



HARBOR CREST

MBK SENIOR LIVING



## HARBOR CREST

### MBK SENIOR LIVING

Located in the heart of the Northwest – Harbor Crest is one of Spokane's most distinctive resort-style retirement communities. Residents can enjoy our beautiful campus with all four seasons here – pleasant springs; warm, brilliant summers; crisp falls; and magical winters.

### DISCOVER RESORT-STYLE RETIREMENT LIVING AT HARBOR CREST

At Harbor Crest, you will find yourself surrounded by beautifully manicured grounds and resort-style amenities, such as restaurant-style dining and cafe, scheduled transportation, billiards room and a full service beauty salon. Located nearby are restaurants, shopping, medical centers and houses of worship for your convenience.



*Defining the lifestyle ...*

*Welcome to Harbor Crest*



Thank you for visiting Harbor Crest, an MBK Senior Living community. We pride ourselves on providing active, independent opportunities for residents, and peace-of-mind for their families.

Within our community you'll find staff truly enjoying what they do. Our staff is dedicated to providing quality service to residents and families, while residents enjoy the amenities and activities provided. Realizing residents' needs change, we offer five levels of care with services designed to meet those needs and exceed expectations. If there is anything I can do to make your visit with us more comfortable, please do not hesitate to ask.

Thank you for considering Harbor Crest,

Executive Director

### COTTAGES AND HOMES

At Harbor Crest, you can enjoy your own private residence within the luxurious retirement campus. These homes and cottages provide the convenience of living in a home with the amenities and services of living in a retirement community. Designed with your comfort in mind, these luxurious senior homes provide a convenient lifestyle with high quality service. For those that need a little help, there is a fully equipped basement level in the homes for a live-in caregiver.

#### SERVICES & AMENITIES INCLUDE:

- *Gated Community*
- *Private Garage*
- *Complete Home & Yard Maintenance*
- *Snow Removal*
- *Weekly housekeeping*
- *Basic cable television*
- *All Utilities (except telephone)\*\*\**
- *Emergency response system*
- *Pets welcome*
- *Weekly housekeeping & linen services*
- *Scheduled transportation*
- *Beautiful dining room for private gatherings \**
- *Full-time activities program \**
- *Computer room with internet access \**
- *Fitness center with exercise programs \**
- *Support groups & educational seminars \**
- *Worship services \**
- *Game and social lounges \**
- *Library & billiards room \**
- *Full-service beauty salon\*\**

*\* Campus Service & Amenities*

*\*\* Available for an Additional Cost*

*\*\*\* Available in Cottages Only*

## ASSISTED LIVING

Residents requiring assistance with activities of daily living will find Harbor Crest's Assisted Living program the perfect solution for their needs. Our professional team of caregivers includes health service professionals and personal care providers, dedicated to delivering a high level of service to residents and families. Caring for your loved one is an honor; one we do not presume to do without your input or feedback.

### SERVICES & AMENITIES INCLUDE:

- *Gated Community*
- *Elegant restaurant-style dining*
- *Meals prepared by our on-site chef*
- *Beautiful dining room for private gatherings*
- *All utilities (except telephone)*
- *Apartment home maintenance*
- *Emergency response system*
- *Weekly housekeeping*
- *Basic cable television*
- *Theatre & media room*
- *Full-time activities program*
- *Computer room with internet access*
- *Fitness center with exercise programs*
- *Support groups & educational seminars*
- *Worship services*
- *Game and social lounges*
- *Library & billiards room*
- *Landscaped gardens & outdoor sitting areas*
- *Full-service beauty salon\**
- *Personal storage space\**
- *Complimentary laundry facilities*
- *Scheduled transportation*
- *Private mail boxes*
- *Pets welcome\**

*\* Available for an additional cost*

## RESPITE CARE

When you are involved in providing care for a loved one's needs, it's easy to neglect your own health and well being. Harbor Crest offers short-term care in a warm, inviting and stimulating atmosphere. Your loved one will be graciously cared for while you take a much needed break for your own rest and rejuvenation.

*In the interest of continuing product improvement, MBK Senior Living reserves the right to change prices, floor plans, features, specifications, services and maps without prior notice. Models do not reflect racial preferences. All renderings, maps and plans are artist's conception and are not to scale. All square footages are approximate. Some options and services may not be available in all plans or communities. See our Director of Marketing for details.*

MEMORY CARE SERVICES  
& AMENITIES INCLUDE:

*Pleasant, uplifting and comfortable home*

*Three meals daily & snacks anytime*

*Individualized activity programs*

*Innovative behavior management program*

*Therapeutic exercise program*

*Music and therapies*

*Medication management*

*Scheduled transportation*

*Transfers and bathroom assistance*

*Personal laundry*

*Escorts to meals and activities*

*Assistance with bathing, dressing & grooming*

*Incontinence management*

*Daily housekeeping*

## MEMORY CARE

Harbor Crest's neighborhood-style memory care community has been specifically designed to enhance the comfort and care of residents facing the challenges of Alzheimer's disease and other memory impairments. Our specially trained caregivers work together to enhance the independence and individuality of every resident, while providing peace-of-mind to their families.

Our resident care coordinator will perform an assessment to determine a resident's level of care. This assessment identifies the specific services each resident needs or desires so that he or she may function as independently as possible. The information gained during the assessment is used to develop each resident's individualized care plan. The care plan is flexible and can change as a resident's needs change. We are committed to ensuring the optimum physical, mental and emotional health of each resident.



*In the interest of continuing product improvement, MBK Senior Living reserves the right to change prices, floor plans, features, specifications, services and maps without prior notice. Models do not reflect racial preferences. All renderings, maps and plans are artist's conception and are not to scale. All square footages are approximate. Some options and services may not be available in all plans or communities. See our Director of Marketing for details.*

# Cottage & Home Floor Plans

## COTTAGES & HOMES

*Plush Carpeting*

*Designer-Selected Vertical Blinds*

*Spacious Kitchen*

*Private 2 Car Garage*

*Closet and Storage Space*

*Sprinkler System*

*Smoke Alarm*

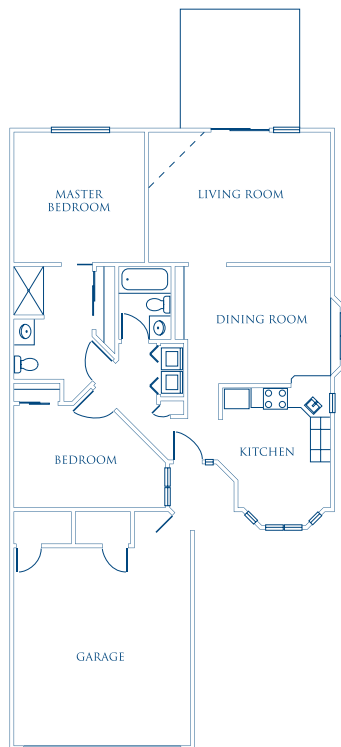
*Emergency Alert System*

*Cable Television*

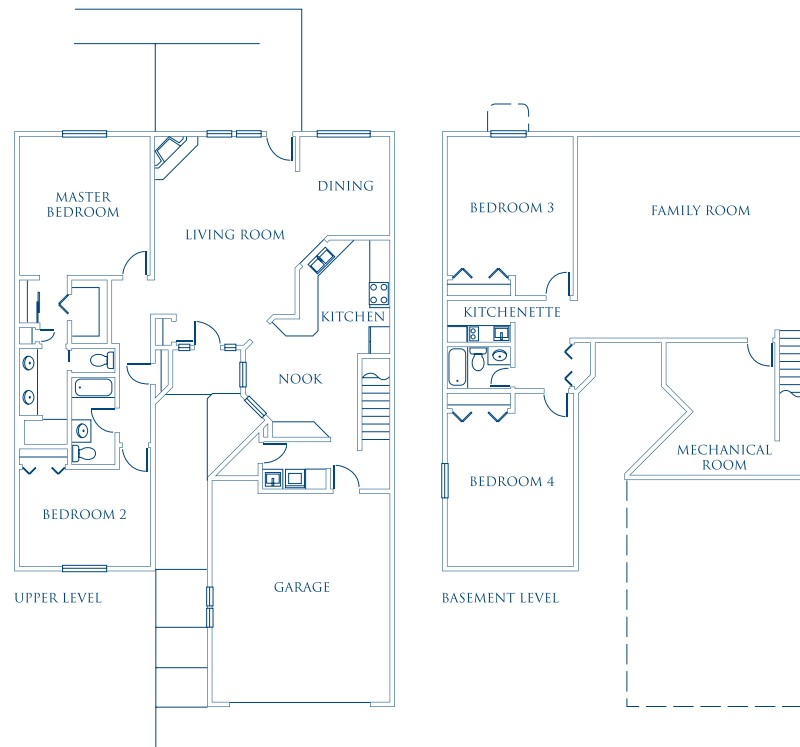
*Laundry*

*Burglar Alarm*

*Cottage Floor Plan: Approx 1,300 SF*



*Home Floor Plan: Approx 3,500 SF (1,744 w/o Basement)*



**HARBOR CREST**  
MBK SENIOR LIVING

*In the interest of continuing product improvement, MBK Senior Living reserves the right to change prices, floor plans, features, specifications, services and maps without prior notice. Models do not reflect racial preferences. All renderings, maps and plans are artist's conception and are not to scale. All square footages are approximate. Some options and services may not be available in all plans or communities. See our Director of Marketing for details.*

# Apartment Home Floor Plans

## APARTMENT HOMES INCLUDE

*Apartment Home Maintenance*

*Plush Carpeting*

*Window Coverings*

*Convenient Kitchenette*

*Full Size Refrigerator & Microwave*

*Convenient Safety Support Bars in Bathroom*

*Closet and Storage Space*

*Sprinkler System*

*Smoke Alarm*

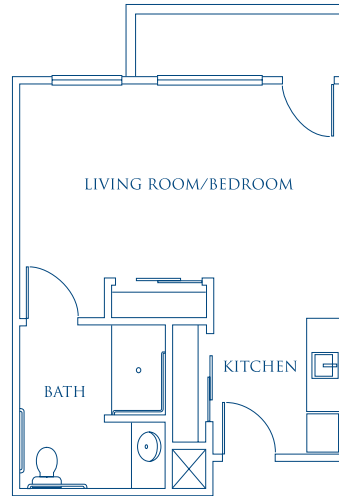
*Emergency Alert System*

*Cable Television*

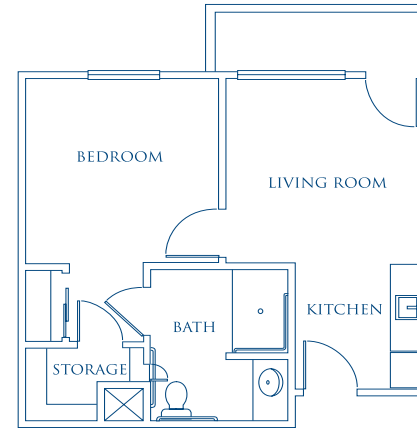
*Wheel Chair Accessible*

*Patio or Deck*

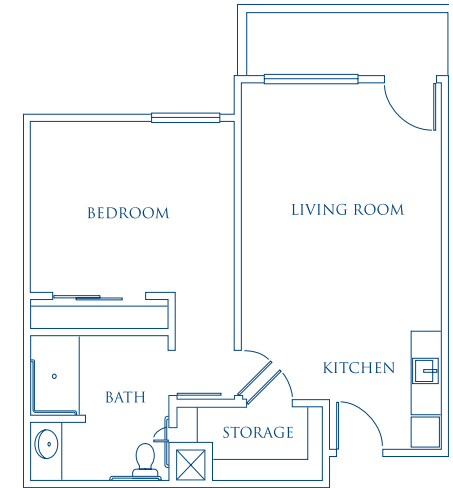
*Studio: Approx 441 SF*



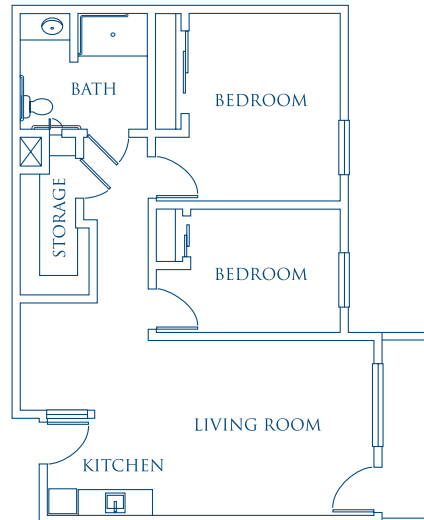
*One Bedroom: Approx 491 SF*



*One Bedroom: Approx 667 SF*



*Two Bedrooms: Approx 907 SF*



**HARBOR CREST**  
MBK SENIOR LIVING

*In the interest of continuing product improvement, MBK Senior Living reserves the right to change prices, floor plans, features, specifications, services and maps without prior notice. Models do not reflect racial preferences. All renderings, maps and plans are artist's conception and are not to scale. All square footages are approximate. Some options and services may not be available in all plans or communities. See our Director of Marketing for details.*



**MBK SENIOR LIVING**

MBK Senior Living is a company rich in tradition, and proud to offer today's seniors an alternative to typical retirement living. Serving the Senior Population since 1986, MBK Senior Living has developed a reputation for exceeding the quality, service and care expectations of those they serve.

Headquartered in Southern California, MBK Senior Living has communities throughout the Western United States, and is dedicated to be the senior living provider of choice in each market that they serve.

The associates that work at MBK Senior Living have a great passion for what they do. They're inspired people that are committed to deliver services with integrity, dignity and compassion. Through its training and dedication, MBK Senior Living works together to fulfill its Pursuit, Purpose, Principles and Core Values.

For more information on MBK Senior Living, visit [www.MBKSeniorLiving.com](http://www.MBKSeniorLiving.com).

MBK™  
MBK SENIOR LIVING

*Our Pursuit*

“To be the senior living provider of choice in each market we serve”

*Our Purpose*

“To exceed the quality, service and care expectations of those we serve”

*Our Principles and Core Values*

CUSTOMER FOCUS

Exceeding our customer expectations and enriching the lives of those we serve stands above all other values and requires:

- Well-designed, high-quality senior living communities in desirable locations
- Service programs that meet the changing needs and expectations of seniors and enhance independence, individuality, self-esteem and happiness
- Care that is delivered with integrity, dignity and compassion
- Effective and responsive communication to concerns and questions
- Building customer trust and loyalty by delivering on our promises

INSPIRED PEOPLE

Our purpose will be achieved through inspired people, operating in a culture based on:

- Mutual Trust and Respect
- Open Communication
- Teamwork
- Positive Work Environment
- Continuous Improvement
- Honesty & Accountability
- Passion for Excellence

FINANCIAL RESPONSIBILITY

In order to achieve our purpose, we will strive to meet the expectations of our owners by:

- Adhering to sound financial business practices
- Wise and prudent use of our resources
- Focusing on efficiency and finding “better ways” to operate our business



# MBK MBK SENIOR LIVING

*In the interest of continuing product improvement, MBK Senior Living reserves the right to change prices, floor plans, features, specifications, services and maps without prior notice. Models do not reflect racial preferences. All renderings, maps and plans are artist's conception and are not to scale. All square footages are approximate. Some options and services may not be available in all plans or communities. See your Director of Marketing for details.*

Visit Us at [MBKSeniorLiving.com](http://MBKSeniorLiving.com)