

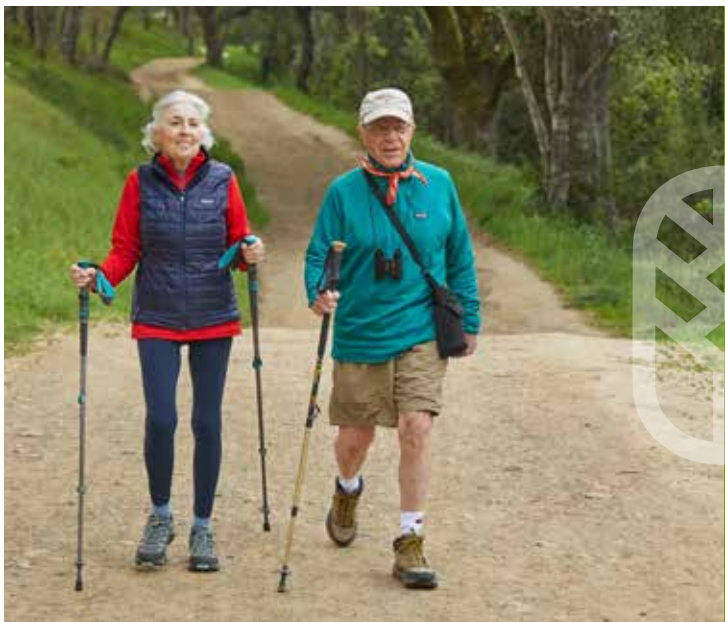
An Exceptional Community of Active and Vibrant Residents



Never Stop Growing At The Sequoias

SEQUOIA
LIVINGSM

The Sequoias | Portola Valley



YOUR JOURNEY AT THE SEQUOIAS PORTOLA VALLEY

Life has treated you well. You've gone places, accomplished things, and experienced the richness that life has to offer.

The Sequoias Portola Valley invites you to join an exceptional community of active and vibrant residents who have much to give and more to do. Situated in San Mateo County, The Sequoias is located on 42 acres of exquisite landscaped grounds, just west of Stanford University. The Sequoias has it all: open space, trails for exploring, and elegant apartment homes. Residents enjoy outstanding amenities and services, entertainment, programs, and a continuum of quality health care should you need it.

Living Life to the Fullest

Join our welcoming community where life is celebrated and residents are happy and fulfilled. The Sequoias is comprised of bright, active and involved residents. We invite you to visit our inspiring campus and see for yourself.

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TheSequoiasPV.org

RCFE License No. 410500567 COA #075 Revised 7/19/2022

Located in the Heart of Portola Valley

Spectacular Views

The Sequoias is an award-winning Life Plan community tucked away on the edge of California's Coastal Range. It is nestled on beautiful landscaped grounds, including an array of elegantly designed common areas for gatherings. The Sequoias offers one-level apartments with private garden patios for a relaxing outdoor space.

Beautiful Apartments

Our apartment homes are designed to maintain your style of gracious living. Cabinetry and doors are constructed from solid hardwood. Walk-in showers are made of stone tile inlays. Every apartment has generous outdoor space for you to take in the beauty of your surroundings.

Cost of Living

The cost of living at The Sequoias includes an entrance fee and a monthly fee. The fees are based on the contract type you choose and the size and location of your apartment. Contact our community for more information.



Live Well at The Sequoias Portola Valley



Our Caring and Courteous Staff

The staff at The Sequoias is dedicated to your well-being. Residents are able to live a more vital life as they enjoy our fitness center, indoor pool, and exquisite landscaped grounds. Our dining and hospitality team takes tremendous pride in providing the freshest meals available. Housekeeping makes your apartment sparkle.

Wonderful Residents

The Sequoias is full of vibrant, talented, and engaged individuals who enjoy their lives and enhance the lives of others. Our community offers independent living residents a lifestyle that is focused on days of engaging activities, new friendships, and amenities that make retirement living more delightful.

At The Sequoias Portola Valley, residents enjoy comprehensive services with a personalized touch. All levels of care including assisted living, memory care, and skilled nursing are available should you need them.





At The Sequoias, dining includes a tempting array of fresh and healthy choices. Enjoy the impeccable table service of our dining room staff. We offer dining plans with three meals a day, or choose our one meal a day option. You're always free to take away a meal to enjoy in your residence or in our outdoor seating area.

Whether it's a savory dish in the dining room or a sandwich to take on a hike, you're guaranteed a satisfying meal. Stunning, panoramic views of the Windy Hill Open Space Preserve or the many beautiful trees around us make your dining experience even more enjoyable.

DINING

- Full service dining
- Three meals daily, or flexible meal plan
- Take out service available
- Patio for outdoor dining
- Vegetarian options are available
- A la carte menu available all day

Our Sequoias culinary team places a high priority on ensuring that the dining experience is relaxing and enjoyable to all the senses. It's all part of our focus on enriching the aging experience in every way we can.





THE SEQUOIAS HEALTH & WELLNESS

At The Sequoias, you can choose from a wide range of exercise classes encompassing all aspects of fitness, from stretching and cardiovascular strength, to balance and resistance training.

Our fitness classes are taught by certified instructors and are designed to help adults maintain their cardiovascular health, strength, and flexibility. Enjoy the benefits of working out in a group.

FITNESS AND WELLNESS

- Fitness center with personal assessment
- Exercise, balance, and yoga classes
- Wellness lectures and programs
- Nearby walking trails to open space preserve
- Indoor swimming pool and spa / aquacize classes



Staying active is an important part of a healthy senior lifestyle. Our well-equipped fitness center, programs, and activities make it easy to keep in shape.





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

The new friendships and the intensity with which you can start these friendships is incredible.

-Sue Crane

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

I Want to Apply. What Do I Do?

First, let's discuss the basic qualifications.

You may apply to become a resident of The Sequoias Portola Valley if you

- Medically qualify
- Financially qualify
- Manage your own personal and financial matters
- Have Medicare, parts A and B, or the equivalent

Two Ways You Can Choose to Apply

1. **Preliminary application:** If you are considering a move in one year or more, this option is recommended.
2. **Application for residency:** If you are considering a move within the year, the full application process is recommended.

What's the Difference?

Preliminary application entails completing a brief, three-page application form and submitting a \$1,000 deposit (the deposit is applied to your entry fee or refunded, if you decide not to apply for residency). If your application is not approved, your deposit of \$1,000 will be refunded.

Application for residency entails completing the application packet. This more comprehensive packet includes a financial report, health care supporting documentation and required lab tests, and an introductory meeting with our executive director and medical director.

If you have not previously been on our waiting list the application fee for residency is a \$1,500 fee (the \$1,000 deposit is applied to your entry fee or refunded, if you decide not to apply for residency; \$500 is a non-refundable processing fee).

We recommend that people who desire future residency apply sooner rather than later due to certain restrictions that may apply.

Thank you for your interest in The Sequoias. Please give us a call at **650.851.1501** if further questions come to mind. We are available to assist in any way we can.

Value Comparison Worksheet

This worksheet will help you compare your current lifestyle expenses to the affordable lifestyle benefits enjoyed by The Sequoias' residents. Begin by examining your current expenses, converting annual expenditures to monthly expenses. Then compare your costs to the value of the monthly fee at The Sequoias.

| MONTHLY EXPENSES | YOUR HOME | THE SEQUOIAS |
|--|-----------------|-----------------|
| • Mortgage/rent (or monthly fee at The Sequoias) | \$ _____ | \$ _____ |
| • Property taxes | \$ _____ | Included |
| • Utilities (gas, electric, water, sewer, garbage removal, cable) | \$ _____ | Included |
| • Home maintenance/repairs (plumbing, roofing, major appliance repair, painting, pest control, electrical, storm damage, etc.) | \$ _____ | Included |
| • Homeowners association fees/assessments | \$ _____ | Included |
| • Landscaping maintenance | \$ _____ | Included |
| • Food expenses (groceries, dining out, gratuities) | \$ _____ | Included |
| • Domestic help (housekeeper, laundry, etc.) | \$ _____ | Included |
| • Security (patrol, smoke, fire alarms, etc.) | \$ _____ | Included |
| • Healthcare (physician services, hospitalization, assisted living, skilled nursing, and memory care) | \$ _____ | Included |
| • Call system (24-hour monitoring of resident call system if such were available in the home) | \$ _____ | Included |
| • Transportation (car payment, fuel, maintenance, repairs, and insurance)* | \$ _____ | Included |
| • Entertainment, social, and cultural programs and events | \$ _____ | Included |
| • Fitness membership and fees (pool and gym) | \$ _____ | Included |
| TOTAL MONTHLY EXPENSES | \$ _____ | \$ _____ |

* Transportation is available to local medical appointments, shopping, church services, and scheduled cultural events and scenic drives.



SOME FACTS ABOUT OUR HOME

Prepared by residents;
revised 9/98, 9/03, 9/05, 9/07, 1/08,
8/08, 2/09, 12/10, 1/16, 7/17

Acres: 42
Trees: 616
Buildings: 34
Residents: 312 (approx.)

Apartments: 206
Meals per day: 3
The Lodge (Assisted Living):
26 rooms

The Gardens (Memory Care):
18 rooms
Health Center (Skilled
Nursing): 43 beds

Meal Service: The dining room seats 180 with open seating for all meals, but a table may be reserved on request. Breakfast service is from 7:30 am to 8:45 am, lunch service from 12:00 pm to 1:15 pm and dinner service from 5:00 pm to 6:45 pm. There are three options at each meal: service, buffet, a la carte or take-home buffet. If a resident is temporarily ill, trays are delivered to their apartment. Residents at The Lodge, The Gardens, and the Health Center eat in their respective dining rooms, though they are also welcome in the main dining room.

Housekeeping: Weekly cleaning and vacuuming includes fresh towels and bed linens. Annual deep cleaning, including window washing, is scheduled on request.

The Lounge: This center for many functions, large and small — including receptions, Coffee Hour, and Social Hour — is open to all residents. There are tables for bridge, games, jigsaw puzzles, and daily newspapers. Hot coffee and teas are available on the buffet from 7:30 am to about 7:00 pm.

The Library: Our resident librarians acquire new books regularly. Books, DVDs and CDs are in the parlors and The Lodge as well. The library is equipped with a computer, Wi-Fi access, and a magnifying reader.

Parlors: The four parlors are available for resident activities, such as games, parties, meetings, family reunions or meals catered from the main kitchen. Each parlor has a small adjoining kitchen and ice machine. All parlor use is reserved in advance at the front reception desk.

Hanson Hall: This is a gathering place for lectures, music programs, movies, audio-visual programs, live entertainment, bridge, bingo, fitness classes, association meetings, town hall meetings, worship services and voting for our precinct of Portola Valley. A closed circuit television system broadcast Hanson Hall activities to apartments, The Lodge, The Gardens, and the Health Center.

Flower Gardens: Our landscape staff maintains the common grounds. Residents maintain their own garden patios and volunteers are always welcome to work in the Cutting Garden and Jack's Garden. The Cutting Garden grows flowers for public rooms and for residents, who may cut the flowers for their own apartments. Jack's Garden displays flowers for the viewing pleasure of all residents.

Health and Wellness: Our campus provides a 50-foot lap swimming pool (walled with windows, enclosed with sliding sunroof, and Jacuzzi), a bowling green, a putting green, ten Life Trail stations and a well-equipped indoor fitness center. Professional instructors offer aqua-aerobics, fitness classes and yoga. Hiking is enjoyed around our campus, and on the 12.2 miles of trails on the adjoining 1,312-acre Windy Hill Open Space Preserve.

Massage Therapy: Massage therapy is available on campus by appointment for women and men.

Hair Salons: There is an on-campus hair salon for women and men.

Art: A studio is available for classes and projects.

Woodworking: The Waldron Shop has power tools and a checkout system to borrow tools.

Business Center: The residents' business center has a photocopy machine, large shredder, paper cutter, and basic office supplies.

Sundry Shop: Located near the entrance, this shop run by resident volunteers has gifts, cards, notepaper, stamps, small necessities and personal items for sale.

Guest Rooms: Four guest rooms are available for relatives and friends at a modest charge.

Laundry: Five laundry rooms are provided for personal laundry at no charge.

Storage: Lockers are assigned on request.

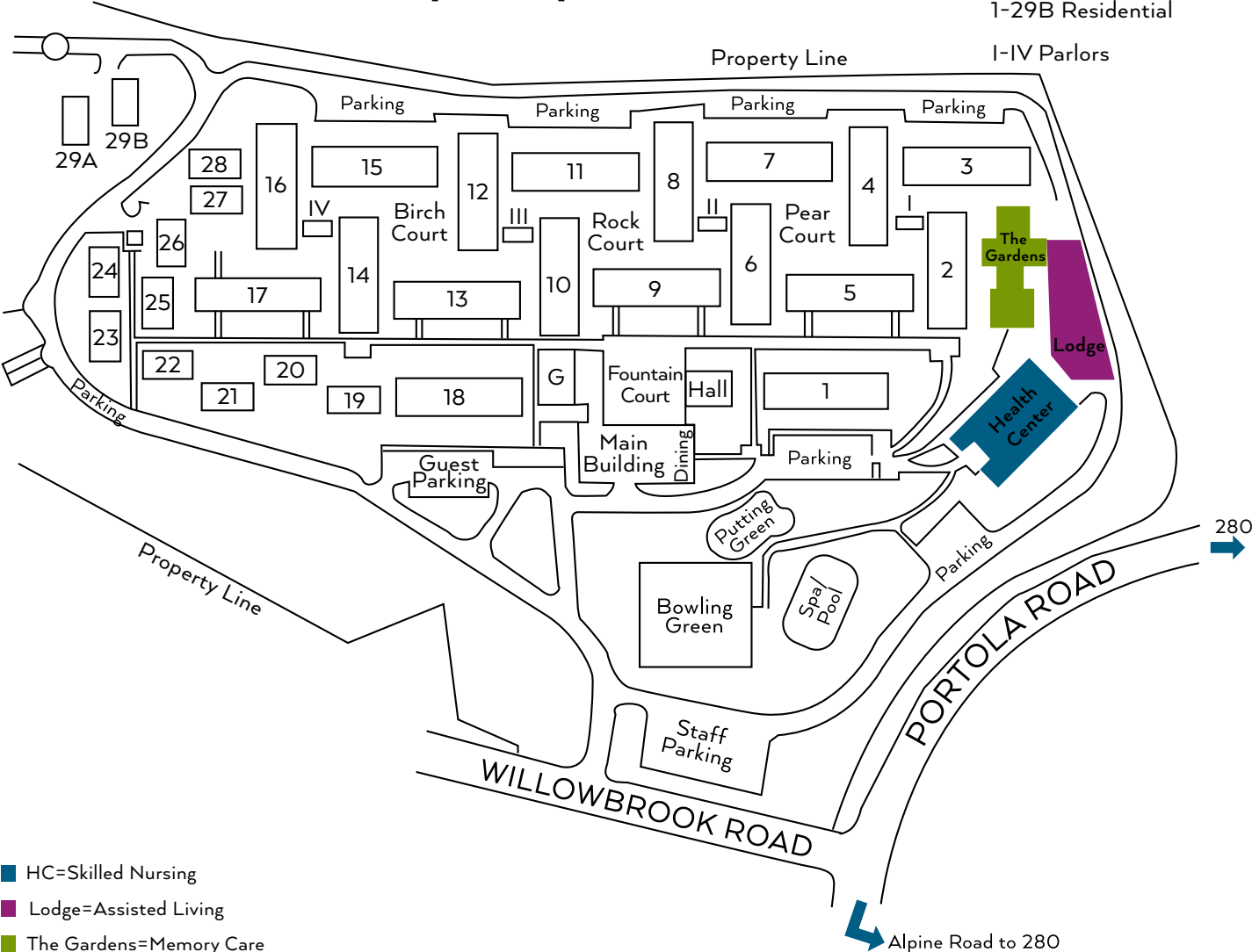
Transportation: Service is available seven days a week for medical appointments, shopping, planned excursions to various venues, and special events.

Parking: Each resident has one reserved parking space. There are additional parking spaces for second cars, visitors, and employees.

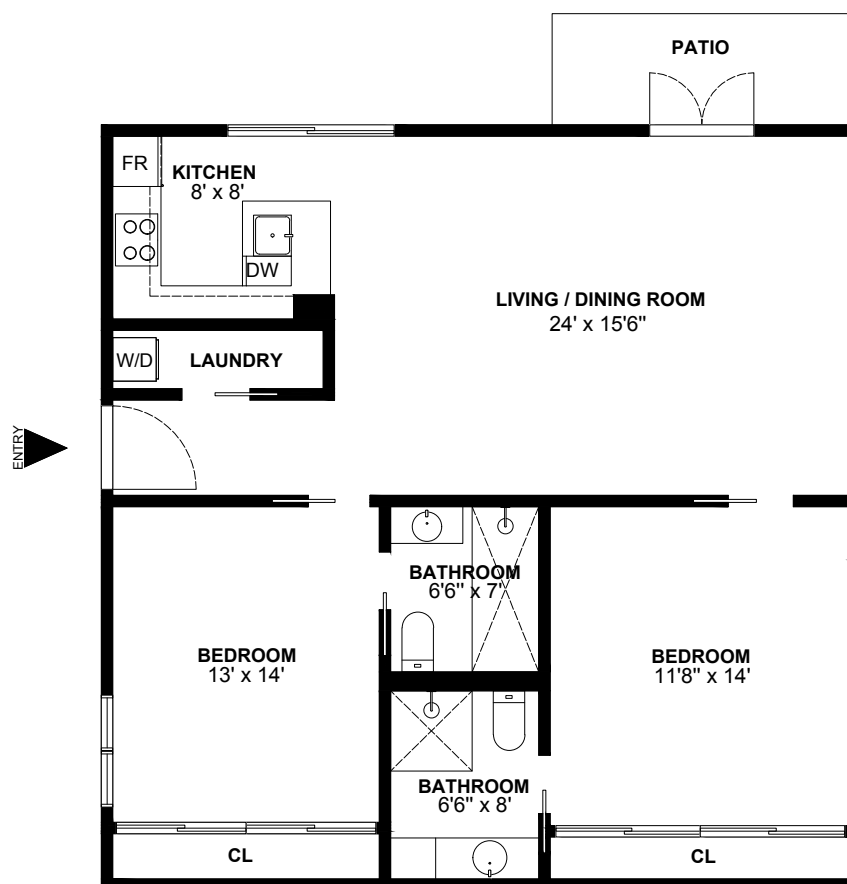


Portola Valley Neighborhood Map

Open Space Preserve



Two Bedroom Two Bath Duplex - *approx. 1,089 sq ft*



Size and dimensions are approximate. Actual may vary.

Features of your new home:

- Kitchen with refrigerator, dishwasher, electric range and oven, convection microwave, under counter cast iron sink
- Bath features wide entry door, easy-access shower, built-in vanity, medicine cabinet, and safety grab bars
- Energy-efficient gas furnace with radiant heat
- Individually controlled, programmable thermostat
- Private ground-level garden patios or private sunroom, based on apartment selected

- Carpet and hardwood floors
- Ample closet space
- Resident call system
- Smoke detector and sprinkler system
- Added soundproofing and fire-rating on common walls
- Pre-wired for cable TV with in-house TV channel
- Pre-wired for phone with in-house phone service
- Washer and dryer

Two Bedroom One Bath – approx. 860 sq ft



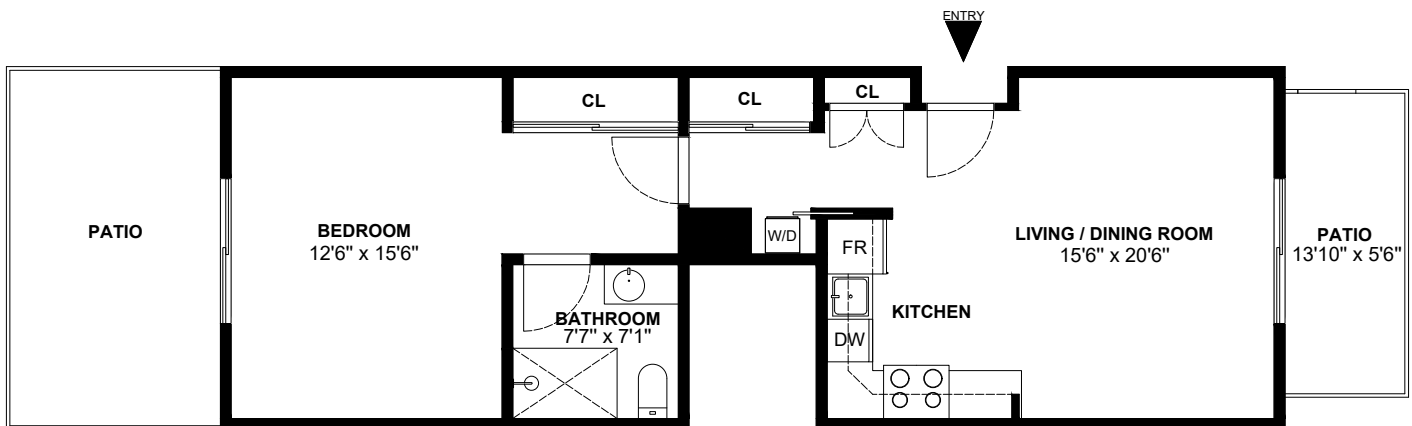
Size and dimensions are approximate. Actual may vary.

Features of your new home:

- Kitchen with refrigerator, dishwasher, electric range and oven, convection microwave, under counter cast iron sink
- Bath features wide entry door, easy-access shower, built-in vanity, medicine cabinet, and safety grab bars
- Energy-efficient gas furnace with radiant heat
- Individually controlled, programmable thermostat
- Private ground-level garden patios or private sunroom, based on apartment selected

- Carpet and hardwood floors
- Ample closet space
- Resident call system
- Smoke detector and sprinkler system
- Added soundproofing and fire-rating on common walls
- Pre-wired for cable TV with in-house TV channel
- Pre-wired for phone with in-house phone service
- Washer and dryer

Grande One Bedroom - approx. 775 sq ft



Size and dimensions are approximate. Actual may vary.

Features of your new home:

- Kitchen with refrigerator, dishwasher, electric range and oven, convection microwave, under counter cast iron sink
- Washer and dryer
- Bath features wide entry door, easy-access shower, built-in vanity, medicine cabinet, and safety grab bars
- Energy-efficient gas furnace with radiant heat
- Individually controlled, programmable thermostat
- Private ground-level garden patios or private sunroom, based on apartment selected
- Carpet and hardwood floors
- Ample closet space
- Resident call system
- Smoke detector and sprinkler system
- Added soundproofing and fire-rating on common walls
- Pre-wired for cable TV with in-house TV channel
- Pre-wired for phone with in-house phone service

One Bedroom, One Bath - *approx. 560 sq ft*



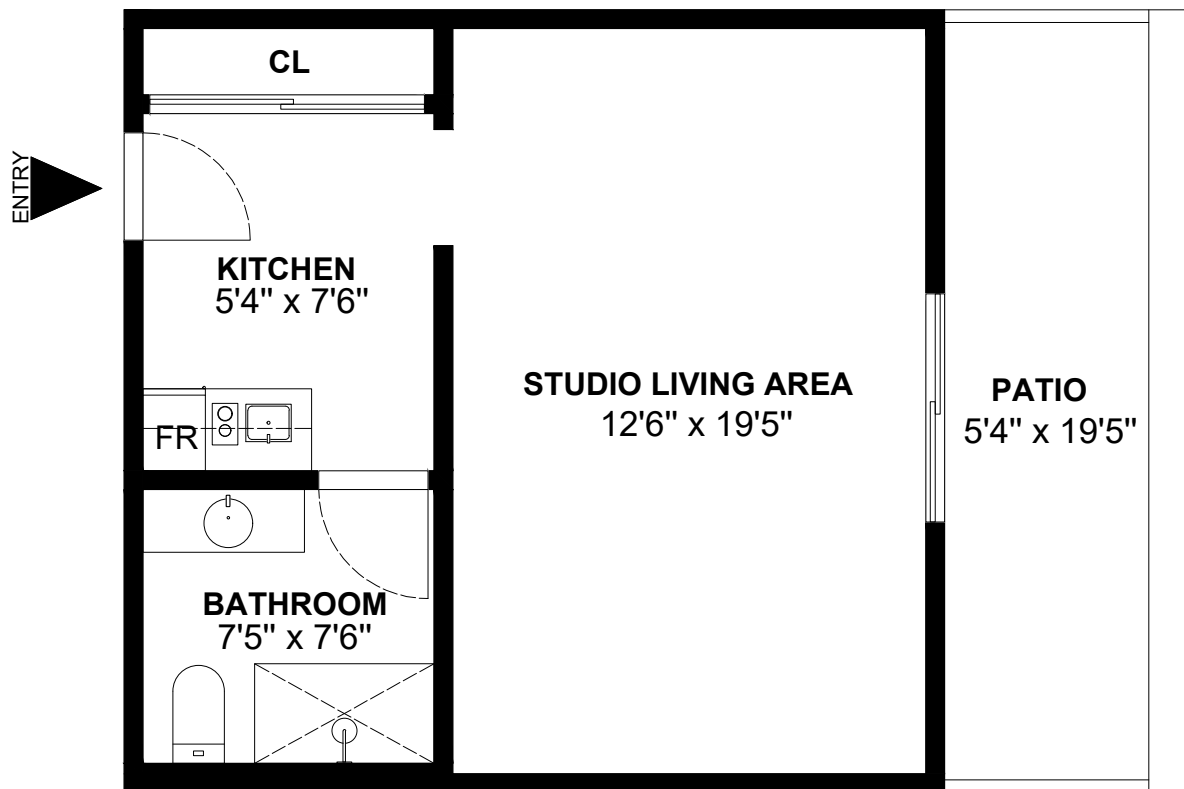
Size and dimensions are approximate. Actual may vary.

Features of your new home:

- Kitchen with refrigerator, convection microwave, under counter cast iron sink
- Bath features wide entry door, easy-access shower, built-in vanity, medicine cabinet, and safety grab bars
- Energy-efficient gas furnace with radiant heat
- Individually controlled, programmable thermostat
- Private ground-level garden patios or private sunroom, based on apartment selected
- Carpet and hardwood floors

- Ample closet space
- Resident call system
- Smoke detector and sprinkler system
- Added soundproofing and fire-rating on common walls
- Pre-wired for cable TV with in-house TV channel
- Pre-wired for phone with in-house phone service
- Washer and dryer

Studio - approx. 440 sq ft



Size and dimensions are approximate. Actual may vary.

Features of your new home:

- Kitchen with refrigerator, convection microwave, under counter cast iron sink
- Bath features wide entry door, easy-access shower, built-in vanity, medicine cabinet, and safety grab bars
- Energy-efficient gas furnace with radiant heat
- Individually controlled, programmable thermostat
- Private ground-level garden patios

- Hardwood floors
- Ample closet space
- Resident call system
- Smoke detector and sprinkler system
- Added soundproofing and fire-rating on common walls
- Pre-wired for cable TV with in-house TV channel
- Pre-wired for phone with in-house phone service
- Access to convenient laundry rooms