

Welcome to Forest Hills of DC, one of the Washington Metro Area's most respected assisted living communities. A private, not for profit organization, the community is grounded in a tradition of over 125 years of excellence and is managed by an independent Board of Trustees. The community is operated on a rental basis and does not require a buy-in. Forest Hills boasts a highly rated health care center and in concert with our sister community, Forest Side Memory Care offers a true continuum of service.

Our residents benefit from a warm and diverse community of good neighbors, friends, staff and family members that celebrate all traditions and personal lifestyles. You can genuinely enjoy your retirement when it includes amenities, activities, security and personal care services all tailored to your individual needs. The staff's commitment and dedication to a complete and fulfilling way of life for each resident is evident throughout the community.

Our monthly fee includes:

- Three meals per day
- Weekly housekeeping
- Weekly laundry
- Cable television
- Utilities including domestic telephone service and wi-fi internet
- Local transportation (see policy)
- On-site parking
- Daily life enrichment and social programs
- Daily exercise programs
- Spiritual programs

Our monthly fees are as follows:

<u>Apartment Type[†]</u>	<u>Square Footage</u>	<u>Monthly Rate</u>
Studio	230 - 322 sq ft	\$5,840
One Bedroom	323 - 395 sq ft	\$7,118
Large One Bedroom	400 - 485 sq ft	\$8,091
Deluxe One Bedroom	490 - 550 sq ft	\$8,486
Premium One Bedroom	600 - 710 sq ft	\$8,973 - \$10,372
Custom Two Bedroom	1,110 sq ft	\$12,197

[†]General apartment classification, actual floor plans may vary

* One-time Entrance Fee of \$5,000 payable in full upon move-in. Effective 10/1/16

** Monthly room and board charges are calculated as a daily rate and invoiced on a monthly basis.

*** Monthly room and board fee ranges are based on square feet.

Second person fee: \$1,500 per month

Rates effective as of January 1, 2018

Assisted Living

Forest Hills of DC offers Assisted Living services to our residents upon entry or as the need arises. Routine Assisted Living services are provided to residents in their own apartment and do not require relocation.

Assisted Living is defined as the intermittent assistance of one person, but not total dependence with Activities of Daily Living.

Activities of Daily Living are: Assistance with medications, dressing, bathing, grooming, bathroom use or incontinent care, cueing or redirecting, and escorts to and from meals or social and fitness activities.

Upon admission, we will work with a resident's physician and our Registered Nurse will meet with a resident and their family member to determine the appropriate Level of Care.

Our Levels of Care are based on amount and complexity of assistance needed.

Forest Hills of DC Levels of Care are as follows:

Level I	Basic Care	\$790 per month
Level II	Enhanced Care	\$1,580 per month
Level III	Advanced Care*	\$2,370 per month
Level IV	Maximum Care*	\$4,000 per month

*Level III Advanced Care and Level IV Maximum Care may require placement in a designated assisted living unit.

Pre-admission estimated Level of Care is subject to change at thirty (30) day post admission assessment.

Level of Care fees do not include personal consumable supplies (e.g. incontinence products).

Rates as of January 1, 2018

Health Care Center

The most concentrated of our health care areas at Forest Hills of DC is our Health Care Center offering skilled nursing in short-term rehabilitation and long-term care.

Short-term rehabilitation is ideal for any resident who requires recovery from post-surgical or post-hospital stays with the goal of returning to their previous home or to one of our community apartments. We offer full rehabilitation services on-site in our expansive and state of the art rehabilitation department.

Our Rehabilitation Department provides Physical Therapy, Occupational Therapy, and Speech Therapy to address a variety of restorative or physical maintenance challenges.

There is a daily exercise program that is collaboration between our Activity and Therapy Departments that allows all residents who are interested to partake in a seated exercise program. The classes are run by our Activity Department and are held in the Health Care Center Day Room.

Long-term care provides skilled nurses to assist our residents throughout their days and nights in activities of daily living.

While in our Health Care Center the social, spiritual and physical aspects of our care are complimented with the philosophy of providing the best quality of life for all of our residents.

Daily Rates are as follows:

<u>Room Type</u>	<u>Daily Rate</u>
Deluxe Private	\$466
Private	\$454
Deluxe Semi-Private (divider wall)	\$431
Semi-Private (curtain)	\$394

Rates effective as of January 1, 2018