

BELMONT *Village*

SENIOR LIVING
RANCHO PALOS VERDES



REJUVENATE
TRUST
SHINE
A PLACE TO THRIVE
CARE
ENGAGE
CELEBRATE

The Community Built for Life®

*A Message from Patricia G. Will,
Founder and CEO of Belmont Village Senior Living*

I hope we can answer your questions as you move forward with the very important decision to join a senior living community.

A number of years ago my family searched for the right community for my mother-in-law, Josephine Will. In the end, we were unable to find a community that met her need for support and our family's expectations for quality and value. The experience led me to question how I might use my abilities as a businesswoman to improve this situation, addressing the needs of seniors as they age.

Belmont Village was founded to provide a way for seniors to lead happy, self-directed lives in a supporting community, one that offers good value and has been designed from the ground up to be sensitive to senior living. To help shape our communities, we have been guided by leading university experts in the fields of gerontology, architecture, hospitality and dining, and healthcare. We have also used input from seniors and their families as a blueprint for community and program development.

The fruits of our efforts have been gratifying and we are enjoying enthusiastic response across the United States. I am particularly proud of the success of Circle of Friends®, our innovative memory and brain fitness program, which received national recognition at the prestigious George Mason University Healthcare Quality Improvement Awards.

On a personal note, I am pleased to say that 10 years after our initial search, Belmont Village was here for Josephine's husband, Ed Will, when he needed support. His time at Belmont was filled with new friendships and pursuits, including a talent for singing, which he revealed and shared with friends around the piano in the Belmont Village great room.

If I could leave you with a final thought, it would be that we build Belmont Village communities not just for others, but as places where we ourselves would choose to live in our elder years.

Warmest regards,



Patricia G. Will

Belmont Village residents can choose from a variety of private residences including studio, one and two bedroom plans. Residents provide their own furniture and linens. Belmont Village can provide assistance with obtaining furniture if required.

Residence Features

- All residences have kitchenettes including a refrigerator, microwave oven, cabinets, and sink. Select Memory Care residences have kitchenettes (without microwaves).
- All residences include a private bathroom with a shower.
- Ample closet and storage spaces are provided.
- Heating, ventilation, and air conditioning are controlled individually in each residence.
- Basic cable TV is provided in each residence.
- Window blinds are provided.

Senior-Sensitive Features

- Residence interiors have senior-friendly features and interior colors.
- Lever handles are provided for easy use on doors and faucets.
- Electrical outlets are raised and switches are lowered for easy access.
- Two emergency assistance call switches are provided in each residence.
- All residences are barrier-free. Some meet American Disabilities Act standards.
- Bathrooms have easy-access showers, a 24-hour night light and grab bars.

Community Amenities

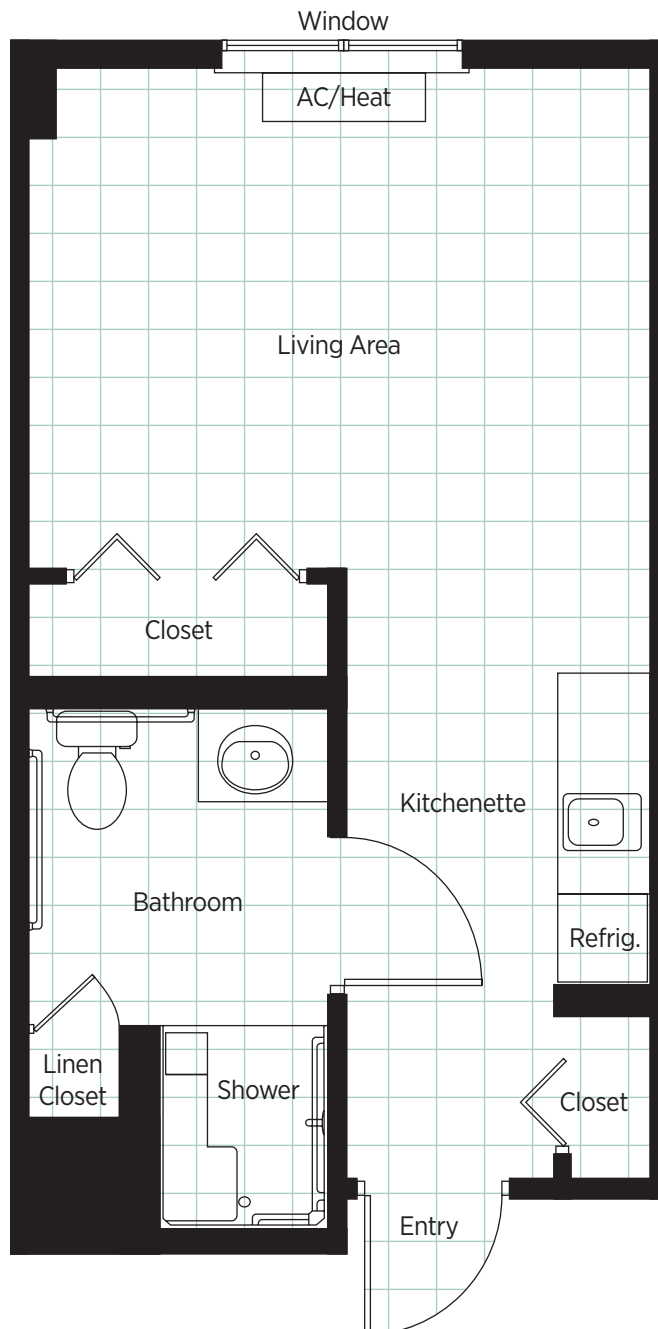
- Parlors and seating areas are located throughout the building.
- Josephine's Kitchen offers chef-prepared, restaurant-style dining.
- Concierge with free scheduled transportation.
- Resident laundry facilities are located on the second and third floor.
- The Great Room features conversation areas, a piano and a stone fireplace.
- The Center for Learning provides computers and Internet access.
- The Center for Life Enhancement fitness center is professionally managed and wellness programs, physical, occupational and speech therapies are available.
- The Marketplace offers convenient boutique-style shopping for various sundries.
- The Town Hall is a multipurpose meeting place for a variety of activities.
- Residents enjoy gathering with friends at the Village Bistro and the garden terrace.
- A salon offers full styling services including hair and nail care for men and women.
- A jacuzzi spa is available for all residents.
- Outdoor amenities include spacious courtyard and pool.

Life Safety for Peace of Mind

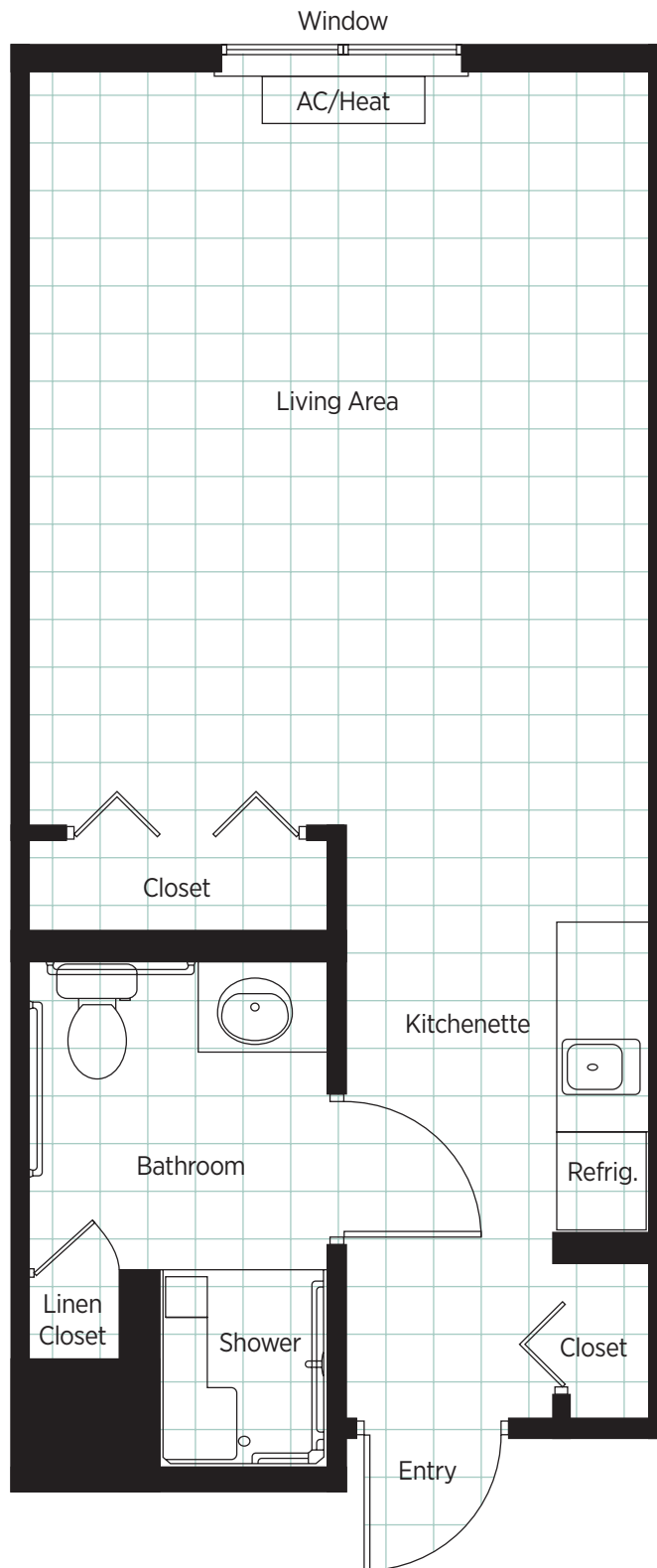
At Belmont Village, we understand that life safety is the most important trust you place with us. Each Belmont Village community is designed to incorporate industry-leading features that meet or exceed government regulations for the safety of our residents, including:

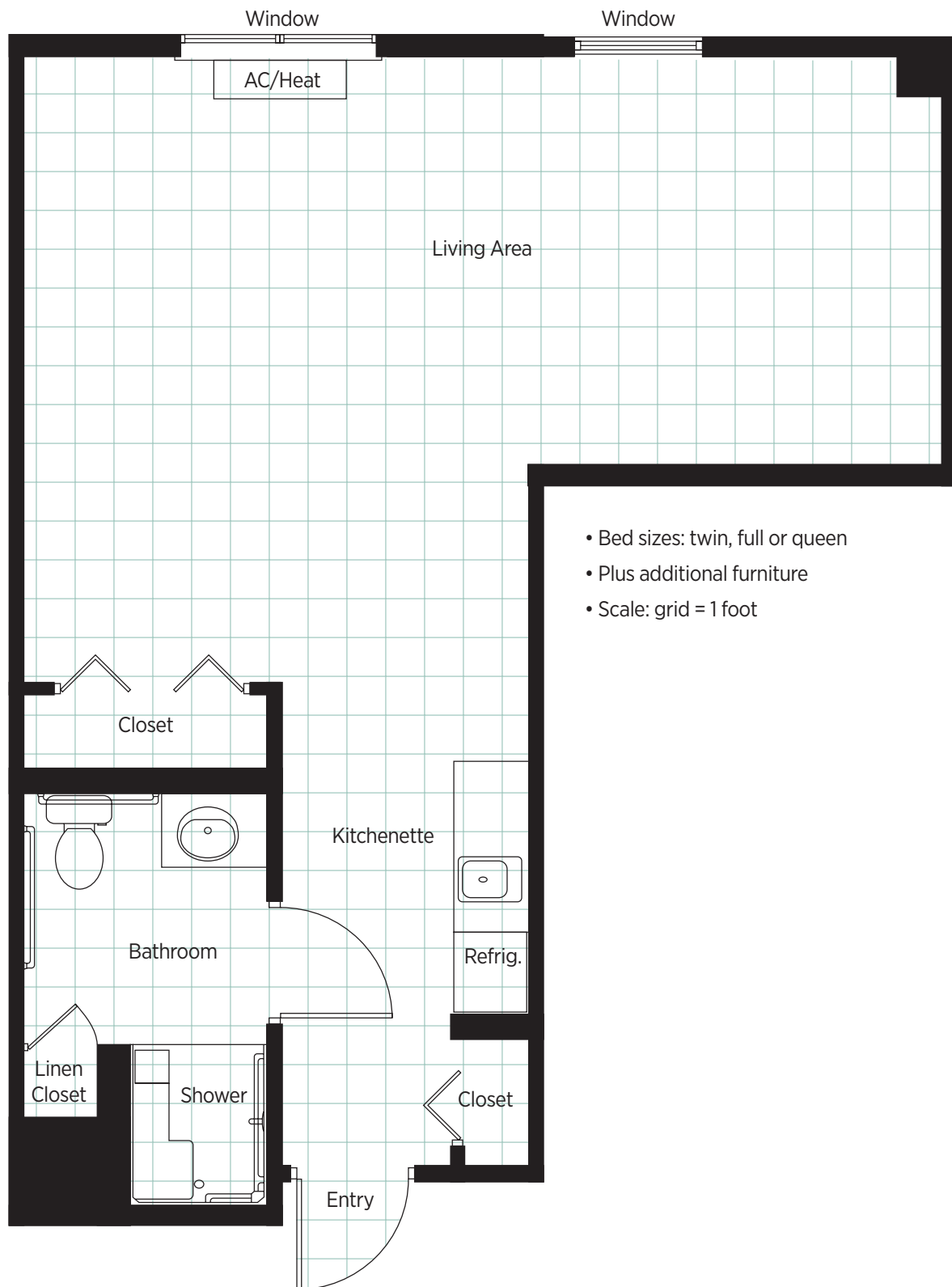
- Non-combustible steel and concrete structures
- Fire-rated partitions designed to retard the spread of smoke and/or fire
- Comprehensive fire alarm and sprinkler systems

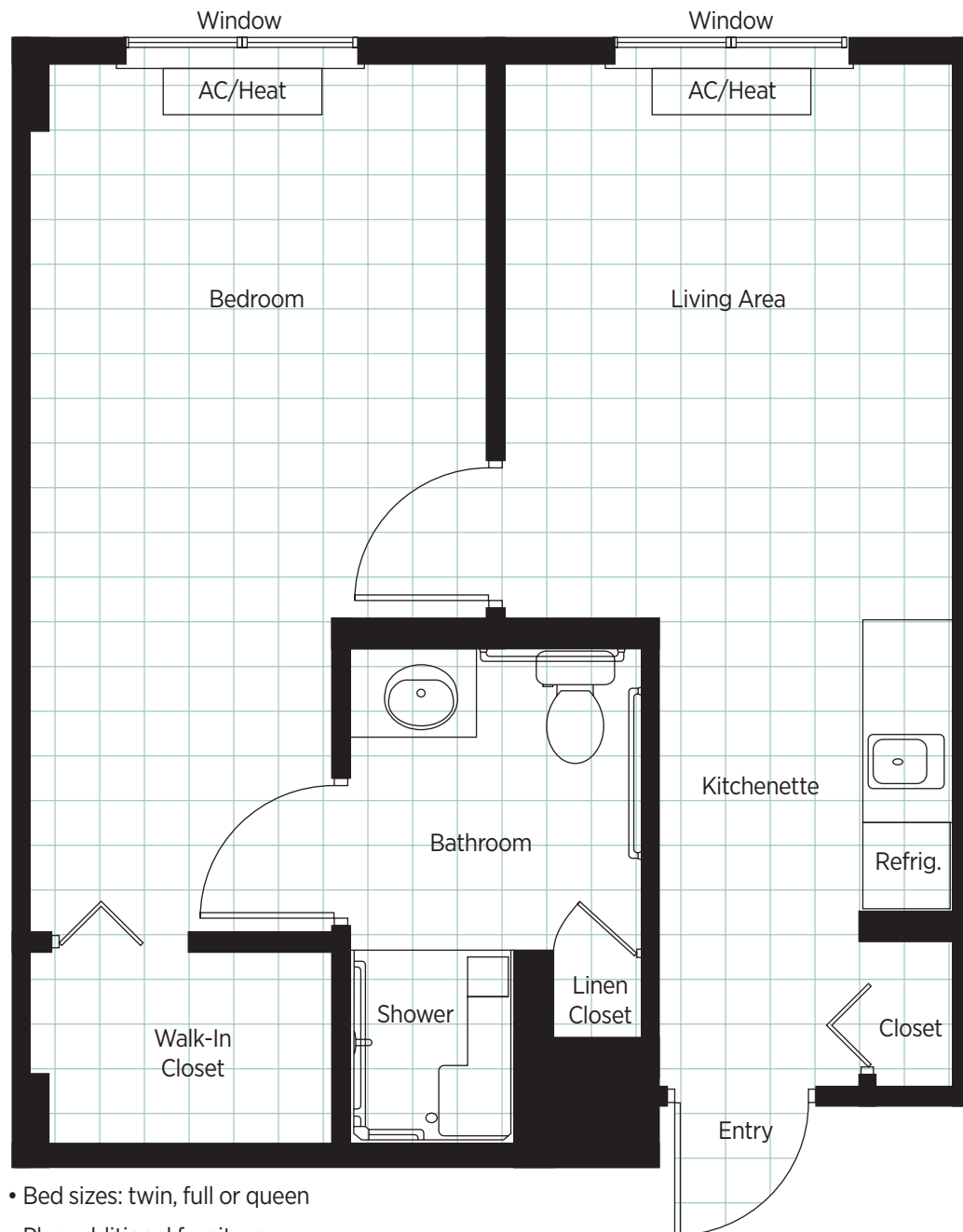
- Bed size: twin
- Plus additional furniture
- Scale: grid = 1 foot



- Bed sizes: twin, full or queen
- Plus additional furniture
- Scale: grid = 1 foot

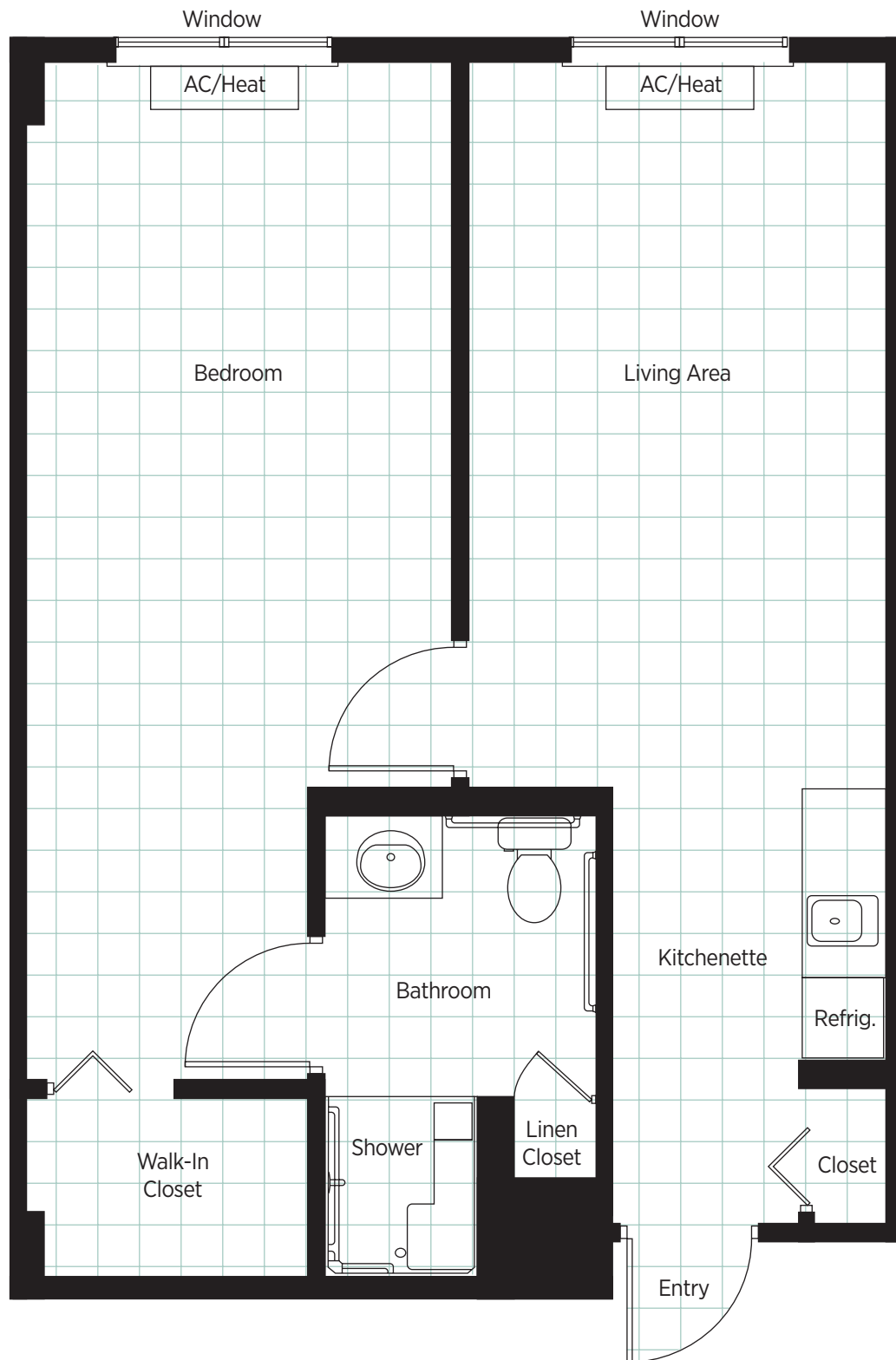


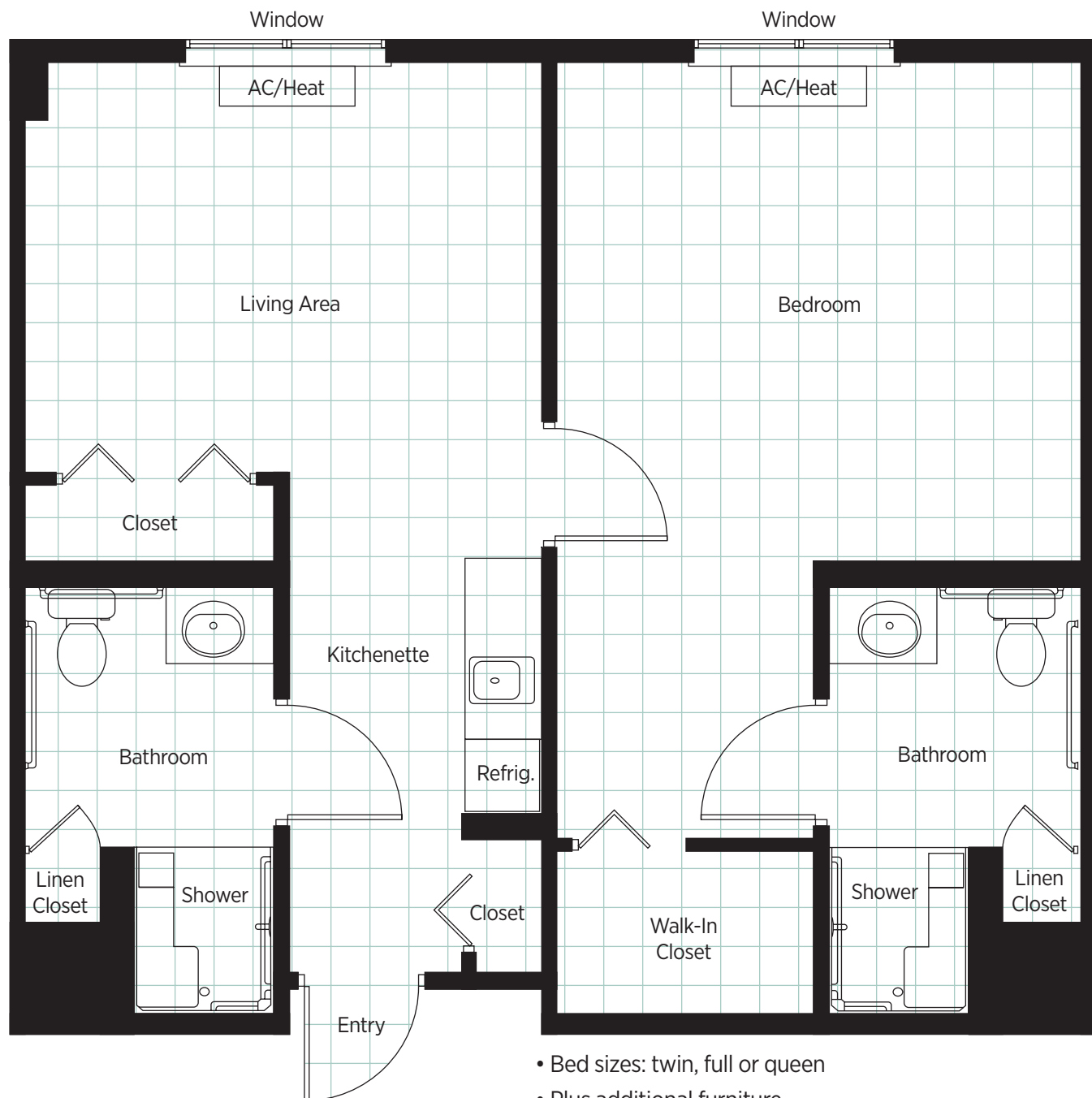




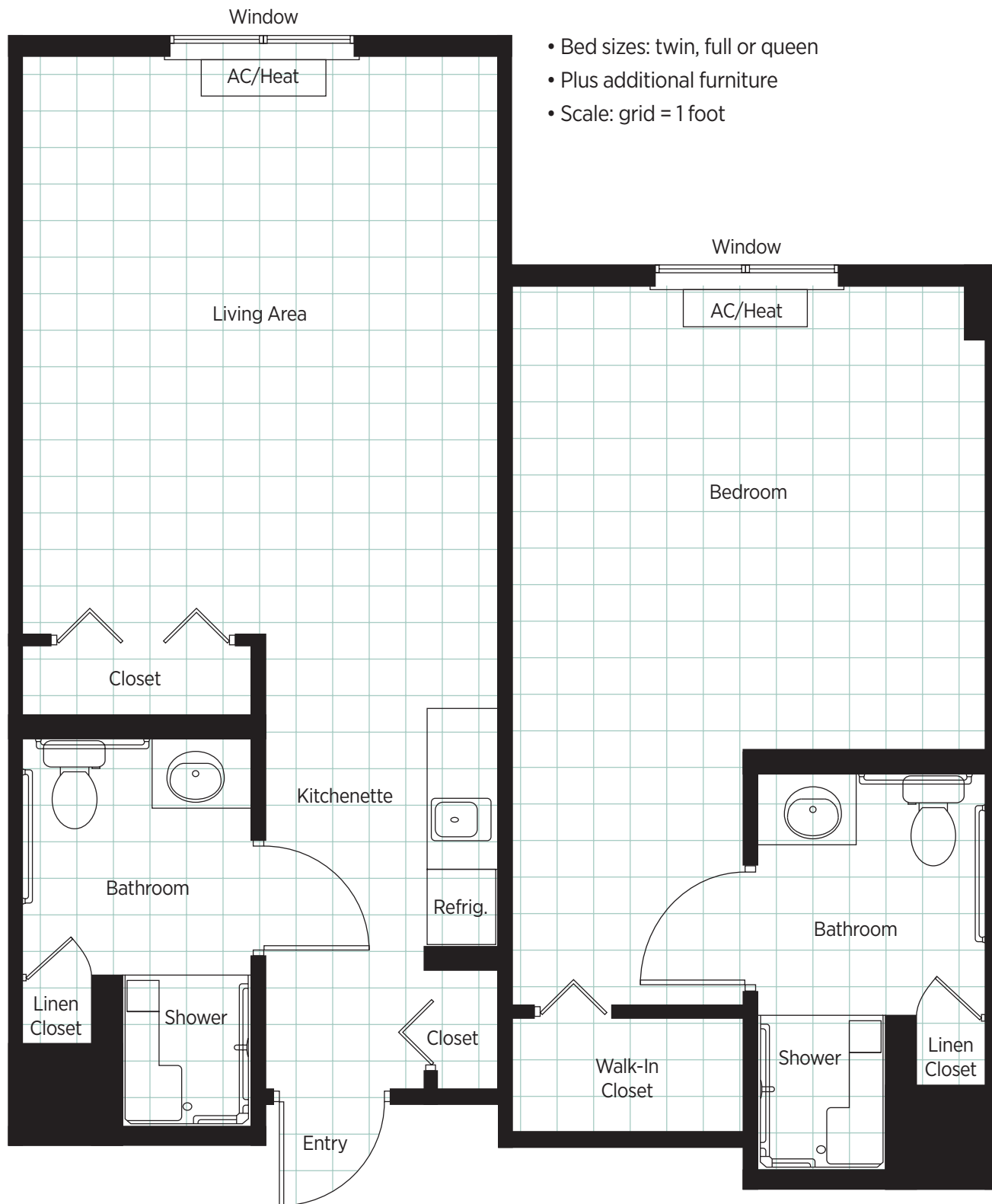
- Bed sizes: twin, full or queen
- Plus additional furniture
- Scale: grid = 1 foot

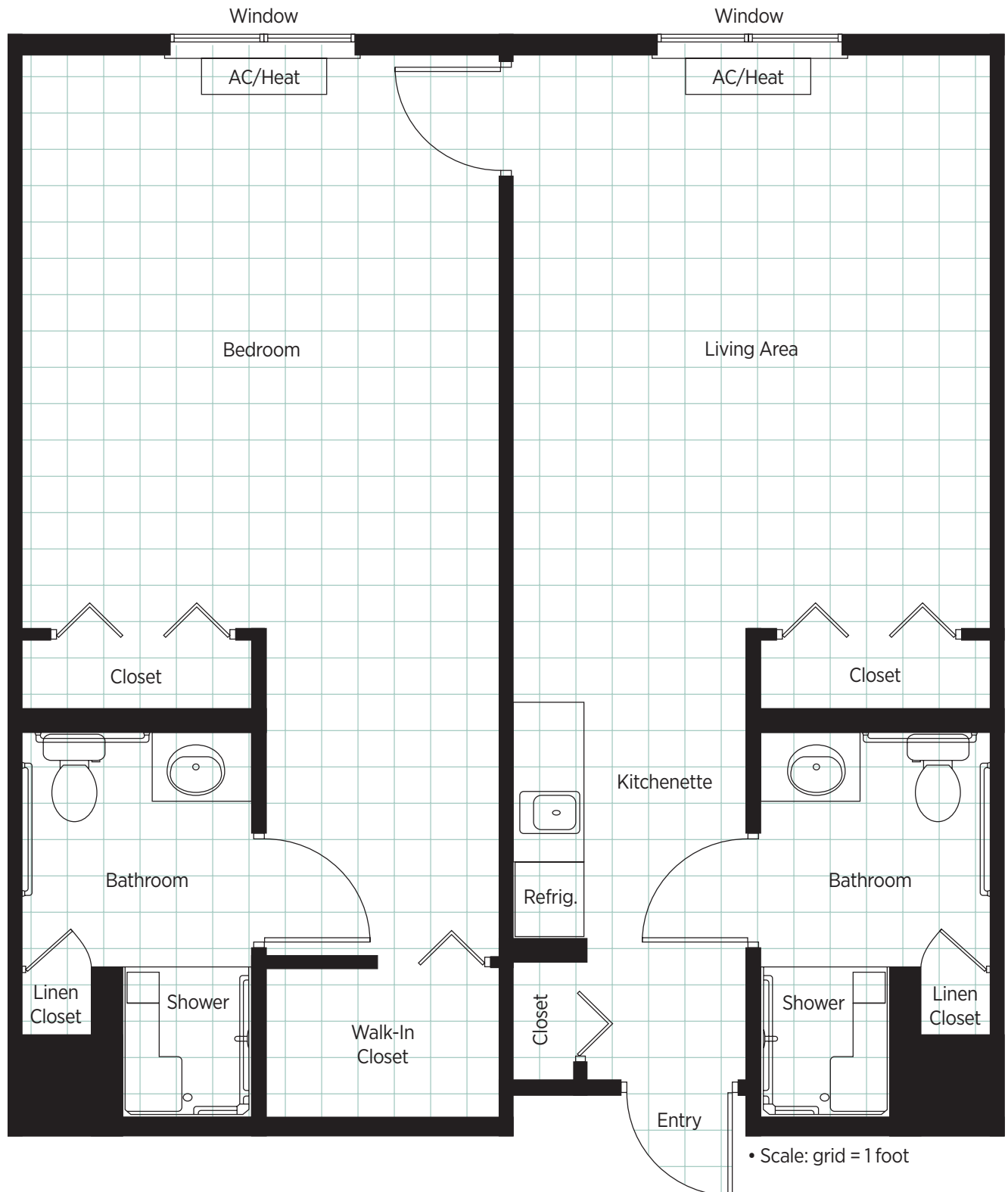
- Bed sizes: twin, full or queen
- Plus additional furniture
- Scale: grid = 1 foot

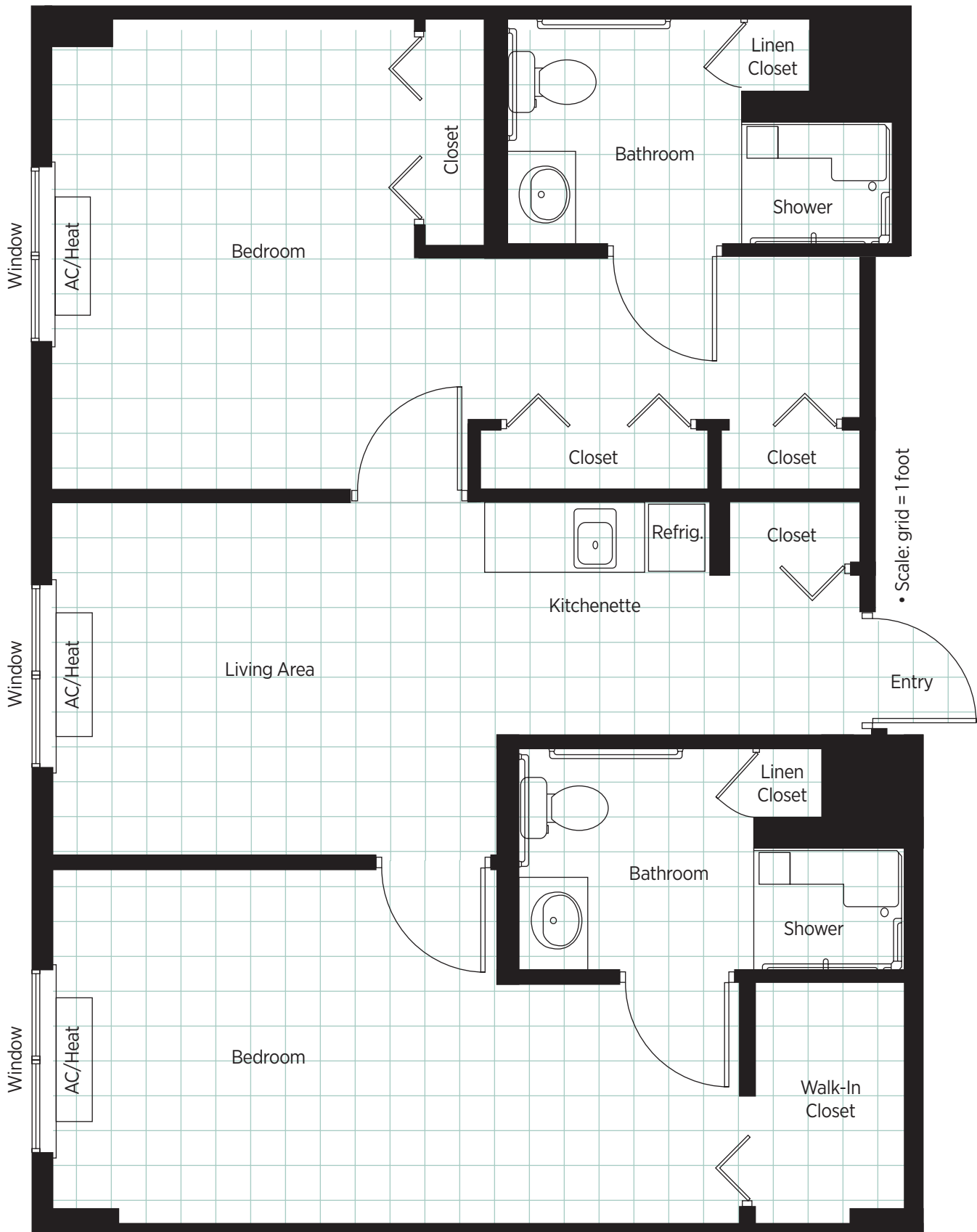




- Bed sizes: twin, full or queen
- Plus additional furniture
- Scale: grid = 1 foot









FITNESS A PLACE FOR IMPROVING STRENGTH

CENTER FOR LIFE ENHANCEMENT

The Center For Life Enhancement (CFLE) is our professionally managed on-site fitness center which offers wellness programs, fitness classes and equipment designed to support a wide range of abilities, making fitness fun and accessible.

Professional Supervision

To ensure the highest quality and safest program of our residents, the CFLE is staffed by fitness specialists who design exercise plans based on residents' medical needs and history, and are available to answer questions and assist residents in their fitness regimens during regular operating hours or individual appointments.

Therapy Services

Belmont Village partners with area professionals to provide physical, occupational and speech therapies by licensed practitioners at all of our communities. Our collaborations allow us to offer a high level of rehabilitation services to enhance residents' quality of life, improve overall level of adjustment and nurture independence.

Specialized Training Equipment

Our state-of-the-art facility is designed specifically for seniors and includes the following equipment:

- **Strength Training Equipment** - Strengthens all the major muscle groups
- **Platform Mounted Parallel Bars** - Utilized for assisted walking therapy and upper body strengthening
- **Seated Steppers** - Improve aerobic function in seated positions
- **Treadmill** - Designed for walking with less impact
- **Stability Balls, Balance Board, and Foam Rollers** - Improve balance and joint stability, prevent falls
- **Medicine Balls and Strength Tubing** - Improve muscle strength and range of motion



BELMONT *Village*
SENIOR LIVING

"We saw the old sparkle return to our mom's appearance."
- Belmont Village Family

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CENTER FOR LEARNING

The Center for Learning (CFL) is a unique educational program based on university research and created to achieve two important objectives: staff training and enrichment for residents.

Staff Training

Belmont's continuing education programs ensure that our staff is ready to meet resident needs with compassion and skill. Employees use the customized, highly interactive software in the CFL to complete extensive coursework in the areas of hospitality, Alzheimer's disease and other dementia, safety, leadership, senior awareness and technical skill development.

Enrichment for Residents

Staying active and involved while learning new skills helps maintain, and even enhance, mental function. The CFL provides a user-friendly computing environment designed to help residents discover fun, new ways to learn and communicate. Residents can stay in touch with friends and family with a private e-mail address, surf the Internet, play stimulating computer games and much more.

It's easy with our unique enhancements:

- High-speed computer and Internet access
- Large, easy-to-read 19" LCD screen
- Large typeface on keyboard, designed for easier viewing
- Scheduled on-site help for beginners
- Access to color printer and easy-to-read user guides
- Special desktop menu with preset links to user-friendly websites, e-mail, games, and programs



BELMONT *Village*
SENIOR LIVING

"It was like coming home again."
- Belmont Village Resident

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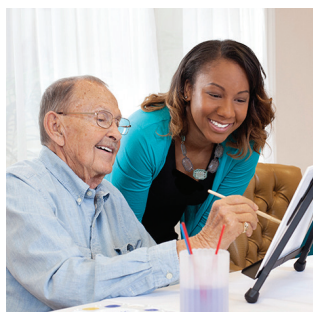
CIRCLE OF FRIENDS®

Several years ago, Belmont Village developed Circle of Friends, a first-of-its-kind, comprehensive and therapeutic program designed to support the needs and abilities of our residents with Mild Cognitive Impairment (MCI) or early to moderate memory loss. It is a structured, seven-day-a-week curriculum of mental and physical activities focused on building cognitive reserve to maintain brain function. The enhanced, daily calendar engages the six domains of mental fitness — critical thinking, memory-body movement, learning, sequencing, long-term memory and problem solving. Activities are customized to ability level and held in small groups to encourage socialization and strengthen self-esteem. Residents continue to live in their senior living residences, dine in Josephine's Kitchen®, and enjoy regular social activities and outings.

Circle of Friends is founded in research and is one of the only evidence-based programs for memory care in Senior Living. We regularly evaluate and refine the program based on what works for our residents, using tools developed in consultation with Vanderbilt University's Center for Quality Aging. Circle of Friends is the recipient of the George Mason University Healthcare Quality Improvement Award and the Argentum Best of the Best in Memory Care Award.

Program Highlights

- Designed specifically for residents with Mild Cognitive Impairment (MCI) or early to moderate memory loss
- Grounded in research to enhance mental and physical fitness, creativity and reasoning
- Evidence-based with ongoing evaluation by a nationally-recognized gerontologist
- Daily mental workouts engage 6 mental fitness domains
- Personalized activities adapted to create the "just right challenge" for each resident
- Programs and training designed in-house for quick response to changes in research and resident preferences/needs
- Conducted by a dedicated Activity Assistant, supervised by a Memory Programs Coordinator
- Includes shared dining at Josephine's Kitchen



BELMONT *Village*
SENIOR LIVING

*"We moved my mom to Belmont two months ago and
I cannot believe the improvement already."*

- Belmont Village Family

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Josephine's Kitchen®

Out of the Garden

Village Fruit Plate

Assorted seasonal fresh fruits and berries.
Try it with cottage cheese or fat free yogurt.

Caesar Salad

Fresh romaine lettuce tossed with a creamy Caesar dressing and parmesan cheese. Topped with your choice of chicken or salmon.

 Meets healthy requirements when eaten with low fat dressing.

Seafood Orzo Salad

A blend of shrimp, scallops and fish with a variety of vegetables and orzo.
Served on a bed of leaf lettuce with avocado and tomato slices.

Pear and Brie Salad

Built on a bed of mixed greens with pieces of brie cheese, sliced pears, cran raisins and candied walnuts topped with raspberry vinaigrette

Oriental Salad

A mixture of salad greens, grilled chicken, cucumber, pea pods, and crunchy noodles. Mixed with our own Oriental dressing.

Cobb Salad

A delicious combination of mixed greens, grilled chicken breast, tomato, hard-boiled egg, cucumber, bleu cheese, bacon, and avocado.
Topped with your favorite dressing.

 Meets healthy requirements when eaten with low fat dressing and no bacon.

The above salads are served with your choice of fat free Italian, ranch, thousand island, bleu cheese, French, raspberry vinaigrette or honey mustard salad dressing.

Heart Healthy Dining

Poached Salmon

A fillet of poached salmon served on a bed of greens with fat free raspberry vinaigrette

Grilled BBQ Turkey Breast Pita

Grilled barbecued turkey breast served in a whole wheat pita pocket, sprinkled with feta cheese, lettuce and tomatoes.

This is served with a spinach salad topped with strawberries, candied walnuts and your choice of fat free dressing.

Belmont Sandwiches

Made fresh on white, wheat, rye bread, or a bun with your choice of cheese, lettuce, tomato, onion, pickles, mustard or lite mayonnaise. Served with baked potato chips.

 Meets healthy requirements when served with carrot and celery sticks and no chips.

Hot Sandwiches

Grilled Cheese

 Grilled Marinated Chicken Breast

Grilled Beef Hot Dog

Grilled Ham and Cheese

Fresh Belmont Burger

Deli Sandwiches

 Turkey,  Ham, BLT,
Chicken Salad, Tuna Salad

Half portions available upon request.

 Item which would be considered healthy-eating choices; low in fat and sodium (MBA Club)

Entrees

Petit Filet

Tenderloin of beef grilled to order. Served with starch and vegetable of the day.
Available during dinner only.

Shrimp Scampi

Shrimp sautéed with butter, white wine, garlic and lemon juice.
Served on a bed of white rice and accompanied by vegetable of the day.

Grilled Salmon

Seasoned salmon grilled to a golden brown.
Served with the starch and vegetable of the day.

Grilled Fish of the Day

Seasoned and grilled fish filet. Served with the starch and vegetable of the day.

Glazed Chicken Teriyaki

Grilled boneless chicken breast topped with a teriyaki sauce.
Served with rice pilaf, a pineapple ring, and vegetable of the day.

When cooked without teriyaki glaze.

Pasta of the Day

Ask your server about the pasta of the day

Stuffed Baked Potato

Filled with your choice of cheese, onion, sour cream, butter, and bacon bits.
When made with fat free sour cream and without bacon and cheese.

A baked potato, mashed potatoes, sweet potatoes
or brown rice may be substituted with any meal

Omelet

Two-egg omelet topped with your choice of mushrooms, ham
and cheese. Served with sliced tomatoes and toast.

When made with low cholesterol, low fat egg product and no cheese.

Side Dishes

Green Salad, Fruit Cup, Coleslaw, Stewed Prunes, Sliced Peaches, Pears,
Pineapple Rings, Grapefruit Sections, Baked Potato Chips, Sliced Tomatoes

Desserts

Fresh Fruit Cup
Cookie
Jell-O
Fresh Berries
Sherbet
Ice Cream
Fat Free Vanilla Ice Cream
Yogurt

Beverages

Coffee
Hot or Iced Tea
Lemonade
Milk
Orange Juice
Apple Juice
Cranberry Juice

Half portions available upon request.

Item which would be considered healthy-eating choices; low in fat and sodium (MBA Club)

- ❖ Belmont Village nurses are trained medical professionals who are dedicated to serving the healthcare needs of residents.
- ❖ Belmont Village nurses are keen observers: they can quickly assess changes in residents' health.
- ❖ Belmont Village nurses have the confidence of physicians and can take their orders for on-the-spot care.
- ❖ Belmont Village nurses can be trusted to administer resident medications and understand potential side effects.
- ❖ Belmont Village nurses have specialized training in diabetes care; they can monitor blood glucose and blood pressure, and administer insulin injections.
- ❖ Belmont Village nurses can reduce urgent care trips to emergency rooms.
- ❖ Belmont Village nurses are better qualified to notify emergency personnel.
- ❖ Belmont Village nurses can provide around-the-clock relief for residents who require pain management.
- ❖ Belmont Village nurses ensure accurate transcription of medical records.
- ❖ Belmont Village nurses are on-site 24/7 to provide peace of mind for residents and families.



We Make Aging Better®



belmontvillage.com



*Nurse program varies, please ask for details.
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TIPS FOR CHOOSING A SENIOR LIVING COMMUNITY

Important questions to ask in your search for the right community

STAFFING

- ☐ Is there a licensed nurse on-site 24 hours per day?
- ☐ Is the staff trained? Do they receive ongoing in-service training?
- ☐ Does the community perform background checks and drug screens?

FOOD SERVICE

- ☐ Are there three, high quality, nutritionally balanced meals a day, 7 days a week?
- ☐ Is there a menu with a variety of choices for each meal?
- ☐ Are special diets an option?

ACTIVITIES

- ☐ Are there organized activities: exercise, computers, social events, and outings?
- ☐ Is there a dedicated activities coordinator?
- ☐ Ask to see an example of an activities calendar.



Choosing a Senior Living community is a major decision, one that should be made with careful research and consideration. The following tips are provided to help seniors and families decide which Senior Living community best fits their needs.



TRANSPORTATION

- ☐ Is transportation provided for activities, errands, doctor visits, or worship?
- ☐ Is it provided seven days a week?
- ☐ Is there a fee?

ATMOSPHERE

- ☐ All staff should warmly greet you and residents should appear comfortable.
- ☐ The community should be spotless with no unpleasant odors.
- ☐ Is it easy to get around and accommodating to wheelchairs and walkers?
- ☐ Pick a place where you would want to live.

CONTRACTS, COSTS, AND FINANCES

- ☐ Do you lease or buy-in?
- ☐ Understand what's included in your monthly rent.
- ☐ Ask about additional charges for personal care.
- ☐ Understand contracts including policies for terminations and refunds.

MEDICATION AND HEALTHCARE SERVICES

- ☐ Is there an individual written care plan for each resident?
- ☐ Is there a nurse on-site, around the clock in case of emergencies?
- ☐ How are medications managed?
- ☐ Are on-site therapy services available?

LICENSURE

- ☐ Make sure the community is licensed by the state to provide the care you need.

ALZHEIMER'S DISEASE

- ☐ Does the community have a dedicated program for residents with memory loss?
- ☐ Does the staff receive special training?

COMPARING SENIOR LIVING COSTS

How living at Belmont Village compares with your costs of living at home

SERVICES	BELMONT <i>Village</i> MONTHLY COST	HOMEOWNER'S MONTHLY COST
Monthly Mortgage or Rent		
Property Taxes	N/A	
Homeowner's Insurance	N/A	
Utilities <i>(includes basic cable TV, water, electric, gas, sewage, garbage)</i>	Included	
Telephone		
Home Repairs	N/A	
Meals	Assisted Living - three nutritious meals daily Independent Living - two nutritious meals daily plus snacks	
Transportation	Free scheduled transportation daily	
Housekeeping	Weekly housekeeping included	
Social Events & Activities	Planned daily activities	
Personal Care		
Nursing/Medication Management		
Emergency Response System	Included	
MONTHLY TOTAL	\$	\$

COMPARING SENIOR LIVING COMMUNITIES

A checklist to help you find the community that best fits your needs

It's best to visit as many facilities as you can to get a sense of the choices. Narrow down your selection to the top two or

three choices, and return to those facilities. Ask questions. Consider the convenience of the location. Speak with residents and

staff. Eat a meal. Visit at different times of the day and weekend. Use this checklist to compare communities.

	BELMONT <i>Village</i>	OTHER FACILITY	OTHER FACILITY
STAFFING			
Senior sensitivity staff training	40 hours		
Ongoing training	Monthly		
Background checks	Criminal, drugs, license, competency		
Licensed nurse	Onsite 24/7		
FOOD SERVICE			
Three nutritious meals per day	Plus snacks		
Menu with many choices	Over 24 daily items		
Food prepared by chefs	Prepared fresh daily		
Special diets accommodated	Please ask		
ACTIVITIES			
Organized daily activities	Ask to see our calendar		
Dedicated activities coordinator	Yes		
PERSONAL SERVICES			
Transportation	Free daily schedule		
Housekeeping	Included weekly		
Laundry	Yes		
Salon	Yes		
Concierge	Yes		
ATMOSPHERE			
Friendly helpful staff	Trained hospitality		
Residents appear comfortable	Amenities designed for comfort		
Clean with no unpleasant odors	High housekeeping standards		
Computer center and internet	Specially designed for seniors		
Fitness activities	Professionally supervised		
Individual residence options	Yes		
PERSONAL CARE SERVICES			
Written personal care plan	Prepared for each resident		
Licensed nurse	Onsite 24/7		
Personal care services	Daily living assistance		
Medication management	Yes		
Alzheimer's care	Separate, secured neighborhood		
Respite care, physical therapy	Physical & Occupational Therapy on-site		
Licensure	All are licensed by state		
SAFETY			
Construction standards	Steel and concrete		
Fire safety system	Comprehensive sprinkler system		
Senior-friendly design	Built-to-purpose architecture		
Residence emergency response	Yes		
Stability of company	Since 1997		
CONTRACTS AND COST			
Lease or buy-in	Monthly rental		
Entry fee	One-time community fee		
Refunds	Please ask		
Discharge policy	30 days written notice		