
WELCOME TO SUNDARA

"It's really hard to summarize just how great a home Sundara has been for my mom. We moved her into Sundara last year after trying to keep her in our home but quickly realized we were not going to be able to give her the specialized care she required. Kelli and her fantastic staff have guided, encouraged and helped in too many ways to list.

Knowing your loved one is being cared for by professionals trained to care for their special needs is such a relief. Visiting my mom has become such a joy, we are all able to enjoy her and no longer have the heavy burden of 24/7 care. The staff has always treated my mom with such dignity and respect. I appreciate how they give each resident specialized care, there is no one size fits all approach. I recommend Sundara to anyone else who has a loved one who needs memory care."
Amanda Anders

At Sundara, we know that you have many options when it comes to choosing a memory care facility for you or your loved one. We also know that it can be hard to understand the differences in communities from a simple web page. So we want to help you by giving you the facts about Sundara, all in one place.

Sundara was born from a simple question: what would we want for our parents? And our answer was simple – Less. Less confusion, less complication and less cost, so we could focus on the more important and simple things. Like delivering the best care by the best staff and the best owners in the business. And working with families instead of taking a corporate approach that tries to fit you into their world.

At Sundara, we don't have fancy brochures showcasing fancy names for activity and meal plans. We believe that great care can't be packaged into a 20-hour weekly program, no matter how fancy the name, and that dinner is still just dinner. Above all, we believed we could make a difference, so we did.



ACTIVITIES AT SUNDARA

Texas Health and Human Services requires all assisted living communities to provide a minimum of 20 Hours of activities. This is the base of where we start building our programs.

BEWARE THE HYPE

While the competitors are creating 'New and Innovative' and even trademarked names for their activity programs, bingo is still bingo and dinner is still dinner. These highly-marketed programs suggest to the consumer that the resident will improve or be cured in some way. This simply is not true. All dementia is progressive and activities are more about the quality of life than remediation. At Sundara, we customize activities according to the population we have. For some, their ability to participate is high, and some only have the ability to listen to a conversation, music or laughter. Regardless, we seek to find their level of participation and then provide the resident with an activity where they can be successful.

SUNDARA RECOGNIZES OUR RESIDENTS AS ACTIVE PARTICIPANTS IN LIFE, NOT VICTIMS OF A CONDITION.

Our "Life Culture" is one of simple purpose driven activities and programs designed around each resident. Our staff and residents share not only personal care, but meals, activities and programs that are specifically planned to create more comforting routines, and at a level that allows for success of each resident. This promotes happier and healthier residents with a lower level of anxiety.

The Rhythm of Our Days

Sundara incorporates the most basic of fundamentals of what it means to take care of the mind body and soul, and then...we simplify.

Physical Exercise – Early in our day, our residents will stimulate their bodies daily through multiple disciplines. We incorporate exercise classes from both a standing and seated position. Additional fitness choices are also offered on a regular basis. These choices include, but are not limited to Tai Chi, walking and dancing.

Nutrition – Upon admission, Sundara will discover what each individual prefers to eat and drink. It's our belief that we all eat better when we actually like the choices were given. At Sundara, we take a more interactive approach by incorporating recipes familiar to our residents and include those into our daily menus. At Sundara, we provide fresh, nutritious, appetizing meals prepared with preferences of our residents. (Nutritionist approved)

Social Activities – By design, Sundara's open floor plan lends itself to socialization. Like family in your own home, we live together, dine together and play together. Our Social activities will vary from a spirited card games, helping in the kitchen or celebrating the moment of the day. Our family, in connection with cognitive purposeful activities, provides a sense of well-being and belonging.

Spiritual Support - Sundara will provide weekly on-site spiritual support and fellowship.

Re-direction – The family at Sundara understands the anxiety associated with memory loss and dementia. Residents at Sundara are never told “NO”. Sundara practices the art of re-direction, which then allows for a calmer resident and environment. Our years of working side by side with those living with dementia and their families, allow us to offer a level of support that only comes with experience.

Support – Connecting your family with ours. We will stand beside you and your family every step of the way. From admission, transition and managing the process, your family becomes ours. “Sundara Support” is our support group that meets monthly. Although always available, our support group will allow you, your family and others to share your story and journey.

At Sundara, we believe that stimulating the body and mind early in the day is the beginning of a healthy daily life. Providing a calm and relaxing atmosphere in the afternoon helps with anxiety, reduces the effects of “Sun downing” and aids in promoting better sleep patterns at night.

FOOD AT SUNDARA

Our approach to food is like everything else we do here, it's resident-centric. While nutrition is clearly important, getting people with dementia to eat is even more important. So our approach is different.

OUR MENUS ARE RESIDENT-CENTRIC

Upon moving in, we collect data from the families and some residents about their food preferences. From there we provide food choices that will encourage them to want to eat.

While the big-box facilities provide a wide range of choices, we design our menus around 16 people daily in each house. Choice is important and we always have a second choice or back-up. However, too many choices for this population can become overwhelming and can cause great anxiety.

- We incorporate their preferences into the daily meals. Everyday.
- We serve culturally and regionally FAMILIAR food.
- We design our menus around the specific people in each house
- We offer an appropriate number of choices to reduce anxiety

"Sundara is the "one" dementia-supportive environment in town that I urge everyone of my clients to see and experience. From the small, home-like environment to the individualized Care each resident receives, Kelli and her staff have thought of everything. Her deep knowledge of the disease process coupled with her caring spirit, she gives every family the personal touch they need. I recommend this community as often as I can." Sarah Williams

"Staff at Sundara have been amazing. They smile and talk to family members, and other staff, as well as their residents. It is owner operated and the owners truly show that they care about the resident well being as well as their physical being and they show it every day. My mother is Japanese and the one joy she had in life was enjoying the rituals and foods of her culture. Sundara is the first residence that has embraced her culture difference and been willing to nurture those needs and it shows in my mothers change. She smiles again, she communicates again and she is content where she lives again and that is everything for any aging parent who has already been stripped of life when they have dementia. The icing on the cake though, along with nurturing her emotional needs, is keeping her out of bed and engaged with things she enjoys instead of just parking her wheelchair in a party environment, which she never enjoyed in real life. They keep her fed, they are excellent at keeping both her and her room clean and cared for, she now gets her medication when she needs it there keeping her hydrated (even making her her favorite Japanese green tea), and they keep her dressed like any normal person."

FOOD IS MORE THAN JUST FOOD

Food is one of the biggest memory-triggers there is. We often pair our menus with the seasons and the theme of the day. For instance, if it's National Cheeseburger Day, you can count on cheese burgers that day.

We also believe strongly in fun food. These are the items we all use to reminisce. It may be a corn dog while talking about the State Fair or PB&J's because we all ate and loved them. So, at Sundara you will find food that is fresh, familiar and sometimes fun, while also being nutritious and delicious.

The Kitchen is Always Open!

The State of Texas requires us to post meal times so we have those. But in addition to scheduled times to eat 3 meals and 3 snacks a day, at Sundara you can have whatever you want, whenever you want it!

Multiple options for hydration are available 24/7. And best of all, you can smell the cooking all day long. That is something you can't find in another community. Special diets are on a case by case basis.



SUNDARA FAQS

Does Sundara offer end of life care? Yes, with the assistance of Hospice.

Does Sundara accept medicaid/medicare? No. Medicare does not pay for housing. Medicaid is accepted at Nursing Homes.

What type of care is available at Sundara Round Rock? Sundara offers Assisted Living care which encompasses the 5 Activities of Daily Living (Bathing, dressing, toileting, transferring and eating assistance. In addition, we do ALL of the Medication supervision. Sundara Round Rock is Memory Care community only, meaning we specifically provide dementia care. As a memory care facility, we carry two licenses, one for assisted living and one specifically for dementia care.

What is memory care; how is it different from assisted living? All of the residents in the Sundara community have some form of memory loss. In addition, the staff at Sundara is highly trained to take care of dementia residents, assisted living staffing is not.

What are the onsite medical options at Sundara? Sundara is not a medical model, we bring all medical options into the house, including: a house call Doctor, physical therapy, occupational therapy, speech therapy, mobile lab, mobile x-ray, mobile podiatry, mobile dentistry, pharmacy and any medical professional associated with these disciplines.

What are the visiting hours at Sundara Round Rock? At Sundara, we believe there is no such thing as visiting hours in your loved one's community. This is home, not a medical institution. Visitors are always welcome.

SUNDARA FAQS

What are the staff to resident ratios? Sundara provides as many staff members as it takes to provide the services outlined in a resident's service plan: Sundara has a Medication Aide on site 24/7. Depending on the time of day, and our census, our "ratios" fluctuate. When fully occupied (16 residents), between the hours of 7am to 11pm, there are 2 CNA's and 1 Medication Aide. Between the hours of 11pm to 7am there is a CNA in each house and a Medication Aide that floats between each house. In addition to the medical staff there is an Executive Director in each house Monday through Friday.

7am - 11pm M-F

4=16 11pm-7am

M-F 2=16 7am - 11pm

S-S 3=16 11am - 7am S-S 2=16

Does Sundara have private rooms available? Yes, with private bath and shower.

Are residents allowed to bring their own furniture? Yes, it is expected and encouraged!

Does Sundara allow residents to bring their pets to live with them? No.

What does Sundara's "All Inclusive" fee structure include? Everything except toiletries and briefs (if required). Rent, utilities, three meals a day, three snacks a day, phone, cable, housekeeping, laundry, activities and anything else required for each resident to feel at home.

SUNDARA PRICING

Our all-inclusive rates start at \$4,500, with no add-on fees or upcharges, allowing families to budget with certainty. We do not automatically raise prices each year, as other facilities do. Nor do we charge when families and friends join us for meals.

SUNDARA IS 100% COMMITTED TO PROVIDING PREMIUM CARE THAT REAL-WORLD FAMILIES CAN AFFORD.

Semi-private Room: \$4,500 per month

Private Room: \$4,990 per month

Deposit: \$500.*Risk Free

Community Fee: \$1,000

Levels of Care: We do not charge more for levels of care

Guest meals: We do not charge extra when family and friends join us for meals. In fact, we encourage it!

Additional housekeeping and laundry services: No additional charges

Sundara is an owner-operated community. This means you will never find a third party, or a multi-level corporate structure to contend with – just straight talk. Everyone, including the owners, is actively and directly involved in the well-being of your loved one. Bottom line...come check us out. Visit with our staff, meet with our owners, and hear from our residents' families about their experience. You'll notice a difference within the first two minutes.

Schedule a no-obligation walk through tour with one of the owners: **512-399-5080 or info@sundaraliving.com**

SAMPLE MENU

BREAKFAST

Always available: Variety of Juices, Coffee, Tea, Milk, Fresh Fruit, Yogurt, Dry Cereal and Oatmeal.

Main Entrées

Eggs any way, Bacon, Toast
Pancakes, Sausage, Hashbrowns
Sliced Ham, Eggs, County Style Grits
French Toast w/ Syrup with Bacon or Sausage
Biscuits and Gravy with Eggs any way
Waffles with Sausage or Bacon
Omelets with Assorted Fillings

LUNCH AND DINNER

Always available: Tea, Juice, Lemonade, Water, Coffee

Main Entrees

Chopped Sirloin Steak with Gravy and Baked Potato
Baked Ham with Pinto Beans and Corn Bread
Meatloaf with Tomato Sauce with Mashed Potatoes
Baked Fish with Lemon Pepper and Rice
Beef Stroganoff with Buttered Noodles
Cornmeal Fried Catfish
Stuffed Bell Peppers

A variety of fresh vegetables and Salads will be served daily.

Alternate Choices Soup or Sandwich of the day
Tomato Bisk and Grilled Cheese

Chicken Noodle and Black Forrest Ham with Swiss on Whole Wheat
Broccoli Cheese and Smoked Turkey on Croissant
Spit Pea and Ham and Club Sandwich on White
Vegetable Soup and Peanut Butter and Jelly

DESSERTS

Cobblers with Ice Cream, Cakes, Pies, Brownies, Cookies, Sugar Free Option

Hydration Station and Snacks Flavored water will be readily accessible for all residents

Snacks will be served daily at 10am, 2pm and 7pm



SAMPLE CALENDAR

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6a-930a	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Morning Care	Morning Care	Morning Care	Morning Care	Morning Care	Morning Care	Morning Care
9:30a	Exercise (various)	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
10:00	Snack/ wash hands	Snack/ wash hands	Snack/ wash hands	Snack/ wash hands	Snack/ wash hands	Snack/ wash hands	Snack/ wash hands
10:30	Spirit Hour	Current Events	Current Events	Current Events	Current Events	Current Events	Current Events
11:00	Spirit fellowship	Trivia	Trivia	Trivia	Trivia	Trivia	Trivia
11:30	Set the tables	Set the tables	Set the tables	Set the tables	Set the tables	Set the tables	Set the tables
12-1p	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00	Washers	Activity Stations	Activity Stations	Activity Stations	Models / Puzzels	Painting Class	Cards/ Board Games
1:30	Washers	(Sorting)	(Folding)	(Organizing)	Models / Puzzels	Painting Class	Cards/ Board Games
2-3p	Cooking Demo	Crafts	Win/Lose/ Draw	Cooking Demo	Scrap booking	Beauty Hour	Entertainment
	Snack/ wash hands	Snack/ wash hands	Snack/ wash hands	Snack/ wash hands	Snack/ wash hands	Snack/ wash hands	Snack/ wash hands
3:30	Pet Visits	Story Telling/reading	Music Share	Story Telling/reading	Entertainment	Letters	Nails / Massage
4:00	Old Hymns	Sing along	Sing along	Sing along	Entertainment	Letters	Nails / Massage
4:30	Set the tables	Set the tables	Set the tables	Set the tables	Set the tables	Set the tables	Set the tables
5-6p	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00	Evening Care	Evening Care	Evening Care	Evening Care	Evening Care	Evening Care	Evening Care
6:30	Reminiscing	Wheel of Fortune	Wheel of Fortune	Wheel of Fortune	Wheel of Fortune	Wheel of Fortune	Reminiscing
7:00	Devotionals	Movies	Movies	Movies	Movies	Movies	Movies

"My father joined the Sundara community a week ago. He is very happy there. It is a loving community where he gets the best care possible. Now that I know my father is safe and being well cared for, I get to go back to enjoying being his daughter, instead of his caregiver. I love my evening visits that we spend laughing and enjoying each other. The decision to move him was hard, but the right thing to do. Selecting Sundara Senior Living was the best decision I could have ever made for him."

GETTING PREPARED FOR MEMORY CARE

When dealing with cognitive impairments, such as Alzheimer's and other forms of Dementia, advanced specialized care is critical, it is essential to your loved one's quality of life and safety while providing peace of mind to the family. It is a comfortable, safe and secure environment to provide the level of care that your loved one needs while providing support to the family.

When families first come in to Sundara the question we hear most often is, "When Will it be Time for Memory Care?" The short answer is when the person becomes a danger to themselves or others. However because dementia is a progressive disease there can be signs that you can watch for to help you and your family determine when the right time for long-term care is, before a crisis occurs.

In order to prepare, compile a list of concerns and questions to better understand if that specific community will be a good fit for you and your loved one . Check with family members, friends, and even physicians to get input and any recommendations, while keeping in mind your loved one's personality and lifetime habits.

DECIDE IF IT IS TIME:

- Has your parent/loved one left the home and become lost?
- Is your parent/loved one safe being alone at home?
- Would your parent/loved one answer a phone call or the door unable to discern if the person was a scammer
- Would your parent/loved one know not to give personal information to callers on the phone?
- Does your parent/loved one mix-up certain objects or tasks? Meaning, have you found the iron in the freezer, using ointment for toothpaste, waking up from an afternoon nap thinking its morning, or leaves the stove on?
- Does your parent/loved one have the ability to keep up correctly with finances?

QUESTIONS TO NARROW DOWN YOUR CHOICES:

- How is a specialized care "unit" different from a memory care facility?
- What types of staff certifications or training are mandatory? Who is monitoring this?
- What are the types of personal care provided?
- What will my loved one be doing all day?
- What activities are available that may help brain health? (Physical exercise, reminiscence therapy, puzzles)
- Do you provide a package pricing? What does that include or exclude?
- Is medical assistance available on site?
- How far is the hospital?
- How do I get my loved one to see the primary care Dr. or specialist?
- Walk me through what happens if my loved one has an emergency.
- How am I notified regarding my loved ones well being or changes in their condition?
- Can I visit when I want?
- Are rooms semi-private or private? What is the price difference?
- What types of meals are provided? Do they accommodate special diets eg. diabetic or vegan diets?
- How often are the housekeeping and laundry services provided?
- How do you manage a changing cognitive level?
- Will my loved one feel lonely?
- How do you provide that family, home comfort?
- What is done to ensure my loved one's safety?
- Does the facility offer special care units? (Diabetic care, mobility therapy, wandering, physical aggressiveness)
- What is the discharge policy?