

An Exceptional Community of Active and Vibrant Residents



# Never Stop Growing At The Sequoias

SEQUOIA  
LIVING<sup>SM</sup>

The Sequoias | Portola Valley



## MEET OUR RESIDENTS

Anyone who's thinking about retiring should come and walk around the campus. This is what makes it unique—the ability to walk where you're going instead of riding in an elevator.

**-Dr. Rex Jamison**

I knew I'd love the natural beauty here at The Sequoias, but I didn't know I would find so many wonderful new friends and the sense of belonging. Moving here was the best thing I could possibly do for my three daughters.

**-Helen Bigelow**

Not far from my patio is the gate to Sausal Pond and Windy Hill Open Space Preserve where I walk almost every day. I volunteer in our cutting garden, get my hands dirty, and depending on the season, bring home poppies, zinnias, or chrysanthemums. One of the nicest surprises has been our dining room with its open tables where there is room for one or two more of us to sit and eat and share stories.

**-Joanne Lazar**

We marvel at the loveliness of the flowers everywhere. We are blessed with the warm friendships we have found here. We feel supported and cared for.

**-Hugh and Ceseli Foster**

We saw from the perspective of the Board how well run [The Sequoias] was and appreciated the vision of being part of a community that served others, not just ourselves.

**-Dr. Linda Haus Clever**



## CONTRACT OPTIONS

The Sequoias Portola Valley offers several contract options.  
Choose the one that's right for you.

### Continuing Care Preferred Contract\*

When you select this contract option, your monthly fees will increase as your need for care increases. Standard independent living monthly fees only increase if you need services provided in assisted living, memory care, or skilled nursing. Fees in these higher levels of care will be discounted 10% off the market rate and may be covered, in part, if you have long-term care insurance.

### Continuing Care Contract\*

This contract option is designed to increase your monthly fees as your need for care increases. Base monthly fees in independent living only increase if you need services provided in assisted living, memory care, or skilled nursing. Fees in these higher levels of care will be charged at market rates and some fees may be covered by long-term care insurance.

### \*50% Repayment Contract

Versions of both contract types are available with a 50% repayment option. This version is a great choice for people who want to benefit their estate.



**CONTINUING CARE PREFERRED**

Residence Type	Single Monthly Fee Starting At	Double Monthly Fee Starting At	Entrance Fee Starting At	Entrance Fee 50% Rebate Starting At	Second Person Entrance Fee
<b>Studio</b>	\$4,962	N/A	\$174,300	\$246,300	N/A
<b>One Bedroom</b>	\$5,562	\$8,362	\$328,652	\$464,398	\$26,400
<b>Two Bedroom</b>	\$7,022	\$9,823	\$618,744	\$874,351	\$26,400
<b>Two Bedroom Two Bath</b>	\$8,125	\$10,926	\$1,029,429	\$1,454,744	\$26,400

**CONTINUING CARE**

Residence Type	Single Monthly Fee Starting At	Double Monthly Fee Starting At	Entrance Fee Starting At	Entrance Fee 50% Rebate Starting At	Second Person Entrance Fee
<b>Studio</b>	\$4,962	N/A	\$158,200	\$223,600	N/A
<b>One Bedroom</b>	\$5,562	\$8,363	\$298,661	\$422,075	\$24,000
<b>Two Bedroom</b>	\$7,022	\$9,823	\$562,001	\$794,200	\$24,000
<b>Two Bedroom Two Bath</b>	\$8,125	\$10,926	\$935,797	\$1,322,447	\$24,000



(650) 851-1501 | [TheSequoiasPV.org](http://TheSequoiasPV.org)

Through the payment of an Entrance Fee (a non-equity agreement) and Monthly Fee, The Sequoias Portola Valley provides freedom from the responsibilities of home ownership in addition **to a potential tax advantage in the form of a pre-paid medical expense deduction.** Certain age & other restrictions apply. Please consult your tax advisor. RCFE License No. 410500567 COA #075 Revised 3/1/2024.

# Services and Amenities

## Dining

- Three Meals Daily
- Flexible Meal Plan Option
- Carry-Out Service

## Housekeeping

- Housekeeping & Linen Service

## Fitness and Wellness

- Fitness Center
- Wellness Lectures & Programs
- Exercise, Balance & Yoga Classes
- Nearby Walking Trails to Open Space Preserves
- Indoor Swimming Pool & Spa, Aquacize Classes

## Activities

- Education Programs, Movies
- Lawn Bowling, Putting Green
- Live Entertainment, Concerts, Chamber Music
- Woodworking
- Local Scheduled Transportation Available

## Other Services & Amenities

- Library, Daily Newspapers
- Beauty Salon for Men & Women (*additional fee*)
- Massage therapist (*additional fee*)
- Art Gallery



- Community Garden
- Gift Shop
- Utilities
- 24-Hour Emergency Call System in Each Residence
- Individual Temperature Control
- Carport Parking (*additional fee*)
- Digital TV Screens for Daily Activities (*also Broadcast on TV Residence*)
- Memory Care
- Skilled Nursing
- Assisted Living
- Clinic with Nursing Services
- Rehabilitation Center (*may have additional fee*)
- Physical Therapy
- Occupational Therapy
- Speech Therapy

*\*Subject to change*

# FREQUENTLY ASKED QUESTIONS

## What is the difference between a Life Plan Community and a CCRC?

A Life Plan Community refers to a place to live where you can plan for the rest of your life. A Continuing Care Retirement Community (CCRC) is the same as a Life Plan Community. In 2014, an industry-wide effort was made to replace the term CCRC with Life Plan to better reflect the services and security people are looking for as they age.

## Who owns and operates The Sequoias?

The Sequoias is owned and operated by Sequoia Living, a nonprofit organization founded in 1958. Sequoia Living oversees seven communities and several community service programs throughout Northern California. A non-compensated Board of Directors and trustees, comprised of professionals from the region, guides Sequoia Living in achieving its vision and mission of serving older adults.

## What does it cost to live in a Life Plan Community?

There are several components to the cost of a Life Plan Community: The entrance fee and the monthly care fee (MCF). The entrance fee depends on apartment size. This can range from as low as \$300,000 dollars to over one million dollars. The MCF will depend on which contract type you select, and whether you live alone or have a partner or spouse. Please refer to the annual fee schedule.

## What wellness programs are offered?

Life Plan communities excel in providing an extensive array of professionals, resources and programs to promote good health and well being to help residents prolong their independence. A wide variety of fitness, wellness and preventive health programs are available through the Activities Department and Clinic staff. Classes to help residents improve balance and reduce the risk of falls and injury include yoga and strength training. Classes in health and nutrition topics, routine screening and support groups are also available.

## Will I still need my health insurance? Are there deductibles and/or time limits?

Medicare or equivalent coverage and supplemental health insurance are a requirement for acceptance at The Sequoias. You are responsible for Medicare co-payments, deductibles, and other out-of-pocket healthcare expenses.

## Can I keep my own doctors?

Yes, you can retain your current physicians. You will be responsible for physician service co-payments and deductibles not covered by Medicare.

## What is the ideal age to move into a Life Plan Community?

The minimum age to live at The Sequoias is 60 years old. However, many residents state they wish they had moved in sooner because of the increase quality of life they experience in our community.

## What is the difference between the entrance fee and a monthly care fee (MCF)?

The entrance fee is a one-time payment to secure the apartment of your choice. Your MCF will continue each month regardless if you live independently or in a higher level of care, i.e. assisted living, memory care, or skilled nursing.

## Can I have overnight guests?

At The Sequoias, your residence is your home. You are welcome to entertain guests, including having visitors for overnight stays up to 14 days without approval. We also have several guest rooms (available for a nominal fee) and rollaway beds to accommodate your visiting friends and relatives.

## What does the monthly care fee (MCF) cover?

The MCF covers amenities and services offered by The Sequoias, such as: meals, housekeeping, linen service, utilities, transportation, on-site clinic, private dining and meeting rooms, plus fitness and wellness activities, and much more. Please see the Services and Amenities page.

## Can the contract be canceled?

There are two types of cancellations: (1) 90-day cancellation period and (2) contract termination before 44 months of residency. During the first 90 days, you are eligible for a full refund of your entrance fee, minus any deductions of reasonable fees to cover costs of cancellation as well as the reasonable value of the accommodations, care, and services rendered.

## Is any portion of the entrance fee refundable?

If you terminate the contract, or pass away during the first 44 months, Sequoia Living will repay to you (or your estate) eighty-two percent (82%) of the entrance fee less an amount equal to 2% for each month of residency for voluntary termination. After 44 months have passed, there shall be no refund of any portion of your entrance fee. The Sequoias has several contract options available with a 50% repayment option. Please see the Contract Options page for details.

## Are pets allowed?

We love furry friends! In general, dogs and cats are allowed within weight limits. Other small pets that do not pose a danger to residents and staff may be accepted. Please ask for details on our pet policy.

## How do I select and reserve an apartment?

Please schedule a tour of The Sequoias by calling (650) 851-1501 or visit our website at [TheSequoiasPV.org](http://TheSequoiasPV.org). Once you select your apartment, you may reserve it with a 10% fully-refundable deposit. You will be asked to sign a reservation agreement which will take the apartment off the market while you complete the application process.

## How long does the application process take?

Upon completing the reservation agreement, you have 10 days to turn in your full application packet, which includes a health questionnaire, lab tests, and financial statements. Our medical director will evaluate your medical records and schedule you for an exam. After a successful completion of the medical and financial portions of the application, the approval committee will make a decision as to which contract option you qualify for. Once you receive the acceptance letter, we can schedule your contract signing. The entire process in most cases can take between 30 and 60 days.

