Welcome to Sunrise Senior Living

Sunrise Senior Living was founded on a simple but innovative vision: to champion quality of life for all seniors. It begins with the seniors and their personal needs, and results in customized living and support options, so our residents receive the care that’s just right for them.
The Sunrise Signature Experience
These philosophies guide and shape every aspect of our approach to senior living:

• Relationship-Based Care
• A Team of Serving Hearts
• Peace of Mind
• The Joy of Every Day
• Enriching the Mind, Body and Spirit
• The Comforts of Home

MEMORY CARE
Sunrise is considered an industry leader in memory care, and we understand that memory loss affects every senior differently—whether it results from Alzheimer’s, dementia or other age-related conditions. Sunrise Memory Care focuses on compassionate, expert care in a safe and familiar yet stimulating environment. Our team is trained to value each resident as an individual, and to recognize their different preferences and needs.

Learn more about Sunrise Memory Care on page 4.

SHORT-TERM STAYS
Sunrise Short-Term Stays are perfect for seniors whose caregivers are traveling or temporarily unavailable to care for them. Available for periods of up to several months, short-term stays are also an option for seniors needing assistance after a hospital visit or during an illness. Many of our permanent residents first discover our community through a short-term stay.

SKILLED NURSING & REHABILITATIVE CARE
Sunrise Skilled Nursing & Rehabilitative Care promotes the physical well-being and emotional health of seniors who have undergone surgery or been hospitalized, received a joint replacement or sustained an injury. We combine state-of-the-art care, a warm environment and the attention of our Designated Care Managers, who are ready to provide each guest personalized care and service, with the goal of restoring confidence, ability and independence—and successfully returning home as soon as possible.

HOSPICE CARE
Our philosophy of quality and commitment to individualized treatment extends to all residents, including those needing end-of-life care. When needed, we coordinate hospice services with professional caretakers who specialize in supporting seniors with the utmost dignity and compassion.
The Foundation of Resident-Centered Care

DESIGNATED CARE MANAGERS

In a role unique to Sunrise, the Designated Care Manager is a trained caregiver who consistently cares for the same residents in their suites and throughout the community. These compassionate team members offer a helping hand and a listening ear, while encouraging independence and preserving dignity.

Benefits for residents and family members include:

• Emotional support and friendship
• Observation of changes through ongoing personal interaction
• An available, reliable liaison for family members

INDIVIDUALIZED SERVICE PLANS

At the heart of our resident-centered care approach is the Individualized Service Plan (ISP). Before move-in, community leaders and other team members meet with the resident and caregivers. Together, they build this comprehensive, customized program of care and service based on the resident’s interests, needs and wishes:

• Monitoring and safety
• Dressing and clothing selection
• Personal hygiene and grooming
• Showering or bathing
• Assistance with eating

• Socialization and activities
• Medication coordination
• Mobility and transferring
• Continence management

The ISP helps Designated Care Managers and other team members more easily identify when a resident’s care needs have changed. By placing a focus on the relationship between residents and team members and providing a framework for meeting residents’ evolving needs, the ISP provides peace of mind for families—and the best possible quality of life for residents.
Sunrise Memory Care

As a leader in assisted living and Alzheimer’s, dementia and memory care support, Sunrise knows firsthand the challenges of caring for seniors with memory loss. Our innovative training and approach to memory care are well respected throughout the senior living industry—and we continue to refine our programs based on the most recent research and ongoing team education.

REMINISCENCE PROGRAM

The Reminiscence Program is Sunrise’s unique empathy-based memory care program for those with Alzheimer’s, dementia and other forms of memory loss. Reminiscence Neighborhoods are spaces within our communities that are specially designed to provide comfort and security in a safe, familiar and stimulating environment.

• Resident suites grouped around common spaces designed to encourage social interaction, while providing calming retreats
• Secure, soothing outdoor gardens, terraces and walking paths
• Life-enriching programs focused on sensory experiences to help trigger memories and preserve cognitive ability
• Adaptive design features, including personalized memory boxes, contrasting colors and motion sensor lights
• Familiar routines and activities that create a sense of joy and purpose

EARLY STAGES OF MEMORY LOSS

During early memory loss, residents may not need the full care level of a Reminiscence Neighborhood, but may require greater daily support than assisted living can provide. In some communities, Terrace Club (known as Avon Place when offered at Brighton Gardens) neighborhoods balance additional structure with a focus on maintaining independence and providing meaning and purpose.

With the goal of increasing social engagement and quality of life, our programming focuses on each resident’s unique needs, while promoting cognitive and physical stimulation.
Life Enrichment Managers

Life Enrichment Managers are an integral part of caring for our residents with all levels of memory loss. Their primary role is to help ensure that each resident living in a Reminiscence Neighborhood has the opportunity to engage in an individualized life skill or life-enriching activity every day. Life Enrichment Managers’ specific daily functions are driven by the needs of the residents they serve, and are always focused on supporting each individual—mind, body and spirit:

- Developing personalized activities based on the resident’s background, retained skills, abilities and preferences—creating a feeling of accomplishment and stimulating positive memories
- Providing residents an enhanced sense of meaning, purpose, belonging and connection with others
- Observing and addressing individual residents’ moods and overall well-being
- Selecting and leading activities that stimulate each resident’s senses through familiar objects and activities he or she enjoyed in the past, which helps maintain and improve functional skills

Validation Method

Our team members utilize the Validation Method developed by renowned social worker Naomi Feil, and Sunrise is a certified Validation Training Organization. The method is a manner of communicating with and helping those who are disoriented. It is a practical way to serve those experiencing memory loss by focusing on empathy and meeting them in their own reality.

Rita Altman

Rita Altman, R.N., M.S.N., C.V.M., is senior vice president of Memory Care and Program Services for Sunrise. She uses the latest evidence-based research to design and oversee the implementation of Sunrise’s memory care and assisted living programs. Rita has more than 30 years of nursing experience, including nursing education, staff development and training, intergenerational programming and management in childcare, adult day care, assisted living and skilled nursing settings. She is one of two Validation Masters in the United States and one of just seven worldwide.
Inside Our Communities

SENIOR-FRIENDLY DESIGN

Sunrise communities are designed as true homes, from beautifully appointed common areas to thoughtful details throughout the community. The Sunrise design team draws upon its expertise in both interior design and senior care, combining form and function to create a senior-friendly environment designed for comfort, convenience and safety.

COMFORT & APPEAL

- A variety of senior-friendly suites for residents to choose from
- Encouragement for seniors to decorate their suites with their own furniture, photos, art and personal mementos
- Naturally lit, greenery-filled common spaces, with comfortable furniture arranged to encourage engagement and social interaction
- Rich, contrasting colors for visual interest and appeal
- Personalized shadow boxes outside each suite to help showcase residents’ interests and history

SAFETY FEATURES

- E-call systems in bathrooms and bedrooms, and mobile pendants to call for immediate help
- Perimeter door systems that securely monitor resident comings and goings
- Furniture with rounded edges and flame-retardant, easy-to-clean fabrics
- Mid-point and end-of-corridor seating that offers rest stops and conversation areas
- Innovative hand rails along corridors, designed to serve as additional support and stability for residents
Our companion living program matches residents who have common backgrounds or interests to share a suite. This living arrangement can ease the transition to a Sunrise community and serve as the foundation for true friendship. It also provides a financial benefit by helping reduce residents’ individual costs.

Researchers have documented the relationship between humans and animals, and there's no question about the benefits: relaxation, connection and even health improvements such as reduced blood pressure. That's why Sunrise embraces pets, from our community cats and dogs—often hand selected from local shelters—to the personal pets of our residents who enjoy keeping their treasured furry friends in their lives.
Nutrition is a key factor in senior health and wellness, and the Sunrise Signature Dining program is a hallmark of how we champion quality of life for all seniors.

In our table-service dining rooms, residents enjoy three delicious, well-balanced meals served daily—prepared from scratch and featuring a variety of menu choices that support their unique nutritional needs. Healthy snacks are available throughout the day in our bistro as well. All of our dining environments, whether formal or casual, are designed to encourage social interaction and nurture friendships.

Our trained culinary staff takes great pride in meeting our residents’ nutritional needs and personal preferences:

- Community-specific menu designed around resident preferences and feedback
- Low-fat, low-sodium, high-fiber and high-calcium choices
- Local, seasonal ingredients chosen at the peak of freshness
- A truly robust selection of classic favorites, regional dishes, resident-suggested selections and healthy flavors from around the world
- Attention to each resident’s doctor-prescribed dietary plans, such as low-sugar or soft foods
- Accommodation of residents’ religious and cultural preferences
- Finger food diets for Sunrise Memory Care residents, if needed
- Seasonal and holiday events, wine and cheese tastings and other special occasions
- Daily snacks, catering options and private dining with family and friends
Sample Community Menu

**Appetizers**

Classic French Onion Soup  
with baguette crouton and melted Gruyère cheese

Garden Spinach and Mushroom Salad  
spinach, crimini mushrooms and balsamic vinaigrette

**Main Course**

Chinese Sesame Ginger Chicken Salad  
grilled sesame chicken breast over romaine lettuce with mandarin orange and soy ginger dressing

Chef’s Favorite Braised Beef Short Ribs  
slowly cooked to melt-in-your-mouth perfection with mashed potatoes and green beans

Omelette du Jour  
with country ham and provolone cheese

Sunrise Signature Burger  
with romaine lettuce, tomato and sliced red onion

**Sides**

Garlic Mashed Potatoes
Fresh Cut Green Beans

**Dessert**

Fresh Cut Seasonal Fruit
Chocolate Lover’s Chocolate Mousse
Dreyer’s Grand Ice Cream
Programming & Activities

LIVE WITH PURPOSE

At Sunrise, every day is an opportunity for our residents to engage, enjoy, express, learn and grow. Every community has an Activities and Volunteer Coordinator or Activities Director who develops an extensive calendar that’s tailored to the unique needs and preferences of our residents with specific local opportunities.

It’s designed to bring together residents, team members, family, friends and members of the broader community—and to turn each day into an opportunity for everyone to Live With Purpose.

Learn more at:
SunriseSeniorLiving.com/Purpose

OUR PROGRAMS INCLUDE:

Live With Action
Enhance health and well-being with physical activity.

Live With Anticipation
Share existing talents and pursue new goals and interests.

Live With Artistry
Express creativity through a variety of visual and fine arts.

Live With Generosity
Maintain strong human connections through community outreach.

Live With Learning
Keep the mind in shape with book clubs, discussions and more.

Live With Legacy
Spread wisdom and knowledge to others.

Live With Melody
Enjoy an engaging and enriching musical experience.

Live With Reflection
Nourish spirituality, in whatever form it may take.
### SUNDAY
- **9:30** Good News
- **10:15** Worship Service
- **11:00** Go4Life® Strength Training
- **2:15** Community Service Club
- **3:00** Friendship Social
- **4:00** Go4Life® Walking Club
- **7:00** Poker Club

### MONDAY
- **9:30** NewsCurrents Senior
- **10:15** Exercise Essentials
- **11:00** Outing: Art Museum
- **2:15** Spanish Language Class
- **3:00** After School Legacy Social
- **4:00** Go4Life® Walking Club
- **7:00** Live w/Reflection Meditation

### TUESDAY
- **9:30** Mind Your Mind Brain Games
- **10:15** Tai Chi Class
- **11:00** Italian Cooking with Chef
- **2:15** Resident Council Meeting
- **3:00** Favorite Team Social
- **4:00** Go4Life® Walking Club
- **7:00** Sunrise Singers Chorus

### WEDNESDAY
- **9:30** NewsCurrents Senior
- **10:15** Exercise Essentials
- **11:00** Live with Anticipation Club
- **2:15** Meet Me at MoMA
- **3:00** This Month in History Social
- **4:00** Go4Life® Walking Club
- **7:00** Live w/Reflection Meditation

### THURSDAY
- **9:30** Mind Your Mind Brain Games
- **10:15** Yoga Class
- **11:00** Baking Cinnamon Rolls
- **2:00** Computer Technology Class
- **3:00** Community Connection Social
- **4:00** Go4Life® Walking Club
- **7:00** Evening Reflections

### FRIDAY
- **9:30** NewsCurrents Senior
- **10:15** Exercise Essentials
- **11:00** Drum Circle
- **2:00** Appreciating Jazz Music
- **3:00** Happy Hour Social
- **4:00** Go4Life® Walking Club
- **7:00** Live w/Reflection Meditation

### SATURDAY
- **9:30** Daily Chronicle
- **10:15** Exercise Essentials
- **11:00** Go4Life® Club Meeting
- **1:30** Outing: Community Service
- **3:00** Saturday Jazz Social
- **4:00** Community Service Club
- **6:00** Whole Home Holiday Dinner
Our Founders
Sunrise Founders Paul and Terry Klaassen revolutionized senior living in 1981, when they introduced their innovative, resident-centered approach to care. The Klaassens’ philosophy, which champions quality of life for all seniors, is grounded in the belief that every resident’s needs are unique. Sunrise continues to be the leader in providing a safe, positive, personalized living experience. Known for our comfortable, spacious surroundings, we offer seniors support from team members 24 hours a day, in a kind and inviting atmosphere that doesn’t just feel like home—it is home.

Sunrise Quality Promise
As part of the Sunrise Signature Experience, we are committed to providing our residents with a home that is safe and secure. We provide continued education and training, clinical care protocols and multiple quality assurance measures to reinforce the strong standards that set Sunrise apart from other senior living communities.

Sunrise Serving Hearts
We strive to hire people who have a natural serving heart and share our commitment to providing top-quality care for seniors. It’s a passion that’s evident in all of our daily interactions and in our team member retention—more than 80% of all full-time team members return each year.

Sunrise Senior Living Learning Philosophy
At Sunrise Senior Living, team members are our greatest resource. We have made a commitment to provide an engaging learning experience that ignites team members’ potential—so they can deliver the very best care to residents and maintain the high standards that differentiate Sunrise.

Learn more at:
SunriseSeniorLiving.com