



Thank you for your interest in The Gardens at Fair Oaks Assisted Living community.

The Gardens opened in 2001 and is owned by the Bainum Family, owners of The Woodlands Retirement Community. The Gardens features 9 different apartment floor plans including studio, one-bedroom and two-bedroom options. Most apartments feature en-suite baths and kitchenettes. Additionally, residents enjoy the spacious common areas including a gracious living room, family room, restaurant style dining rooms, a bistro, card room and activities center. The Gardens is situated on 17 wooded acres with beautiful patio and courtyard areas for outdoor enjoyment.

Thank you for your consideration of The Gardens, I hope that you will visit with us soon. Please call 703-667-9752 to schedule an appointment.

Sincerely,

Lainie Walsh

Lainie Walsh
Administrator



Levels of Care: Residential

- ◆ Caring and attentive environment with licensed nurses and certified nursing assistants on site 24 hours per day/7 days per week
- ◆ 24-Hour emergency call and response system
- ◆ Individualized annual assessment and service plan developed and updated by our interdisciplinary team. Review of plan with family upon request
- ◆ Monthly wellness assessment to include weight and vital signs
- ◆ Three appetizing and nutritionally balanced meals each day; plus, healthy snacks
- ◆ Stimulating calendar of events and activities
- ◆ Monthly Resident Council Meetings allowing the residents to express their opinions and suggestions for each department
- ◆ Transportation to medical appointments in the general area of The Gardens
- ◆ Individually controlled heating and air conditioning in each apartment
- ◆ Weekly housekeeping service including: cleaning, fresh towels, and linen service
- ◆ Daily bed making and trash removal
- ◆ All utilities included

Level IA includes all of the above, resident independently preforms all ADLs

Level IB includes all of the above, plus medication management and reminders for activities, outings, dining and wake-up calls. Resident independently preforms all ADLs

Level II includes all of the above, plus medication management and reminders for activities, outings, dining and wake-up calls as well as assistance with/supervision of one ADL, behavior patterns and/or orientation status

Levels of Care: Assisted Living

- ◆ Caring and attentive environment with licensed nurses and certified nursing assistants on site 24 hours per day/7 days per week
- ◆ 24-Hour emergency call and response system
- ◆ Individualized annual assessment and service plan developed and updated by our interdisciplinary team. Review of plan with family upon request
- ◆ Monthly wellness assessment to include weight and vital signs
- ◆ Three appetizing and nutritionally balanced meals each day; plus, healthy snacks
- ◆ Stimulating calendar of events and activities
- ◆ Monthly Resident Council Meetings allowing the residents to express their opinions and suggestions for each department
- ◆ Transportation to medical appointments in the general area of The Gardens
- ◆ Individually controlled heating and air conditioning in each apartment
- ◆ Weekly housekeeping service including: cleaning, fresh towels, and linen service
- ◆ Daily bed making and trash removal
- ◆ All utilities included
- ◆ Reminders for activities, outings, dining and wake-up calls
- ◆ Medication management

Activities of Daily Living (ADLs)

- ◆ **Grooming/Hygiene**
- ◆ **Bathing** - Spa bath or shower two times per week
- ◆ **Dressing** - supervision and/or assistance with clothing selection and dressing
- ◆ **Transferring** - transfer to/from chair, bath, bed or toilet
- ◆ **Mobility** – assist with walking, use of cane or walker or wheelchair
- ◆ **Toileting** - supervision and/or assistance with the toileting process
- ◆ **Meals** - assistance cutting food, feeding, etc.
- ◆ **Incontinent Bladder** - occurring weekly or more
- ◆ **Incontinent Bowel** - occurring **weekly or more**
- ◆ **Use of Mechanical Lift**

Level III includes all of the above, plus assistance with/supervision of 2 - 3 ADLs and personal assistance with behavioral patterns and/or orientation status.

Level IV includes all of the above, plus assistance with/supervision of 4 - 7 ADLs and personal assistance with behavioral patterns and/or orientation status.

Level V includes all of the above, plus assistance with/supervision of 8+ ADLs and personal assistance with behavioral patterns and/or orientation status.

Levels of Care: Memory Care

- ◆ Caring and attentive environment with licensed nurses and certified nursing assistants on site 24 hours per day/7 days per week
- ◆ Enhanced security features
- ◆ 24-Hour emergency call and response system
- ◆ Individualized annual assessment and service plan developed and updated by our interdisciplinary team. Review of plan with family upon request
- ◆ Monthly wellness assessment to include weight and vital signs
- ◆ Medication administration
- ◆ Three appetizing and nutritionally balanced meals each day; plus healthy snacks
- ◆ Stimulating daily events and activities tailored to individuals with memory impairment
- ◆ Safe courtyard area for outdoor events and activities
- ◆ Monthly Resident Council Meetings allowing the residents to express their opinions and suggestions for each department
- ◆ Transportation to medical appointments in the general area of The Gardens
- ◆ Individually controlled heating and air conditioning in each apartment
- ◆ Weekly housekeeping service including: cleaning, fresh towels, and linen service
- ◆ Daily bed making and trash removal
- ◆ All utilities included
- ◆ Personal assistance with behavior patterns

Level I includes all of the above, plus assistance with/supervision of 1 - 2 ADLs.

Level II includes all of the above, plus assistance with/supervision of 3 - 4 ADLs.

Level III includes all of the above, plus assistance with/supervision of 5 - 7 ADLs.

Level IV includes all of the above, plus assistance with/supervision of 8+ ADLs.



Effective January 6, 2023

THE GARDENS RESIDENTIAL & ASSISTED LIVING ROOM & BOARD FEES

Apartment Style	Floor Plan	Square Footage	Monthly Service Fee
Greenbriar	Studio / 1 Bath	236 - 243 sf	\$5,900
Gardenia	Studio / 1 Bath	360 - 420 sf	\$6,600
Rose	Studio / 1 Bath	470 - 555 sf	\$7,300
Carnation	1 Bedroom / 1 Bath	405 - 455 sf	\$8,750
Violet	1 Bedroom / 1 Bath	460 - 485 sf	\$9,000
Lilac	1 Bedroom/1 Bath	500 - 525 sf	\$9,450
Sunflower	1 Bedroom / 1 Bath	550 - 585 sf	\$9,700
Luxury	1 Bedroom/ 1 Bath	638 sf	\$9,800
Orchid	2 Bedroom / 2 Baths	785 - 860 sf	\$10,000

Second person residing in apartment, must be immediate family member, \$1800 per month

CARE LEVEL FEES

Care Level	Monthly Service Fee
Level IA	No charge
Level IB	\$1370
Level II	\$1585
Level III	\$1925
Level IV	\$2265
Level V	\$2995

For a complete listing of current ancillary charges, including supplies, laundry and therapies, please contact the Admissions Department at 703.667.9752



Effective January 6, 2023

THE GARDENS MEMORY CARE ROOM & BOARD FEES

Apartment Style

Clifton

Floor Plan

Studio / 1 Bath

Square Footage

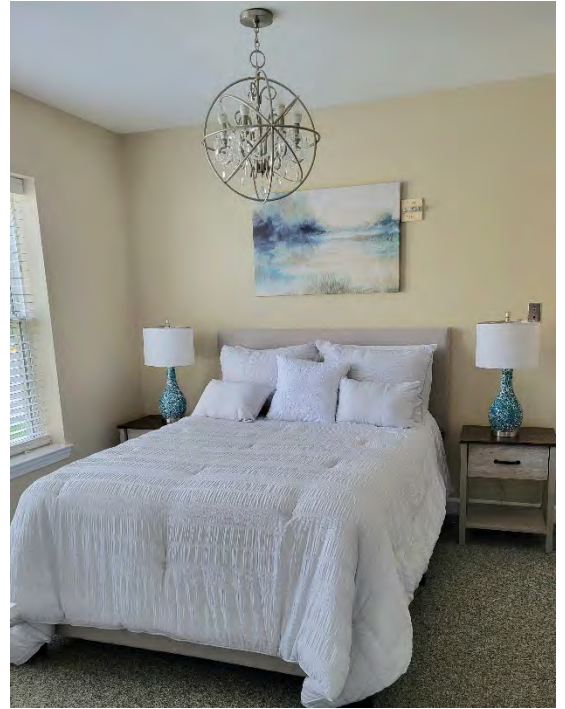
236 - 243 sf

CARE LEVEL FEES

Care Level	Monthly Service Fee
Level I	\$8,900
Level II	\$9,800
Level III	\$10,900
Level IV	\$11,600

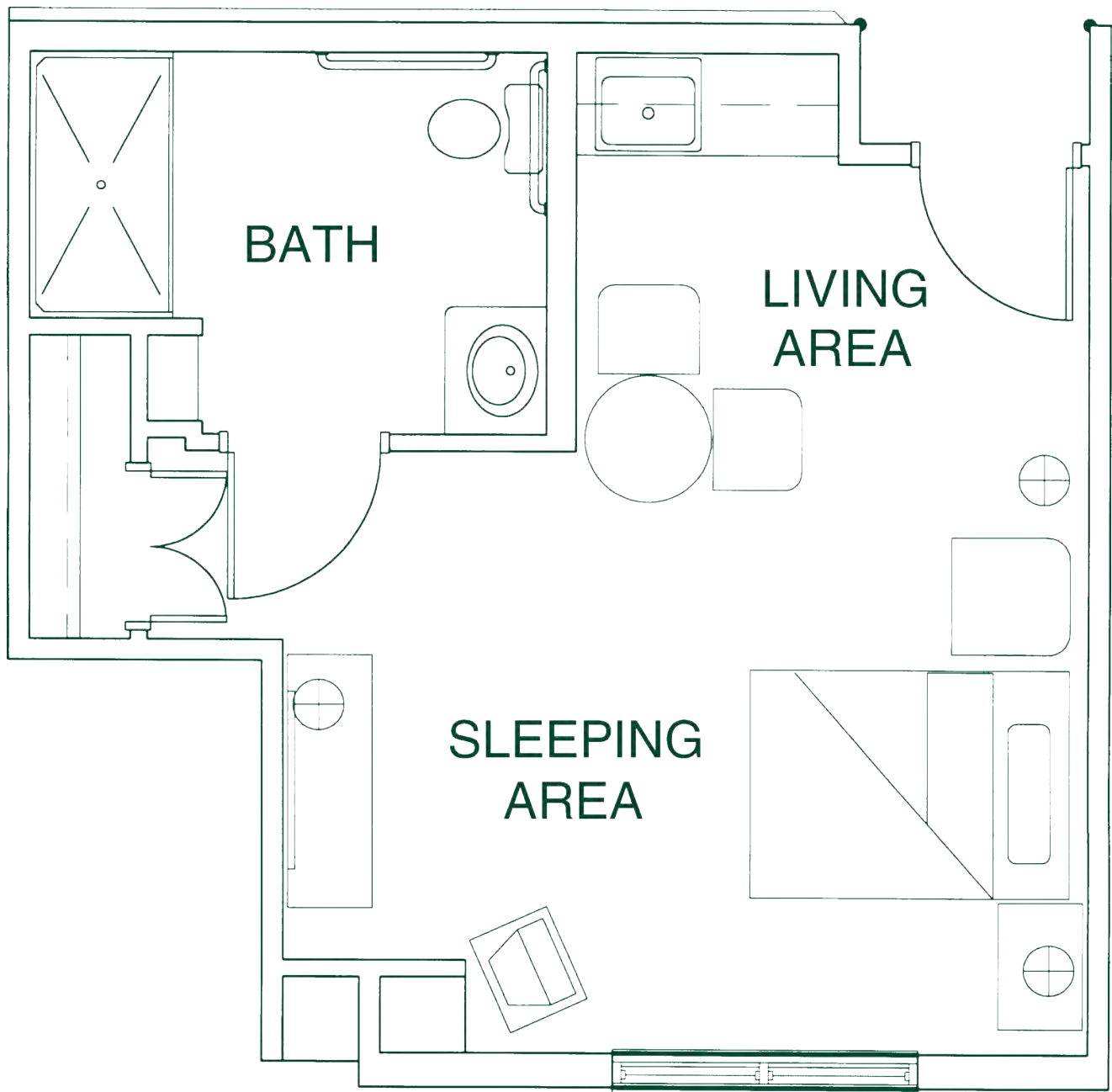
The fees above include assistance with ADLs, meals, activities, medication administration, housekeeping and personal laundry.

For a complete listing of current ancillary charges, including supplies, laundry and therapies, please contact the Admissions Department at 703.667.9752



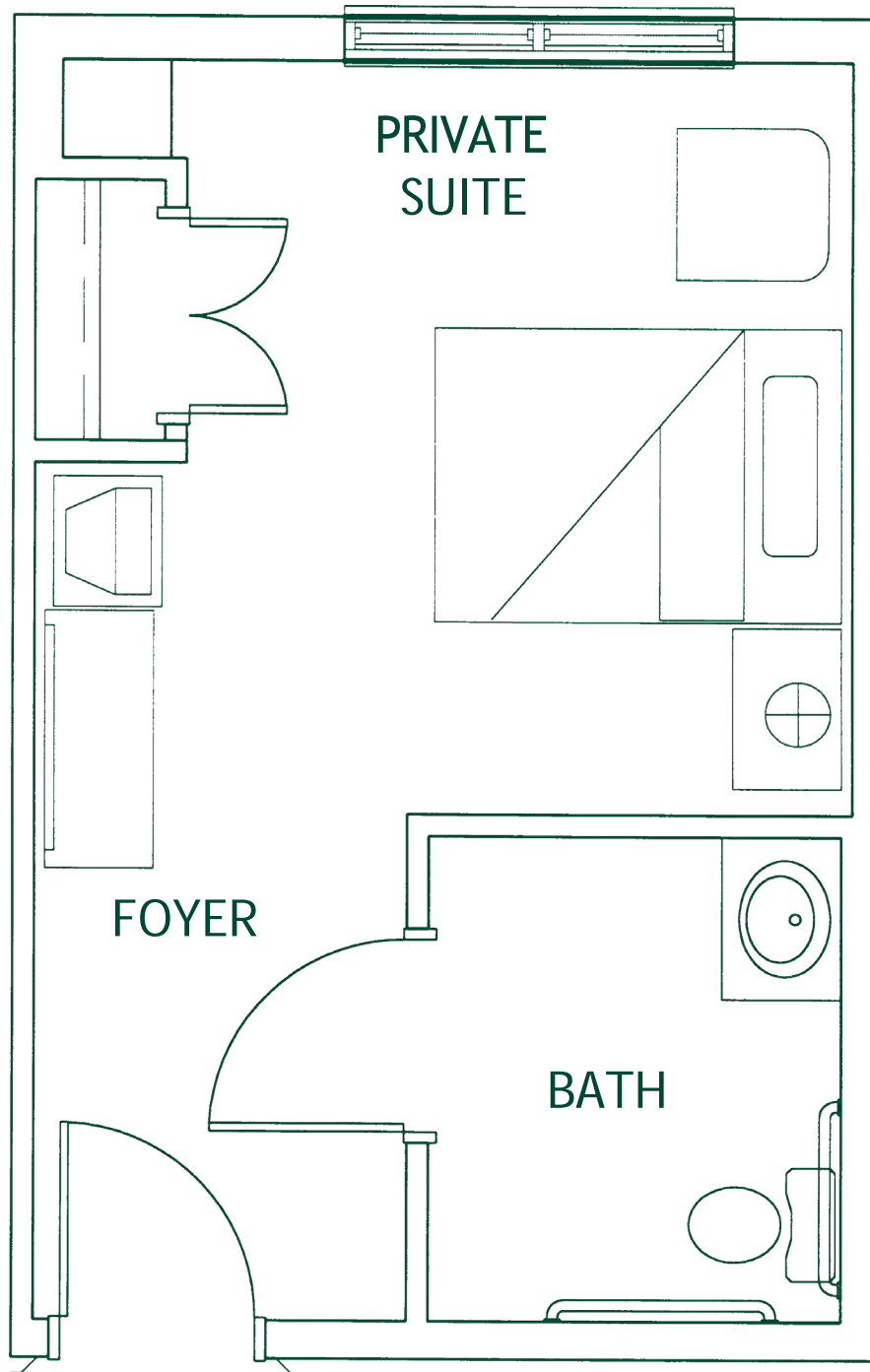
Gardenia

360 square feet



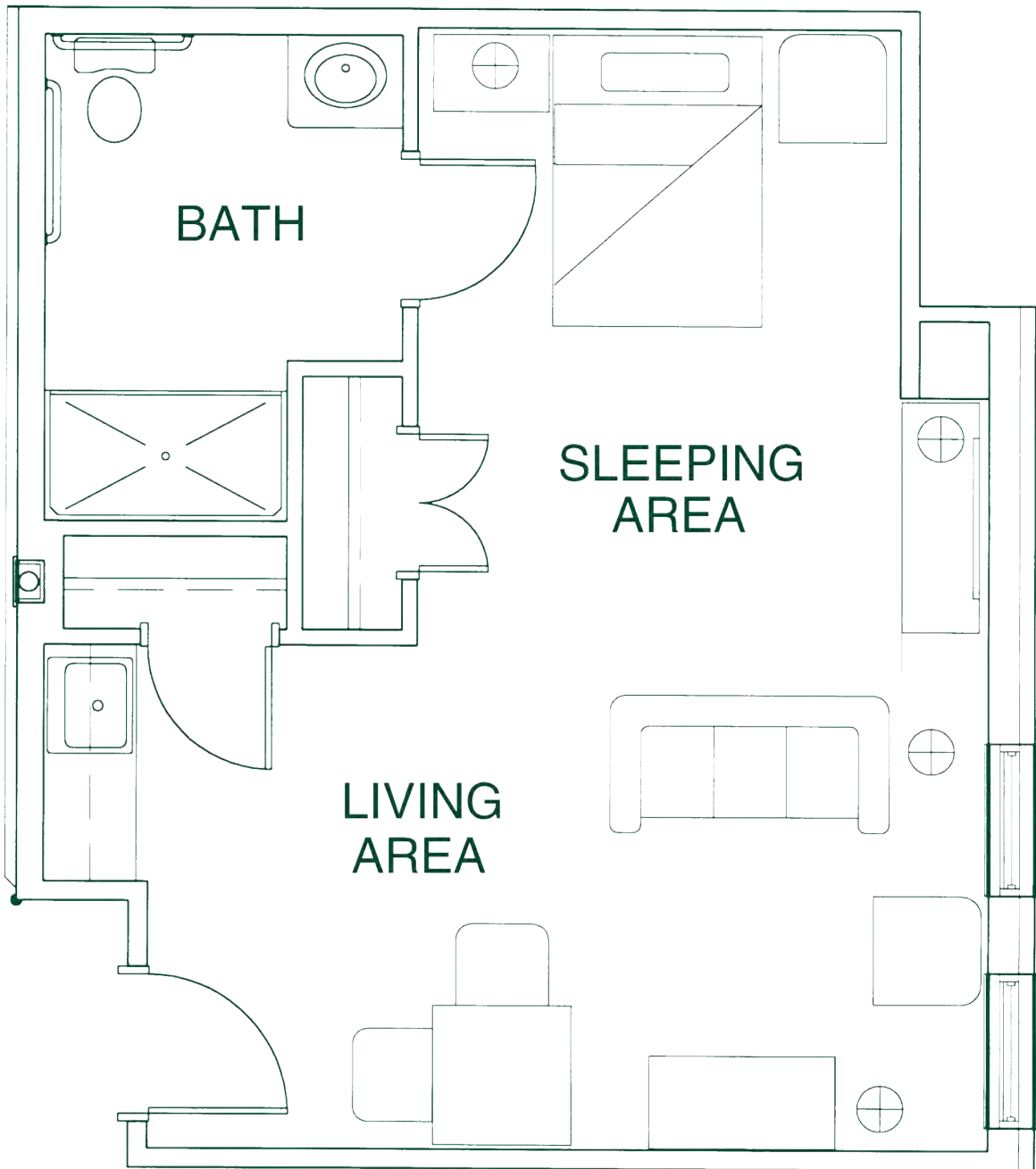
Greenbrier

236 square feet



Rose

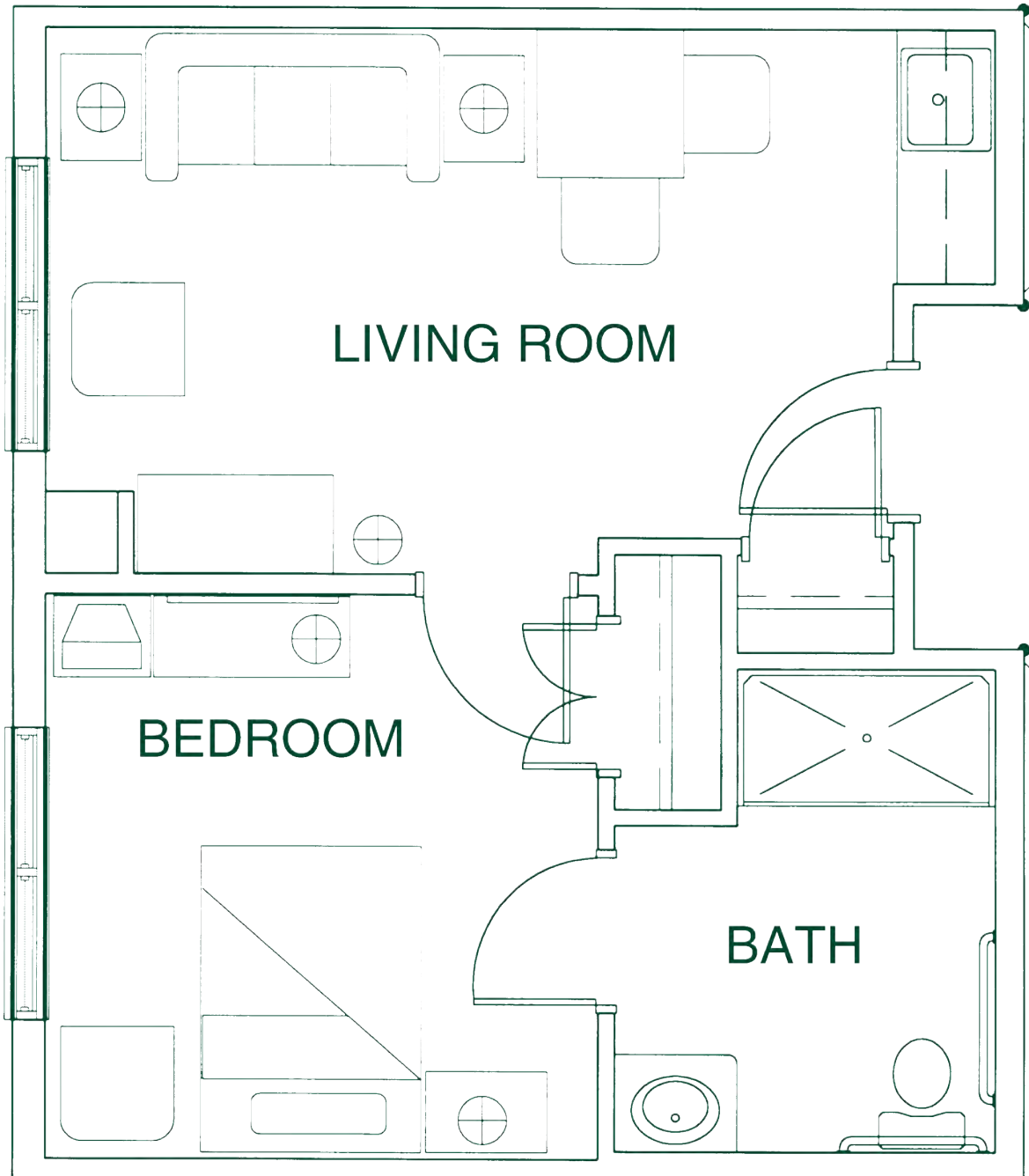
470 square feet



One Bedroom

Carnation

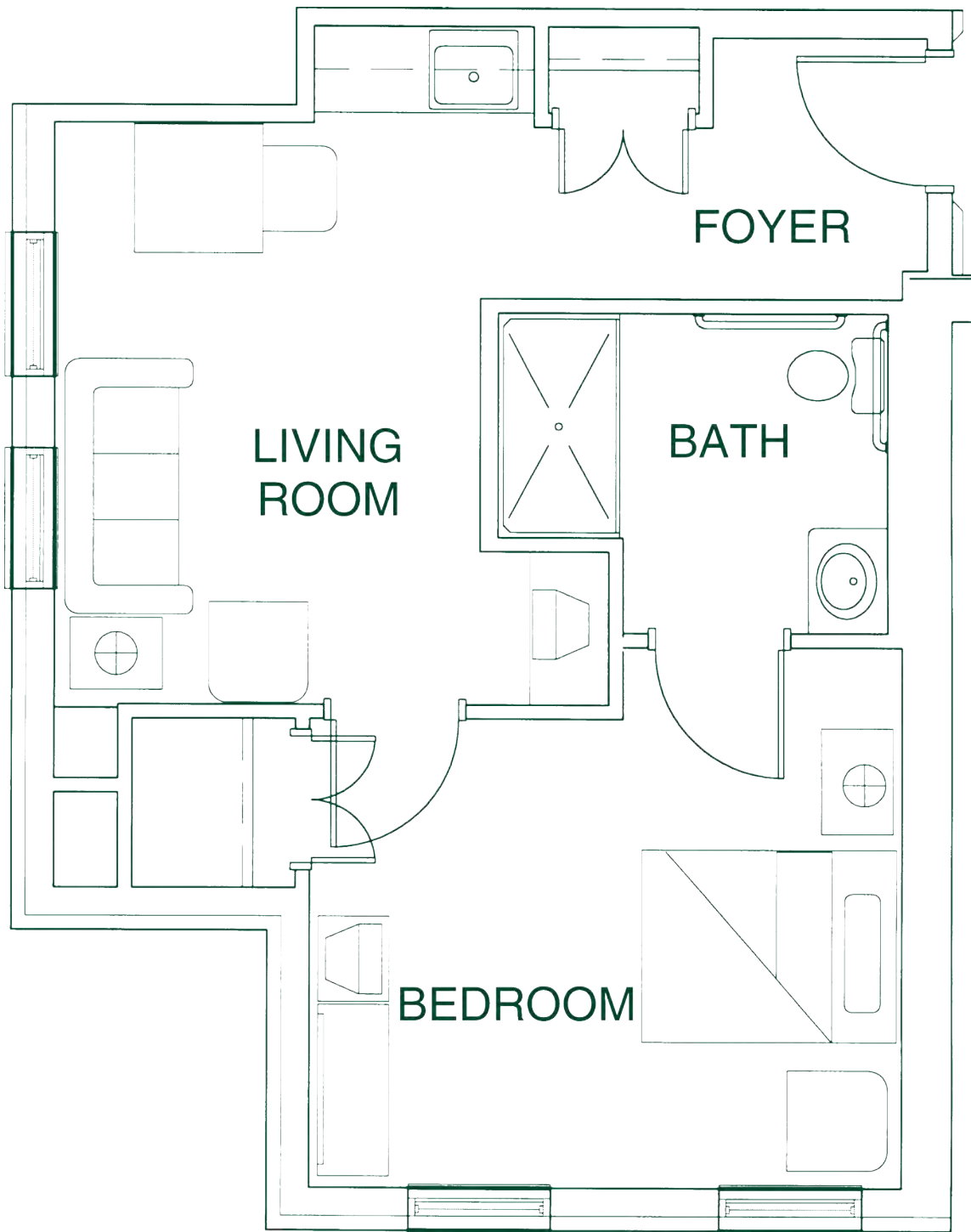
405 square feet



One Bedroom

Violet

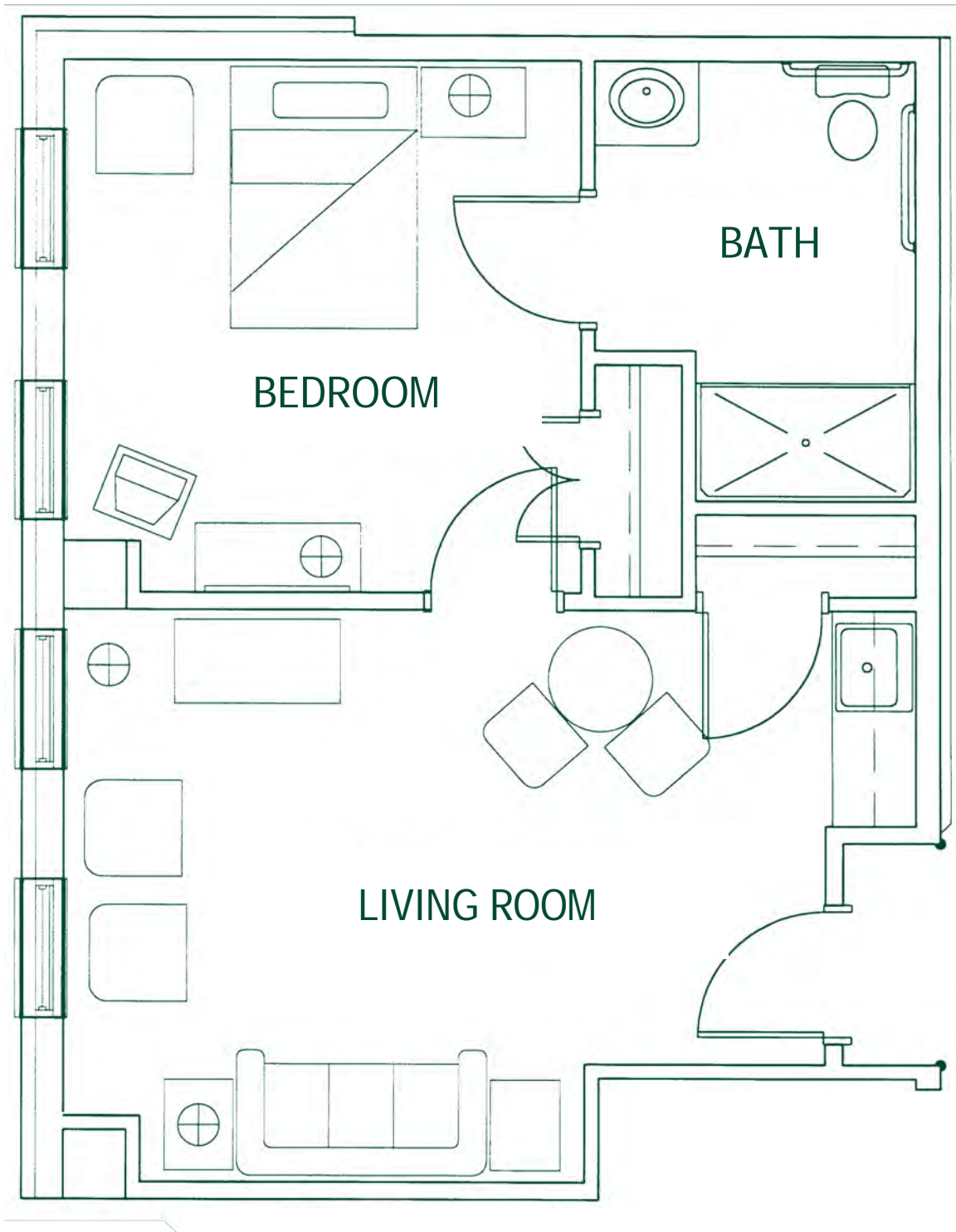
460 square feet



One Bedroom

Lilac

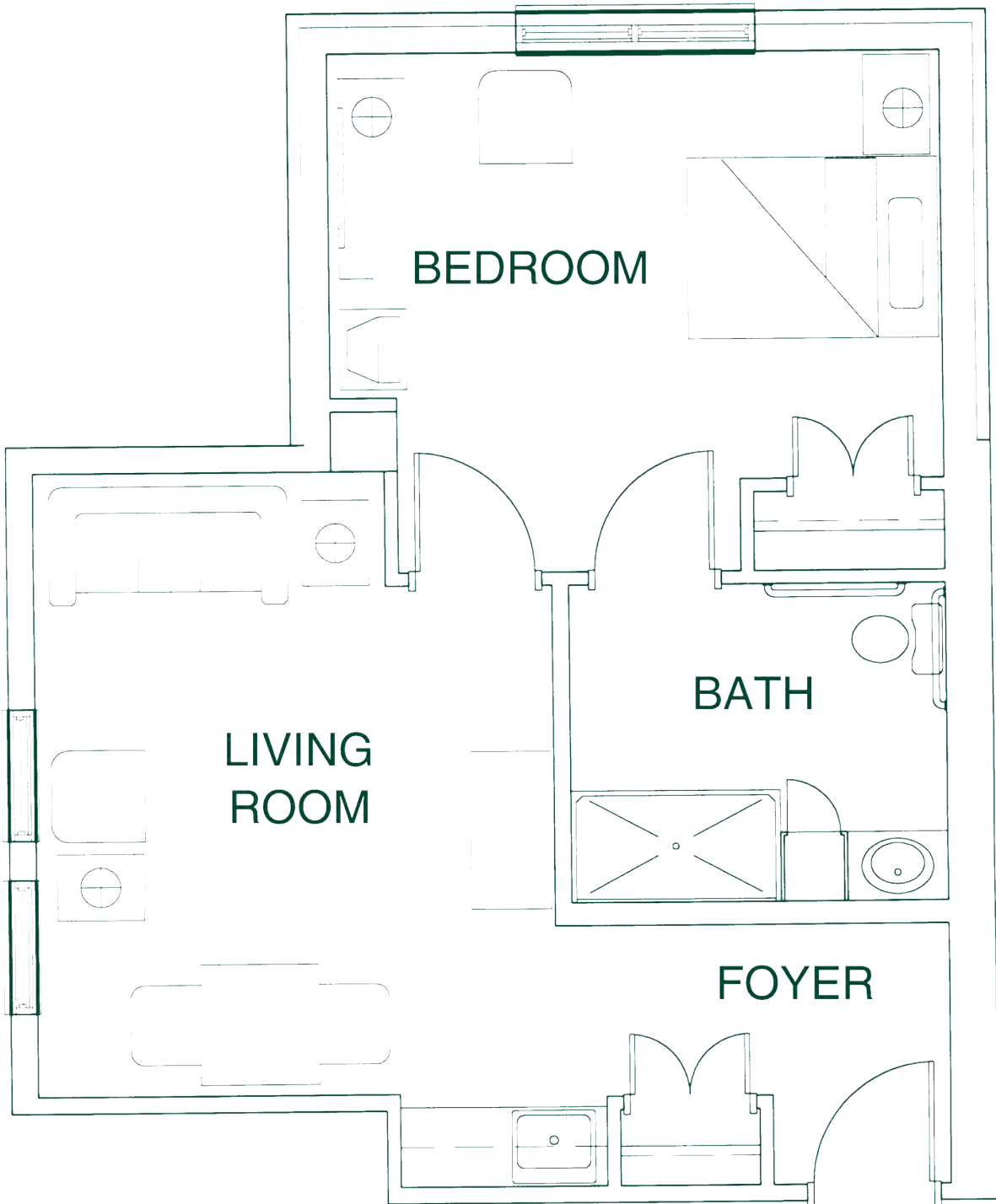
500 square feet



One Bedroom

Sunflower

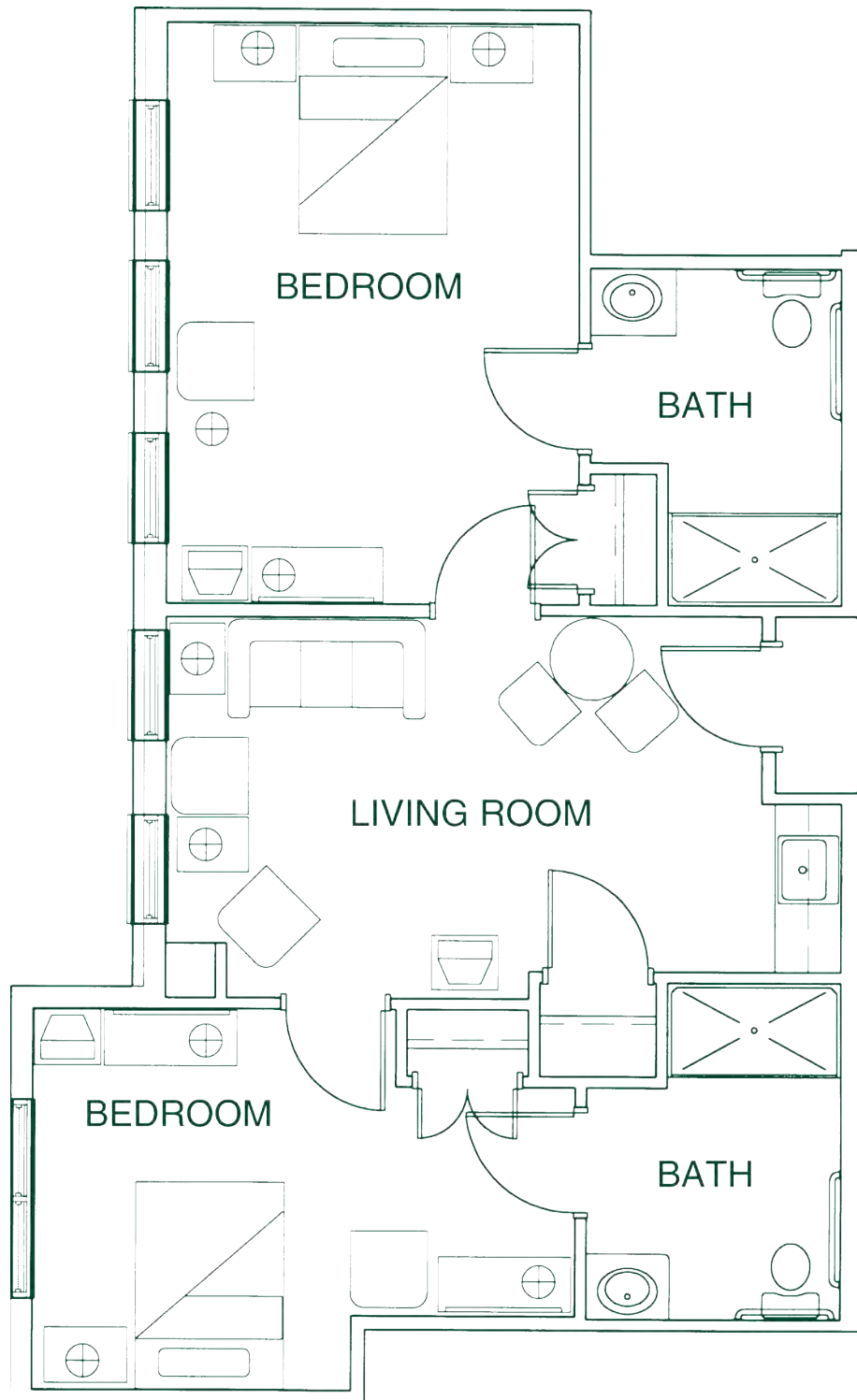
550 square feet



Two Bedroom

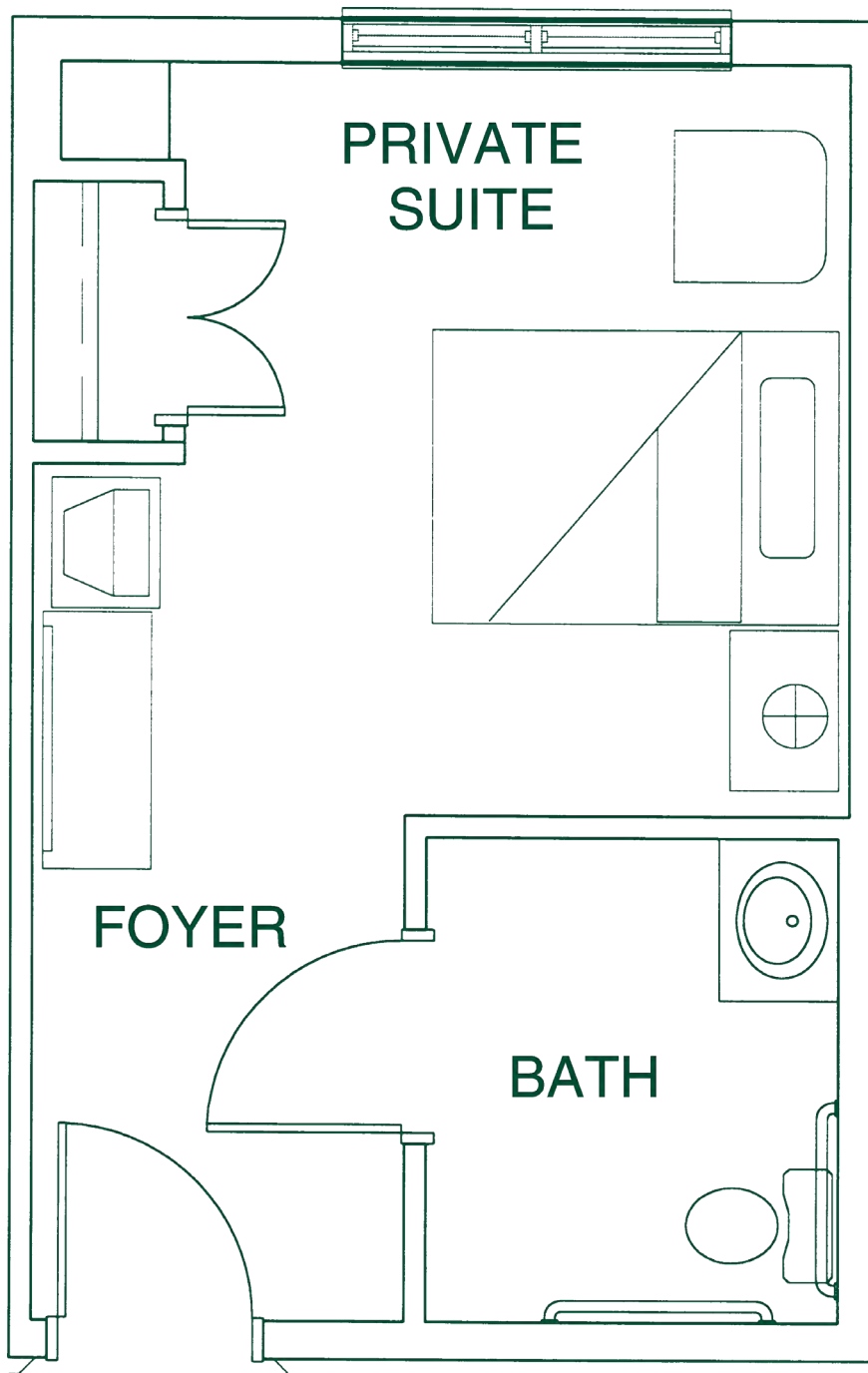
Orchid

785 square feet



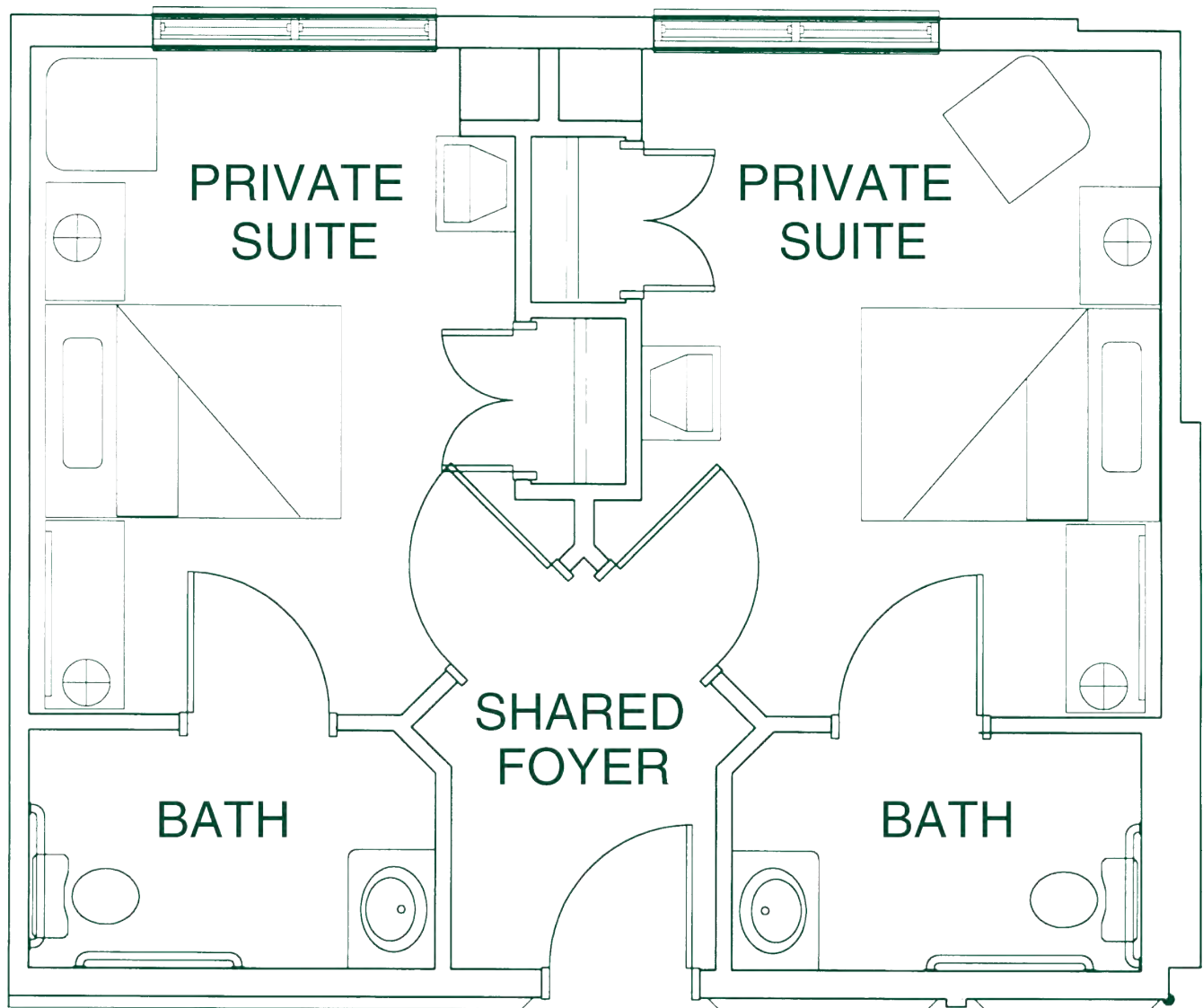
Clifton I

236 square feet



Clifton II

428 square feet



Sample Lunch Menu

Soups

Soup of the Day: Broccoli Cheddar

Soup of the Week: Lemon Chicken Orzo

Salads

Salad of the Day: Wedge Salad with Blue Cheese Dressing

Salad of the Week: Tossed Garden Salad

Seasonal Vegetable Plate

Seasonal Fruit Cup

Entrées

Grilled Salmon

Chicken Caesar Wrap

Heart Healthy Fish or Chicken

Vegetarian Entrées

Eggplant Parmesan

General Tso's Vege-Chicken

Potato Patties

New York Roast

Vegetables and Starches

Broccoli

Brussel Sprouts

Mashed Potatoes

White Rice

Desserts

Assorted pastry, ice cream and sugar free options

Sample Dinner Menu

Soups

Soup of the Day: Rosemary White Bean & Potato

Soup of the Week: Lemon Chicken Orzo

Salads

Salad of the Day: Tomato & Basil Bruschetta

Salad of the Week: Tossed Garden Salad

Seasonal Vegetable Plate

Seasonal Fruit Cup

Entrées

Chicken Parmesan

Roast Pork with Garlic Mayo Sandwich

Heart Healthy Fish or Chicken

Vegetarian Entrées

Eggplant Parmesan

General Tso's Vege-Chicken

Potato Patties

New York Roast

Vegetables and Starches

Asparagus

Golden Beets

Potato Au Gratin

Lentils

Desserts

Assorted pastry, ice cream and sugar free options