoga to name a few.



Fitness Manager
Jan Olson

“Our intent is to stress wellness at all levels of ability so that all of our residents can continue to enjoy their positive and independent lifestyle for as long as possible.”



Education Equals Opportunity

On-site quality health care is one of the primary reasons people retire to Paradise Valley Estates. The high level of assisted living and skilled nursing we offer residents comes not only from compassionate care, but medical expertise and continuing education. We therefore take a special interest in the type of new hires we bring to our team.

For the past several years, Laurel Creek Health Center (LCHC) at Paradise Valley Estates, has had a special connection with nearby school's health education programs. We offer LCHC as a clinical site to Toureau University in Vallejo, Napa Community

College, University of California Medical Center at San Francisco, Solano Community College, and Fairfield Continuing Education to name a few. These schools offer student Doctoral Interns, Registered Nurses (RNs), Licensed Vocational Nurses (LVNs), and Certified Nursing Assistants (CNAs).

“The Laurel Creek Health Services people are just determined to get you better as they did in my case using skill, medical experience, and quiet humor.” Resident since March, 2003
Dobby Kilduff



Organizations Laurel Creek Health Center is a member of:

- CAHSA** California Association of Homes and Services for the Aging
- AAHSA** American Association of Homes and Services for the Aging
- CCAC** Continuing Care Accreditation Commission



“If you ever need assisted living or skilled nursing care, it can be provided by experienced professionals right in your own community.”

Health Services Director
Yvonne Wood

“Any given semester we may have 24 to 45 students rotating on-site for 3 to 4 week periods,” said Health Services Director, Yvonne Wood. “As a result, LCHC benefits by having access to some of the best students as they enter the work force. About 10% of our present staff comes from their ranks. The reaction from our residents is terrific. They love the added attention and get a chance to advise the students on better diagnostic methods for older patients. This is exactly the type of quality environment school administrators are seeking out for their students.”

Additionally our own staff enjoys access to a scholarship program which will pay for an employee's health care education. Helping others to realize their dream as well as providing you with the best possible care is a goal for all of us at Paradise Valley Estates. Please visit our website at www.laurelcreekhealthcenter.com for more information.





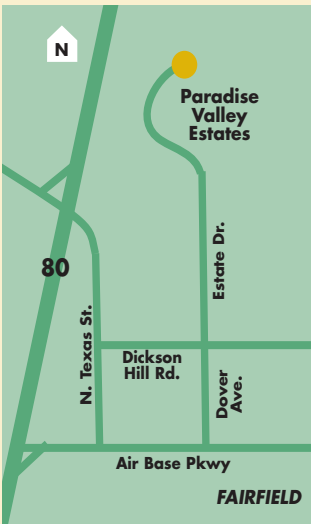
Marketing Director

Sharon Dominik

Community Relations Coord.

Patti Luccioni

Words and pictures alone can't do justice to all that awaits you at Paradise Valley Estates. So, why not take a little time to come and see for yourself?



Take a tour of our campus, meet our residents and have a chat with one of our Marketing staff. Our Marketing Office is open Monday through Friday from 9 to 5.

We encourage you to make an appointment by calling us at 1-800-326-0419.

You'll always get a warm welcome – and the red carpet treatment. After all, this is Paradise!

Paradise Valley Estates

2600 Estates Drive, Fairfield, CA, 94533

1-800-326-0419

www.pvestates.com



Paradise Valley Estates is owned and operated by Northern California Retired Officers Community (NCROC), a California, non-profit corporation that has as its sole mission the management of Paradise Valley Estates.

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