



# *Celebrate life*

Prestige Senior Living  
at Mira Loma



A program promoting healthy fulfilled lifestyles



Prestige Senior Living, L.L.C.



# *Celebrate life at Prestige.*

At Prestige Senior Living we embrace the concept of wellness; which we believe is about quality of life. As your partner in active aging, it is our goal to help you achieve an optimum level of health and wellness throughout all aspects of your life.

Celebrations is a lifestyle program that embraces a philosophy of healthy, fulfilled living to foster happiness and longevity among our residents. Our thoughtfully planned variety of events, activities and educational opportunities are designed to nurture body, mind and spirit, and give you the choices and freedom to celebrate life.

Our program is focused on six wellness categories that allow you to explore different hobbies, pastimes and skills. With Celebrations, you have the tools to explore a host of exhilarating new activities, and spend time on what matters most to you. We invite you to:

- Make New Friends
- Live Better
- Express Yourself
- Expand your Mind
- Make a Difference
- Enjoy Life

# Celebrate life at every age.



## **MAKE NEW FRIENDS** – Build new relationships and solidify old ones

Now, more than ever, you have the opportunity to make meaningful connections with those around you. Imagine socializing with a whole new group of people who each bring their own unique and fascinating experiences into a community where sharing is prized and encouraged. As you meet new people, you may find that you are able to build strong relationships and share valuable time with one another. One of the best qualities about Prestige Senior Living is all of the friendships you'll make.

## **LIVE BETTER** – Reinvigorate your body and spirit

Staying active on a daily basis keeps the mind sharp and the body healthy for people of all ages. As part of our wellness-focused activity regimen, you will find new ways to stay energized and invigorated. Join us for strength and balance class, play a game of Wii bowling, learn to tap dance or come up with your own ideal activity; the possibilities are endless.

## **EXPRESS YOURSELF** – Rediscover your creativity

Tapping into your inner creativity is an important way to express your passions, try new experiences and improve your overall wellbeing. Whether it's through art, culinary exploration or developing new skills, we offer programs and activities that allow you to stretch your imagination. No matter what appeals to you, we make a point to find interesting ways to challenge and entertain your youthful spirit.



## **EXPAND YOUR MIND** – It is never too late to learn

The key to keeping your mind in shape is exploring new interests. Studies show that continually exercising your brain by pushing yourself to try new experiences can lead to a higher quality of life. We'll help you get there by giving you everything you need to rejuvenate your brain: comfortably paced classes, the latest gadgets and technology and ever-changing curriculum. At Prestige Senior Living, we make learning new skills easy and entertaining. You may even learn to impress your grandkids with your gaming abilities.

## **MAKE A DIFFERENCE** – Share your talents

Spending time reflecting on our own values and perspectives helps us understand, appreciate and celebrate the wisdom that often comes with life experience. Whether it's through sharing life lessons or a funny story or a skill, we all have something to offer those around us. Want to make a difference? We'll give you the tools to share your time and talents with your neighbors here at Prestige Senior Living and beyond in the local community.

## **ENJOY LIFE** – Slow down and enjoy the moment

Now is the time for you to relax and enjoy life, free from the stresses of household chores and tasks. Our job is to take your every-day worries away, so we incorporate some of life's luxuries into each Prestige Senior Living community. Imagine a complimentary laundry service that leaves your clothes folded, pressed and put away, without you lifting a finger. Our first class dining experience includes a warm towel service at your evening meal. We invite you to relax as we take care of the details so you can focus on doing the things you love.



# About Prestige Senior Living

Great things often start from small beginnings. Prestige Senior Living is no exception. Founded in 1985, our origins begin with the legacy of Sarah Delamarter, a pioneer in Oregon's long-term care industry. Sarah first began using her nursing skills to care for seniors in her home back in 1946 as a means to support her family. As Sarah's reputation spread for her compassion and care, the demands for her services grew very quickly.

Sarah's legacy lives on through Prestige. By bringing family communities together and purchasing additional communities, her grandsons, Harold and Dr. Rick Delamarter along with their partner Greg Vislocky, now own Prestige. Today, Prestige Senior Living is part of a complete senior care organization which includes independent living communities, assisted living, memory care, as well as skilled nursing and rehabilitation centers. Residents at our communities are not just people we serve, but valued and appreciated members of our Prestige family. At Prestige Senior Living, our promise is to personally touch lives every day. It is a philosophy of caring based on core values that are at the center of all that we do.

**Respect** Every person is a unique individual made in the image of our Creator, and inherently deserving of our respect. We base our care on a foundation of respect for our residents and their families and for ourselves as individuals. No matter how we live or what we believe, we all need and deserve the respect of those around us.

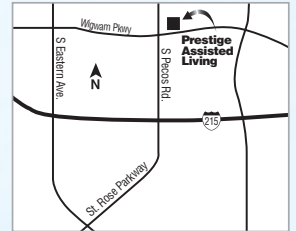
**Integrity** Every action is driven by our core values, no matter the circumstances. Our care is based on the foundation of truth and honor. We believe in doing the right thing, always acting in the best interest of our residents.

**Commitment** Our behavior results from our passion for the completion of our individual special purpose in the world. We serve others because it is our calling. We believe it is our privilege and honor to provide senior services and an obligation that we take very seriously.

**Trust** Character is of such high value to us that our word and actions will always be true. We know that trust must be earned, and we strive every day to act in ways deserving of yours. It is our pledge that we will care for your loved ones as if they were our own.

## Prestige Senior Living at Mira Loma

2520 Wigwam Parkway  
Henderson, NV 89074  
(702) 260-8400  
[www.PrestigeCare.com](http://www.PrestigeCare.com)



Our communities do not discriminate on the basis of sex, age, race and color, religion, marital status, national origin, political ideology, disability or veteran status.



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Celebrations™

