



Welcome to The Mount's Intergenerational Community

Intergenerational Learning Center (ILC)

As the communities where we live are enriched by people of all ages, so are the communities at The Mount. The ILC at The Mount brings children who are here for child care together with residents throughout our campus.

The linking of young and old leads to shared knowledge and often, new ways of looking at things. When inquisitive young minds combine with years of experience, what was old is new again!

If you are interested in more information about The Mount's child care program, please visit our website at providence.org/themount or call (206) 938-6195.

Volunteers

Volunteers are the lifeblood flowing through The Mount — integral to our activities, adjunct to our staff, truly members of our great Mount community.

Some visit with residents, read to groups, help with gardening, teach classes, entertain, help with creative activities, accompany residents on field trips. All enrich the lives of everyone they touch here at The Mount.

If you are interested in volunteering at The Mount, visit our website at providence.org/themount and click on "Volunteer Opportunities". We would love to have you join us!

Providence Mount St. Vincent Foundation

The PMSV Foundation raises money to support the residents and programs of The Mount, as many of them have outlived their financial resources. Thanks to our generous donors, we are able to not only support charity care but also provide enrichment programs and complementary therapies such as art and music, spiritual care, and intergenerational programming that add to quality of life for our residents.

To learn more about the many ways you can get involved or to make a gift, please visit providence.org/themountfoundation.



About The Mount

Providence Mount St. Vincent is an exceptional intergenerational living care community for older adults in which the qualities of personal choice, dignity and respect are woven into resident's daily lives. Located in West Seattle since 1924, The Mount is home to almost 400 older adults who are in need of some type of assistance with their daily living or are in need of transitional or 24-hour care.

The Mount is internationally recognized for setting the standard for "person-directed care," a working philosophy that places residents' preferences and desires at the center of their care planning and daily choices. Staff, family members, volunteers and an on-site child care center all add to the intergenerational community that surrounds and supports our residents while adding vibrancy to the environment.



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(206) 937-3700 | providence.org/themount



PROVIDENCE MOUNT ST. VINCENT

A vibrant senior living community

The view is different here!



Sitting on a hilltop in West Seattle, Providence Mount St. Vincent (The Mount) has an expansive view stretching from Mount Rainier on the south to Mount Baker to the north.

We also have an expansive view when it comes to caring for our community — our residents and patients, our families, staff and volunteers, and the children who attend preschool here.



Making a Home at The Mount

Independent Living — Our new independent living apartments offer you all the benefits of being part of The Mount community, while maintaining an independent lifestyle. The availability of a greater level of assistance in the future provides added piece of mind.

Assisted Living — Our assisted living apartments and program are designed for each individual resident. Emphasizing the individual's right to self determination of care and lifestyle while honoring their privacy.

Skilled Nursing — Welcome to the Neighborhood! At the Mount, skilled nursing neighborhoods are clusters of private and shared rooms for about 20 residents who will benefit from 24-hour nursing care.

Transitional Care (TCU) — Bridging nursing care, therapies and rehabilitation needs between hospital and home, the TCU is designed for a short-term stay with the goal to transition successfully from the hospital to home, assisted living, or to long term care.

Respite and Short Stay — Your home away from home. Whether you or your loved one are considering a permanent move or need respite care — a short stay is a great way to experience the Mount community.

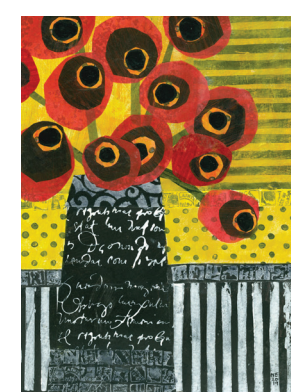


Living Well at The Mount



Wonderful Life

Wonderful Life programs, classes, activities and outings are offered on a daily basis. Outings like attending a Mariner's game or going shopping, computer assistance, in-house entertainment and games — these are just a few of the many activities our residents enjoy at The Mount.



Creative Arts

Creative writing, art and music (both adults only and with children) are also offered on a regular basis. Our residents have many opportunities to keep growing both mentally and physically while engaging in fun, creative and meaningful pursuits.



Spiritual Care

Our spiritual care team offers a listening presence to assist residents, patients and families in support of each person's own spiritual journey. Respectful of all spiritual beliefs, The Mount offers Mass, Worship Services, memorial services and special events that honor the many faiths among our community. The Mount has a beautiful chapel at its core. Everyone is welcome for personal prayer, meditation or reflection.



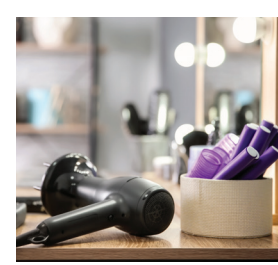
The Father Mallahan Center for Healing

Featuring: **Rehabilitation Services** (Physical, Occupational, Speech and Recreational Therapy), **Wellness Clinic** (dental care, medical treatments, and vision care).



On-Site Medical Clinic

Need a quick medical appointment? No need to go anywhere else. Our on-site medical provider team offers care in-house once a week. *This service is optional and by appointment. Fees may apply.*



Other Ammenities

We also have a **beauty salon**, a **gift and coffee shop**, and a **thrift boutique** with furniture annex on-site.

Make The Mount Your Home

For information about living at The Mount or to schedule a tour, please call our Admissions Manager at (206) 923-3989.



You can also scan the QR code or visit: bit.ly/themountadmissions to send a message to our Admissions team!