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Pasadena's Truly Distinctive
Independent and Assisted Living
Community for Adults 55+



OF HELPING SENIORS & FAMILIES
NAVIGATE LIFE WITH CONFIDENCE

2007 - 2027

An Expert in Your Back Pocket

THINK OF US AS THE MISSING PIECE OF
YOUR FAMILY'S ADVISORY TEAM.

*You already have trusted professionals.
We're here to coordinate the bigger picture.*

- ✓ A physician to protect your health.
- ✓ An attorney to safeguard your wishes.
- ✓ A financial advisor to manage your assets.

But who is coordinating the bigger picture?

For nearly 20 years, About Senior Solutions has served as a trusted advocate, helping seniors protect their independence and helping families navigate complex healthcare decisions, life transitions and care planning. Think of us as the experienced professional in your corner – establishing a secure footprint that prevents crisis, ensures continuity and supports you every step of the way as circumstances change.



How We Help



HEALTHCARE ADVOCACY

We help you understand options and make informed decisions.



CARE COORDINATION

We work with your doctors, providers, and care team to keep everything aligned.



FAMILY GUIDANCE

We provide support, education, and peace of mind for the whole family.



CRISIS & TRANSITION PLANNING

We're here when life changes—planned or unexpected.



TECH-ENABLED INDEPENDENCE

Using smart tools to keep you safe and independent.



Plan Ahead. Stay Independent. Live Your Best Life.
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Proudly serving Pasadena, San Gabriel Valley, South Bay, Coachella Valley and surrounding Southern California Communities.

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*Let's create a plan
that keeps you in
control of your future.*



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EXPERIENCE. COMPASSIONATE. TRUST. | GUIDING FAMILIES. ENRICHING LIVES. | SINCE 2007.

Welcome To The Oaks Of Pasadena



The Oaks of Pasadena, one of the first communities of its kind in the Pasadena area, opened its doors in 1981. Since then, we've been providing unsurpassed accommodations and friendly service for adults age 55+ who enjoy our Independent Living apartments and beautiful grounds.

Our residents enjoy a wide selection of entrées and à la carte choices in our elegant restaurant-style dining room, housekeeping and laundry services, local transportation, assigned underground parking spaces, and a variety of social, educational and recreational activities. Each apartment includes a private patio (ground floor) or balcony (second floor), kitchenette (studio apartments) or full-size kitchen (one and two-bedroom apartments), gas fireplace (one and two-bedroom apartments) and an emergency call system. We are a pet-friendly community.

Please contact us at **626-356-2600** so that we can answer any questions you may have and schedule a time for you to visit. The large apartments, beautiful grounds and "feels like home atmosphere" of The Oaks come through much more in person than on the page!



Tel: **626-356-2600**

E-mail: **info@pasadenaoaks.com**

Web: **www.pasadenaoaks.com**

2954 E. Del Mar Blvd., Pasadena, CA 91107

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“

Amazing place! Don has been there for almost a year. Five-plus stars on everything—I cannot say enough good about The Oaks! The staff greet you with smiles no matter what. The food is served in nice portions, with a good variety..

Joanie

”



Enjoy Our Independent Living

The Oaks of Pasadena provides our residents with a variety of services and amenities to ensure they can enjoy the luxury of Independent Living, while relying on friendly and attentive staff to address their daily needs and concerns.

Many of our residents “right-size” from a larger home when moving to The Oaks. While this is an adjustment, the independent apartment lifestyle at The Oaks offers a great deal of flexibility.

For example, our one and two-bedroom apartments are equipped with full-size kitchens for cooking your own meals, but we also offer daily free breakfasts plus a monthly allowance for other meals in our dining room. Likewise, residents can choose to drive their own vehicles and park in our underground assigned parking spaces, but they can also choose to use our free local shuttle service.

At The Oaks of Pasadena, our residents can enjoy fresh air and a view of our beautiful grounds from their patio or balcony. But there are also paved walkways throughout the property for those residents who want to enjoy nature by walking through it. Tired of cleaning your home? Our housekeeping staff take care of that with our weekly cleaning and bed linen service, not to mention daily trash service and bed-making.

These amenities, our friendly and helpful staff, and our variety of social and recreational activities, help to make The Oaks of Pasadena home to many happy residents.

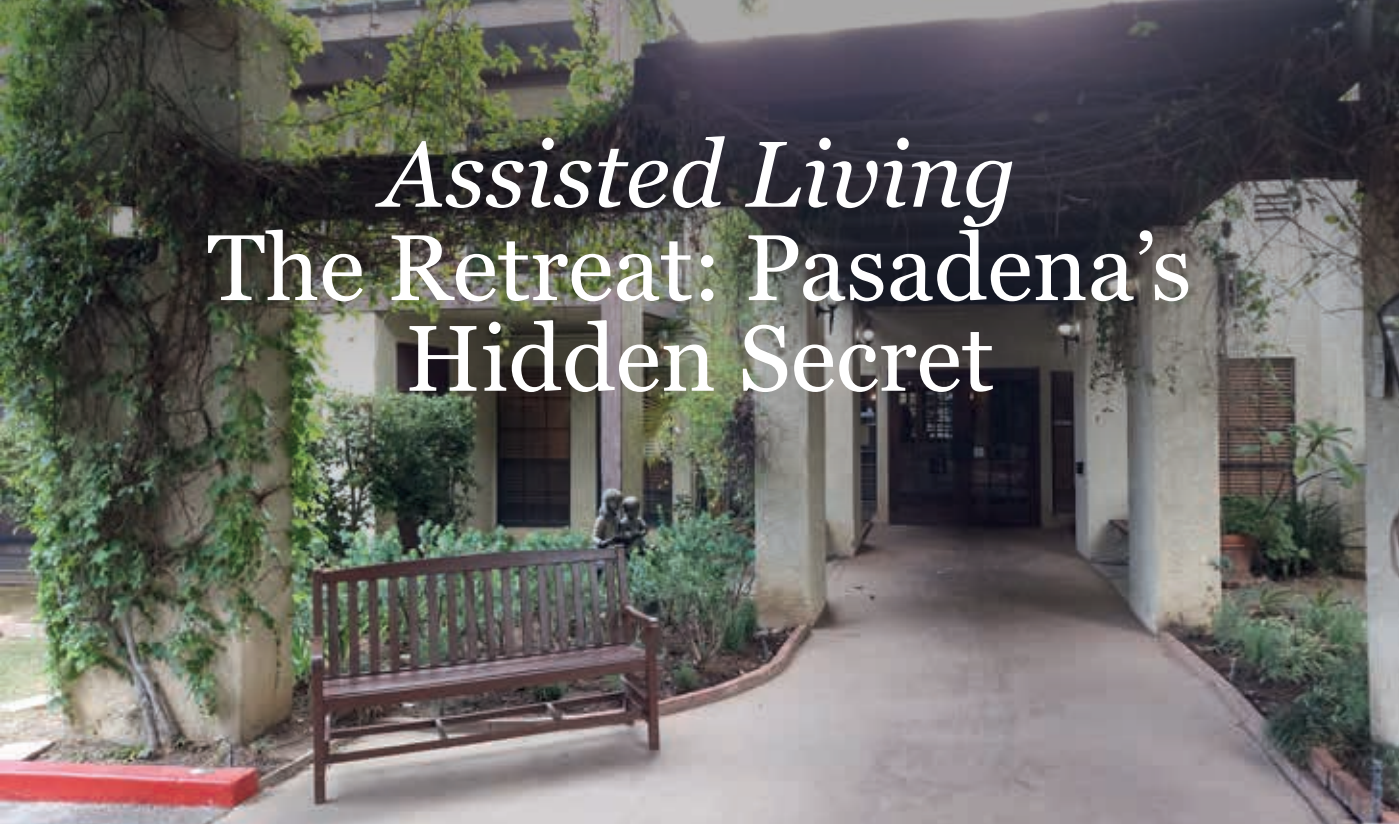
“

We love the people here—everyone is kind, welcoming, and eager to connect. It's a very well-kept and beautiful community.”

Joe & Thelma

”

Assisted Living The Retreat: Pasadena's Hidden Secret



The Retreat

The Retreat is a cozy Assisted Living facility offering personalized assistance, supportive services and compassionate care in a professionally managed, home-like setting.

Adjacent to The Oaks of Pasadena, The Retreat is an option for older adults who can no longer live independently, but don't require complex medical supervision. Our caring staff provide assistance for seniors who need some help with daily activities, such as bathing, dressing and medication reminders.

We focus on wellness and provide an individual tailored plan of assistance. Residents of The Retreat enjoy their own bedroom and beautifully appointed shared living spaces, delicious meals, social activities, local transportation, and personalized assistance and care.



Amenities For All

The Oaks of Pasadena

- Located on 27 acres including tranquil landscaped gardens, arboretum, and paved walking paths with park benches
- Monthly calendar of social, recreational and educational activities
- Elegant restaurant-style dining room
- Multiple entrée and à la carte dining choices
- Complimentary daily breakfast and monthly meal allowance
- Separate dining room for private gatherings
- On-site hotel guest room for friends/family of residents
- Certified fitness instructors
- Library and community TV room
- Swimming pool and spa
- Free local transportation (10-mile radius)
- 24-Hour staff/security
- Complete maintenance services
- Daily trash removal and bed making
- Weekly housekeeping, including linen service
- Complimentary laundry facilities
- Reserved parking in covered garage
- Pets welcome

“

I was looking for a place for my mother. The grounds are beautiful, and it's located in a quiet residential area. The rooms are quite spacious and inviting. It's a great option for independent living.”

Christin

”





“

For the last five years, I tried to convince my mother to put her house on the market and move back to California to be closer to me. I told her we would find a home she loves, where she feels safe and well cared for. That place is The Oaks. We toured the grounds, and when we got back in the car, we said, 'This is it. This is the place.' I knew we had found the right home for my mom.

Kirsten

”



Dining With Us

The Oaks Dining Experience

The Oaks of Pasadena serves a complimentary breakfast daily, which includes a variety of options and the breakfast special of the day. We also provide a complimentary monthly meal credit for lunch or dinner. Residents can choose to dine in our restaurant-style dining room, order their meal for pick-up, or we will deliver to their apartment for a small delivery fee.

A separate dining area is available for private gatherings. Our prompt and courteous wait staff, bar, live music events, and special holiday meals all contribute to the unique dining experience at The Oaks of Pasadena.

Please make arrangements to join us for a complimentary meal when you schedule your visit to The Oaks of Pasadena!

“

I have been a resident for only six months. What I value most about The Oaks is the diversity of the community, the peace and beauty of the campus, the kindness and competence of the staff, and the flexible approach of the administration in addressing resident concerns and planning and implementing change.

Pat

”

Sample Breakfast Menu

Breakfast - Served 7:00am to 9:30am

Breakfast Choice 1

Daily Special - (Chef's Choice)

Choice of **two** beverages (coffee, tea, juice or milk)

Breakfast Choice 2

One serving of hot or cold cereal with milk or yogurt

One serving of fruit (seasonal, fresh or cooked fruit)

Served with toast, muffin or sweet roll

Choice of bacon or sausage

Choice of **two** beverages (coffee, tea, juice or milk)

Breakfast Choice 3

Two eggs cooked any style with sausage, bacon or ham, hash browns.

Served with toast, muffin or sweet roll

One serving of fruit (seasonal, fresh or cooked fruit)

Choice of **two** beverages (coffee, tea, juice or milk)

Breakfast Choice 4

Two egg omelet - (ham, bacon, sausage, cheese, salsa, mushrooms, tomatoes or onions)

Hash browns

Served with toast, muffin or sweet roll

One serving of fruit (seasonal, fresh or cooked fruit)

Choice of **two** beverages (coffee, tea, juice or milk)

Breakfast Side Item

Bacon or Sausage.

Sweet Roll, Muffin or Toast

1/2 a Grapefruit.

Hot or Cold Cereal

One Egg
(any style)

Juice, Milk

Fruit
(seasonal slice or melon)

Coffee, Tea (Refills)

Yogurt



“The Oaks of Pasadena is a beautiful campus. The staff are exceptional, and this is what sets them apart from other independent living communities. The restaurant is phenomenal, with a great variety of food. There are many events for residents to enjoy.

David

”

Sample À La Carte Menu

Salads

Entrée Salad Choice of Tuna, Chicken, Trio or Chef Salad

Fruit and Cottage Cheese Salad

Favorites

Favorites are served with a choice of one: French fries, fresh cut fruit, mashed potatoes, vegetable of the day, soup of the day, vegetable soup, salad of the day or tossed green salad.

Ham, turkey, tuna, BLT or chicken salad sandwich

Club sandwich or grilled chicken breast sandwich

Grilled cheese sandwich

Cheeseburger or hamburger

Turkey or veggie burger

All beef hot dog

**Sandwiches are served on your choice of white, wheat, rye or sourdough bread. Please let servers know if you want your bread toasted.*

Meals

Served with a choice of soup or salad, one vegetable, and a choice of potato or rice.

Hamburger steak

Grilled chicken breast

Chicken salad

Tuna salad

Side Orders:

Side of Chicken Breast / Hamburger Patty

Side of Turkey Patty / Veggie Patty

Side of Tuna or Chicken Salad (6 Oz.)

Side Dishes

French Fries

Cottage Cheese

Vegetables

Small Soup

Large Soup

Tossed Green Salad

Small Fruit Bowl

Desserts

Cake/Pie of the Day

Cake/Pie a La Mode

Special Dessert

Jello/Custard

Ice Cream (1/2 scoops)

Yogurt

Drinks

Beer or Wine (Glass)

Mixed Drinks

Milk or Soda

Juice (5Oz.)

Coffee or Tea



Sample Lunch & Dinner Menu

Dinner - Served 5:00 pm to 7:00 pm

Lunch - Served 11:30am to 1:30pm

Choice of Soup or Salad

Soup of the Day

Chicken Tortilla Soup or Vegetable Soup

Salad of The Day

Pasta Salad or Tossed Green Salad

Today's Special Entrées

BBQ Pork Loin - Served with Baked Beans

Chicken Pot Pie - Served with Corn Bread

Seafood Linguini

Choice of Accompaniments - Sauteed or Steamed

Parmesan Crusted Cauliflower or Roasted Garlic Broccoli

Choice of Potato, Rice Pilaf or Brown Rice

Desserts

An Assorted Array of Pastries, Cakes and Pies

Today's Special: Mango Cheesecake



The Oaks Signature Cocktail Menu

- Celebrating the beauty, spirit and
community of The Oaks -

The Oaks Spritz

A bright, sparkling blend of white wine and citrus, topped with a splash of soda.

Golden Acorn Fizz

Champagne, vanilla bean syrup and a hint of almond.

The Patio Sangria

Red wine, berries and a splash of soda.

The Oak Martini

Vodka, dry vermouth and a house made herb infusion.

Sunset Under The Oaks

Orange juice, cranberry juice, vodka and a touch of honey.

Oak Grove Margarita

A refreshing twist on the classic margarita.

The Happy Acorn

Rum, coconut water, pineapple and lime.

Garden Mocktails (Alcohol Free)

Acorn Orchard Spritz

Cranberry juice, honey syrup and a splash of soda.

The Golden Leaf Lemonade

Fresh lemon, honey syrup and a splash of soda.





Activities

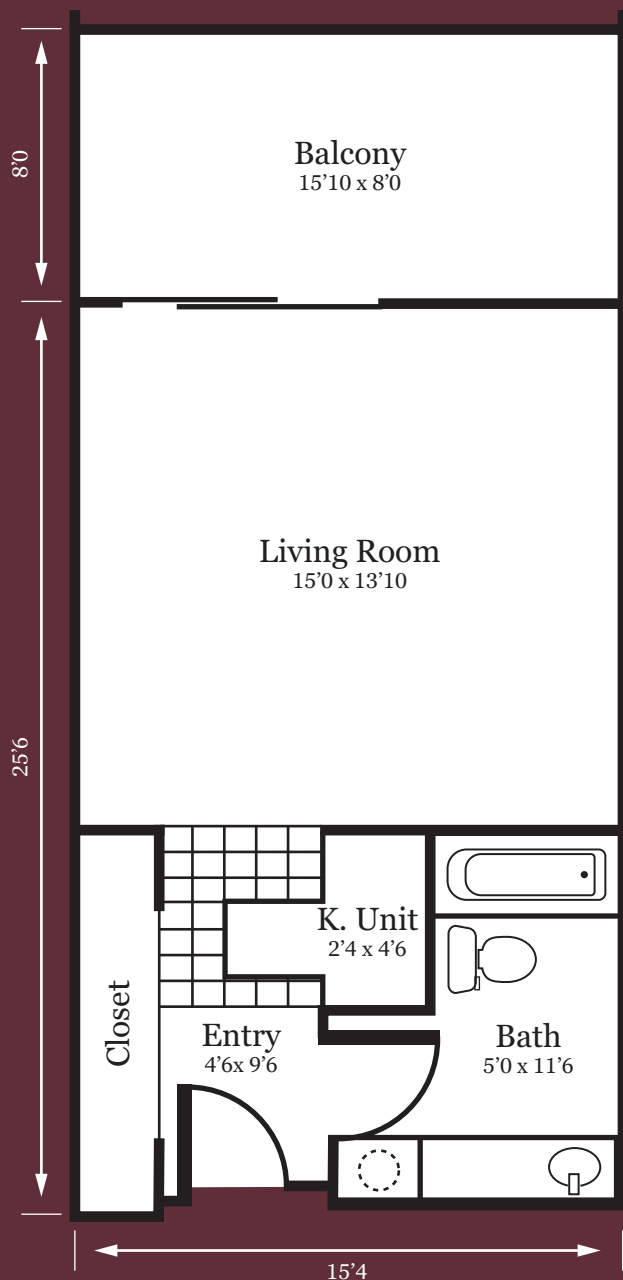
We offer a monthly calendar of social, educational and recreational activities.

Some of the ongoing activities offered at The Oaks of Pasadena include:

- Monthly resident meeting
- Walking group
- Bridge group
- Poker group
- Needle Arts group
- Shopping excursions
- Field trips (e.g. museums, botanical gardens)
- Painting class
- Music Appreciation class
- Food committee
- Welcoming committee
- Movie matinees
- Chair tai chi class
- Tone and balance exercise class
- Water aerobics class
- Lunch outings
- Bingo
- Scrabble
- Live music nights

Residents are welcome to use the heated swimming pool and jacuzzi year round, as well as enjoy a stroll on the grounds, which includes expertly landscaped gardens and an arboretum.

Sample Floor Plan



Up to 1,480 sq. ft. living space. Studio, One-Bedroom, and Two-Bedroom Apartments.

Each Floor plan Includes:

- Private patio (first floor) or balcony (second floor)
- Emergency call system
- Grab bars in bath/shower
- Spacious closets and storage space
- Smoke alarm/detector
- Window coverings and treatments
- Kitchenette (studio) or full-size kitchen (one and two-bedroom apartments)

Studio Apartment – 480 sq. ft.

Sample Floor Plan

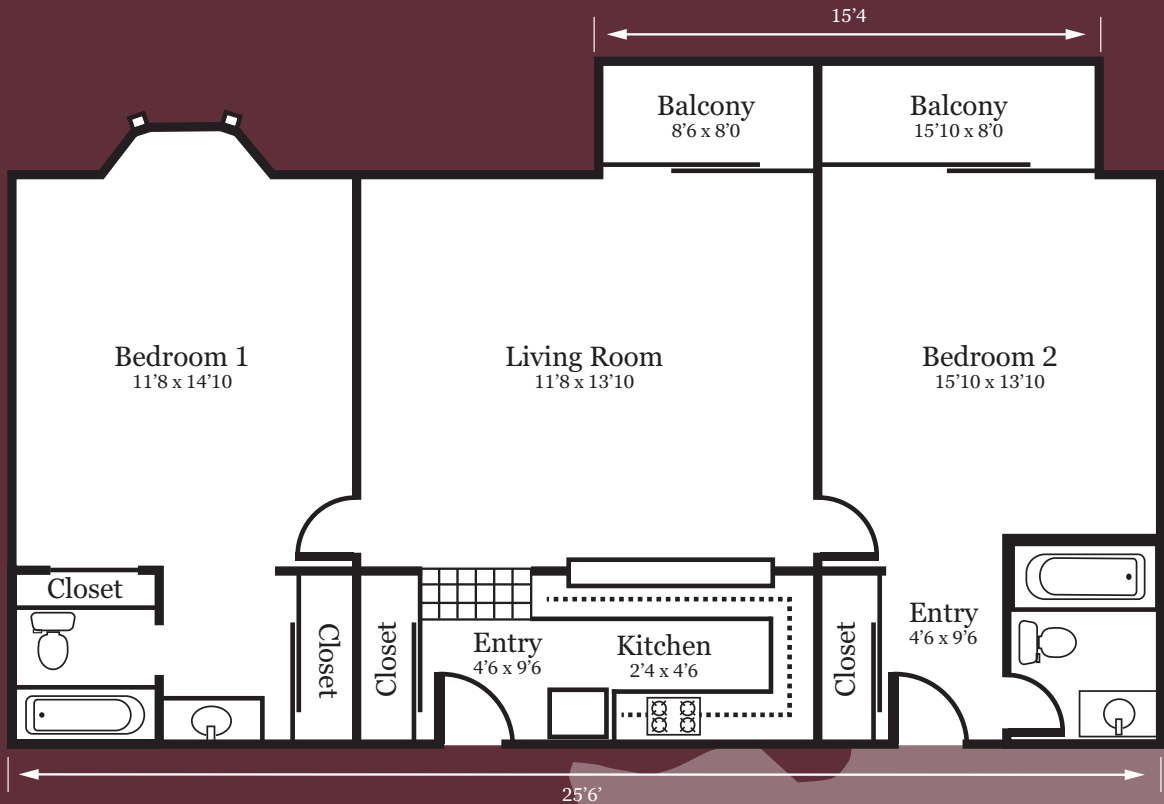


One-Bedroom Apartment – 740 sq. ft.

Each Floor plan Includes:

- Private patio (first floor) or balcony (second floor)
- Emergency call system
- Grab bars in bath/shower
- Spacious closets and storage space
- Smoke alarm/detector
- Window coverings and treatments
- Kitchenette (studio) or full-size kitchen (one and two-bedroom apartments)

Sample Floor Plan



Two-Bedroom Apartment – 1220 sq. ft.

Senior Independent Living Community Comparison

Features	The Oaks of Pasadena	Community A	Community B	Community C
No buy-in or community fee	✓	No	No	No
Free parking in secured covered garage	✓	No	No	No
27 acres including landscaped gardens, arboretum, walking paths with benches, National	✓	No	No	No
Family-owned community	✓	No	No	No
Heated pool and spa	✓	✓	No	No
Private enclosed patio or balcony for each apartment	✓	✓	No	No
Full-size kitchens and abundant closet/storage space (one- and two-bedroom apartments)	✓	No	No	No
Allowed to make modifications to apartments	✓	No	No	No
No 2nd person fee	✓	No	✓	No
Complimentary breakfast and monthly meal allowance	✓	No	No	No
Gas fireplaces (one- and two-bedroom apartments)	✓	No	No	No

Frequently Asked Questions

What types of senior living are offered at The Oaks of Pasadena?

The Oaks of Pasadena offers refined **independent living** within 86 spacious apartment residences, along with **assisted living** at *The Retreat*—an intimate, boutique residential care home featuring private and semi-private accommodations.

Where is the community located?

The Oaks is ideally situated in a peaceful residential enclave in East Pasadena at 2954 E. Del Mar Boulevard. The community is moments from the Hastings Ranch shopping district and near renowned destinations such as the Huntington Library and Botanical Gardens, making visits from Pasadena, San Marino, and Arcadia both convenient and enjoyable.

Is there a buy-in or upfront community fee?

No. Unlike many retirement communities, The Oaks of Pasadena does **not require a buy-in or entrance fee** for independent living—offering flexibility and peace of mind.

What amenities are included?

Residents enjoy a thoughtfully curated lifestyle that includes:

- 27 acres of beautifully landscaped grounds and walking paths
- Heated pool and spa
- Gas fireplaces in select one- and two-bedroom residences
- Complimentary parking and local transportation
- Weekly housekeeping services
- Flexible, resident-centered dining program

Can residences be personalized?

Yes. Residents are welcome to tailor their homes to reflect personal style and comfort preferences, subject to management approval and use of licensed professionals.

Is there a second-person fee?

No. The Oaks does not charge an additional fee for a second occupant in independent living residences. At The Retreat, both private and companion living options are available.

What distinguishes The Oaks from other communities?

The Oaks is defined by its **warmth, charm, and authenticity**. Rather than the impersonal feel of larger institutions, the community offers a genuine sense of home. Expansive, lush grounds create a serene environment where residents can relax, connect, and enjoy a tranquil lifestyle in the heart of Pasadena.

What makes The Retreat unique?

The Retreat offers a rare alternative to traditional assisted living. Licensed for no more than nine residents, it provides **highly personalized care** in an elegant, residential setting. Residents also enjoy access to the amenities, dining, and activities of The Oaks next door—creating a seamless and enriched experience.

What dining options are available?

Dining at The Oaks is both flexible and elevated. Residents enjoy:

- Chef-prepared cuisine in an elegant dining room
- Complimentary breakfast
- A monthly dining allowance for à la carte selections
- Convenient to-go and delivery options

Prospective residents are warmly invited to experience a meal firsthand during a scheduled visit.

What activities and programs are offered?

A vibrant calendar of events supports an engaging lifestyle, including:

- Fitness and wellness classes
- Art and creative workshops
- Music and cultural programs
- Social outings and guest speakers
- Seasonal celebrations

Programs are thoughtfully curated, and resident input is always welcomed.

Is there a waitlist?

There is **no cost or obligation** to join the waitlist for either The Oaks or The Retreat. Early placement on the list is encouraged to maximize future options.

How can a tour be scheduled?

To arrange a private tour or request additional information, please call **626-356-2600** or email **info@pasadenaoaks.com**

Guests are invited to enjoy a complimentary meal and experience the community firsthand.



Age-Related Eye Problems

"With modern technology, malfunctions of the eye can be detected and treated before they cause any damage at all."

“Laser eye surgery, glasses, or contacts prescribed

by your local optometrist can have you seeing better in no time.”



Aging is a natural process of living, but so is reading, watching the sunset, and seeing your grandchildren grow up. Don't let eye problems go untreated. With modern technology, malfunctions of the eye can be detected before they cause any damage. Getting regular checkups at your local ophthalmologist can ensure that these problems will be diagnosed before they cause other problems.

As you age, your body changes and vision loss is one of the most common side effects. Cataracts and uncorrected refractive errors are the two leading causes of vision impairment. Recent scientific studies have also suggested that a positive correlation exists between cataracts and uncorrected refractive errors, and so having one may heighten the risk of getting another.

The key to battling vision loss is an ongoing process that involves awareness through informing yourself on the topic and by undertaking regular eye exams.

Uncorrected refractive errors is a group of complications that can be a direct result of your body changing with age. When focusing on things near or far, eyes alter their shape to be either convex or concave.

Throughout time the elasticity in the eye weakens, making it more difficult to contort into these positions naturally. This is called nearsightedness and farsightedness, all normal side effects of growing older. Laser eye surgery, glasses, or contacts prescribed by your local optometrist can have you seeing better in no time.

Over 90% of people over the age of 65 have at least one cataract. At age 75, half of the people have experienced vision loss caused by a cataract. While regular checkups are crucial in monitoring known cataracts, checkups can also help identify newly formed ones. Treatment options include cataract surgery, a safe procedure that can usually restore all impairment, or physical aids such as sunglasses, brighter lighting, and magnifying glasses for early onset symptoms.

On top of aging, the accumulation of certain behaviors such as not wearing sunglasses, smoking, heavy drinking, and obesity also contribute to age-related vision loss. If you find yourself with a cataract or refractive errors, there is no need to worry. Vision loss due to cataracts, even vision loss caused by uncorrected refractive errors, can generally be avoided altogether.

Hearing Loss

Hearing is essential for enjoying life and connecting with family and friends. But many people have trouble hearing well, especially as we get older. Fortunately, new technology has made modern-day hearing aids better than ever before.

These new hearing aids help to make sounds clearer and more natural. They can help people focus on what someone is saying and reduce background noise, so conversations are easier to hear. This helps people with hearing loss enjoy talking with others and better able to hear everything around them. Simple things like being able to listen to music and watch a movie can significantly improve our quality of life.

Unlike the bulky, uncomfortable hearing aids of decades past, the latest hearing aids are small and hard to see when worn. They're designed to look discreet and feel comfortable. This means people won't feel self-conscious wearing them and can wear them for longer without any problems.

Another advantage of modern hearing aids is that they can connect to smartphones and other devices using Bluetooth.

This means people can take phone calls, listen to music or audiobooks, and even join video calls through their hearing aids. It helps people with hearing loss stay connected to the world around them.

Some new hearing aids can even change their settings to fit different places automatically. Whether someone's in a quiet room, a noisy restaurant, or outside on a windy day, the hearing aid adjusts to make sure everything sounds crisp and clear.

Untreated hearing loss has been linked to cognitive decline and an increased risk of conditions such as dementia. By using the latest technology to address hearing loss, individuals can lessen the risk of developing these kinds of conditions. Improved hearing not only aids in better communication but also fosters a sense of connection, reducing feelings of isolation and improving emotional well-being.

With these new advances in technology, people with hearing loss can now enjoy a richer and more connected life. Modern-day hearing aids don't just help with hearing; they make sure people can fully take part in the world around them. It's about using technology to help everyone live life to the fullest.

Daily Living Aids

Limbs don't work like they used to, but it doesn't mean you have to stop enjoying regular activities. Mechanical daily living aids have been around for centuries. One of the earliest references of the use of daily living aids dates back to 4000 BC in Indian mythology where a warrior queen used an iron prosthetic in place of one of her legs lost in battle. Nowadays, daily living aids aren't just prosthetics or wheelchairs, but a wide array of helpful products that are easily available and make modern day life a little more manageable.

Writing Aids

Having difficulty holding things can be frustrating when trying to write a letter or use modern technology. These actions require precise finger dexterity. Thankfully, slip-on hand aids allow the wearer to forego the use of fingers in exchange for a well-fitting band that goes around your hand. Difficulty pressing buttons that are close together - such as on a keyboard - can be a thing of the past, along with dropping the pen or veering off the page while writing.

Kitchen Aids

It's not uncommon to experience other types of hand deterioration besides loss of dexterity in the later stages of life. Strength, too, can be a problem. Aids such as tippers and jar openers, for example, are great tools to combat this. There are many different kinds out there, from manual to electric. Usually triangular in shape, tippers help you pour things without spilling by keeping things steady, such as kettles. Opening a jar and pouring some tea seem like simple tasks but without the use of tools they may be impossible. Having these tools at your disposal can feel very empowering.

Mobility Aids

Mobility aids assist in improving the mobility of people, such as assisting in walking or allowing a person to forego walking all together. Depending on the level of assistance needed, there is an assortment of products available. For those with very limited mobility, electric wheelchairs and seated scooters are the best option. Plenty of customizable options with these: speed, comfort, tire quality, packaged tools... Other people who still prefer to walk, but have difficulty in doing so may benefit more from walkers or canes. There are even canes that double as grabbers, for reaching things far away.





Dental Health

With today's technology long strides have been taken in the advancement of modern dentistry. Tools such as electric toothbrushes, interdental cleaners, and water picks give us the ability to better care for our dental health. Oral care education has also been revolutionized. We now know how best to keep our teeth for longer and in better condition. As we age, oral health problems such as untreated tooth decay, gum disease, and tooth loss may arise, but keeping a few things in mind when taking care of our teeth can make all the difference.

Increase Your Use of Antibacterial Mouthwash and Floss.

Creating a good brushing regimen is the most important step to good oral hygiene. Mouthwash and flossing can get into the places normal bristle tools can't and is a great addition to your daily brushing. A good antibacterial mouthwash can help reduce bacterial growth and prevent plaque buildup. If flossing is a bit difficult, try out a water pick.

"Calcium rich foods like fish, nuts, and fat-free milk will strengthen your teeth."

Add More Fluoride To Your Dental Regimen.

Toothpaste with 1350 to 1500 parts per million of fluoride is usually adequate. Increasing fluoride will help counter demineralization in the teeth, a process that can break down tooth enamel. Avoid ingesting too many irritants like tobacco, sugar, and alcohol. Cutting down on sugary substances will prevent unnecessary cavities while reducing or stopping use of tobacco will lower your chances of gum disease and oral cancer. Even at an older age, slowing down or quitting tobacco and alcohol will have a large positive effect on your health. A healthy diet becomes increasingly important as we age, and centering your diet around calcium rich foods like fish, nuts, and fat-free milk will strengthen your teeth.

And, Finally, Make and Keep Regular Appointments With Your Dental Professional.

The best step to take towards good dental hygiene is to consult your dentist regularly about your oral health needs. Your dentist knows your mouth best and will be proactive about any oral health problems that may arise due to aging and can create a regimen that optimizes for your personal health needs.



Make your smile a Signature Smile!

Services

Cosmetic Dentistry
Veneers
Dental Implants
Zoom Teeth Whitening
Invisalign
General and Family Dentistry



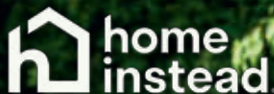
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What Are Move Managers?

Moving into a retirement community is a big decision that takes careful preparation of finances, belongings, and emotional inventory. Deciding what to do with your home is one of the more difficult choices seniors and their loved ones are faced with. A Move Manager can make that move effortless.

What Exactly Is A Move Manager?

A Move Manager is a person who is placed in charge of your move. They help organize and plan executive decisions, being trained to tackle the specific problems that arise with selling a home in old age such as difficulties with physical tasks, the emotional stress that is placed on the elderly and family members, and the confusion brought on by the financial aspects of selling a home.

Why Take On A Move Manager?

Making a big move at a later stage in life can be difficult. There are professionals in this field who know proper prices for services and the most efficient way to organize and pack. Not only this, but they are usually trained in the psychological factors of this type of moving and can be a great source of comfort for older adults, especially if family members are not readily accessible to aid in moving.

What Does A Move Manager Do?

Move Managers are like the conductor of an orchestra but, instead of directing music, they conduct the process of selling a home. The extent of their work varies, but generally they:

- Develop a plan for the whole move
- Organize belongings and aid in downsizing
- Schedule and hold auctions, estate sales, and other ways to sell off items
- Arrange storage for things not being taken to the new home
- Research, interview, hire, and direct real estate agents and moving companies
- Unpack and organize at the new home
- Oversee and supervise work by others such as overnight packing
- Use expertise to avoid financial exploitation during the moving process

Prices are flexible depending on what needs to be done, there is a service available for every need.



MIND AT PEACE



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1 move at a time.

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Things You Didn't Know About Pharmacists

"They are an underutilized wealth of knowledge."

"According to the Center for Disease Control (CDC), at **least 30%** of all prescribed antibiotic courses are not necessary."



Being a pharmacist isn't all about filling prescriptions. Pharmacists spend anywhere from seven to eight years educating themselves, and eventually obtaining a doctorate degree. On top of this, many burgeoning pharmacists will spend an extra year or two after their studies completing a pharmacy residency to specialize in fields such as pediatric or geriatric care. They are an underutilized wealth of knowledge.

They Can Administer More Than Your Yearly Flu Shot.

Other vaccines commonly administered at pharmacies are polio, shingles, pneumonia, tetanus, and chicken pox. Many pharmacists also have access to travel immunizations such as typhoid and meningitis. They will go over your medical history with you and help you choose which vaccines are appropriate. When finished, don't forget to ask the pharmacist to forward proof of your vaccination to your primary care physician so they can update your records.

They Can Give You All The Information You Need On That Prescription You're Picking Up, Possibly Saving You And The World.

This sounds like an exaggeration, but in fact it is not. The rise of drug-resistant super diseases is caused by widespread overuse and misuse of antibiotics. According to the Center for Disease Control (CDC), at least 30% of all prescribed antibiotic courses are not necessary. Asking your pharmacist about your prescription will help you defend against over prescription of antibiotics.

Just because the drugs you're picking up are prescribed by a physician, doesn't mean they can't be administered incorrectly.

They Can Advise On Over The Counter Medicine, Too, And May Even Save You Money.

When you ask your pharmacist about how to take your new prescription properly, also ask their opinion on the drug itself and if there are any cheaper alternatives. With their wide breadth of knowledge regarding medications they will most likely be able to recommend a cheaper generic version of the medication you are taking. They are also knowledgeable about rebates, coupons, and loyalty programs that can help cut down your medical expenses.

The Next Time You See A Pharmacist, Make Sure To Strike Up A Conversation.

There is a lot to be learned from the person at the counter doling out your medication, all you have to do is ask!

"They will most likely be able to recommend a cheaper generic version of the medication you are taking."

“

I truly love living here. My apartment is cleaned once a week—they wash the sheets and towels and make the bed. I enjoy the full kitchen, the large patio, and the gas fireplace. Everyone is friendly. There is also great storage and closet space. I would highly recommend this community to others.

”

Joan



Financial Planning For Personal Care



When it comes to big life events, it's too easy to get wrapped up in making the many arrangements necessary to plan that you may forget to take into account the cost of it all. However, financial planning for this situation is vital, as there are so many moving parts: you have to take into account the different resources available to source financial aid, out of pocket expenses and the potential of selling off assets, among other things.

Medicaid

State Medicaid programs can usually provide qualified low income families with financial coverage, for both in-home and community-based personal care. More than half of assisted living programs are Medicaid certified. Medicaid programs in Alabama, Kentucky, Louisiana, and Pennsylvania are the only programs that do not provide their beneficiaries this care, but despite this service not being available in these states, there are still other options that may be available to you.

Medicare

Knowing the difference between Medicaid and Medicare can get a little confusing, as they are often conflated in casual conversation. Medicaid and Medicare are two separate programs. Medicare is an age-based health insurance program for older adults while Medicaid is for low income individuals and families.

Despite being for older adults, Medicare does not cover long term, full time personal care, such as assisted living. However, most individuals in assisted living programs are enrolled with Medicare, as it covers health care costs while living in these communities, providing access to skilled nursing care, hospital readmissions, and medications.

Waiver Programs

States frequently have waiver programs individuals may apply for based on the care they need. Some of these programs are combined with the state's Medicaid program. Others are not combined with Medicaid, allowing the state greater freedom in accepting applicants, for example those who surpass the income restriction for Medicaid. When searching for these programs, be aware that each state may use different terms for assisted living, so be sure to try out different phrases when searching online.

Be on the lookout for state-run and national welfare programs as well, such as those run by religious groups and other associations. The Veterans Administration (VA), for example, has an aid program called Aid and Attendance, for veterans and family members of veterans who need help with everyday tasks.

Other Options

On top of all of these benefits, it is important to determine what you would be comfortable paying out of pocket for later-in-life personal health services. For those who don't qualify for Medicare or waivers, there is always the option of private long-term health insurance. Thinking about this topic may be difficult for some families, but planning ahead will make the process of transitioning into this next stage of life a little less taxing.

"You have to take into account the different resources available to source financial aid."

Legal Assistance For Seniors

It's important to have trustworthy legal aid close at hand. Conditions such as end of life arrangements, estate management, and public benefits are not only for necessary admin, but age or disability discrimination and abuse can happen at anytime and it is important to know where to get help quickly if ever the set of circumstances arises. The consideration of a legal professional is crucial to ensure the rights and property of the elderly are protected.

When Do I Or My Loved One Need Legal Aid?

Legal aid can be required for many varied reasons. One of the biggest categories is life planning. An attorney can be of great use:

- In going over contracts when first moving into an assisted living housing development
- To help create a living will, delineate power of attorney, funeral planning, or estate planning
- Seek advice and gather required documentation in regards to elderly tax benefits, pension, and access to public benefits
- Drafting advance directives
- In getting refunded for financial exploitation

It is important to recognize symptoms of any abuse and get the help required early on. During this late stage of life, it is often the case that we or our loved ones have to rely on increasing amounts of help from caretakers and are more vulnerable to situations of abuse.

Abuse can take the form of:

- Financial abuse
- Physical abuse
- Neglect
- Emotional abuse
- Scams, such as those over the telephone

If you or a loved one is being put in this circumstance, it is important to seek legal assistance right away.

How To Seek The Legal Aid

It can be daunting with all the options for attorneys out there. Thankfully there are law practices dedicated specifically to elder law. Hiring an attorney that has a history with elder law or specializes in it can make all the difference.

"It's important to have trustworthy legal aid close at hand."



Signs It's Time For In-Home Care

Sometimes it is obvious when an extra set of hands is necessary in caring for yourself or a loved one: maybe you frequently leave the stove on all night because you forget to turn it off or you had a bad fall and realized in that moment, when you were already on the ground, you are no longer able to pick yourself back up. But it's not ideal to wait for these moments. They're dangerous situations with possible life-threatening outcomes that no one should have to deal with alone. This guide will help you pinpoint early signs that your quality of life may benefit from receiving in-home care.

1. Safety Concerns

Safety is the number one priority when it comes to taking care of yourself or another human being. If you notice you or your loved one is unable to protect themselves against harm, or are beginning to show signs of forgetfulness in dangerous situations, hiring in-home care can give you or your loved one peace of mind.

2. Mobility Is An Issue

Basic chores can be a hassle when you have mobility issues. Things like sweeping and laundry turn into menacing tasks. People with mobility issues often also have difficulty standing up for long periods of time and because of this, chores such as doing dishes and cooking may feel unbearable. Help will lighten the physical and emotional burden, and help plan and prepare healthy meals.

3. Desire To Retain A Feeling Of Independence

An in-home care aide is a good alternative to assisted living, if what is most important is to maintain a feeling of self-sufficiency. To remain living at home can reduce the toll of aging by providing a comforting and familiar environment. An aide can assist in dressing, bathing, basic grooming, among other things, in a respectful and knowledgeable manner.

4. Loved Ones Not Able To Provide Enough Care

For many families, caring for loved ones isn't possible. With work and children, it can all become too much to handle. An in-home care aide can help guide the family into a less stressful routine by assisting in the more difficult daily or weekly activities.



*"Your quality of life may benefit from receiving
in-home care."*





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Hospice Care

There are a lot of negative connotations that surround the idea of hospice care. As a result, people tend to avoid the subject until a dire situation arises where hospice care may be necessary. This creates unnecessary stress due to not knowing exactly what hospice care is, how to afford it, and where to seek it out. This article will help clear up some of the most basic questions surrounding hospice care.

What Is Hospice?

Hospice is palliative care for those with end-of-life illnesses.

What Care Does Hospice Provide?

Hospice provides palliative care: treatment that focuses on relieving or alleviating the pain caused by life-limiting illnesses such as cancer, AIDS, dementia, heart failure, and Parkinson's disease.

What Care Does Hospice Not Provide?

Treatments focused on curing terminal illnesses are not covered by hospice, nor is treatment related to other non-terminal illnesses the patient may have.

Can A Patient Receive Care Related To Curing The Terminal Illness While In Hospice Care?

No, only hospice care will be provided for the terminal illness. However, if the patient has other illnesses that need to be treated, those conditions will still get the medication and attention they need.

Who Can Receive Hospice Care?

Before, hospice care was just for older adults, but now anyone can receive hospice care regardless of age, including children.

What Are The Signs That Someone Should Have Hospice Care?

If you or a loved one is ready to forego receiving cure-based care for a terminal illness and wish to live more comfortably, hospice can help make this transition.

Who Treats The Patient?

Hospice care provides the patient with a team of specialists dedicated to making the life of the patient as comfortable as possible. This includes social workers, doctors, therapists, nurses, and spiritual advisors. There will always be someone available to the patient at all hours of the day and each person works personally with the patient to ensure they are being cared for the way they prefer.

How Long Can Someone Remain In Hospice Care?

Someone can remain in hospice care as long as they meet the criteria of having six months or less to live, according to a physician.

Do You Have To Be Moved Into A Hospice Facility To Receive Hospice Care?

No, you can receive hospice care in the comfort of your own home if you wish. You can receive hospice care anywhere: nursing homes, retirement homes, hospitals, or wherever you are living.

Who Pays For Hospice?

Private health insurance, depending on the plan, may cover all or some of hospice care. Medicare covers all care. Hospice care is not something anyone should shy away from, and should be considered seriously when thinking about making end-of-life arrangements. Those who receive hospice care at the end of their lives are able to have greater control over this moment of their lives and greater comfort. Those within hospice care are less likely to have to go through unnecessary painful treatments or take medications they no longer wish to take. Though it can be a difficult topic to discuss, it is important to be open in talking about hospice care with family to ensure you get the control and guidance you deserve when it is that time.

Resources & Local Contacts

Banks

Bank of America

3555 E. Foothill Blvd.
Pasadena, CA 91107
626-453-8400

CITI Bank

3677 E. Foothill Blvd.
Pasadena, CA 91107
800-843-2265

Chase Bank

2670 E. Colorado Blvd.
Pasadena, CA 91107
800-788-7000

Wells Fargo Bank

3701 E. Foothill Blvd.
Pasadena, CA 91107
800-869-3557

Dry Cleaners

Corner Cleaners

2498 E Colorado Blvd.
Pasadena, CA 91107
626-440-9003

Bryan's Cleaners

2446 E Foothill Blvd.
Pasadena, CA 91107
626-796-4335

Grocery Stores

Trader Joe's

467 N. Rosemead Blvd.
Pasadena, CA 91107
626-351-3399

Ralph's

3601 E Foothill Blvd.
Pasadena, CA 91107
626-351-8806

Vons

2355 E Colorado Blvd.
Pasadena, CA 91107
626-744-2615

Hospitals

USC Arcadia Hospital

300 W. Huntington Drive
Arcadia, CA
626-898-8000

Huntington Hospital

100 W. California Blvd.
Pasadena, CA 91105
626-397-5000

San Gabriel Valley Medical Center

438 W. Las Tunas Drive
San Gabriel, CA 91776
626-289-5454

Exer Urgent Care

3160 E Del Mar Blvd.
Pasadena, CA 91107
626-270-2400

Pharmacies

CVS

451 S Sierra Madre Blvd.
626-564-8681

Rite Aid

3745 E. Foothill Blvd.
Pasadena, CA 91107
626-351-8971

Senior Services

About Senior Solutions

626-359-0108
aboutseniorsolutions.com

Dentists

Signature Smiles Dental Group

626-381-9288
signaturesmilespasadena.com

Home Care

Home Instead Pasadena

626-486-0800
homeinstead.com/479

Home Services

Caring Transitions of the Angeles Foothills

626-509-2129
caringtransitionsangelesfoothills.com

Moving Company

Mind at Peace Moving

626-487-0656
mindatpeacemoving.com





7 Habits That Support Independent Aging

Research suggests these 7 lifestyle pillars can support greater independence, better health and increased happiness as we age.

Most older adults share a common goal: maintaining independence and enjoying a high quality of life for as long as possible. While we cannot control every aspect of aging, research consistently shows that daily habits, meaningful relationships and a sense of purpose can have a powerful influence on overall well-being.

At About Senior Solutions, we use the SHAPE UP framework to highlight 7 important pillars that contribute to healthy, independent aging.

About Senior Solutions

TRUSTED GUIDANCE,
COMPASSIONATE SUPPORT.

For 20 Years

For nearly two decades, About Senior Solutions have been a trusted partner for seniors and families – helping navigate healthcare decisions, life transitions, care planning and future goals with confidence and peace of mind.

We also support families remotely, providing guidance and care coordination wherever you are.



Spiritual Community

Be part of something bigger than you, like a faith community or other spiritual support.



Healthy Life Balance

Prioritize sleep, stress management, learning, relaxation and self-care.



Attitude & Influencers

Surround yourself with positive influences and maintain an optimistic outlook.



Physical Activity

Regular movement helps support strength, balance, mobility and independence.



Eating Habits

Nutritious foods and hydration support both physical and cognitive health.



United Family

Strong family and support networks contribute to resilience and peace of mind.



Purpose

Meaningful activities, hobbies, volunteering, and personal goals support happiness and fulfillment.

Small daily choices. Big impact on independence.

Independence Doesn't Happen by Accident

Healthy aging is often the result of small, intentional choices made consistently over time. Creating a plan, understanding available resources and staying engaged in the areas that matter most can help older adults remain independent and thrive.

How We Can Help



Healthcare Advocacy

Clear answers and help with understanding options to make informed decisions.



Care Coordination

We work with your doctors, providers and care team to keep everything aligned.



Family Guidance

Support, education and peace of mind for the whole family.



Crisis & Transition Planning

Plans in place for whatever comes next.



Tech-Enabled Independence

Smart tools to keep you safe and independent.



Schedule Your Complimentary 30-Minute Consultation

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