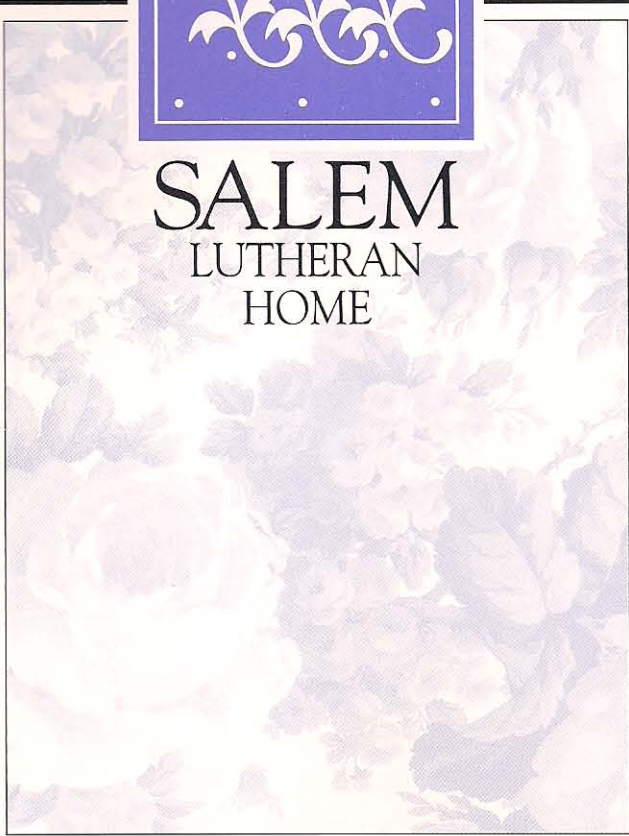


SALEM  
LUTHERAN  
HOME



*A Complete Retirement Community*



*At the end  
of the lane  
lies a village,  
a place  
out of time,  
where people  
smile and  
hearts are  
young  
and everybody  
knows  
your name.*



The best of both the  
old world and the  
new come together at  
Salem Lutheran  
Home. For more

*A gracious home with a timeless spirit. . .*

than 70 years, this  
five-acre village has  
been home to older  
adults who share a  
love of tradition and  
a taste for life.

Nearly 230 residents  
of all faiths and  
backgrounds live  
in this not-for-profit  
retirement community,  
assisted by more than  
100 first-rate, caring  
professionals.



*"People here act like family,  
which, in a way, they are. . .*

*Salem Home residents have the choice of five housing styles.*

*Those who live in the apartments of Salem Woods enjoy complete independence.*

*Those who want a daily check-in and occasional help choose Residential Care.*

*For those who benefit from planned activities and daily help with tasks, the*

*Assisted Living program is ideal. When a resident needs continuous care, the Salem Care Center offers a 48-bed Skilled Nursing program.*



*And there is also The Terrace, a therapeutic program for residents with Alzheimer's disease or related dementia.*

*Physical, occupational, and speech therapy are available on site, as are audiology,*

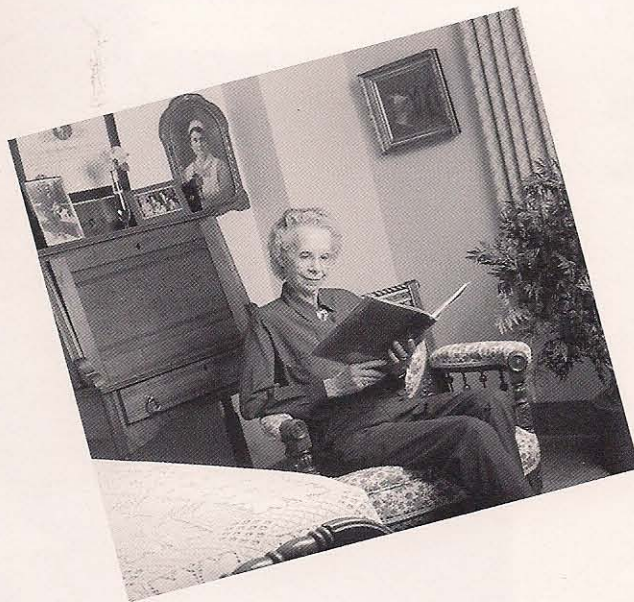
*social services and chaplaincy.*

*In addition, all residents take comfort in Salem Home's emergency call system, 24-hour nursing, and special services to help keep them healthy.*

*...where the future feels secure*

Salem Home residents have it all: choice, comfort, companionship. Also solitude, security, and independence. They can choose from among five housing styles.

They enjoy good food and gracious surroundings. They feel safe. Anytime is private time. Residents fill their calendars with fun or make the wonderful choice to do absolutely nothing at all. Someone else does the driving, someone else cleans the house. Chores that once stole their days now fall to the willing staff, leaving the residents free to do whatever they truly please.



For early birds, the day might begin with a garden walk. For some, it doesn't end 'til the last waltz fades. In between, there are classes, movies, concerts, lectures and trips to the sights that circle the Bay.

A one-time entrance payment and monthly fee give every resident the full range of services.

There's a garden for putting, a library for browsing, pianos for playing, and lounges for lounging. Friends gather in the dining room for

*The second half of life at its best*

delicious meals planned by a registered dietician. Twice a week the Salem Chapel fills with song and prayer. Monthly birthday parties, beauty shop visits, and occasional shopping sprees round out the year. And the bed is always

turned down for guests. This is living! This is the good life at Salem Lutheran Home. We invite you to drop by to see for yourself.



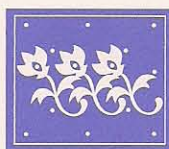
# Rehabilitation

Following a stroke, heart attack, hip surgery or other serious trauma, any resident of Salem Lutheran Home or any out-patient referred from the community may use our complete on-site rehabilitation services. Physical therapy, occupational therapy, speech therapy, and audiology services are all available with a physician's referral. Social workers help the patient cope with emotional challenges and arrange for outside resources. Medicare A and B, other coverage, and private payment are welcome. Salem Home also offers exercise and activities to help all residents stay healthy and fit. Throughout, the goal of rehabilitation is to assist older adults in reaching and maintaining their highest possible level of ability, so they can enjoy life to the fullest.

*... to help residents stay healthy and fit.*



- Complete rehabilitation gymnasium
- The latest equipment
- Individual treatment plans
- Focus on the needs of older adults



**SALEM**  
LUTHERAN  
HOME

2361 East 29th Street, Oakland, California 94606 • 510/534-3637 • FAX 510/534-0851



# The Terrace

For residents with Alzheimer's disease and other forms of dementia, Salem Lutheran Home offers a safe setting that also feels like home, with a special program to nurture their abilities. Because every resident is unique, each one follows a personal plan of care. Staff members and volunteers know how to deal with the changes and emotions associated with the disease. They spend quality time with each resident, often just sitting quietly. The floor plan allows residents to exercise freely, and group



activities such as dancing and gardening stimulate their interest and add to their sense of belonging. Families play an active part, confident that their loved one is enjoying life and doing well on The Terrace.

*Because every resident is unique...*

- Private rooms
- Enclosed garden
- Music therapy
- Healthy snacks anytime
- Round-the-clock activities
- Respite care to assist families
- Support groups



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# *Assisted Living and Skilled Nursing Care*

Residents of Salem Lutheran Home may choose from two options when they need hands-on care and support in maintaining as much independence as possible. Assisted

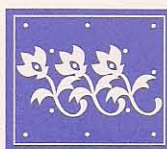
Living provides daily help with activities such as dressing, eating and remembering medications. Skilled Nursing offers 24-hour care by specially trained registered nurses. Both programs have the feeling of home, with private and semi-private rooms, plus rooms with four beds in skilled nursing. Personal belongings are always welcome. Separate dining rooms create a family atmosphere. Each

program has an activity calendar designed to strengthen the body, stimulate the mind, and nurture the spirit. Staff are chosen for their skill and compassion. Volunteers add an extra measure of loving care.



*Staff are  
chosen for  
their skill  
and  
compassion.*

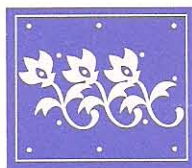
- Individual care plans
- Family involvement
- Therapeutic diets
- Respite care to assist families



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*Equal Opportunity Employer*  
*Member, California Association of Homes and Services for the Aging*  
*Member, American Association of Homes and Services for the Aging*  
Skilled Nursing Facility (License # 020000442) • Residential Care Facility for the Elderly (License # 011400569)