

# Rates & Services

## Room Rates

Cascade Park Communities offers a variety of room sizes and styles to accommodate individual needs, preferences, and income levels:

- Assisted Living rates range from **\$1,695.00** to **\$2,495.00**
- Specialized Memory Care rates range from **\$2,795.00** to **\$3,795.00**
- Respite/Temporary Stay rates range from **\$105.00** to **\$145.00** per day.
- Adult Day Healthcare rates range from **\$11.25** to **\$15.00** per program hour.
- Medicaid/DSHS is always welcome!

## Professional, individualized services available

Cascade Park Communities' personal care program was designed to offer a comprehensive menu of services tailored to meet the individual needs of each resident. Unlike many facilities, our additional services are provided a' la carte, so that individuals only pay for the support they actually need. Our multidisciplinary care team will work together with each resident, their family member(s), case manager, and primary physician to create and coordinate an individualized negotiated plan of care.

## Sample Personal Service Rates:

Ambulatory assistance	\$125.00
Dressing & grooming	\$125.00
Incontinence care	\$100.00 - \$450.00
Bathing assistance	\$125.00 - \$250.00
Medication assistance	\$350.00
Diabetic Care	\$250.00
Personal laundry	\$50.00 - \$100.00
Assistance with eating	\$250.00
Furniture Rental	\$75.00
Cable Television	\$25.00

*(All rates indicated are subject to change upon 30-days' written notice.)*

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# Sample Activities / Menus

## Activities

Cascade Park Communities offers a comprehensive, professionally run activities program at each location. We strive to keep our residents engaged and active so that they maintain their enthusiasm for life. Daily activities include, but are not limited to:

- Live entertainment
- Therapeutic activities
- Educational group discussions
- Scenic Drives & Group Excursions
- Formal Dinners
- Religious Services
- Holiday Celebrations
- Bingo
- Exercise
- Arts & Crafts
- Family Events
- Shopping
- Welcome Socials
- Card Games

...*And more*

## Nutritious Meals

Our Dietary Services Department provides a “home-like” Liberalized Geriatric Diet as designed and approved by the ADA. Since we are limited in our ability to provide specialized diets, we have taken a liberalized approach to better satisfy our residents. We utilize a “seasonal menu cycle” consisting of four 28-day menus, which are rotated every three months in accordance with the changing seasons. Each menu is reviewed and approved by a registered dietitian.

### Sample Breakfast Menu:

- Assorted Juice, Coffee, Milk, Hot or Cold cereals, scrambled eggs, sausage, hashbrowns, toast, fresh fruit

### Sample Main Meal Menu:

- Assorted Beverages, garden salad, roasted turkey, mashed potatoes, gravy, cranberry cup, vegetable medley

### Sample Supper Menu:

- Assorted Beverages, macaroni salad, hamburger with trimmings, baked beans, tater triangles, apple pie

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