

14007 SE 28th St. • Vancouver, WA 98683 • 360-892-6003 • www.thegoodlifeafh.com

1 THE OWNERS ARE THE PRIMARY CAREGIVERS AND LIVE ON-SITE

This is important to residents who are concerned about outsourced AFH operations run by distant investors. You'll have peace of mind knowing that the people providing the care, are people who care!

2 THE OWNERS ARE CERTIFIED NURSING ASSISTANTS (CNAs), AND ARE QUALIFIED TO PROVIDE MOST NURSE-DELEGATED CARE SERVICES

Non-CNA caregivers are not authorized to provide nurse-delegated services, such as insulin shots, dry wound care, catheter care, and so on. At *The GoodLife*, your nurse-delegated needs are handled!

3 REGISTERED NURSE OVERSIGHT AND ON-CALL AVAILABILITY

A Registered Nurse is a phone call away if RN services are needed.

4 WARM, HOMEY ATMOSPHERE AND BEAUTIFUL SURROUNDINGS

The GoodLife was established for residents who prefer the warmth of a home, rather than an institutional, or facility, atmosphere. If your care needs include a lower care-giver-to-resident ratio, more quiet and privacy, reduced exposure to unknown visitors and potential viruses, or greater personalized care attention, then *The GoodLife Adult Family Home* may be just what you need!

5 PLENTY OF ELBOW ROOM TO CURE YOUR CLAUSTROPHOBIA!

If you tend to feel uncomfortably "closed in," or even claustrophobic in some care environments, *The GoodLife* may offer the alternative you need. After all, being able to see distances outside, or to be outside, is important for happiness and good mental health. We all need a little elbow room!

The GoodLife has over 660 square feet of viewing glass, so you can gaze outside and enjoy the greenery. High ceilings, wide halls, and over 4300 feet of living area contribute to the open, airy, feeling.

6 BEAUTIFUL OUTDOOR LIVING AREA AND HALF ACRE GROUNDS GIVE YOU A BREATH OF FRESH AIR!

The GoodLife's massive 1000 square-foot patio features custom wrought iron fencing and railings, a cozy marble fire pit, dinner table, cushioned settee, lounge, and seasonal potted plants and trees. This is a wonderful outdoor extension of your living area!

Enjoy soothing summer breezes as you gaze over a mini-forest of 150 arborvitas, and thirteen mature incense cedar trees. Or, if you like, stroll on the spacious half-acre grounds, tend the tomato gardens, flowers and rose beds. The patio makes it easy, and safe, to *enjoy the outdoors whenever you like!*

7 YUMMY, YUMMY, YUMMY, YUMMY, YUMMY, FOOD!

Our very own Diana "The Iron Cook" Powell is a bona fide culinary wunderkind ... a phenom ... a prodigy ... a beloved fixer of foods! (We regulars worship the very kitchen tiles she walks on!) This woman has food preparation in her genes! Her uncanny knack for coaxing out the very best flavors in food make meal time at *The GoodLife* extra special. Her entrees, starters, baked goods, and desserts are mouth-watering temptations, for sure! Fresh, healthy and home-made!

You haven't lived until you've tasted Diana's gourmet steaks and hamburgers, chicken salads, Crunchy Crisp Onion Rings and countless other enticing entrees! And the homemade pies ... heavenly! She also does candy like no

one else! Biting into one of her Almond Joyous Nuggets, Peanut Butter Nut Clusters or Old-Fashioned Canadian Fudge squares is as close to a religious experience as you can get outside of church! Mmmm!

From special diets (vegetarian, diabetic, low sodium, renal) to unlimited appetites, Diana's "GoodLife Grill" has a treat to hit the spot! Favorite dishes include:

- 🍷 Grilled Bacon Guacamole Burger
- 🍷 Orange Pecan Chicken
- 🍷 Fresh Dairy Milk Shakes
- 🍷 Crispy Chicken Tender Salad
- 🍷 Summer Day Peach Pie
- 🍷 Santa Fe Burritos
- 🍷 Stone-Cooked Pizza
- 🍷 Roasted French Dip
- 🍷 Chunky Chicken Pot Pie
- 🍷 Crumb-Crusted Salmon and Wild Rice
- 🍷 Chicken Oporto with Mushrooms
- 🍷 Homemade Egg Noodles with Chicken
- 🍷 Honey Glazed Ham
- 🍷 Pot-Roasted Chicken and Rice
- 🍷 Walnut Banana Bread

8 ON-SITE EXERCISE, ACTIVITY AND REHABILITATION FACILITY

This is an exciting feature if you require a rehab area, or just want to stay fit and have fun! Our 500 square-foot exercise room accommodates all levels of mobility and fitness interest. From *Wii Sports* to resistance chair, to cycling, to advanced weight rehab equipment ... it's all here!

9 GORGEOUS DAY ROOMS AND INSPIRING SURROUNDINGS!

As soon as you enter our day rooms you'll sense a calm, and an atmosphere of relaxation, that promotes healing and lifts spirits. We think you'll agree that this is the environment you, or your loved one, deserve after a lifetime of work and worry! *The GoodLife* is a special place where residents can retreat from the tensions of the world, engage individual interests, and live well!

... MORE ▼

10 LEATHER LA-Z-BOY RECLINERS AND HI-DEF BIG SCREEN TV'S

Your accommodations at *The GoodLife* are first class. Sink into one of the plush leather recliners, or prop up for an evening of movie fun with the Hi-Def big screen TV, and you'll immediately appreciate the comfort and quality of your surroundings! (We maintain a huge library of movies, plus current rentals.)

11 PRIVATE AND SEMI-PRIVATE BEDROOMS AVAILABLE

The GoodLife has three large bedrooms which can be configured for either private or semi-private occupancy. The semi-private "Buddy-Room" option is a great idea for many seniors. Why? It's both financially efficient and extremely beneficial from a quality of life standpoint. Sharing a room can actually be one of the most beneficial experiences for residents in a quality home environment. Roommates tend to form strong friendships, and partnerships. Many residents love the idea of having a continuing friend to keep them company. This may include doing activities together, dining together or just chatting together.

Many nursing home, or other institutional, rooms are semi-private. At *The GoodLife*, you pay approximately the same rate, but get the many benefits of a beautiful home environment, and AFH care staff. Buddy-rooming is a great way to get all the good stuff for less money!

12 EACH BEDROOM HAS A SECURE PRIVATE HALF BATH

These bathrooms are equipped beyond requirements with both horizontal and vertical grab bars. These additional bars greatly increase mobility and give residents greater independence. All commodes are ADA regulation 17-inch heights for ease of use. Other great features include: High-capacity (110 CFM) exhaust fans, reliable hard-wired night lights, and beautiful hickory cabinets.

13 CABLE TV HOOK-UPS AND PRIVATE PHONE LINES AVAILABLE IN EACH BEDROOM

Several cable jacks are hard-wired in each room, so residents have flexibility in arranging their furniture. Each bedroom also has multiple phone jacks, so each resident can have a private line, no mat-

ter whether they're in a private room or a Buddy Room.

14 BEAUTIFUL WALK-IN, AND ROLL-IN, SHOWER ELIMINATES UNCOMFORTABLE TRANSFERS

The GoodLife shower was custom built with ADA access in mind. There is no floor lip whatsoever, so residents can simply walk straight in, or roll in with a shower chair.

Another great feature is the auxiliary fan-blown heater built into the ceiling. This enables each resident to adjust the shower room temperature to their personal comfort level.

The shower controls also feature a temperature stop that can be adjusted for each person's comfort. Both vertical and horizontal grab bars maximize mobility and independence. The nearby commode is grab-barred for both regular and lateral wheel chair transfers.

15 THIS HOME IS STEP-FREE AND ACCESSIBLE FRIENDLY!

There are no stairs or steps inside *The GoodLife Adult Family Home!* Everything is on one level, so residents can move around easily and without impediments. The floor plan is open, with few hallways. Existing hallways are extra wide (48-52 inches). Most doors are 36 inches wide, for maximum mobility and accessibility.

16 HUGE CONCRETE APPROACH MAKES "NO-STEPS" ENTRY!

That's right! You can go from your car to the inside of *The Home* without encountering a single raised step! *The GoodLife* has a ten-foot wide exposed aggregate concrete approach that makes entering and exiting a snap. No harsh slopes or steps! In fact, many people hardly notice any rise from driveway to the front door!

This approach features full wrought iron safety railing on both sides, with four-inch concrete safety curbs. The surface has been treated with "Shark Grip" for even greater traction. Accessibility has never been easier!

17 ENHANCED HOME SECURITY FEATURES MAKE RESIDENTS FEEL SECURE, AND GIVE LOVED ONES GREATER PEACE OF MIND!

The GoodLife is located in a solid neigh-

borhood. The back yard is fenced with black powder-coated chain link. Wrought iron security gates protect the side and patio. Both outside air conditioners are enclosed in chain-link and are locked for additional safety. The home has a complete night time security system and an outside strobe to alert emergency personnel. Nine smoke alarms are installed throughout.

18 NO MORE SHOWER SHOCK! PLENTY OF HOT WATER!

If you've ever had your shower turn cold, or if you haven't been able to take your shower when you want to because of hot water conflicts, this is a feature you'll really value! We've gone the extra mile to ensure resident comfort by adding THREE new 50-gallon high efficiency, Energy Star water heaters!

With 150 gallons of immediate hot water, and these quick recovery tanks, you'll never experience that uncomfortable blast of ice water again! (YAY!)

19 SPECIAL HOT WATER SAFETY DEVICES ADD TO COMFORT

The GoodLife water heaters have special security features that most other tanks do not. They are "tempering valves," which are high-quality safety devices to prevent overly hot water from reaching inside spigots. Also, with these valves, home water temperatures can be tightly controlled, monitored, and adjusted immediately. Residents get abundant hot water without scalding dangers.

Features such as this aren't highly visible, but at *The GoodLife* we believe they add tremendously to residents comfort level, safety, and quality of life! We sweat the details!

20 SPECIAL OFF-STREET PARKING ELIMINATES LOADING OR UNLOADING A VEHICLE IN THE STREET

Let's face it. The last thing a senior resident wants to deal with is dodging cars, or negotiating over curbs, when entering or exiting a vehicle! But unfortunately that's exactly what happens at many facilities because drop offs and pick ups happen in the street.

The GoodLife has five off street parking spaces that make entering and exiting the property completely safe and easy.

You'll have plenty of room to open vehicle doors as wide as you like, and all the safe room you need to comfortably exit or enter your ride! Then just walk straight into the home with our no-steps ramp. Talk about easy access!

21 REST EASY KNOWING THAT HELP IS JUST A BUTTON CLICK AWAY, ANYTIME DAY OR NIGHT!

The GoodLife has special bedside assistance alarm buttons that immediately alert caregivers when help is needed. Personal assistance medallions are also available to all residents. These can optionally be worn around the neck or placed in day room areas as needed.

Other types of pressure alarms, wheel chair alarms or other devices can be obtained and added to the wireless system as individual needs require. Caregivers have both monitoring stations and mobile pager units to alert them.

22 LARGE RECEPTION / VISITING ROOM PROVIDES ADDITIONAL PRIVACY, DIGNITY AND COMFORT

In many adult family homes, visitors walk directly from the front door into the resident's living room area. This can be disturbing for those who may be watching TV, but it's also socially awkward since they need to greet a stream of "strangers" throughout the day. *The GoodLife* has a huge reception / foyer area, so traffic is routed around resident's day rooms.

The foyer also doubles as a beautiful visiting room! This is a huge advantage because your loved ones have a comfortable place to sit and visit!

23 ON-SITE STORAGE IS AVAILABLE!

One of the challenges residents, or their families, encounter is finding storage space for possessions. *The GoodLife* has over 2000 square feet of free-span attic storage space where residents can store their things. In some cases this may completely eliminate the cost and inconvenience of renting a storage unit! The best thing about this is that the resident has immediate access to their belongings. For example, he or she, can get right into their summer or winter clothes when they need them, instead of waiting for someone to drive them to a storage unit.

Please Note: This is an *optional* feature. Conditions apply, space is limited and a fee is assessed for this particular service.

24 SIDEWALKS!

This feature is often overlooked when evaluating an Adult Family Home, but becomes a key shortcoming for residents. If sidewalks are not available, it can be difficult and even dangerous, to go for walks or wheel chair rides. This is a key Quality of Life feature to keep in mind!

The GoodLife has complete sidewalks encircling the property block, and throughout the neighborhood. Two public parks are within eight blocks of the home.

25 MINIMAL STAFF TURNOVER

One of the unfortunate realities of life in nursing homes or other institutional facilities, is continual turnover of care giving staff. Adapting to a new caregiver is not just awkward for residents. For some it can be a disturbing adjustment, particularly if the resident is an Alzheimer's sufferer who requires a regimen, or a routined lifestyle.

At *The GoodLife* the owners are close at hand to be a stabilizing influence and familiar, friendly face to all residents. You, or your loved one, will feel secure and cared for, at all times.

26 THE ENTIRE HOME IS THOROUGHLY AIR CONDITIONED

At *The GoodLife* you'll stay comfortable year-round. TWO large-capacity air conditioners are used to ensure that indoor temperatures stay right where they should be! Likewise, in winter TWO furnaces keep things comfy and cozy! ■

Call today for a tour, and start living The GoodLife!

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