



## Assisted Living in a Serene Home Setting

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RCFE License Number: 331800186





Welcome to Pacific Vista Senior Living. I'm Carole Santos, owner and operator of our beautiful residential care home in the tranquil, equestrian estates of Woodcrest, California. I am a master's educated nurse, Public Health Nurse, and nurse educator. I have extensive experience working with seniors in acute-care hospitals, skilled nursing & long-term care, rehab, and home-care settings. For me, it's a joy to care for the elderly. Our seniors have so much to offer.

When doctors diagnosed my mother-in-law, Frances, with stage-IV cancer, our family had to search for a place where she could rest while on hospice. We couldn't find the right setting. That experience became my vision of providing superior quality in senior living services. I transitioned from my career as an acute-care nurse and nursing professor to design, develop and operate Pacific Vista Senior Living.

I believe that senior living should really be about living well—nourishing the body, nourishing the mind, and nourishing the spirit. Visit our property. Every detail of Pacific Vista is designed with the comfort and qualities of senior living in mind. I personally train each of our team members. And I oversee daily operations because I am passionate about ensuring that we deliver the highest level of care, dignity, and quality of life.

I look forward to welcoming you into our home.

Sincerely,

Carole Santos, MSN, RN

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# Welcome!

Pacific Vista Senior Living is a private-pay Residential Care Facility for the Elderly in Woodcrest, California. Our beautiful home features six private bedrooms and beautifully-landscaped grounds with scenic views that overlook rolling hills.

We are licensed for ambulatory and non-ambulatory residents. With six hospice waivers in place, we offer a Social Hospice setting that also includes short-term respite stays (from 3 to 10 days) for individuals currently receiving medical hospice services. We provide the trust, care, compassion and dignity that you deserve.

Family members should feel a high level of comfort and confidence that their loved ones are receiving exceptional care from our full-service residential care facility.

## Put your trust in us!



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# Comfort, companionship, communication and caring are here, 24-hours a day!

We encourage and support our residents in maintaining their independence. Our wonderful caregivers are present and prepared to offer an appropriate level of assistance with activities of daily living in order to foster and promote each individual's dignity and personal well being.



- \* Nutritious meals and nourishing snacks
- \* Special diets if prescribed by a physician
- \* Assistance with laundry and ironing
- \* Fresh linens as needed
- \* Comfortable furniture and regular housekeeping
- \* Planned activities and access to community resources
- \* Continuous care and supervision
- \* Contact systems for all family members and physicians
- \* Assistance with bathing, toileting, dressing, and grooming
- \* Assistance with self-administered medication
- \* Meal preparation and assistance with eating
- \* Assistance in meeting necessary medical and dental needs
- \* Temporary bedside care and tray service for illness
- \* Respite care

## Nourish the Spirit!

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# Nourish the Body!

At Pacific Vista Senior Living, we believe that dining on delicious food is one of the greatest pleasures in life! The dining experience should encompass all of our senses. Every meal we serve looks appetizing, smells heavenly, and tastes good!

Three nutritious home-cooked meals are prepared with fresh ingredients, every day. Light snacks and beverages are always available between meals and after dinner. Our residents and staff share meals together, family-style, around the dining room table which fosters a strong sense of community.

We love it when our residents share favorite recipes and participate in the joy of cooking!

## Enjoy Good Food and Good Company

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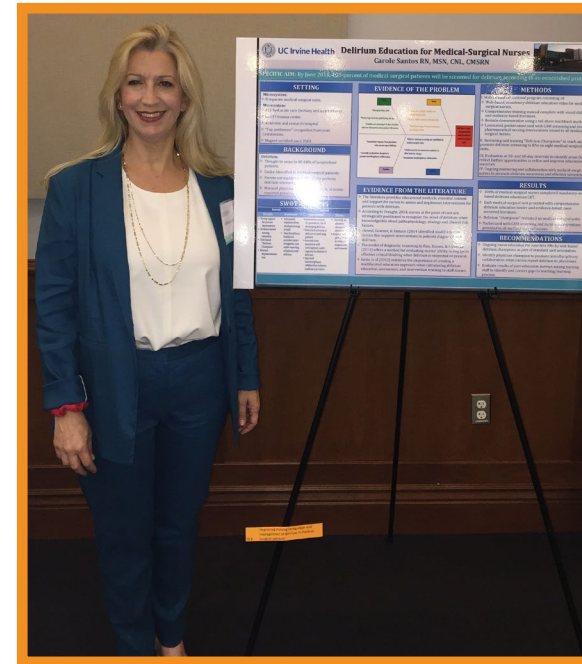




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# Around-the-Clock Quality Care Assurance

Evidence shows that ongoing, evidenced-based training in best practices is the only way to ensure quality, safety, and excellence in care delivery. We take that seriously! At Pacific Vista Senior Living, our team members receive best-practice training in our fully-equipped, on-site training and education room.



Pacific Vista Senior living operates with a 24-hour a day, awake-staff model. Day and night, our trained caregivers are present and available to assist residents with their personal care needs.

Carole Santos, founder and owner, is a Master's-educated RN with professional credentials as a Clinical Nurse Leader. Carole oversees all operations and is available seven days a week.

## Residents at Pacific Vista Senior Living Are in Good Hands!

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# Nourish the Mind!

We believe that physical and mental activities stimulate the mind and promote overall good health and wellbeing. Our robust activities program includes planned events (both at home and in the community) as well as time for spontaneous individual or group activities. We have onsite connectivity, and we incorporate technology into our activities program.



## Some of the activities we offer include:

- \* Table games
- \* Internet activity/instruction videos (dancing, exercise, cooking, crafts, etc.)
- \* Bingo
- \* Arts and crafts
- \* Gardening
- \* Lawn games
- \* Dancing
- \* Cards
- \* Television and movies
- \* Karaoke
- \* News and current events
- \* Volunteerism
- \* Reminiscing
- \* Reading and book club
- \* Journaling
- \* Community outings
- \* Culture and history
- \* Cooking and baking

## Stay Active With Us!

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# Love Where You Live!

Pacific Vista Senior Living is a beautifully furnished, tastefully decorated single-story home. This elegant property sits on more than one acre of land in the serene equestrian estates of Bridle Creek in Woodcrest, California.



## Our home features:

- \* Spacious, open floor plan
- \* Inviting living room and dining room with comfortable seating
- \* Six-private suites
- \* Two suites with private bathrooms
- \* Four suites with French doors out to patios
- \* Light-infusing windows throughout
- \* Anti-microbial, non-skid, bathroom flooring
- \* ADA toilets
- \* Grab bars in bathrooms for safety and mobility
- \* Wide hallway with handrail for safety and mobility
- \* Gourmet kitchen
- \* Scenic mountain views
- \* Manicured lawns and lush gardens
- \* Serenity of equestrian trails
- \* Wi-Fi and cable TV in each room
- \* Dual HVAC system with UV lights for clean air circulation

**Immerse yourself in beauty and tranquility  
at Pacific Vista Senior Living!**

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# What are the Costs?

Residents who choose us enjoy the same level of quality and service they would find in any five-star hotel, or high-end spa. Our rates incorporate all of the basic services included in licensed RCFE homes, **plus:**

- \* Immaculate, elegant custom-designed home
- \* 24-hour awake-care staffing model
- \* Well-trained caregiving team
- \* Superior level of service and care
- \* Oversight by a Master's-educated RN

## Rates:

- \* Daily rate, without hospice: \$300
- \* Daily rate, with hospice: \$375
- \* Daily rate, respite care: \$375

## Relax at Pacific Vista Senior Living We'll take care of the details!

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# Our Story...

*Pacific Vista Senior Living began as a labor of love when a family member was diagnosed with terminal cancer. While searching for the quality of care we wanted for our loved one, we entered into a new reality that often felt uncertain, frightening, and worrying. Finding caring, competent personal care services in a quality assisted living setting proved an impossible mission. We considered numerous different options; yet, none were prepared to deliver a comprehensive level of quality in care that met her needs. We quickly learned of the very real need for a best-in-class residential option for seniors on hospice with personal care needs.*

*I knew that I could do a better job. I transitioned from my career as an acute-care nurse and nursing professor to design, develop and operate Pacific Vista Senior Living. Now, I devote my personal and professional efforts to delivering the kind of comprehensive, compassionate personal care we had hoped to find for our family member.*

*I am so grateful that individuals and families with senior assisted living needs can experience best-in-class personal care services with us. I invite you to visit our beautiful home and learn more about the vision behind Pacific Vista Senior Living.*

*Carole Santos, MSN, RN  
Owner and Operator,  
Pacific Vista Senior Living*



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