



Friendship VillageSM

**ASSISTED LIVING
& MEMORY CARE**

Serving Seniors. Honoring Christ.

The independent lifestyle you want, with all the care you need.

At Friendship Village Assisted Living and Memory Care we tailor your care to your needs.

You'll receive just the right amount of assistance with daily activities, so you can remain as independent and active as you want to be.

Our mission is to enhance your independence, protect your privacy and open the door to endless possibilities. To keep you well, we provide excellent health services and many social events and community activities.

Why choose Friendship Village Assisted Living and Memory Care?

- *Unrivaled peace of mind, with 24-hour licensed nurse on site*
- *Inclusive pricing model, which keeps costs clear and easy to manage*
- *Backed by Friendship Village's more than 40 years' experience in senior living*





Meeting your needs. On your terms.

We understand that no two residents are the same. Our community is designed to meet residents exactly where their needs lie by offering three levels of care:



Assisted Living

Built on the 40+ year reputation of

Friendship Village, offering you individualized support services all in the comfort of your private apartment.

A nurse onsite 24/7 and an inclusive pricing model keeps costs clear and manageable.



The Bridge

Connects our Assisted Living

and Memory Care and is home to a transitional neighborhood providing oversight to those who may need future memory care.

The Bridge includes 10 apartments managed by a dedicated caregiver.



Memory Care

A warm, secure environment that

provides the area's best services for treating and managing memory loss.

With the highest caregiver ratio of all levels, we take the Montessori Inspired Lifestyle approach to best serve each resident's unique treatment path.



The Friendship Village Assisted Living and Memory Care Experience

With several private apartment floor plans available, residents enjoy all the comforts of home without the worry of upkeep and maintenance.

Whether it's having intimate conversations by the fireplace, sipping lemonade on the balcony, reading on the screened-in porch, or simply enjoying the day on our beautiful grounds, the possibilities here are endless!





Assisted Living and Memory Care Services Include:

- Concierge services
- Personalized care plan
- Medication management, including diabetes management
- Licensed nursing on-site 24/7
- Assistance with showers and dressing
- Restaurant-style dining served at breakfast, lunch and dinner
- All residential maintenance
- Weekly housekeeping
- Daily bed making and trash removal
- Weekly laundry services for towels and flat linens
- All utilities, including phone service
- Basic cable television service (over 80 channels)
- Wireless access (WiFi)
- 24-hour emergency pull-cord service
- Wide array of social and recreational activities and outings
- Scheduled transportation and shuttles
- Parking available
- Chaplain and regular worship services
- On-site security 24/7
- Library
- Beauty salon
- Regular exercise classes



Dynamic Dining at Every Turn

Enjoying a delicious meal with family and friends is one of life's simple pleasures. From a comforting, hot breakfast to a vibrant, crisp salad for lunch, Friendship Village Assisted Living and Memory Care offers a wide variety of menu options. With appealing chef's specials and our daily array of entree choices, our restaurant-style dining assures there is something for everyone.

A private dining room, as well as other intimate gathering areas, are also available to our residents and their families for entertaining purposes.



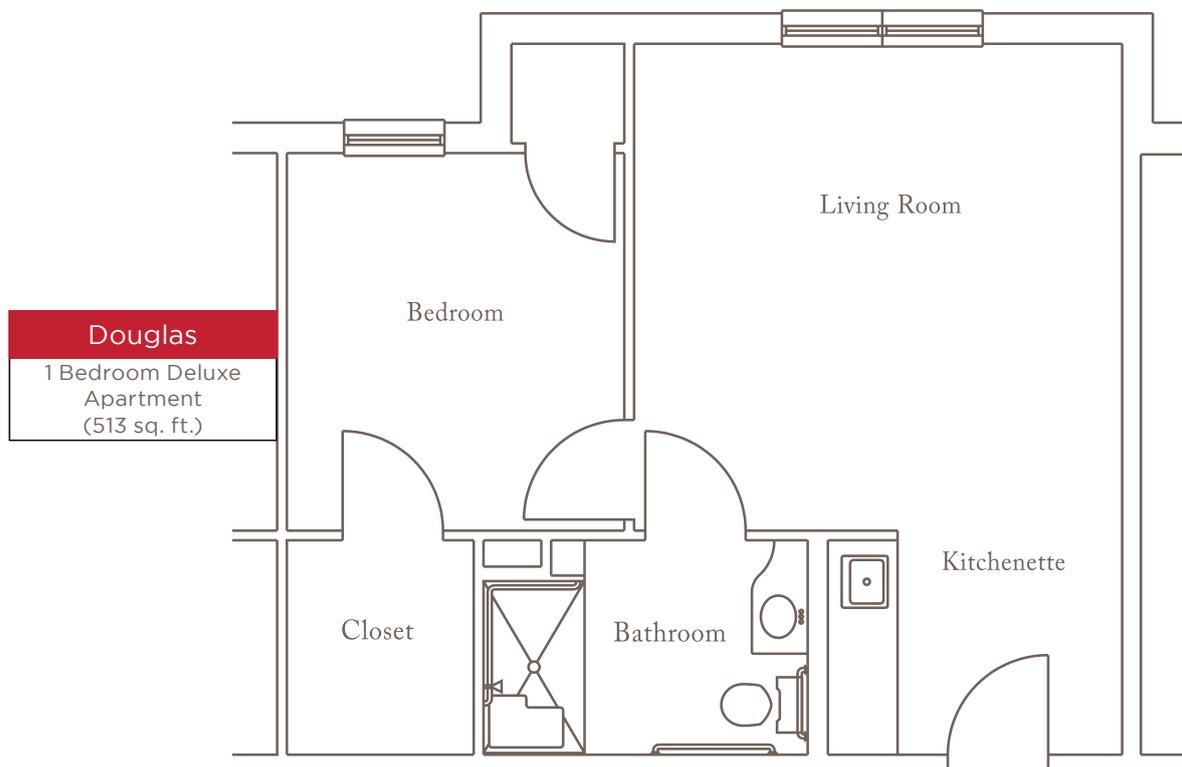
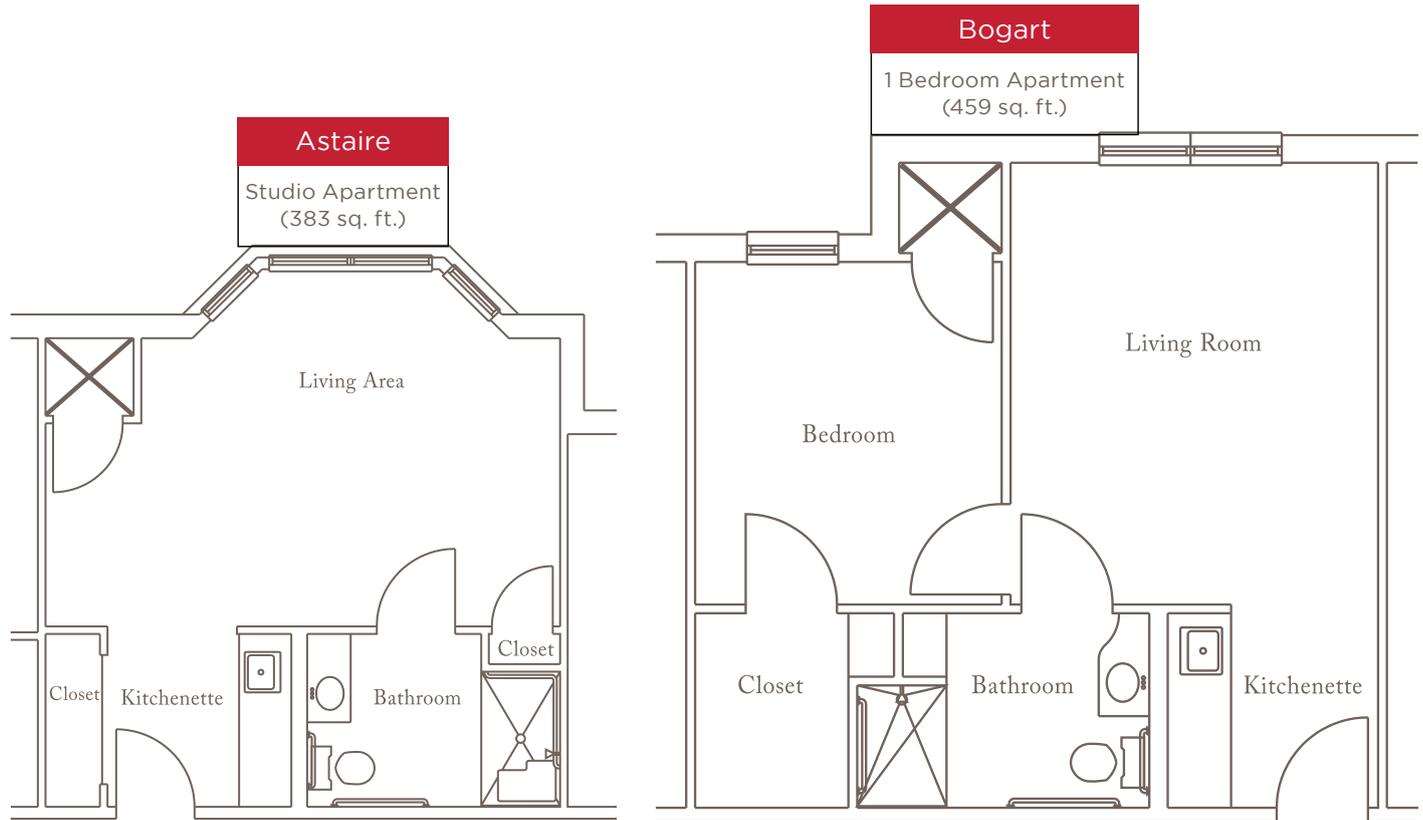
“ I believe I’m living in the Cadillac of all assisted living communities in the Midwest. The food is excellent, the entertainment is professional, and the staff is wonderful. I love living here! ”

Victor | Resident



The Right Space for You

With four apartment styles to choose from, we'll help make sure your new home suits your needs and lifestyle perfectly.



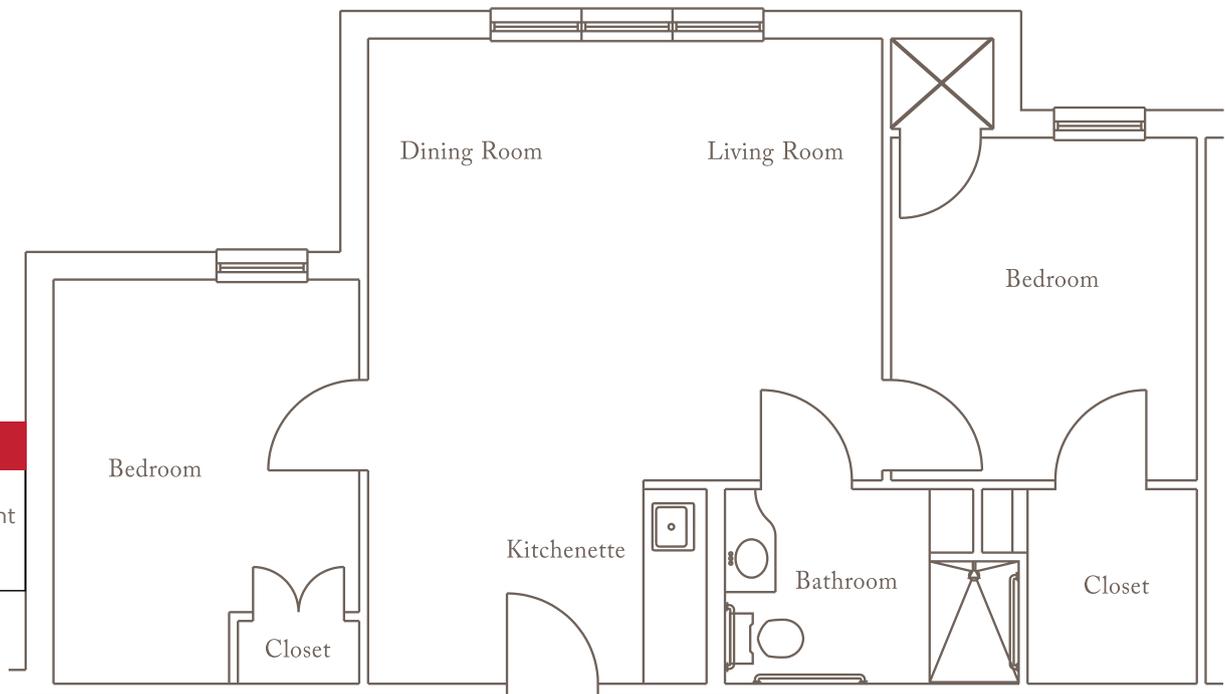


“ In the brief time Mom has been at your community, she already feels cared for and comfortable. The entire staff has made us all feel welcome and part of the FV Assisted Living and Memory Care family. Mom enjoys participating in the daily exercise classes, Wednesday Bible study and the various fun events and activities. And Mom loves the convenience of three delicious meals in the dining room. The entire staff has smoothed the transition as we adjust to a new environment along with Mom. After investigating several assisted living facilities, we chose Friendship Village Assisted Living and Memory Care as the best fit for Mom, and we are delighted that she is here. ”

Pat and Gil | Family Member



Cooper
2 Bedroom Apartment
(703 sq. ft.)



We've built the future of Assisted Living and Memory Care.

Offering an exclusive array of programs and technology focused on monitoring and improving health, we're working every day to help our residents live well, longer.



It's Never 2 Late®



IN2L is an innovative touchscreen computer system designed for Assisted Living residents, programmed for activities, games, therapy, reminiscing, music, virtual travel and more. Best of all, it is an easy way for residents to stay directly connected with family, friends and the world around them.

VST Balance®



Falling is the number-one risk factor among senior citizens, often signaling a decline in health. VST Balance® uses 3D technology to help visualize and assess the balance of residents, taking them through assessments that evaluate walking speed, range of motion and general mobility. Our wellness specialists can then develop personalized programs to help maintain strength and balance and prevent falls.

ICCDP and Cen4ARD



Center for Applied Research in Dementia
Creating effective memory interventions.

We hold our Memory Care program to the highest standards of excellence, partnering with leading research organizations like the International Council of Certified Dementia Practitioners and the Center for Applied Research in Dementia. Following the **Montessori Inspired Lifestyle approach**, we focus on each resident's individual needs in order to improve outcomes and create a more engaged and fulfilled community.

Music and Memory®



For residents living with Alzheimer's, dementia or memory loss, music can be a powerful tool for tapping into deep emotional recall, encouraging connections with past memories and allowing them to engage more in the present. Our Music and Memory® specialists hold private and group sessions, keeping track of residents' progress by recording mood trends before and after sessions.

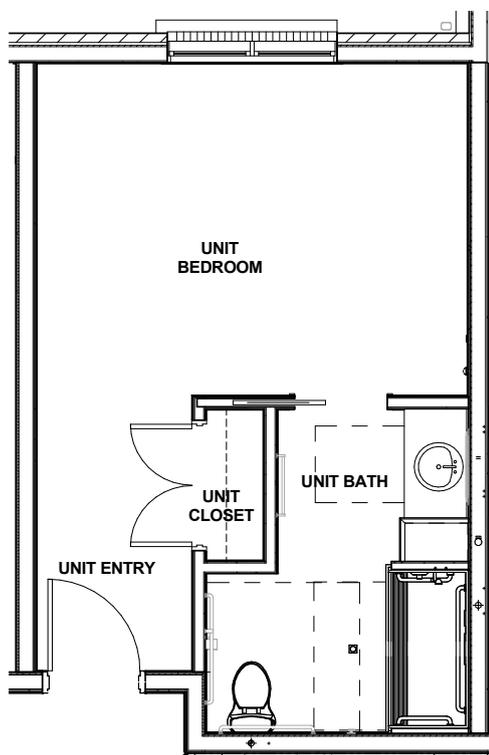


Exceptional Memory Care

For a loved one living with memory loss, the best environment is one that combines a safe, soothing atmosphere with trained staff and dedicated programming to enhance quality of life. Our Memory Care Neighborhood is a beautiful, manageable space staffed around the clock by specially trained caregivers.

We ensure the personal safety of all our Memory Care residents with a secure neighborhood and we provide the best of comforting, home-like care. Our caregivers receive professional training from the Center for Applied Research in Dementia and maintain their knowledge level with classes and annual in-service requirements.

With private apartments, engaging activities, friendly dining and comfortable social spaces, our Memory Care Neighborhood is specifically designed to support residents managing mid-stage memory loss. Each new day offers both planned and spontaneous activities that encourage engagement and interaction. Programming is flexible and tailored to nurture each resident's unique abilities and preferences.



Live Life Well



Physical



Spiritual



Emotional



Social



Intellectual



Health Services

Explore and Enhance All Dimensions of Wellness

We support you in living life to the fullest. From morning exercise to live entertainment, from church services to guest lectures - learn how you can Live Life Well. Plus, our campus includes home-health partners, several physician teams on staff and even on-site physical, occupational and speech therapy.



Join us for complimentary events or activities.

Call to arrange today
(314) 701-7947





Surround Yourself with Support

Our pricing is inclusive, and our care is exemplary.

We have a nurse in the building at all hours, so you can rest assured knowing that help is always steps away.

The care that we provide is tailored to meet each resident's individual daily needs, including medication management, bathing, clothing selection and dressing, grooming, participation in activities, and much more.

Upon move-in, each resident will begin a care plan to determine individual needs and assistance required.

Your utilities, meals, internet, cable, scheduled transportation, shuttle services around campus and care are all built into your monthly fee. (You may also opt in to receive personal laundry service, private transportation, meal delivery, guest meals, etc. for an additional fee.)



You Can Live Worry-Free with Us!

We offer a library, exercise equipment and classes, high-speed internet access, on-site beauty/barber shop and a full-time Life Enrichment Director.

Our friendly staff provides weekly housekeeping and flat linen laundry service, a wide array of social and recreational activities and specialized programs for those managing memory issues. And, should you need it, you'll have priority access to skilled nursing at the consistently top-rated Friendship Village Nursing and Rehab.



A Trusted Name, An Outstanding Value

As a not-for-profit community, Friendship Village Sunset Hills is operated by our own local management team and governed by a St. Louis-based Board of Directors. This means that our leadership has deep roots in the community.

With tenured staff who provide knowledge and expertise, we put the needs of our residents first. Our dynamic team is credited with delivering more than 40 years of stability and experience in one of the highest-rated senior living communities in the country.

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Call your sales team today to learn more about the *carefree* life you could be enjoying right now!

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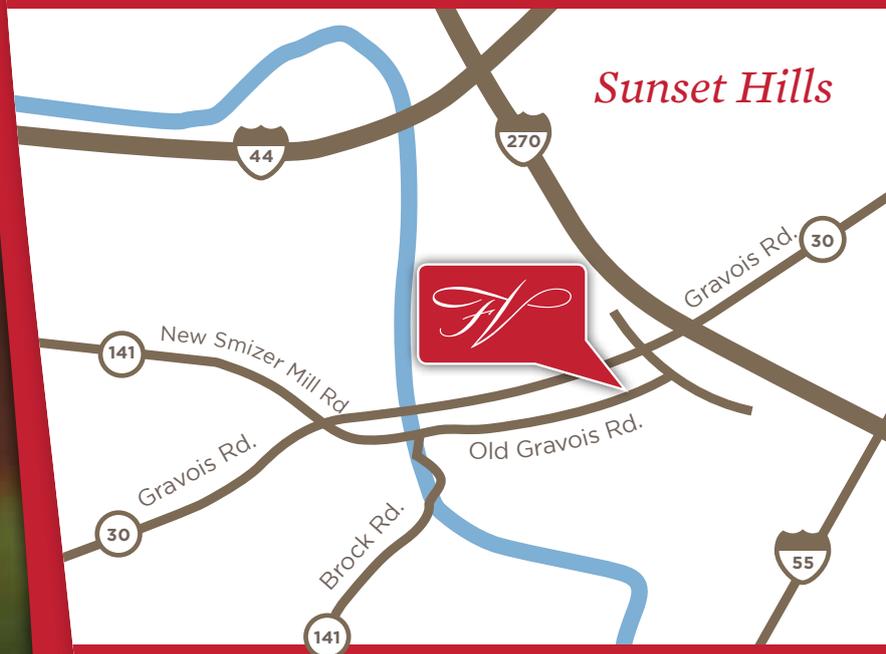
**It's Never
2 Late** 
dignity through technology

 **Center for Applied
Research in Dementia**
Creating effective memory interventions.

 **MUSIC
& memory**

 **VirtuSense**
AI for Healthcare

 **ICCDP**



Reserve your new home today.

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www.friendshipvillagestl.com/health-services/assisted-living

**FPO
Business Card Holder**

