

Assisted Living Specializing in Memory Impairment

Bringing Security to Our Residents and Their Children

SINCE 1968



RETIREMENT COMMUNITIES
IN HOME CARE
HOSPICE CARE



GLEN PARK
SENIOR LIVING

We Treat Your Loved One Like A Movie Star

WHAT IS GLEN PARK?

Glen Park is a personal care model whose emphasis is on keeping residents active. It is the alternative to a nursing home. Residents age in place with the help of house doctors, home health nurses, and related mobile services.



OUR MISSION

To help residents live longer, happier, and healthier lives at an affordable cost; advocating open communication with families and providing resident's choices that give their lives purpose. We strive to keep residents engaged in activities that are both interesting and meaningful to them with a supportive staff that takes the time to encourage independence.



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THE GLEN PARK COMMITMENT TO YOU

Serving seniors since 1968, Glen Park opened one of the first Memory Impairment care facilities in Southern California. We believe each resident is unique, worthy of dignity and respect. We are proud to provide a warm and caring atmosphere where individual needs are recognized and met. We encourage an independent and active lifestyle while still providing the safe and secured setting that has come to signify and embody Glen Park.

PROVIDING QUALITY CARE WITH DIGNITY



"KIND AND
LOVING
ATTENTION..."

"My mother received superior care, kind and loving attention, professional assistance, and all the medical, therapeutic and emotional support I could ever ask for. I am beyond grateful for the team at Glen Park"

- Daughter of a Resident

THE SERVICES AT GLEN PARK

ASSISTED LIVING CARE

We here at Glen Park believe in improving the quality of life for our residents. Our caring team of professionals will tailor services such as medicine management, daily activities, dietary, bathing, dressing, incontinence care, and other personal needs for each individual. Under our assisted living program, our goal is to help enhance our residents' lives, not restrict them. We achieve this goal through our compassionate, caring, and specially skilled staff. Our qualified medication aids must complete a thorough medication distribution course to ensure the highest degree of accuracy and safety possible. We strive to provide just the right amount of assistance and encouragement in order to maintain the optimum and safest level of independence for your loved one.

MEMORY IMPAIRMENT CARE

Glen Park provides the perfect blend of hospitality, healthcare, and security in caring for those with various forms of Memory Impairment. Services are designed and intended to provide a positive and nurturing environment for persons with memory loss, communication difficulty, and confusion. Our compassionate caregivers receive special training and understand the challenges and unique needs of both the individual and their family members. For those who require a higher level of security and monitoring, we have installed a high-tech delayed egress system. We offer six communities in the Los Angeles and Ventura County to address the varying stages of Memory Impairment. Glen Park at Glendale-Mariposa, Glen Park at Valley Village and Glen Park at Ojai for early to moderate stages,

Glen Park at Long Beach and Glen Park at Glendale-Boynton for moderate to late stages, and Glen Park at Monrovia for all stages.

RESPITE CARE

Our Respite Care Program is an alternative to becoming a full-time resident. It is designed to give families a break from their duties and responsibilities of caring for their loved one. This care program provides comfortable accommodations with full services of daily activities. Our Respite Care Program can be utilized for a short stay or as a way for a loved one to recover from an illness or surgery in a supervised and safe environment. Let us provide you the safe, warm, comfortable setting necessary to keep your mind at ease.

SOCIAL DAY PROGRAM

Another alternative to becoming a full-time resident is to participate in our Social Day Program. This program allows caregivers to meet their daily needs knowing that their loved one is enjoying the day in a safe welcoming environment. There is even door-to-door pick-up and drop-off transportation available for a nominal fee in certain areas.

IN-HOME CARE

Saying goodbye to the security and comfort of one's own home can be challenging because there's no place like home. Our sister organization, Home Care Help, can help your loved one maintain lifestyle and day to day activities with dignity in their own home and communities. Keeping individuals safe, happy, stimulated, and healthy is our priority. Our insured respite workers provide

services such as Case Management, Personal Care, Medicine Management, Family Respite, Companion Care, Light Housekeeping, Meal Preparation, Transportation, and Concierge Services. All of our staff must pass a rigorous screening process that includes a health screening test, criminal background check, and driving record clearance. They have extensive appropriate training and have to pass a written test.

HOSPICE CARE

Glen Park also specializes in meeting the individualized need of terminally ill patients. We make every effort to ensure the most peaceful and dignified end to a long and fruitful journey.

ANCILLARY SERVICES

Glen Park provides an on-site health and wellness program in alliance with local healthcare providers to provide residents with top quality health care. Coordinated with a physician, we provide weekly case management meetings, home health nursing, rehabilitation therapy, and medical equipment.

CUISINE

A great enjoyment in everyone's life is the pleasure of having good food. Our restaurant style dining offers three delicious daily meals consisting of a variety of entrees and desserts to appeal to all residents' individual tastes. There are always three entree alternatives at each meal and in between snacks daily. All meals and snacks are carefully and healthfully planned by a licensed dietician to meet an individual's specified dietary needs. We pride ourselves in providing delicious meals with the highest nutritional value. Glen Park also has a juice bar. A fresh delicious juice is offered daily to

our residents. Juicing offers many life-enhancing health benefits including a way to access digestive enzymes faster, and a more efficient way to absorb immune boosting nutrients naturally found in fruits and vegetables.

SOCIAL ACTIVITIES & RECREATION

We have accumulated more than 30 years of experience and knowledge in designing a comprehensive activity program to help maintain a healthy and active lifestyle for our residents. Our program curriculum focuses on the interests and preferences of the individual as well as incorporating a variety of group social interactions. Residents have a choice in participating in planned in-house activities as well as monthly grand excursions. Our goal is to provide engaging and appropriate activities for all levels of capabilities. Whether it's taking a leisurely stroll in the garden, participating in a fashion show, or going to San Manuel Casino, we offer a variety of daily activities to support socialization.

HEALTHY LIVING PROGRAMS

Glen Park has a Healthy Living Team that specializes in covering a wide variety of activities to promote health and well-being. With a group of six professionals that offer multisensory programs from art therapy to cooking classes, we aim to stimulate both body and brain through these interactive activities. When your loved ones memory is declining, it is our goal to focus on what senses and strengths they still possess. There is currently no cure for Alzheimer's; however, we strive to provide care for our residents while trying to promote independence and dignity.

TYPES OF CARE

1. Memory Impairment Care
2. Medication Management
3. Hospice Management
4. Companion Care
5. Respite Care Program
6. Personal Care Management
7. Incontinence Management
8. Ambulation Management
9. Day Program

SUPPORTIVE CARE

Supportive Care is your solution for caring for your loved one that needs assistance with their Activities of Daily Living. Our comprehensive care plan is individually designed to meet the daily needs of the resident. These needs may include everything from escort service to the dining room to total incontinence care. Because of our daily involvement with your loved one, you are able to eliminate costly higher levels of care.

SUPPORTIVE CARE

- ◆ Higher Staff to Resident Ratio
- ◆ Supervision can include:
 - Personal 24-Hour Monitoring
 - Bathing
 - Dressing
 - Personal Grooming
- ◆ Dental Hygiene
- ◆ Eyeglasses and Hearing Aid Care
- ◆ Clothing Selection
- ◆ Personal Laundry
- ◆ Incontinence Management
- ◆ Escort to Meals and Activities
- ◆ Special Dietary Needs
- ◆ Meal Tray Service

REASONS FOR USING SUPPORTIVE CARE

- ◆ Recuperating from Medical Conditions
- ◆ Physical Limitations
- ◆ Unsteady Gait (prone to falls)



BRINGING SECURITY TO OUR RESIDENTS AND THEIR CHILDREN



MEMORY CARE

Our Memory Care Program is a unique approach to assist those individuals that are memory impaired. It combines activities that encourage socialization with verbal and visual memory cues. Many activities include using the five senses which studies has proven to powerfully stimulant individuals. Our Supportive Care staff encourages continued independence in the activities of daily living. Because of our daily involvement with your loved one, we are able to intervene in health issues that may eliminate the need for higher levels of care.

REASONS FOR USING MEMORY CARE

- ◆ Home Care No Longer Possible
- ◆ Need for Protective Supervision
- ◆ Need Activities and Socialization
- ◆ Special Care for Wanderers

MEMORY CARE

- ◆ Higher Staff to Resident Ratio
- ◆ On-Site Registered Nurse*
- ◆ On-Site Physical Therapist*
- ◆ Emphasis on Socialization
- ◆ Memory Cuing

SECURED ENVIRONMENT

- ◆ Fire Sprinkler, Smoke, & Fire Security System
- ◆ Delayed Egress Systems for Wanderers
- ◆ 24 Hour Visual Security System
- ◆ Emergency Pull String in Each Room and Bathroom
- ◆ Gated Community and Video Surveillance Security System

**Available Through Home Health Agency*

SERVING SENIORS SINCE 1968



SIGNATURE TOUCHES

Glen Park offers unique care programs for older adults who need assistance with their activities of daily living. We focus on maintaining their independence, dignity and self worth; and their knowledge that someone will always be there to help. Glen Park's goal is to fully improve our residents quality of life while respecting each individual's dignity and privacy. Residents may take advantage of the following conveniences.

AMENITIES

- ◆ Assistance with Activities of Daily Living
- ◆ Ancillary Services to Aid in Aging in Place
- ◆ Three Meals Prepared Fresh Daily
- ◆ Scheduled Transportation to Local Appointments
- ◆ Personal Laundry Service
- ◆ Daily Housekeeping & Weekly Linen Services
- ◆ Emergency Pull String & Intercom in Each Room
- ◆ Rooms Pre-Wired for Telephone and Cable Television
- ◆ Free Wi-Fi in Common Areas

SOCIAL ENVIRONMENT

- ◆ Activity Programs 7 Days a Week
- ◆ Theme and Holiday Events
- ◆ Weekly Live Entertainment
- ◆ Weekly Outings to Attractions
- ◆ Library with Technology Center
- ◆ On-Site Beauty & Barber Shop
- ◆ Community Outreach & Inreach Programs
- ◆ Daily Juice Bar
- ◆ Multisensory Programs

SAFETY CONCERNS

- ◆ Delayed Egress System for Wanderers
- ◆ Gated Community with Video Surveillance and 24-hour Visual Security
- ◆ New Nurse's Call System with:
 - Two-way voice communication in each room.
 - Call light above entry door of each room.
 - Emergency pull string at each bed, toilet and shower/tub.
- ◆ Emergency Backup Lights in Case of:
 - Electrical Outage
 - Fire Sprinklers, Smoke, and Fire Security System
 - Single Story Building with No Steps (Glendale locations only)



SAMPLE MEAL MENU



BREAKFAST CHOICES

Cream of Wheat or Oatmeal
Choice of Various Cold Cereals
Eggs Cooked Any Style
Bacon or Sausage
Waffles w/Fresh Strawberries
Prunes, Grapefruit Sections, or Peaches
White, Wheat, Rye or Sourdough Toast
Choice of Beverage



LUNCH CHOICES

Salad Cart
Vegetable Soup
Beef Lasagna with Garlic Bread
Italian Vegetables
Choice of Sandwich: Tuna/Egg/Turkey/
Peanut Butter & Jelly on choice of bread
Fruit Plate
Chocolate Cake
Choice of Beverage



DINNER CHOICES

Green Garden Salad
Ground Filet Mignon
Baked Chicken/Rice
Hot Vegetable Plate
Green Beans
Dinner Rolls
Coconut Pie with Whipped Cream
Choice of Beverage

Choice of Beverage: Orange/Apple/Cranberry/Tomato/Prune Juice, Milk, Coffee



LOCATIONS

Glen Park at Glendale-Boynton

1250 Boynton Street
Glendale, CA 91205
818-246-9000
RCFE LIC# 197608505

Glen Park at Glendale-Mariposa

1220 Mariposa Street
Glendale, CA 91205
800-495-5005
RCFE LIC# 197608506

Glen Park at Long Beach

1046 East 4th Street
Long Beach, CA 90802
562-432-7468
RCFE LIC# 198602134

Glen Park at Monrovia

110 North Mountain Avenue
Monrovia, CA 91016
800-845-3890
RCFE LIC# 197802560

Glen Park at Ojai

225 North Lomita Avenue
Ojai, CA 93023
805-646-2402
RCFE LIC# 565850221

Glen Park at Valley Village

5527 Laurel Canyon Blvd.
Valley Village, CA 91607
800-560-9090
RCFE LIC# 197603165

GlenParkSeniorLiving.com

1-855-GLENPARK

