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Writing Sample – Sequoia Grove

Discover the Art of Living Well with our Independent Living Program

A Helping Hand, a Caring Touch.

At any age, it's wonderful to feel independent and productive. But sometimes simple activities can become increasingly difficult. When activities such as bathing, dressing, taking medications as prescribed, or just getting out to visit with friends become too stressful, it's time for some assistance.

When safety, security or quality of life becomes an issue, it is time to consider assisted living.

Through our independent assisted- living program, we enhance our residents' self-sufficiency and security in an environment that feels like home. We focus on their abilities, rather than their losses, encouraging them along the way.

We believe that maintaining the dignity and quality of life for our residents is the number one priority at Sequoia Grove. We pride ourselves on making sure that residents feel that independence is their right.

Our independent living facilities highlight the following amenities: Each apartment includes a kitchenette, private bath, emergency call system, individual climate control, large windows and patio or balcony.

Enjoy Activities, Beautifully Landscaped Gardens and New Friendships

The well-appointed common areas encourage interaction with friends and family. Residents may enjoy relaxing in the parlor, pursuing leisurely pastimes in one of the many activity rooms, or entertaining in the private dining room.

Our community is surrounded by beautifully landscaped grounds, including gardens where residents can exercise their bodies as well as their creativity.

An Individualized Program for Each Resident

We appreciate the individuality of our residents. We take the time to really get to know them, to listen to their stories, and to find out what their special needs and concerns are. After carefully assessing each person's abilities, we create their customized care program. For some, it might mean gentle reminders to take medication. For others, it could mean assistance with bathing or dressing.

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Sequoia Grove is Different

Our independent assisted-living program offers different levels of care, allowing residents to receive, and pay for, only the assistance they need. Although we encourage independence, decisions are a shared process between residents, the staff and family members. This helps to make the suggested level of care a comfortable decision.

With multiple levels of retirement living, Sequoia Oaks offers appropriate care when and where it's needed. Our assisted-care program is designed for people who need a little help with some of life's daily activities. It features many of the same services and amenities as independent living, such as fine dining, social, cultural and recreational activities, housekeeping, transportation and our Being at Your Best wellness program, which offers a holistic approach to wellness.