



THE Commons

AT ELK GROVE

916.683.6833



The Commons at Elk Grove
Independent, Assisted Living
and Memory Care Community

Where Quality Of Life Matters Every Day!

LOOKING FOR SOMETHING NEW?



Then look no further than *The Commons at Elk Grove* — Sacramento County's state of the art assisted living community. Operated by Northern California's own Premiera Care, you'll quickly discover *The Commons at Elk Grove* offers uncommon value.

At *The Commons at Elk Grove* residents enjoy private, spacious studio, one and two-bedroom suites surrounded by their own furniture and personal treasures. A place to call their own. Our residents also find an array of choices to stay physically and mentally challenged. Enriching social programs provide a full spectrum of educational and cultural opportunities focusing on individual needs and interests. All this while still providing the professionally supervised personal care assistance that they require.

Conveniently located in Elk Grove, residents can take advantage of nearby shopping, restaurants, medical facilities and recreational opportunities. Cozy yet elegant surroundings, stimulating activities and excursions, exceptional amenities and extra help when needed—you'll find all this and more at *The Commons at Elk Grove Assisted Living Community*.

Affordable Alternatives:

Paying for only those personal care services necessary and when you need them most.

DISCOVER THE DIFFERENCE

At The Commons at Elk Grove we believe that assisted living is about choice. From our personal care services to our activities program, we strive to create a menu of options that you can tailor to fit your schedule. We're here to provide the services you need, when you need them.

The Cooperative Service Planning approach helps make *The Commons at Elk Grove* a very affordable living alternative. You pay for only those personal care services which you use within our time valued system.

From relaxing in your own apartment filled with personal treasures, to enjoying meals in our elegant dining room, to delighting in new challenges through our activities program, we emphasize social and personal needs, while providing the personalized help you desire.



...assisted living is about choice.



IT'S ABOUT QUALITY OF LIFE

Our positive and unique approach is to simply provide quality, personalized care. We pledge to provide that care in an environment that promotes privacy, dignity and a sense of empowerment. We believe these principles are the essence of quality living.

No matter if one is 70 years old or 110, wellness is a goal we can all seek to attain. At *The Commons at Elk Grove*, we believe that age is a state of mind and wellness is a way of life. By taking part in our innovative program, residents are able to work toward greater health through exercise and proper nutrition.

You'll find peace of mind knowing that our medication and caregiving staff are trained by a licensed nurse. You are able to receive services in the privacy of your own apartment. Whether it's medication reminders, assistance with bathing, dressing or transportation to a doctor's appointment, we're here to help you continue living an independent lifestyle.

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that age is a
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SPECIAL SERVICES

A number of additional personal care services are available. You and the professional staff at The Commons at Elk Grove determine your service needs through Cooperative Service Planning.

Special diets

Medication supervision

Ambulation assistance

Incontinence management

Medical appointment scheduling

Housekeeping and linen services

Diabetic management assistance

Bathing assistance

Dressing and personal grooming assistance

Escort to meals and activities



AN UNCOMMON COMMUNITY

WAITING TO BE DISCOVERED

The Commons at Elk Grove is a community that offers a residential, less expensive approach to delivering many of the same personal care services available in a skilled nursing facility. More privacy, a warmer, more elegant environment that costs less – that's what we believe make The Commons at Elk Grove an uncommon value.

EXCEPTIONAL AMENITIES



Private Suites

- Studio, one and two bedrooms, two baths
- Kitchenettes with microwaves and refrigerators

Inviting Restaurant-Style Dining Room

- Three chef-prepared meals per day
- Guest meal services
- Private dining room

Country Kitchen

- Activities & Exercise

Library

- Computer & Internet Access

Wellness / Day Spa

- Beauty Salon
- Massage Therapy
- Hydrotherapy
- Exercise

Laundry and Linen Service

Scheduled Transportation

Landscaped Grounds

- Walking Paths
- Private Patios
- Raised Garden

State-of-the-art Fire, Security and Emergency Call Systems

Energy Efficient Partial Solar

Private Mail Boxes

Activities Programs

- Games
- Gardening & Crafts
...and more

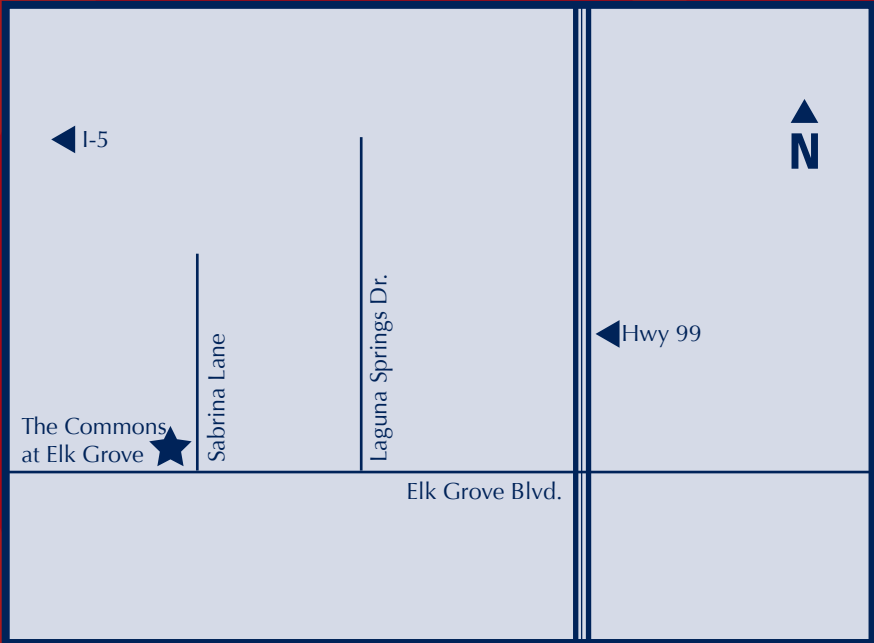
Pet Exercise Area

DIRECTIONS

THE COMMONS AT ELK GROVE

From Hwy 99, take the Elk Grove Blvd. exit and go West 0.5 miles. Turn right onto Sabrina Lane. The Commons at Elk Grove is located on the corner of Elk Grove Blvd. and Sabrina Lane.

From Hwy 5, take the Elk Grove Blvd. exit and go East 5 miles to Laguna Springs Dr., make a U-turn back to Sabrina Lane.



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A Premiera Care Community
RCFE Pending