



# Garden of Palms

ENHANCING LIFE FOR FAMILIES



*A unique vibrant community for adults seeking a healthy, dynamic and satisfying retirement lifestyle.*





# WELCOME!

## *Welcome Home*

All of us look forward to retirement as a time when we can truly relax and enjoy life. But for many of us, growing older may also mean needing a little extra help now and then.



At Garden of Palms we believe that retirement living can and should be wonderful and carefree for everyone, regardless of their needs. In fact, our constant primary goal is to ensure it. Since we know that retirement means many different things to many different people, we honor and nurture the individuality of each of our residents. Since we're aware that their needs often change, our highly trained and professional staff carefully monitors and caters to our residents' evolving requirements with great compassion and round-the-clock attention, working in collaboration with their own personal physicians. Since we believe a strong sense of community is vital to daily health and happiness, we pride ourselves in providing a warm, thriving and active environment for all of our residents. And since we deeply value the importance of family and friends as integral part to our extended community, we work closely with our residents' loved ones to continually foster the most informed and dignified of all possible settings for each and every one of them.

We're proud of our diverse Garden of Palms community, where some residents' needs are quite minimal, while others are more pronounced. Our uniquely flexible approach allows us to tailor our program to provide each person with both the care they require and as much freedom as possible.



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# MIND, BODY & SPIRIT

## *How we Nurture*

We nurture body, mind and spirit to keep retirement living exciting and inspiring. Essential services are enhanced with an innovated holistic program, offering a wide variety of activities devoted to increasing strength and flexibility of the “whole



## *Mind*

We challenge minds with lively word games, fun game-show type challenges and a daily reading hour. Spirit is nurtured through yoga, garden walks and guided reminiscence.

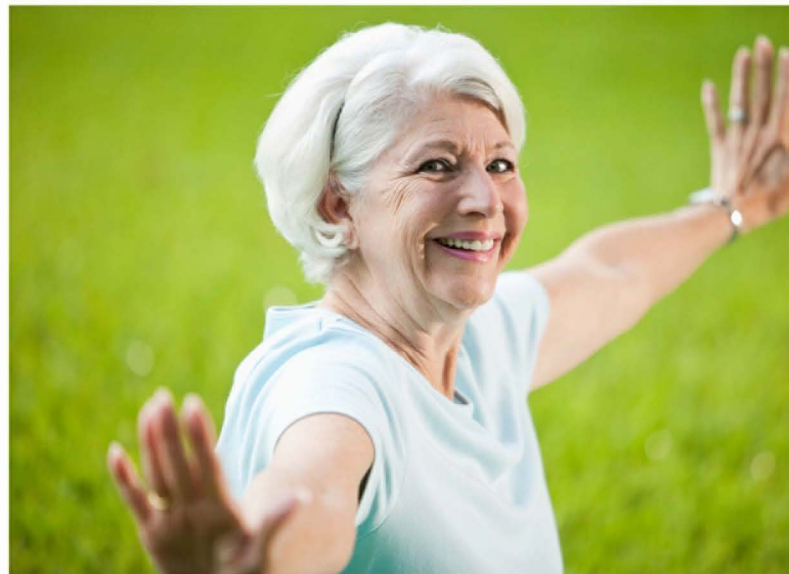
## *Body*

For the body we offer nutritional guidance and exercise programs such as tai chi and gardening. To maintain stamina, three delicious

home-cooked meals daily include fresh, homemade bread and desserts, so delicious that even our staff looks forward to them. We include a multitude of fresh fruits and vegetables, organic when possible and abundant with vitamins and healthful antioxidants.

## *Spirit*

Additional activities include continuing health education, in-house entertainment and participation in LA's thriving cultural life. We regularly schedule excursions to health forums, theatre and museum programs, nature events, fine dining, shopping expeditions and for the truly young at heart, lively romps at the beach.



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# AMENITIES

## *We are Proud to Offer...*

- Spacious, bright apartments with private baths
- Studios and suites
- Lovely garden patios
- Chef prepared dining
- Three delicious meals and snacks
- Active social programs
- Live Entertainment
- Fun Outings
- Theater with surround sound
- Computer center
- Beauty salon and barber shop
- Daily housekeeping
- Fresh linen and towel services
- 24-hour professional staffing
- Scheduled transportation
- Free transportation to and from medical appointments
- And ... a convenient location, close to shops (The Grove), theaters and restaurants



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# P PROGRAMS

## *Innovative Programs for Health & Vitality at Any Age*

### *Independent Living*

Luxurious comforts for independent life-style. Seniors can enjoy life while we tend to the housekeeping, laundry, meals and more.



### *Assisted Living*

Seniors needing support are given sensitive understanding assistance with medication management, bathing, grooming, dressing, personal hygiene, and escorting. A care program is designed to meet each resident's needs.

### *The Cottages*

Provides the finest care for individuals with Alzheimer's and other forms of memory loss. Your loved one is ensured a safe and cheerful environment designed for their comfort. Tenderness and compassion along with specialized assistance and supervision are provided 24 hours a day by sensitive, professional staff in secure, supportive surroundings.

### *Wellness Program*

Focusing on "preventative medicine", the Wellness Program coordinates quality health care on the premises utilizing qualified and compassionate health care professionals.

- Medical evaluation
- Behavior Modification
- Home Health Nursing Services
- Physical & Occupational Therapy
- Counseling Services
- Podiatric Care
- Speech therapy
- Massage therapy
- Nutrition Counseling
- Dental Care, Vision & Hearing Care



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# MENU



Garden of Palms

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>BREAKFAST</b>	Featured Item <b>Mushroom Omlet</b> Selection of Fruit Juices Eggs any Style Pancakes Blueberry, Strawberry, Apple French Toast  Hot and Cold Assorted Cereals with Milk Fresh Fruit and Prunes	Featured Item <b>Eggs Benedict</b> Selection of Fruit Juices Eggs any Style Pancakes Blueberry, Strawberry, Apple French Toast  Hot and Cold Assorted Cereals with Milk Fresh Fruit and Prunes	Featured Item <b>Stuffed Crepes</b> Selection of Fruit Juices Eggs any Style Pancakes Blueberry, Strawberry, Apple French Toast  Hot and Cold Assorted Cereals with Milk Fresh Fruit and Prunes	Featured Item <b>Eggs Florentine</b> Selection of Fruit Juices Eggs any Style Pancakes Blueberry, Strawberry, Apple French Toast  Hot and Cold Assorted Cereals with Milk Fresh Fruit and Prunes	Featured Item <b>Fruit Salad</b> Selection of Fruit Juices Eggs any Style Pancakes Blueberry, Strawberry, Apple French Toast  Hot and Cold Assorted Cereals with Milk Fresh Fruit and Prunes	Featured Item <b>Eggs Natasha</b> Selection of Fruit Juices Eggs any Style Pancakes Blueberry, Strawberry, Apple French Toast  Hot and Cold Assorted Cereals with Milk Fresh Fruit and Prunes	Featured Item <b>Cream Cheese</b> Selection of Fruit Juices Eggs any Style Pancakes Blueberry, Strawberry, Apple French Toast  Hot and Cold Assorted Cereals with Milk Fresh Fruit and Prunes
<b>LUNCH</b>	Tomato Soup  Eggplant Parmesan Garlic Cheese Bread Garden Salad  Lemon Tarts	Vegetable Soup  Breaded White Fish Tartar Sauce Fruit Salad  Salad Bar  Strawberry Short Cake	Tortilla Soup  Spanakapita Greek Salad Tuna Medallion  Salad Bar  Chocolate Eclairs	Onion Soup  Potato Latkes Sour Cream Apple Sauce  Salad Bar  Fresh Fruit	Carrot Soup  Asparagus Quiche Potato Salad Fresh Melon  Salad Bar  Ice Cream	Split Pea Soup  Vegetable Lasagna French Bread Parmesan Cheese  Salad Bar  Old Fashion Donuts	Borscht  Salad Trio Egg, Tun and Garden Salad  Sherbert
<b>DINNER</b>	Lentil Soup  <i>Choice of:</i> Grilled Salmon or BBQ Short Ribs Rice Pilaf Mixed Vegetables  Peaches and Cream	Cream of Broccoli  <i>Choice of:</i> Baked Turkey or Roast Beef Au Jus Mashed Potatoes Fresh Vegetables  Pineapple Jell-O	Chicken Noodles  <i>Choice of:</i> Veal Roast or Cornish Game Hen Baked Potatoes Peas and Pearl Onion  Cherry Pasteries	Minestrone Soup  <i>Choice of:</i> Chicken Marsala or White Fish Penne Pasta Steamed Carrots  Churros	Mushroom Soup  <i>Choice of:</i> Cabbage Rolls or Spaghetti and Meatballs Grilled Zucchini  Apple Pie	Matzo Ball Soup  <i>Choice of:</i> Roasted Chicken Potato Blintzes Green Beans Challah  Rice Pudding	Barley Soup  <i>Choice of:</i> Meatloaf or Grilled Chicken Spanish Rice Seared Squash  Mandel Bread

# ACTIVITIES



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<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
9:30am Get Fit	9:30am Exercise Club	9:30am Aerobic Fun	9:30am Stretch & Tone	9:30am Beautication	9:30am Tai Chi	9:00am Minyan Service
10:30am BINGO	10:30am Resident Council Meeting	10:30am Cards and Table Games	10:30am Brain Games	10:30am Arts and Crafts	1:15pm Documentary 'Four Seasons Lodge'	9:15am Shabbat Service with Rabbi Dershowitz
2:00pm Concert: Kevin Laurence	1:30pm Bocce Ball	1:30am Blackjack for Bucks	1:30pm Basketball	2:00pm Concert with Rose Mary Welch	2:45pm Shabbat Service with Rabbi Solomon	1:30pm Movie Matinee 'Tempist'
3:00pm Special Nosh Chocolate Covered Fruit	3:30pm Horse Racing	3:30pm Volleyball	3:30pm Discussion Group	3:30pm Wheel of Fortune	6:00pm Card and Table Games	6:30pm Rummikub Club
6:30pm Documentary 'Nicky's Family'	6:30pm Card Games	6:30pm Movie Night 'The Lucky One'	6:30pm Rummikub Club	6:30pm Movie Night 'The Stranger'		
<div> Visit our updated online calendar at:  <a href="http://www.gardenofpalms.com/activities-calendars">www.gardenofpalms.com/activities-calendars</a> </div>						

## *Alzheimer's and Memory Loss Program*

Individuals with Alzheimer's and other forms of memory loss have special needs. Our Gardens Program has been specifically designed to care for and support those special needs. In The Gardens our residents enjoy the benefits of complete retirement and assisted living accommodations while receiving special Alzheimer's care services.

Our warm and caring environment has a supportive atmosphere designed to ensure a resident's comfort...our services are structured to help resident's live their life to its fullest.

### *Security*

Our living areas offer a safe and beautiful environment. The courtyards and outdoor walking paths are enclosed and safe. Our state of the art Delayed Egress, Wanderguard System and monitors provide additional security.

### *Staff*

Our caring and courteous staff provides assistive services with tenderness and compassion. Understanding that everyone is precious and unique the staff assists each resident with respect and dignity. The staff is continuously instructed in specific dementia care techniques. They are trained to ensure their awareness of each resident's changing and special needs.

### *Specialized Activities*

Our unique activity programming follows the guiding principle fundamental of Alzheimer's care- to maximize independence while focusing on strengths and abilities. Our certified Activity Director plans exercise programs, arts and crafts, discussions, social events, outings, entertainment and one-on-one time...these are some of the enjoyable and meaningful ways that support the good health and maximize the capabilities of residents with memory-support issues.



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# PRICING



*Please contact us for pricing, or to schedule a visit to our community, and to join us for a meal as our guest.*

Email us at [director@gardenofpalms.com](mailto:director@gardenofpalms.com) or call and connect: 323-656-7900

Our mailing address is:

Garden of Palms -1025 North Fairfax Avenue, Los Angeles, CA 90046

Lic. No. 197603221

We'd love to show you around!

Schedule a personal tour and stay for lunch—our treat—and see for yourself the wonderful way we treat our residents. We'll give you a personal tour, then invite you to join us in our resident dining room. Dietary restrictions are no problem; our staff can handle everything from gluten free to kosher. You can just relax and observe, interact and experience our caring community.



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# SIMPLY THE & BEST

*We look forward to  
hearing from you...*



We know that more often than not, the daunting task of finding the perfect retirement community is a joint effort involving both the prospective resident and his or her family. We understand how emotionally difficult, not to mention often financially frightening, this process can be. You want the best for your loved one. Rest assured it's what we want too.

We hope you'll visit Garden of Palms and see why we're so proud of our beautiful accommodations, so highly regarded for our strong service and compassionate resident care, and so unmatched for affordability in the field. As an added bonus, our West Hollywood location is extremely central to the entire Los Angeles area, making it always easy to visit your loved one—and see how happy they'll be here. Ultimately, their ongoing happiness is the most important thing... for them, for you, and for us.

Sincere Regards,

Susan Glaser, M.A.  
***Director of Operations***



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