



Growing at Every Age

Throughout Washington, Brookdale Senior Living is a place for fresh starts and new beginnings for seniors.

Offering a continuum of care throughout communities across the state, chances are there's a Brookdale community near you providing the level of care and service you're looking for. From Independent Living and Assisted Living to Alzheimer's and Dementia Care, you can have confidence in making the choice to call Brookdale home.

And we don't just serve our residents' physical needs. After all, wellness means so much more than simply avoiding illness — it takes a whole-person focus we call Optimum Life. Challenge your mind. Stay active. Cultivate gratitude. Live with purpose. Keep positive. Connect with friends and family. These are the six dimensions of wellness our residents live every day.



The Art of Bonsai

Gardening is an activity enjoyed by many Brookdale residents. It's a great way to experience a sense of purpose and connect with the natural world, but as we get older, it becomes harder and harder to dig in the dirt. Fortunately, techniques like the Japanese art of bonsai can bring greenspace into your home, whether you're aging in place or living it up at one of our communities.

Bonsai takes years to master, but the word actually refers to the way you grow a tree rather than to the tree itself. In fact, almost any tree can be a bonsai. So if you want to create a tiny forest inside your home, follow these simple steps.



1. Pick a pot. Bonsai dishes tend to have a drainage pan, and they are wider than they are high. Choose a pot that matches your bonsai ambitions.

2. Choose a tree. Since almost any plant can be a bonsai, the sky's the limit. But if you're new to tiny trees, choose a low-maintenance candidate like a juniper bush.

When you're picking out your plant of choice, pay extra attention to the trunk of the bush. If you can spot the shape of a beautiful tree amid the untrimmed foliage, then chances are you've got your bonsai.

3. Start from scratch. On the bottom of your pot, add an aggregate layer of small rocks to create drainage. Then, fill the pot with bonsai potting soil. Bonsai soil tends to be lighter than other topsoil, creating optimum aeration.

4. Free your tree. Take your plant out of its container, and cut the soil layer if it's too tall for your bonsai pot. Then, take the remaining soil surrounding your tree and break it up, so the roots are looser and have more space. Once you're done, place your tree in the new bonsai pot and cover it up with soil.



Be mindful.

Since bonsais live in small pots and plots of soil, you'll need to repot, replant, re-soil and water your little tree more than other plants. Fast-growing bonsais should be repotted every year, while slower-growth species can go two to three years between plantings.

5. Bonsai the boughs. Once you've potted your tree, the fun begins. Study the shape of your bonsai, and use potting shears to remove branches and trim limbs to get the shape you want, creating height and space around your trunk. As your tree grows, you'll have the opportunity to trim as you go.

6. Trim your tree. After your tree takes shape, add a layer of small rocks over the soil, and feel free to place decorative objects at the base of the tree, including brightly colored pebbles, figurines or sea glass.



Brookdale Signature Mocktail

The Millman Chillman

For One Serving:

- Muddle cucumber and mint together
- Combine with ½ cup soda water, 1 ounce lime juice, a splash of liquid sweetener or ginger ale, ice and stir
- Garnish with lime or cucumber

Extra Sipping Knowledge:

- Cucumbers make a great canvas for flavor pairings: melon, raspberries, anything citrus, basil, rosemary or lemongrass.
- Adjusting the sweetness level can turn this from a morning beverage to an after-dinner, sweet-tooth satisfier.
- On those extra hot summer days, try this in frozen "mocktail-rita" format instead of on the rocks.

There's nothing like relaxing with a refreshing drink after spending some time digging in the dirt. Treat yourself to this delicious, alcohol-free mocktail to enjoy the fresh flavors of spring and a taste of life at Brookdale!

This is just a sample of the sort of lifestyle experiences Brookdale residents can enjoy.

Our Washington Locations

Brookdale Admiral Heights

Independent Living
Assisted Living
2326 California Avenue SW
Seattle, WA 98116

Brookdale Alderwood

Alzheimer's & Dementia Care
18706 36th Avenue West
Lynnwood, WA 98037

Brookdale Allenmore

Independent Living
2010 South Union Avenue
Tacoma, WA 98405

Brookdale Allenmore

Assisted Living
3615 South 23rd Street
Tacoma, WA 98405

Brookdale Arbor Place

Assisted Living
12806 Bothell-Everett Highway
Everett, WA 98208

Brookdale Courtyard Puyallup

Assisted Living
4610 6th Street Place Southeast
Puyallup, WA 98374

Brookdale Everett

Assisted Living
11333 - 3rd Place West
Everett, WA 98204

Brookdale Fairhaven

Assisted Living
2600 Old Fairhaven Parkway
Bellingham, WA 98225

Brookdale Federal Way

Assisted Living
31002 14th Avenue South
Federal Way, WA 98003

Brookdale Foundation House

Independent Living
Assisted Living
Alzheimer's & Dementia Care
32290 1st Avenue South
Federal Way, WA 98003

Brookdale Harbor Bay

Alzheimer's & Dementia Care
9324 N. Harborview Drive
Gig Harbor, WA 98332

Brookdale Monroe

Independent Living
Assisted Living
Alzheimer's & Dementia Care
15465 179th Avenue SE
Monroe, WA 98272

Brookdale Montclair Poulsbo

Assisted Living
Alzheimer's & Dementia Care
1250 NE Lincoln Road
Poulsbo, WA 98370

Brookdale Ocean Shores

Assisted Living
1020 Catala Avenue Southeast
Ocean Shores, WA 98569

Brookdale Olympia East

Independent Living
Assisted Living
616 Lilly Road NE
Olympia, WA 98506

Brookdale Olympia West

Alzheimer's & Dementia Care
420 Yauger Way South West
Olympia, WA 98502

Brookdale Puyallup South

Alzheimer's & Dementia Care
8811 176th Street East
Puyallup, WA 98375

Brookdale Renton

Assisted Living
71 Southwest Victoria Street
Renton, WA 98057

Brookdale Silver Lake

Alzheimer's & Dementia Care
2015 Lake Heights Drive
Everett, WA 98208

Brookdale Stanwood

Independent Living
Assisted Living
Alzheimer's & Dementia Care
7212 265th Street NW
Stanwood, WA 98292

Brookdale West Seattle

Independent Living
Assisted Living
4611 35th Avenue SW
Seattle, WA 98126

To learn more about life in our communities, call (844) 253-6386.

405151 LMB



**#1 in Customer Satisfaction with Assisted
Living/Memory Care Communities**

Tied in 2020. For J.D. Power 2020 award information, visit jdpower.com/awards

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