



QUAIL CREEK

ASSISTED LIVING AT PARADISE VALLEY ESTATES



Bring Your Life With You

We Believe

In the inherent right of each of our Residents to receive the highest quality of health care available.

In recognizing that these residents have made many valuable and worthwhile contributions to society and, therefore deserve the highest degree of respect and dignity that can be provided.

In maximum independence, the attainment of each resident's full potential, and in the hope that the opportunity to explore new interests will contribute to each resident's health and happiness.

In supporting the rights of individuals to be actively involved in decision-making concerning everyday living.

In fostering loving concern for the well being of each resident and his/her family.

Quality resident care in every area must be our primary goal, and that our trained, dedicated staff of professionals at every level is actively involved in maintaining the highest standards, ethics and performance in the long term care profession.

- The staff of Quail Creek

Come, and bring your life with you

Our concept of assisted living is unlike any other. At Quail Creek, our goal is a successful, vital retirement.

Are you moving toward a new phase of life and seeking an invigorating environment? Looking for a place where you can live the lifestyle you hold dear, yet will feel confident the specialized healthcare you may need is within your grasp?

Quail Creek at Paradise Valley Estates is that kind of community. Here, your individual spirit is celebrated. Here, you can live in familiar, home-like surroundings, yet without any of the worries or concerns of maintaining an independent residence. Here, our philosophy is to invigorate and actively engage the minds and bodies of our residents, in a caring and supportive environment.



is an assisted living community that offers its residents an opportunity to create a new beginning, yet still maintain the familiar lifestyles of home. Residents are supported in their new home by a dedicated staff who has years of experience in caring for the elderly.



Home-like Environment, and More

Located in the prestigious gated community of Paradise Valley Estates, Quail Creek

Award-winning Care

In fact, our organization is an award-winning one. Quail Creek is modeled on Paradise Valley Estate's Laurel Creek Health Center, which was recently rated in the top 10 percent of skilled nursing facilities in all the United States.

What Awaits

Sunny private apartments. Delicious restaurant style dining. A jam-packed calendar of activities, and an array of social gatherings. A daily and weekly fitness schedule created to meet your varied physical needs. A massage at the spa, a cut and trim at the beauty/barber shop. This is just a hint of what is available at Quail Creek.

Quail Creek's cozy, one-bedroom, one-bath apartments are equipped with a mini-kitchen and living room, so you can entertain family and friends or prepare snacks between meals. But, for all other cooking, leave that to our culinary trained chefs. They will prepare delicious meals and appetizers for you from a constantly changing menu in Quail Creek's open-grill, restaurant-style dining area. Then, have your meal served to you by our wait staff, three times a day, seven days a week.



Feeling very social? You can hold family gatherings, parties or receptions in

any one of the community's private dining or activity rooms or, draw upon staff for assistance in organizing a festive gathering.

"Thank you for your support, personal assistance and enthusiasm in planning my mother's art show and reception. Her family and friends were overwhelmed by the reception (and they were thrilled to see her and her paintings. I received so many compliments on the food, the bar and the music."
– Susan Jelonek



Prefer a quiet moment? Bring a favorite book, crossword puzzle or art project to one of several libraries located throughout the community, or tune in to watch your favorite television programs in the conveniently located family rooms.

Feeling neighborly? Join in on one of our numerous arts and crafts activities, enjoy musical entertainment, or sit in on a lively game of cards in the activity rooms, or stop by the Wi-Fi accessible computer room to send an e-mail greeting to your grandchildren and friends.

While your mind is engaged with all our community's varied social activities, so will your

body, as Quail Creek offers its residents a wide selection of fitness classes, held throughout the day, most days of the week. Are you an early riser? Start your day off with an aerobics class, or perhaps a session of guided meditation. The fitness schedule may also offer yoga, range of motion classes, tai chi or line dancing, to name a few.

"I couldn't believe the social program laid out for all who can participate; the program is so full."

– Bal Balensiefer

You can also forget about keeping up with mundane housekeeping and maintenance chores. All that is handled for you by Quail Creek's housekeeping and maintenance staff. Laundry facilities are available on each floor for your personal use.

As for driving, leave that to Quail Creek's transportation staff. Transportation services can be arranged to shuttle you to medical appointments, or off to any one of our regularly scheduled shopping or entertainment outings. Outings are so regularly scheduled, you won't miss your car.



Another popular amenity at Quail Creek is the

community's beauty/barber shop, and spa. You needn't leave the community to have a skilled hairdresser trim and style your hair in your favorite fashion. At the spa, residents are encouraged to relax with a session of aromatherapy or even a massage.

A Closer Look

What does your new home look like? Whatever suits your tastes. These one-bedroom, one-bath private apartments are unfurnished, which means



you can decorate and furnish in your own personal style. Each is equipped with a mini-kitchen that features a sink, refrigerator and microwave for small meal or snack preparation. Rooms are bright and sunny, and also include a living room for entertaining guests.

Most apartments and activity rooms in the community also have commanding views of the area's rolling hills, majestic oaks, and even the neighboring Paradise Valley golf course.

Your personal comfort is assured, since you can control your apartment's heating and air conditioning to suit your individual preferences. Each unit is equipped with an emergency call system to provide you with peace of mind, 24 hours a day.

And yet, right outside your door, lie all the cooking classes, card games, aerobics lessons and social events you care to partake in, as well as the skilled caregivers who are ready to help you maintain a high quality of life.



"I want to commend you for all the help you have employed here. . . They are never too busy to lend a hand to me and others if they see a need." – Dorothy Ann Johnson

Life-Enriching Amenities and Services

Set in the center of the picturesque Paradise Valley Estates community, Quail Creek offers residents access to all the pleasures of an active life and the comforts of home. This award-winning assisted

living community truly celebrates the individual spirit of our residents in an active, engaging environment.

Words and pictures alone can't do justice to all that awaits you at Quail Creek.

So why not take a little time

to come and see for yourself? Take a tour of our community. Meet our residents. And have a chat with one of our Marketing Coordinators. Our Marketing office is open Monday through Friday from 9 to 5. Call us at (800) 618-0742 to set up an appointment. You'll get a warm welcome – and the red carpet treatment.



Program Overview

Services & Fees

Our Home

Welcome to Our Home

Welcome to Quail Creek at Paradise Valley Estates . . . our Home! Good food! Great times! Excellent care! As residents of Quail Creek, we're enjoying a caring supportive environment, and an invigorating lifestyle that engages the mind and body.



We were first attracted to the community by the friendliness of the residents and the staff when we visited. What sealed the deal was the dining experience, the living accommodations, and the

very capable and compassionate care our dad receives.

Family of Eugene Cromwell

Living at Paradise Valley Estates is enjoyable in every way. One important factor is having Quail Creek and Laurel Creek Health Center right here. My late husband was a patient in Laurel Creek for



Quail Creek, 2350 Estates Dr., Fairfield, CA 94533
(800) 618-0742 • www.pvestates.com



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Hal Carter

I selected the community as my retirement home because I thought it would be fun – and it is! It's like being on a perpetual holiday. There's a wide range of activities at any given moment and always fun people around to play with.

Ceil Bellinger

While the decision to place a loved one in a health care facility is a difficult one for any family, we are always comforted and reassured by the

very capable and compassionate care our dad receives.

Family of Eugene Cromwell

Living at Paradise Valley Estates is enjoyable in every way. One important factor is having Quail Creek and Laurel Creek Health Center right here. My late husband was a patient in Laurel Creek for 3 -1/2 years

and had excellent care the whole time. I am eternally grateful to the

nurses and aides who took such a personal interest in keeping him content. In spite of the fact that my husband has passed away, I still go to Laurel Creek and Quail Creek to visit that staff of whom I grew so fond.

Joan Teague



(Map/Directions on Back)

All the staff duties are carried out so cheerfully and efficiently, from the one who cleans the floors to the top nurse, that you are sure someone has instructed them in *Attitude and Essentials of Public Relations*, as virtually everyone reflects those attributes.

Bal Balensiefer

I want to recommend all the staff you have employed here for special recognition. They are most competent and helpful to everyone. This is much appreciated by me.

Dorothy Ann Johnson

How to Find Us

Directions from I-80:

From Sacramento:

Take N. Texas Exit

Turn Left at Traffic Signal (Go Over Freeway)

Turn Left Onto Dickson Hill Rd. (Second Signal)

Turn Left Onto Dover Ave. (First Signal)

Ahead 1.7 Miles to Quail Creek

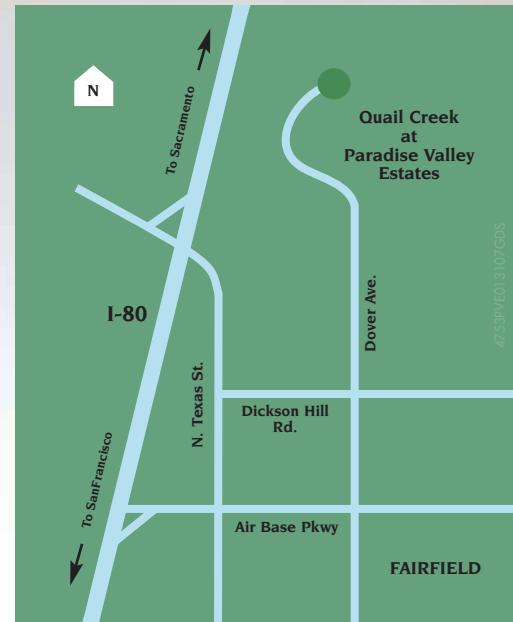
From San Francisco:

Take N. Texas Exit Bear Right

Turn Left Onto Dickson Hill Rd. (First Signal)

Turn Left Onto Dover Ave. (First Signal)

Ahead 1.7 Miles to Quail Creek



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Our Home

Quail Creek Assisted Living at Paradise Valley Estates offers it all: beautiful one-bedroom, one-bathroom apartments with spectacular views of the foothills and neighboring golf course and easy access to the dining room, activity rooms, and spa.

Designed to offer easy access to all the amenities Quail Creek has to offer, each apartment is placed in a thoughtfully designed “neighborhood”, intended for private, quiet living with well-appointed common areas to enhance socialization.

Features & Amenities

Residence Features

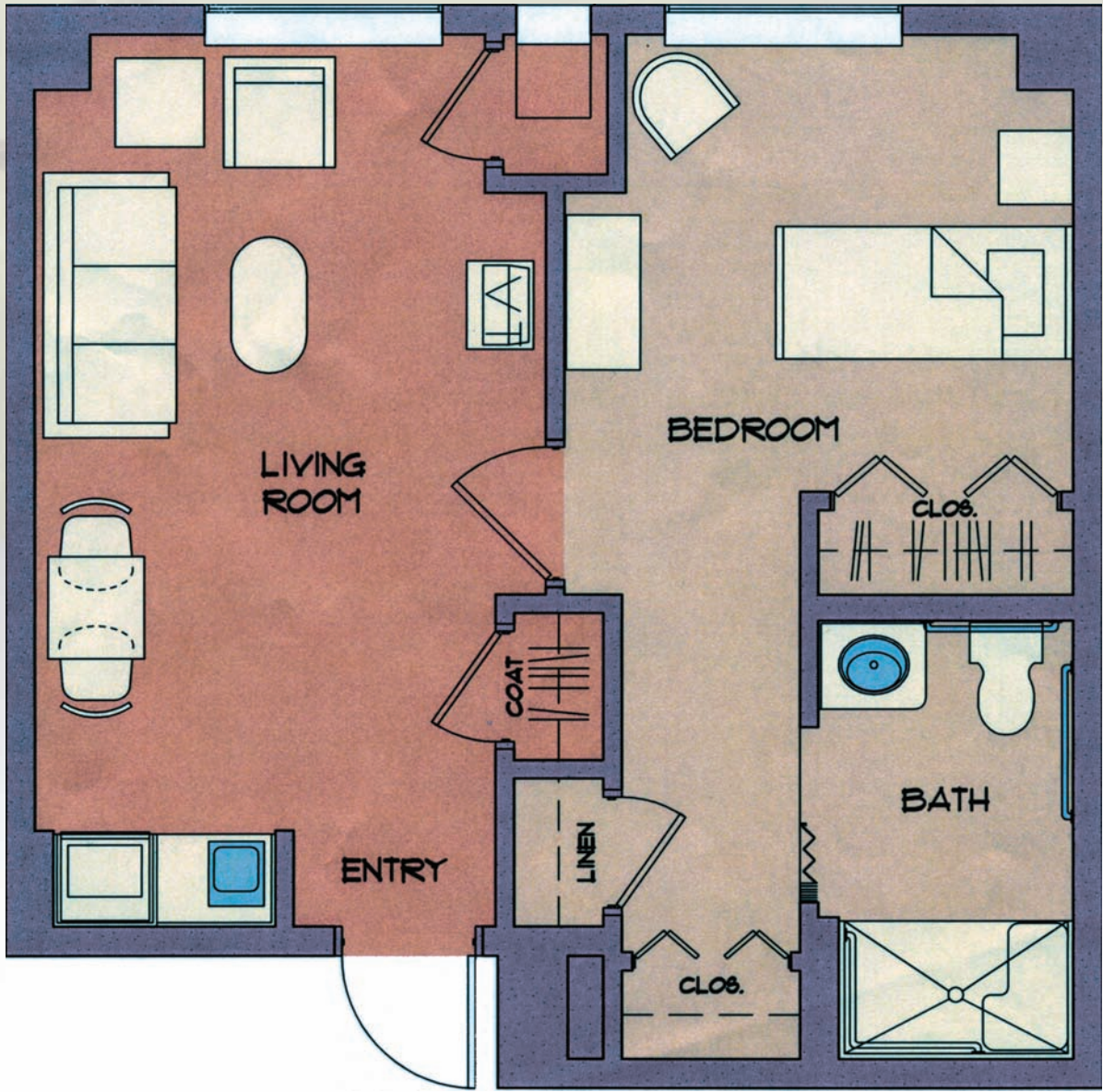
- Cozy one-bedroom, one-bath apartments with mini-kitchen
- Private bath featuring easy-access shower with assist bars
- Heat lamps in bathrooms
- Ceiling fans in living room and bedroom
- Numerous closets
- Wall-to-wall carpeting
- Window treatments
- Emergency call system
- Sprinkler system and smoke detectors
- Individual climate control
- Pre-wired connections for telephone and cable television

Community Amenities

- Open-grill style dining room
- Activities room
- Fitness room
- Family rooms
- Library
- Beauty/barber shop
- Private dining room
- Computer station
- Spa and aromatherapy room
- Laundry on each floor
- Mail room
- Outdoor patio
- Indoor Heated Swimming Pool and Jacuzzi (membership required)



(Floor Plan on Back)



Apartment Floor Plan

Approximately 530 s.f.

Services & Fees

Our goal at Quail Creek is to meet each resident's needs while maintaining the highest level of choice, dignity, privacy, respect, and individuality. Our "Levels of Care" program is designed with the understanding that people have different needs, and therefore they require different types of services and support. We have designed our care program so you pay only for the services you need. To assure that this is done effectively, an assessment is conducted prior to move-in. Residents, family members and Quail Creek staff work together to develop an individually-tailored Assistance Plan.

Assisted Living Services

Base Level

(Included in the monthly service fee)

- Individualized assistance plan to address the specific needs of each resident
- Licensed nurses and trained caregivers on staff to monitor and coordinate care needs
- Three delicious meals each day prepared by culinary trained chefs
- Weekly light housekeeping service and laundering of resident flat linens
- Scheduled transportation for shopping, events and medical appointments
- Social, recreational, educational, and cultural programs and events
- Wellness programs and exercise classes
- All utilities except telephone, including basic cable television
- Emergency call system in every resident's home
- Computer access and internet available on first floor
- 24-hour secure gated community
- Routine maintenance

\$ _____

Tier I and II

(Includes all Base Level Services)

- Assistance with bathing, dressing, and personal grooming
- Reminders about activities of daily living
- Monitoring of nutritional status
- Coordination of medical appointments
- Medication administration
- Incontinence care
- Additional housekeeping services

\$ _____

For details about the services provided in each level, please see the Assisted Living Marketing Coordinator. “Level of Care” determination will be made by resident’s personal assessment upon admission, annually, or as change in health condition requires.

A one-time \$3,500 Community Fee is due when completing a reservation deposit agreement for a Quail Creek applicant. All fees are based on single occupancy; please consult with the Marketing Coordinator for the 2nd person fees.

Other Services Available for an Additional Fee

- Physical, occupational, and speech therapy
- Massages and aromatherapy
- Personal transportation services on non-transport days
- Beauty/barber shop services
- Personal laundry services
- Newspaper delivery
- Catering services
- Guest meals
- Pet services
- Personal telephone
- Additional Maintenance or Housekeeping services
- Wi-Fi access
- Pool & Fitness Membership
- Personal fitness training
- Podiatry, Hearing, and Dental



Program Overview

Assisted living at its fullest: That's what Quail Creek strives to offer its residents, who are invited to come here "and bring your life with you." Residents can expect to enjoy a life with all the independence they want, backed by assistance whenever they need it. Here, too, residents will find all the comforts of home, as well as a host of activities and services to keep the mind and body engaged and thriving.

Our assisted living team includes licensed nurses and trained caregivers who are there to provide a helping hand with just the right amount of personalized attention for you to maintain your independence.



Our apartment homes allow you to enjoy your own lifestyle. Each home features a private bedroom and bath along with a bright, sunny living room, where you can enjoy the spectacular views of the golden hills of California and the neighboring golf course, as well as entertaining friends and family.

Our trained dining staff and chefs provide meals in our open-grill style restaurant. Breakfast, lunch, and dinner are served by our gracious wait staff, with your choice of fare, all designed with your health, enjoyment and taste in mind.

Our excellent fitness staff is dedicated to making this the most rewarding and invigorating time of our resident's life. They succeed at this by offering numerous fitness activities that keep residents fit physically and mentally.

Our staff also plans activities, outings, and social functions to promote the personal growth and well-being of all our residents. They can also arrange scheduled transportation to medical appointments as well as shopping.

Our philosophy is to invite, invigorate, and actively engage the mind and body of our residents in a safe, secure surrounding,

so...

Come, and bring your life with you!



RCFE #486800368
LIC #010000338
COA #179

