

You may be surprised to see how your current living expenses compare to the cost of living at Foundation House at Bothell. Fill in this simple comparison to find out.



Cost of Living Comparison

Your Current Monthly Costs

Rent, Mortgage, Interest \$ _____

Utilities: Electricity, water, sewer, garbage, gas, heat, cable tv, internet \$ _____

Insurance & property taxes \$ _____

Maintenance: Roofing, landscaping, plumbing, appliances, other repairs \$ _____

Food and related costs \$ _____

Laundry \$ _____

Weekly housekeeping \$ _____

Transportation: Vehicle payments, insurance, repairs & maintenance \$ _____

Homeowners Association: Fees, dues, club, etc \$ _____

Security burglar alarm or night guard \$ _____

24-hour emergency aid \$ _____

Foundation House Monthly Costs

Rent (No entrance or endowment fees) \$ _____

All utilities except phone and personal internet Included

Insurance & property taxes Included

Maintenance and repairs of building and grounds Included

Breakfast & evening meal Included

Washer & dryer in your apartment Included

Weekly housekeeping Included

Scheduled transportation to doctor appointments, grocery shopping & activities Included

Social & recreational programs Included

24-hour professional management Included

24-hour emergency call system in common areas Included

Total Monthly Costs	\$ _____	Total for Your Apartment	\$ _____
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The first time I visited Foundation House at Bothell, I knew it was the independent living community for me with its lovely surroundings, beautiful apartments, elegant dining, wonderful staff, lots of activities, a great location near downtown Bothell and the Northshore Senior Center.

My family and friends all agree that choosing Foundation House at Bothell is one of the best decisions I've ever made.

I live here...and I love it.





We've had plenty of great meals in our day, but at Foundation House at Bothell, great meals are a daily experience. Respectful and attentive service in a beautiful dining room, an ever-changing menu with a variety of delicious, carefully prepared entrees, plus daily specials and fabulous desserts. It feels as if we're dining at a first-class restaurant every day...and we love it.



Foundation House at Bothell is a not-for-profit independent senior living community founded by the Seattle Education Foundation. Our mission is to provide housing to qualified seniors and financial support to schools and teachers. We are not owned by or affiliated with any national corporation or multi-community operator of retirement homes, so we can structure our rates to be most beneficial to residents. There are no entrance fees and rents are paid month to month.

By giving back to the community, we support many deserving civic organizations, such as the Northshore Performing Arts Center, and public services like the Bothell Fire Department and the Northshore Senior Center through donations or fund-raising events.



In 2010, Foundation House at Bothell donated \$20,000 to Seattle School District educational programs.

The dining room is elegant. Every meal is special.



Our Bistro is a favorite gathering spot where conversation is lively, the coffee and snacks are always available, friendships are made, news and views are exchanged and discussed.

For family visits and special occasions, our private dining room accommodates a crowd. We'll provide everything you need for that special event from appetizers to desserts, right down to the birthday candles.



As an innovative community of caring individuals, we're dedicated to creating and maintaining an environment of respect, care, dignity, and fun for residents, their families and guests. In doing so, Foundation House at Bothell has a management team and staff second to none in our commitment to the well-being of every resident in mind, body and spirit.



"With deep appreciation to members of the Seattle Education Foundation for unfailing support to the children of Seattle Public Schools through the minigrant program. More than \$500,000 has been donated to benefit our classrooms."

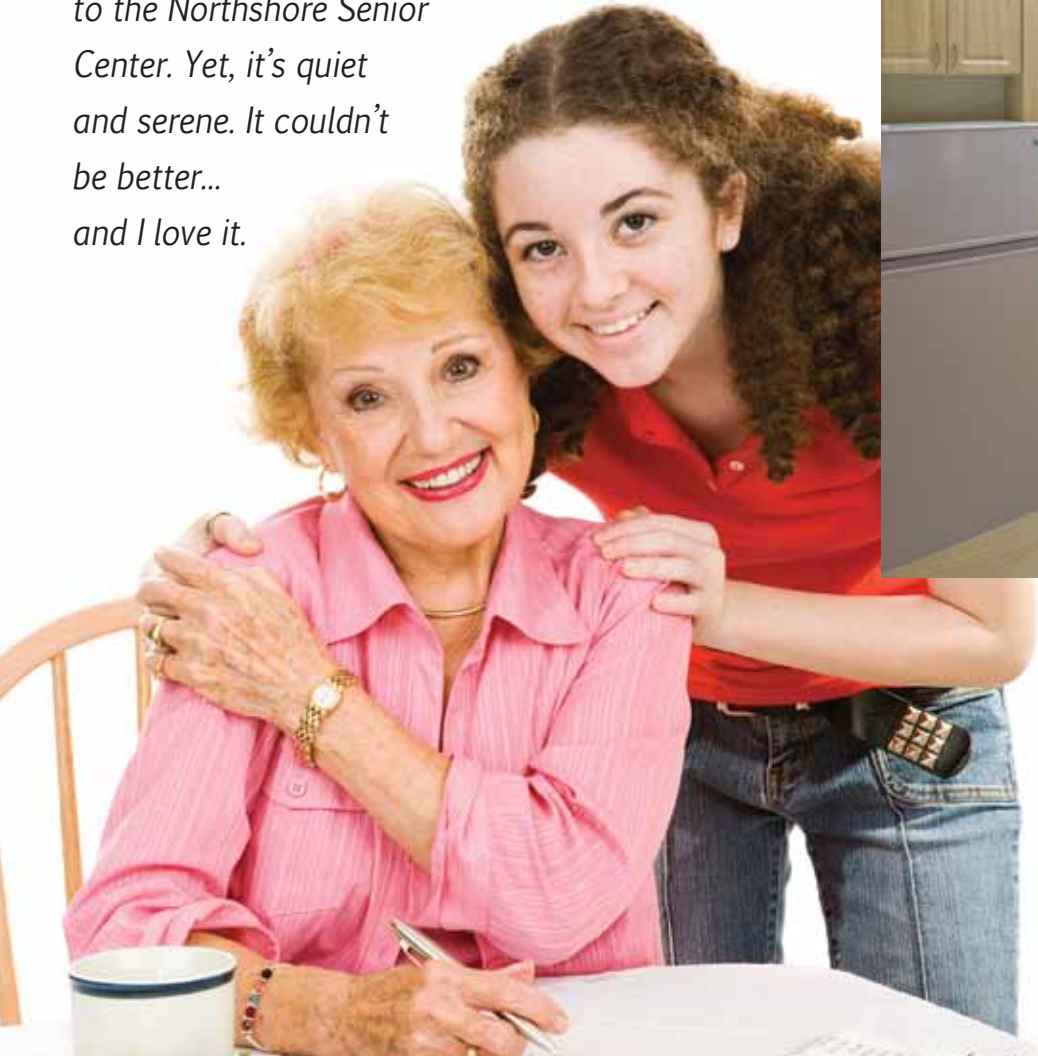


Foundation House at Bothell isn't a home away from home...it IS home. It's home without the hassle and expense of repairs and maintenance, or worries about security and safety. The spacious apartments at Foundation House at Bothell are beautiful, light, and ready to be furnished with cherished belongings. Every apartment has a full kitchen, extra large closets and full-size washer and dryer. The grounds are immaculate, and the location is right next door to the Northshore Senior Center. Yet, it's quiet and serene. It couldn't be better... and I love it.



If you're feeling bored, just check the daily schedule. With over two hundred and fifty scheduled activities, outings and events every month, you'll find plenty to do! And, if that isn't enough, there's also a plethora of activities at the Northshore Senior Center for you to enjoy with your annual membership – compliments of Foundation House at Bothell!

There's so much to do and enjoy.



I never need to find something to do...it finds me. There's so much I enjoy doing. Sometimes it's going shopping, trying my luck at the casinos, taking a trip to see the tulip fields, Leavenworth or the Pike Place Market. Other times, I'll go to the theatre, the art museum or the library. Then there are those days when I just want to take it easy...reading, taking a quiet walk, getting some exercise, sending emails or surfing the web, or joining in a card game with friends. Every day, I'm as busy or as quiet as I like. My days are mine...and I love it.





Staying Fit

Our Personal Trainer will keep you on the move with an extensive outcome-based exercise program that includes yoga and pilates for core body strengthening, fall prevention and pain management. Our exercise room offers stationary cycling, treadmills, balance balls, free weights and much more. And, if exercising in a group isn't for you, then your apartment makes a great place for one-on-one exercise. So you see, there's really no reason for not staying fit!



Supporting the community through education

is a tradition at Foundation House at Bothell that's important to residents who want to make a difference. In addition to our regularly scheduled activities, we sponsor numerous seminars and events throughout the year; United States Congressmen, representatives from the Washington State Attorney General's office, high-ranking city and county officials, among many others. We also invite guest speakers to discuss issues facing the world and the local community such as global warming, economics, nuclear energy, home schooling versus public education, and a host of other topics. Closer to home, city leaders from surrounding communities meet regularly at Foundation House at Bothell to address the needs of their cities.

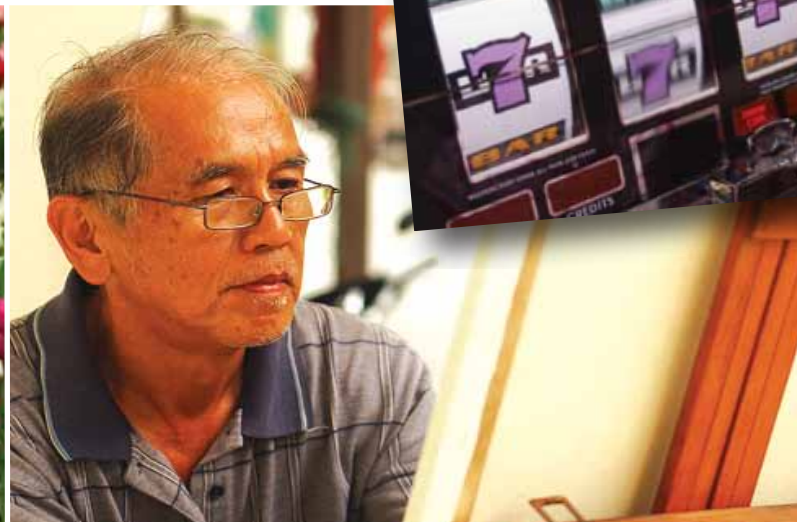


My calendar is always full. We're enjoying every minute of it.



Foundation House at Bothell has many activities and resources that are available to all seniors. And you don't have to be a resident to take advantage of these complimentary programs. For more information, please call 425.402.9606 or email us at info@fhbothell.com

The staff at Foundation House at Bothell are truly wonderful. They're always respectful and considerate, and make every effort to ensure our well-being and comfort. Highly-trained, professional, and available at all times to help...with information, making reservations and giving personal assistance... those are just a few ways they're there for all of us. It's so nice to be treated so well.





FOUNDATION HOUSE

Independent Senior Living *at Bothell*

17502 102nd Ave NE
Bothell, WA 98011
425.402.9606
www.FHBothell.com

Welcome to Foundation House at Bothell and The Independent magazine!

Foundation House at Bothell residents and staff enjoy a positive and enriching experience as truly every day is an adventure! With over 250 activities, events and outings scheduled every month you always are able to design your own personal adventure. If you need even more from which to choose, there's the Northshore Senior Center right next door with it's own extensive schedule of activities.

Dining is always a pleasure at Foundation House at Bothell, where you'll enjoy life-long favorites – all well-prepared and beautifully presented. For your adventurous side, you can try something new such as ostrich, BBQ bison ribs, duck sausage, or even wild boar. Our Pastry Chef will keep you happy with fresh mango upside cake, chocolate truffle cheese cake, and, of course, those old favorites: carrot cake, berry and fruit pies, cookies, and a selection of ice cream flavors, just to name a few.

Our staff welcomes the opportunity to have you as our over-night guest to experience Foundation House at Bothell for yourself. We'll have a beautifully appointed apartment ready for your stay – all you need to bring is your suitcase. And it's all complimentary. It's our commitment to every resident that we'll do all we can to assure that you'll be happy – knowing without a doubt that Foundation House at Bothell is the right choice!



I understand decisions regarding senior independent living communities are hard to make no matter what our age. Foundation House at Bothell makes every effort so this decision will be as easy as possible for you. Our team of professionals is waiting to help with every need, concern or obstacle. Our goal is to take care of everything for you...and that's just what we'll do!

I look forward to meeting you soon!

Farron Bernhardt
General Manager
Foundation House at Bothell

Foundation House at Bothell is a not-for-profit retirement community founded by the Seattle Education Foundation.



Where in the world is Bothell?

To begin with, Bothell is close to every major metropolitan area in the Seattle region...and to plenty of small ones as well. Bothell, situated at the northern-most tip of Lake Washington and just 17 miles north of Seattle, is a great location from which to take advantage of all the amenities in the area. The shops, malls, theaters, restaurants, hospitals, and just about anything under the sun is close by in Seattle, Kirkland, Bellevue, Everett, Lynnwood and Woodinville.



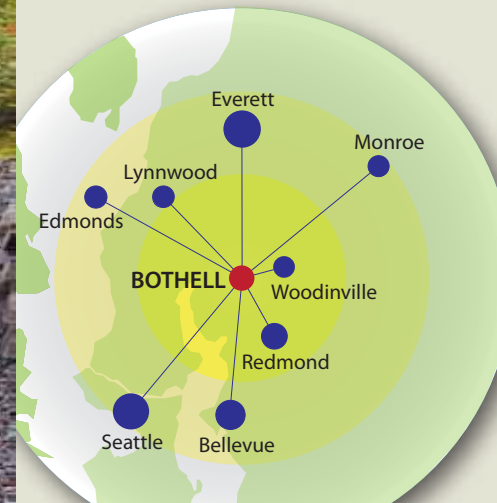
Bothell itself has a population of over 33,000 and boasts a charming



old Main Street with shops and galleries. It's also home to the Northshore Senior Center,

the largest senior center in the region, a University of Washington satellite campus, and an extensive park system.

Major freeways are close...but not too close...making everything you want to do all the more accessible. We know you'll like everything about Bothell...come see for yourself.



Come and see for yourself why everyone at Foundation House at Bothell says,

“I live here...and I love it.”

Visit Foundation House at Bothell and you'll discover the many benefits we offer. Please call for information or visit our website to schedule a personal tour including a complimentary meal. We look forward to seeing you soon.



425-402-9606
www.FHBothell.com

Making the transition to an independent living community: We're with you every step of the way.

We do everything we can to make moving to Foundation House at Bothell as effortless and worry free as possible. We recognize that for many seniors, the prospect of moving is daunting. Selling a home, packing and organizing for a move, financial questions are all areas of concern. And often are reasons that stop many seniors from taking advantage of all the amenities offered by independent living communities.

preparing for the move, even hiring the moving company. Residents who use these services express a sense of relief – without worrying about their move, they can relax and enjoy the excitement and anticipation of their new, independent lifestyle at Foundation House at Bothell.



We're with you every step of the way, making the transition as

Extra Assistance

Residents often ask what would happen if they needed extra assistance with daily life activities such as home support, transportation, doing errands, shopping or laundry. For such times, we've made arrangements for affordable home care with local agencies that can provide the support you want and that also allows families and loved ones a time of respite with the piece of mind knowing that your daily needs are being met.



easy and worry-free as possibly recommending advisors who can review

your financial situation so you know you're making the best decision for a secure and comfortable future. And to help with the process of moving, we'll recommend specialists who will assist with selling your home, organizing your belongings and



I live here...and I love it.

FOUNDATION HOUSE
Independent Senior Living *at Bothell*

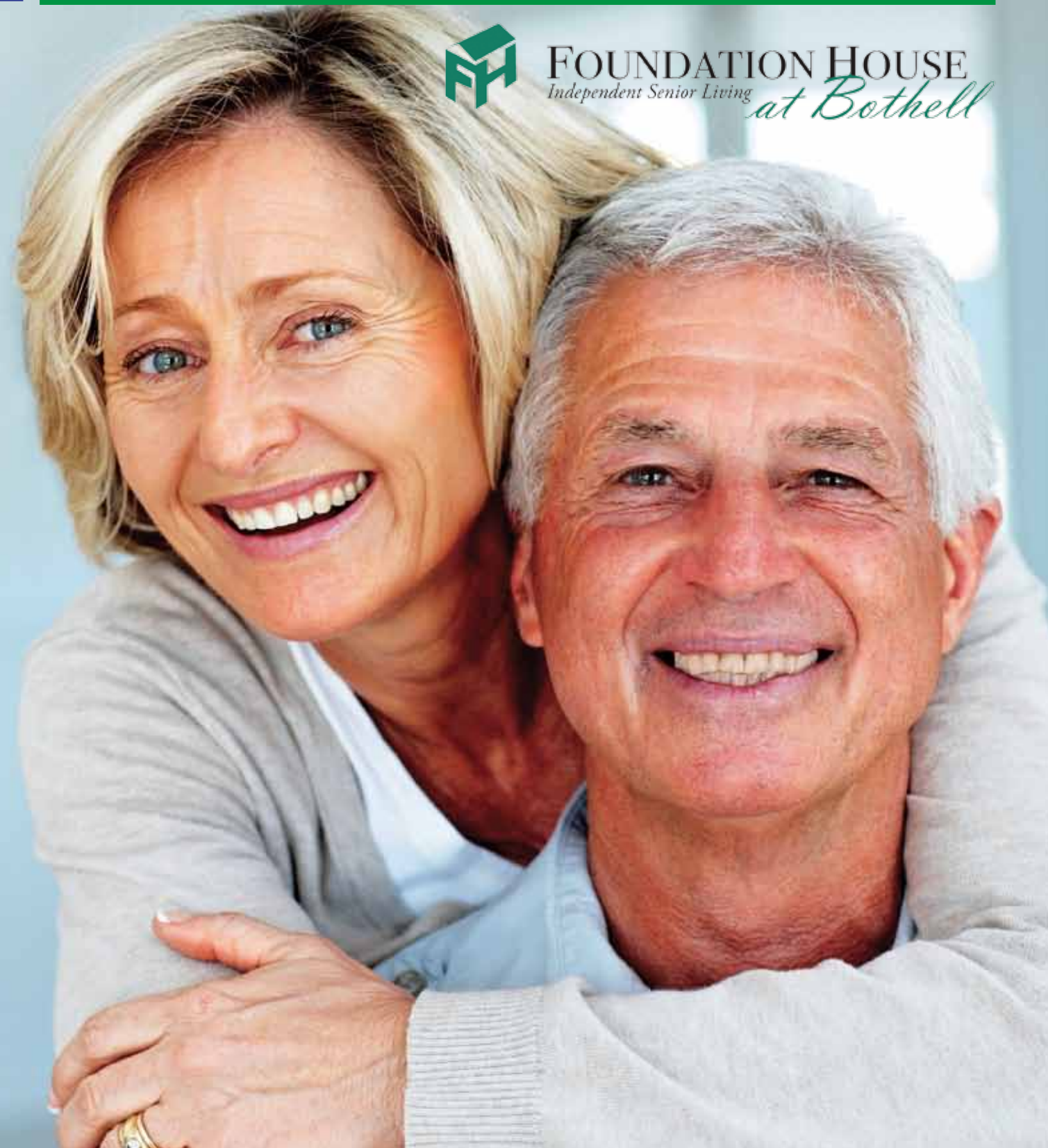
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Bothell, WA 98011

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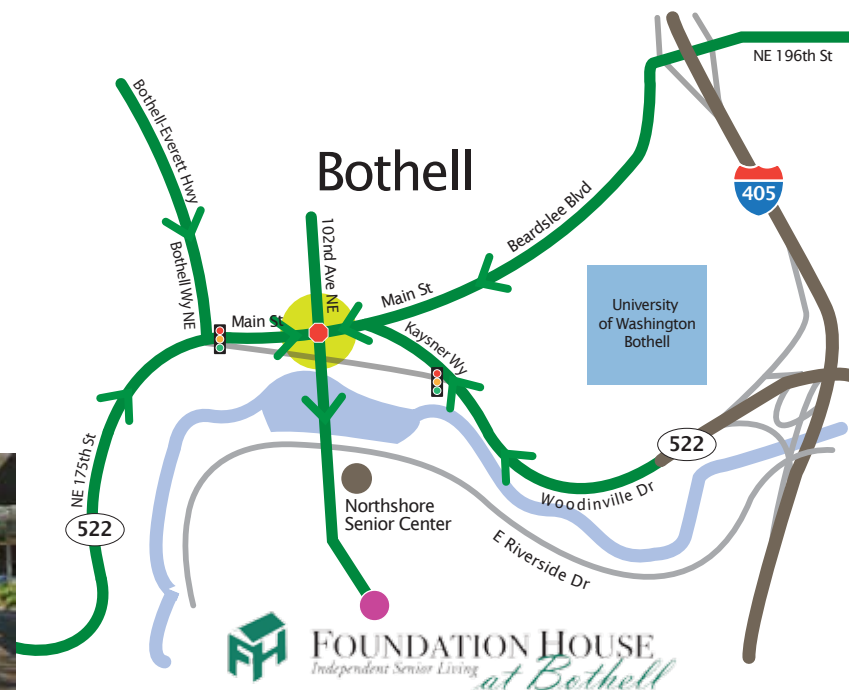


FOUNDATION HOUSE
Independent Senior Living *at Bothell*

Location. Location. Location.

All roads lead to Bothell.

Although Foundation House at Bothell is a little off the beaten path, all roads lead to Main Street, Bothell. At the intersection of Main and 102nd Ave NE, head south, go over the bridge and up the hill. We're on the left.



Making It Easy • So Many Advantages • Living Worry-free