



Welcome  
Home

**Aegis Living**

Assisted Living | Memory Care

## Our Team

Talk to our team and you'll hear an idea repeated throughout: "This is more than a job." Life at Aegis is powered by dedicated people who provide thoughtful, personal care to every resident. Team members come here to have purpose in their work. The result is an extraordinary team of people from all different backgrounds who love with their whole hearts and are committed to making a difference for seniors.



# We're Happy You're Here

At Aegis, you're home. Here the days are bright and full, with a range of engaging activities and social events to suit every personality. Everything is designed with residents in mind: personalized and expert care, inclusive gathering spaces, full-service amenities, live music, delicious meals, and meaningful touches in every room and hallway. We go the extra mile to know and treasure each of our residents and their story, imbuing a true sense of belonging. Settle into a community that creates new possibilities for every aspect of assisted living and memory care.



Designed With You in Mind

# All For You



## Comprehensive Care

For 25+ years, Aegis Living has set a new standard of excellence for senior care. Our compassionate team provides around-the-clock service tailored to each person's specific needs. Receive support from caregivers, nurses, and a full in-house staff.

## Social Community

Create meaningful connections with neighbors and new friends. Socialize in classes, at the dining table, outside in the courtyard, and wherever the day takes you. Your pet is welcome, too!

## Thoughtful Amenities

Our community is built to accommodate a diversity of interests just steps from your door. Join an exercise class in the fitness room, have your hair done in the salon, enjoy a local outing with our shuttle, grab a snack in the bistro, or host your family in the elegant private dining room.

## Relaxed Living

With your cooking, transportation, housekeeping, and laundry taken care of, you can fully revel and relax. Our concierge is always on hand to assist however needed.



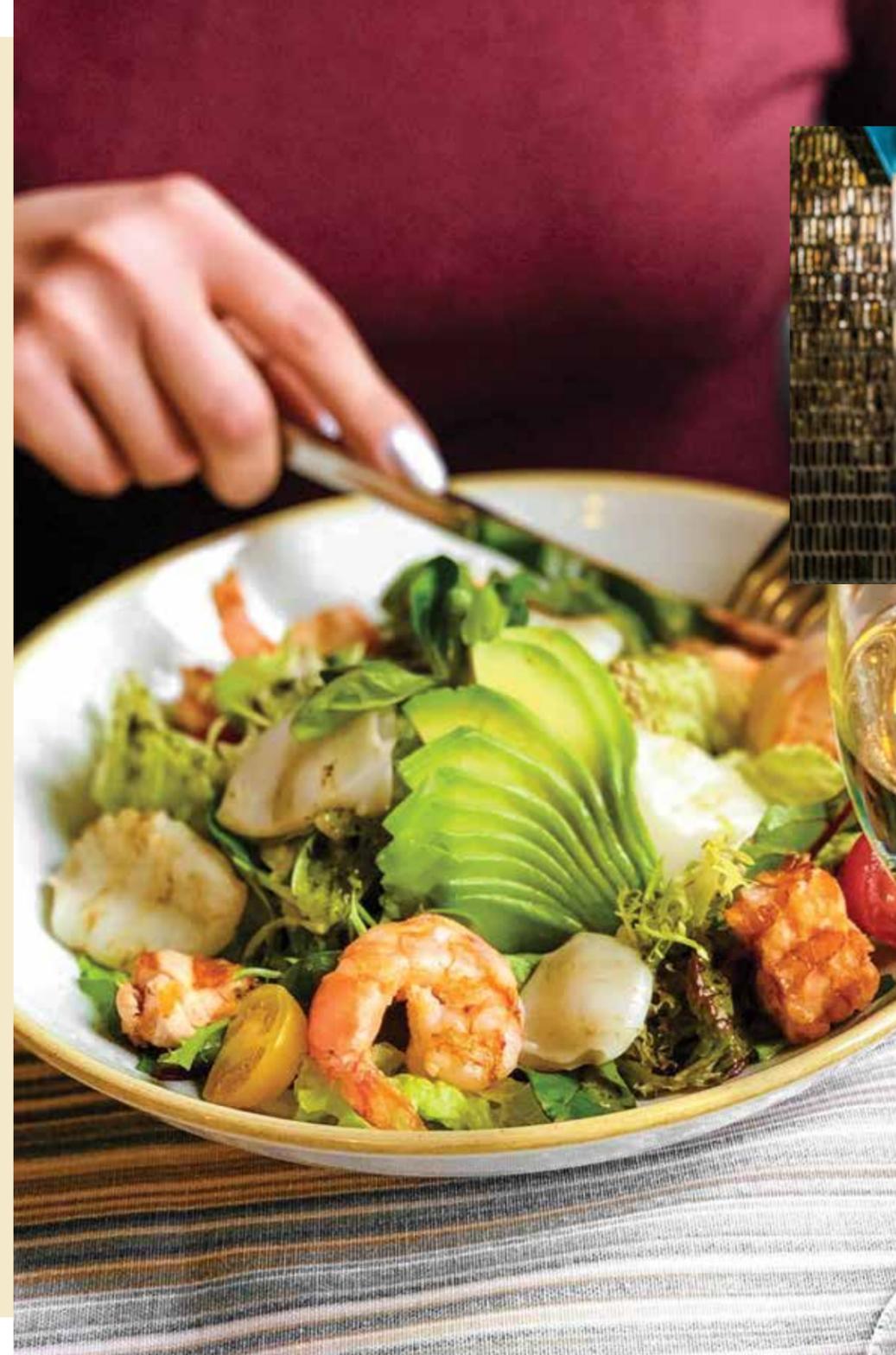
Home Sweet Home

Embrace life in your new home, with a growing circle of friends and rich experiences to feed the mind and spirit. When you need assistance or your memory slips, lean on us. You're cared for in a multitude of ways, expanding beyond your physical needs to include mental and emotional well-being.





Beyond Expectations



# Eat Well

Enjoy a dining experience reminiscent of your favorite restaurant—every day, at every meal. Our talented chefs cater to your needs, offering flexibility in when and where you dine, as well as plenty of menu options to suit every palate and craving. Whether you opt for a seasonal favorite or comfort food made from scratch, our menus are developed by registered dietitians and are as nutritious as they are delectable. All are served by loving team members who know your name and how you prefer extra whipped cream on your apple pie.

Stimulate your mind. Engage with others. Live purposefully and mindfully.



Staying Connected

### Family & Friends

We're committed to keeping you connected to those you love, both in person and through technology. Invite your grandchildren for a movie night, have a friend over for tea, and host the extended family for a birthday luncheon.

### Online

Stay connected with one-click access to Zoom, FaceTime, and Skype in our dedicated chat suites. Enjoy plush furnishings for long chats, state-of-the-art speakers for better sound quality, and large screens so you can see your loved ones' smiling faces.

### Our App

Our proprietary Family Link mobile app gives your family a window into daily activities, complete with photos and messages.

### Telehealth

We make video calls with your doctors and healthcare teams easier than ever. Connect with timely visits. We're here to help.

# Something for Everyone

The daily experience here is set apart by our creative Life Enrichment team. We customize our programs to fit the interests, values, and life stories that make up our community. Wide-ranging activities (over 200 every month!) benefit physical fitness, social fulfillment, and cognitive health. What will it be today? Join us for everything that strikes your fancy—from classic favorites to innovative offerings, like tai chi, music therapy, flower arranging, TED talks, neighborhood outings, and yoga.



## Sample Schedules

### TUESDAY

- 9:00 News and Views
- 10:00 Balance Fit
- 10:50 Wellness Facts & Smoothies
- 11:00 Choir Rehearsal
- 1:00 Neighborhood Stroll
- 2:00 Creative Journaling
- 2:00 TED Talks & Discussion
- 2:30 Hydration Station
- 3:00 Ping Pong
- 4:00 Bingo
- 6:30 Evening Movie
- 7:00 Sleep Fit

### WEDNESDAY

- 9:00 News and Views
- 10:00 Core & Coordination
- 10:50 Wellness Facts & Smoothies
- 11:00 Art History
- 1:00 Courtyard Jenga Game
- 2:00 Guided Meditation
- 2:30 It's Instrumental
- 3:00 Community Service Club
- 4:00 Wine & Watercolors
- 6:30 Poker Night
- 6:30 Evening Movie
- 7:00 Sleep Fit



# For Those Seeking Memory Care

Known for our expertise in memory care, we offer a spectrum of options for seniors diagnosed with Alzheimer's and other dementias. For those with mild to moderate memory loss, we offer transitional assisted living. For those with more advanced memory loss, we have a dedicated memory care section of our community, called Life's Neighborhood. Our around-the-clock, compassionate team provides personalized care to meet our residents wherever they are, and our rich programming includes recreational and social activities to keep residents active, engaged, and making new friends.



## Social Focus

Life's Neighborhood's intimate setting brings our residents together and makes them feel at home. Our talented Life Enrichment team provides a variety of daily activities to encourage participation and build friendships throughout the community.

## Mind & Body

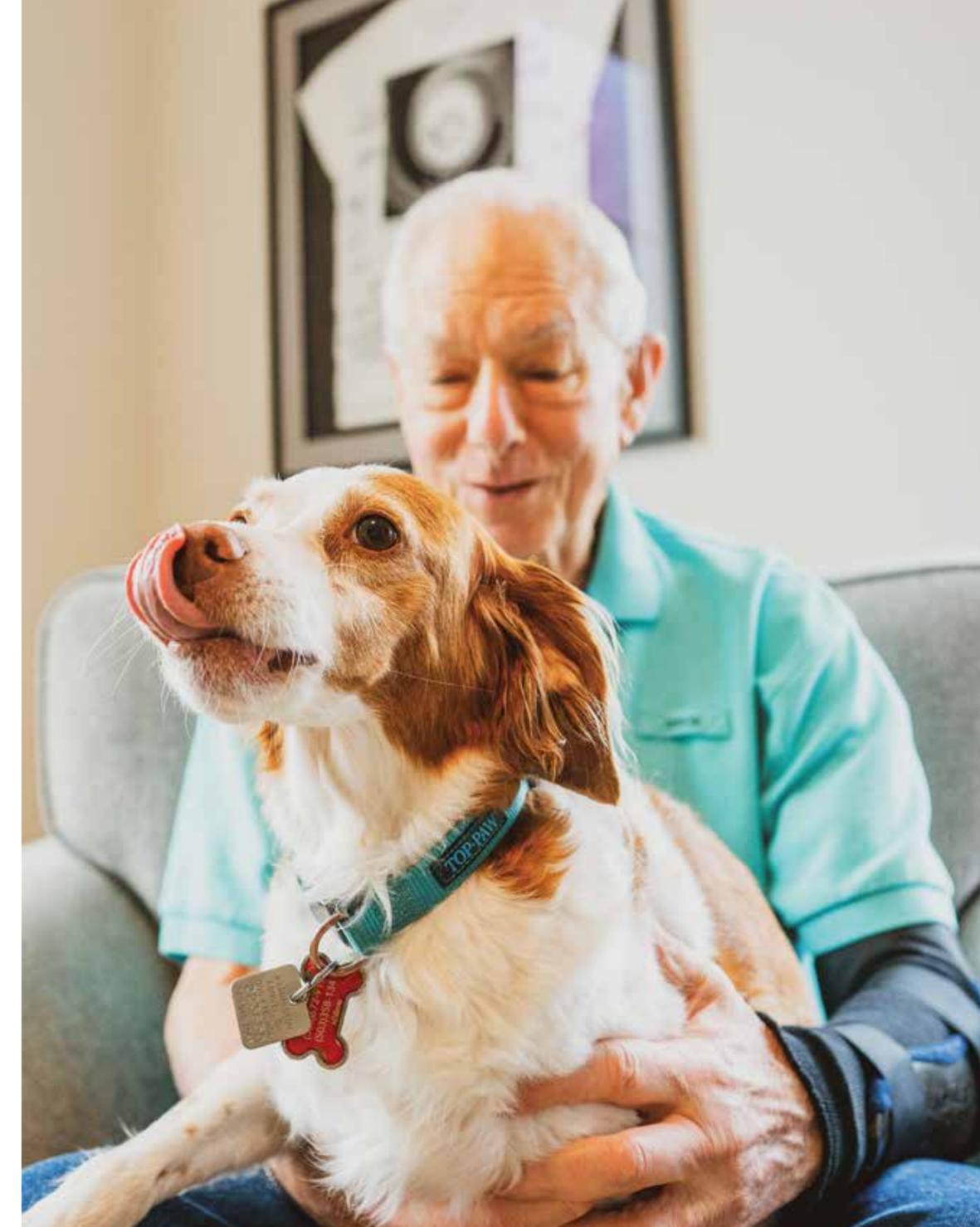
Our residents participate in music therapy with certified therapists and engage in an innovative daily gratitude program. Rooted in science-based cognitive therapies, our vibrant schedule nurtures the mind, body, and emotional well-being of our residents.

## Designed with Intention

Our Life's Neighborhood is designed specifically for the unique needs of residents with memory loss, creating opportunities to engage residents, evoke fond memories, and inspire new experiences.

## Family Support

Over the decades, Aegis Living has not only cared for our memory care residents but also supported and educated thousands of families through the journey. We are here for you.



We also offer respite care, short-term stays that can range from light assistance, to post-surgery support, to memory care, depending on your needs.



## Support Every Step of the Way

### LOW CARE SERVICES

### HIGH CARE SERVICES

#### Light Assisted

Assistance to maintain independence as long as possible without compromising safety.

#### Assisted Living

Personal care and healthcare services designed to assist with normal daily activities.

#### Transitional Care

Progressive assistance for those with early-to-mild memory loss.

#### Memory Care

Specially trained staff to handle the unique care needs of those with memory loss.

#### End of Life Care

Compassionate care with dignity to improve quality of life and bring comfort during final stages.

### The Cost of Care

**Apartment Rental.** Your monthly rent covers the cost of your private apartment as well as services such as housekeeping, meals, transportation, and utilities.

**Care Services.** Your customized care plan determines the level of care needed to ensure your full comfort and safety.

**Community Fee.** Your community fee contributes to maintaining our beautiful community for your enjoyment, as well as to preparing for your arrival.

“Every day, there’s so much to do. There’s always more I want to do than I have time for. Isn’t it wonderful?”

– Life’s Neighborhood Resident,  
Kirkland Waterfront

“We appreciate the daily updates from caregivers and activity coordinators, the gourmet food, and the catering to my dad’s love of bagels for breakfast.

– Family Member, Issaquah

“This is our extended family. We leave our families at home, and come to our family here.

– Nurse, Laguna Niguel

“The care you get here is really incredible. You know them and they know you. Everybody is so kind and makes you feel comfortable.

– Assisted Living Resident, Corte Madera

“We have the most phenomenal people here at Aegis—both residents and team members. Everyone has such a fascinating background and a story to tell.

– General Manager, Bellevue Overlake

Bring your stories.  
Make new memories.

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Questions? Please be in touch.

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