



Thank you for your interest in The Gardens at Fair Oaks. We have proudly served area seniors since 2001 through our **Assisted Living, Memory Care, Respite Care** and **Adult Day Program**. We pride ourselves on meeting your individual needs, whether it be through 24-hour nursing oversight and care, rehabilitation services, a wide array of social and recreational programs and, a fine dining, restaurant experience that offers a delicious selection of entrees, all in a beautiful and cozy, homelike setting. The Gardens features 9 different apartment floor plans, including studio, one-bedroom and two-bedroom options with en-suite baths and kitchenettes in Assisted Living. Our residents enjoy the spacious common areas including gracious living rooms, family rooms, restaurant-style dining rooms, a bistro, card room and our Gathering Place for activities. We are situated on 17 wooded acres with beautiful patio and courtyard areas for outdoor enjoyment, including our beloved chicken coop!

We are one big family here at The Gardens and look forward to having **you** join our **Gardens Family**. Contact us at 703-667-9752 to schedule an appointment. We can't wait to meet you!

Sincerely,

A handwritten signature in black ink that reads "Lainie Walsh". The signature is written in a cursive, flowing style.

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.



THE GARDENS RESIDENTIAL & ASSISTED LIVING ROOM & BOARD FEES

| Apartment Style | Floor Plan | Square Footage | Monthly Service Fee |
|------------------|---------------------|----------------|---------------------|
| Gardenia | Studio / 1 Bath | 360 - 420 sf | \$7,500 |
| Rose | Studio / 1 Bath | 470 - 555 sf | \$8,400 |
| Carnation | 1 Bedroom / 1 Bath | 405 - 455 sf | \$9,900 |
| Violet | 1 Bedroom / 1 Bath | 460 - 485 sf | \$10,300 |
| Lilac | 1 Bedroom/1 Bath | 500 – 525 sf | \$10,900 |
| Sunflower | 1 Bedroom / 1 Bath | 550 - 585 sf | \$11,000 |
| Orchid | 2 Bedroom / 2 Baths | 785 - 860 sf | \$12,000 |

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



THE GARDENS MEMORY CARE ROOM & BOARD FEES

Apartment Style

Clifton/Greenbriar

Floor Plan

Studio / 1 Bath

Square Footage

236 - 243 sf

CARE LEVEL FEES

| Care Level | Monthly Service Fee |
|------------|---------------------|
|------------|---------------------|

| | |
|---------|---------|
| Level I | \$9,300 |
|---------|---------|

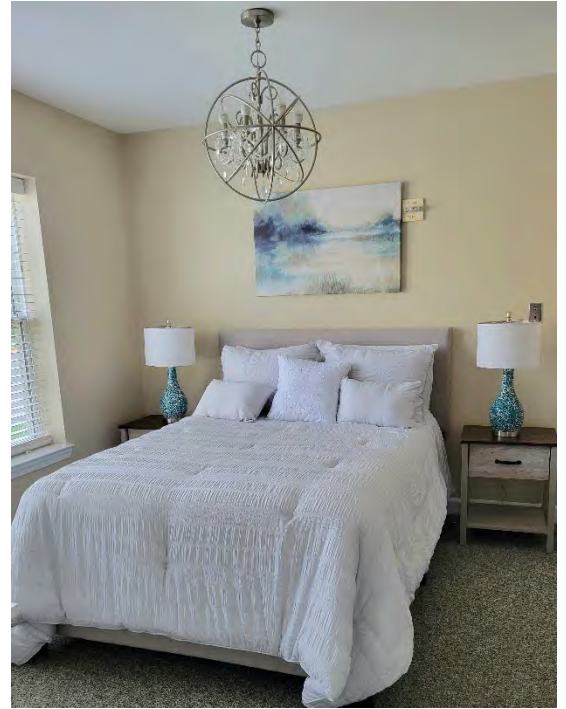
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| Level II | \$10,300 |
|----------|----------|

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| Level III | \$11,500 |
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| Level IV | \$12,200 |
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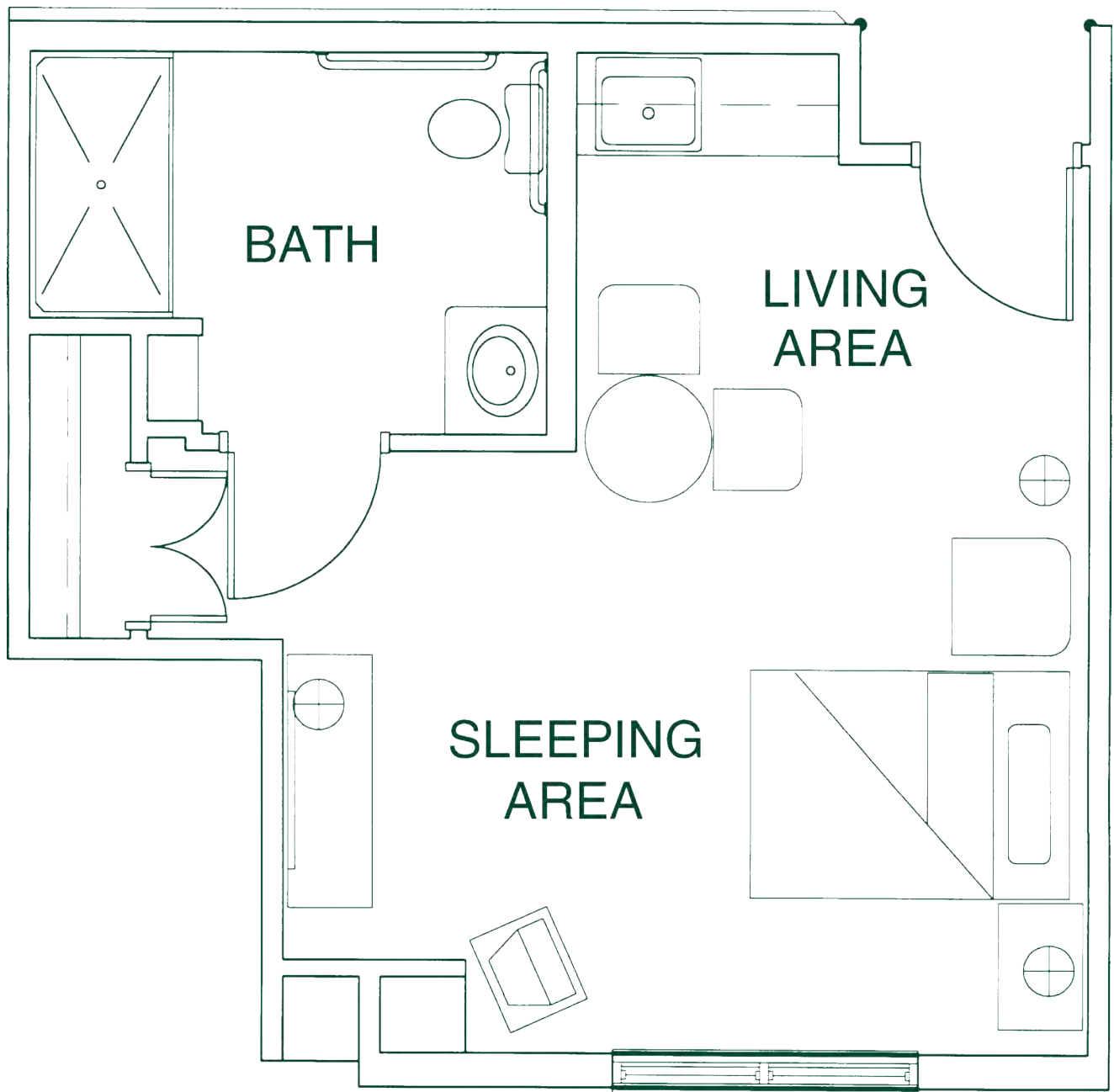
The fees above include assistance with ADLs, meals, activities, medication administration, housekeeping and personal laundry.

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



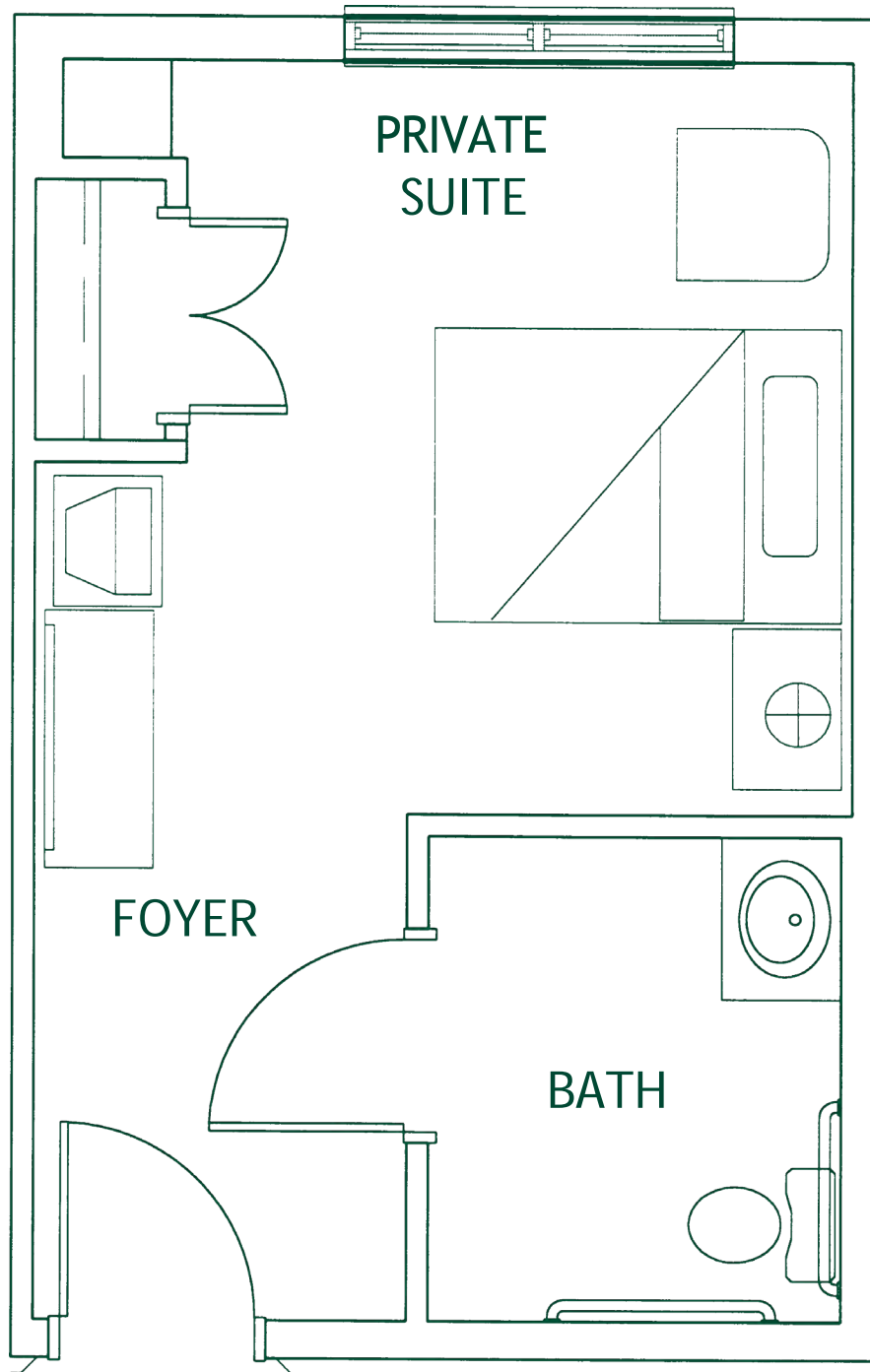
Gardenia

360 square feet



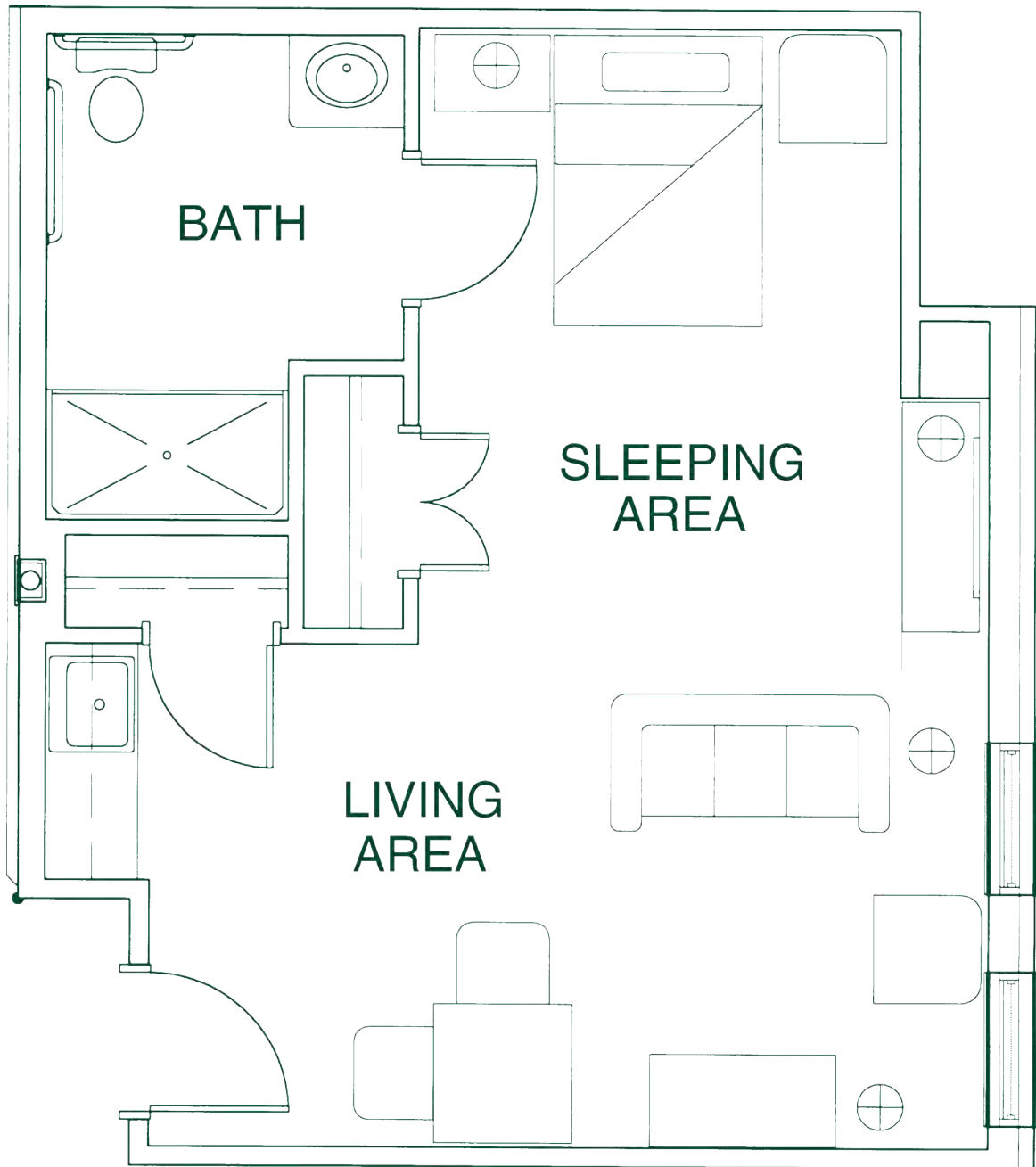
Greenbrier

236 square feet



Rose

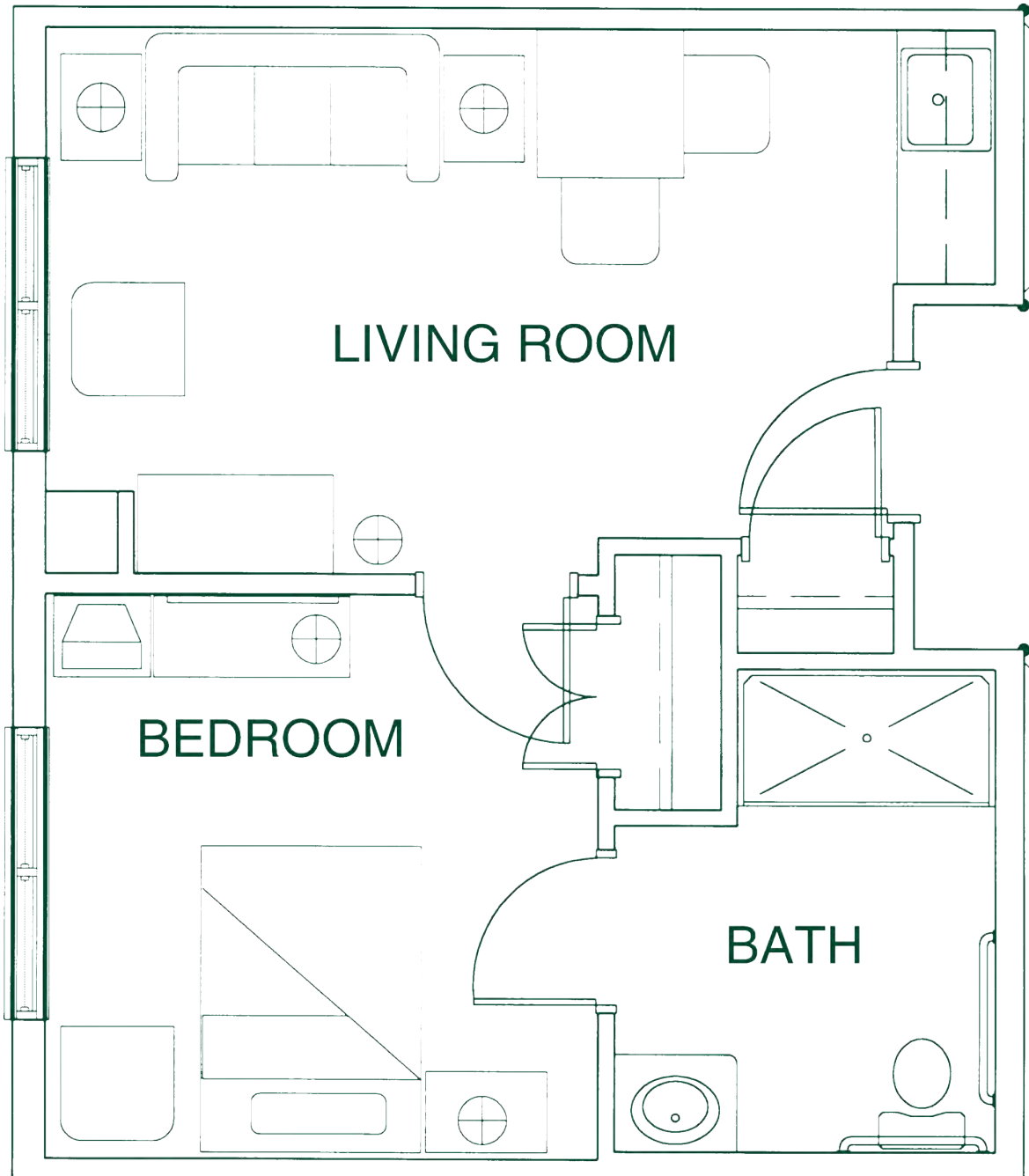
470 square feet



One Bedroom

Carnation

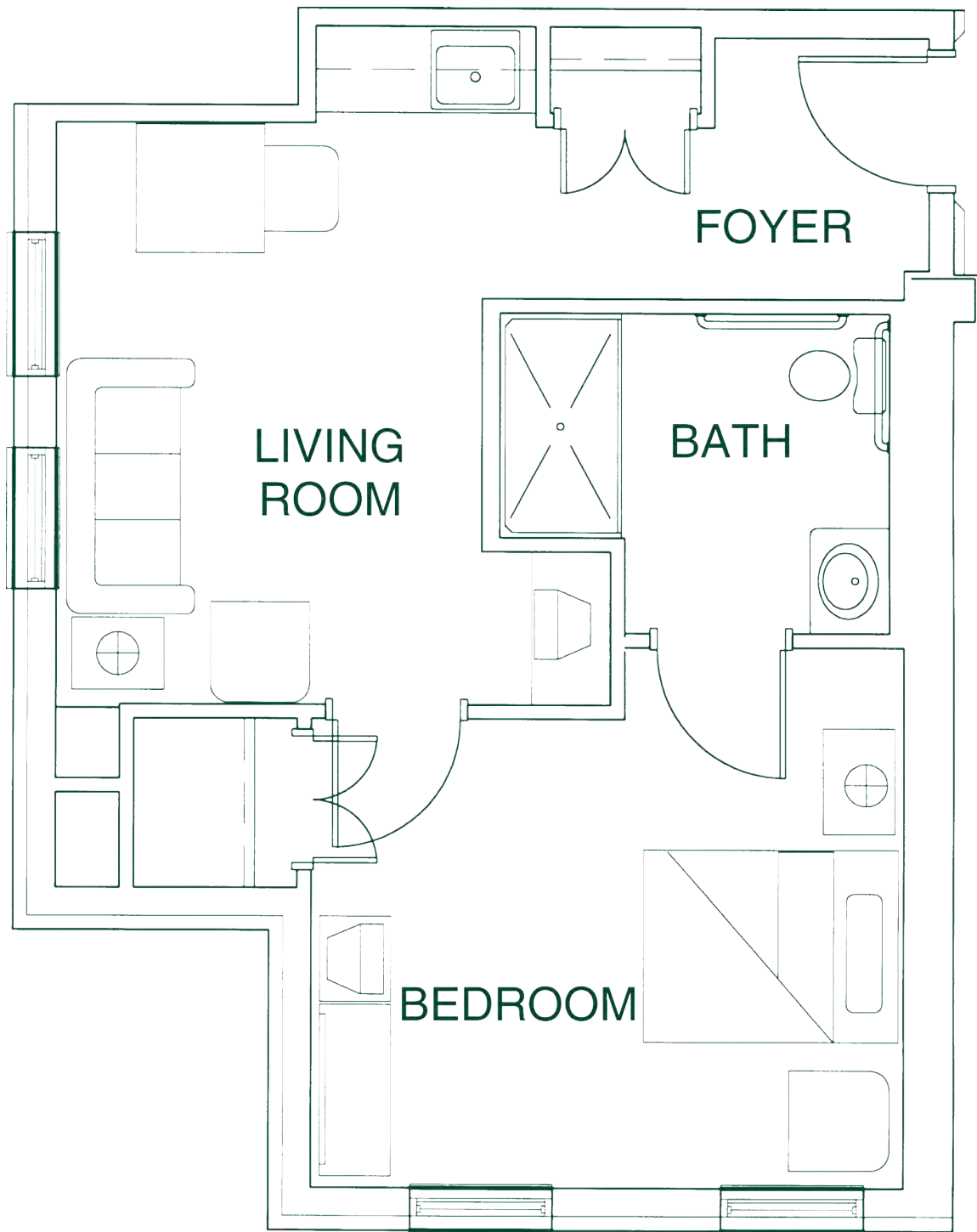
405 square feet



One Bedroom

Violet

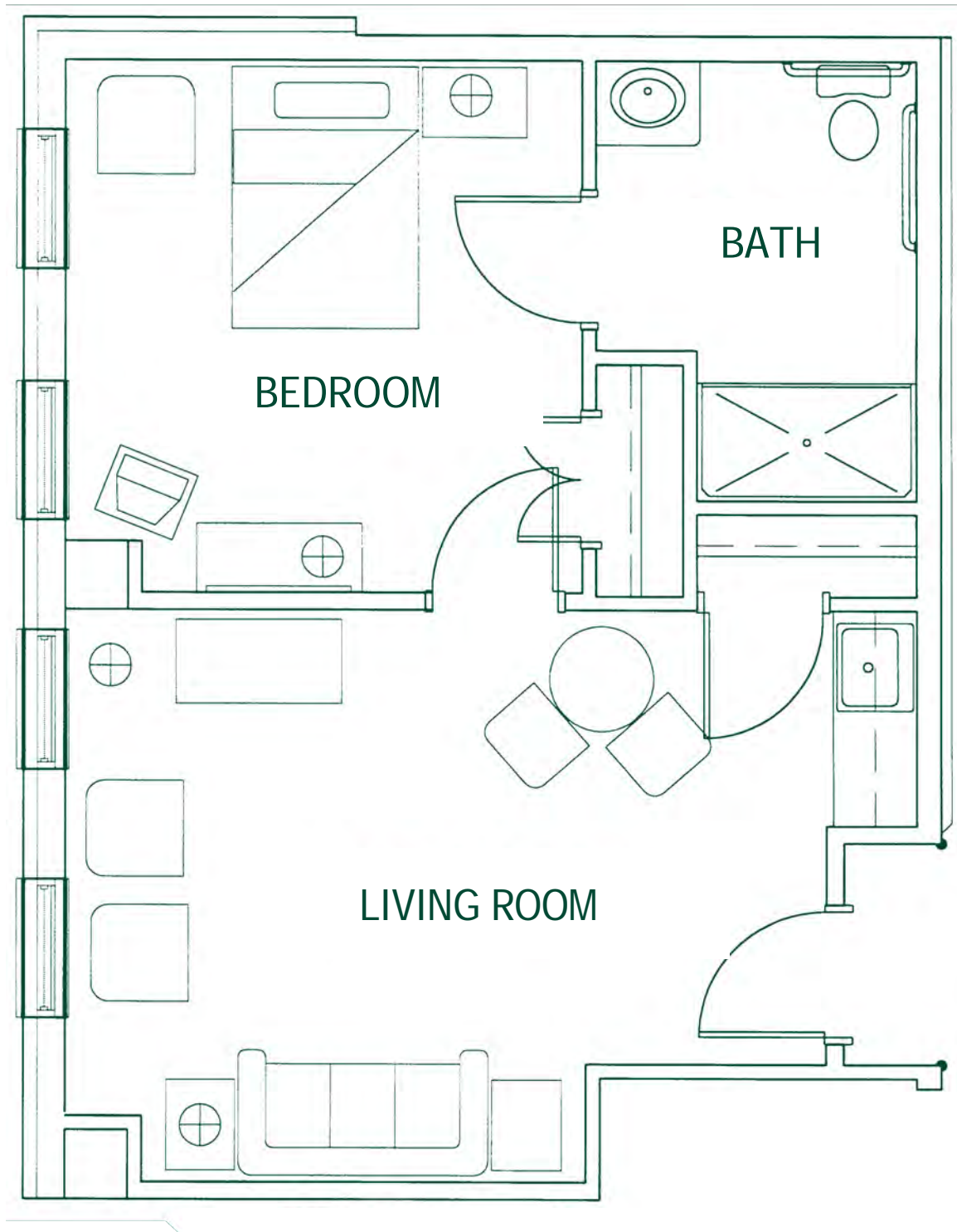
460 square feet



One Bedroom

Lilac

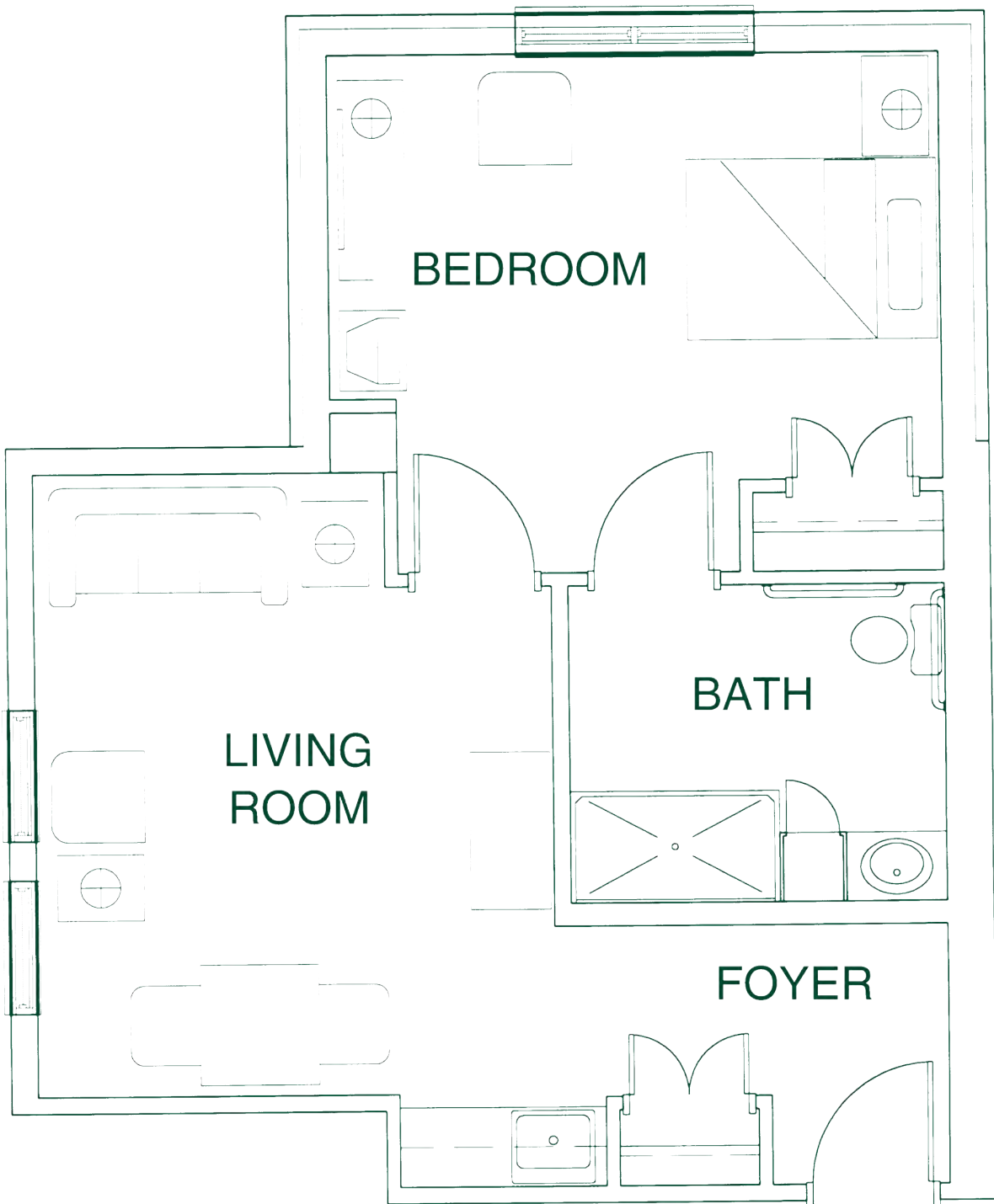
500 square feet



One Bedroom

Sunflower

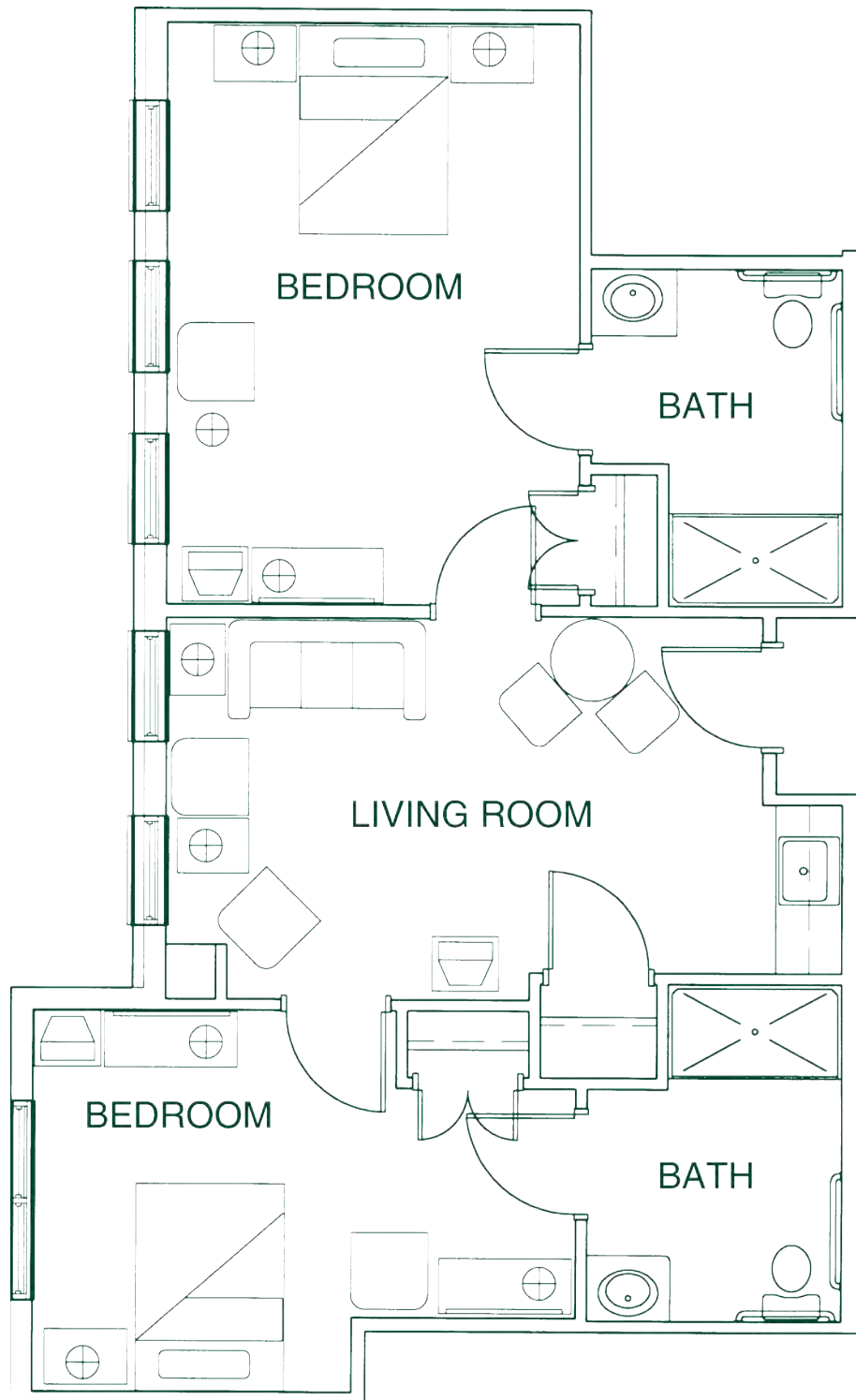
550 square feet



Two Bedroom

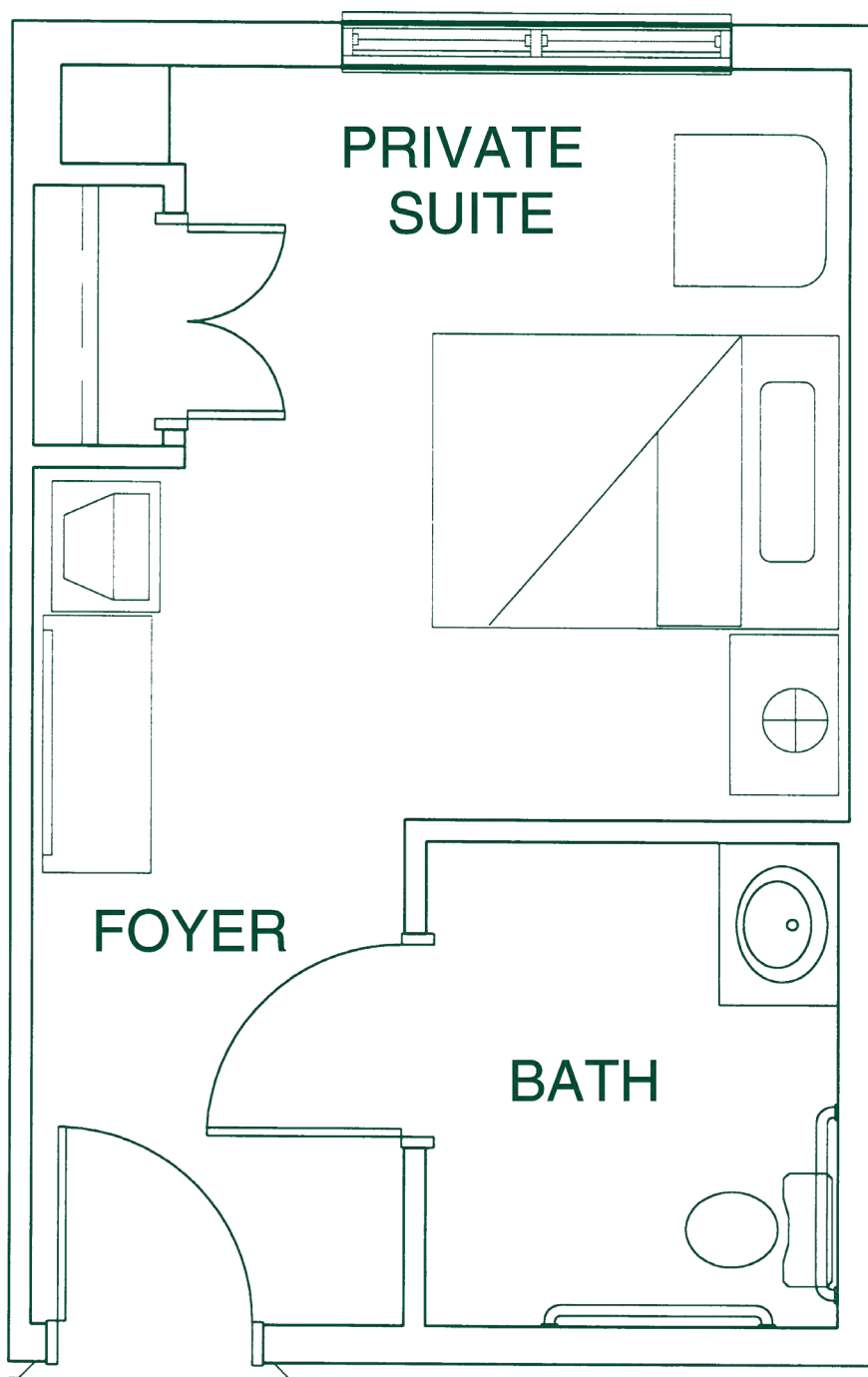
Orchid

785 square feet



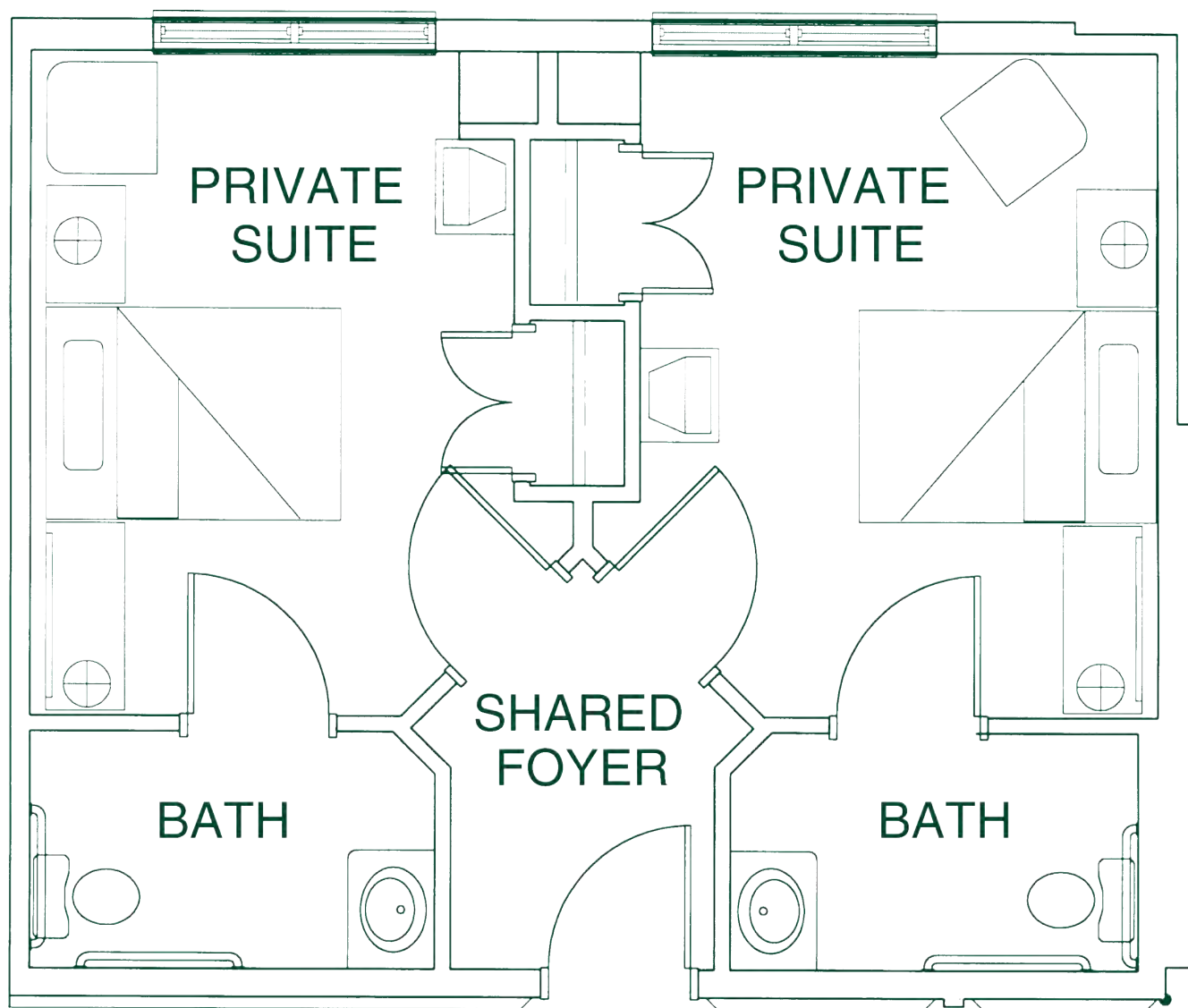
Clifton I

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