

# Nikkei Manor

## Assisted Living Community

*a place to call home*

Nikkei Manor embraces the very best of Japanese culture and values. **Respect, trust, and *kimochi*** (good feeling) are the cornerstones of our philosophy, and the residents are at the heart of everything we do.

Our goal is to make every day the best day for them, and, we hope, for you as well.

Nikkei Manor is more than just a place to live.  
*Nikkei Manor is home.*

### Quality Care

- Weekly laundry, linen service, and housekeeping
- Assistance with 1-2 showers per week
- Assistance with dressing and grooming
- Meals
- Daily activities
- Utilities (excludes phone and cable)
- Regular maintenance upkeep
- Notary services (on a case-by-case basis)

### Room Rates (monthly)

Studio (331-334 sq. ft.)	\$3,523
Alcove (436-438 sq. ft.)	3,878
Sm. One Bedroom (494 sq. ft.)	4,094
Lg. One Bedroom (577 sq. ft.)	4,177
2nd-Person Charge	1,175

#### Respite (Studio floorplan)

Studio (331-334 sq. ft.)	\$155
Refundable Damage Deposit	250

*Additional services available; rates upon request*

If Nikkei Manor is the home you've been seeking, please contact **Kara Mayeda, Admissions & Marketing Manager, at 206.423.1806 or [kmayeda@nikkeiconcerns.org](mailto:kmayeda@nikkeiconcerns.org).**



**NIKKEI MANOR**

A Nikkei Concerns Assisted Living Community  
700 6<sup>th</sup> Ave. S ■ Seattle, WA 98104  
206.726.6460 ■ [www.nikkeiconcerns.org](http://www.nikkeiconcerns.org)



*Mom's 104<sup>th</sup> birthday!*



*At the Alzheimers' Walk*



*Bon odori at White River!*

*Additional information on reverse*

## Dining

You will enjoy three chef-prepared meals per day, along with snacks. Focused on quality, variety, and choice, the creative rotating menus offer both Asian meals (including authentic traditional Japanese cuisine) as well as Western favorites, including all of the comfort foods of home.

Our professionally-trained staff also creates special meals for celebrations and holidays throughout the year.

We encourage you to share your opinions through the **Foodie Forum**. This quarterly gathering is your opportunity to voice your thoughts on the menu, your favorite seasonal dishes, and the joy of food and family.

## Activities

At Nikkei Manor, residents choose from a full range of activities to keep their minds, bodies, and spirits strong and vital. Gentle exercise, singing, games (including Wii bowling), ice cream socials, performances, and so much more connect you with your neighbors and keep you smiling.

You can also join our **Kokoro Kai Senior Activity Program** three days a week.

**Regular Activities** (check out the calendar at [www.nikkeiconcerns.org](http://www.nikkeiconcerns.org) for details)

- Coffee Walk, bond with your neighbors every week in local coffee shops
- Weekly outings around town
- Intergenerational activities with UCDS students
- Group visits and performances

### Japanese Cultural Activities

- Natto Club, for those who love to eat *natto*
- *Haiku* writing
- Card games — Rummi Kub and *Hyakunin Isshu*
- Special celebration of Japanese holidays and traditions (New Year's Day, with *mochitsuki*; Girl's Day/*Hinamatsuri*; Cherry Blossom Festival/*Sakuramatsuri*; Boy's Day; Star Festival/*Tanabata*)

## Transportation

Located in Seattle's lively International District, restaurants and shops are just steps away, but transportation to local doctors and clinics or rehab at Seattle Keiro is included.

## Sample Menu

### Breakfast

Peaches  
Raisin bran, milk  
Veggie egg scramble  
(mushrooms, potatoes, zucchini)  
Sausage patty  
Toast with butter and jelly

Continental breakfast 7:00 - 9:00

### Lunch

Cucumber *wakame* salad  
*Miso* soup with *aburaage* and green onion  
*Unagi donburi* (broiled eel with sauce over rice)  
*Kyuri* (cucumber *tsukemono*)  
or  
Smoked turkey and cheddar sandwich on sourdough bread  
Lettuce, tomato, pickle, potato chips

*Daifuku*

### Dinner

Tossed salad with sesame dressing  
Chicken *nimono* and rice  
*Gobo*, carrots, *shiitake*  
*Shibazuke* (pickled red eggplant)  
or  
Baked ham  
Scalloped potatoes and corn

Fresh seasonal fruit



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# Additional Rates & Services

## Medication Management

### Basic **\$515/month**

- Medication assistance with **up to 10** scheduled medications that **do not** require a licensed nurse for administration or delegation

### Enhanced **\$670/month**

- Medication assistance with **more than 10** scheduled medications and/or for medications that require a licensed nurse for administration or delegation
- Medication and services which require frequent monitoring (i.e. Coumadin®, simple wound care up to stage II, oxygen therapy, dialysis)
- Daily blood glucose checks
- Monthly B-12 shots

### Diabetic **\$1,133/month**

- **Up to 4** daily blood glucose checks
- Insulin injections (including sliding-scale insulin) **up to 4 times per day**
- Includes *enhanced* service

## Incontinence

### Level 1 **\$258/month**

- Reminders
- Minimal hands-on assistance
- Supplies maintenance

### Level 2 **\$515/month**

- Toileting schedule for urinary incontinence
- Minimal additional laundry
- Minimal additional assistance with showers
- Includes *level 1* service

### Level 3 **\$733/month**

- Assistance with bowel incontinence
- Extensive hands-on assistance
- Extensive additional laundry
- Extensive additional assistance with showers
- Includes *level 2* service

## Safety Service

### Level 1 **\$644/month**

- Safety monitoring for moderate fall-risk resident (1-3 falls within the past 3 months)
- Minimal redirection and reminders
- WanderGuard® security bracelet
- 2-hour safety checks

### Level 2 **\$1,288/month**

- Escort to/from meals and activities
- Safety monitoring for high fall-risk resident (4 or more falls within the past 3 months)
- Extensive redirection and reminders
- WanderGuard® security bracelet
- 1-hour safety checks



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*Additional information on reverse*

# Additional Rates & Services

## Other Services

### Outside Pharmacy **\$309/month**

- Monthly charge for residents who choose not to use the in-house pharmacy
- Coordinating with outside pharmacy, ordering, counting (if required), extra storage
- Medication Administration record production

### 1-1 Caregiving **\$26/hour**

- Available on an emergent-need basis only (at the discretion of Nikkei Manor) only until Home Health or other living arrangements can be made, but not longer than 72 hours

### Environmental Services **\$26/hour**

- Move furniture, clean and remove excess items from room, requested cleaning beyond regular cleaning schedule (and not included in any other care package)

### Escort to Medical Appointments **\$26/hour**

- For emergent medical reasons only, at the discretion of the Nursing Department

### Refrigerator Check and Cleaning **\$26/hour**

- Check refrigerator for and discard old/expired food, clean, defrost

### Room Service Meal Tray **\$5/tray**

- Per resident request; does not include meals served to room due to illness

## Telephone Service

### Unlimited Local **\$20/month**

### Unlimited Long-Distance **\$10/month**

within the continental United States

### International Long-Distance **rates vary**

(per call)

Japan = 17¢ / minute

China = 66¢ / minute

Korea = 3¢ / minute

other international rates available upon request

## Pet Fee

- \$500 one-time fee, non-refundable
- Due upon admission for those residents who will care for a pet in their apartment
- Nikkei Manor does not allow residents to keep dogs as pets.

## Guest Meals

May be purchased from the receptionist with advanced notice.

Breakfast **\$3**

Lunch **\$5**

Dinner **\$5**



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# Basic Monthly Rates

(Effective January 2011)

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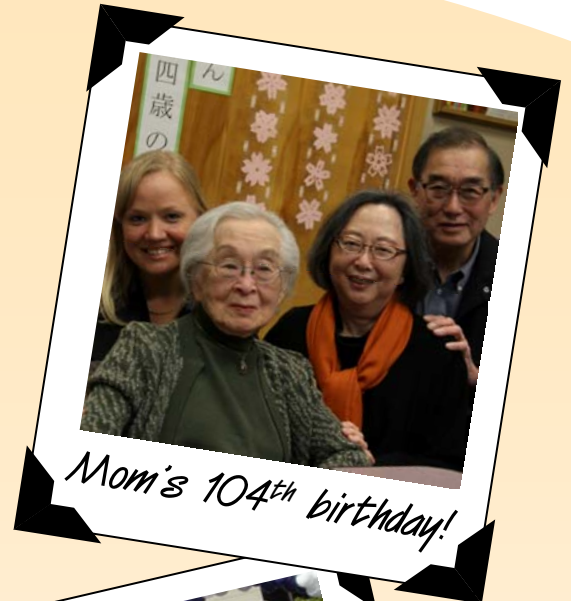
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# Frequently Asked Questions

## **Do you have any apartments available?**

We currently have a number of different apartment sizes and floorplans available. For further information or to schedule a tour, please contact Kara Mayeda, Admissions and Marketing Manager, at 206.423.1806.

## **How do I know if assisted living is the right option for my loved one?**

You know your loved one best, so begin with your own observations. Have you noticed changes in an older relative or friend? Perhaps he or she hasn't been eating as well as before, or upkeep of the home is too burdensome. Tasks that used to be easy, such as shopping for groceries, cooking, or taking prescription medicine, have become difficult. This once-active person is increasingly reclusive; yet you know that he or she could benefit by more contact with friends and would welcome support with tasks of daily living. If you notice these things, assisted living is an option you should consider.

## **How much does it cost to live there?**

The base rent depends upon the size of apartment you choose and any additional services selected. Services for **Medication Assistance**, **Incontinence Assistance**, and **Safety** are available at an additional monthly rate. Nikkei Manor is unique to include basic ADL (Activities of Daily Living – bathing, grooming, dressing) support in our base rent.

## **Do you accept Medicaid?**

We have a limited number of Medicaid apartments. However, 3 years of private pay status is required before consideration for one of these apartments as one becomes available.

## **Do you accept Long Term Care Insurance?**

It depends on your individual policy. Please contact Lisa Waisath, Assisted Living Manager, at 206.726.6471 for further information.

## **Do you have to be Japanese to live there?**

People of all ethnic backgrounds are welcome. We embrace an increasingly diverse community while honoring our Japanese American heritage and history.

## **Are the apartments furnished? Can I hang things on the walls?**

Apartments come unfurnished so that you may create your own home with the things that are familiar to you. We encourage you to hang your favorite pictures, mirrors, or shelves. Our Facilities Manager will be happy to assist you to assure they are secure.

## **Do you offer transportation for residents?**

Transportation to and from doctor's appointments in the local First Hill area as well as for outpatient therapy at Seattle Keiro is available.

## **What are the local amenities?**

Located in the heart of the International District, Nikkei Manor offers its residents a variety of stores, restaurants and services within walking distance or a short car ride. Both Qwest Field and Safeco Field are within blocks of our community, Daiso is conveniently located in the northwest corner of the building and Uwajimaya is just across 6th Avenue.

## **What's the process to move in and how long does it take?**

Once you complete the application, select an available apartment, and complete the move-in paperwork (including one form for your doctor), we will schedule a health assessment with our Health Services Manager. You can settle into your new apartment in as little as 48 hours under normal circumstances.

## **I'm not ready to move quite yet. Does it cost anything to be on the Waiting List?**

We are happy to keep your name on our waiting list, with no cost to you. Send in a completed application form, and we will keep in touch as apartments become available – you can let us know when you're ready to move.

## **If I'm on the waiting list and turn down an available apartment, am I put at the bottom of the list?**

You retain your place on the list for as long as you want to be a candidate for Nikkei Manor. When another apartment becomes available, we start at the top of the list and work our way down.



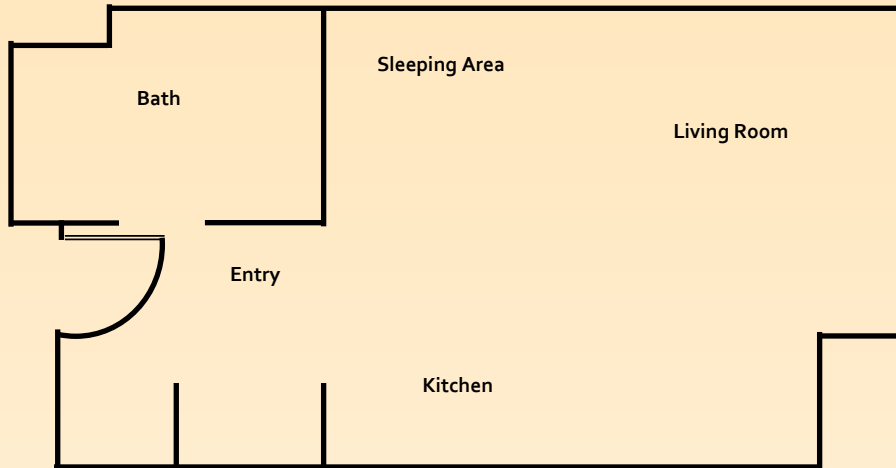
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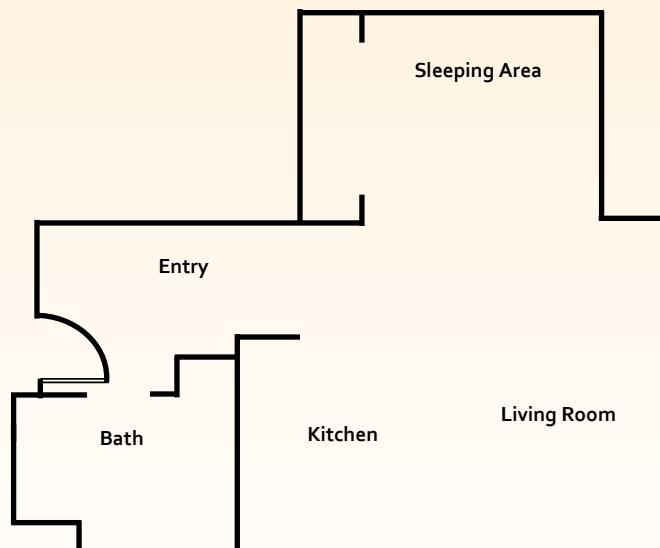
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# Floorplans

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**Studio Alcove** – 436-438 square feet



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